

# Local rider to Compete in Kentucky Pony Finals



Thompson resident Madison McHugh poses for a photo after competition.

Photos Rebecca Heon — Courtesy

BY JASON BLEAU  
CONTRIBUTING WRITER

THOMPSON – For the entirety of her 12 years of life, Thompson resident Madison McHugh has been around horses and ponies. Her mother grew up a rider, and introduced McHugh to the animals almost as soon as she could walk.

This was just the beginning of what has become a fast-growing career as a professional rider for Madison McHugh, who has worked her way up the ranks and is now preparing for competition in the horse racing capital of the world, Lexington, Ky.

By the time she was three years old, Madison McHugh had her own pony and began working with a trainer showing ponies before she was five. Four years ago, she started training in the art of jumping which has since become her specialty in competition. McHugh has competed all over New England and beyond and recently earned the honor to compete in the Pony Finals in Kentucky.

McHugh’s mother, Rebecca Heon, said she is proud of how far her daughter has come and appreciates the dedication McHugh has for the art as well as how she approaches each competition with poise and class.

“She has worked very hard riding five or six days a week and never complains about it. I don’t have a fancy riding ring in my yard, but she rides through the winter as much as she can. I always love that she stays very humble for a kid of her age and how well she is doing. It definitely makes me proud. Sometimes, I wish I had those chances when I was little so I try to give her the best opportunity that I can as a mom,” Heon said.

McHugh, who qualified for Kentucky with two ponies, 14-year-old Nugget and five-year-old Zeus, remained humble in her interview with the Villager calling the art of riding a partnership between her and the animals she loves. “It’s so much fun to go to competitions and see other kids ride and you can get inspiration from other people. The animals have such good personalities and it’s fun to be around them,” McHugh said. “I practice every day and groom the ponies, so I try to create a really good bond with them. They know me really well, and I get to know them. It’s a team effort. If I didn’t have the ponies, then I wouldn’t be competing.”

McHugh wants her career to extend

Please Read MADISON, page A7

# Killingly Ag Commission discusses future of Tomato Festival

BY JASON BLEAU  
CONTRIBUTING WRITER

KILLINGLY – After receiving the news that the Killingly Tomato Festival will be held in 2021, the Killingly Agricultural Commission now waits to see if the annual event, which was canceled in 2020 due to the pandemic, will be rethemed or remain a tomato-based festival.

During a meeting on June 9, Killingly Planning and Development Director Ann-Marie L. Aubrey informed the Agriculture Commission that the festival will take place on Sept. 11, and will be part of a day-long series of events in Killingly that the town’s recreation department hopes will draw attention to the Main Street area. The day will also remember the 20th anniversary of 9/11 and will be one of Killingly’s Second Saturday events.

“We’re going to talk to the Elks Club because they usually do a 9/11 memorial at Davis Park. They’re working with the recreation department on

what’s going to happen there. That’s also going to be the last Second Saturday for the food trucks because the Killingly Business Association is trying to do Second Saturdays and designate food trucks down near the Imperial Room and Bousquet’s in the big parking lot there,” Aubrey said. “We’re trying to tie everything together. We’re trying to get people to go down Main Street. What they’re looking at is they want to know what the Agriculture Commission wants to do this year because some people are thinking that if they’re going to change it from the Tomato Festival this would be the year to do so.”

The prospect of a potential rebranding of the festival became the main point of conversation with commission members Frank Anastasio, who was a driving force to bringing the Tomato Festival to town, saying he has held off on making any decisions personally about the festival until

Please Read FESTIVAL, page A7

# Pomfret, Woodstock receive open space preservation grant

BY JASON BLEAU  
CONTRIBUTING WRITER

POMFRET/WOODSTOCK – Pomfret and Woodstock are among the towns receiving Open Space and Watershed Land Acquisition Grants from the State that will help the Windham Land Trust preserve a large parcel spanning 355 acres.

The towns were named joint recipients in an announcement from Gov. Ned Lamont awarding \$6.2 million split among 29 grants to preserve around 3,000 acres of land across the state. Lamont stated that the grants

will help preserve natural resources and maintain beautiful scenery in rural areas of Connecticut.

“Our administration has set high goals to mitigate the effects of climate change and implement policies that better preserve our air, water, and natural resources,” Lamont said in a statement. “This program is an important component of preserving some of the best and most beautiful land in the world, and by partnering with our

Please Read GRANT, page A7

# Pomfret School celebrates 127th Commencement

POMFRET — On Sunday, May 23, members of the Class of 2021 gathered with friends, family, and faculty to celebrate the 127th Commencement of Pomfret School, live and in-person. It was the culmination of a weeklong celebration that one senior described as “the first time it felt like normal” all year. The Honorable William Tong, attorney general for the State of Connecticut, was the graduation speaker.

During the ceremony, Blake Zahansky of Pomfret Center addressed the assembly on behalf of his class, stating “As we depart this beautiful campus for our final time today as the Class of 2021, we will always remain better together. We will take the lessons of resilience, empathy, inclusiveness, and support to where we go next — and we will make that place better. That is the power we will take forward to the next stop on our journey.”

Following Blake’s remarks, Head of School Tim Richards announced the

top scholars in the class. Anya Button earned the distinction of second in class, and Shawn Zhu was honored as the sixth form’s top scholar. The Wendell D. Mansfield Cup, awarded each year to a sixth form student who, by vote of the faculty, best exemplifies in school life the qualities of desire, drive, and determination, was awarded to Lance Martineau.

The School’s highest honor, the Founder’s Medal, was awarded to Class President Michaela Nsubuga of Danielson for her deep engagement with the School and her outstanding qualities of scholarship, leadership, and determination.

Founded in 1894, Pomfret is a small independent boarding and day school serving grades 9–12 plus postgrads. Set on a stunning 500-acre hilltop in Northeastern Connecticut, our students come from around the country and the world to find purpose and meaning in their lives through a transformational educational experience. In 2021, Pomfret was ranked



Photo Courtesy

Pomfret School seniors stand together on the Proctor Sundial for the last time following this year’s Commencement ceremony.

one of the best private high schools in America. To see how we’re inspiring the next generation of problem-solvers and change-makers, visit [www.pomfret.org](http://www.pomfret.org) today.

The following area students graduated with the Class of 2021:

Isaac Brennan	DiIorio Holmes	Pomfret
Christina Mark		Killingly
		Woodstock

Rose-Michaela Nsubuga	Danielson
Natalie Paul	Woodstock
Olivia Riley	Brooklyn
Bailey Sheehan	Pomfret
Cameran Steiger	Pomfret Center
Bo Yaworski	Brooklyn
Blake Zahansky	Pomfret Center





KILLINGLY

AT 300



MARGARET  
WEAVER

Kathleen Flaherty, research librarian at the Killingly Public Library, and I have been working on a request

for a photograph of the bell from the South Killingly Congregational Church. Unfortunately, we’ve had no luck. However, we have had a good time looking through old documents for information about this “Tunk City” bell. I chuckle when I think of the name. With the thought that some of you might not have heard the story of how South Killingly received this name, I’ll retell the story. The following was writ-

ten by Florence Clowes for the Aug. 19, 1976 Windham County Transcript and was later published in the Killingly Historical Journal, 1997; 3-1, p. 64. By “the early 1800’s South Killingly consisted of meetinghouse, tavern, general store, and several homes. A feud developed when discussing whether to repair the old church or to build a new one. The people on Horse Hill (Old Furnace Park), including the minister, The Rev. Israel Day, who owned the tannery there, wanted to relocate the church. The people on Halls Hill (South Killingly Center) wanted to keep the church where it was. Finally, Capt. Gaston said he would donate a bell to the church if it remained at its present location. This settled the issue. And so the bell was delivered, 700 pounds of it, costing Capt. Gaston \$216. When the bell was put in place, however, it was discovered to have a crack, and a true peal was never heard. It only let out a Tunk-Tunk-Tunk! The the Horse Hill people were able to take revenge, and called the center “Tunk City.”“ The present South Killingly Church was erected in 1837. Gaston’s son William, born In Killingly Oct. 3, 1820, went on to become a mayor of Boston, was elected governor of Massachusetts on Nov. 3, 1874, and served one term. (www.nga.org).

Did you know that the Liberty Bell made a stop in Eastern Connecticut? Louise Costello forwarded me Connecticut State Historian Walter Woodward’s column from Today in Connecticut History on the event. In June 1903 a special train carried the bell from Philadelphia to Boston for the anniversary of the Battle of Bunker Hill. On June 16, it made stops in Stamford and New Haven then the next day stopped in Hartford and Plainfield. To read the entire column go to <https://todayinthehistory.com/2021/06/16/june-16-the-liberty-bells-whistle-stop-tour-of-connecticut/>.

Killingly’s James Danielson was a resident of Block Island prior to moving to Northeastern Connecticut in the early 1700’s. I don’t often think about the early Dutch settlements and activities in the “New World” but the name of the island is itself a lasting reminder of their presence. I’ve been reading Russell Shorto’s “The Island at the Center of the World: The Epic Story of Dutch Manhattan and the Forgotten Colony That Shaped America.” It’s quite an eye-opener, especially since I had studied little about the Dutch in my history classes while growing up.

I’m sure you’ve heard of the English explorer Henry Hudson, who while sailing for the Dutch in 1609 laid claim to the land around present-day Manhattan and inland and coastal regions for the Dutch. Unfortunately, he died a few years later in what is now Hudson’s Bay while trying to discover a Northwest Passage to make it easier to reach the fabulous wealth of the South Pacific spice islands. Adriaen Block, a Dutch explorer, soon followed suit in exploring the region. “The Dutch were interested in establishing trading posts in the Hudson River area. Adriaen Block was hired to investigate and trade for furs. In 1613, he and another Dutch fur trader were on their way back to Holland with a cargo of furs when Block’s ship, the Tiger, caught fire and was destroyed at the mouth of the Hudson River.

“The two captains and their crews constructed huts in which to overwinter on Manhattan Island while they built a new ship for Block, a 45 foot, 16-ton vessel, the Onrust (the Restless). The trial voyage of this new ship was in the spring of 1614 when Block sailed through the East River and the whirlpools he so aptly named Hellegat (Hell Gate) and into Long Island Sound. It is here, in Long Island Sound, that the only reminder of this explorer remains – Block Island. In the course of this voyage, Block became the first recorded European to explore the Connecticut River, sailing 60 miles up the river, past present-day Hartford, probably as far as the rapids at Enfield... Captain Block returned to Holland with the good news that fur trading was a very real possibility. Over the next few years, trading between the Dutch and the Indians was established. In 1624, the Dutch built a settlement in New Amsterdam (New York) and a trading post on the Connecticut River, calling it Kievits Hoek (soon to be abandoned). By

1633, the Dutch had acquired land from the Indians in present day Hartford on which they built a fort and a trading post (the House of Hope).”

“The Dutch, who founded New Netherland and the city of New Amsterdam, extended their explorations and traffic east, west, north, and south. They even went as far as Narraganset (sic) and Cape Cod bays in search of the beaver and otter. As Captain Block had discovered the Connecticut River and named it the Fresh-Water, and had looked into Narraganset (sic) Bay, the Dutch felt that they had a legal claim upon those regions according to the English doctrine concerning the right of discovery. So early as 1623, the agent of the Dutch West India Company seems to have taken possession of the Connecticut River and the lands drained by its tributaries, in the name of the Company and of the States-General of Holland. A peaceful and profitable trade might have been carried on with the natives of the Connecticut Valley, by the Dutch, had not the latter exasperated the Indians by the seizure of one of their chiefs and demanding a heavy ransom for his release. The savages threatened the intruders with violence, and the Dutch began to build a stockade fort for their own protection, at what is yet known as Dutch Point, near the City of Hartford. Wrath prevailed a long time. At length the Indians were pacified, and at their request the Dutch abandoned the fort.” (www.colonialwarsetc.org/1614.htm).

What happened that the Dutch lost control of this area to the English? You may recall that English settlers from the Massachussets Bay Colony arrived between about 1634-1635 at what are now Wethersfield, Windsor, and Hartford, Connecticut. Although you might think that distance would not have played a factor, critical situations in the Netherlands and England had a dramatic effect on the colonies in the New World. Oliver Cromwell strengthened the English navy and the first of the Anglo-Dutch Wars broke out. Eventually, in 1664, the Dutch surrendered to the English rather than have Manhattan be sacked. For more visit [www.newnetherlandinstitute.org/history-and-heritage/digital-exhibitions/a-tour-of-new-netherland/connecticut/](http://www.newnetherlandinstitute.org/history-and-heritage/digital-exhibitions/a-tour-of-new-netherland/connecticut/).

In Volume 17, Number 3, the Summer 2019 issue of Connecticut Explored, Brian Jones and Kevin McBride wrote of “Connecticut’s Contested Early 17th-Century Landscape” and how Dutch trade impacted the Native tribes in Eastern Connecticut and Rhode Island including the Pequot and Narragansett. (p. 20-25). “McBride and (Daniel K.) Richter have established that the Pequot were the primary trade partner of the Dutch in Long Island Sound and that by 1630 this relationship was based on a generation of trade relations, trust, and formal agreements cemented with gifts. Between 1609 and 1630, Dutch trade enriched the Pequot in European material goods that the tribe in turn traded with native peoples farther inland and used as raw materials for producing their own repurposed goods, such as brass arrow points and iron-bladed celts. Their economic enrichment placed the Pequot socially and militarily in a dominant position over neighboring tribes.” To see the online version of the article go to [www.ctexplored.org/connecticuts-contested-17th-century-landscape/](http://www.ctexplored.org/connecticuts-contested-17th-century-landscape/).

When you think about the early history of the United States, don’t forget to think about the Dutch and their contributions and impact. Many traces still remain.

*Margaret M. Weaver Killingly Municipal Historian, June 2021. Special thanks to Louise Costello. For additional information email me at [margaretm-weaver@gmail.com](mailto:margaretm-weaver@gmail.com) or visit the Killingly Historical & Genealogical Center Wed. or Sat. 10-4 (when it reopens) or [www.killinglyhistorical.org](http://www.killinglyhistorical.org). or call 860-779-7250 (when the Historical Center reopens). Like us at Facebook at [www.facebook.com/killinglyhistoricalsociety](http://www.facebook.com/killinglyhistoricalsociety). Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical and Genealogical Center should be sent to PO Box 265, Danielson, CT 06239.*

Job Posting  
Custodian/Maintenance Worker

The Town of Putnam is seeking a part-time evening, Saturdays and occasional Sunday, custodian/maintenance worker for the new Municipal Complex, which includes the Town Hall, Library, Community Center and Historical Society. The building consists of approximately 40,000 sq ft. This position will work closely with the full time day custodian and is responsible for maintaining assigned areas in a neat, clean, and sanitary manner. Successful candidate needs to be able to work in a diverse environment with Staff and Visitors.

**JOB DESCRIPTION & Responsibilities:** • Completes assignments per job description and town upper management. • Follows a routine schedule utilizing approved procedures. Maintains various flooring types; windows; maintains bathroom, and other similar facilities. Removes trash and other related duties as assigned. • Is responsible, as assigned, for unlocking and locking various interior and exterior building doors. • Operates power operated custodial equipment. • Coordinates and provides recommendation to management for cleaning supplies and contract services • Moves and relocates furniture, small equipment. • During winter, clears snow from steps and exits as assigned. • For sponsored events, sets up, assists at, and returns facilities to their original state of use. • Must be able to occasionally lift up to 60 lbs. • Reviews manufacturer recommendations for products and cleaning methods • Coordinates with vendors of mechanical equipment.

**EEOC STATEMENT:**  
It is the policy of the Town of Putnam to provide equal employment opportunity to all persons regardless of age, color, national origin, citizenship status, physical or mental disability, race, religion, creed, gender, sex, sexual orientation, gender identity and/or expression, genetic information, marital status, status with regard to public assistance, veteran status, or any other characteristic protected by federal, state, or local law. In addition, the Town of Putnam will provide reasonable accommodations, that do not present an undue hardship, for qualified individuals with disabilities.

Job posting closing date for applicants is Friday, July 2, 2021.  
Please send resumes to Mariah Clifford at [mariah.clifford@putnamct.us](mailto:mariah.clifford@putnamct.us)

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# Day Kimball Hospital joint replacement program recertified

PUTNAM — Day Kimball Hospital (DKH) in Putnam has once again earned The Joint Commission’s Gold Seal of Approval® for Total Hip and Knee Replacement Certification. The Gold Seal of Approval® shows an organization is accredited and meets The Joint Commission’s highest standards of care.

Total hip and knee replacement certification is awarded for a two-year period to Joint Commission-accredited hospitals, critical access hospitals and ambulatory surgery centers seeking to elevate the quality, consistency and safety of their services and patient care. The Joint Commission is America’s foremost independent and nonprofit healthcare accrediting agency.

“Our dedicated interdisciplinary team at Day Kimball Healthcare is honored to receive this award for the quality and safety of our joint replacement program,” said Kyle Kramer, chief executive officer, Day Kimball Healthcare. “We consistently strive to make patient safety, care treatment, and recovery a top priority. This recognition reflects the commitment of our orthopedic surgeons, nurses, and healthcare professionals to addressing the healthcare needs of our community at the highest level.”

Day Kimball Hospital underwent a

rigorous virtual review in January 2021 to renew the certification, which it first received in 2012. During the review, a team of Joint Commission surveyors evaluated compliance with national disease-specific care standards and total hip and total knee replacement requirements. The reviewers also conducted virtual observations and interviews.

Established in 2002, The Joint Commission’s Disease-Specific Care Certification evaluates clinical programs across the continuum of care and addresses three core areas: compliance with consensus-based national standards, effective use of evidence-based clinical practice guidelines to manage and optimize care, and an organized approach to performance measurement and improvement activities. Learn more about The Joint Commission at [www.jointcommission.org](http://www.jointcommission.org).

With The Joint Commission projecting a 174 percent increase in hip replacements and a 673 percent increase in knee replacements over the next two decades, high-quality orthopedic care is increasingly important. Day Kimball Hospital’s orthopedic program is affiliated with extensively trained and board-certified orthopedic surgeons who perform hundreds of joint replacement procedures each year. DKH’s hip and knee replacement capabilities

include Stryker’s Mako Robotic-Arm Assisted Surgical System, a technology that allows surgeons enhanced planning for a more precise placement of joints.

“Earning this recertification is a major accomplishment,” said Kevin Reagan, MD, orthopedic surgeon, The Center for Bone and Joint Care and Day Kimball Hospital. “I am so proud of our multi-specialty team who works hard to provide every one of our joint replacement patients with high-level, personalized orthopedic care.”

For more information about joint replacement services at Day Kimball Hospital, visit [www.daykimball.org/ortho](http://www.daykimball.org/ortho).

About Day Kimball Healthcare

Day Kimball Healthcare is a nonprofit community healthcare system composed of Day Kimball Hospital, Day Kimball Medical Group, Day Kimball Healthcare at Home, and healthcare centers in Danielson, Dayville, Plainfield, and Putnam. Its service area includes Northeast Connecticut as well as nearby Massachusetts and Rhode Island communities. Day Kimball Healthcare’s comprehensive network employs more than 1,000 staff including nearly 300 associated, highly skilled physicians, surgeons and specialists. Its Web site is [www.daykimball.org](http://www.daykimball.org).



### ACCURACY WATCH

The *Villager Newspapers* is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page A3 in a timely manner.

If you find a mistake call (860) 928-1818 or e-mail [charlie@villagernewspapers.com](mailto:charlie@villagernewspapers.com).

### CORRECTION

WOODSTOCK — The Villager would like to make a clarification concerning the article “Woodstock Budgets Pass After Delay” printed in the June 11 edition.

In the article, it was stated that a previous referendum for the town budgets was cancelled due to “the discovery of a data error brought to the attention of the town’s Tax Collector and Assessor.”

It should be noted that the Tax Collector discovered the error and brought it to the attention of the Assessor’s Office, and that it was not the Tax Collector that made the error. Rather, her discovery of the error and bringing it to the attention of the town helped resolve a data error which originated in the Assessor’s Office.

The Villager deeply regrets any confusion that may have resulted from this unintentional misrepresentation of events.

# Eastern grad, students pedal 600 miles to raise mental health awareness

WILLIMANTIC — Six Eastern Connecticut State University students and alumni recently concluded a 600-mile bike ride to raise awareness of mental health issues. The group, known as “The Valley Boys Ride,” concluded their two-week journey in mid-June in the Outer Banks, N.C., and raised more than \$5,000 for the National Alliance of Mental Illness of Connecticut (NAMI CT).

The ride was led by recent graduate Bryan Guetens ‘21 and included friends Brendan Tew ‘23, Matt Mocker ‘22, Jake Sullivan ‘22, Eddie Melton ‘21 and Russell Kwakye ‘22. The 600-mile ride began in Greenwich, and primarily followed the East Coast Greenway.

The topic of mental health is very close to Guetens, as he has lost two family members to suicide - his brother and his grandmother.

“I did this in memory of them as well as for everyone who suffers from mental illness,” said Guetens. “There is a negative stigma around mental health. It seems that you can’t be open about your mental health, and if you are, you’re looked at differently. The message we were trying to send is that you are not alone, and that it’s okay to not be okay. It takes a lot of strength to open up to others about your mental health and to seek help. I believe that if you try and get help, you are strong. It takes a lot of courage for someone to do so.”

The Valley Boys Ride met many people along their journey and were intentional about raising mental health awareness.

“Most nights when we were done riding, we would go out and tell people what we were doing and many of them supported us and the cause,” said Guetens.

The Eastern group enjoyed many sights along the way. They made stops in Philadelphia and saw Independence Hall; Baltimore and caught an Orioles baseball game; Annapolis, Md., and visited the United States Naval Academy; and Washington, D.C., where they saw such landmarks as the Capitol Building, Washington Monument, Lincoln Memorial and Arlington National Cemetery.

“There were a lot of days where the trail took us down roads where the scenery was beautiful,” said Guetens. “We would soak it in; it was truly amazing.”

So far, the Valley Boys Ride has

raised more than \$5,000 for NAMI CT. Supporters can donate to the cause until June 30 by visiting their Instagram page at [@thevalleyboysride](https://www.instagram.com/thevalleyboysride).

Guetens will attend Merrimack

College on a graduate fellowship for strength and conditioning. He aspires to be a head strength and conditioning coach at the collegiate level.

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# 15 doctors on Day Kimball staff named “Top Docs” in Connecticut Magazine

PUTNAM — Fifteen physicians on the medical staff of Day Kimball Healthcare (DKH) in a variety of specialties have been named to Connecticut Magazine’s recently published “Top Doctors” list for 2021.

The doctors affiliated with DKH included on this year’s list are:

Michael Baum, MD, general surgeon and president of the medical staff at Day Kimball Medical Group

Lisa Canter, MD, FACC, cardiologist with Northeast Connecticut Cardiology Associates (NECCA), and medical staff member at Day Kimball Hospital

Marc B. Cerrone, MD, pediatrician and director of pediatrics at Day Kimball Medical Group

Christopher Charon, MD, ear, nose, and throat (ENT) with ENT Associates of Worcester, Inc., and medical

staff member at Day Kimball Hospital

Biren V. Chokshi, MD, orthopedic surgeon with The Center for Bone and Joint Care, and medical staff member at Day Kimball Hospital

Timothy E. Cooper, community family medicine with Putnam Medical Associates, and medical staff member at Day Kimball Hospital

Mary E. Frisella, MD, FACC, cardiologist with Northeast Connecticut Cardiology Associates (NECCA), and medical staff member at Day Kimball Hospital

Daniel George, MD, orthopedics and spine care surgeon with The Center for Bone and Joint Care, and medical staff member at Day Kimball Hospital

Anne F. Josephs, MD, pediatrician at Day Kimball Medical Group

Erica Kesselman, MD, FACOG, chair of obstetrics and gynecology at Day Kimball Medical Group

John Modica, MD, cardiologist and director of cardiology services and intensive care at Day Kimball Hospital

Robert Moes, MD, pediatrician at Day Kimball Medical Group

Elena Poloukhine, MD, FACOG, medical director of obstetrics and gynecology at Day Kimball Medical Group

Kevin J. Reagan, MD, orthopedics and orthopedic surgeon with The Center for Bone and Joint Care, and medical staff member at Day Kimball Hospital

Stephen F. Schiff, MD, FACS, urologist and vice chairman of surgery at Day Kimball Hospital, and clinical professor of urology at Yale University School of Medicine

“The COVID-19 pandemic has brought a renewed sense of appreciation for our doctors and healthcare workers, and we’ve never been more honored to celebrate our healthcare heroes,” said Kyle Kramer, chief executive officer, Day Kimball Healthcare. “Here at DKH, we have some of the most renowned and experienced doctors on our staff. We’re very proud that these fifteen physicians in particular are being recognized by their peers as being tops in their respective fields. We congratulate them for receiving this prestigious honor and thank them for their resiliency and commitment to delivering safe, high-quality and exceptional care to our patients, especially in the most uncertain times.”

Connecticut Magazine partners with the national research firm Castle Connolly to distribute surveys to every licensed practicing physician in the state. Ranking is based on a regional peer-review survey. The physicians are asked to nominate specialists who they

would recommend to friends and family for treatment. Those receiving the most nominations are named as the top doctors and represent leading physicians in their respective specialties.

The annual list of Top Doctors can be found in Connecticut Magazine’s June 2021 issue.

About Day Kimball Healthcare

Day Kimball Healthcare is a nonprofit community healthcare system composed of Day Kimball Hospital, Day Kimball Medical Group, Day Kimball Healthcare at Home, and healthcare centers in Danielson, Dayville, Plainfield, and Putnam. Its service area includes Northeast Connecticut as well as nearby Massachusetts and Rhode Island communities. Day Kimball Healthcare’s comprehensive network employs more than 1,000 staff including nearly 300 associated, highly skilled physicians, surgeons and specialists. Its Web site is [www.daykimball.org](http://www.daykimball.org).

## Amber Axtell named Director of Operations at KB Ambulance Corps



Amber Axtell

DANIELSON — Amber Axtell has been promoted to the Director of Operations at KB Ambulance Corps, Inc. She has nearly 10 years of dedicated service with KB Ambulance and possesses 13 years of emergency medical services (EMS) experience overall. Many of those years were in leadership positions, and nearly eight years have been as a National Registry and Connecticut licensed paramedic.

Axtell started her career in EMS in 2008 as an Emergency Medical Technician (EMT), serving the towns of Thompson and Putnam. During that time, she became an EMS Lieutenant at Community Fire Company and a Quality Assurance (QA) Supervisor at both Community Fire Company and Putnam EMS Ambulance Services, Inc.

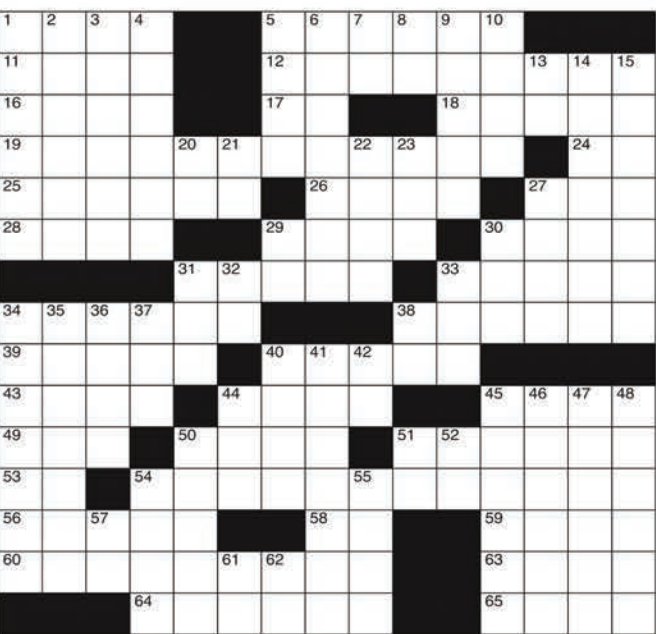
In 2011, Axtell joined KB Ambulance as a volunteer EMT, and in 2012 she started her educational journey in emergency advanced life support at American Professional Education Services, Inc. and obtained her paramedic licensure in 2013. During 2013, Axtell also

began her three-year employment at American Ambulance Service, Inc. in Norwich, where she served as a paramedic and became an Associate Supervisor.

In 2017, when the Northeast Connecticut Council of Governments (NECCOG) contracted with KB Ambulance to provide paramedic service to nine towns in the Northeastern Connecticut area, Mrs. Axtell transitioned to KB Ambulance as a full-time paramedic and QA supervisor.

Axtell is certified as an American Heart Association Instructor for Advanced Care Life Support, Pediatric Advanced Life Support, and Basic Life Support. Cardiopulmonary Resuscitation (CPR) and First Aid. She also holds a state of Connecticut EMS Instructor certification. She has utilized her instructor certifications at EMS classes conducted at the KB Ambulance Training Center. She also helps students to obtain their Emergency Medical Responder (EMR) certifications at Tourtellotte Memorial High School in Thompson.

In recent years, Axtell was also named and currently serves as the Day Kimball Hospital EMS Coordinator in Putnam. In this capacity, she serves as communication liaison to many of Windham County’s emergency services and provides oversight. She is also employed part time at Quinebaug Valley Emergency Communications in Dayville as a dispatcher.

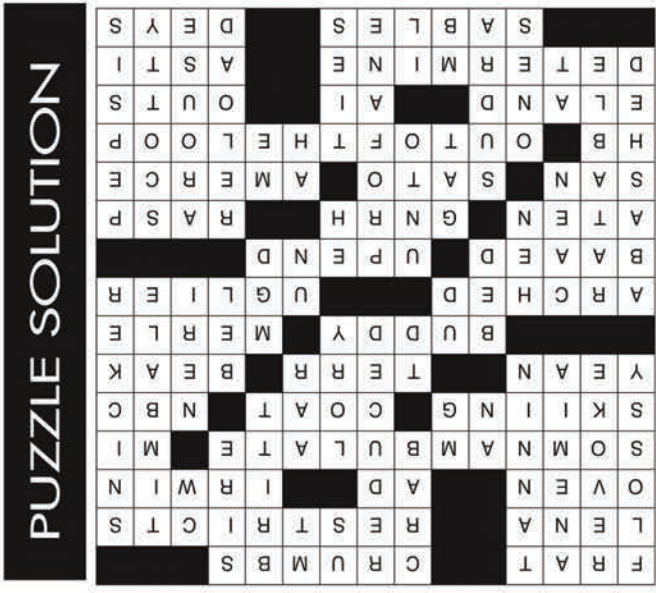


### CLUES ACROSS

- 1. College group
- 5. Small morsels of food
- 11. Actress Dunham
- 12. Puts a limit on
- 16. Used for baking or drying
- 17. Commercial
- 18. Zookeeper Bindi
- 19. Walk in one’s sleep
- 24. The Great Lakes State
- 25. Winter sport
- 26. A thin layer on something
- 27. Peacock network
- 28. Give birth to a lamb or kid
- 29. “Too Scared to Cry” author
- 30. Nose
- 31. Friend
- 33. Country music legend Haggard
- 34. Curved
- 38. More deformed
- 39. Bleated
- 40. Set on its end
- 43. An aspect of Ra
- 44. Releasing hormone (abbr.)
- 45. Harsh, grating noise
- 49. \_\_ Francisco
- 50. Common Japanese surname
- 51. Punish with an arbitrary penalty
- 53. Football position (abbr.)
- 54. Not in the know
- 56. African antelope
- 58. Popular tech (abbr.)
- 59. Baseball teams get three of them
- 60. Make up one’s mind
- 63. \_\_ Spumante (Italian wine)
- 64. Martens
- 65. Susan and Tom are two

### CLUES DOWN

- 1. Excessively showy
- 2. Put an end to
- 3. Blood disorder
- 4. Ingredient in wine
- 5. Shellfish
- 6. Made smaller
- 7. We
- 8. The Treasure State
- 9. \_\_ Eklund, actress
- 10. Male parent
- 13. One hundredth of a watt (abbr.)
- 14. Dish of minced meat
- 15. Smothered laugh
- 20. Article
- 21. Atomic #12
- 22. Small parrot
- 23. Fictional “Star Wars” planet
- 27. French wine grape
- 29. Football stat (abbr.)
- 30. Sound unit
- 31. Where you sleep
- 32. University of Dayton
- 33. Miller beer offering
- 34. Feel embarrassed
- 35. Able to be estimated
- 36. Commune in NW France
- 37. Adult female chicken
- 38. Intergovernmental organization
- 40. Archaic term for until
- 41. That which is not sacred
- 42. Sound made in speech
- 44. Handgun (slang)
- 45. Fill up again
- 46. Evoke or awaken
- 47. Beam Me Up, \_\_!
- 48. Spider wasp genus
- 50. Headdress
- 51. Exclamation of surprise
- 52. Of I
- 54. Figures
- 55. Men’s fashion accessories
- 57. Indicates position
- 61. Megabyte
- 62. The Prairie State



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# Rocco scores twice at Nutmeg State 75

THOMPSON — Berlin’s Keith Rocco picked up the 58th and 59th wins of his career at Connecticut’s Thompson Speedway Motorsports Park on Wednesday, June 16. Rocco capped the night with a thrilling victory in the Nutmeg State 75 presented by Twisted Tea for the Outlaw Open Modified Series, outdueling Ronnie Williams and NASCAR Cup Series star Ryan Preece over the final laps. He also triumphed in the Sunoco Modified feature, earning him a total of \$6,500 in prize money on the night.

Woburn, Mass.’s Anthony Nocella earned the pole in the Outlaw Open Modified feature and led the first seven laps before Chelmsford, Mass.’s Jonathan McKennedy took over the point. The multi-time Modified Racing Series and International Supermodified Association paced the field through two yellow flags, fending off a herd that included Rocco, Preece, Nocella, Williams, and Mike Christopher, Jr.

On a lap-29 restart following Rob Richardi Jr.’s spin, Williams shot from fourth to second on the outside and kept McKennedy in his sights as the field strung out. When Nocella looped it in turn four to bring out the final caution with 50 laps complete, the game was afoot. Most of the field came in at that point to put on two fresh tires and make adjustments for the final shootout.

Rocco was the first car out of the pits and restarted fourth behind Dave Sapienza, Andrew Krause, and Max Zachem, who had all pitted during earlier cautions. McKennedy, meanwhile, had a slow stop and was relegated to ninth for the green flag. Sapienza led lap 51, but Rocco and Preece quickly wiggled their way to the front, sweeping underneath Sapienza entering turn one.

Williams and Matt Swanson weren’t far behind as they settled into third and fourth. The top-three eventually broke away, running inches apart at speeds well over 100 mph. Preece took a peek to Rocco’s inside on several occasions, knowing that Williams was hot on his tail should he slip up.

With three circuits left, Preece finally made his bid, diving inside Rocco on the front straightaway. However, the many-time Thompson Speedway champion kept his Modified wound up on the high side and staved off the charge. Williams took advantage of Preece’s lost momentum and roared into the second spot. There was time for Williams to mount one charge for the lead off turn two on the final lap, but Rocco parried that move as well to score the victory and the \$5,000 winner’s purse.

Tolland’s Williams and Berlin, CT’s Preece got the second- and third-place trophies. Swanson, Chris Pasteryak, McKennedy, Christopher, Sapienza, Nocella, and Zachem rounded out the top-10.



Photo Alan Ward — Courtesy

Berlin’s Keith Rocco celebrates his victory in the Nutmeg State 75 presented by Twisted Tea at Thompson Speedway Motorsports Park.

Prior to his Outlaw Open Modified victory, Rocco remained perfect in the Sunoco Modifieds under the ACT/PASS sanction. Rocco started seventh in the 30-lap feature and quickly carved his way to the front, taking the lead on lap four. Troy Talman and Danny Cates were able to grab the lead back from Rocco on restarts, but Rocco swiped it back a lap later both times.

Wolcott’s Mike Christopher Jr. eventually moved into the second spot and caught Rocco with 10 laps to go. Christopher stalked the multi-time Thompson Speedway champion until trying an inside move entering turn three with four laps remaining. But the challenger wiggled and lost two car lengths instead. Christopher was unable to recover enough for another attempt at the lead, coming across the finish line in Rocco’s shadow.

Chaplin’s Cates finished third while Dartmouth, Mass.’s Derek Gluchacki took fourth in his first Sunoco Modified start. John Lowinski-Loh, Joe Allegro Jr., Chase Cook, Christian Turrissi, Talman, and Paul LaPlante were fifth through 10th.

Rocco’s two victories tied him with Larry Barnett for fourth on the all-time Thompson Speedway wins list. He now trails only the late Ted Christopher, Rick Gentes, and Fred DeSarro.

Oxford, Mass.’s Brian Tagg went pole-to-pole to win the 25-lap Late Model feature. Tagg quickly disposed of outside polesitter Matthew Lowinski-Loh at the drop of the green. As the leader steadily pulled away, a scrub broke out behind him as Ryan Morgan, Mark Jenison, Woody Pitkat, Tom Carey III, and others jockeyed for position.

New Salem, Mass.’s Carey, the most recent ACT Late Model Tour winner, caught Franklin’s Morgan for the second spot just past halfway. The duo bat-

tlled side-by-side for seven laps with neither giving an inch, which was exactly what the crowd and Tagg wanted to see. Carey finally cleared Morgan with four circuits remaining but didn’t have to time to catch Tagg as the popular veteran scored the victory.

Morgan took third followed by Pitkat and Lowinski-Loh. Rick Gentes, Nick Johnson, Charles Bailey III, Jenison, and Jimmy Renfrew Jr. were positions 6-10.

Mapleville, RI’s Corey Fanning marched through the Vandt Auto Supply Limited Sportsmen field to win their 20-lap feature. Fanning started eighth and followed Ryan Waterman and Larry Barnett early on. As they got closer to the front, Fanning asserted himself, eventually grabbing the lead from Waterman with eight circuits remaining.

Fanning was able to build a lead as Waterman, Brent Gleason, and Barnett sliced and diced for the runner-up spot. Gleason eventually grabbed it from Waterman and was gaining on Fanning in the closing laps. But he ran out of time, and Fanning — whose girlfriend is expecting a baby at any moment — rolled to the victory.

Barnett followed Gleason around Waterman to get third. Scott Sundeen, Nicholas Hovey, polesitter Troy Waterman, Jeffrey VanPelt, Charles Stott III, and Doug Benoit completed the top-10.

Woodstock’s Paul “Buddy” Charette held off Anthony Bello and John O’Sullivan III for his first SK Light Modified victory at Thompson Speedway. Charette initially grabbed the lead from polesitter O’Sullivan on lap 6 of the 20-lap feature. Just one lap later, Steve Kenneway slammed head-on into the turn 2 wall to bring out the race’s third caution.

BY MIKE MORAN

CONGREGATIONAL CHURCH OF EASTFORD

EASTFORD — Three area churches have joined forces to offer a sports camp next month in Eastford. Themed “Off the Bench,” the camp is for children ages four through twelve. Sports will include basketball, flag football, soccer and cheerleading, and a fun basic skills program called “Team 45” for four and five year olds. College student athletes will run the program with the assistance of trained church community volunteers. There will be quality sports instruction and positive role models, daily Bible times, snacks, skits and fun. Campers receive a camp T-Shirt, take-

home Bible Studies and will have a chance to win prizes.

This will be the third time the Congregational Church of Eastford, Eastford Baptist and Living Proof Church of Ashford have teamed up for the event.

“After cancelling Sports Camp in 2020 due to COVID-19, we are so excited to be back this year with an amazing group of volunteers ready to serve a record number of kids. Don’t miss it!” said Jen McCormick, Camp Director.

The camp will be held at Eastford Elementary School from 8:30 a.m.-12:15 p.m. Monday-Friday, July 19-23. More information and registration can be found at cceastford.org/sports-camp.

## Churches join to offer sports camp



Photo Courtesy

Fun at 2019 Eastford sports camp.

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# EDUCATION

## EASTCONN announces 2021 ACT and QMC graduates

DANIELSON — Congratulations to the 2021 graduates of EASTCONN’s Arts at the Capitol Theater and Quinebaug Middle College magnet high schools.

**ACT graduates**  
Tatyana Allen, Ian Drake Blanchard, Bridgette Nichole Bradway, Alexa Leeanne Chapman, Nathan Cruz, Aidan Curboy, Olivia Dickinson, Lea Olivia Duval, Angelika Marie Garcia, Amy-Lynn Marie Graubaum, Hugo Fey Green, Arina Rose Hagist, Emily Nicole Hannaford, Mykaila Beth Hills, Lauren Elizabeth Johnson, Felix Jovannie Leon, Deyonce Bianca Eirene Maldonado, Theresa McKinney, Reid Morahn, Adrian Joel Morales Robles, Morgan Elektra Potter, Makenzie Jordan Raduege, Sara Sophia Ramos, Hannah Marie Richardson, Chaneli Rodriguez-Delosantos, David Alexander Rosado, Aiden James Smith, Natalie Jean Vagnini, Germarelis Vazquez, Jeyleisha Marie Velez Martinez, Joseph Edward Volkerts and Kayden Asher Williams.

**QMC graduates**  
Katerina Belanger, Mylo Benoit, Jordan Bergeron, Bridgette Biros, Thomas Bissell, Alexander Cady, Hannah Curtis, David DeVito, Caleb Egnew, Loralie Egnew, Abby Fowler, Giselle Galarza, Jacob Garcia, Zachary Gaudette, Tess Gevry, Jessie Greenhalgh, Shelby Harris, Alisha Herrick, Amber Holman, Jaden Hughes, Alicia Jimenez Vargas, Amia Jolie, Joshua Jones, Mischa Kokes, Madison LaBossiere, Emma LaLumiere, Amber Lumbra, Braden Meadvin, Myra Meikle, Yasuri Mendez-Hernandez, McKayla Noonan, Edward Prestas, Rosa Ramos, Anika Richardson, Drew Rivard, Janirelis Santiago Cancel, Sage Sorel, Luke Steendam, Bree Weaver, Amber Wells and Christina Wynkoop.

EASTCONN is a public, non-profit Regional Educational Service Center that has been serving the education needs of northeastern Connecticut schools and communities since 1980. Learn more at [www.eastconn.org](http://www.eastconn.org).

Arts at the Capitol Theater (ACT), which is administered by EASTCONN, is a regional, public, four-year arts magnet high school, located in the historic Capitol Theater in downtown Willimantic. Visit [www.eastconn.org/ACT](http://www.eastconn.org/ACT) to learn more.

Quinebaug Middle College (QMC) is a regional, public, magnet high school administered by EASTCONN. Visit [www.eastconn.org/QMC](http://www.eastconn.org/QMC) to learn more about QMC.

## Springfield College recognizes Dean’s List students

SPRINGFIELD, Mass. — Springfield College Recognizes Dean’s List Students for the 2021 Spring Semester.

Mackenzie Cayer from Woodstock Valley. Cayer has a primary major of Applied Exercise Science.

Arielle Johnson from Pomfret Center. Johnson has a primary major of Health Science/Occupational Therapy.

Jordyn Staveski from Woodstock. Staveski has a primary major of Health Science/Occupational Therapy.

Chelsey Castle from Pomfret Center. Castle has a primary major of Health Science/Pre-physician Assistant.

Justyna Gil from North Grosvenordale. Gil has a primary major of Health Science/Pre-physician Assistant.

Sidney Ratliff from North Grosvenordale. Ratliff has a primary major of Mathematics.

The criteria for selection to the Dean’s List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of “P” grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

## Pomfret school announces Head of School Scholar Honors

POMFRET — The following area students were named to the Spring 2021 Head of School Scholar Honors list at Pomfret School. Students named to this list earned a grade point average of 4.00 and received no grade lower than an A- for the Spring 2021 Term.

Meredith Bergendahl of Pomfret Center  
Grace Bullied of Pomfret  
Maya Bullied of Pomfret  
Isabella Canavan of Pomfret Center  
Lucas Canavan of Pomfret Center  
Tatum Fisher of Pomfret

Maya Gerum of Pomfret Center  
Benjamin Gordon of Woodstock  
Rebecca Hague of Pomfret Center  
Jack Heroux of Pomfret Center  
Bridget Horst of Pomfret  
Rose-Michaela Nsubuga of Danielson  
Morgan Rice of Pomfret Center  
Blake Zahansky of Pomfret Center  
Rose-Michaela Nsubuga of Danielson  
Olivia Riley of Brooklyn

Founded in 1894, Pomfret School is an independent coeducational college preparatory boarding and day school for 350 students in grades 9 through 12 and postgraduates. Set on a stunning 500-acre campus in Northeastern Connecticut, Pomfret cultivates a healthy interdependence of mind, body, and spirit in its students as it prepares them for college, and to lead and learn in a diverse and increasingly interconnected society.

## Pomfret School names Spring High Honors list

POMFRET — The following area students were named to the Spring 2021 High Honors list at Pomfret School. Students named to this list earned a grade point average of at least 3.670 and received no grade lower than a B+ for the Spring 2021 term.

Cooper Ames of Pomfret  
Kellen Horst of Pomfret  
Daphne Li of Pomfret  
Luke Litowitz of Pomfret  
AngeloRoveroofNorthGrosvenordale  
Adam Tillinghast of Danielson  
Mary-Aliya Turay of Rogers

Clayton Lehmann of Putnam

AngeloRoveroofNorthGrosvenordale  
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## Pomfret School names Spring 2021 Honors List

POMFRET — The following area students were named to the Spring 2021 Honors List at Pomfret School. Students named to this list earned a grade point average of at least 3.330 and received no grade lower than a B for the Spring 2021 term.

Kale Hart of Pomfret Center  
Jacob Marasco of Pomfret Center  
Christina Mark of Woodstock  
Cameran Steiger of Pomfret Center  
Ian Wolanin of Pomfret Center  
Brooke Zahansky of Pomfret Center  
Brennan Holmes of Killingly  
Kisqu Levy of Brooklyn  
Taiwo Osborne of Brooklyn  
Gabrielle Lemery of Putnam

Founded in 1894, Pomfret School is an independent coeducational college preparatory boarding and day school for 350 students in grades 9 through 12 and postgraduates. Set on a stunning 500-acre campus in Northeastern Connecticut, Pomfret cultivates a healthy interdependence of mind, body, and spirit in its students as it prepares them for college, and to lead and learn in a diverse and increasingly interconnected society.

## Woodstock Elementary School ends on a high note

WOODSTOCK — After a year filled with twists and turns at every corner, including remote and hybrid learning, social distancing and masking, Woodstock Elementary School surprised their students with an end of the school year to remember.

The Judy Nilan Foundation proudly sponsored a BMX stunt show full of exciting flips and jumps along with an inspirational message of persevering through challenges, presented by Dial Action Sports. Students were able to watch 15-year-old Kevin Robinson, Jr., son of BMX legend Kevin Robinson, and 18 year old Christian Arehart show off their skills and years of hard work while Chris Clark, the youngest ever to go pro in the nation, emceed the event. Students cheered on as Arehart and Robinson performed 360’s, Supermans, and even jumped over teachers and the principal on their BMX bikes.

The event was a welcomed surprise and huge success with students and staff alike ending the year with a celebration of the students’ resilience.

## Christopher Claprood of Woodstock graduates from Roger Williams University

BRISTOL, R.I. — Roger Williams University is proud to announce that Christopher Claprood, of Woodstock graduated Magna Cum Laude with a

# Woodstock resident named to Dean’s List at Sacred Heart

FAIRFIELD — Madelyn Lecuyer of Woodstock was named to the Dean’s List of Sacred Heart University for the spring semester of 2021.

Lecuyer is a freshman majoring in Nursing.

The Dean’s List is comprised of students who have earned a minimum grade point average of 3.6 or better in a semester.

About Sacred Heart University  
Sacred Heart University, the second-largest independent Catholic university in New England, offers more than 70 undergraduate, graduate, doctoral and certificate programs on its main campus in Fairfield, Conn., and satellites in Connecticut, Luxembourg and Ireland. More than 8,000 students attend the University’s five colleges: Arts & Sciences; Health Professions; Nursing; the Jack Welch College of Business; and the Isabelle Farrington College of Education. The Princeton Review includes SHU in its guides Best 379 Colleges – 2015 Edition, “Best in the Northeast” and Best 296 Business Schools – 2015 Edition. U.S.News & World Report ranks SHU among the best master’s universities in the North in its annual “America’s Best Colleges” publication. SHU fields 32 division I athletic teams and has an award-winning program of communi-



Madelyn Lecuyer

ty service. [www.sacredheart.edu](http://www.sacredheart.edu)  
For additional Sacred Heart University news, please visit <http://www.sacredheart.edu/aboutshu/news/>.

B.S. in Finance in May as part of the Class of 2021.

About RWU  
With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today’s employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

## Sierra Thomasson of Dayville graduates from Roger Williams University

BRISTOL, R.I. — Roger Williams University is proud to announce that Sierra Thomasson, of Dayville, graduated Cum Laude with a B.S. in Criminal Justice in May as part of the Class of 2021.

About RWU  
With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today’s employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

## Morgan Olivia Schmidt named to Dean’s List at Western New England University

SPRINGFIELD, Mass. — Western New England University (WNE) is pleased to announce that Morgan Schmidt (BS in Forensic Biology program) of Brooklyn has been named to the Dean’s List for the Spring Semester 2021. Students are named to the Dean’s List for achieving a semester grade point average of 3.30 or higher.

A model for the “New Traditional University,” Western New England University is among just 13% of private (5,000 students or less) institutions ranked among US News and World Report «National Universities» and a «Top 100 Engineering Program.» WNE enrolls 3,690 students, including 2,552 full-time undergraduate, in bachelor’s, master’s, and doctoral degrees at its Colleges of Arts & Sciences, Business, Engineering, Pharmacy & Health Sciences, and School of Law.

Schmidt is one of over 750 students to achieve this mark of academic excellence.

A WNE education provides career-

span agility through a curriculum grounded in professional/experiential studies, enhanced by the liberal arts, and enriched by mentored research that equips graduates to adapt and succeed in the workplace of the future.

## Michael Falco of Thompson graduates from Roger Williams University

BRISTOL, R.I. — Roger Williams University is proud to announce that Michael Falco, of Thompson graduated with a B.S. in Architecture in May as part of the Class of 2021.

About RWU  
With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today’s employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

## N. Grosvenordale resident named to Dean’s List at Dean College

FRANKLIN, Mass. — Dean College is pleased to announce that Olivia Cunha of N. Grosvenordale has earned a place on the Dean’s List for the Spring 2021 semester. Students named to the Dean’s List have demonstrated a serious commitment to their studies while at Dean College.

Founded in 1865, Dean College is a private, residential college located in Franklin, Mass., 45 minutes from Boston, Mass., and Providence, R.I. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

## Putnam resident named to Dean’s List at Dean College

FRANKLIN, Mass. — Dean College is pleased to announce that Joshua Heaney of Putnam has earned a place on the Dean’s List for the Spring 2021 semester. Students named to the Dean’s List have demonstrated a serious commitment to their studies while at Dean College.

Founded in 1865, Dean College is a private, residential college located in Franklin, Mass., 45 minutes from Boston, Mass., and Providence, R.I. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.



# Loos & Co. donates \$2,500 to local organizations

POMFRET — In less than a month, Loos & Company has proudly donated \$2,500 to community organizations throughout eastern Connecticut.

This week, Loos & Company, in Pomfret, proudly presented a \$500 check to aid the Danielson United Methodist Church Food Pantry, bringing the total amount of donations made through the employee vaccination donation fund to \$2,500.

The donations are powered by Loos & Co. employees choosing to receive a coronavirus vaccination. Once an employee receives their vaccine, a \$50 contribution is made to the general donation fund.

Employees were asked to provide recommendations for local organizations they support to receive donations.

Loos Buyer Debra Thurlow said she has attended services at the church for more than 30

years.

“I’m really glad Loos is helping a local church in need by donating,” Thurlow said. “That’s really nice. The church does so much good for the community.”

Donations were also recently given to the Pomfret Community/Senior Center, the Danielson Veterans Coffeehouse, the Putnam Daily Bread Food Pantry and the Norwich St. Vincent de Paul Place.

The Danielson United Methodist Church Food Pantry offers free hot meals every Wednesday through the Community Kitchens of Northeastern Connecticut program to local folks in need.

Because of COVID-19, they’ve operated outdoors through the entire last year, offering food, toilet paper, sleeping bags, and whatever else homeless or low-income individuals may need.

Deacon and Food Pantry Board Member

**Danielson United Methodist Church Food Pantry board members Connie Viveiros and Barbara Schreier accept a \$500 check from Loos Buyer Debra Thurlow and Loos Director of Corporate Marketing Robert Davis Tuesday. In total, \$2,500 has been donated to five eastern Connecticut organizations in the last three weeks.**

Barbara Schreier said the donation will be added to the fuel assistance fund.

“The community has been very generous,” Schreier said. “Our donors know that people are out of work, struggling, and still need to eat. And they know they need to help.”

Loos Director of Corporate Marketing Robert Davis, Human Resources Manager Terri Falcone and Debra Thurlow presented Schreier and fellow pantry board member Connie Viveiros with a check on



Tuesday. Loos & Co., headquartered at 16B Mashamoquet Road in Pomfret Center, is the leader in the wire and cable industry. More information about Loos is available at loosco.com.

“Every Town Deserves a Good Local Newspaper”  
www.ConnecticutQuietCorner.com

## GRANT

continued from page A1

municipalities and nonprofits we can ensure that these valuable resources are preserved in perpetuity for generations to come.”

“Open space is key to ensuring a bright economic future for our state,” DEEP Commissioner Katie Dykes added. “These natural assets are valuable as we attract and retain residents who are increasingly looking for varied recreational opportunities where they work, play, and live. No single entity can accomplish the critical goal of protecting our lands with significant conservation values now and for future

generations. We need continued cooperation of land trusts, our towns and cities, and conservation-minded citizens to build upon existing and form new partnerships and new approaches to protecting open space.”

Pomfret and Woodstock will receive a joint grant of \$234,000 to acquire land known as the Townshend Property, an undeveloped parcel considered to be primary a habitat for numerous terrestrial and imperiled species. The land also includes headwaters to the Nightingale Brook which flows into the Mashamoquet Brook and eventually the Quinebaug River, with space and potential for environmentally sound for recreational opportunities as well.

## FESTIVAL

continued from page A1

a decision on a name and theme are set in stone.

“What I was thinking of is, if the theme changes, I was determining that to mean that it was something other than tomatoes. If it is something else then everything that’s been done in the past, the tomatoes in a jar, tomato hat contest, tomato photo contest online, all of those things are related to tomatoes. We could still do them, but it would be hard to promote them without calling it a Tomato Festival and what if they decided on a different theme which would require other contests,”

Anastasios said.

He also questioned how involved past organizations or the commission itself would be in the festival if the theme were to move away from an agricultural concept.

Aubrey noted that even if the theme changes the commission can still be involved maybe adapting the tomato theme to be specific to their portion of the event. She also specified that as of that meeting there was no solid decision on changing the theme but that the possibility is there as the recreation department and local business association look to expand the event beyond the limits of David Park.

“We can still have the Tomato

## MADISON

continued from page A1

beyond just ponies and jumping. She hopes to someday move up to full-size horses and said the event in Kentucky will give her the chance to participate in clinics and gain new perspectives and knowledge on how to perfect her craft. For those wishing to get into the sport, McHugh said it’s a lot of work but a rewarding experience.

“Start off slow and just keep trying. It takes a long time to get to where I am, at the moment, and even if you go through rough times, you just have to keep riding. Make sure you’re always asking questions to understand what you’re trying to learn,” said McHugh.

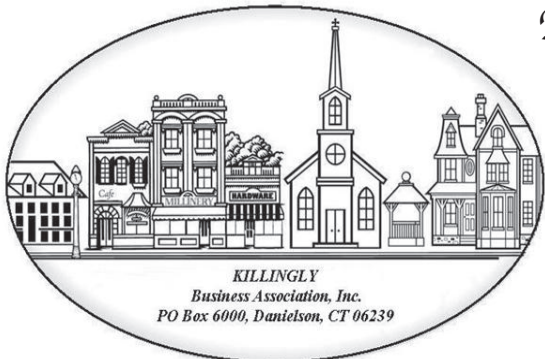
The Pony Finals in Kentucky draw as many as 200 competitors each year. The 2021 events are scheduled for early August.



Madison McHugh in action during one of her jumping contests. She will test her skills and training in competition in Kentucky this August.

Festival there as part of the larger festival. I think what they’re trying to do is increase it and bring a larger number of people in. They want to involve more than Davis Park. They’re trying to get people along Main Street as well as making it broader and bigger,” said Aubrey.

The commission decided to hold off on any decisions until a solid decision on the fate of the festival is in place. Aubrey said that any potential name change could be decided by the end of the month and that the commission could readdress the matter at their meeting on early July.



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**FRANK G. CHILINSKI**  
PRESIDENT/PUBLISHER

**BRENDAN BERUBE**  
EDITOR

# A celebration of freedom

Last week, President Biden signed legislation making Juneteenth a federal holiday. The house approved the legislation with a bi-partisan vote of 415-14. This day commemorates the actual end of slavery in our country, a day that should be celebrated by all. An entire race of people was now free, two years after Lincoln signed the Emancipation Proclamation, what's not to celebrate? If that bothers anyone, we have to wonder why. Adding a federal holiday does not negate, nor take away from any other holiday. It just doesn't.

In 1776, just under 100 years earlier, Thomas Jefferson wrote in the Declaration of Independence, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness."

However, not all Americans were 'free' until June 19, 1865, when Maj. Gen. Gordon Granger in Galveston, Texas, issued General Order No. 3, which stated that in accordance with the Emancipation Proclamation, "all slaves are free." Several months later, the 13th Amendment was ratified, abolishing slavery in the final four border states that had not been subjected to President Abraham Lincoln's order.

During that time, Union presence was weak in Texas; therefore, enforcement wasn't strong, allowing white plantation owners to continue to use slave labor. Anytime evil is undone, as it was on that day in 1865, it should be celebrated.

In current times, the goal is for all law abiding Americans to enjoy the same opportunities and rights as one another. Such a simple concept yet so many continue to feel threatened by our differences. How great would it be if everyone was just kind to each other, despite our differences, why is that so hard? The fact is, it's not hard to try to understand each other. Maybe we may never understand each other but that's ok. We can guarantee that anyone you meet, has something in common with you, even if it's something as simple as preferring Pepsi over Coke. Start there.

Make it a point this week to seek someone out who lives and feels completely different than you and just be kind to them. It is possible to have different views on different topics yet still possible to treat each other with respect and dignity. We all deserve that, no matter who you vote for, what you look like, what you do for work or who you love.

Addressing the country after signing the Juneteenth bill, the President said, "The promise of equality is not going to be fulfilled until we become real; it becomes real in our schools and on our Main Streets and in our neighborhoods."

## LETTERS POLICY

Letters to the editor may be e-mailed to [Brendan@villagernewspapers.com](mailto:Brendan@villagernewspapers.com)

*Please include your place of residence and phone number for verification, not publication. Letters must be received by noon on Tuesdays.*



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# OPINION

Opinion and commentary from the Quiet Corner

## LETTERS TO THE EDITOR

### The assault on our democracy continues

To the Editor:

Tami Jo Sykes' letter in your June 18 edition, "Created chaos," illustrates the lies, conspiracy theories and racism that have resulted in the Jan. 6 insurrection and the ongoing assault on democracy. That so many Americans prefer to believe convicted felon and conspiracy monger Dinesh D'Souza instead of the verifiable truth jeopardizes the future of the American Experiment.

It's laughable but sad that President Biden's motives and occasional gaffes are attributed to evil, while Trump voters wax nostalgic about him despite his tens of thousands of lies, his racist and white supremacist Tweets and his incitement to violence and insurrection that have served to deepen divisions rather than heal.

The liars deny the existence of white supremacy that undeniably exists by attributing it to "global elitists." They claim to honor law enforcement while denying that

Trump supporters and racists attacked and beat Capitol police officers on Jan. 6. The truth is that they have no respect for law enforcement.

The liars rail against the schools "indoctrinating" children at the same time they seek to prevent the teaching of American history they find inconvenient. They claim that teaching the truth about our history instigates racism. But we know that it is essential that acknowledgment of the wrongs of the past precede healing.

Hopefully, law enforcement now fully understands that the lying politicians, propagandists, former liar-in-chief Trump and conspiracy theorists were able to unite many ordinary citizens with right-wing extremists in an on-going attempt to overthrow our increasingly fragile democracy.

BILLY G. TAYLOR  
KILLINGLY

### Who, exactly, are the "elitists?"

To the Editor:

Putting aside the question of "why a letter about the Killingly football team name and why now?" for a moment, let's take a look at Gary Breton's broadside against "elitists" in last week's Villager. In it, he resurrects a controversy about the naming of the Killingly High School sports teams as a vehicle to initiate another skirmish in the culture wars while bringing up the spectre of a group of elites that has heretofore had unlimited power to thwart the wishes of "regular" people like himself and, in this case, what he describes as "average, everyday Native Americans (as opposed to, say, Tribal leaders and others he might term 'elitists' who, he reassures us, are "just as smart as you and I."

Mr. Breton does not define what he means by "elitist," but we can probably assume that the word "liberal" precedes, it and that it is intended to bring up an image propagated by the right (Republicans and a host of fringe groups) since at least the time of FDR. This "liberal elite" (who are, in the mind of the right, "elitist") is the very same one responsible for racism (or so Mr. Breton implies in his letter), slavery, and the Ku Klux Klan, while holding Mussolini, Hitler and Stalin in the highest regard. Liberal culture is pervasive and totalitarian, and is responsible for the "stolen election," the Russia investigation (which was nothing more than a politicized witch hunt), both impeachments, and Hillary Clinton - big-government liberal, Wellesley, Yale Law, a feminist who didn't change her name and refused to exploit the wife and mother vibe while in the White House.

But, really, what does "elitist" (or "elite") mean when uttered by those on the right?

Who is a member of this "elitist elite"? If you grew up in New York City, your father taught English at Columbia, was the headmaster of the Dalton and Hackley Schools, and you went to Horace Mann, Columbia, and GW Law School, you are an "elitist," right? Well, no - that would be Bill Barr, our former Attorney General, who was somehow not an "elitist."

And if you grew up a millionaire in New York, went to New York Military Academy and the Wharton School and grew a real estate empire with a bunch of money your father gave you, made (supposedly) a bunch more money, lived on Fifth Avenue in your own building, hung out only with other rich people, had a huge property in Palm Beach, you were also not an "elitist" - you were just a regular guy, a man of the people who "tells it like it is."

In 2008, interviewed on NBC, both Sarah Palin and John McCain offered their own takes on who, exactly, is an elitist. Palin: "I guess just people who think they are better than everyone else." McCain: "I know where a lot of them live-in our nation's capital and New York City-the ones she [Palin] never went to a cocktail party with in Georgetown-who think they can dictate what they believe to America rather than let Americans decide for themselves."

So, as Jacob Weisberg put it in Slate, "Thus did the son and grandson of admirals, a millionaire who couldn't remember how many houses he owned, accuse his mixed-race opponent, raised by a single mother and only a few years past paying off his student loans, of being the real elite candidate in the campaign."

So, let's see - it may not have been exactly a Georgetown cocktail party but when thousands of Trump supporters attacked the Capitol, threatened to kill Mike Pence as well as a number of Congresspeople, could it be that they were attempting to "dictate what they believe to America rather than let Americans decide for themselves?"

When, last summer, during a quiet, respectful protest in support of Black Lives Matter on the Woodstock Green, a parade of large pickup trucks flying huge American flags, some with a blue stripe, drove inches away from protesters forcing them to step back, revved their engines, honked and played loud music, were they behaving as if they were "better" than the protesters, were they signaling that they loved the country more than we did, that they liked the police much more than we did, that they were the true "patriots" and we were just

a bunch of deluded snowflakes?

I can't speak for anyone else who was there, but that was how I perceived it - that they were telling me in no uncertain terms that I was a traitor who didn't love America, and that they were "better" than me.

Who is dictating to whom? Examples abound: 60 percent of Americans support an assault weapons ban and 90 percent support background checks, and yet only a handful of Republican Congresspeople support either one and Republicans in the Senate have effectively blocked any expansion of background checks. Fifty-nine percent of Americans, according to a recent Pew Research Poll, support legal abortion in all or most cases, while 39 percent think it should be illegal in all or most cases.

You get the idea.

If you live in a rural area or the middle of the country, you own guns and go to church, you are more of a "real" American than somebody who lives on the coast, is an atheist, and believes that the police are fallible and just might need to improve their treatment of Black people. In other words, as a "real" American you are "better" than those "fake" Americans who supposedly hate America.

The right has been telling people how to live their lives for a long time: for many years it was anti-gay people (marriage, military), now it is a series of anti-trans measures, and who can ignore the Right's stand on no health insurance for millions of people - there is no shortage of issues where the Right has imposed its' religious and political beliefs on others. And yet, somehow in their deluded mythology, it is they, the "real" people, who are the victims of the "elitists."

It is surprising that in his letter Mr. Breton makes reference to the fact that "one poll quoted tribal leaders, not average Native Americans." "Elitists like to quote elitists," he adds. In doing so, he makes a case for a pure democracy that I assume he does not favor when it comes to gun rights, or abortion, or any number of issues where the Right is in the minority.

It seems a little disingenuous and hypocritical to be in favor of what is called automatic populism in some cases but to prefer in others the process whereby elected leaders make their best judgements rather than acting as simple conduits for majority opinion. (I'm guessing that the Nipmuc Tribal Council opinion regarding the Redmen might have been somewhat problematic in that regard.)

If Mr. Breton would like a better way to look at the Killingly team name issue, I will accept (though I don't believe the numbers for a second) his polling that only 10 percent of "average" Indians object to the name "Redmen" and ask him to consider the following scenario: He invites 10 people over for a cookout and nine are treated very well but the tenth is made to feel like an outcast and has a terrible time. Would he consider his cookout a success? Would he wish that he had reached out to the tenth and made him feel welcome and appreciated?

Why, as the nation warily eyes the climate and a neglected infrastructure while just starting to crawl out from under a horrible pandemic, does Mr. Breton choose to pluck, seemingly at random, a culture wars wedge issue out of the blue? I really don't know but could it be that the right is as intellectually bankrupt as it seems, that it has virtually no constructive plans or ideas? Could it be that grievance (and violent intimidation) is the only language that the Right knows these days?

If Mr. Breton is genuinely concerned about vocal (and "elitist") groups imposing their will on the rest of us he would do well to carefully study the armed invasions of the Idaho, Michigan, and Oregon statehouses as well as the January 6 insurrection at the US Capitol. These events, featuring cowardly, deluded snowflakes of the Right armed to the teeth, pose the real danger to our republic, not Indians and their supporters who (quite understandably) have had just a little too much of Chief Wahoo and his ilk.

JOHN A. DAY, JR.  
WOODSTOCK VALLEY

# I'm still here!



POSITIVELY SPEAKING

GARY W. MOORE

I'm sitting here surrounded by love. Noah is on my left and Caleb on my right, sitting on the sofa. The doorbell just rang and Noah leaps to his feet ... pizza!

If circumstances were different, it would be a typical Friday night, but tonight everyone is feeling a bit subdued. Last week I shared with you my health news. The outpouring of love has been overwhelming. I will not possibly be able to respond to all the email and social media messages. Just know I'm grateful for each and everyone.

I'm not a fatalist. Yes, I'm in hospice, and yes, I'm told that I'm dying, but I struggle to believe that it's the final word. I'm fighting to stay alive. I will forever be a "prisoner of hope," and I'll never stop hoping for life here on earth, and my ultimate hope is in the promise of Heaven.

So many of you ask, "How do you cope with knowing you are going to die?"

A dear old friend, Roger Roussell sent me this quote ...

*"Nothing in life is to be feared. It is only to be understood."*

Marie Curie

I understand the cold-hard truth that we are all going to die. Some sooner than others, and I suppose I'm on that sooner list. I cope because I know I can rely on God's promises. If not, I'm sure I'd be a mess. I can cope because I've known this day was coming for over a year and I'm ready. I'd rather not go, but Cancer is a killer and we've exhausted all our possibilities that we are aware of today. Tomorrow may be a different story. I have hope that before I die, there will be a breakthrough that gives me more time. If not, that's okay too. I've lived a big happy life. I have a beautiful and independent family that will carry on.

Last night a tornado passed my daughter's home within a few blocks and cut a devastating path leaving 34,000 without power. The damage and death toll are still not known. The difficult reality with this life is that it's never if hardship or tragedy will come, but when. These moments are never easy, and these moments bring about grief, pain, trauma, and heartache. When these moments come, we all reach a crossroad - how will we respond?

To be hope-filled, positive, and optimistic is not to ignore the hardship, but it's to face it head on. It's a decision to take the bull by the horns (or the cancer!) and give the best fight we've got all the while choosing to cling to hope and embrace the everyday joys of life.

It isn't if... but when hardship comes. How will you respond?

Since it truly is a choice we make. Why would we choose otherwise?

Today I choose hope, joy, and gratitude.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and at [www.garywmoore.com](http://www.garywmoore.com).

# GOOD NEWS





# Protect your business with key employee insurance



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You’ve got a great group working for you and you know that much of that success is due to one or two key people with both skills and personalities that are hard to match. Suppose they were injured and out of work for a while, or suppose they died? Would your business survive? Key employee life and disability insurance coverage can help make sure that it does.

When bad things happen to good people

If a key employee were disabled and out of work, or were to die, your business could suffer a financial loss in any of the following ways:

While the employee is out of work, the revenue that he or she generates may substantially decrease

You’ll incur unexpected expenses recruiting and training a temporary or permanent replacement

Less capable or inexperienced employees trying to fill in can make mistakes or cause delays that cost you money

If a key person dies, a business loan may come due

Customers or even other employees may look elsewhere, concerned for the future of the business after the loss of a key employee

Key employee life and disability insurance policies can help soften the impact of these

blows. Generally speaking, these policies are sold to small or medium-size businesses; it’s in those operations that a single person can make the most difference to the bottom line. If you own a large company that’s better able to absorb the financial losses caused by losing a key employee, you may have difficulty buying the coverage you desire.

Some facts about key employee life insurance

Typically, your business purchases a life insurance policy on a key employee, pays the premiums, and is the beneficiary in the event of the employee’s death. As the owner of the policy, the business may surrender it, borrow against it, and use either the cash value or death benefits as the business sees fit.

In determining how much insurance you’ll need, putting a dollar value on a key employee’s economic worth may be difficult. Although there are no rules or formulas to follow, several possible methods to determine the insurance amount may be used. The appropriate level of coverage might be the cost of recruiting and training an adequate replacement. Alternatively, the insurance amount might be the key employee’s annual salary times the number of years a newly hired replacement might take to reach a similar skill level. Finally, you might consider the key employee’s value in terms of company profits; the level of insurance coverage might then be tied to any anticipated profit loss.

The premiums you pay for key employee life insurance are not a tax-deductible business expense for federal income tax

purposes, since your business is the recipient of the benefits. Prior to August 16, 2006, the death benefits your company receives as the beneficiary of the policy aren’t considered to be taxable income. But for policies issued after Aug. 16, 2006, proceeds from a life insurance policy insuring the life of an employee and payable to the employer-policy owner may be subject to income tax, unless an exception applies. Also, if your business is a C corporation, the death benefits may increase the corporation’s liability for the alternative minimum tax. You should consult a tax professional for information on your circumstances.

Riding out the hurt-key employee disability insurance

The death of a key employee isn’t the only threat to your business. Suppose a key employee is injured or becomes ill, and is out of work for an extended period? Disability insurance on such a key employee is another way you can protect your business against any resultant financial loss.

A critical part of key employee disability insurance policies is the definition of disability. Usually, these policies define disability as the inability of the employee to perform his or her normal job duties due to injury or illness. As with life insurance, your business buys a disability insurance policy on the employee, pays the premiums, and is named as the beneficiary. When the employee is disabled, the insurance coverage pays monthly disability benefits to your business. These benefits can equal a certain percentage of the key person’s monthly salary, up to either a maximum

monthly limit or 100 percent of that salary. The benefits may be used to pay the operating expenses of the business and to cover the expense of finding a temporary or permanent replacement for the key employee.

The policies typically offer elimination periods (i.e., the waiting period between the disability and when the benefits begin) ranging from 30 to 180 days. Depending on the policy, your business may receive the benefits for 6 to 18 months-long enough to allow the key employee to return to work or to allow the company to replace the key employee. The policy is normally a noncancelable contract, guaranteeing the premiums and the coverage amount. A waiver of premium option can be an important part of these policies. This option provides that, once the elimination period has been satisfied, the insurance company will pay the premiums as long as the disability lasts or until the benefit period ends.

Sometimes included in the base disability policy coverage (or available as an optional benefit for an additional premium) is personnel replacement expense coverage that pays for the cost of finding and hiring a replacement for the key employee. These benefits are usually payable after the key employee’s disability has lasted at least 6 months. Your business will be compensated for actual replacement expenses incurred, including advertising costs, employment agency fees, and the first three months of the new employee’s salary.

As with key employee life insurance, the premiums you

pay for the key employee disability policy are not a tax-deductible business expense. As a result, the benefits your business receives are not generally considered taxable income.

It can be difficult to think about the loss of a key employee, but planning for the unexpected is a critical component to the success of any business. Determining needs for key employee insurance is one critical part of the overall business financial planning strategy we set out for our business clients in order to help them achieve the goals they’ve set not only for their business, but for their own lives as well. Find out more about how you can Plan Well, Invest Well and Live Well for you and your business on our website at [whzwealth.com/business-owners](http://whzwealth.com/business-owners).

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• • • • •  
MELINDA MYERS

The first steps to growing a productive vegetable garden and protecting your harvest begin with proper planning and care.

Select the most disease-resistant varieties available when planning your garden. Then plant them in properly prepared soil with the amount of sunlight they require. Provide the necessary ongoing care and your plants will be healthier and better able to tolerate pest problems.

Even when you do everything right; problems can still arise. It’s just a part of gardening.

Further reduce the risk with regular visits to the garden. Check along the stems and under the leaves for any clues that insect pests have moved into your garden. It is much easier to manage small populations of harmful pests than after they have had time to rapidly reproduce.

At the same time, look for lady beetles, green lace wings and other good guys that eat a variety of garden pests. Leaving a few pests to attract these good guys is often an easy, yet effective way to manage the harmful ones.

Enlist the help of songbirds by attracting them with birdbaths and feeders. Many birds supplement their diets with

insect protein. Just protect young seedlings as many birds also like fresh greens.

If you need to lend nature a hand, remove small populations of insects by hand or use a strong blast of water to knock aphids and mites off plants. This is

often enough to manage the damage and minimize their impact on your garden harvest.

Barriers of floating row covers can keep cabbage worms, onion maggots, Japanese beetles, and some other insects from laying eggs on their favorite plants. Cover the plants with the fabric at planting, anchor the edges and leave enough slack for plants to grow. Uncover flowering plants as soon as blossoms appear if bees are needed for pollination.

Set out yellow bowls filled with soapy water. The yellow attracts aphids and some other harmful pests. The insects gravitate toward the yellow, then crash into the soapy water and die.

If the problem insects are winning the battle, you may be tempted to reach for chemical controls. Instead, look for the Organic Materials Review Institute (OMRI) certification on product labels. This independent non-profit organization reviews products for use in organic gardens, production, and processing.

Summit Year-Round Spray Oil ([SummitResponsibleSolutions.com](http://SummitResponsibleSolutions.com)) is an OMRI-certified product labeled for use on fruits and vegetables as well as ornamentals. It controls mites, aphids, thrips, and other insects and can be



Photo Melinda Myers

**Lady beetles are one of the good guys, helping to control populations of aphids and other harmful insect pests in the garden.**

applied right up to the day of harvest.

As always, read and follow label directions for any organic, natural, or synthetic chemical used. Heeding label directions ensures safe application and effective control.

By working with nature and investing some time and creativity you can safely minimize insect problems and maximize your garden’s harvest.

*Melinda Myers has written more than*

*20 gardening books, including Small Space Gardening. She hosts The Great Courses “How to Grow Anything” DVD series and the nationally-syndicated Melinda’s Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Summit for her expertise to write this article. Myers’ Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).*

# Roadside attractions

BY DENNIS BLANCHETTE  
NORTH GROSVENORDALE

*Sign, sign everywhere a sign  
Blockin’ out the scenery, breakin’ my mind*

— Five Man Electrical Band

This is not about the kind of roadside attraction Tom Robbins wrote about. Rather it is about something that every traveler interacts with every time they travel, but seldom thinks about - traffic signs. Have you ever wondered why there are stop signs at some intersections, but not others? Have you ever called your town and asked for a stop sign to be installed because cars were speeding on your road? I bet nothing happened. Have you ever wondered why the speed limit was set at a certain number? Stay tuned for the answers, and I promise no formulas and no math.

A Short History of Signs  
In the beginning automobile clubs and groups around the country each developed a road marking system. Naturally, the various marking sys-

tems began to overlap. Popular roads could contain as many as eleven different signs indicating one route.

Stop Signs  
Stop signs came into use around 1915, but varied by jurisdiction. In the early 1920’s, a group toured several states with the intention of developing a basis for uniform signs and road markings. Their work eventually turned into the Manual of Uniform Traffic Control Devices (MUTCD). First published in 1935, it contained 188 pages; the latest edition is 815 pages long.

Stop signs were further standardized in Canada and Europe, via the Vienna Convention on Signs, though the word “stop” may be replaced by the local language, e.g. “aret” in Canada. Who cares, you might say. The genius is that even if you don’t speak French and have no idea what “aret” means, the shape and color are ingrained in your brain and you will intuitively know that they want you to stop.

By contrast suppose you decided to rent a car in Japan. The stop sign is an inverted triangle, with 4 kanji char-

acters, which your brain would most likely perceive as a yield sign. This led to so many accidents caused by international travelers that in 2017 the word “stop” was added below the Japanese kanji characters. Japan also has an inverted triangle yield sign which actually means “slow down” and since they drive on the left and gas is expensive, you might as well take the train. Its faster.

There are several reasons, or “warrants,” for a stop sign in the Manual, but it is summed up most succinctly by a traffic officer I once knew: “A stop sign is a right of way control device, not a speed control device.” Put up too many stop signs in an attempt to control speed and they tend to get ignored. So that is why, when you asked for a stop sign because of speeding on your road, you didn’t get one.

Speed Limit Signs  
Did you ever go around a curve too fast and feel like you “couldn’t make it?” Speed limits are based on a whole host of issues – sight distances, traffic volumes, roadside development etc. There

are federal guidelines, state guidelines, formulas and charts too numerous and boring to discuss here. To vastly oversimplify, the speed limit for a given curve is based on the amount of friction that can be generated between your car tires and the pavement. If you go too fast around a curve, you slide off. So the tighter the curve, the lower the speed limit. For a new road the speed limit determines how tight of a curve can be designed for that road.

A common misconception about speed limits is that driving slower is safer. However, that is not always the case. Driving slower than the speed limit will decrease the level of service of a road. This causes congestion which can increase accidents. It may have other benefits but “safer” is in the eye of the accident victim.

In India we discovered a category of signs I dubbed “Behavior Signs” (BS). We laughed at them as I wrote them down in my journal:

Drive with care Makes accidents rare









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# Where does lost weight go?



Weight is commonly lost by expelling carbon dioxide through breathing. Moderate exercise facilitates such weight loss.

Obesity is a significant threat to public health. The World Health Organization says global obesity rates have nearly tripled since 1975. There are now more than one billion overweight adults across the globe, and at

least 300 million people are classified as clinically obese.

Many people want to lose weight and unhealthy fat for personal reasons or at the suggestions of their doctors. Weight loss often involves a combination of

Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing.

increasing exercise and decreasing calorie consumption. As excess weight starts being shed, it becomes evident that a biological process is taking place. Many people refer to it as burning calories. But fat loss is a complicated process that's spawned various misconceptions.

**Breathing to lose weight?**  
Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing. According to Live Science and a 2014 study from researchers at the University of New South Wales, the body stores excess protein or carbohydrates in a person's diet in the form of fat, specifically triglycerides, which consist elementally of hydrogen, carbon and oxygen. When people lose weight, triglycerides are breaking up into these building block elements through oxidation.

The researchers found that, during oxidation, triglycerides are used up in a process that consumes many molecules of oxygen while producing carbon dioxide and water as waste products. The study found that, during weight loss, 84 percent of the triglyceride fat that is lost turns into carbon dioxide and leaves the body through the lungs. The remaining water may be excreted as sweat, breath or tears, or come out in urine — water excretion is the lesser-known component of the biological process.

Researchers who authored the University of New South Wales study determined that, when 22 pounds of fat are oxidized, 18.5 pounds of it leaves the body as exhaled carbon. The amount of carbon that is lost can be increased through exercise, according to Medical News Today. By substituting one hour of moderate exercise (like jogging) for one hour of rest, a person can increase his or her metabolic rate of triglyceride usage sevenfold.

Carbon excretion also occurs during sleep, while sitting and doing daily activities. However, the amount excreted during these activities is minimal and can be offset by eating too much food. Simply breathing more and faster during regular activities is not recommended, either, as doing so increases the risk for hyperventilation.

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Kathy and Carl created **The Woodstock Country Shoppe**, RT 171 in Little River Plaza, to help us furnish and decorate with American hand-made goods including table linens and curtains. They drive to many states for country and primitive items! Open Thursday-Sunday. The Website is a Big WOW. 860-315-5500.

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## Northeast District Department of Health

# COVID-19 Vaccine Clinic Schedule

## Get vaccinated. It's never been easier.

**Tuesdays & Wednesdays, 10 - 2 – NDDH Office, 69 S. Main St., Brooklyn and at these convenient dates, times, and places:**

Tues 6/22	12 – 2pm	Attawaugan Fire Dept., 20 Country Club Road, Dayville
Tues 6/22	1 – 2pm	TEEG Food Distribution at Woodstock Town Hall, 415 Rt. 169, Wdstk
Wed 6/23	3 – 5pm	WINY Radio, 45 Pomfret Street, Putnam
Thurs 6/24	3:30-6:30	Sterling Town Hall, 1183 Plainfield Pike, Oneco
Sun 6/27	12:30 – 3	High Pointe Church, 1208 Thompson Road, Thompson
Tues 6/29	9 – 11am	Baker's Dozen, 765 Norwich Road, Plainfield
Tues 6/29	3 – 6pm	United Services, 1007 Main Street, Dayville
Wed 6/30	2 – 4pm	TEEG, 15 Thatcher Road, North Grosvenordale
Wed 6/30	3 – 6pm	Project PIN, 23 Village Center Circle, Moosup
Fri 7/2	1 – 3pm	Project PIN, 23 Village Center Circle, Moosup

Vaccines offered at all locations:  
PFIZER (Ages 12+) two-dose series and  
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Stroll in Roll Up and Let the GOOD TIMES Roll AGAIN!



## Las vacunas contra el COVID-19 son para todos

Las vacunas contra el COVID-19 son gratuitas para todos los que viven o trabajan en los EE. UU., independientemente de su estado de inmigración o si tienen o no seguro de salud.


**Vacúnese contra el COVID-19 tan pronto como pueda. Anime a sus familiares y amigos a que se vacunen también.**




## Juntos podemos detener la pandemia.

Encuentre un lugar de vacunación contra el COVID-19 cerca de usted:

[www.nddh.org](http://www.nddh.org)



No se necesita mostrar una identificación para recibir la vacuna contra el COVID-19. Los proveedores pueden pedir una identificación, pero no pueden negarse a vacunar a las personas si no la proporcionan.



Confianza para la verdad.

Este mensaje está financiado por el Departamento de Salud Pública de CT