

No.100 NEIGHBORS

a little paper big on community

Jan-Feb 2011

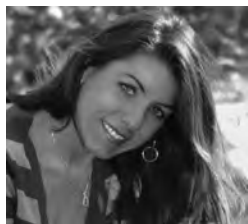
Free

neighborspaper.com

- I • Dr. Mac- Portable Passwords pg7
- N • 100 issues pg2
- S • Fishery pg6
- I • A New You pg5
- D • Acupuncture pg3
- E • New Schools Old Problems pg4



Poisoned Patriot



By Amy Van Winkle

An elementary school classmate contacted me on facebook several

months ago and told me the horrific turn his life has taken. As I was reading the details in his email, I realized that his unfortunate history sounded very similar to the story in the movie, Erin Brockovich.

Knowing that I write for a newspaper, he contacted me and asked that I tell his story.

It began in 1984 when young seventeen-year-old Michael A. Maita enlisted in the U.S. Marine Corp. Months later at the age of eighteen, Mike was relocated and stationed at Camp Lejeune in North Carolina. Unbeknownst to military base personnel and the local population, the water at Tarawa Terrace and Hadnot Point water distribution systems and several wells in surrounding areas was contaminated. Multiple sources of the contamination were found including leaking underground storage tanks and waste disposal sites, but the main source was the dumping of dry cleaning chemicals from ABC One-Hour Cleaners. More than seventy harmful chemicals were found in the drinking and bathing water, including the



U.S. Marine Michael A. Maita, 17 yrs old, 1984

VOCs (volatile organic compounds) TCE (Trichloroethylene), PCE (Perchloroethylene a.k.a. Tetrachloroethylene), DCE (Dichloroethylene), Vinyl Chloride and BETX (Benzene, Toluene, Ethylbenzene and Xylene). These known carcinogens are extremely harmful in high concentrations causing a host of problems including a long list of terminal and non-terminal illnesses.

Unfortunately, my friend Mike is one of the hundreds of thousands of victims (military and civilian, adults and children) who are currently suffering, not to mention those who have died. After three years of exposure, Mike took on a career in law enforcement. He resigned from his job in 1998 due to severe vertigo, a common effect from exposure to Benzene (one of the three primary toxins found in the water). When another symptom, shortness of breath, arose, Maita thought he had an allergy. Doctors tested him and in 2008 diagnosed him with stage 4-lung cancer. They told him he needed very aggressive treatments. Only weeks passed when he received a letter from the Department of the Navy, Marine Corps Headquarters informing him of "unregulated chemicals" discovered in the base water system at Camp Lejeune in the 1980s.

He received a letter in 2008 informing him of toxic chemicals found in the 1980s? That is what I call "too little, too late"!

According to the website *The Few, The Proud, The Forgotten*, the Agency for Toxic Substances and Disease Registry (ATSDR) has determined that the water distribution systems were contaminated from June 1957 until March 1987. The PCE level of 215 ppb (parts per billion) far exceeded the 5 ppb legal limit during these

346 months. The TCE level was 1400 ppb with the legal limit at 5 ppb and DCE levels reached 407 ppb with the legal limit at 7 ppb. The most contaminated wells were shut down in February 1985, but others were still in operation and the bulk of the damage was already done. Within that timeframe, nearly one million people have been exposed, 300,000 have fallen ill and many have died.

The extensive list of illnesses caused by these toxic chemicals include: liver cancer, kidney cancer, breast cancer, bladder cancer, ovarian cancer, prostate cancer, cervical cancer, lung cancer, acute lymphocytic leukemia, chronic lymphocytic leukemia, multiple myeloma, non-Hodgkin's lymphoma and liver disease. More problems consist of miscarriages, impaired immune system function, scleroderma, neurological effects such as Parkinsonism, memory loss, attention deficit and delayed reaction time; skin disorders and birth defects (cleft palate, heart defects, Choanal atresia, neural tube defects, low birth weight), etc.



Jim Fontella, Camp Lejeune April 1967. Male breast cancer survivor. He has prostate & thyroid problems also.

In attempt to receive medical and finan-

cial help, Maita traveled to the Philadelphia Veterans Administration Hospital for a scheduled claim physical. He received no physical, a refusal of documentation and a lack of assistance. His wasted time and money led him to file a grievance against the doctor, which got him nothing but frustration and more wasted time. He has not given up on his quest for justified service and compensation and will continue to address the issues until they are resolved. Mike, only in his early forties, will be in and out of the hospital for the rest of his life as his cancer has recently spread to his liver. In his own research, Mike found the website, *The Few, The Proud, The Forgotten*. The purpose of the site is to provide information and increase awareness about the water contamination at U.S. Marine Corps Base Camp Lejeune, to share individual stories, to provide a discussion page and to show a comparison to the "official" Marine Corps documentation.

This article is dedicated to Michael A. Maita, the U.S. Marines and all of the victims of this tragedy. It was written, per request, to tell a story of the thirty-year shocking nightmare that is continuing today. For more information, visit www.tftpf.com, www.atsdr.cdc.gov/sites/lejeune/index.html and http://en.wikipedia.org/wiki/Camp_Lejeune_water_contamination,

Amy Van Winkle can be reached at vanwinke67@yahoo.com.

From The Ground Up

By Dennis Pierce



New Year's has always been a time for looking back to the past, and more importantly, forward to the upcoming year. It's a time for some to reflect on the changes they want to make and resolve to follow through on those changes. However, to me this is a truly negative way to approach a New Year. It is almost like faulting yourself for not doing what you think are the right things and pledging that you will change your evil ways. How about trying a new approach? How about looking ahead and just planning something different. Take on a new hobby, start a garden or donate some time and effort into a good cause. But whatever you do align it with making your contribution to the land around us to realize the impact that you can make. So here are a couple of helpful suggestions as you plan out your 2011.

Start now and plan for the warmer weather. As I sit and write this column, seed catalogues are jamming up my mailbox eager to sell me the latest and greatest, no pest, slow to bolt, first ever seeds. If you don't have the land, time or interest in maintaining your own garden look into joining a local CSA. What is a CSA? The concept originally came from France where community members would jointly hire a farmer to tend a garden. Individuals purchase shares in the garden. This revenue pays the farmer's salary, pays for the cost of seed, fertilizer etc. In turn the 'shareholder' receives a portion of the crop from the garden. C.S.A. stands for Community Supported Agriculture. In our area you will find two models of CSAs. One is where you purchase a share or a half share and do not have to help in the garden. Another model is where you purchase a share or a half share and have to work a fixed

amount of time per week, tending the garden under the supervision of the farmer. Typically, as a shareholder you are expected to pick up your produce one day per week. Produce is often harvested the morning on your designated "pick up day" so it remains fresh.

There are many benefits of participating in a local CSA. As mentioned, you are buying the freshest produce possible. Think about in terms of purchasing fresh fish when you are at the shore. Typically this fish has been caught that morning or within a few days of your purchase. Fish that you are purchasing from your local supermarket's



Chelsea Kegler and her mom, Carol Danika Pierce photo

counter has passed through approximately thirteen hands before it see the inside of a display counter. In a CSA garden most often the produce is grown using organic methods. When you take the cost of a full share, roughly about four hundred dollars, divide it by the weeks that produce is available to you, you will find that the cost of what you receive is a great value versus what you would spend at a local retailer for the same quality produce. Also, remember, in the early spring your rewards will be far less than the height of the growing season. In the end it all averages out. And most important, by participating in a CSA you are supporting local farming.

Here are a few things to ask when thinking about joining a CSA: Find out as much as you can about who is doing the actual planning and farming. To learn about other's experiences get a reference from the CSA on who participated the previous year. Call the shareholders and find out what their experience was. Lastly, value your time. Time is money. If you are expected to work in the garden

add in the cost of your time per week. Is it still a value? On the other hand I sometimes, in the past, would not add in my time. I found that the therapeutic value of digging in the soil for an hour or two per week was like a vacation from the rest of the world and I could not put a value on that versus the cost of goods received. Here is a great listing from the Local Food Guide for Eastern Connecticut: <http://www.farmfresh.org/food/csa.php?zip=06226>

Thinking about contributing back to your community as your 'new', New Year's project? Check out your town's website and see if they have an "Adopt a Road" program. Not only does this support community recycling but also is a remedy for the dreaded 'couch' ailment so prevalent in winter. Here is the site for Mansfield's initiative: <http://www.mansfieldct.gov/content/1914/3973/4007/9022.aspx>

Lastly, don't let the winter tie you down. I recently found some warmth on a late Saturday morning in the cozy, reconditioned, old Ashford Post office, where the Ashford Farmer's Market is holding out from the cold Northeast winds. The Ashford Market, creative in maintaining a small space, lets you experience the coziness and essence of a true community market. It falls upon you like an old wool blanket as you walk in the door. A growing number of seasonal farmers markets are finding lodging to hold over from the cold winters. Farmers still have a wide menu of offerings. They have captured the ability to store vegetables in root cellars and growing in hoop houses, which are a rendition of green house that keep the frost off the ground that allows for the growing of greens and other vegetables. This winter's Ashford's market dates are Saturdays, 11:00am to 2:00pm: January 8th & 22nd, February 5th & 19th, March 5th and 19th, and April 2nd & 16th. Ashford Farmer's Market is located across from the Ashford Library on Route 44 in Ashford, CT.

Some of the vendors that I met while visiting the market were: KDCrop Farms, run by Kelly & Derrick Caisse. They are located at 275 South Bear Hill Road, Chaplin, CT, They can be contacted at

Continued on Back Page

Yarns with a Twist
at Rocking Horse Farm
 Oodles of Yarn • Knit •
 Crochet • Spinning Fiber
 • KNIT IN every Thursday
 Night 7-?
 • Wednesday Night KNIT & LEARN 7-9
 Friendly Help • FREE classes with yarn purchase
 111 Willimantic Road (Rte 6) Chaplin
860-455-9986
 Tuesday - Saturday 11-5



www.ctsoapstone.com **Connecticut Soapstone**



Specializing in Soapstone Marble & Granite

860.456.7627
 22 Vermont Dr.
 Willimantic, CT

MARISA CALVO DESIGN
GRAPHICS & PRINTING



Helping Business Owners for 22 years by providing Affordable, Dependable, Quality Work...
 LOGOS, BUSINESS CARDS, LETTERHEAD, ENVELOPES, BROCHURES, ADVERTISEMENTS,
 BUSINESS FORMS, FLYERS, POSTERS, PRESENTATION FOLDERS, NOTEPADS, STAMPS,
 STICKERS, PROMOTIONAL ITEMS, CATALOGS, TICKETS, LAWN SIGNS,
 RACK CARDS, BANNERS, POSTCARDS, MAGNETS & COPIES - B/W AND COLOR
FREE PICK UP & DELIVERY
 PHONE/FAX: 860.537.6997 or CELL: 860.917.6045
 EMAIL: madpug-us@mac.com
 WEBSITE: www.mcdesign.us
 P.O. BOX 438 • COLCHESTER, CT 06415

SarahWinterClothworks.com

Sustainable Sewing for a Local Economy



Visit our New Website!
 ~Classic Clothworks~
 ~Contract Sewing~

860-423-7010 info@sarahwinterclothworks.com

DAILY SPECIALS!

BAGEL ONE

6-3 Monday - Saturday
 7-3 Sunday

FREE

Full Breakfast & Lunch
Bagel Burger \$4.75

351 Boston Post Road, North Windham, CT 06256 • 860-456-9505

SUBWAY

3 Mansfield Locations!
 125 N. Eagleville Rd. 429-6806
 Eastbrook Mall 423-3611
 Inside Store 24 429-1515

LOCALLY OWNED AND OPERATED FOR OVER 32 YEARS
OPEN LATE 7 DAYS A WEEK

Willimantic Interior Design Gallery

Where Imagination Becomes Reality

John E. French, Manager
 59 Church Street
 Willimantic, Connecticut 06226
 Voice: (860) 423-6082
 Fax: (860) 423-3873

Acupuncture: Community Healing at Windham Hospital

By Mark Svetz

File this under the category of “an ill wind that blows no good,” but health problems have taken me to Windham Community Memorial Hospital for acupuncture treatment. That’s right, acupuncture at Windham Hospital! And what I want to tell you is that I love it!

This is one of those long stories, but a few years ago a woman ended up in our shop on Church Street talking about setting up an acupuncture clinic to make this treatment more accessible. We talked about clearing our shop out, so she could set up a few tables. The idea was, to treat several people at the same time, on a walk-in basis, to make it easy for people and to keep the price down.

It didn’t work out at our shop for many reasons, but that person, Deborah Pacik, went on to find a place to do exactly what she had in mind. Windham Community Memorial Hospital has a relatively new department, and acupuncture is part of it. “Integrative Health is the integration of conventional and complementary alternative healthcare options which address the body, mind, and spirit, as well as the environment and relationships with others,” is the way the hospital web site describes it.

Pacik is no longer the acupuncturist at the Hospital, but there is someone else. Her name is Heather Finn, and she is a licensed acupuncturist, who has been practicing for more than nine years. I want to tell you a little about this clinic because I like it so much. I have been for two appointments, and I am looking forward to going back, right after the holidays.

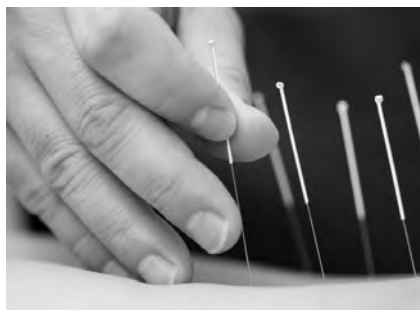
Many years ago I went to an acupuncturist for a few months, and I was impressed with the experience. I have wanted to get treatment to help with some of my current problems. Things came together recently and I

called Heather Finn to make an appointment.

She called me back, we talked for a few minutes and she sent me some information via e-mail, which included a questionnaire about my medical history. I had an appointment. It was that easy!

The clinic itself is just inside the Hatch Wing Entrance to the Hospital, on the up-hill side of the building, just past the main entrance. I walked into a warm, sunny waiting room, which was the beginning of the treatment for me on that cold, blustery day in mid-December. The room where the treatment takes place faces south, and even with the white drapes drawn, it is bright, cheery and warm. Did I mention it is WARM!

“The treatment room is intended to remain a quiet space for you and others to rest,” Heather says in her welcome packet. “We appreciate everyone’s presence; we find this kind



of collective stillness a rare and valuable thing in our rushed and isolating society.”

I couldn’t agree more.

In fact, I am convinced that is the very best part of the treatment. My second visit found the room full. There was one empty table, so I lay down and waited for Heather. I think there is a “white noise” machine, with bird songs playing. There is the sound of people’s breathing (Heather’s packet warns us we might hear snores!) and the gentle, comforting sound of whispered voices.

There are 10 or 12 tables and chairs in the room, and when they are full, there is a quality to the silence in the room that is meditative and companionable. Heather and her assistant, Ilona Mettel, welcome and settle you in a chair or on a table (your choice). Heather comes along shortly and greets you, places her needles gently, and checks with you about how long you want the treatment to last.

“Most people learn after a few treatments when they feel ‘done’ or ‘cooked.’ This can take anywhere from

twenty minutes to a couple of hours.” She says. “You can stay as long as you feel comfortable doing so – or until we close for the day! If you want to be finished at a specific time, tell us. We’ll make sure you’re out on time.”

I really loved this aspect of the treatment. You can just relax into this meditative state without a concern for the outside world. Heather will gently let you know when time is up.

They call this a “community setting,” and I think it is what I like most. When Sarah and I lived in New York, I went to a chiropractic clinic that operated in the same style. I paid for a month at a time, and I got unlimited visits. I would stop by on my rounds, get on a table and Mike or Adam would make their adjustments.

One of the things I liked about this setting was the way anybody might come in for a minute out of their working day to get adjusted. Once, while was on the table, a cop walked in, took off his belts, lay down and got a quick adjustment. Another time it was a turbaned taxi driver, coming in for a quick treatment. It was a little chaotic, but it was a healing community.

And that’s what Integrated Health is: a Healing Community.

“It focuses on wellness, health promotion, and the healing process,” Windham Hospital’s web site describes the service. “Many disciplines within Integrative Health have been a part of human healing since civilization began!”

I have been spending a fair amount of time at Windham hospital these days, which is a bummer, in its own way, but I like to make the best of it. Integrative Health is part of the “best of it.” As a bonus, Windham Hospital also has a great coffee shop, with a beautiful and serene atrium to sit and enjoy a cuppa. The coffee shop is just inside the Shea (main) Entrance.

It takes a while for acupuncture to change the way you feel, but when Heather asked me how I felt, on my second visit, my answer told me something.

“I don’t know,” I told her. “But I’ve been in a really good mood for the last week!”

Mark Svetz is a tutor at Quinebaug Valley Community College. Read more :SarahWinterClothworks.com/writing.

As We Go to Press Thursday, January 6, 2011

On New Year’s Eve day my wife, Karen, and I took a hike at Boston Hollow in the Yale Forest in Ashford. We walked through ankle deep snow under clear blue skies. It took about 45 minutes to get to the top of the ridge overlooking the hollow. We could see distant hills to the south, possibly in Chaplin. After spending a lot of indoor time over the previous weeks it felt really good to get outside and get some fresh air and exercise. Rarely used muscles protested the slow climb. Beautiful views were the reward. We are so lucky to live in this part of the world. Natural beauty is all around us. We only need to make time to get out and experience it. I took this photo with a small handheld digital camera.

You are reading the 100th edition of the *Neighbors* paper. The paper was published sporadically from August 1983 until August 2000. At that time I decided to forgo any

future attempts until I retired from my employment with the State of Connecticut. That came in May of 2003 and a couple months later the July/August 2003 issue appeared. It’s been non-stop ever since. I want to thank all our advertisers for their support. Without them this



publication could not exist. I also want to thank all the folks who have contributed articles over the years. Also, I don’t know how I could have put out this paper without the work of Steve Woron over the last almost eight years. Thank

you, Steve. I think we put out a great little community newspaper and I hope we are able to do so for another 100 issues. Please continue to send articles, photos, comments and suggestions.
 Best, Tom King

Next Deadline February 18th

Neighbors
 P.O. Box 430
 Ashford, CT 06278
 (860) 933-3376
 email: neighborspaper@yahoo.com
 web: neighborspaper.com

Tom King, Editor & Publisher
 Steve Woron, Production Manager
 Rhonda Withington, Account Rep.

Jennifer Weinland, Graphic Design
 Writers: Phoebe Godfrey,
 Mark Svetz, Amy Van Winkle,
 Tom Woron, Loretta Wrobel

The Purpose of Neighbors:
 • To encourage reading
 • To provide a place where ideas, writing, artwork and photographs of area residents can be shared

- To encourage people to get involved in their communities
- To begin to solve national and global problems on a local basis
- To provide useful information
- To serve the inhabitants and environment of our region

Neighbors is published monthly by Neighborspaper LLC;
 Thomas A. King, member

Jan-Feb 2011

3

Neighborspaper.com

The Alchemy of Hope

By Loretta Wrobel



Driving around recently completing chores, I become aware of a blissful sense of well-being. Astonished, I dare to tell myself I actually am feeling hopeful and upbeat. I know there is much hopelessness, despair and apathy in our world today. Why then am I feeling hopeful and full of inspiration? I wonder am I just simply nuts or out of touch? Or am I in sync with some other energy zooming around the Quiet Corner?

I explore my feelings. Why and when do I feel hopeful? I am hopeful when my 17-year-old nephew and I view a show together. We listen and share our opinions and reactions about what we like in the music and why it pleases us. I am hopeful when a neighbor talks of his love for the land and his desire to do everything he can to protect it. I am hopeful when at the same meeting a young student shares that his reason for attending grad school in forestry is to help stop the fragmentation of forests in his home State of Maine. I am hopeful when a teen expresses that therapy is helping her to become a better person.

When I am in connection and feel passion and love, I bound off into the joy of hope and possibility. If we love ourselves, if we love each other, and if we love our earth, we not only survive but move into creative thriving. I feel it is our isolation and lack of passion that drops us into the pit of despair.

When I know there are others who share my concerns and are willing to go the extra mile to do something about it, I feel like shouting. There is much to crow, sing and dance about in our mixed up world. I was attending a fundraiser for a coalition for peace in the Middle East. A stranger and I were eating delicious halvah. We both murmured and replied simultaneously; "You can't be at war when you're eating such a heavenly dessert!"

We erroneously value the success of a person by how many things he has acquired without researching how he acquired them and why. We esteem credentials whether or not the individual possessing the credentials has learned anything in obtaining the credentials. We respect a person

based on the size of their wallet and not the size of their heart.

I go back in time to measure what I cherish. What has moved me during the last few weeks? What moments ring loud in my memory? Listening to a phone message from an old friend surprising me with a voice from the deep past. I remember a lunch meeting with a longtime pal where we discuss the whiteness of my hair. Laughing out loud at a very silly joke and hearing the great horned owl hooting before I descend into sleep flashes through my mind. I recall the joy of stepping into the world of vegetables at a local winter farmers market looking at the greenest spinach that shouted out, "Eat me. I taste luscious and I am loaded with nutrition." One sunny morning as I sit down to partake of breakfast, I spy a pileated woodpecker also beginning his breakfast drumming on the tree across the street!



I live for these stellar, precious and heart opening occurrences. Laughing with friends and relatives and hearing/seeing the birds and coyotes are high on the list. I am appreciating the joy of being, just being alive and witnessing. There is so much to digest in a single day if you are awake and paying attention. It is extremely hard to pay attention when you are worried about what will happen. Or thinking, how will I do it? And agonizing, why did I do that?

Hope burns bright in the moment. Here I am now. I can see, hear, experience and remember. I am like my younger cat. She can run around the house, or remain sleeping for hours or stop in her tracks when something catches her attention.

What catches your attention? What fires you up to run in circles, squares or triangles? What allows you to sleep peacefully for hours?

I wonder if it is because I am getting more discriminating and mellow and refusing to settle for a zombie existence. Since I am full of optimistic possibility, I see, taste and feel hopeful when it pops into view. I never walk past a hopeful moment without noting it with a "wow," or a "thank you" or a deep breath! Even a huge belly laugh at times. Yes, underlining the beauty and magic when it stands before you with a roll-you-over sense of total and unabashed exuberance is the answer to despondency.

I wish you exultant adventures and abundant splashes of knock-you-off-your-feet ecstatic happenings in the New Year. Have a most lively and delicious 2011!

Threshold-Busting Disasters

By Marc A. Scrivener, Acting Fire Chief for Willimantic

Every community has a threshold beyond which existing emergency services are unable to manage a crisis. For large communities—New York City for example—the threshold might be at the level of a 9/11/01 event. For New Orleans, Hurricane Katrina exceeded the threshold. A blizzard or a flood may overwhelm smaller communities such as Willimantic or New London.

In these threshold-busting events, existing emergency services become overwhelmed and unable to provide a timely response to or mitigation for the crisis. Yet, people still have needs. Maybe a building partially collapses during a threshold-busting disaster and people are trapped; or, a small fire breaks out in the workplace and the Fire Department is delayed; perhaps a neighbor requires first aid, and the ambulance cannot reach him. What can be done? Who can help?

Historically, we know people

will reach out and attempt to help friends, neighbors, co-workers, and even strangers in distress. And we know that some of the would-be rescuers will be significantly hurt in an attempt to help simply because they lack some basic safety skills. The would-be rescuers, now victims, become part of the problem, rather than the solution.

Enter C.E.R.T.s: Community Emergency Response Teams. Organized around a framework developed on the West Coast many years ago, CERT is a Federal Emergency Management Agency (FEMA) program intended to organize and train neighbors to help neighbors. CERT program training is free with an optional opportunity to organize in a local team.

In the Windham region, several fledgling teams exist and training of the public has been underway for several years. Classes are offered periodically in various local venues. Another such opportunity is available for you, the reader. A new class is forming and, as of publication of this paper you are reading, is only two weeks away.



Beginning on January 15th, at the Willimantic Public Safety Complex, I'll be facilitating a five-week Community Emergency Response Team training program. Over five consecutive Saturdays, we will discuss disaster first aid, disaster psychology, fire suppression, and a number of other topics.

The program is available to residents of Windham and nearby towns who are over the age of eighteen. There are no prerequisites and no special knowledge or experience is required. For more information, contact Dagmar Noll at the Windham Regional Council of Governments: 860.456.2221 or (email). Come out and have some fun with your neighbors!

no prerequisites and no special knowledge or experience is required. For more information, contact Dagmar Noll at the Windham Regional Council of Governments: 860.456.2221 or (email). Come out and have some fun with your neighbors!

Neighbors

the paper with character
and 6 unique monthly writers

Be Light as a Feather

Loretta Wrobel • Feminist Therapy
860 429-2629

297 Pumpkin Hill Road Ashford CT 06278
860 233-6076 Sliding Scale

ROOFING

New Construction ~ Replacement ~ Repairs

860-933-4529

FREE SAME DAY ESTIMATES

DoyleBuildsCT@gmail.com

DOYLE ENTERPRISES, LLC

CT LICENSE # HIC.0624179

LICENSED AND INSURED

Because Home is Where the Heart is...

Since 1992, Community Companion & Homemaking Services, a local, non-profit agency, has enabled thousands of elderly and disabled adults to continue living at home. When living independently becomes a challenge, we can help.



COMMUNITY
Companion & Homemaking Services

90 South Park Street
Willimantic, CT 06226
(860) 456-3626
www.communitychs.org

Community Companion & Homemaking Services is registered by the State of Connecticut Department of Consumer Protection, HCA0000144

Lettering & Graphics

Banners • Magnetics • Decals
Full Color Photo Signs, Carved, Electric & Neon
Signs for Real Estate, Trade Shows, Site Signs, Window Lettering
Cars • Vans • Trucks • Motorcycles • Boats

Signs Plus
OF WILLIMANTIC, LLC

Ph: 860.423.3048
Fax: 860.456.3003
700 Rear Main St.
Willimantic



LANDON TIRE... DOES MORE THAN JUST TIRES!

We specialize in....

• Brakes • Exhaust • Alignment Shocks
• C.V. Joint & Axles • Struts
• Front End Repair • Under Car Repair and More!



LANDON TIRE

39 Years of Hometown Service
YOUR INDEPENDENT TIRE DEALER

Just 2 Miles South of the New Thread City Crossing Bridge on Rt. 32, South Windham
RT. 32, SOUTH WINDHAM 456-0000 Mon.-Fri. 8-5:30; Sat. 8-1:30



ZUMBA
fitness

FITNESS with PATTY

INSTRUCTOR: Patty Flubacher

860-617-8897

Copyright © 2010 Zumba Fitness, LLC | Zumba®, Zumba Fitness® and the Zumba Fitness logos are registered trademarks of Zumba Fitness, LLC

WINDHAM HOSPITAL
MONDAYS • 6-7PM
FRIDAYS • 5-6PM
WINDHAM CENTER FIRE HOUSE
WEDNESDAYS • 6-7PM
SATURDAYS • 9-10AM
FOR OTHER CLASS SCHEDULES VISIT:
www.zumba.com

Wood Pellets for Pellet Stoves

BUY NOW & SAVE!!!

Call For Price

G.M. Thompson & Sons, Inc.

54 Middle Turnpike, Mansfield Depot

(860) 429-9377

Mon. - Fri. 8-5:30 pm, Sat. 8-3 pm, Sun. Closed



COVENTRY COUNTRY STORE
OPEN: WED - SUNDAY 10am -5pm



Antiques, collectibles, penny candy counter, Hosmer Mt. soda, Watkins products, linens, handmade quilts, country furniture and clocks. New Country items! Consignments are welcome and appreciated! Think Green! Recycle and Restore
 742-5336 1140 Main Street
 Coventry Village
 Rose & Joseph Fowler, Proprietors

Red Blanket Shredding

I will shred your business, personal and residential documents with professionalism and to your complete satisfaction

Dennis Fontanella Cell: 860-208-3238
 Serving Amston, Columbia, Colchester, Hebron, Marlborough, Scotland, Stafford Springs, Tolland
CALL TODAY-SAVE THIS AD-NO CONTRACTS

Beat the Rush... Bring Your Bicycle in for its

SPRING Tune Up Now!



Tune up includes: brake, gear and bearing adjustments, wheel tuning, and complete safety check of your bicycle.
*Any necessary replacement parts are at additional cost.

Tolland Bicycle Special Price \$39.99 Special Ends 3/31/10

TOLLAND BICYCLE

Call us at: **872-8248**
 www.tollandbicycle.com
 Gift Certificates Available

252 Merrow Rd. (Rte. 195) Tolland

D & D Auto Repair

VOLKSWAGEN SPECIALISTS

Dedicated to quality, expert repairs!

Dependable, personalized service!

Family owned and operated for over 17 years!

Convenient location in the Holiday Mall, Storrs

860-429-7471

*Call for an appointment
 We look forward to hearing from you!*

1733 Storrs Road/Rte 195, Storrs, CT 06268
 Business Hours: Monday - Friday • 8:00am - 5:30pm
 Open Most Saturdays By Appointment

New School Problems... Old School Solutions

By Mike Griswold

"Those who have the youth on their side, control the future." -Hans Schemm, Nazi Teachers League

My wife and I were recently told at a parent/teacher conference that we are the most important educators in our child's life. I have always believed this to be true, but it was great to hear it directly from a teacher, and the more I thought about it, the more I started wondering if perhaps we are on the wrong track to education reform in this country. Maybe it's not how much we should add to education, but rather, how much we should refine it, by focusing our efforts on the basics, and scaling back on some of the feel good initiatives that could be taught at home.

Our public education system seems to be taking over more duties that should be reserved for parents, and as a result, the fundamentals of traditional learning are beginning to suffer. The fact that we are letting this happen, suggests that the dysfunction is not so much with education itself, but rather with our society at large. We've become lazy and submissive to anyone or anything that makes life easier, and in the bargain we've sacrificed productivity. We, as parents, need to do a better job, and stop blaming an already over-burdened education system.

The teachers in our public schools are required to complete years of higher education and training before they are handed the responsibility of shaping our children's futures. On the other hand, parents are not required to be any more than capable of reproducing, which sometimes makes it easy to hand off responsibility to others. Wouldn't it be nice to have standards for parenting? Sure would, but I suppose that would be slightly unconstitutional. Since we can't do that, how about the next best thing, standards for education. That should work, right?

Unfortunately, the greatest standards in the world can never replace good parenting, and as difficult as it may be for government to let go, the only solution is to put more responsibility back in the hands of parents, and leave our teachers free to do their real jobs: teaching academics. If we continue to let bureaucrats shape our children's futures with their standards, our country will face even more difficult challenges in the generations to come, because fewer people will be prepared to deal with them. We need to find a better balance.

Obviously, past educational systems are no longer appropriate, as a result of constant social, economic, and technological changes. The question is, how do we adapt and standardize our schools and our teachers to accommodate this progress, while strengthening the focus on basic skills? And who should be responsible for it's direction and implementation, especially when there are such great, inherent divides between many of our districts? These are tremendously important questions that I feel not enough people are involved in answering, especially parents.

Considering the lack of problem solving skills our government currently has, we most definitely need more people, from more diverse backgrounds getting involved in the reform process, and we must not let government continue to usurp responsibilities reserved for parents. There are



not enough hours in a school year for totalitarian education.

Unfortunately, standardization alone will not solve our problems, because it cannot address the extreme class and social disparity we face here in Connecticut. Many experts suggest that poverty is not an excuse for poor performance, but rather that materials and methods are inadequate to meet the needs of children who do not have the advantage of structured, nurturing home lives. Logically, though, can't we make the assumption that poverty could be a great contributor to the lack of structure and nurturing in depressed communities? Maybe we need to make better decisions in the struggle to end poverty, rather than just sustaining it, and educating children to live with it.

But despite who or whatever we choose to blame, for real educational reform to work, it must be in lock step with social and governmental reform. The problem is, although we can somewhat force governmental reform, we cannot force social reform, because we are a free country. It has to be by the will of the people. But how can the will of the people ever change, when our government's policies do all they can to keep us exactly where we are, restrained by our widening class structure and polarizing political ideologies?

Speaking of political ideology, public education in America has long been accused of being Liberal in context, but I'm not sure I agree with that. I have read the State of Connecticut Dept. of Education's position statements on their website (which I strongly recommend every parent do) and honestly, they sound fantastic, but they are not Liberal, they're Socialist (unless Liberal means Socialist now, I'm not really sure). Who would argue with a state-regulated education where all children get perfect and equal instruction, in both academic and social arenas, that suits each individual need, and everyone gets to continue on to college and enter the skilled workforce?

I hope that everyone would argue this. It's a dream world, not even remotely grounded in reality. Who would be left to do the manual labor? How could there possibly be enough jobs for the great masses of college graduates? What would the unions think of this? Who knows, but like I said, it sure sounds great on paper. The reality is, sadly to some, not everyone is meant for a life of academic achievement, some of us were just meant to be workers.

Today, we are at an important time in our history where, if we make poor decisions, our children will end up as but drones in a collective. We are not all the same, and should not be treated as such. We shouldn't let our government continue to add more to public education, just because children are learning less at home. Educators have a job to do, teach the academic skills our children will need to succeed in life. It used to be really clear. Now they seem to be overwhelmed with the task of not only being teachers, but parents too, and this is unacceptable.

We need to decide where to draw the line between the responsibilities of teachers and of parents, and speak up when something doesn't seem right. We already know the solutions. They are rooted in the basics, but all we seem to do is complicate them. Our elected, and appointed leaders need to put away the politics and agendas, and get back to these basics: basics that combine learning with work ethics, instead of entitlement: basics that embrace our diversity, and perpetuate vast opportunity for all who seek it, on any socioeconomic level: and basics that require parents to do their jobs as educators, as well. Then, if we believe that "Those who have the youth on their side control the future", I would like to think that responsible, good-hearted parents and teachers control the future of America, not bureaucrats and politicians.

Free American History Program on Civilian Conservation Corps

Submitted by Teddie Sleight

Hampton — Educators from northeastern Connecticut are invited to a free presentation about the Civilian Conservation Corps (CCC) during a Public History Program on Tues., Feb. 1, 2011, from 4 p.m. to 6:30 p.m. at EASTCONN, 376 Hartford Turnpike (Route 6), Hampton.

The Feb 1st Public History Program, which is linked to EASTCONN's Teaching American History (TAH) project, is open to all educators at no charge.

Marty Podskoch, a retired teacher, historian and author, is the

guest speaker. He is currently working on a book about the CCC camps in New York state and Connecticut. Visit www.cccstories.com. Podskoch has also written several books about the history and lore of fire towers in the Catskill and Adirondack mountains.

The second in a series, the Feb. 1st Public History Program is related to the TAH theme for 2010-2011, "Individual Opportunity and Social Responsibility." Another Public History Program will take place in the spring.

To find out more about the Public History Program on the CCC, contact EASTCONN's TAH Project Coordinator Dan Coughlin, at dcoughlin@eastconn.org or at 860-455-1511.

TAH is a federally funded, professional development initiative. EASTCONN coordinates TAH, which helps teachers of grades 5-12 make better use of local resources and pri-

mary sources in the teaching and learning of American history. The goal of TAH is to improve teachers' content understanding of American history. Teachers who participate in the year-long TAH attend workshops, seminars and a summer institute, featuring highly regarded historians, university faculty and museum staff.

Currently, more than 50 teachers from northeastern Connecticut are participating in the year-round TAH project.

To learn more about the TAH project, visit www.eastconn.org/tah, where teachers will also find 250 free American history lessons for grades 5-12, donated by past and current TAH participants. This large, high-quality collection of history lessons will continue to grow throughout the next two years, as TAH teachers develop new history curricula to share. Lessons are available for download without charge.

A New You Will Be Born

By Phoebe C. Godfrey

It is Born

Here, I came to the boundaries
Where nothing needs to be said
Everything is learned with weather
and ocean
And the moon returned with its lines
silvered
And each time the shadow was broken
By the crash of a wave
And each day on the balcony of the
sea wings open, fire is born
And everything continues blue as the
morning
Pablo Neruda

It is the last day of the Christian year 2010 and I have been wondering what to write, how to proceed, how best to inform or even to inspire. I was therefore just looking at the web site Alternet (a great site for informative, progressive and provocative journalistic reports) for ideas and found many that resonated with me ranging from critiques of the tea-party, to an insightful analysis of the larger meaning of the Wikileaks, to a report on neurotoxins in soy products, and one on a British study that has found larger fear centers in the brain's of conservatives (not unsurprising). Yet despite my interest in all these topics and recognition of their importance at the end of the day it is not 'news' that sustains me or nor even is it the 'news' itself that motivates me to continually update my scope of knowledge by reading such articles. Rather central for me in terms of sustaining myself as an open, engaged and relentless critical thinker is my daily commitment to my own creativity. I watched Michael Moore's latest film, *Capitalism: A Love Story* last night and as quintessential Moore there are some raw and poignant interviews. My favorites were with two Catholic priests, both of whom had performed family weddings. Both priests expressed their dislike of capitalism (the topic of the interviews) with the second one stating unapologetically, "capitalism is evil." I was impressed with this priest's conviction and although in theory capitalism is merely a specific type of

economic system, its unregulated practice in the United States is such that I would wholeheartedly agree. In particular what I find the most destructive aspect of capitalism in relation to the human spirit, including my own, (obviously the most destructive aspect is to the planet and thus to life itself) is the loss of our own creativity along with the time such creativity demands. This is my struggle and one I believe most of us share. For even though I do prioritize time for my own creativity (and I am lucky to have a lot of free time in comparison to most workers) there is always that little capitalist-worker-bee voice in the back of my head telling me I should be doing something 'productive,' which in our society translates into that which results in direct economic gain either for us or, as is most often the case, someone else. Yet every time I hear the little voice and still follow through on my creative desires I feel it constitutes a small victory for humanity in the face of the production machine.

It is for this reason that I started this article with a poem rather than my usual political or poignant quote. Reading, writing, feeling poetry takes time, patience, openness and spiritual presence all of which for most of us are in short supply. The things most of us do with what little spare time the labors of our lives allow, generally do not involve what it takes to bring poetry to life, or what it takes to make a painting alive, or to bring music forth from our bodies. The arts, made manifest through our own creative engagements require practice as well as presence but their rewards can not ultimately be calculated into dollars. Were I to spend my days writing poems that danced from my ever expanding heart onto pages never seen by eyes except mine this activity would be given little to no social value, lacking monetary returns for my time spent. Yet sell them and they gain social value, regardless of their personal or artistic worth. Thus, as we all know, though it bares repeating, time and the concept of that which is valuable, including our own limited lives as individuals, have been reduced to money; a substance that is essentially worthless. This for me is what makes capitalism evil, in that it makes our lives and our very selves feel worthless outside of an economic exchange.

The other day I was listening to a talk given by Marshal Rosenberg who developed the practice of non-violent communication (I highly recommend reading more about him / it) and he quoted his aunt who used to say, "Anything worth doing, is worth doing badly," as opposed to not at all. Yes, I thought, how liberating! And never is this truer than in relation to being creative. We paralyze ourselves with the notion that if we are to create then it must be perfect (according to some imagined external standard) or it must be sellable or it must be revolutionary or anything other than what it is we create. As such we shrink away from our desires numbing them by shopping, eating or watching television... etc., entrenching ourselves in various forms of capitalist consumption. So if I were to offer you a New Year's wish it would be that you consciously encourage yourself and engage in what ever acts of creativity bring you the pure and simple joy of being you. And if the little voice emerges in your head, tell yourself that even if done badly it is so much more worth doing than any possible act of consumption. In fact my new slogan is, 'creativity, the cure for consumption.' Practice it with presence, with time and when you do you will find that 'the shadow will break, by the crash of a wave' and that 'each day on the balcony the sea wings will open, fire will be born and everything will continue blue as the morning...' This is how a new you will be born day by day...

Sweet Honey at Jorgensen

Submitted by Stephanie Summers

It's not enough that Sweet Honey In The Rock®, a women's vocal ensemble with pure tonal quality, produces intricate rhythms and harmonies to die for. The music has to reach way down and deliver a message of conscience to the open hearts and minds of the audience. On Thursday, Jan. 27, at 7:30 p.m. they will sing to you at UConn's Jorgensen Center for the Performing Arts. The group's name comes from Psalm 81:16 with its promise of the honey of deliverance pouring from the enduring rock. The metaphor captures the repertoire of these African American women whose songs draw from the black church, the civil rights movement and the universal struggle for justice. Their music combines the styles of blues, African chant, jazz improvisation, spirituals, gospel, ancient lullabies, rap, reggae and Hip Hop. Jorgensen is at 2132 Hillside Road on the UConn campus in Storrs. Tickets are \$25, \$27 and \$30. For tickets and information, call 860.486.4226 or order online at jorgensen.uconn.edu.

Neighbors

South Windham Post & Beam Co.

Timber Framed Homes, Barns & Additions
Traditional Mortise & Tenon Joinery



(860) 456-2852
South Windham, Connecticut

Copies • Graphic Design • Fax Service

Complete Business Packages:
Business Cards, Stationery, Brochures,
Newsletters, Flyers, Forms
Social, Business & Wedding Invitations
Promotional Products

Quick Copy

700 Main St., Willimantic
(860) 456-4476 • Fax (860) 456-4448

Your Vacuum Cleaner Superstore

Largest Selection in Eastern CT

Miele • Sebo • Simplicity • Eureka
Hoover • Royal • Sanitaire

Central Vacuum Sales & Installation

Expert Repairs On All Makes

All Work Guaranteed-Free Estimates

Your Sewing Machine Superstore

Largest Selection in Eastern CT

Brother • Baby Lock
Singer • Pfaff



Computerized Embroidery Specialist

Expert Repairs On All Makes

All Work Guaranteed - Free Estimates

Schiller's

Sales • Service • Parts • Accessories

860-423-6800

1088 Main St., Willimantic

WE TAKE TRADE-INS!

SERVING YOU SINCE 1951

www.SchillersOnTheWeb.com

STEPHEN F. SCARANGELLA, M.D.

VINCENT MACANDREW, M.D.

DAVID WOODWORTH, PA-C

Connecticut
**ORTHOPAEDIC
and HAND SURGERY
CENTER**

150 MANSFIELD AVENUE
WILLIMANTIC, CT 06226

704 HEBRON AVENUE, SUITE 103
GLASTONBURY, CT 06033

(860) 456-3997



DR. MAC

All your Apple Macintosh, iMac Needs
Trouble-shooting, Wifi, Tune-ups, Recommended Maintenances,
Upgrades and More
Call Steve 860 871-9933 M-F 10am-6pm

WTG ANNUAL GIANT INDOOR TAG SALE

The Windham Theatre Guild will hold their Annual Giant Indoor Tag Sale on Saturday, January 15TH, 2011 from 9am-1pm at the Burton Leavitt Theatre, 779 Main Street, Willimantic. Start your spring cleaning early and donate any unwanted items to the WTG Tag Sale. Drop off all items to be sold at the tag sale on Saturday, January 8th between 9am-2pm and on Sunday, January 9th between 11am-2pm. No electronics, computers, exercise equipment or clothing please! For more information, call the Windham Theatre Guild at 423-2245. Snow date for Tag Sale is Saturday, January 22ND.

Road Trip!

BY TONY'S GARAGE RENTAL, LLC

Clean, dependable, late model cars, cargo and passenger vans. Rentals are available for use throughout New England.

TONY'S GARAGE RENTAL, LLC

1856 Storrs Rd., Storrs CT
1 mi. North of Route 44
email: tonys.garage@snet.net
(860) 429-0001
Fax: (860) 429-5954

Find us on the web at:
www.tonysgarage.com

MOST MAJOR CREDIT CARDS ACCEPTED.

willi web works

Rebecca Cronin

Web & Graphic Design

247 North Street

Willimantic, CT 06226

(860) 933-1370

becky@williwebworks.com

www.WillWebWorks.com

1st Website?
Ask about my discount!



STOP Dieting!

Mindful Eating -
Making Peace with Food

Audio CD
Now available



Shoshana

Shoshana Levinson, MS, DN

Nutritionist & Wellness Coach

(860) 429-4624

www.eatwellusa.com

includes proven strategies for permanent weight loss

Individual & phone consultations offered

Neighbors

the paper with character
and 6 unique monthly writers

Jan-Feb 2011

6

Neighborspaper.com

6th Annual

Snow Ball™

To Benefit Windham Textile & History Museum

Saturday, January 15 • 8-Midnight
Windham Town Hall Ballroom

Music by the Flamingos
Silent Auction
Refreshments
Cash Bar

Purchase Your Tickets Now

Limited Seating
\$60 per person

Send checks to: WTHM, 117 Union St., Willimantic, CT 06226
For information, call 860-377-7755

Susan Gerr

Birch Mountain Pottery

Studio Gallery

Special commissions considered

www.birchmountainpottery.com
Rt. 195, 223 Merrow Rd.
Tolland Shopping Plaza, Tolland
(860) 875-0149

Tues - Thurs 10-9, Fri and Sat 10-5, closed Sun and Mon

Support your local community potter

Give the Gift of Sparkle and Dazzle this Holiday Season!

Fashion Jewelry

Custom Made

Necklaces • Bracelets
Earrings • Belly Chains
Anklets • Canvas Bags

My accessories will always get that often elusive compliment, "I love your..."

AccessorizeWithAmy.ecrater.com

COME JOIN US!!

SATURDAY, FEBRUARY 12, 2011

31ST YEAR • 31 CAKES

LIVE MUSIC

10 % OFF

EVERYTHING IN THE STORE
(Excluding special orders)

EVERYONE IS WELCOME!

91 VALLEY ST., WILLIMANTIC
860-456-3611

www.willimanticfood.coop • Credit Cards Accepted
M-F 9-8, SAT 9-6, SUNDAY 10-5



Connecticut's Freezing Fishery

by Tom Woron

Any time an angler around Connecticut hears about fishing for Atlantic salmon, right away he conjures up images of streams up north in Maine, Canada or even Pulaski, NY and the icy cold waters that the salmon swim in. Unless willing to travel some distance and pay the price of a salmon fishing trip, most anglers around Connecticut feel that they can just forget about ever fishing for Atlantic salmon. This does not have to be the case, however.

The Connecticut River system historically had a large run of Atlantic salmon but all salmon were wiped out by the early nineteenth century due to industrial pollution and dams blocking access to their spawning areas. Back in the 1960s a massive effort began to restore Atlantic salmon runs to the Connecticut River and its tributaries. Thousands of Atlantic salmon smolts, which are two-year-old salmon a few inches long, were released into the Connecticut River system. It was hoped that many of them would return to the Connecticut in a few years as large adults on a spawning run. It took a while but a few salmon were eventually recorded as returned adults in the mid 1970s

and the numbers grew steadily for a few years. The returned Atlantic salmon adults generated much excitement at first but the efforts never really succeeded in restoring a run of thousands of salmon to the Connecticut River and its tributaries. Those efforts still continue to this day.

In all the years since adult Atlantic have been known to return to the Connecticut, a few anglers fishing for other species have unexpectedly caught one on rod and reel. But since the number of adult salmon in the river has been very small over the years, catching one was not something that could ever be expected. If it happened it was more or less a fluke thing. In the early years of adult Atlantic salmon returning to the Connecticut River system an angler could legally keep one per day should he/she be so fortunate as to catch one. That eventually changed and Atlantic salmon in Connecticut became a protected species and therefore illegal to keep. Fortunately though, there is an exception.

For many years adult Atlantic salmon that returned to the Connecticut River and its tributaries were trapped in fish lifts at dams and hauled off to hatcheries in Connecticut and Massachusetts. At the hatcheries these adult salmon were used for breeding purposes with their offspring to be released into the Connecticut River system. In years past, once these salmon were spawned out at the hatcheries they were killed due to the fact that a whole new batch of adult salmon would be brought in from the Connecticut River the next year and there simply was not enough space to hold on to the excess fish that had already been spawned. Thanks to intense lobbying efforts, in

1992 the Department of Environmental Protection began stocking the excess Atlantic salmon that had already been used for breeding, into sections of two Connecticut rivers. The two rivers that receive salmon stockings are the Naugatuck River over in western Connecticut and the Shetucket River in the eastern part of the state.

Near the center of the town of Willimantic the Natchaug River and Willimantic River come together and form the Shetucket River. The Shetucket then flows southward to Norwich and meets up with the Thames River. It is in the section of the Shetucket River below the Scotland Dam that the brood stock Atlantic salmon, the mature Atlantic salmon that are no longer needed by the hatcheries for breeding, are stocked. Salmon are usually stocked in this area beginning around October when the river's waters begin to cool



Ice water fishing. I caught this 8 lb. brood stock Atlantic Salmon in the Shetucket River on 12/23/2010 (photo by a passing angler)

down from their summertime warm temperatures. The stocked fish may range from two pounds to possibly thirty pounds. It is in the stretch of the Shetucket River below the Scotland Dam that a Connecticut angler's dream of catching and keeping a large Atlantic salmon can be realized.

Connecticut's Atlantic salmon fishery has special regulations which must be observed at all times. In the designated Atlantic salmon areas anglers can only use a single fly or a lure with a single, free-swinging hook. Additional weight cannot be added to the line. From October 1 through November 30 it is catch and release only. From December 1 through March 31 anglers can keep one salmon per day. (If you hook one on November 30 don't fight it until one minute after mid-night. You'll have four months from December 1 to catch one you can keep). Be sure to check the complete regulations for the brood stock Atlantic salmon fishery in the Anglers Guide.

On a typical grey, cloudy and chilly November day in 2006 I decided to go out to the Shetucket River and check out the salmon fishery for myself over in the town of Sprague. I began by casting a few different single hook lures. I persisted and to my astonishment, I hooked something that fought extremely hard. A few minutes later I landed a large Atlantic salmon. I used to dream of catching one in Connecticut and now it happened. Being November of course, this one had to be released. Bolstered by this success I went back to the Shetucket in Sprague a few times and on December 15, an unusually warm day, I caught another large salmon that, this time, I could keep.

There are several theories as to why the Atlantic salmon will hit flies or lures. Which ones are correct is anyone's guess. But a few ideas of how the fish behave may increase the chances of catching one.

Supposedly the salmon in the rivers are not feeding. You are not offering a fly or fishing a lure to get the salmon to try and eat it. Rather the salmon in the rivers are more likely to get aggravated by a fly or lure passing near them and they will strike out of anger. Bright colored flies or flashy lures should achieve this end. Occasionally an aggressive salmon may rise from deep water to go after a fly or lure. But more likely you will have to let the fly or lure get down deep and get in the salmon's face to trigger a reaction and a strike. There are no right or wrong flies or lures. What may work one day may not on another day.

The probability of catching an Atlantic salmon in the stocked Shetucket River is very good but it isn't necessarily going to be easy. The salmon may be aggressive one day and passive the next. They may hit bright colors some times and not look at them other times. Anglers can take a large trophy-sized Atlantic salmon on the first cast or it may take hundreds of casts. Anglers also have to deal with the very real possibility of harsh, frigid weather during the best time to fish for Atlantic salmon. Freezing New England winds, high gusts, chilly rains, snow, ice in the river and on the lines and hands going numb in the cold are all part of the salmon angling season in Connecticut. But with patience, perseverance and an investment of time the eastern Connecticut salmon angler will eventually be rewarded.

One bit of advice on fishing the Shetucket River in the stretch below the Scotland Dam is to be very cautious if wading in the river. Water flow and height can change rather suddenly with releases of water from the pond above the dam. If fishing in the miles of river below the dam and the water is low and not so swift upon arrival, then look at a rock, stick or log in the water and take note of the water height. Should you notice the water rising be sure to be on the side of the river where your motor vehicle is parked. Be especially aware if you wade across the river. Also LISTEN. I usually detected rising water by noting the sound of its flow from slower to more rapid. And beware that the closer to Scotland Dam you are the faster the water will flow when released.

This wintertime salmon fishery in Connecticut gives anglers something to look forward to instead of hanging up fishing until April. Be sure to dress warm though, when fishing for Connecticut's brood stock salmon. Quite often anglers will be wading in the Shetucket casting a line with snow lining the banks and chunks of ice floating by. You don't have to go up north or drive six hours to Pulaski. Big salmon are right here. Try some ice water fishing in Connecticut.

Tom lives in East Hartford: E-mail: tjffworon@sbcglobal.net



Ask "Dr. Mac"

All your Apple Macintosh Mac, iMac and iPod Questions

Password Peril on Portables & Valentines Day



Passwords are a blessing and a curse of the digital age we live in. Recently my son needed the password for his iPod Touch and forgot it. I found this article which will come in handy someday by all those who own Apple portables.

Recover From a Forgotten Passcode

By R.J. Murphy

There seems to be an influx of customers who have forgotten the passcode on their iPod touch, iPhone, or iPad. Although this is an unfortunate frustration, the fix is relatively easy, and (hopefully) painless, provided you have your music/apps/other data backed up on your computer.

(I need to warn you, this fix will erase all data on the device itself. As long as everything is backed up on your computer, you have nothing to worry about.)

Basically, you need to restore your iPod/iPhone/iPad in "recovery mode". In order to get your device into Recovery Mode, you first need to turn off your device(hold the Sleep/Wake button until the "slide to power off" prompt can be seen, slide it!). Now, that your device is off, make sure your usb dock connector cable is plugged into a usb port on your computer, but NOT plugged into the device. iTunes should be open during this process. While holding down the Home button, plug your usb cable into the device, keep holding the home button until you see the "Connect to iTunes" screen (iTunes logo+usb cable).

You should now get an alert in iTunes that states a device in "recovery mode" has been detected. Click OK, and you are now able to restore the device, erasing the user added data, as well as the passcode.



iPhoto and the "Book"

Valentines Day isn't far away and I always think a great present is a custom book of your photo images, arranged the way you want with the captions you chose. You will need to be familiar with iPhoto which is free on every mac. (You can purchase upgrades when buying iLife upgrades.)

iPhoto has a feature that few people have noticed. It's the iPhoto Book. Basically using a template oriented script built into iPhoto you create a digital book virtually; using iPhoto to supply the images. After adding captions, titles and extras you then upload the book project to Apple and several days later, a hardcopy printed version of the book arrives in the mail. And it's beautiful!

The books are impressive with wrap around covers, embossed text and formats from hardcovers, paperbacks to even wirebounds. The sizes are impressive too! (For a less ambitious first project try the Calendar.) To see what's possible go to: <http://www.apple.com/ilife/iphoto/printproducts.html>

These steps will help you to make an outstanding iPhoto book.

Use the most current update for your version of iPhoto

Use JPEG in RGB format for all photos

• Crop each image to 4x3 ratio

• Check image brightness and contrast

• Use optimal resolution images (iPhoto will alert you of low resolution images):

• wallet size - 640 x 480 pixels

• 4 x 6 inches - 768 x 512 pixels

• 5 x 7 inches - 1075 x 768 pixels

• 8 x 10 inches - 1280 x 1024 pixels



- Check the length of your book's captions and titles. •The text will automatically scale to fit the space.
- Check to make sure your page numbers are visible
- Check to make sure your book's page count is between 10 and 50 pages
- Preview your book before you print

Q: How can I save space in iPhoto?! I have lots of photos I don't want to delete but my library is now over 4 gigs! Any ideas or tips?

A: A few iPhoto secrets.

1) iPhoto has it's own trash can. If you've been pitching out of focus or mistakes in there and not emptied it, now's the time. iPhoto doesn't use the Finder's trash can where you throw almost everything else away in the dock.

2) You can take some of the load off iPhoto by making several separate albums and lumping photos in there.

3) Keep in mind if you edit or rotate photos, iPhoto keeps the original tucked away; unaltered. That can come in really handy but if you rotate 100 photos upright, 100 photos have just been added to your library. Now for those who are comfortable with the Terminal program you could delete the Originals folder, but...

For those who do not want to fool with the terminal, iPhoto Diet (an application found at <http://www.rhythmiccanvas.com/software/iphotodiet/index.html>) has an option to remove all the originals, as well as an option to remove only those originals that are rotated by 90 degrees. Of course, this means that you're probably throwing away pictures with higher quality (in the case of JPEG) and you won't be able to revert back to the pristine, untouched version. If you don't like the idea of losing legitimate back-ups, you can use iPhoto Diet to remove only those originals that are truly redundant. If, like me, you have set up iPhoto to use an external graphics program for viewing photos, every time you double click an image iPhoto automatically makes a backup. When you close the photo, the backup remains, even if you haven't made any changes. By default, iPhoto Diet removes only these redundant copies. Of course, you can always change the options to remove all originals, if so desired. Note: as of this writing iPhoto Diet doesn't seem to work with iLife 08 (iPhoto 7.x)

4) Remove (archive) less used or unneeded pics by backing up to a CD or DVD. After organizing by Albums, select the album and under the "Share" Menu click "burn". Provided you have a built in burner (or external) iPhoto will backup the album. By clicking several albums and also the "Info" button on the bottom left you can see the size of your selections to fit on the 700 meg CD. Don't select more than a total of 660 megabytes. (A DVD will hold up to 4.4 gigabytes of photos, possibly your whole iPhoto library.)

Steve Woron is an artist and Mac technician and lives in Vernon CT. Contact him at (860) 871-9933 or illstudio@snet.net. He also has been doing desktop publishing for 21 years. He also scans slides and negatives professionally. See his ads to the right. See DrMacCT.blogspot.com

Need more mac help, tips and troubleshooting for the mac computer illerate. My Blog is the answer. Ask questions or leave comments! goto: www.DrMacCT.com



Campus Cuts

Specializing in ALL Facets of Hair Design

Open Monday - Friday

860.429.4850

Located behind the Store 24 Plaza
Rt. 195, Storrs, CT

Walk-ins Welcome

We look forward to see you at Campus Cuts!

Men's Cuts

Fades

Women's Cuts

Highlights/Lowlights

Waxing

Updos

Kathryn Haggan
Get 10% OFF
when you bring in this ad!

DR. MAC

Fixing
All Macs



Someday
You'll
Need Me!
Cut Me out!

Mac Running Slow??

Your mac should be maintained every 6 months!

I'm your Apple/Mac "Guru"

Repairs • Service • Equipment • Tutoring

If it's Apple/MAC, I do it!

Call Steve for an appointment TODAY!

(860) 871-9933 10am-6pm M-F

Mac advice & info: DrMacCT.blogspot.com

They are Fading Away...

Someday
You'll
Want Me!
Cut Me out!



**Your 35mm Slides and Film Negatives are Slowly
Deteriorating Before Your Eyes!**

Slides & Negatives dating pre-1970 are fading fast...

*Post 1970 are fading too. Get them scanned to digital
professionally now before it's too late...*

- Scratch & Dust Removal • Color Correction • Restoration
- Color Balanced • 30 Years Experience • 5 Year Backup
- "Magic Face/Figure Enhancement" • +More!

Preserve your Memories

Starting at 50¢ per neg!

Call Steve for details

(860) 871-9933 10am-6pm M-F

Are You 1/2 in Business?

No Website?

- Sites
- Hosting
- Shopping
- Animation



The \$499.99 Website Special!

Yes! For a 5 page Website!

Call Steve for details

(860) 871-9933 10am-6pm M-F



Automatics • Standard • Foreign • American
Transfer Cases • Rear Ends • New Clutches • Transmission Tune Up

860-429-6571

Fax - 429-0246

WE KEEP YOUR REAR IN GEAR!

M-Fri 8AM - 5:30PM

Rt. 44 • Ashford, CT

Ask about our CCC package!

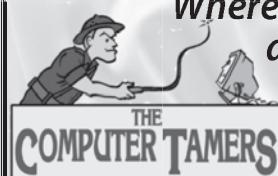
*Where your computer gets
a complete overhaul,
from the best,*

The Computer Tamers!

860-456-1310

It's a digital world; we make it easy

Visit our website for more computer help, ComputerTamers.com
Central Sales Service Center • 75 Bridge St, Willimantic



Local Continued from Page 1

aquas3@hotmail.com , Also Birch Hill Farm, was present offering maple and fruit syrups. They are located at 236 Bebbington Rd, Ashford 860-429-8665. Linda Smith offers herbal products that will get you through your winter doldrums. Her local products listed under the title, "Enlightened Healers" offers Reiki services and in combination with her husband, Gary, they offer therapeutic massages. As told to me by Derrick Caissee, Market Master, "there are not too many farmers' markets, where you can get a chair massage."

Three Green Acres Farm, which is located on, 252 Mansfield City Road, Mansfield, CT, featured local lamb. Their product, *Chelsea's Blue Ribbon Lamb*, evolved from when their daughter, Chelsea, began raising her own animals. Chelsea started by showing them at local fairs and now is turning a hobby into a local business. They are also involved in CT Blankets Project, an initiative by the Connecticut Sheep Breeders Association. Not only can you purchase their offerings at the Ashford market by you can also sleep more comfortably under a blanket that is produced locally. http://www.ctsheep.org/ct_blanket

I have always been partial to local lamb versus the imported lamb found in the grocery stores. The flavor is more unique to our area and less commercial. Once you have experienced local lamb you will realize a vast difference in the taste profile. This is what lamb should really taste like. As you visit your local farmers market this winter and decide to purchase lamb chops for your family's dinner try out this simple recipe with some roasted potatoes, curried carrots and a glass of merlot.

Rosemary Marinated Lamb Chops

Ingredients:

- 2 fresh bunches of rosemary
- Coarse Salt
- Pepper
- 6 to 8, 1" thick lamb chops
- 2 C. of dry white wine. What is a dry white wine? Try a Chardonnay, Sauvignon Blanc a Pinot Gris.



If you want to follow in the footsteps of Julia Child use a dry vermouth which she did when her recipes called for dry white wine.

- 6 Tbs. of olive oil
- 2 Tbs. of red wine vinegar

Directions:

Finely chop rosemary to measure 2 table-spoons. Save remaining sprigs. Rub salt and chopped rosemary all over lamb chops. Divide lamb chops between two glass baking dishes. Pour wine, oil and vinegar over lamb. Season with pepper. Place any remaining rosemary sprigs over lamb. Cover with plastic wrap and refrigerate for at least two hours or overnight, turn chops over once.

Preheat oven to 450 degrees. Remove lamb from marinade and place on a baking sheet. Bake about seven minutes for medium rare (140 degrees).

Take chops out of oven and pre-heat broiler. Place chops under broiler and broil until brown on edges. Do not overcook. Transfer lambs to heated plates then serve.

Best wishes in the New Year, if you are looking for recipes or want to suggest someone that should be featured in my column please feel free to contact me at Codfish53@yahoo.com. Interested in reading more about the local food scene or checking out some new recipes using local ingredients?

Follow on my blog at: <http://everydayisaholidayeverymealisanbanquet.blogspot.com>

FLASH FICTION

Nickel Deposit

By Tom King

The clickedy-clack of hard rubber wheels striking sidewalk seams amplifies the tingling of glass bottles and aluminum cans. He stops the cart abruptly to pick up a Bud can hiding under a hemlock bush. Twenty blocks to Stop and Shop and he's hoping for better pickings. An old man in shirt and tie under heavy wool topcoat emerges from a nearby building. "Hey Joe, how's your day been?" "Not so good, Doc, I thought when they put a nickel on water bottles business would pick up." "How are the lungs?" "Fine since you cured that pneumonia. No more smokes for me. Only fresh air for these babies." A loud beep-beep from a Mercedes as the old physician approaches. "Some day I'll repay you for your treatment, Doc." "I won't accept it Joe. You vets have been getting screwed for decades. Thank you for your service. Good to see you."

Half-way down the next block he stops for another treasure. A fresh Marlboro, only half-smoked sleeping on the light coating of new fallen snow. A battle ensues within him. The craving, so recently altered, begins to overtake him. His feet start walking, he doesn't know why. He slowly realizes he needs to focus on the cumulative effect of these momentary victories.

It's getting dark, the wind's picked up and the snow is falling hard again. A few more random cans, a 12 pack of Bud light and the hunting and gathering is over. He feels his heart rate rise as he pushes his half-filled cart through the slushy parking lot. Two men are leaving the bottle room squeezing bottle receipts like winning lottery tickets. They recognize each other, nod, and move on. \$2.10 in bottles, \$3.45 in cans, not a good day. He leaves the cart. He'll pick up a new one in the morning. He turns from the service counter and heads down towards the produce aisle. He pays for his fruit, tosses it in his old shoulder

sack and heads out.

The blowing snow clings to his forest of facial hair as he plods down Main Street. He approaches a large metal door and knocks loudly. A huge Hispanic man cracks open the door. "Sorry Joe, we're full, come earlier tomorrow," and clangs the door shut. He turns down an alley and re-ties the cord on his hood. Briefly he is out of the storm. He emerges facing a group of one-story metal buildings inside a large fenced-in lot. He follows the fence around the back where it's not as well lit. He loosens a corner of the fence and pulls it away from its post and places his bag inside. He then lays on his back and creeps his body under the fence, pushing it up first with his hands, then his feet. For a moment he's back in boot camp at Paris Island. "Keep those butts down!" his drill sergeant screams. His maneuver pulls his hood back and deposits a pile of snow down his back. He jumps up, pulling out his shirttails, shaking the snow off his body.

He picks up his bag and starts walking past a long row of camping trailers, boats and motor homes, most covered with blue tarps or shrinkwrap. He turns to look back at a sky full of heavy snowflakes glistening in a distant spotlight. For a moment he forgets his discomfort to appreciate the temporary beauty mother nature is bestowing on this self-storage ugliness. He lifts a weathered 'For Sale' sign duct taped to the door of an old trailer with flat tires. He snakes his arm through a broken pane of glass and grabs the handle. He finds his bed for the night by the light of his trusty 'Bic'. "Never be without fire," Dad always said. He climbs under the bedding fully clothed and shoed. The heavy snow has changed to sleet. He enjoys the ping-pinging of the wind-blown pellets against the metal siding. Pulling an old 9-volt battery radio from his bag he fumbles with frigid fingers the nickel-sized tuning dial. Finally the speaker comes to life, "Boston Bruins hockey brought to you by VISA, for the life you deserve."

FLOCK TO OUR

January White SALE

THE Lily Pad 40% OFF

January 10th - 15th

Any and all art products - paint, paper, glue, mats, clay, etc. - if it's white it's 40% OFF

More savings with:

Back to School Specials - Jan. 17th - 22nd

Ground Hog Grab Bag Sale - Jan. 31st - Feb. 5th

34 North St., Willimantic, CT * (860) 423-3223

Mon.-Fri. 10-5:30 * Thurs. 10-7 * Sat. 10-4

www.lilypadart.com

We carry a large selection of fine

Wines, Beers, & Liquors

Holiday Spirits, Inc.

HOLIDAY MALL

1733 Storrs Road, Route 195, Storrs

(860) 429-7786

A dozen delicious ways to say I love you.

1197 Main Street
Willimantic
860-423-2444

Edible ARRANGEMENTS
EdibleArrangements.com

SAVE \$5
on your next order

Offer valid on select products. Cannot be combined with any other offers. Offer code must be used when placing the order. Offer expires 2/2011 Coupon code: neig0211

Speak with a Fruit Expert™ at one of our 1000 locations worldwide.

Berry Chocolate Roses * All stores open 7 days a week
©2011 Edible Arrangements, LLC. Containers may vary. Delivery not available in all areas. Available in a variety of sizes. Franchises available; call 1-888-727-4258 or visit eafranchise.com.