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July 9, 2019 through September 18, 2019

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CT Humanities
CAT 2019
Marty Podskoch was a teacher in the Catskills and came to Conn. in 2005. As he traveled throughout the state he marveled at the great diversity of villages, cities, rivers, lakes, mountains, and seashores. He realized that most of the residents of the state had not traveled as widely as he had and he wanted them to explore his beautiful state.

He created a book to be a guide and a passport. There is no membership fee, just a desire to experience all of Connecticut. Adults and children of all ages can be members. People who visit all 169 towns will receive the “Leatherman Award” patch at a luncheon or dinner held at a different town each year. The award is named after the vagabond who lived in caves and traveled a route regularly (approx. 34 days) from the Connecticut River to the Hudson River during the late 1800s.
Jerry Freeman lives with his family on a 21st-century homestead in rural northeastern Connecticut. A lifelong meditator and meditation teacher, he writes about the ways ordinary life draws us deeper into connection with one another and with the universal ground of being.


Ultimately, this is a book about compassion, about unity consciousness, about the deep interconnectedness of people and each other, of people and nature, of people and the cosmos.

Luanne Rice is the New York Times bestselling author of thirty-four novels that have been translated into twenty-four languages.

In June 2014, she received the 2014 Connecticut Governor’s Arts Award in the Literary Arts category for excellence and lifetime achievement as a literary artist.

Luanne is an avid environmentalist and advocate for families affected by domestic violence. She lives on the Connecticut Shoreline.
Nicole T. Smith  
Thursday, September 12, 2019  
6:30 p.m. (Non-Fiction)

Since she was a little girl, Nicole was drawn to Paris, although it was a place she’d yet to go. In May, 2011, she made her first trip to France, and her life was never the same.

Embark on an unforgettable journey, dabble in history and culture, from the soaring summit of the Eiffel Tower to the majestic castles of the Loire.

If you have ever dreamt of following your heart, or even simply taking a trip overseas, pour yourself a glass of Bordeaux and come along for the ride!

Nicole T. Smith, L.Ac. is the owner of The Pampered Porcupine Acupuncture, Inc., located in Scotland, CT, and has been in practice over 14 years. She has authored several books, and delights in sharing her love of Paris, travel, and adventure with others.
Liv Constantine  
Monday, July 15, 2019  
7:00 p.m. (Fiction)

Liv Constantine is the pen name of USA Today, Wall Street Journal, and international bestselling authors and sisters Lynne Constantine and Valerie Constantine. Separated by three states, they spend hours plotting via Facetime and burning up each other’s emails. They attribute their ability to concoct dark storylines to the hours they spent listening to tales handed down by their Greek grandmother. Lynne also writes The Jack Logan Thriller series under the pen name L.C. Shaw.

Ehris Urban & Velya Jancz-Urban  
Wednesday, September 11, 2019  
6:00 p.m. (Non-Fiction)

Ehris Urban, owner of Woodbury, CT’s Grounded Holistic Wellness, believes, “if you’re grounded, you can navigate even the bumpiest roads in peace.” She grew up in a family passionate about holistic medicine. Ehris enjoys beekeeping, tending her organic vegetable and herb gardens, and working in her apothecary. Ehris Urban & Velya Jancz-Urban lives her life by the adage, “there is no growth without change.” Zany and gregarious, she is a teacher, author, former Brazilian dairy farm owner. Moving into a 1770 Connecticut farmhouse ignited Velya’s obsession with the colonial era, and led to her entertainingly-informative presentation, The Not-So-Good Life of the Colonial Goodwife.

As Grounded Goodwife, Ehris and her mom, Velya, teach a variety of herbal/historic workshops throughout New England.
Jason Rosen began his career in bookselling at an independent book store in Briarcliff Manor, New York, in the early 1980s. In 1986, he co-founded the acclaimed book catalog, *A Common Reader*, and was for two decades its guiding force. He subsequently has worked as an editorial and product development executive in the publishing industry. He lives with his wife, Margot, in Connecticut.

**Synopsis:** A “treasure chest for book lovers everywhere” (Library Journal, Starred Review) of 1,000 must-read books across genres and eras, each accompanied by a short thought-provoking description of why the book is essential.

James Mustich

Tuesday, July 16, 2019
6:30 p.m. (Non-Fiction)

Jason Rosen

Wednesday, September 10, 2019
5:30 p.m. (Juvenile Fiction)

Jason Rosen is the creator and writer of Monsterwood.

Under the banner of his SKINWALKER STUDIOS, Jason has designed/sculpted/ and or provided Special effects for NBC/Universal, Chiller Channel, University of Connecticut, Ithaca International Film Fest, Boston Underground Film Festival, Lead Concept Artist Paul Gerrard, Film Directors Wes Craven, A.D. Calvo, Darren Lynn Bousman, Vincent Guastini Productions, Effects & Design, and others.
James Herbert Smith
Maura Casey
Wednesday, July 17, 2019
6:30 p.m. (Non-Fiction)

This is James Herbert Smith’s fifth book. His first, *A Passion for Journalism*, is a collection of his columns published after he won the Distinguished Writing Award from the American Society of Newspaper Editors. He also has written a historical novel, *Wah-say-lan, A Tale of the Iroquois in the American Revolution*, with a YA edition; and a memoir, *A Boy’s Life in the Baby Boom*. He retired after nearly 50 years in journalism including stints as a reporter and city editor of the *Hartford Courant* and Editor of the *Connecticut Post*.

One of the writers will join him, Maura Casey, who has written for The Lawrence, Mass., Eagle Tribune, The Day of New London, *The Hartford Courant* and the *New York Times*. She has won more than 45 national and regional awards for her journalism.

Neili Parisi
Thursday, September 5, 2019
6:30 p.m. (Fiction)

Neili Parisi’s novel is based upon an incident in her life as an eighth grade teacher. Neile taught school for eighteen glorious years in public schools. She experienced both joy and tragedy in her classroom.

Following her teaching career, she became a Registered Sanitarian. Having a masters degree in Health Education, she was able to use her teaching skills to help educate workers in the restaurant world teaching proper food handling skills.

Currently she is a realtor who, by the way, won second place in The Woman’s Arm Wrestling competition in Las Vegas, and promises she won’t let anyone “twist your arm.” She is also a stand-up comic on the weekends drawing from her varied background of occupations. This is her first novel.
Dr. Paul Dunion

Wednesday, August 28, 2019
6:30 p.m. (Non-Fiction)

Dr. Paul Dunion has been in private practice as a Counselor for nearly forty years. Prior to that, he taught Philosophy for thirteen years and presently teaches internationally with the Mobius Executive Training Organization.

He is the founder of Boys To Men, a mentoring community for teenage boys and the co-founder of the Connecticut Men’s Gathering. He has offered over two hundred workshops with themes having psychological, philosophical and spiritual relevance. He has published five books and dozens of articles. His next book, *Wisdom: Remaining an Apprentice to the Unknown*, will be available in the fall of 2019. Dr. Dunion resides in Franklin Connecticut with his spouse Connie and their dog Bo.

Synopsis: A creative non-fiction account of how to remain a Seeker. The reader is offered creative alternatives for being both reconciled with life and unsettled enough to continue seeking.

Mark L. Dressler

Thursday, July 18, 2019
6:00 p.m. (Fiction)

Mark L. Dressler’s detective mysteries take place in Hartford, CT and features rogue detective Dan Shields.

Mark is from Hartford Ct. He retired 8 years ago from a 25 year corporate career and subsequent 20 year business career. Started writing in 2014.

Mark’s first book *Dead and Gone* was published August 2017. He donates partial proceeds from all his books to the Boston Children’s Hospital.
Jerry Roberts & Tom Walsh  
Tuesday, July 23, 2019  
7:00 p.m. (Non-Fiction)

Author, historian, Jerry Roberts has spent his career digging up the past, discovering history’s untold stories and bringing them to the public through books, documentaries and exhibits. He has served as executive director for several major museums in New York and New England. He likes to say that history is the best reality show ever produced.

Possible guest appearance by pilot, photographer, Tom Walsh is a senior captain for a major US airline. When not flying across oceans at six miles high, he pilots his own small aircraft, low and slow, chronicling coastlines, rivers, small towns and big cities for a variety of clients through his own company, Shoreline Aerial Photography.

Cate Conte aka Liz Mugavero  
Tuesday, August 27, 2019  
6:30 p.m. (Fiction)

Cate Conte writes the Cat Cafe Mysteries, including Cat About Town, Purrder She Wrote, and Tell Tail Heart. As Liz Mugavero, she writes the Pawsitively Organic Mysteries, the first of which was an Agatha Award nominee for Best First Novel, and the upcoming Full Moon Mysteries. She lives in Connecticut with her rescue pals.

Synopsis: Maddie James’ new cat cafe is thriving, even during winter on a Massachusetts island. Until a big-name writer visiting the island winds up floating in the ocean...and Maddie realizes that even people she’s known her whole life have their secrets.
Ken Keeley is a “Historical Storyteller” from Norwich, CT. He graduated from Norwich Free Academy in 1967 and then attended Thames Valley Technical State College. Ken started his career at the Norwich Bulletin and worked closely with Bill Stanley. After working for twelve years, his next venture was the printing business Franklin Impressions. In 2002, he and his co-owner sold the business and he began a variety of odd jobs and substitute teaching. After positive feedback online from posting images of historic Norwich, Mr. Keeley started putting together visual histories of Norwich and New London. He has written six volumes, the latest is Norwich, The Victorian Era (published 2019).

Tom Seigel has served as both Deputy Chief and Chief of the Justice Department’s Organized Crime Strike Force in Brooklyn, prosecuting members and associates of La Cosa Nostra. After twenty years as a litigator, Tom earned an MFA in fiction writing. The Astronaut’s Son is his debut novel.

Synopsis: On the eve of the 50th Anniversary of the Moon Landing comes a novel in which a Jewish astronaut must reassess his moral compass when forced to confront NASA’s early collaboration with Nazis and the role it may have played in his father’s death.
Debbie Vadas Levison's life has two parts: the first in Ontario, Canada, where she grew up, and the second in Connecticut, USA, where she has lived for the past twenty years. Both places feel like home, and in both she has been lucky enough to pursue her passion: story-telling.

Since relocating to Connecticut, she has been published in local, regional and national media, both as a director at a leading communications firm and as a freelance writer, earning an Award of Excellence from the Society of Professional Journalists.

Debbie is involved with many charitable projects throughout the community, for which she is proud to have received the prestigious A. O. Samuels Young Leadership Award.

Clinical psychologist by day and writer all the time, Jessica Bayliss is the author of YA thrillers Ten After Closing and Broken Chords.

A life-long lover of scary tales, she also loves to eat, cook, and exercise—in that order—and is a firm believer that coffee makes the world a better place. Jessica is represented by Dr. Uwe Stender, Triada US Literary Agency.

She is a member of SCBWI, ITW, HWA, and RWA. Her short fiction has been published in several anthologies and lit mags. She serves as a Senior Editor for Allegory Magazine.

Synopsis: Ten After Closing chronicles the events before and after a hold-up at Café Flores, during which two teens from very different backgrounds are held hostage and explore a relationship that might have been, all while scheming to stay alive.

Sometimes it takes the unimaginable to learn who we really are.
Valerie Dziengiel  
Tuesday, August 20, 2019  
6:30 p.m. (Non-Fiction)

Valerie was a real estate entrepreneur who worked with her husband throughout their marriage operating a real estate construction development corporation he established in the early 1970s. They specialized in residential land development and new home construction in Southeastern CT, until her husband’s illness necessitates the closure of their business in 2012.

Brief synopsis: In order to understand her grief, she includes their story of young love, which developed during the Vietnam Era, before describing the events which led to his death and the paranormal experiences that followed.

Gwen Mariani  
Monday, July 29, 2019  
6:30 p.m. (Fiction)

Gwen Mariani was raised in Waterford Connecticut where is now lives with her husband, two sons and two dogs.

A writer of poetry and affirmation for most of her life, The Growing-Tree is her first novel.

She finds nature, animals, and the connections we have to one another to be the source of her inspiration, creativity and her writing. She hopes to inspire others to move forward in there own's lives by writing about life’s challenges and her own personal growth.
Experience the wonder of spirit communication firsthand— even if you don’t think you were born a medium. Sharon Farber shares her amazing story of becoming a medium through study, not birthright, and she reveals how you can become one too.

Sharon Farber graduated with honors from the University of Massachusetts in Amherst in 1983 with a BA in Sociology. She is a Licensed Massage Therapist, healer, award-winning artist, medium, teacher, author, and the owner of Dragonfly Healing Arts LLC in Pine Meadow, CT. Sharon gives mediumship readings and demonstrations, facilitates a mediumship development circle, teaches mediumship classes, and leads mediumship development retreats.

Jeanne Zulick Ferruolo writes middle grade books about kids discovering their inner BRAVE! Her debut novel, *Ruby in the Sky* (FSG 2019) won the SCBWI work-in-progress award, the PEN-NE Susan P. Bloom Discovery Award, and the New Voices in Children’s Literature: Tassy Walden Award.

Her second book, *A Galaxy of Sea Stars*, will also be published by FSG. Jeanne has worked as a public defender, ESL teacher, Congressional aide and waitress. She lives in Ellington, CT with her husband and kids.

When Ruby (12) and her mother move to Vermont, Ruby’s goal is to stay as silent and invisible as a new moon in the frozen sky. But when she meets the mysterious “Bird Lady,” Ruby must make a choice: break her silence or risk losing everyone she loves.

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Rose Young

Thursday, August 15, 2019

6:00 p.m. (Fiction)

Rose grew up in the wild woods of Maine, moved to Boston, and graduated from The New England School of Art & Design.

After her career in landscape & garden design she brought her horticultural knowledge to her mystery novel, *Roses, Wine & Murder*. Her story idea blossomed when she volunteered to garden for a day in a New London city garden.

This is the first in her series of a witty, madcap adventure laced with New England history of the vineyard regions by Long Island Sound where she resides.
Katie L. Carroll
Monday, August 5, 2019
6:00 p.m.  (YA Fiction)

Katie L. Carroll began writing after her 16-year-old sister, Kylene, unexpectedly passed away. Since then writing has taken her to many wonderful places, both real and imagined.

She wrote her YA fantasy Elixir Bound and the forthcoming Elixir Saved so Kylene could live on in the pages of a book.

Katie’s middle grade adventure Pirate Island was selected by the Milford Public Library as the 2018 One City, One Story middle grade read. She teaches writing and publishing workshops for children and adults and works as a freelance writer.

Regina Kyle
Wednesday, August 14, 2019
6:30 p.m.  (Fiction)

Regina Kyle knew she was destined to be an author when she won a writing contest at age 10 with a touching tale about a squirrel and a nut pie.

By day, she writes dry legal briefs, representing the state in criminal appeals. At night, she writes steamy romance with heart and humor. She is a two-time winner of the Booksellers’ Best award, in 2016 for Triple Dare and in 2018 for The Billionaire in Her Bed.

A lover of all things theatrical, Regina lives on the Connecticut coast with her husband, college-age daughter and a melodramatic cat with an insatiable need for attention, especially during deadline crunch time. When she’s not writing, she’s most likely singing, reading, cooking or watching bad reality television. She’s a member of Romance Writers of America and president of her local RWA chapter.
Lisa C. Taylor
Monday, August 12, 2019
7:00 p.m.   (Fiction)


Both her poetry and fiction have been nominated for the Pushcart Prize. She’s been a finalist in many contests and recently won the Hugo House New Works Award for short fiction.

She holds an MFA from Stonecoast/University of Southern Maine and an MA from UConn. She is currently working on a novel that continues one of the stories in her first collection.

Paul Hensler
Tuesday, August 6, 2019
6:30 p.m.   (Non-Fiction)

Paul Hensler (MA, Trinity College, 2008) is a baseball historian and member of the Society for American Baseball Research (SABR). A contributor to SABR’s “Baseball Research Journal” and “NINE: A Journal of Baseball History and Culture,” Paul has presented twice at SABR’s national convention and seven times at the Cooperstown Symposium on Baseball and American Culture. His next book, a biography of legendary broadcaster Bob Steele, will be published this fall by McFarland.

The 1960s were among the most compelling years in United States history, from the clamor for civil rights to the tragic incidents of assassination and war. Caught up in this restlessness was major league baseball, and the manner in which baseball addressed the challenges of this decade would have a lasting impact on the game.
Janet Barrett has known about Comanche, the lone survivor of the Battle of the Little Bighorn, since her father first told her the story a child.

With the success of *They Called Her Reckless*, about the warhorse, Reckless, and her fellow Marines in the Korean War, Barrett knew it was time to go back to that earlier era and tell the whole story of the horse that brought fame to himself and his rider, Captain Myles Keogh, and a renewed sense of pride to the U.S. Seventh Cavalry.

Her father would be proud of what developed from his early, gentle teaching.

Sarah Whelan has a master’s degree in criminal justice and twenty years of experience in the field. She has written hundreds of winning grant proposals and published more than a dozen articles, which have appeared in such magazines as *Bay State Parent, New Jersey Family, Write Angles Journal, Connecticut Police Chiefs Association Hotline, International Association of Chiefs of Police Net Alert, New Jersey Police Chief Magazine*, and *Police and Security News*. She is also a paid public speaker who presents at law enforcement conferences across the country.

The Struggle Within is Sarah’s debut novel. If you’re looking for her, she will be either working her computer in her Ellington, Connecticut home; exercising at the YMCA; or doing her favorite thing in the world—spending time with her family.
The Connecticut Authors Trail consists of a consortium of Libraries in eastern Connecticut who are constantly amazed at the variety of genres and diverse styles of writing among the authors who live in or are associated with the Nutmeg State.

At each stop on the Trail libraries will host a free author event beginning Tuesday, July 9, 2019 in Franklin at 6:30 pm. The author will showcase his book and share his story. Discussions and questions are encouraged and books will be available for purchase.

CAT Passports are available free at participating libraries throughout the summer as a guide to the author events. Have your Passport stamped at each library event you attend to qualify for a special prize (levels 1-4) which will be selected at The Cabaret Theater in the Mohegan Sun on Wednesday, September 18, 2019 at 7:00 pm. You must have your Passport with you to qualify. Updates and other CAT information is also available on our website at connecticutauthorstrail.org.

If you are unable to join us on the Trail this summer, you have another chance to meet many of the authors at the Finale. Doors will open to The Cabaret Theatre at 6:15 p.m. Please join us at this free event (alcoholic beverages not included) for a fun-filled evening with our featured author who will begin speaking at 7:15 pm.

There will be a survey at each event. Please take a moment to give us feedback for next year.
Come see our 2019 trail authors at:

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