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- SpongeBob SquarePants

# WOODSTOCK VILLAGER

Friday, January 18, 2019

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Olivia Richman photos

When Arrik Kim is not building his garage, he loves carving in his workshop.

## Living in the material world

BY OLIVIA RICHMAN  
NEWS STAFF WRITER

THOMPSON — After Arrik Kim bought a piece of land in Thompson in 1984 he started cutting wood and building a home.

After taking drawing as his major in college, Kim spent much of his professional life as a draftsman, working on various ad campaigns. But while he loved the simplicity of drawing, wood carving became his passion project.

"I like the fact that it's such an old tradition," he said. "And it's all from my own material."

Every single one of Kim's carvings are, in fact, from materials on his property. That's also where he's gotten all of the materials for his home, which is his biggest project to date. But when he has the time to escape to his workshop he loves carving figures and faces.

Kim has always been interested in art. He loved the fact that drawing only required a pen and a piece of paper. To him, it was like

learning to write.

"I loved drawing concepts that could be widely understood. It's just that simplicity I liked," he said. "That could be why I like figurative work so much. It's the complexity of the face. You can express infinite emotions and feelings with just those few features."

But what he loves the most about switching over to carving is that it's physical. It's something 3D you can touch. Mold. Transform.

"You can keep working on something until it's just right," said Kim. "As long as there is a sliver of wood left, you can keep working. It's repairable."

While Kim still does furniture and figure carvings for commissions, his largest project has been his new garage. He started it back in 2012, and has been working hard at it since. The highly stylized garage incorporates the uneven earth it was built on, with boulders and slabs of stone shaping its foundation.

It was a site that people said was unbuild-

Turn To **KIM** page **A9**

## Reading between the lines



BY OLIVIA RICHMAN  
NEWS STAFF WRITER

Olivia Richman photo

Priscilla Colwell has been the Putnam Public Library's Director for the past 12 years.

PUTNAM — When people think about Putnam Public Library the first thing they think about is their vast collection of books. And many of those books have been picked out — and read — by Library Director Priscilla Colwell.

For the past 12 years, Colwell has been working at the Putnam Public Library, and she's excited for what's in the library's near future. She spoke about her passion for reading and the library space.

**How did you end up at Putnam Public Library?**

I was director in Ashford at the Babcock Library. I saw the ad in the paper and (Putnam Public Library) was my library when I was a kid. I grew up in Woodstock but I was a voracious reader. Putnam had more books for me to read. I had that gut feeling that I had to try to get this position, and I get the board agreed.

**What do you like about working at the library?**

Everything. I like working with all ages. I like working with technology. And, of course, the book collection. I do the ordering

for the adult side.

**So how do libraries pick out books for their collection?**

We have Book List, a periodical for librarians. It has reviews. Most of the time it's reviews from these journals, but we also use recommendations from patrons. We have a group of authors that we just buy everything by them, because they're so popular. Like James Patterson, Danielle Steele, Lee Child. There's a whole list.

**What is one new book you ordered that really surprised you?**

'Educated' was probably one that I really liked a lot. When it came out it just kind of soared. It's a non-fiction book about a young lady who had a really tough start. She was able to go to college and graduate school. She told the story of how she got there after a very hard upbringing.

**What about this book stood out to you?**

Turn To **LIBRARY** page **A3**

## Hayes sworn in as legislator

PUTNAM — State Representative Rick Hayes (Republican - 51st district) was sworn into office on Jan. 9 at the state Capitol in Hartford, beginning his first-term as State Representative for the 51st district, representing the towns of Killingly, Putnam, and Thompson.

"It was truly an honor to stand in the chamber with my hand raised taking my oath to uphold both the United States and Connecticut Constitutions. There are so

many good strong leaders in that room and to think back to the history of those who have done this before me is very humbling," Hayes said. "I was also honored to my wife, Kathy, my true best friend was by my side to experience this with me. I'd like to thank the people of Putnam, Thompson, and Killingly for entrusting me with this opportunity to represent them. It's time to get to work on their behalf."

Hayes who is entering into

his first-term, has received his two-year committee assignments by House Republican Leader Rep. Themis Klarides, who selected him to serve on the General Assembly's Environment, Children's, and Public Safety Committees.

Prior to last November's elections, Hayes spent 33 years working in law enforcement. He said he was enthused to transfer the knowledge and experience he's gained as an officer and Putnam Chief of

Turn To **HAYES** page **A2**



Courtesy photo

First-year lawmaker Rick Hayes takes his oath of office on Jan. 9.



Olivia Richman photo

Funeral Home Director Robert Fournier Jr. is a sponsor of local benefit concert.

## Local business helps sponsor benefit concert

BY OLIVIA RICHMAN  
NEWS STAFF WRITER

PUTNAM — The Gilman & Valade Funeral Homes and Crematory is celebrating its 100th Year Anniversary by giving back to the community. Not many businesses last 100 years, said Funeral Director & Owner Robert Fournier Jr., and it's a great opportunity to give back to the community that made it all happen.

"If it weren't for this community we wouldn't have

been here for 100 years. Everyone was so welcoming. Northeast Connecticut as a whole has been that way. There's really good people here," said Fournier.

To celebrate, Gilman & Valade Funeral Homes are doing something special each month. On Jan. 19 it is the Gold Sponsor for a benefit concert which gives back to the Killingly Veterans Coffee House.

Then in February on the 21st from 3 to 7 p.m., they are having an Open House at the Valade Funeral Home in

North Grosvenordale, which was recently renovated. It's a chance for people to learn more about their services, but also learn more about America's history.

According to Fournier, they have arranged to have a replica of President Abraham Lincoln's casket displayed there for the occasion.

"We are inviting students to learn more about him," he said. "We have an essay contest for junior and senior

Turn To **100 YEARS** page **A3**

# Brooklyn Senior Center fitness training



Courtesy photos

Personal trainer Nate Duval loves working at the senior center and views the people there as his second family.

BY OLIVIA RICHMAN  
NEWS STAFF WRITER

BROOKLYN — The Brooklyn Senior Center has many programs for local seniors, including a popular workout group called Fitness Over 50. On

Tuesdays and Thursdays at 9 a.m., personal trainer Nate Duval leads a routine that helps seniors with their cardiovascular health, weight training, balance and stretching.

“I’m only 24 and people think it’s weird that I’m training 50 to 80-year-olds,” said Duval. “But I have a niche for talking to the senior community and helping them out. I get to know about their family, how they’re doing. I put on music from their generation. I crack jokes, tell stories.”

According to Duval, his grandparents are his inspiration.

And he loves the Brooklyn Senior Center, where he’s been for almost two years now.



Focusing on strength and balance, Fitness Over 50 is a fun and rewarding workout at the Brooklyn Senior Center.

“It’s a second family to me,” he said. “It’s like a big family gathering there.”

Duval said he took over the Fitness Over 50 program a few years ago, and he immediately asked for people’s opinions on what they wanted to work on. He made a program based on that.

“I try to challenge them as much as I can. Even I find it difficult. It’s non-stop for that full hour, but I’m always watching to see what they can and can’t do,” said Duval.

After cardiovascular training for 10 minutes, the major focus becomes balancing. The focus for seniors is finding ways to “improve them as they age.”

After cardiovascular training for 10 minutes, the major focus becomes bal-

ancing. As we age, noted Duval, we lose our balance, and we tend to fall more. For this reason he teaches seniors not only how to have better balance, but build strength for if they do fall.

“This isn’t P90X or Zumba,” said Duval. “But they get a good workout and feel good afterwards.”

If you want to find out more about Fitness Over 50, contact Duval at (860) 450-6452.

Olivia Richman may be reached at (860) 928-1818, ext. 112 or by e-mail at olivia@stonebridgepress.com

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Editor’s note: The information contained in these police logs was obtained through either press releases or public documents kept by the Connecticut State Police Troop D and is considered the account of the police. All subjects are considered innocent until proven

guilty in a court of law. If a case is dismissed in court or the party is found to be innocent, The Villager, with proper documentation, will update the log at the request of the party.

## TROOP D LOG

### BROOKLYN

Sunday, Jan. 6

Noah Lasko, 20, of 29 Tiffany Street Apt. #3, Brooklyn, was charged with

threatening

Jacob Arden, 31, of 29 Tiffany Street Apt. #3, Brooklyn, was charged with assault

DANIELSON

Monday, Jan. 7

Kate Lynn Gast, 31, of 8 Breakneck Hill Road, Apt #4, Dayville, was charged with disorderly conduct

Wednesday, Jan. 9

Alexander A Rodriguez, 35, of 69 Franklin Street Apt. #B, Killingly, was charged with a warrant

Thursday, Jan. 10

Ibrahim Kamara, 25, of 82 Reynolds Street Apt. #B, Danielson, was charged with disorderly conduct and assault

## St. Joseph School OPEN HOUSE WEEK

~Breakfast~

Sunday, January 27th, 8:30am - 11:30am

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Wednesday, January 30th, 6:00pm - 7:30pm

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## VILLAGER ALMANAC

### At CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of December 31, 2018:

Fox Sparrow, American Kestrel, Snow Goose, Golden-crowned Kinglet, Red-tailed Hawk, Great-horned Owl, American Tree Sparrow, Red-winged Blackbird, Brown-headed Cowbird, Flicker, Robin, Mockingbird. Visit [ctaudubon.org/pomfret-home](http://ctaudubon.org/pomfret-home)

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# Quiet Corner Shouts! preps for Pomfret rally



Carol Davidge photo

Quiet Corner Shouts! member Elizabeth Beman, from Putnam, left, creates a Save the Earth poster while Monica McKenna, from Thompson, focuses on free speech and press. The posters are scheduled to be carried at 1 p.m. on Saturday, Jan. 19, during a rally in Pomfret to support the nationwide Women's March.

POMFRET — Quiet Corner Shouts! members Elizabeth Beman, from Putnam, and Monica McKenna, from Thompson, met on Jan. 12 to create posters to carry at a Pomfret rally in support of the nationwide Women's Marches on Saturday, Jan. 19. The Pomfret rally

is also scheduled for 1 p.m. on Jan. 19 and will coincide with the nationwide Women's Marches in Washington D.C., Hartford and around the nation. The Pomfret rally is scheduled to be held at the junction of Routes 44 and 169 (opposite the Vanilla Bean Cafe). Everyone

is invited to attend and is welcome. Extra posters will be available. For information, go to Facebook and search for Quiet Corner Shouts! Info. Quiet Corner Shouts! is a nonpartisan grassroots organization providing opportunities for individuals to engage with their communities and unify efforts to support social causes, according to Cris Cadiz, co-chair of the group. The group's next meeting will be at 5:30 p.m. on Feb. 7 at the Vanilla Bean Cafe.

**KILLINGLY VILLAGER**  
**ACCURACY WATCH**  
 The *Killingly Villager* 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@villager-newspapers.com](mailto:charlie@villager-newspapers.com).

**CORRECTION**  
 Because of a pagination error, the caption below the photo of the stained glass on page A-1 of the Jan. 11 edition of The Villager was incorrect. The caption should have read: "Elaine Theriault's stained glass work is often inspired by the people and things around her." The Villager regrets the error.

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## DONATION TO EASTFORD FOOD PANTRY

Courtesy photo

EASTFORD — Over the month of December Bowen's Garage Inc. customers donated 300 non-perishable items, as well as \$315 in cash to the Eastford Food Pantry, which was forwarded to the pantry on Jan. 7. From left, BGI salesman Adam Minor, pantry co-coordinator Steve Broderick, Eastford First Selectman Jacqueline Dubois and pantry co-coordinator Karen Broderick.

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# Brushing back the past



Olivia Richman photos

While she once was nervous about live painting, doing demonstrations is now part of Judy Doyle's life as a painter.

BY OLIVIA RICHMAN  
NEWS STAFF WRITER

DANIELSON — After 40 years without painting, Danielson resident Judy Doyle has gone back to pursuing her passion. During the last 15 years Doyle has been able to get involved with the local art scene thanks to the Northeastern Connecticut Art Guild.

"It's great being with other artists," she said. "You get ideas from each other. You share suggestions. The group organizes workshops and exhibits. We exhibit together, and it really opens up all these different avenues."

Doyle exhibited at a group showing back in December in Pomfret. Multiple artists were displaying their work, and

some — including Doyle — were doing live demonstrations.

According to Doyle, she at first had shied away from painting in front of an audience. But she soon saw that people were inspired by watching her and it helped other people get involved.

Doyle has been painting since 10 years old, and now focuses a lot on landscapes. She's mostly inspired by what she has seen while kayaking, hiking, biking and walking. The colors and textures of the outside world just grab her.

Most recently, Doyle was inspired by a trip to the Netherlands.

"The canal with the boats, the sunrise at the barge . . . it was the col-



For Judy Doyle, painting transports her to another world.

ors, the shapes, the lights, the movement... It was very inspiring," she said. "The boats were so indicative of life there. Everything's on the water, canals everywhere. People live and work on the boats. It's great."

For Doyle painting is very calming and brings her not only back to the Netherlands, "but to a good place."

She started painting at 10 years old when her parents sent her to lessons with a local woman. She then went to Rhode Island School of Design in high school, taking Sunday morning classes.

Her dedication to painting showed through her work.

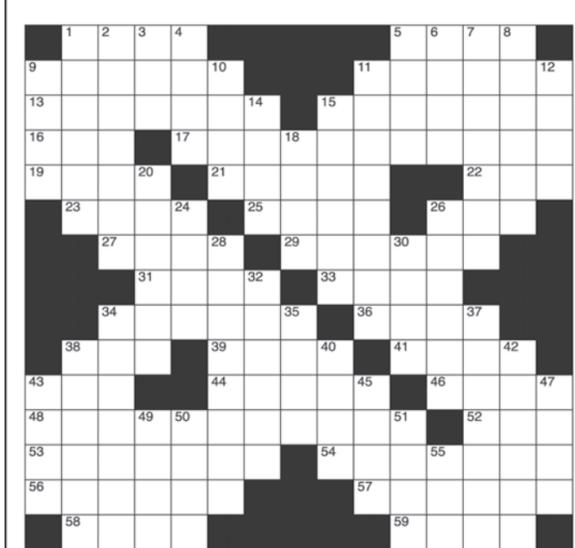
But later when she was married with children, she started to become too busy to paint. She stopped painting for 40 years.

"I missed it," she said. "But there was just so much going on. Life happens, taking care of kids and parents."

But then she saw an ad for a watercolor class 15 years ago. She took that local class and it "just got me going again."

For more information on NECTAG and their artists, visit <http://nectartguild.blogspot.com/>.

Olivia Richman may be reached at (860) 928-1818, ext. 112 or by e-mail at [olivia@stonebridgepress.com](mailto:olivia@stonebridgepress.com)



CLUES ACROSS

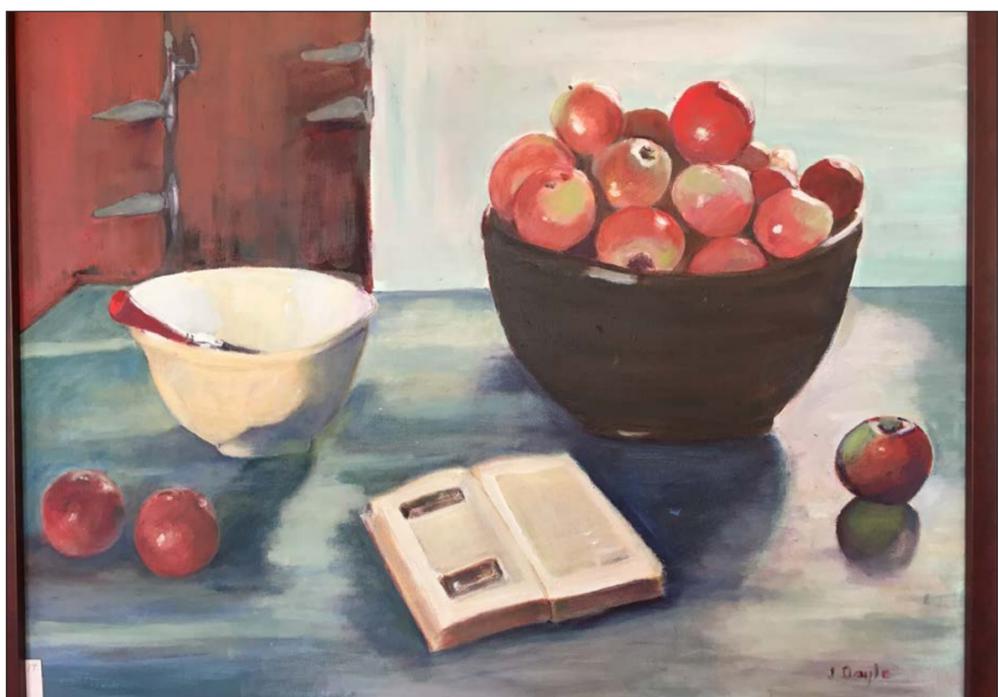
- 1. One-time Levi's CEO
- 5. Emperor of Russia
- 9. Islamic theology scholar
- 11. Hammer with a large, wooden head
- 13. Food
- 15. Can be combined
- 16. Midway between east and southeast
- 17. Governs a noun or pronoun
- 19. Gorilla
- 21. Type of trap
- 22. "Unforgettable" singer
- 23. Atomic #10
- 25. Practice fight
- 26. US gov't branch
- 27. Female deer
- 29. Remarks meant for the audience
- 31. Undergarments
- 33. Prevent from seeing
- 34. Masked
- 36. "A Suitable Boy" novelist
- 38. Invisible gaseous substance
- 39. Sour
- 41. County in New Mexico
- 43. No seats available
- 44. Pulitzer-winning composer
- 46. Fit or irritation
- 48. The ability to move objects through thought
- 52. Skywalker mentor \_\_\_-Wan Kenobi
- 53. Herbal medicine seed
- 54. "Zero Dark Thirty" director Bigelow
- 56. Preferences
- 57. Soundly
- 58. One precedes another
- 59. Au revoirs

CLUES DOWN

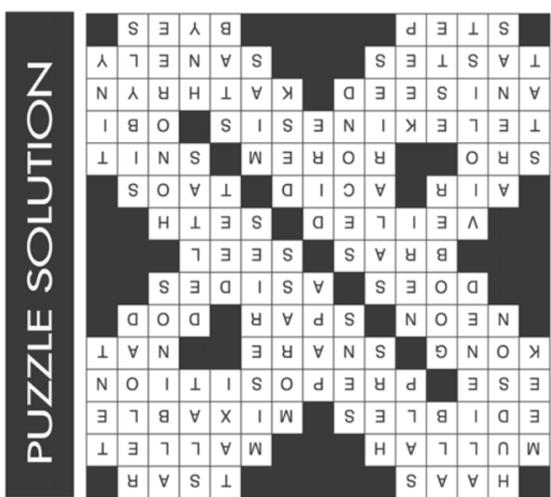
- 1. Famed explorer
- 2. Transferred property to
- 3. Clerical vestment
- 4. Free-swimming marine invertebrate
- 5. Cab
- 6. Thin piece of wood
- 7. Persons without pigment in their skin
- 8. Fill again
- 9. Submissive
- 10. His and \_\_\_
- 11. Sources of stress
- 12. Shelter
- 14. French commune
- 15. Boggy ground
- 18. Old man
- 20. Peanut
- 24. Michael Corleone's enforcer
- 26. Geological formations
- 28. Wages
- 30. Insect repellent
- 32. Unit of time
- 34. Musician
- 35. Not good
- 37. Esteemed one
- 38. Structures
- 40. Where workers sit
- 42. Women who foretell the future
- 43. Quantitative fact
- 45. Missing soldiers
- 47. Diminutive
- 49. This (Spanish)
- 50. Hold on to
- 51. Thrust a knife into
- 55. Hengyang Bajialing Airport



In May, Judy Doyle took a trip to the Netherlands and was inspired by their unique landscape.



Judy Doyle has been painting since she was 10 years old.



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# Broadway Live benefit concert returns in March

KILLINGLY — Broadway Live Productions has announced that “Voices in Concert with The New England Jazz Ensemble” will perform at Killingly High School’s theater for a benefit concert on March 30 for two special performances at 2 p.m. and 7:30 p.m. The concert is being produced to benefit both Killingly High School’s music and drama programs as well as the Quinebaug Valley Community College Foundation.

“This very special event is all about bringing the power of music and education together. I am so honored to be able to bring together the New England Jazz Ensemble with some of the most talented vocalists I have worked with over the years. We will be performing the music of Jazz, Big Band and Broadway. There is something for everyone in this show,” said creator and owner of Broadway Live Productions, David T. Panteleakos.

Broadway Live Productions began in 2000 and has staged hundreds of performers, musicians and actors over the past 19 years and over 30,000 people attending one of the many productions including: Broadway



Courtesy photo

**Broadway Live benefit concert will return in March.**

Live 2000, 2001, 2005, 2009 and 2015, Voices in Concert 2003, 2004, Voices and Friends 2003, Encore!, Broadway Live Helping Hands, Broadway Live Christmas 2006, 2009, DIVAS Live, Follow The Fifty Red Dress DIVAS, Les Misérables and The Concert and Michael Dutra “Simply Sinatra.”

All net proceeds from every performance have benefited numerous local and National non-profit 501 (c) (3) beneficiaries including: American Cancer Society, American Red Cross, Day Kimball Healthcare, Doctors Without Borders, Eastern Connecticut Performing Arts

Association (ECPAA), Habitat for Humanity, Hale YMCA Youth and Family Center, HealthQuest of Northeastern Connecticut, Hurricane Katrina Relief Fund, Putnam Rotary Club, Thompson Lions Club, Thomson Ecumenical Empowerment Group (TEEG), Interfaith Human Services

of Putnam and Daily Bread Food Pantry, The Bradley Playhouse, Quinebaug Valley Community College (QVCC) Foundation. Tickets are now available on-line at [www.mybroadwaylive.com](http://www.mybroadwaylive.com)

# Dauphinais to serve on housing committee



Courtesy photo

Anne Dauphinais

HARTFORD—State Representative Anne Dauphinais (R-44th district: Killingly) has been selected to serve as the Ranking Member of the General Assembly’s Housing Committee by House Republican Leader Themis Klarides.

In her role as ranking member, Dauphinais will work alongside fellow committee leadership on legislation relating to housing. During last session, the joint standing committee addressed issues related to funding for rehabilitation of unsafe homes, group homes and supportive housing, mortgages and foreclosures, and rental housing assistance.

“I am honored to have been selected as the Ranking Member of the Housing Committee by House Republican Leader Themis Klarides

and look forward to using the experience I’ve gained over the past two years to aid me in my new role,” Dauphinais said.

Dauphinais, re-elected to her second term in November 2018, will also serve on the legislature’s Appropriations and Public Safety Committees.

The Appropriations Committee is one of the joint standing committees of the Connecticut General Assembly. It is composed of 52 members: 12 Senators and 40 Representatives. The committee has jurisdiction on all matters relating to appropriations and the budgets of state agencies. Other issues under the committee’s jurisdiction include matters relating to state employees’ salaries, benefits and retirement, teachers’ retirement

and veterans’ pensions and collective bargaining agreements and arbitration awards for all state employees.

The Public Safety and Security Committee has cognizance of all matters relating to the Department of Emergency Services and Public Protection, civil preparedness and homeland security, state police, the state-wide organized crime investigative task force, municipal police training, fire marshals, the fire safety code, the state building code, and legalized gambling.

Her new committee assignments began at the start of the 2019 legislative session which convened on Jan. 9.

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Michael J. Golioto, MD, Medical Director of Endoscopy

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# LEARNING

**SCHOOLS AND THE PUBLIC** are encouraged to submit items for inclusion on the Learning Page. The deadline is noon Monday. Send all items to Editor Charlie Lentz at [charlie@villagenewspapers.com](mailto:charlie@villagenewspapers.com)

## QVCC Foundation creates Miller endowment

DANIELSON — More than 125 people turned out on Jan. 9 to celebrate a legend, roast and reminisce, Dr. Robert E. Miller — Quinebaug Valley Community College Founding President and QVCC Foundation Member Emeritus. In a heartfelt program, individuals who represented Miller's ideals had the opportunity to share their stories about his dedication in helping to establish a college in Northeast Connecticut and his passion for the community where he still resides. A newly established Dr. Robert E. Miller Educational Advancement Fund was also announced.

Karen Osbrey, the longest serving QVCC Foundation Member, served as emcee and welcomed stories and anecdotes about Dr. Miller. Profound accolades were shared by

Dr. Carlee Drummer, QVCC President, Dianne E. Williams, QVCC President Emeritus; Dr. Kathryn Addy, Former Tunxis Community College President; family members Anne Miller and Paul Miller; Aili Galasyn, QVCC Foundation member emeritus and Regional Advisory Council member; and Joseph Adiletta, QVCC Foundation Vice President. Special thanks to QVCC Alumni Linda Colangelo '03, who sang a beautiful tribute song for Dr. Miller and Elijah Dufour '18 who played piano throughout the night.

A tribute video was created in Dr. Miller's honor and included QVCC's first employee and former Dean of Administration John Boland, Lynn Pasquerella '78, President, American Association of Colleges and Universities and

many past and current members of the QVCC faculty and staff. Joseph Adiletta had the honor of announcing the newly established Dr. Robert E. Miller Educational Advancement Fund. The fund was established to recognize the incredible role Dr. Miller has played in the lives of thousands of Quinebaug Valley Community College students because of his vision, leadership and commitment to providing access to higher education in Northeast Connecticut. The Foundation will be launching a \$1.5 million capital campaign to fund the endowment.

"Last night's event was a heartwarming tribute to our father from the community he loves. It was a clear example of why Northeast Connecticut is indeed a special place that values the mark that the college



Courtesy photo

Sylvia and Robert E. Miller

and our father's work has left on the region and its residents. We are very grateful to have the opportunity to honor our father alongside the people who have helped to

accomplish the goals he has dedicated his life to," said Anne Miller. For additional information regarding the Dr. Robert E. Miller Educational Endowment

Fund, contact QVCC Director of Institutional Advancement, Monique Wolanin at [mwolanin@qvcc.edu](mailto:mwolanin@qvcc.edu) or (860) 932-4174.

## Stonecraft Women's Connection builds unity

BY OLIVIA RICHMAN  
NEWS STAFF WRITER

The Stonecraft Women's Connection invites local women to attend their monthly meetings as a way to meet other women.

Every month they meet for brunch at a local restaurant, where a guest musician performs, or a performance that may interest women. There is also a motivational speaker at the end of the meeting. Back in December, around 90 women attended the meeting from all over.

According to Area Representative Nancy Bell — one of 18 women who helps organize the local meetings, the Stonecraft Women's Connection is a social event that has allowed her to

make new friends.

It has also brought a purpose to her life.

"God is the one who created us and he gave us a purpose for living. Some people haven't discovered that yet. But it's very meaningful to me to see how we can inspire other people. That's the upmost purpose anybody can have," she said.

The Stonecraft Women's Connection goes back 80 years, founded by Helen Duff Baugh. According to Bell, Helen's father had booked her and her sisters passage to America on a boat, but her mother deemed it "too long." So they booked a different boat.

The original boat was the Titanic. They came to the states, and Helen

married and lived out in San Jose, Calif. That's when she started looking at her own purpose in life. She knew she wanted to tell people about Jesus.

"I met her a couple of times before she died in '96. She's a person people gravitated to. Sometimes she'd just be sitting in an airport and she'd ask people, 'Where are you going?' And when they answered, she'd ask them if they planned on going to heaven. That's just the kind of person she was. She loved people and wanted to inspire them," said Bell.

She started 24 prayer groups in Santa Fe, all for women. That's how the Women's Connection started. And while it's currently not a religious program, it's still all about inspiring

women.

The local program has been going on since '81.

That's when Bell had gone to a conference in Boston and saw a display about Stonecraft Women's Connection. She couldn't help but get involved.

"I love the fact that you can bring friends. And reach so many people," she said. "It's not just a gabbing session though. It's meaningful. There's a purpose in what we do."

If you'd like to learn more about the next meeting, email [wccw81@hotmail.com](mailto:wccw81@hotmail.com)

Olivia Richman may be reached at (860) 928-1818, ext. 112 or by e-mail at [olivia@stonebridgepress.com](mailto:olivia@stonebridgepress.com)

## Killingly farmers featured in film

KILLINGLY — The Killingly Agriculture Commission will make a public presentation of a short film entitled "Killingly Agriculture: Diversified Farming in a Small New England Town". The film, created by Frank Anastasio (Past-Chair of the Commission), will introduce the public to various family run farms within the Killingly community. The run time of the film is approximately 34 minutes, and some of the farmers that appear in the film will be on hand to discuss their farms with the attendees after the film presentation. The showing of the film will be at Killingly Public Library, 25 Westcott Road, at 6:30 p.m. on Thursday, Jan. 24. There will be time for some light refreshments and good conversation after the showing. If the bad weather prevents the showing, the snow date for the showing will be exactly one week after the original date at the same location.

The public can access the trailer for the film on Facebook at Frank Anastasio Film and Photo or the Killingly Agriculture Commission pages; or on the web at <http://killinglyagcommission.org/killingly-agriculture-a-film/>.

## COLLEGE NEWS

The following students have graduated or have earned academic honors for the fall 2018 semester at their respective colleges or universities.

BRISTOL, R.I. — Dean's List at Roger Williams University: Owen Guillot of Dayville; Frank Zemanek of Danielson.

NEW LONDON, N.H. — Colby-Sawyer College Dean's List: Molly Schroder of Woodstock; Ian Burgess of Pomfret Center.

BURLINGTON, Vt. — Julie Sullivan, from Brooklyn, has been named to the Dean's List at the University of Vermont.

CLEMSON, S.C. — Alyssa Marie Accuosti of Pomfret Center graduated on Dec. 20, 2018, from Clemson University with a Bachelor of Science in Management.

LEWISBURG, Pa. — Abby Byrnes, from Woodstock, was named to the Dean's List at Bucknell University.

PROVIDENCE, R.I. — Dean's List at Johnson & Wales University: Sara Perreault of Putnam.

DUDLEY, Mass. — Nichols College Dean's List high honors: Joseph Santese III, from Killingly.

BANGOR, Maine — Danielson resident, Marshall Joseph Hudon, has been named to Husson University's President's List.

HAYES  
continued from page A1

Thompson, and Killingly for entrusting me with this opportunity to represent them. It's time to get to work on their behalf."

Hayes who is entering into his first-term, has received his two-year committee assignments by House Republican Leader Rep. Themis Klarides, who selected him to serve on the General Assembly's Environment, Children's, and Public Safety Committees.

Prior to last November's elections, Hayes spent 33 years working in law enforcement. He said he was enthused to transfer the knowledge and experience he's gained as an officer and Putnam Chief of Police to the new responsibilities he will have as a member of these committees.

"I am excited about all three of my committee appointments and eager to get started. Public safety is in my blood. My career in law enforcement has always included the safety and matters related to children, so I think this appointment is also a natural fit. I also have a love for nature and am a strong supporter of our local farmers and agriculture, so I'm also

very pleased with being appointed to Environment," Hayes said.

The Public Safety and Security Committee has jurisdiction on all matters relating to the Department of Emergency Services and Public Protection, civil preparedness and homeland security, state police, the state-wide organized crime investigative task force, municipal police training, fire marshals, the fire safety code, the state building code, and legalized gambling.

The Environment Committee focuses on matters relating to the Department of Energy and Environmental Protection that include conservation, recreation, pollution control, fisheries and game, state parks and forests, water resources and flood and erosion control; and all matters relating to the Department of Agriculture, including farming, dairy products and domestic animals.

The Committee on Children shall have knowledge on all matters relating to children. Hayes can be reached via email at [Rick.Hayes@housegop.ct.gov](mailto:Rick.Hayes@housegop.ct.gov) or by calling (800) 842-1423. His legislative activities can also be followed by signing up at <https://www.cthousegop.com/hayes/>.



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- Pomfret Wine and Spirits
- Quiet Corner Chiropractic & Wellness
- Renee's Working Girl Catering

- Savage Systems
- Signature Limo
- Strand Hair Salon
- Strong Body/Strong Mind
- Sweet Cheeks Frozen Yogurt Shoppe
- Theatre of Northeastern CT at the Bradley Playhouse
- The Courthouse Bar and Grille
- The Inn at Woodstock Hill
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# SPIROL employees raise money for DKH's cancer fund



Courtesy photo

From left, SPIROL's Tara Meinck and Matthew Bartlett present a check to DKH's Anne Diamond and Kristen Willis with a donation of \$2,736.

PUTNAM — SPIROL International Corporation has pledged to support the Northeast Connecticut Cancer Fund of Day Kimball Healthcare (DKH) in the company's 2019 fiscal year.

Originally founded by the Deary family in honor of a loved one lost too soon to breast cancer, today the Northeast Connecticut Cancer Fund of DKH provides financial assistance to more than 200 neighbors in need each year. Assistance is used to help pay for cancer-related screening and treatment services to individuals living in Northeast Connecticut who otherwise may not have the financial resources to access needed medical care. Through charitable contributions of local businesses, community members, and various philanthropic events, more than \$1.2 million has been raised for the Fund since its inception in 1989.

On Dec. 19, SPIROL employees presented Anne Diamond, President and CEO of Day Kimball Healthcare and Kristen Willis, Director of Development with their first collection of \$2,736.

"We are honored that SPIROL has chosen the Northeast Connecticut Cancer Fund of DKH as the beneficiary of their fundraising efforts," said Diamond. "Together we can work to ensure that no one in Northeast Connecticut goes without cancer screening or treatment because of the cost."

SPIROL has a long history of corporate social responsibility and giving. A major area of humanitarian interest for the international company is supporting cancer care and patients locally. Thanks to the community involvement and beneficence of its employees SPIROL makes ongoing investments in the community, participating in events like the American Cancer Society's Relay for Life to raise much needed funds and awareness in the fight against cancer. Since participating in its first Relay for Life over 15 years ago, SPIROL has raised over \$78,000 to support education and prevention initiatives, groundbreaking cancer research, and critical patient care services.

"SPIROL is firmly committed to

giving back to our communities and being a strong corporate citizen, and it is an honor to team up with the Northeast Connecticut Cancer Fund of DKH," said Jeff Koehl, SPIROL International Corp Chairman. "We could not do any of this without the support and efforts of our outstanding employees and we look forward to our fundraising partnership with Day Kimball Healthcare."

In addition to designating the company's annual employee giving campaign to the Northeast Connecticut Cancer Fund of DKH, employees will raise money by hosting various philanthropic events throughout the year. The company has also committed to participating in DKH sponsored fundraising events to further benefit the Fund.

DKH's annual fundraising events are spread throughout the year and include a 5K Walk and Run, wine tasting, classic car and motorcycle cruise, and local celebrity bartender and ice cream scooper nights. These events have fostered important community ties among those who have been touched by cancer as well as those at Day Kimball who care for them. A team of SPIROL employees will first join DKH in its annual Cruisin' for Cancer Guest Bartender Night to be held on March 28.

"We're so pleased and proud to have had a long-standing relationship with SPIROL as a corporate and community partner who has supported Day Kimball through decades of caring for our community," said Willis. "It is wonderful to see such a deeply embedded culture of community service and giving within the company, and how it is reflected in the efforts of its employees who have already made an impact on the NE CT Cancer Fund in just a few short months. Day Kimball is not only fortunate to have the generosity of the SPIROL staff, but the energy and enthusiasm they bring with them in supporting cancer care for their friends and neighbors."

The Northeast Connecticut Cancer Fund of DKH depends on the support and philanthropy of businesses like SPIROL and people in the commu-

nity it serves. For more information about the Fund visit [daykimball.org/cancercare](http://daykimball.org/cancercare) or contact the DKH Development office at (860) 928-7141.

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# OPINION

Opinion and commentary from the Quiet Corner

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## Snow days

Winter without snow is such a disappointment. It's January and there ought to be snow on the ground or the firm promise of it. Perhaps in a few days the weather will change, but until it does, all we have is brown grass and chilly vistas. Time to think about skiing.

There is nothing more invigorating than standing on a snow covered mountain bathed in sunshine. The air is so cold it freezes the nostrils and the tips of ears and fingers feel thick and dull. No matter how modern and well fitting, ski clothes are never quite as warm as they promise they will be. A rush of adrenalin and a few quick moves ratchet up the temperature.

A holiday message from a godson reminded me of how much it means to learn to ski at a young age. I had forgotten, but he had not, that long ago we paid for him to be part of ski program run by local schools. Every week during the winter kids took a bus to Mt. Wachusett. He and his friends tore up and down the mountain and developed skills that he enjoys today. He can't wait to teach his son how to ski.

When I was in elementary school several local men built a rope tow on a steep hill. The entire apparatus was make-shift and powered by an old truck. It opened up a world of possibilities. Families dragged out old skis and shared them. The wooden skis were long, turned up at the end and laced on to boots with a combination of heavy leather straps and a metal foot bed. Most needed a little wax on the bottom.

As the day wore on, the rope would get heavier as it absorbed moisture, making it hard to lift as it tugged at our soaked woolen mittens. Nonetheless, it zipped up the hill. The most important lesson was how to stop at the bottom of the slope ended abruptly at a stonewall. The parents of my friends, especially the fathers, were transformed into graceful, fearless skiers, jumping over moguls and sending up plumes of snow at the end of each run. It seemed magical.

In college my sorority rented a ski house every winter for a long weekend. We divided the chores of cooking and cleaning, feeling very adult. One girl fell in love with the ski instructor, whom we had all noticed, and later married him. I lost track of her, but always wonder when I'm in Vermont if I'll spot her. Her skiing adventure was the stuff of a romance novel.

I never became a good skier. Through the years I claimed I preferred the "Bunny Slope" as the clothes were more interesting and the lodge was nearby. The truth was that I wasn't really skilled enough to get beyond it. One bright day turned out to be my last as a downhill skier. A boy rode right over my skis on his snowboard. Another nearly drove me off the trail into deep snow. I fell down twice just standing in the lift line. Even short skis, boots that felt like bedroom slippers and quick release bindings couldn't make up for my lack of coordination.

On a January morning, however, reality drifts away. I want to pile into the car and drive to a mountain, any mountain, and ski down. I picture my godson with his son beside him cutting beautiful turns into thick, white snow. In my imagination, I'm right next to them, keeping up, even gracefully.

Those long ago dads who created the little ski hill are there too. January snow is full of possibilities.



NANCY WEISS

## LETTERS TO THE EDITOR

### Reader comment on Trump letters

The two Trump articles (letters to the editor) in the January 11, 2019, Villager point out just how polarized this nation and its citizens have become. As a nation we are divided by our inability or lack of desire to listen, compromise or debate. We are truly an empire in decline.

The general theme of these and similar articles: It's my way or you are delusional, racist, homophobic, traitor, deplorable (Hillary), dredge of society (Biden). You pick the term. It's reached such a fevered pitch that the definition of these terms has been redefined to mean anything derogatory in order to demonize and shut down any opposing view of facts against persons who do not agree.

Another tactic is to make generalized statements, or I should say repeat the general phrases or statements as laid out by the media and far left organizations in order to shift a discussion to that of demonizing those who have a different opinion.

Most will take as fact what another might say, hear or write and repeat it without actually questioning, checking or using common sense. The two articles threw around innuendoes and accusations as if they were fact when in reality, much of these are parroting what the biased, fake news mainstream media continues to pump out as journalism.

Step back for a moment, try to put aside the defensive posture, try looking beyond basic rhetoric, negative headlines and false news the propaganda organs continue to put out to stoke the citizens, because that's all it is meant to do.

For those who really wish to understand what is occurring in this country, look at actual events and at history and compare how empires have fared over time and their life cycles. Ask hard questions of your elected officials. Question in one's own mind, does this really make sense, is this behavior really in the best interest of this nation?

What is actually occurring is the erosion of citizens' freedoms and the continued growth and expansion of government into our daily lives. This has been and continues to be done in small steps by most every president and their respective party in one manner or another.

I would go as far as to say that if one were to look at events over time in an unbiased way the "end" results are generally the same. Our politicians all make promises to get elected; however, very little if anything ever changes!

As an example, every politician claims they will continue the fight pertaining to the war on drugs, with billions and billions of dollars having been spent, lives lost. How long have we been fighting this war and yet the drug epidemic is worse than ever. We've fought a war in Afghanistan for 17 years and upward to 2 trillion dollars spent with no sign of winning, however since we have been there, Afghanistan is now one of the major producers and exporters of heroin? Nothing is being done to stem the introduction and flow of powerful opioid drugs into the population. Nothing seems to change.

What we are experiencing today is a societal breakdown, political correctness, divisiveness by pitting one segment of the population against the other, social upheaval (attacks on religion, family unit), surveillance state, demise of the rule of law, illegal immigration and the denial of scientific facts for political correctness.

It is nothing but theatre to keep us distracted from the real game that has been occur-

ring, which is to take away our constitutional freedoms and sovereignty in small steps. I ask, where is the middle class today; once the bedrock of this country? I will also point out that this is not limited to the U.S. but rather is a global agenda.

The mainstream news organizations are anything but mainstream. The majority of their reporting is taking statements out of context and building a negative story around it and spreading false fear.

Anything Trump does is painted in a negative light. Yes he is different from other presidents, but this was known from the beginning. His style is different from past presidents, however this was known from the beginning. The bottom line is he was elected to the highest office in this country by the American citizens because they wanted change. They were tired of empty promises and frustrated with the direction this country was headed in. If nothing else he has exposed the depth of the political corruption and false political agendas that makes up the political process.

One should ask why many of our elected officials are now unwilling to work together for the betterment of this country and its citizens? Why has the Democratic party demanded that they be in total control and their way is the only way regardless of what the citizens want? Why aren't our elected officials held accountable to a higher standard?

Bottom line the issue is bigger than Trump, however my fear is that given what is in play today, by the time the citizens figure it out it will be too late. Then we all lose!

The democrats have abandoned their base, the middle class. They have openly adopted a socialistic platform (communism). They demand open borders, free health care, free education and unfettered rights to illegal immigrants over the rights of its citizens. They promote expanded and bloated government with intrusions into all aspects of a citizen's life (a surveillance state). In other words a 21st century version of the feudal system.

If one were to do the simple math with regard to all of these agendas it quickly becomes evident there isn't enough money to keep these promises. It's been tried many times before and failed with much misery along the way. Look at Venezuela, Argentina, Cuba, China under Mao, Russia under Stalin, to name just a few.

So who is going to pay for all of this? We citizens of course, through higher taxes. But these politicians say there is a solution; we are going to tax the wealthy 70% or more to pay for all of this!

If one were to again do the math, it is estimated such a scheme would raise approximately 300 to 400 billion in new tax dollars. The wrinkle; however, is all of this free stuff is estimated to cost in the trillions. Why is it whenever this is pointed out the topic is changed. Ask a proponent of socialistic solutions where all the money is going to come from? They really don't want talk about this. On the surface, their promises sound great so just give them the power and the money to move this forward.

That's the real game, power and control with a subservient population. All else is theatre!

JERRY HOULE  
 WOODSTOCK

### Woodstock reader has a suggestion

This is to all those over the months who have disagreed with my letters to the editor and their countless "facts, figures and over 76,000 false or misleading statements (I really like that one)". If you all would concentrate your efforts and channeling your time to in making our communities, towns and even America stronger, we would be a lot better off. I'm sure you share your negative views with friends, family and whoever will listen to you and does that help? Let's start with not voting straight party lines and vote for the politician who is sincere and will help us locally and carry our messages further up the political ladder. Stop voting for all career politicians who have become millionaires, who

have been charged with a variety of crimes only to be supported by their party and who have profited by their positions. Flood the offices of both parties with phone calls and emails when you disagree with their views. They work for us and not their party and we can vote them out of office. I have seen people who have been friends for over 20 years "disown" friends because they voted for whoever and if politics are that important to them than friendship, God help them..... they need to get a life and they are not your friends.

TOM PANDOLFI  
 WOODSTOCK

Many investors mistakenly base the success of their portfolios on returns alone. Few consider the risk that they took to achieve those returns. Since the 1960s, investors have known how to quantify and measure risk with the variability of returns, but no single measure actually looked at both risk and return together. Nowadays, we have three sets of performance measurement tools to assist us with our portfolio evaluations.

The Treynor and Sharpe ratios are just two methods to combine risk and return performance into a single value, but each is slightly different. Which one is best for you? Why should you care? Lets find out.

Treynor Measure: Jack L. Treynor was the first to provide investors with a composite measure of portfolio performance that also included risk. Treynor's objective was to find a performance measure that could apply to all investors, regardless of their personal risk preferences. He suggested that there were really two components of risk: the risk produced by fluctuations in the stock market and the risk arising from the fluctuations of individual securities.

Treynor introduced the concept of the security market line, which defines the relationship between portfolio returns and market rates of returns, whereby the slope of the line measures the relative volatility between the portfolio and the market (as represented by beta). The beta coefficient is simply the volatility measure of a stock portfolio to the market itself. The greater the line's slope, the better the risk-return tradeoff.

The Treynor measure, also known as the reward-to-volatility ratio, can be easily defined as:

(Portfolio Return - Risk-Free Rate) / Beta: The numerator identifies the risk premium and the denominator corresponds with the risk of the portfolio. The resulting value represents the portfolio's return per unit risk.

To better understand how this works, suppose that the 10-year annual return for the S&P 500 (market portfolio) is 10%, while the average annual return on Treasury bills (a good proxy for the risk-free rate) is 5%. Then assume you are evaluating three distinct portfolio managers with the following 10-year results: Manager A with an average annual return of 10% and a beta of 0.90, Manager B with an average annual return of 14% and a beta of 1.03, Manager C with an average annual return of 15% and a beta of 1.20.

Now, you can compute the Treynor value for each: T(market) = (.10-.05)/1 = .05; T(manager A) = (.10-.05)/0.90 = .056; T(manager B) = (.14-.05)/1.03 = .087; T(manager C) = (.15-.05)/1.20 = .083.

The higher the Treynor measure, the better the portfolio. If you had been evaluating the portfolio manager (or portfolio) on performance alone, you may have inadvertently identified manager C as having yielded the best results. However, when considering the risks that each manager took to attain their respective returns, Manager B demonstrated the better outcome. In this case, all three managers performed better than

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# Killingly High's band played before a Patriots game

In response to my article on cameras, Buzz King sent the following tidbit, "Walter Land, of Polaroid camera fame, was a resident of Norwich (Crescent Street), a 1926 graduate of Norwich Free Academy, and the school's library, built in 1991, bears his name."

Bernie Mitchell has been reorganizing some of the file drawers at the Killingly Historical and Genealogical Center and came across an old Windham County Transcript from 1977 and pointed out an article where my name was mentioned. I have three children so during their "growing up" years I wore many hats keeping up with their varied interests and activities. I hadn't thought about leading a Clover 4-H group in years. There in the paper, under Grace Wilson's Attawaugan-Ballouville column was the following: "Margaret Weaver's Clover 4-H group had a Halloween party at their Oct. 27 meeting. Games included Pin the tail on the Cat, Black Magic, and Halloween word lists." (WCT 11/3/77). I don't think I did 4-H very many years since my daughter became a Scout.

The same issue announced the upcoming program of the Killingly Historical Society on November 18, 1977 in the Community Room of Danielson Federal Savings and Loan. (I'm sure you remember when the current Key Bank was that!) "Richard and Sandra Farrell, a husband-and-wife team of potters and originators and owners of the Peep Toad Mill in East Killingly, will relate the story of the "little brown jug" and other potters' wares, relating it to the history of New England"....As part of program Alton P. Aldrich, vice-president of the Killingly Historical Society and chairman of the program committee, announced that persons in attendance were requested to bring a piece of their favorite pottery, especially jugs. (Michael Phelan was the Society's president at that time). Does anyone remember attending that meeting? If so, feel free to share your memories.

Do you remember when banks had Christmas clubs to encourage saving for the holiday expenses? Danielson Federal Savings was advertising a Free Amber Carnival Glass Dish when you joined the 1978 Christmas Club.

Allard's Pharmacy was still situated at 56 Main Street; Del Pesco's was located at 93 Main Street; Willimantic Trust Company, at 84 Main Street, and The Brooklyn Savings Bank at 145 Main Street in Danielson. NECTAR was advertising rides for those who needed transportation.

An article on Killingly's Big Red Band, complete with photos, took up the better part of a page. "Sunday was a day 150 Killingly High School students will long remember...And well they might. Sunday, the Big Red Marching Band, aptly dubbed 'The Showband of Eastern Connecticut' strutted its stuff in crisp, precise fashion before 61,000 appreciative fans at Schaefer Stadium in Foxboro, Mass. Undaunted by this sea of humanity assembled to witness the return AFL match of the New England Patriots and New York Jets, our kids flawlessly executed their intricate eight and one-half minute pregame Americana, culminating with a rousing concert-style rendition of 'God Bless America'. The band then re-entered the field to play the National Anthem. It marks the third Foxboro appearance in Band Director Jerre Filmore's 11-year tenure, a very significant fact when one considers that each year stadium officials are deluged with over 400 performance requests by high school and college marching bands and assorted drum and bugle corps" (WCT 11/3/77).

I had started on the inside of the paper so was shocked to read the lead article, "Two Weekly Newspapers Cease Publication." Here, the paper I was reading was to be the final issue of the Transcript. "Officials of The Bulletin Co. in Norwich, publisher of the weekly Journal Press in Moosup and the weekly Windham County Transcript in Danielson through its subsidiary company, the Windham County Publishing Co., have announced publication of the two papers will cease after the issues of Nov. 2 and Nov. 3. Effective Nov. 1, the two papers will be combined to create



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a new publication, The Best Deal, to be published by the Bulletin Co...The Windham County Transcript was established under the name of the Windham County Telegraph, the first issue appearing March 16, 1848, and was edited by Frances E. Jacques" (WCT 11/3/77).

I was trying to find some other interesting tidbits to jog your memories when I came across a notebook at the Killingly Historical Center with Journal Transcript clippings. You may recall that the weekly Journal Transcript existed for a few years after the Windham County Transcript ceased publication. A December 30, 1985 Journal Transcript had a photo of the Killingly High School cheerleaders with the caption, "In International Competition. These Killingly High School cheerleaders are representing their school in the 1985 International Open Cheering Championship yesterday and today in Nashville, Tenn. The girls qualified for the tournament through their participation last summer in a National Cheerleaders Association camp in Rhode Island, where the KHS squad captured the grand championship for small varsity squads. Among the local cheerleaders participating are, top, from left, Michelle Joly, Susan Ricci and Heidi Burns; bottom, Tina Barry, Lisa Lepine, Karen Corriveau, Missy Theroux and Leigh Bernier. Also qualifying for the trip to Nashville were Laurie Adams and Jennifer Mercier. Joly was also designated an All-American Cheerleader and cheered at the annual Aloha Bowl in Honolulu, Hawaii, before joining her teammates in Nashville."

Some of my older readers may recall when George Rivers served as the State Representative (D) from Killingly during the 1950's. During his tenure he co-sponsored the bills for Ellis Technical School and for the development of Old Furnace State Park. He was a Navy veteran of WW II, and had worked for the

State Highway Department (Pomfret Garage) for 20 years before he retired. (Obituary, Journal Transcript, 12-30-85; newspaper notebook).

I'm guessing that over the years a number of you have visited the medical center near Owen Bell Park in the Dayville section of Killingly. The same notebook also contained the following article: "Medical center near Owen Bell nearly completed. The profile of a new building at the Route 101 exit off I-395 has created interest for turnpike travelers in recent weeks. Designed by Dziki & Associates, Architects, the Medical Center of Northeast Connecticut will house a new group practice formed by four local internists, Drs. Saul J. Ahola, Denis R. Baillargeon, William R. K. Johnson and Bruce T. Lyman. These physicians have been serving the northeast Connecticut community for five to 11 years. ...John Navarro of Keenan and Navarro, General Contractor, reports that the building will be completed in early 1987. (Journal Transcript 12-8-1986; newspaper notebook). I'll be searching other notebooks for other interesting tidbits.

Are you working on your family genealogy? The Killingly Public Library will host a free genealogy club from 10-11 a.m. on Jan. 19, Feb. 16, March 16, and April 2. "Come and discover your roots!" No registration is necessary. Feel free to bring along your laptop computer, but it is not necessary. Beginners are welcome.

Margaret M. Weaver Killingly Municipal Historian, January 2019. Special thanks to Buzz King. For additional information email her at margaretmweaver@gmail.com or visit the Killingly Historical & Genealogical Center Web. or Sat. 10-4 or www.killinglyhistorical.org. or call (860) 779-7250. Like us at Facebook at 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. 06329.

## FINANCIAL FOCUS

continued from page A1

the aggregate market.

Because this measure only uses systematic risk, it assumes that the investor already has an adequately diversified portfolio and, therefore, unsystematic risk (also known as diversifiable risk) is not considered. As a result, this performance measure should really only be used by investors who hold diversified portfolios.

Sharpe ratio: The Sharpe ratio is almost identical to the Treynor measure, except that the risk measure is the standard deviation of the portfolio instead of considering only the systematic risk, as represented by beta. Conceived by Bill Sharpe, this measure closely follows his work on the capital asset pricing model (CAPM)

and by extension uses total risk to compare portfolios to the capital market line.

The Sharpe ratio can be easily defined as: (Portfolio Return - Risk-Free Rate) / Standard Deviation: Using the Treynor example from above, and assuming that the S&P 500 had a standard deviation of 18% over a 10-year period, lets determine the Sharpe ratios for the following portfolio managers: Manager X with an annual return of 14% and a portfolio standard deviation of 0.11, Manager Y with an annual return of 17% and a portfolio standard deviation of 0.20, and Manager Z with an annual return of 19% and a portfolio standard deviation of 0.27.  $S(\text{market}) = (.10-.05)/.18 = .278$ ;  $S(\text{manager X}) = (.14-.05)/.11 = .818$ ;  $S(\text{manager Y}) = (.17-.05)/.20 = .600$ ;  $S(\text{manager Z}) = (.19-.05)/.27 = .519$ .

Once again, we find that the best portfolio is not necessarily the one with the highest return. Instead, it's the one with the most superior risk-adjusted return, or in this case the fund headed by manager X.

Unlike the Treynor measure, the Sharpe ratio evaluates the portfolio manager on the basis of both rate of return and diversification (as it considers total portfolio risk as measured by standard deviation in its denominator). Therefore, the Sharpe ratio is more appropriate for well-diversified portfolios, because it more accurately takes into account the risks of the portfolio.

The Treynor and Sharpe ratios examine average returns for the total period under consideration for all variables in the formula (the portfolio, market and risk-free asset). Like the Treynor measure, however,

Jensen's alpha calculates risk premiums in terms of beta (systematic, undiversifiable risk) and therefore assumes the portfolio is already adequately diversified. As a result, this ratio is best applied to something like a mutual fund.

Invest well: Portfolio performance measures should be a key aspect of the investment decision process. These tools provide the necessary information for investors to assess how effectively their money has been invested (or may be invested). Remember, portfolio returns are only part of the story. Without evaluating risk-adjusted returns, an investor cannot possibly see the whole investment picture, which may inadvertently lead to clouded decisions.

Our three step process will help identify your risk tolerance and develop a plan that

you are comfortable with so you ultimately can achieve your goals and "Live Well."

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# How to lose weight after a thyroid condition diagnosis

People diagnosed with an underactive thyroid condition may have to make several changes to their lifestyles to feel well and maintain a healthy weight.

The thyroid is a tiny gland located in the neck that produces a hormone to regulate one's metabolism, or the process that converts what a person eats and drinks into energy. With hypothyroidism, also known as an underactive thyroid, production of that thyroid hormone is insignificant, resulting in a dramatically slower metabolism.

The endocrinology health site Endocrine Web estimates approximately 10 million Americans have hypothyroidism. The reasons the thyroid gland falters vary. But the symptoms may include fatigue, weakness, weight gain or increased difficulty losing weight, hair loss, muscle aches, depression, and irritability.

Each of the side effects associated with thyroid conditions can be troublesome, but many people with thyroid issues struggle most with weight gain and their inability to

keep weight off. The president of the American Association of Clinical Endocrinologists, R. Mack Harrell, MD, says to first visit a doctor, who can determine if a synthetic thyroid hormone medication can help. Regular exercise also can be an important part of the strategy to lose weight and manage other hypothyroidism symptoms.

Christian Nasr, MD, an endocrinologist with the Cleveland Clinic, advises his patients to wait a few weeks before exercising so that their condition is controlled with medication. After that waiting period is over, gradually easing back into exercise can help with the fatigue and weight gain that may not abate with thyroid medications.

The online health resource Everyday Health advises a program of low-impact aerobic exercises and strength training. The aerobics will raise the heart rate without putting too much pressure on the joints. These exercises include using a stationary bicycle or a low-impact elliptical machine. Pilates and gen-



Low-impact cardiovascular exercise mixed with intervals of strength training can be the right formula for losing weight with a sluggish metabolism.

tle yoga can improve core muscles and help alleviate joint pain as well.

Incorporating strength training into a workout can help build muscle mass, which burns calories, even when a person is at rest. That can be essential for a person finding it difficult to control his or her weight due

to a sluggish metabolism. Additional benefits of exercising are improved mood and reduced inflammation. Exercising can release endorphins into the body to help fight off depression. Also, researchers from the University of California-San Diego School of Medicine found

a single 20-minute session of exercise was enough to trigger something called sympathoadrenergic activation, which suppresses the production of monocytic cytokines in the body that produce an inflammatory response in the immune system. That means exercise can keep inflammation in

check. Hypothyroidism is a common condition that produces various unwanted side effects. However, with proper care and exercise, many symptoms can be managed effectively.

# MARIANAPOLIS PREPARATORY SCHOOL HONOR ROLL

THOMPSON — Marianapolis Preparatory School recently announced the students who earned their place on the Quarter 2 and Semester 1 Honor Roll. Local students who earned academic honors are as follows.

Quarter 2 Head of School List: Lily Alessandro, Pomfret Center, ; Grant

Alessandro, Pomfret Center, ; Ryan Barnwell, Danielson, ; Ethan Bibeau, Danielson, ; Olivia Duncan, Woodstock, ; Maxwell Hayes, Danielson, ; Kaylynn Horan, Putnam, ; Kira Horan, Putnam, ; Thomas Joiner, North Grosvenordale, ; Kathleen Joiner, North Grosvenordale, ; Alyssa Leveille, Thompson, ; Ian

MacKenzie, Woodstock, ; Yasmee Osborne, Brooklyn, ; Brendan Phaneuf, Danielson, ; Johnna Romanek, North Grosvenordale, ; Molly Romprey, Thompson, ; Samuel Roy, Thompson, ; Olivia Sczuroski, Pomfret Center, ; Alex Stawiecki, Thompson, ; Zachary Stoddard, Pomfret Center, ; Maya Summiel, Dayville, ; Olivia Summiel, Dayville, ; Noah Trainor, Dayville, .

Quarter 2 Dean's List: Alexander Boligan, Thompson, ; Vincent Bourgeois, Woodstock, ; Brian Chokshi, Pomfret Center, ; Garret Hippert, Brooklyn, ; Luke Lageman, Thompson, ; Alexander Litke, Brooklyn, ; Jocelyn Madden, Danielson, ; Colby Pion, Danielson, ; Sara Soares, Dayville, ; Alison Tourtellotte, Putnam, ; Owen Trainor, Brooklyn, ; Brian Woz, Woodstock, .

Quarter 2 Honor Roll: Sophia Al-Meshrefawi, North Grosvenordale, ; Olivia Duquette, North Grosvenordale,

; Evan Lundt, Woodstock, ; Elizabeth Walker, Thompson, .

Semester 1 Head of School List: Lily Alessandro, Pomfret Center, ; Grant Alessandro, Pomfret Center, ; Ryan Barnwell, Danielson, ; Vincent Bourgeois, Woodstock, ; Olivia Duncan, Woodstock, ; Maxwell Hayes, Danielson, ; Kaylynn Horan, Putnam, ; Kira Horan, Putnam, ; Kathleen Joiner, North Grosvenordale, ; Ian MacKenzie, Woodstock, ; Brendan Phaneuf, Danielson, ; Samuel Roy, Thompson, ; Olivia Sczuroski, Pomfret Center, ; Alex Stawiecki, Thompson, ; Zachary Stoddard, Pomfret Center, ; Olivia Summiel, Dayville, ; Noah Trainor, Dayville, .

Semester 1 Dean's List: Garret Hippert, Brooklyn, ; Jocelyn Madden, Danielson, ; Yasmee Osborne, Brooklyn, ; Brian Woz, Woodstock, .

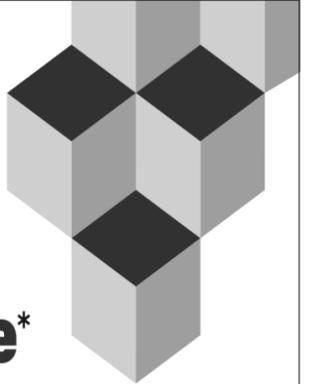


Courtesy photo

Sean Saucier

## SAUCIER NAMED CENTAURS ATHLETIC DIRECTOR

WOODSTOCK — Sean Saucier was officially named athletic director at The Woodstock Academy on Jan. 11. Saucier had been Woodstock's interim athletic director since August of 2018. Saucier graduated from Putnam High School in 1994. Saucier had been the athletic director and football coach at Hyde School in Woodstock for 11 years. Two years ago Hyde School merged its Woodstock branch with its sister school in Bath, Maine. Woodstock Academy purchased Hyde School and its campus and it is now Woodstock Academy's South Campus. Saucier opted to stay in the area after the local closing of Hyde School and became the assistant athletic director and head football coach at Woodstock Academy last year.



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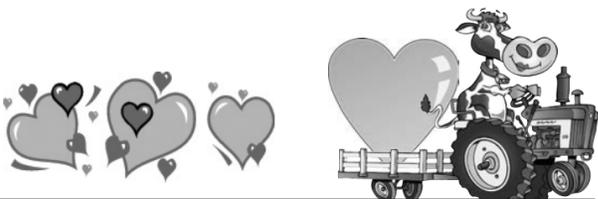
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## The Special Moments



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# Noises Off at the Bradley Playhouse



Tom Miller (Lloyd), Christine Healy (Dotty), Aidan Laliberte (Garry), Jason Preston (Tim), Sharon Starr (Poppy) star in "Noises Off" which opens on Jan. 25.

a film version in 1992 which starred Michael Caine, Carol Burnett, Christopher Reeve, John Ritter, Marilu Henner and Nicollette Sheridan.

A play within a play, you join the cast of Noises Off as they are in the frantic final rehearsal for the play Nothing On, and things could not be going worse. Lines are forgotten, love triangles are unraveling, sardines are flying everywhere and complete pandemonium ensues. The action is presented behind the scenes as well as what the audience sees, adding the contrast between on-stage and off-stage personalities.

The TNECT performance of Noises Off is directed by Carole Hayes, assisted by Kathleen Lundy. The troop of befuddled actors is played by Preston Arnold, Christine Healy, Aidan Laliberte, Thomas Moody, Katie Perry-Lorentz and Alison Wiza. Tom Miller appears as the director, Jason Preston is the company and stage manager and Sharon Starr plays the assistant stage manager.

The Bradley Playhouse is located at 30 Front Street (Route 44) in Putnam, CT. All seats are reserved. Reservations may be made at [www.thebradleyplayhouse.org](http://www.thebradleyplayhouse.org) or by calling (860) 928-7887. Tickets may be purchased at the theater box office, either before the performance or at the door if available. Purchasing your tickets ahead of time is always a good idea.



PUTNAM — The Theatre of Northeastern Connecticut at the Bradley Playhouse presents "Noises Off", which opens Jan. 25 and runs for three weekends. Performances are Jan. 25, 26, Feb. 1, 2, 8 and 9 at 7:30 p.m. and Jan. 27, Feb. 3 and 10 at 2 p.m.

Noises Off was written by Michael Frayn and had its debut in 1982. The inspiration for the play was The Two of Us, a farce written by Frayn for Lynn Redgrave, which he discovered was "funnier from behind than in front and I thought that one day I must write a farce from behind." There was

Tom Moody (Selsdon).



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# Art show at Quinebaug Valley Community College

DANIELSON — Quinebaug Valley Community College has displayed its art classes for the month of January in the Spirol Art Gallery. Featuring work from various medias and grade levels, it's a fantastical exhibit.



Olivia Richman photos



Drawing I still life

Eclectic art displays make up the exhibit.



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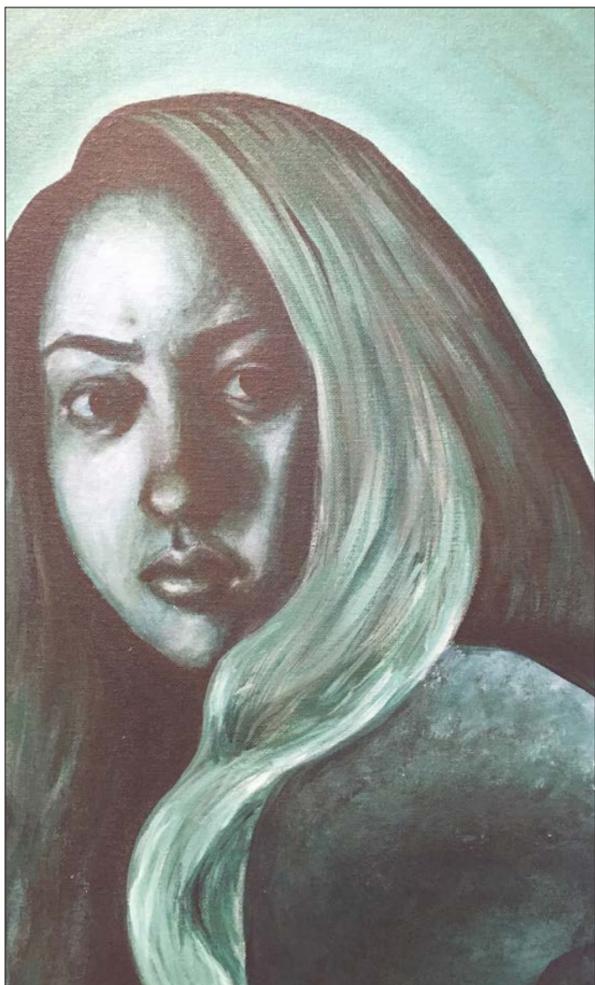
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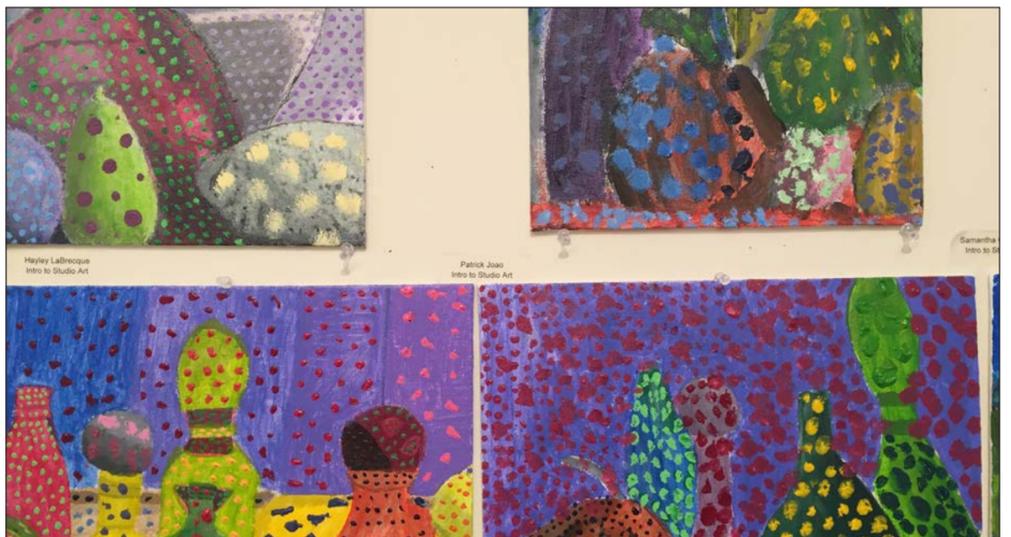
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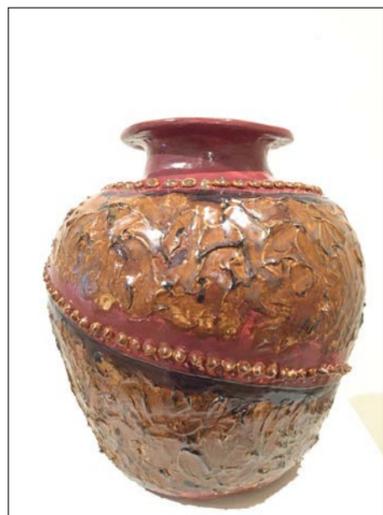
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3D modeling on the TV.



Two dimensional design by Nicole.



Ceramics 1 student Kristina Dyba's work.



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Niccie Jackel's "Playing in the Dirt."



Interesting pieces line the top of the exhibit.



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# First Congregation hosts book study on racism

WOODSTOCK — The First Congregational Church of Woodstock will be hosting a February Book Study, sponsored by the Board of Outreach. The topic of racism will be explored through discussions in a series of book conversations about the book *Waking Up White* by Debby Irving.

“The First Congregational Church of Woodstock is an open and affirming church; we welcome people from all backgrounds and beliefs to join us in thoughtful and loving discussions about race in America,” said Pastor Jocelyn Gardner Spencer.

According to author Debby Irving, *Waking Up White* offers a fresh perspective on bias, stereotypes and tolerance, while encouraging us to address our white privilege and the misconceptions about “color blindness.”

“Our hope is to give folks common language for conversation about racism. This book will help readers to identify systemic racism offers suggestions to move us toward achieving racial equity and justice in our community and beyond,” said Debby Kirk, chair of the Board of Outreach.

The First Congregational Church of Woodstock, United Church of Christ is located at 543 Route 169 in Woodstock. Book discussions will be held from 7 p.m. to 8:30 pm in the church library on Wednesdays, Feb. 6, 13 and 20. February 27 is set as a snow date. Please contact the church office at (860) 928-7405 to register or to receive more information. Suggested donation is \$20 per book. Visit <http://www.firstchurchwoodstock.org> to learn more.



Arrik Kim's workshop is full of whimsical creations.



Arrik Kim with one of his creations.



Every workshop needs a swing

## Villager Newspapers COMMUNITY SPOTLIGHT

“Shining a light on community events”

**January 20, Sun., 7:30-10:30**

American Legion Post 67, N. Grosvenordale, “All You Can Eat” breakfast. Tickets only \$9 for adults and \$5 children under seven and include scrambled eggs, home-fries, bacon, sausage, ham, hash, English muffins, sausage and gravy, beans & kielbasa, French toast, pancakes, plus Belgian waffles and omelets. To benefit Legion Baseball Programs.

**January 21, Mon., 5pm-9pm**

Dining for a Cause at 99 Restaurant (1068 Killingly Commons Drive, Dayville) to benefit PAWS Cat Shelter. Raffle baskets! Coupon must be presented in order for donation to be given. Call (860) 315-1228 for info.

**January 23, Wed., 6:30pm**

Putnam Board of Education Committee Work Session, Superintendent of Schools, Joseph V. Pempek Memorial Conference Room – Board of Education. Agenda: FY 2019/2020 Budget Workshop, Board of Finance Invited.

**January 26, Sat., 7:00-8:30**

The Soldiers, Sailors and Marines Fund (SSMF) assistance is available every Saturday morning at the Pomfret Senior Center, 207 Mashamouquet Road (Rt.44) in Pomfret. Always free and confidential; call 860-928-2309. (Administered by the American Legion to provide temporary financial assistance to qualified veterans.)

**January 26, Sat., 9:30am**

Cookbook club, Bracken Memorial Library, 57 Academy Road, Woodstock.

**January 26, Sat., 10:30-11:30am**

WLT Wee Wander; Roam the Rapoport/

Spalding Preserve and scenic Taylor Brook. Woodstock. Directions: Take Joy Rd to end of Calkins Rd. This scenic area of Woodstock is a combination of two preserves—the Rapoport Memorial Preserve and the Spalding Preserve. If there is snow, wear boots! Snacks provided. Questions? [marcy.dawley@wyndham-landtrust.org](mailto:marcy.dawley@wyndham-landtrust.org)

**January 26, Sat., 10-11:30am**

TLGV's Eagle Eyes program, at Roseland Park, 205 Roseland Park Road, Woodstock. Children and their families are invited to experience just how big a bald eagle's wings are, how huge their eyes are compared to the size of their heads and other fun facts. The group will also search for eagles at this popular spot for these incredible birds of prey. Bring binoculars or a spotting scope if you have them. Free to families

**January 26, 5:30**

The Killingly Grange (at 801 Hartford Pike, Dayville) will have spaghetti and meatballs and sausage for dinner, followed by two bluegrass bands for your pleasure. Shady Creek and Restless Mountain will play. Dinner at 5:30 for \$8, music 7pm-9:30 for \$12.

**January 27, Sun., 7-11am**

Pancake Breakfast by the Plainfield Lions Club, held at the Plainfield Recreation Center 484 Norwich Rd. (Rt.12), Plainfield, \$5 Senior/child, \$6 Adults, collecting new or gently used sleeping bags for project PIN, Collecting used Eye Glasses for Distribution to Philippines, to Benefit Eye Sight Projects, Plainfield.

**KIM**  
continued from page A1

keep working. It's repairable.” While Kim still does furniture and figure carvings for commissions, his largest project has been his new garage. He started it back in 2012, and has been working hard at it since. The highly stylized garage incorporates the uneven earth it was built on, with boulders and slabs of stone shaping its foundation.

It was a site that people said was unbuildable.

Something he's been proving wrong for decades.

“Building my own home is the main reason I actually bought land here after

college,” he said. “That's been a dream of mine.”

When he's not busy building his home or carving sculptures, Kim is usually busy daydreaming about his next big project.

“I like to dream about boats,” he said. “I'm definitely going to build a boat. That's a project down the line. It will be a huge project.”

But that's what has made it so exciting to Kim. It's a chance to transform wood once again, in new ways. From sculptures to garages, there's nothing Kim can't make out of wood.

Olivia Richman may be reached at (860) 928-1818, ext. 112 or by e-mail at [olivia@stonebridgepress.com](mailto:olivia@stonebridgepress.com)

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This page is designed to shine a light on upcoming local nonprofit, educational and community events. Submissions are limited to 50 words or less and are FREE to qualifying organizations, schools, churches and town offices. To submit your event contact: Teri Stohlberg at 860-928-1818 ext. 105, or [teri@villagernewspapers.com](mailto:teri@villagernewspapers.com). Deadline for submission is Friday at Noon

# Don't miss a moment



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**CONCERT**

continued from page A1

The Putnam funeral home will have its own Open House and rededication in July. Other fundraisers and events are for the months leading up to that are still in the works.

Fournier has been a funeral director for 30 years. His family owned and operated a funeral home in Rhode Island in 1914, where Fournier himself worked for 15 years.

"I don't know why but it's something I've always wanted to be," he said.

He recalls riding his bike to the funeral home parking lot as a child and thinking, "I could work here some

day." And while he did explore other careers, he ended up right where he originally wanted.

"You have the ability to help somebody at a very crucial moment in their lives," he said of being a funeral home director. "It's really about helping people in a difficult time."

He also enjoys living in Putnam, where he moved 13 years ago despite

not knowing anyone in the area.

"This is a great place to live and be," he said. "I ended up here by happenstance, but I couldn't have asked for a better place."

*Olivia Richman may be reached at (860) 928-1818, ext. 112 or by e-mail at [olivia@stonebridgepress.com](mailto:olivia@stonebridgepress.com)*

**COLWELL**

continued from page A1

**So how do libraries pick out books for their collection?**

We have Book List, a periodical for librarians. It has reviews. Most of the time it's reviews from these journals, but we also use recommendations from patrons. We have a group of authors that we just buy everything by them, because they're so popular. Like James Patterson, Danielle Steele, Lee Child. There's a whole list.

**What is one new book you ordered that really surprised you?**

'Educated' was prob-

ably one that I really liked a lot. When it came out it just kind of soared. It's a non-fiction book about a young lady who had a really tough start. She was able to go to college and graduate school. She told the story of how she got there after a very hard upbringing.

**What about this book stood out to you?**

It just shows you that really anyone can do anything if they have the coaching, mentoring and opportunities. Sometimes you can make your own.

**So you read a lot of the books that come into the library.**

I kept stats for this last year. I read 102 books.

And very coincidentally 51 fiction and 51 non-fiction. But I mostly read mostly non-fiction.

**Why non-fiction?**

Because it's a story of people. They're real. I like memoirs the best, because it's their story. You can learn from them.

**What is one of your favorite memoirs?**

One of my favorites is by Ruth Reich, 'Comfort Me with Apples.' They're cooking memoirs and her family growing up. I just love reading stories about people's experiences. And I do like cooking memoirs, because they have a recipe at the end of every chapter, related to what they're talking

about.

**What made you so passionate about reading when you were younger?**

It was fun. I was a really fast reader, so that's why I had to come to this library. I remember reading through all of the Agatha Christies one summer. Just getting into a different world. Experiencing something through someone else's eyes. You go on journeys. Travel memoirs, you can go wherever they went. I also read in different formats, when I did my statistics.

**What were the stats with that?**

It was predominantly print, but I did some e-book and some e-au-

dio and some audio CD. Seven books I had started in audio CD in the car, but finished in print because I couldn't wait. It was taking too long.

**I definitely prefer print. I just love holding a book.**

I prefer print, too. Holding the book. Being able to look back. Seeing your progress. And because I'm just a library devotee, I don't want to store the books. I can take them out of the library. I've always been like that. Only when I travel do I read e-books, because it's much easier than carrying five hardcover books.

**So what's happening with the Putnam Public Library right**

now?

We are planning a new library. The vote was favorable, back in September. It will be a library, town hall and community space and historical space on Tarr Field. I'm a unofficial member of the building committee.

**How do you feel about the transition?**

We love our location and the light and the space. But, the building has challenges. It's been here since 1955. It's time for a new chapter in the library's life.

*Olivia Richman may be reached at (860) 928-1818, ext. 112 or by e-mail at [olivia@stonebridgepress.com](mailto:olivia@stonebridgepress.com)*

## Explore the benefits of HIIT



Many new programs are available at fitness centers that allow fitness-minded individuals to test their mettle. Recently, one of the more popular fitness regimens is HIIT, and it's probably available at a fitness center near you.

HIIT is an acronym for High Intensity Interval Training. The American College of Sports Medicine says HIIT held steady among the top fitness trends for 2017. The crux of HIIT is sustained, intense exercise followed by active recovery periods. WebMD says that HIIT can be used with any type of cardio workout, including rowing, jumping rope, stair climbing, and more. Many gyms also build programs around HIIT that may include "boot camp" workouts that utilize equipment or body weight exercises to burn calories.

A typical HIIT training sessions lasts about 30 minutes. Workouts are performed at 80 to 90 percent of a person's maximal heart rate, which is the number of times the heart will beat in a minute without overexerting itself. Recovery periods are not entirely rest. They tend to be shorter than active periods, and come in at around 40 to 50 percent of the maximal heart rate. The workout will alternate between the working and recovery periods.

HIIT workouts can be effective at boosting metabolism and helping people burn calories faster. They also help to develop physical endurance. The science behind the workouts has to do

with EPOC, or excess post-exercise oxygen consumption. The fitness lifestyle resource Daily Burn says that HIIT will help burn more fat and calories than regular steady workouts because EPOC is an oxygen shortage in the body that occurs during the intense portions of the HIIT workouts. During recovery, the body will ask for more oxygen, creating an afterburn and a metabolic disturbance. The fitness guide Fitness Blender states that the intense training will result in the body burning calories at a higher rate for up to 48 to 72 hours after exercising.

People may see greater results by doing HIIT workouts three times a week for half of the duration than they would if they were performing more typical workouts more frequently. For those whose schedules are already jam-packed, HIIT can be a more efficient way of exercising.

HIIT requires a strong baseline fitness level, so beginners or those who have been out of the gym for some time are urged to start slowly. Also, since HIIT causes high demand on the heart and respiratory systems, so it's essential to discuss the regimen with a doctor to find out if HIIT is a smart choice depending on your medical history.

Those considering participating in HIIT workouts are urged to discuss the possibilities with a knowledgeable trainer at a neighborhood gym.

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# PUBLIC MEETINGS

## BROOKLYN

Wednesday, Jan. 23

Budget Meeting, 5:30 p.m., Brooklyn Central Office

Board of Education, 7 p.m., Community Room

## KILLINGLY

Tuesday, Jan. 22

Agricultural Commission Great Tomato Festival Special Meeting, 5 p.m., Town Hall

PZC, 7 p.m., Town Hall

Wednesday, Jan. 23

Solid Waste Sub-Committee, 5:30 p.m., Town Hall

Board of Education, 7 p.m., Town Hall

Thursday, Jan. 24

OSLA, 6:30 p.m., Town Hall

Friday, Jan. 25

NE CT Council of Governments, 8:30 a.m., Town Hall

## PUTNAM

No meetings scheduled

## WOODSTOCK

Tuesday, Jan. 22

WPCA, 7 p.m., Town Hall

Wednesday, Jan. 23

Historic District, 6:30 p.m., Town Hall

## POMFRET

Tuesday, Jan. 22

Board of Selectmen, 8 a.m., Senior Center

Thursday, Jan. 24

ZBA, 7 p.m., Town Hall

## EASTFORD

Tuesday, Jan. 23

Special Board of Selectmen, 9 a.m., Town Office Building

Registrar of Voters, 7 p.m., Town Office Building

Wednesday, Jan. 24

Inland Wetlands & Watercourses Commission, 7 p.m., Town Office Building

Library Board, 7 p.m., Eastford Public Library

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# The VILLAGER SPORTS

# B

Section

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## Killingly High girls finding their way



Killingly's Trinity Angel, right, battles Griswold's Mandy Brehler for a loose ball on Monday night, Jan. 14, at Killingly High School.

BY CHARLIE LENTZ  
VILLAGER EDITOR

DAYVILLE — Who are these girls? Certainly not the same Killingly High team that coach Gina Derosier sent out on the court for the season opener against Griswold High back on Dec. 11. There have been no relocations from the witness protection program — coach Derosier knew all along it might take a while for her Redgals to discover their true identity.

With several newcomers to the varsity lineup it has taken some time for the Redgals to gel as a unit but they're coming together as the season reaches its midpoint. Back in December Killingly fell to Griswold 39-37 but a different group of Redgals played host to the Wolverines on Monday night at Killingly High School.

"They've come together," Derosier said. "They know each other's strengths and weaknesses. They're starting to read each other. Our defense is like a machine now."

The Redgals answered the call when a Wolverine third-quarter rally threatened to shift the outcome in Griswold's favor. With Killingly leading 18-12 at half-time, Griswold outscored the Redgals 18-8 in the third frame and carried a 30-26 lead into the fourth quarter. Coach Derosier rallied her troops during the break before the final frame.

"I told them now is the time to buckle down," Derosier said. "Let's get a stop and let's get a steal and put this game behind us."

Junior forward Trinity Angel got the message.

"She kind of talked some sense into us. She kind just told us to go out there and get the job done," said Angel, who finished with 14 points and 18 rebounds.

Defensive pressure led the fourth-quarter rally, with

freshman Makayla Dube making some key plays.

"We turned it up on defense. We put (Dube) at the top of the press and her defense was phenomenal. I think that was a game-changer for us," Derosier said.

Freshman guard Emma Carpenter led a 10-3 fourth-quarter run that shifted the lead back to Killingly. Carpenter didn't want a repeat of Killingly's season-opening loss and took coach Derosier's lecture to heart before the start of the fourth quarter.

"She said that we needed to step it up, keep playing our best, have confidence in ourselves with the ball, contain, and control," said Carpenter, who finished with a game-high 15 points.

Carpenter tallied six points during the 10-3 fourth-quarter surge including a three-pointer with 6:50 remaining in the game to pull the Redgals within one point, 33-32. Junior forward Emma Turner hit a runner in the lane with 6:24 left that gave Killingly the lead for good at 34-33. Angel capped the 10-3 run with a free throw with 3:38 left to push the margin to 36-33.

"We were just on a roll. When you get on that we just start making buckets and buckets. You can't stop us from there," Angel said.

Griswold carried an 8-3 record into its game at Killingly High on Jan. 14, while Killingly was hovering just below .500 with a 4-5 mark. But the Redgals were undaunted when crunch time arrived late in the fourth quarter. With Killingly leading by one point, 36-35, sophomore Grace Nichols made a steal and then drove for a layup with 2:54 left for a 38-35 lead. Nichols is one of the newcomers to the roster, a first-year varsity player with no previous basketball experience.

"Grace (Nichols) is phenom-

enal athlete. She's the best athlete we have on our team. This is only her first year of basketball that she's ever played in her life. She's never set foot on a basketball court. She takes what she knows from soccer and she transforms it into basketball," Derosier said. "I love to press when Grace is in the game because she can pick off that extra pass. She's tough. She has ice in her veins."

Killingly's Turner sank a putback with 2:41 remaining and stretched the margin to 40-35. The Redgals hung on for the win and exacted some revenge for the season-opening loss.

"It means a lot, especially since Griswold is a fantastic team defensively and offensively," Angel said. "To win against them, it feels amazing. We started the season against them, the first game we played, to beat them the second time feels great."

Carpenter's performance down the stretch against Griswold was clutch considering she's just a freshman leading the team at point guard.

"After making a lot of those buckets I had more confidence in myself. There is a lot of pressure on me since I'm coming in as a freshman. Having that confidence means you trust your players to have your back — be able to pass it to them and know they can keep it under control," Carpenter said. "It was a pretty big win."

Killingly is a different team than at season's start. Angel likes the squad the Redgals have morphed into.

"Bringing it into next game, just working together and using each other. This will carry us to, hopefully, a win the next game," Angel said.

Dani Krapt led Griswold (8-4) with nine points. Killingly (5-5) is next scheduled to play host to Montville High at 7 p.m. on Friday, Jan. 18. Montville's



Charlie Lentz photo

Killingly's Prachi Patel gets off a jumper against on Monday night, Jan. 14, at Killingly High School.



Charlie Lentz photo

Killingly's Emma Carpenter drives to the hoop against Griswold on Monday night, Jan. 14, at Killingly High School.

record was 8-3 through 11 games and coach Derosier looked forward to the challenge. She'll send a different team out to face Montville on Friday night than the one that lost to Griswold in the season opener. There's no witness protection program at Killingly High — but perhaps a team that's just now finding its true identity.

"I have expectations of them and they know that," Derosier said. "I have more confidence in them than they have in themselves and I'm trying to instill that in them right now."

Charlie Lentz may be reached at (860) 928-1818, ext. 110, or by e-mail at [charlie@villagernews-papers.com](mailto:charlie@villagernews-papers.com).

# A road less traveled for Putnam in the ECC



Charlie Lentz photo

Putnam's Ty Harris makes a pass with Ellis Tech's Codi Beshaw defending on Monday, Jan. 14, in Danielson.

BY CHARLIE LENTZ  
VILLAGER EDITOR

PUTNAM — Putnam High coach Shawn Deary likes to recount the story of a road trip the Clippers made to Abbott Tech when they played in the Constitution State Conference. They boarded the team bus for Danbury, enduring a journey

akin to riding stagecoach when Connecticut was a member of the original Thirteen Colonies. "I think we left at one o'clock on a school day and we got home at 11:15 at night," Deary said. "It was a long, long day." Deary's lengthy trips to the frontier are history now that Putnam High has rejoined the Eastern Connecticut

Conference. No longer will the Clippers travel to Danbury, which borders the New York state line. And while there are expected to be some growing pains since re-entry into the ECC, the Clippers went 6-4 through the first half of the season.

Deary said the competitive ECC has raised his team's level of play. After exiting the Constitution State Conference following its disbandment after the 2016-2017 school year, Putnam played an independent schedule last season in preparation for returning to ECC.

"So far this season it was a great year for us to switch over. We had that year off last year. We kind of picked up some of those (ECC) teams last year to get ready for it. I love the league we're in. I love the switch," said Deary, in his 10th season. "So far we've fared very well."

Deary said the Clippers were fortunate to bring back a veteran team, making the transition easier. Among the experienced returning starters are senior point guard Sebastian Ramos, senior center Ty Harris, and sophomore forward Colby Livingston. His seasoned roster has adapted to an ECC style of play.

"You see a lot of mixes, you see a lot of man (defense), you see a lot of press, you see a lot of things that you didn't see in the CSC (Constitution State Conference) a lot. We spent last year kind of getting ready for it," Deary said. "This year we're hitting it head first."

The Putnam High girls basketball team has also met success after returning to the ECC, going 10-2 over its first dozen games. Coach Deary said there will be some growing pains for Putnam in soccer, baseball, volleyball and softball — but believes the return to the ECC will ultimately be positive for all sports at the school.

"For basketball definitely, both girls and boys are doing very well. Girls have a great team as well. I would say yes on the winter sports front. It's very good for us. I think the less travel, no matter what, is a better thing for everyone," Deary said. "I like competitiveness and I think it's a little bit more competitive throughout the whole season this way. It's a little more even-keeled. There's a lot less great teams and bad teams, it's even right across the board."

With heightened competition during the regular season the Clippers will likely be bet-



Charlie Lentz photo

Putnam's Sebastian Ramos drives to the hoop with Ellis Tech's Ben Williams defending on Monday, Jan. 14, in Danielson.

ter prepared for the state tournament when it arrives in the first week of March.

"We always tried to put a couple of tough games on the schedule to prepare us for states somewhere down the line. But hopefully this will prepare us very well. We've got Killingly (on the schedule), we've got Plainfield, Griswold — St. Bernard is a very good team. With those guys on the schedule you hope it prepares you for what's coming up in states. You never really know until you get there," Deary said.

His players also looked forward to the challenge of the ECC.

"We spent a little bit of time talking about it before the season started — closer schools, rivals, they really stepped up their game to try to meet the level of play," Deary said.

Deary said the re-establishment of local regular-season rivalries with schools like Killingly and Plainfield will also be good for fans. And his players like it as well.

"Killingly's a local rival. It's

nice to be able to still play them. (My players) know them. They see them. It fills the gym. You get more fans. You get more energy out of that," Deary said.

The coach also looked forward to devising strategy to meet the competition in the ECC. Deary played for Putnam High back in the day.

"I love the challenge. I love the play in the ECC. I grew up around that kind of play," Deary said. "We're in it for the long haul. We hope so."

The only stagecoach-length road trips might come during the Division 5 state tournament. The regular-season journeys to the western frontier are history — along with the original Thirteen Colonies.

"I think this is better. In the state tournament you're going to travel and you may end up across the state," Deary said. "But there shouldn't be any reason to do it during the regular season. There's no reason for that."

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Charlie Lentz photo

Putnam coach Shawn Deary and the team have a lighter travel schedule this season.

## Tourtellotte Memorial can ill afford injuries



Charlie Lentz photo

Tourtellotte's Devin Dalpe shoots with Lyman's Jack Anderson defending on Jan. 11 at Canty Gymnasium.

BY CHARLIE LENTZ  
VILLAGER EDITOR

THOMPSON — Tourtellotte Memorial's undoing this season likely won't be because of someone else's full-court press or an opponent's prolific scorer — although the Tigers will see both. Their downfall more likely will come in the form of a sprained ankle or a case of the flu. With only two returnees from last season with any significant varsity

experience and one of the smallest enrollments in the Eastern Connecticut Conference, coach Neil Bernier's knows keeping his players healthy will be a priority.

The Tigers fell to Lyman Memorial 66-48 on Jan. 10 at Canty Gymnasium with 6-foot-5 senior forward Josh Dodd watching from the sidelines. Dodd, along with senior guard Spencer Fulone, is a returning starter from last year.

The Lyman game was the second-straight game Dodd missed because of illness. He also sat out a 67-37 loss to Griswold on Jan. 8.

"Without him to be able to just go out there and do his thing it's a challenge," Bernier said. "It's a challenge we haven't met in the last two games clearly. We have a long way to go."

Dodd is the Tigers leading scorer, averaging 15 points per game and without him Tourtellotte will be hard-pressed to gain the required eight wins needed to guarantee a berth in the Division 5 state tournament.

"It's a massive hole we don't really have a way to fill. We really have right now two people that can create offense and he's one of them. Not having him out there puts Spencer (Fulone) under a tremendous amount of pressure to do stuff and other teams know that. They just have to go after him," Bernier said.

The Tigers might be hard-pressed to return to the state tournament if the injury bug hits. Eight wins are required to guarantee a berth in the tourney. The loss to Lyman dropped the Tigers record to 3-5. Last season with a veteran roster Tourtellotte finished with a record of 8-14 overall. Last season's victory total will be hard to match if the injury or illness continues to plague Tourtellotte.

"Right now I don't know how it can happen without him to be hon-

est," said Bernier of their chances of reaching the state tourney without Dodd. "We have two guys with experience. We're several games into the season where that can't be an excuse anymore. But guys are only ready when they're ready. And some guys aren't ready to fill that void quite yet, they can play in certain kinds of games but when it starts getting fast and uptempo and aggressive, their decision making isn't ready for that type of speed yet."

The Tigers not only lose their leading scorer in Dodd's absence but also their tallest inside presence. Tourtellotte could have used Dodd's height against an undersized Lyman team that used the fastbreak effectively.

"(Dodd) would pose matchup problems for them, being able to go inside and take it inside against that team because they didn't have a lot of size. But defensively I thought we were just not good at all tonight," Bernier said.

Against Lyman Memorial, Tony Ferraro led Tourtellotte with 10 points. Fulone and Dylan Vincent each added nine points. Tourtellotte is next scheduled to play host to St. Bernard on Friday, Jan. 18, with tipoff scheduled for 7 p.m. at Canty Gymnasium. Lyman Memorial's Josh Perry scored a game-high 29 points to lead the Bulldogs (3-3). Despite Dodd's absence Bernier gave credit to the



Charlie Lentz photo

Tourtellotte's Brady Monahan, white jersey, drives to the hoop with Lyman's Jack Anderson defending on Jan. 11.

Bulldogs.

"(Perry) had a really good game for them, played fantastic. He would have been a hard guard anyway. But I just felt overall it was a lackluster performance. We just didn't have a lot of energy," Bernier said. "Guys didn't seem focused. Guys weren't cutting. Guys weren't doing what they were supposed to do. It was almost a regression out

there without (Dodd). I can't say it's all because of him. Obviously we'd be a better team with him out there. He's our leading scorer. But without him people have to do stuff. There was just a lot of stagnant stuff going on out there."

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# Scrappy Killingly boys look to make playoff run



Charlie Lentz photo

**Killingly's Luke Desaulnier goes up for two of his game-high 24 points against Bacon Academy on Tuesday, Jan. 15. Desaulnier lifted his career total to 1,046 points in the win over Bacon.**

BY CHARLIE LENTZ  
VILLAGER EDITOR

DAYVILLE — Killingly coach Jim Crabtree values scraped knees as much as blocked shots. In Crabtree's scorebook diving for a loose ball gets as many bonus points as any three-pointer.

"On the floor, the energy, the tipped balls — that's what we've been begging to see for years," Crabtree said.

The coach is in his eighth season at Killingly and this season's edition of the Redmen just might finally share Crabtree's mindset. Junior guard Shayne Bigelow already has his quota of floor burns as the season nears its midpoint.

"Shayne's everywhere. He's probably the only kid I've coached in all my years where you almost have to tell him to stop hustling. He gets a couple cheap fouls but he does so

many disruptive things that you just let the kid go and do his thing," Crabtree said. "You can't contain that. The guy just loves the game."

The Redmen scraped and clawed past Bacon Academy 62-53 at Killingly High on Tuesday night, Jan. 15. The win lifted Killingly's record to 4-5 and Crabtree said his team needs to keep up the intensity it displayed against Bacon.

"I mean I can't nitpick because for three-quarters we out-hustled them to every loose ball. We scrapped it up," Crabtree said. "Hopefully we're headed in the right direction. We needed this one. We needed this to get back on the right track. They're rebuilding over there at Bacon, they had a lot of seniors last year. We could not afford to lose."

Crabtree said he expected to beat Bacon and was glad his

team accepted the status of the favorite. It's been a while. Last season the Redmen finished 9-13 overall. Killingly competes in Division 2 of the Eastern Connecticut Conference — along with Fitch, Woodstock Academy, Waterford, and Bacon Academy. Eight wins are needed to guarantee a berth in the Division 4 state tournament and the Redmen (4-5) are halfway there as the 20-game schedule nears its midpoint.

"This team's also not been in a situation where you should be the dominant team, you're the favorite. Now go out and win the game. That's a different role and they did it," Crabtree said.

Senior guard Luke Desaulnier is leading the charge. Desaulnier tallied a game-high 24 points against Bacon, lifting his career total to 1,046 points. Against Bacon, Desaulnier had the knack of canning key buckets every time the Bobcats threatened to make a run.

"He didn't force anything. He waited for his moments. When Bacon cut our lead from 13 to seven, he got the ball and he delivered for us," Crabtree said. "That's what I ask from a guy who's been around for four years, who's a 1,000-point scorer, who knows what it takes to win. He stepped up today."

Desaulnier is well aware of what coach Crabtree wants to see and said the Redmen need to keep scrapping.

"We've just got to keep producing every night," Desaulnier said. "We play like we did tonight, we can beat anyone. We don't have a lot of great athletes. We have a lot of guys that love the game. We're not great, great basketball players like the Waterfords and whatever. You've just got to get the loose balls. You've got to do all the dirty work to win games."

Bigelow tallied 23 points in the win over the Bobcats. He said the Redmen were determined to beat winless Bacon (0-8).

"We needed this one pretty bad. This got us back on track. We can take this momentum into Ledyard (on Jan. 18) — it's a winnable game, it's a big game too. We've got Griswold (on Jan. 21) after that. We can take this momentum and get a couple W's," Bigelow said.



Charlie Lentz photo

**Killingly's Shayne Bigelow drives to hoop against Bacon Academy on Tuesday.**

"We've just got to keep that intensity. Keep that drive. We've got to keep winning. Just keep up the intensity."

Crabtree said his starters' energy can be contagious. Freshman guard Jason Grzysiewicz has been one of the newcomers to the varsity who has caught the fever.

"We've got youngsters, that when they come up on the varsity, they play harder than they do on the jayvee — which is something that we have to correct because they should play hard every time they're out on the court — but we have some guards, I think we may even be finding a point guard of the future with the freshman Grzysiewicz — when he plays with Shayne (Bigelow) and Luke (Desaulnier) his game elevates and he knows where to get the ball and who to go to," Crabtree said.

Nick Sedor led Bacon Academy with 16 points. The loss dropped the Bobcats record to 0-8. Killingly is next scheduled to travel to Ledyard High on Friday, Jan. 18. Coach Crabtree is hoping to see more floor burns this Friday evening.

"If we play this hard every night I got nothing to complain about. Win, lose, or draw — I said if we go and compete —

hey, were back to 4-5 with a tough Ledyard team coming up on Friday night," Crabtree said. "If we keep improving every day I think we'll be alright."

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Charlie Lentz photo

**Killingly's Josh Montpelier lofts a jumper against Bacon Academy.**

## HIGH SCHOOL ROUNDUP

### TOURTELLOTTE 69, NORWICH TECH 46

THOMPSON — Josh Dodd scored 29 points including five three-pointers and grabbed five rebounds to help the Tigers defeat Norwich Tech in boys basketball on Tuesday, Jan. 15, at Cauty Gymnasium. Brady Monahan added 12 points with five assists and Spencer Fulone scored nine points for the Tigers. Maison Mebane led Norwich Tech (1-8) with 13 points. The win lifted the Tigers record to 4-5. Tourtellotte is next scheduled to play host to St. Bernard at 7 p.m. on Friday, Jan. 18, at Cauty Gymnasium.

### PUTNAM 72, WHEELER 44

PUTNAM — Sebastian Ramos tallied 25 points to help lift the Clippers over the Lions in boys basketball on Jan. 15. Kobie Bates and Colby Livingston each added 10 points for Putnam. The loss dropped Wheeler's record to 3-6. The win lifted Putnam High's record to 6-4. The Clippers are next scheduled to travel to Lyman Memorial on Tuesday, Jan. 22.

### WOODSTOCK 68, WINDHAM 55

WOODSTOCK — Chase Anderson scored 18 points, Aaron Johnson tallied 12 and Luke Mathewson added 11 for Woodstock Academy in the win over the Whippets in boys basketball on Jan. 15. Jhakobe Watson paced the Whippets (3-5) with 18 points. Woodstock (5-3) is next scheduled to travel to Norwich Free Academy on Friday, Jan. 18, with tipoff set for 7 p.m.

### EAST LYME 65, WOODSTOCK 42

EAST LYME — Woodstock's Heather Converse scored 15 points in the loss to host Vikings on Jan. 15. The loss dropped the Centaurs record to 6-5 overall, 0-3 ECC Div. I. Megan Bauman led the Vikings (8-5, 1-2) with 21 points. Woodstock is next scheduled to play host to Longmeadow, Mass., on Wednesday, Jan. 23.

### PUTNAM 75, ELLIS TECH 15

PUTNAM — The Clippers used a balanced scoring attack that put every player in the scoring column to defeat the visiting Golden Eagles in girls bas-



Charlie Lentz photo

**Ellis Tech's Logan LeBlanc, right, tries to get past Putnam High's Kobie Bates on Monday, Jan. 14, in Danielson.**

ketball on Monday, Jan. 14. Putnam was led by Abby St. Martin, Kayleigh Lyons and Molly McKeon who had 18, 15 and 12 points respectively. Ellis Tech was led by Kalista Lovely who tallied 14 points. The loss dropped Ellis Tech's record to 3-7. The Golden Eagles are next scheduled to play host to Windham Tech at 6 p.m. on Friday, Jan. 18, at Ellis Tech's gymnasium. The win lifted the Clippers record to 9-2. Putnam High is next scheduled to travel to Griswold High for a 7 p.m. tipoff on Jan. 18.

### WOODSTOCK 4, TRI-TOWN 1

ENFIELD — Guerin Favreau, Doug Newton, Matt Odom, and Liam McDermott each scored one goal in the Centaurs hockey win on Jan. 11 in Nutmeg Conference play. The win lifted Woodstock's record to 7-2 overall, 5-1 Nutmeg Conference. Woodstock is next scheduled to play Housatonic co-op at 8:15 p.m. on Friday, Jan. 18, at Hotchkiss School in Lakeville.

### BACON 48, WOODSTOCK 41

COLCHESTER — Woodsock

Academy's Heather Converse scored 21 points and Katie Papp added 10 points in the Centaurs loss to Bacon Academy in girls basketball on Jan. 12. Taylor Rochette led the Bobcats (9-2 through 11 games) with 15 points. The loss dropped Woodstock's record to 6-4.

### PUTNAM 69, ELLIS TECH 46

DANIELSON — Sebastian Ramos scored 18 points to help push the Clippers past host Ellis Tech in boys basketball on Jan. 14. Colby Livingston scored 14 points and grabbed nine rebounds and Tyion Harris tallied 10 points with 11 rebounds for Putnam High. The loss dropped Ellis Tech's record to 1-9. The Golden Eagles are next scheduled to travel to Windham Tech on Friday, Jan. 18. The win raised Putnam High's record to 5-4. The Clippers are next scheduled to travel to Lyman Memorial on Tuesday, Jan. 22.

### EAST LYME 84, WOODSTOCK 41

EAST LYME — Dev Ostrowski and Ned Shields each scored 23 points to lead host East Lyme past Woodstock

Academy in boys basketball on Jan. 12. Chase Anderson had 12 points and 10 rebounds and Luke Mathewson added 10 points for the Centaurs (4-3). The win lifted East Lyme's record to 8-1.

### FITCH 78, WOODSTOCK ACADEMY 56

GROTON — D.J. Beaudet led Fitch (4-3, 2-0 ECC) with 23 points in the win over Woodstock in boys basketball on Jan. 10. Cole Hackett scored 14 points and Aaron Johnson added 12 for the Centaurs.

### NEW LONDON 74, WOODSTOCK 40

WOODSTOCK — Woodstock's Heather Converse scored 17 points and had 16 rebounds in the loss for the Centaurs (6-3, 0-2 ECC) against the Whalers in girls basketball on Jan. 10. Xaryia Melendez had 21 points and 11 rebounds for for New London (9-1, 2-0 ECC Div. I).

### WOODSTOCK 7, SGWL 6

ENFIELD — Ethan Thorpe scored two goals and Austen LeDonne, Doug Newton, Nick Chubbuck, Guerin Favreau and Matthew Odom each scored one goal in the hockey win for the Centaurs (6-2) on Jan. 9. Suffield-Granby-Windsor Locks co-op's record fell to 2-4-1.

### WOODSTOCK INDOOR TRACK

STURBRIDGE, Mass. - The Woodstock Academy boys indoor track team raised its record to 4-4 in the Massachusetts SWCL indoor track league with a pair of victories on Jan. 9. The Centaurs downed Leicester, Mass., 59-27, and Marianapolis, 65-20, but lost to Auburn, Mass. 52.5-33.5. Kenneth Birlin placed second in the 1,000 meters and fifth in the 1,600 while Ethan Aspiras took third in both those events. Lucas Couture placed fourth in the 55-meter hurdles.

For the Woodstock girls on Jan. 9: Ivy Gelhaus placed second in the 600-meter and Julia Theriaque was second in the high jump. The Centaurs raised their record in the SWCL to 7-2 with wins over Leicester, Mass., 53-32, and Marianapolis Prep, 59-18. Auburn, Mass. defeated Woodstock 57.67-28.33

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# OBITUARIES

## Eli C. Choiniere, Jr., 79



OXFORD – Eli C. Choiniere, Jr., 79, of Locust Street, died peacefully on Monday, January 7, 2019, at UMass Memorial Medical Center – University Campus in Worcester, with his family by his side. He is survived by his wife of 52 years, June E. (Murray) Choiniere of Oxford; five daughters, Jill Choiniere of Dayville, CT, Gail Baker and her husband Bruce of Hudson, FL, Robin Donoian and her husband Daniel of Scottsdale, AZ, Barbara Nichols and her husband Paul of Dudley, and Sandra White and her husband Brian of Oxford; a brother, Robert Choiniere and his wife Barbara of Dexter, ME; eleven grandchildren, nine great-grandchildren, and several nephews and nieces. He was predeceased by three grandsons, Sean Baker, Michael Shong, and Ryan Shong. He was born in Worcester, son of the late Eli C. and Rita (Groleau) Choiniere Sr., and was a lifelong resident of Oxford. He was a U.S. Army veteran of the Vietnam War.

Eli worked for the Renaissance Wire

Company in Webster for 20 years, retiring in 2004. Previously, he worked at National Standard / Worcester Wire Company in Worcester for over 20 years.

Eli loved fishing and hunting. He was a former member of the Worcester Striper Club for many years, and the Webster Lake Anglers. He won many fishing tournaments throughout his life, enjoyed making his own lures and flies, and could be found both freshwater and saltwater fishing. He enjoyed spending winters in Florida and playing golf. Most of all, he enjoyed spending time with his family and will be remembered by his family as a quick-witted man of very few words.

A celebration of his life was held at 4:00 p.m. on Thursday, January 17, 2019, at Oak Hill Bible Church, 40 Sacarrappa Road, Oxford. Burial will be private at Worcester County Memorial Park in Paxton. There are no calling hours. In lieu of flowers, memorial contributions may be made to a charity of one's choice. Paradis-Givner Funeral Home in Oxford is directing the arrangements.

paradisfuneralhome.com



## John N. Colburn, Sr. 73



WOODSTOCK – John N. Colburn, Sr. 73, of Woodstock, died unexpectedly Saturday, January 12, 2019. He was the husband of Linda (D'Andrea) Colburn. He was born June 10, 1945 in Putnam, son of Karl and Edith (Nelson) Colburn, Sr.

He made his home in Woodstock all of his life. He was a member of the Woodstock Evangelical Covenant Church in Woodstock and had served on several committees. John was a truck driver for over 41 years, driving throughout the New England area. He was a veteran of the Vietnam War, serving with the US Marine Corps and was a member of the American Legion Woodstock Post 111. His hobbies included going to yard sales, UCONN Women's Basketball, NASCAR and collecting antique toys including Hess Trucks. He enjoyed the outdoors and will be remembered as a jokester and always had a wisecrack.

He leaves his wife Linda, his sons John Colburn Jr. and his wife Kelley

of Woodstock, Justin Colburn and his wife Marissa of Woodstock, his grandchildren, John Colburn, III, Allyson Colburn, Miranda Colburn and Jayden Colburn, his sister Kerstin Comtois of Stafford Springs, his brother Karl Colburn, Jr. of East Killingly. He was predeceased by his sister Karlene St. Onge.

A Memorial Service will be Saturday, January 19, 2019 at 2:00 PM at the Woodstock Evangelical Covenant Church, 24 Child Hill Road, Woodstock. Burial will be in the spring with Military Honors in Elmvalle Cemetery, Woodstock. Arrangements by Smith and Walker Funeral Home, 148 Grove Street, Putnam. In lieu of flowers donations may be made in his memory to the Woodstock Evangelical Covenant Church or to Muddy Brook Fire Department, PO Box 222, East Woodstock, CT 06244. Share a memory at www.smithandwalkerfh.com



## Larry J. Farnham, 79



COVENTRY, RHODE ISLAND – Larry J. Farnham was called home with our Lord and Savior on December 30, 2018. Born July 5, 1939 in Dansville, New York too late William Farnham and Irene

(Whitaker) Farnham. He lived his life the way he wanted and enjoyed all of that it had to offer. He enjoyed playing softball, hunting, fishing, camping, canoeing and even came to love the game of golf. He also loved to travel with his wife Millie. He served in the U.S. Navy out of Newport, Rhode Island on the U.S.S Compton. He was a firefighter for the city of Warwick, Rhode Island for 22 years. He was also a carpenter in his free time. He was in active member of the masons, and he also enjoyed being a judge for the woodsman day at the Freiberg fair.

He lived most of his life in Rhode Island later after retiring in Brownfield, Maine and Sebring, Florida with his wife Millie. He leaves behind his wife of 43 years Mildred R. Farnham of Coventry, Rhode Island. His daughter Patricia J. Hannan of Brooklyn, Connecticut Paula Jay Hart of Putnam, Connecticut and Pamela Mapes of California. His grandchildren Rachel L. Farnham of Brooklyn, Connecticut, Michael L Hart of Hampton, Connecticut, Jeremiah J. Hart of Moosup, Connecticut and James Mapes of California. His great-grandchildren Phoenix MacRae of Brooklyn, Connecticut Terra M and Zoe C Hart of Moosup, Connecticut. There will be no services, burial will be private at later date in Rhode Island Veterans Cemetery.



## Jeffrey S. Goglia, 55



BROOKLYN -- Jeffrey S. Goglia, 55, of Brooklyn died Saturday December 22, 2018 at home surrounded by his loved ones. He was born in Southbridge, Massachusetts on March 31, 1963, son

of the late James Goglia and Karen (Mease) Hoyt. Jeff was the loving husband of Brenda (Demery) Goglia who survives him. He was employed at P.S. Irrigation for over 20 years. He never said no when someone asked for help and was the most selfless person one could ever know. Besides his

wife he is survived by his sister Robin Hart and husband Ronald, brother Josh Hoyt and wife Shana, sons Evan and Nathan, daughters Jessica Plante and Kevin Shaw and Amy Kingsbury, nieces and nephews Angie Hart and Jason Eaton and their daughter Jayla of Port St. Lucie, FL, Cassidhe Hoyt of Canterbury, Amiste Cusson, Ryan, Brittany and Sean Hart of Dayville, his stepfather Bob Hoyt of Danielson. Grandchildren Hunter, Logan and Davin. Jeff will be missed, and loved by too many family friends to mention. A celebration of life will be held at a later date. Donations can be made to the family to help with final expenses.

## Amie Margaret Densmore, 73



POMFRET – Amie Densmore, 73, passed away on Monday, December 10, 2018, from leukemia. She is sadly missed by her husband Charlie, son Shawn and wife Kayla, daughter Clare, grandson

Miles, relatives and dear friends.

From a young age in Greendale, Massachusetts, Amie's passion was art and helping others. Amie received a Master's Degree in Art Education. She settled in Mystic, then Pomfret, teaching art at PCS for 25 years.

Her intuitive approach to teaching encompassed self expression, creative thinking, social issues, non-violence, and global responsibility. Amie found solace in painting, outdoors adventures, family, meditation and the pursuit of spirituality.

A public Celebration of Amie's Life is scheduled for Saturday, January 26, 2019, from 1-3pm, at the Connecticut Audubon Society Center at Pomfret, 218 Day Rd., Pomfret Center, CT 06259. Funeral arrangements have been entrusted to the Gilman Funeral Home & Crematory, 104 Church St., Putnam, CT. For memorial guest-book please visit [www.GilmanAndValade.com](http://www.GilmanAndValade.com).

BROOKLYN – Tod R. Lind, 61, of Maple Circle, died unexpectedly on Tuesday, January 8, 2019. He was the loving husband of Elaine (Waterhouse) Lind. Born in Holden, Massachusetts, he was the son of the late Carl and Ruth "Shirley" (Oslebo) Lind.

After graduating from high school, Tod enlisted in the United States Marine Corps and served his country proudly. Tod continued his service by being an active member and supporter of the AMVETS, Post #47 in Brooklyn.

He was employed by Home Depot as a sales person and was an avid hockey player in his youth and enjoyed watching hockey later in life. Tod also loved to cook and garden.

Tod is survived by his loving wife, Elaine Lind of Brooklyn; two daughters, Elizabeth K. Stoothoff of Maine

and Diana Wilkins of New York; three brothers, Wayne Lind of Florida, Craig Lind of Florida and Dale Lind of Massachusetts.

As per Tod's request, funeral arrangements are private and have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St. Putnam, CT. 06260.

Memorial donations may be made to the AMVETS Post 47, 660 Wauregan Rd., Brooklyn, CT 06234 or to the Killingly Veterans Coffee House, 185 Broad St., Killingly, CT 06239. For memorial guestbook visit [www.GilmanAndValade.com](http://www.GilmanAndValade.com).



## Vivian Fede, 91



FEEDING HILLS, MASSACHUSETTS – Vivian Fede, 91, of Feeding Hills, Massachusetts, formerly of Killingly, died, January 5, 2019 at Mercy Medical Center, Springfield, Massachusetts. She was born June 2, 1927 in Waterbury, daughter of the late Joseph and Jenny (Buscema) Baroni. She was the beloved wife of Stanley J. Fede. Vivian loved spending her time with her family and they were her life. She enjoyed knitting and was an avid reader. Vivian also had a passion for cooking.

She leaves her children; Catherine Dumas and her husband Mark of Killingly; Stanley J. Fede and his wife Barbara of Feeding Hills, Massachusetts; her grandchildren

Monique Dumas and her partner David of Killingly; Michael Dumas and his wife Jenifer of Killingly; Sarah Carson and her husband Christopher of Ayer, Massachusetts; Carrie Fede of Chicopee, Mass. and Stefanie Barnes and her husband Timothy of Agawam, Mass. Her great grandchildren; Madison Dumas and Hunter Dumas of Killingly, her sister Eleanor Kazemekas and her husband Edward of Wolcott, and several nieces and nephews. She was predeceased by her husband Stanley in 2001 and a sister Josephine Damiani.

A Mass of Christian Burial was held January 10, 2019 in St. James Church in Danielson, burial will be at St. Joseph Cemetery, Dayville. Calling Hours were held January 10 at Gagnon and Costello Funeral Home in Danielson. Share a memory at [www.gagnonandcostellofh.com](http://www.gagnonandcostellofh.com)

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# OBITUARIES

## Pauline (LeClaire) Carter, 92



**DANIELSON** - Pauline (LeClaire) Carter, the proud matriarch of five generations, passed away on January 10, 2019 at the age of 92. She will always be remembered for her dedication to family

and friends who often called her the "hostess with the mostest," reminding everyone to please come again.

Pauline was born September 16, 1926 in Putnam, to Alphonse and Marie-Reine (Joly) LeClaire. She graduated from St. James School in Danielson, and attended Killingly High School. She married Robert Keen Carter on April 3, 1948 in St. James Church and together they had four children. She was predeceased by Robert on April 10, 1997.

Pauline spent her life in the Danielson area working at local businesses and manufacturing facilities until her retirement from Jacobs Rubber Co. in Dayville. After retirement she cared for her grandchildren and elderly family members. She also served as a volunteer visitor to local nursing homes.

Pauline enjoyed crocheting, cake decorating, and watching classic movies. She was most proud of her Canadian heritage and spoke French with family and friends and everyone loved her famous "pork pies." Her travels included many sites in the US and Canada, the UK, Ireland, France, Greece and Egypt where she rode a

camel.

Pauline is survived by her children Mary-Ann Jodaitis and her husband Frank of Coventry, Keen Carter and his wife Kathy of Putnam, Vance Carter and his wife Joan of Danielson, and Dennis Carter of Danielson, with whom she made her home. She is also survived by her three sisters, Jeannette Haskell of Jewett City, Madeleine Dore of Moosup, and Helen Normandie of Danielson. She was predeceased by her brother Raymond LeClaire of Dayville, and Norman LeClaire of Yarmouth Port, Massachusetts. Pauline was also blessed with grandchildren Lauren, Stephen, Mark, Brandon, Jayne, Kristen, David and predeceased by her grandson Christopher. Pauline also cherished her seven great-grandchildren and one great-great-granddaughter. She is also survived by several nieces, nephews and dear friends.

The family would like to sincerely thank her caregivers Carmen and Deb, Dr. Botta and the staff of Day Kimball Hospital for the kindness, support and understanding they gave to Ma in her final days.

A calling hours were held on January 14, at the Gagnon and Costello Funeral Home, 33 Reynolds Street, Danielson which was followed by a Mass of Christian Burial at St. James Church in Danielson. Burial will be in Holy Cross Cemetery. In lieu of flowers, donations may be made in Pauline's memory to St. James School, 120 Water Street, Street, Danielson, CT 06239. [www.gagnonandcostellofh.com](http://www.gagnonandcostellofh.com)

## Beatrice B. Guertin, 90



**PUTNAM** - Beatrice "Bea" Blanche (Robitaille) Guertin, 90, of Church St., died Saturday, January 12, 2019 in Day Kimball Hospital. She was the loving wife of the late Eudore

"Eddie" O. Guertin for 58 years. Born in Putnam, she was the daughter of the late Theodore & Blanche (Barton) Robitaille.

Bea was a braider for Putnam Braid and also worked as a courier for Citizens National Bank. She enjoyed planting flowers, working in her rock gardens and spending time with her granddaughter Dawn.

Bea is survived by two daughters, Jo-Ann Williams and her companion Dana Jordan of Putnam and Joyce M. Krasnecky and her husband "Butch" of

Woodstock; her granddaughter, Dawn M. Krasnecky and her partner Louise S. Taylor (who was a special close friend to Bea) of Thompson; her niece, Cheryl Walsh of Massachusetts; her nephew, Robert Guertin of Putnam. She was predeceased by her sister Dorothy Vernuti.

The family of Beatrice Guertin would like to extend a special thank you to the staff of the Day Kimball Hospital and especially Dr. Joseph Botta.

A graveside service was held on Thursday, January 17, 2019 in St Mary Cemetery in Putnam. In lieu of flowers, donations can be made to Hospice and Palliative Care of Northeastern Connecticut Day Kimball Hospital Campus. Arrangements have been entrusted to the Gilman Funeral Home and Crematory. For memorial guestbook please visit [www.GilmanAndValade.com](http://www.GilmanAndValade.com).

## Anita C. Griggs, 90



**DANIELSON** -- Anita C. Griggs, 90 of Danielson, died January 10, 2019. She was the wife of the late William Griggs, he died in 2007. She was born June 26, 1928 in Woonsocket, Rhode Island, daughter

of Sinai and Yvonne Barrette.

She leaves her daughter, Sheila Ilewicz and her husband James of Dayville, her grandchildren Matthew

and Jessica; her siblings Norman Barrette, Claire Cusson and Lillian Rhodes. She was predeceased by her son, Michael Griggs in 2016 and her brother, Freddy Barrette.

A Mass of Christian Burial will be Monday, January 21, 2019 at 10:00 AM in St. James Church, 12 Franklin Street, Danielson, followed by burial in Holy Cross Cemetery, Putnam. Arrangements by Gagnon and Costello Funeral Home, 33 Reynolds Street, Danielson. Share a memory at [www.gagnonandcostellofh.com](http://www.gagnonandcostellofh.com)

## Rebecca S. Dumas, 69



**EAST WINDSOR** - Rebecca (Shippee) Dumas, 69, formerly of N. Grosvenordale, passed away on Friday, January 11, 2019 in Fresh River Healthcare. Born in Southbridge, Massachusetts, she

was the daughter of the late Warren and Andrea (Tetreault) Shippee.

Mrs. Dumas loved spending time with her children. She had a young and adventurous soul. This was most appreciated when she was playing with her grandchildren. She loved day trips with her sisters, viewing the fall foliage and antiquing. She loved to dance, and she always took the backroads.

Rebecca is survived by her son,

Jeremy Dumas of Windsor; daughter, Heather Dumas of Danielson; sisters, Cynthia Hackett of Sturbridge, Massachusetts, and Sandra Menard of Brimfield, Massachusetts; and eight grandchildren, Rachel Landow, Andrew Maher, Lauren Maher, Amanda Clifford, Bryan Clifford, Sara Clifford, Natalie Verraneault, and Derek Verraneault. Rebecca was predeceased by her brother Warren "Bobby" Shippee, and sisters Catherine "Carol" Gauthier and Susan Burlingame.

Funeral arrangements are private and have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St. Putnam, CT. Memorial donations may be made to the Alzheimer's Association, 200 Executive Blvd., Southington, CT 06489. For memorial guestbook visit [www.GilmanAndValade.com](http://www.GilmanAndValade.com).

## Patricia A. Comtois, 75



**DANIELSON** - Patricia A. Comtois, 75, of Danielson, died Thursday, January 10, 2019 at her home. Beloved wife of the late Normand R. Comtois, he died in 1995. Born July 13, 1943 in Putnam,

daughter of the late Henry and Evelyn (Pelletier) Briere. She was a lifelong resident of Danielson. She was a die-hard Red Sox fan and NASCAR fan. She was a Parts Marker for Kaman Aerospace, also worked for many years for Colts Plastics in Dayville, before retiring in June 2008. She was an avid reader, loved watching and feeding the birds, loved spending time with family and friends especially her grandchildren and great grandchild-

dren.

She leaves her children; Michael Comtois and his fiancée Sheila Farr of Moosup, Mark Comtois and his wife Michele of Danielson, grandchildren Alyssa Comtois, Christopher Comtois, Tyler Castonguay, Sean Comtois, Brandon Comtois, Justin Comtois, great grandchildren Olivia Hunton, Aubree Castonguay and close friend Rosalie "Dee-Dee" Tyler. She was predeceased by her brother Richard Briere.

Calling hours and A Mass of Christian Burial was held Wednesday, January 16, 2019 at St. James Church, Danielson. Burial is in Holy Cross Cemetery. In lieu of flowers donations may be made to Hospice of NECT, PO Box 632, Putnam, CT 06260. Share a memory at [www.gagnonandcostellofh.com](http://www.gagnonandcostellofh.com)

## Lena L. Wolchesky, 86



**P O M F R E T CENTER** -- Lena L. Wolchesky, 86, of Pomfret Center, died Saturday, January 12, 2019 at Davis Place in Danielson. She was born April 22, 1932 in Burlington, Vermont, daughter

of Edwin and Myrtle (Greer) Peppin. She was the beloved wife of William Wolchesky, they were married on November 24, 1951 in Most Holy Trinity Church, Pomfret. He died June 29, 2018.

She worked at the Pomfret Community School for over 30 years as a Cafeteria Cook and Manager. Her hobbies included knitting, crossword puzzles and bingo. Her greatest love

was for her family and friends and enjoyed their many visits.

She leaves her son William Wolchesky Jr. of Pomfret, her daughter Jan Rondeau and her husband Matt of Pomfret, her grandsons Matt Rondeau, Jr., Adam Rondeau and Elliott Wolchesky, several nieces and nephews.

Calling hours will be held Saturday, January 19, 2019 from 10:00 to 11:30 AM at Smith and Walker Funeral Home, 148 Grove St. Putnam. A Funeral Service will follow at 11:30 AM at the funeral home. Burial in the Spring in Abington Cemetery, Abington. The family would like to thank Davis Place for the care and compassion given to their mother. Share a memory at [www.smithandwalkerfh.com](http://www.smithandwalkerfh.com)

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# LEGALS

### NOTICE TO CREDITORS

ESTATE OF Richard E Fehr  
(19-00004)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated January 8, 2019, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:  
Lizabeth J Hensley  
c/o Frank G. Herzog, Esq.,  
Borner, Smith, Aleman, Herzog &  
Cerrone, LLC,  
155 Providence Street, PO Box 166,  
Putnam, CT 06260-0166  
January 18, 2019

### NOTICE TO CREDITORS

ESTATE OF Katharine Cox Jones  
(18-00483)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated January 8, 2019, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:  
Kevin McDill Jones,  
1230 Linden Place,  
Washington, DC 20005  
January 18, 2019

### NOTICE TO CREDITORS

ESTATE OF Norma P. Langlois  
(19-00001)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated January 10, 2019, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Heather Robinson, Clerk

The fiduciary is:  
David A. Langlois,  
53 Grand Canyon Drive,  
Los Alamos, NM 87547, (505)672-  
9277  
January 18, 2019

### NOTICE TO CREDITORS

ESTATE OF Alina S Czajkowski  
(19-00007)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated January 9, 2019, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:  
Maria T. Guillot,  
67 Ravanelle Road,  
North Grosvenordale, CT 06255  
January 18, 2019

### NOTICE TO CREDITORS

ESTATE OF Onnolee J. Rader  
(18-00450)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated January 9, 2019, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Heather Robinson, Clerk

The fiduciary is:  
Carlee R. Drummer  
c/o Gail Rooke-Norman, Esq.,  
31 Academy Street, P.O. Box 347,  
Danielson, CT 06239, (860)774-4717  
January 18, 2019

### NOTICE TO CREDITORS

ESTATE OF Daniel Scott Noren  
(18-00485)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated January 11, 2019, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Heather Robinson, Clerk

The fiduciary is:  
Bruce Noren,  
1659 Route 197,  
Woodstock, CT 06281; (860)974-2213  
January 18, 2019

### TOWN OF BROOKLYN INLAND WETLANDS WATERCOURSES COMMISSION NOTICE OF ACTION

Pursuant to Section 22a-42e of the Connecticut State Statute, the Inland Wetlands and Watercourses Commission took the following action at its meeting on January 8, 2019:

121118A John P. Malarkey, Easterly End of River Farm Drive, Map 42, Lot 58, RA Zone; Construction of single-family dwelling, septic system, well, driveway and site grading within 125 feet of a wetland-APPROVED WITH CONDITIONS.

Any appeals are to be filed with Superior Court 15 days from the date of the legal notice appearing in the paper.

Dated this 9<sup>th</sup> day of January 2019

Jeffrey Arends  
Chairman  
January 18, 2019

# Month-Long New Year's

## Window & Door Sale!



We're keeping the New Year's celebration going! Take advantage of this sale before **January 31<sup>st</sup>**!

**Renewal  
by Andersen**   
WINDOW REPLACEMENT an Andersen Company

**SAVE  
\$290**

on windows<sup>1</sup>

**SAVE  
\$790**

on entry and patio doors<sup>1</sup>

with

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money down payments interest

**until 2020!<sup>1</sup>**

• With our special **Cold Weather Installation Method**, our team works room by room, window by window, so your exposure to the cold weather will be minimal.

• Poor-quality vinyl windows can often crack, and cause drafts this time of year. Our windows' composite Fibrex® material is **twice as strong as vinyl**.

• Renewal by Andersen is the full-service replacement window division of Andersen, a family-owned American company that builds affordable windows for those with a **deep sense of pride in their home**.

Schedule your Free Window and Door Diagnosis before **January 31<sup>st</sup>**!

**Renewal  
by Andersen**   
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# 959-456-0067

<sup>1</sup>Renewal by Andersen of Southern New England is an independently owned and operated affiliate operating in RI, CT and Cape Cod, MA. Offer not available in all areas. Discount applied by retailer representative at time of contract execution and applies to purchase of 3 or more windows and/or entry or patio doors. Cannot be combined with other offers. To qualify for discount offer, initial contact for a free Window and Door Diagnosis must be made and documented on or before 1/31/19, with the appointment then occurring no more than 10 days after the initial contact. No payments and deferred interest for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only, and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. All residents of islands including but not limited to Martha's Vineyard and Nantucket will be subject to an island surcharge. CT HIC.0634555. MA 173245. RI 36079. Southern New England Windows, LLC, d/b/a Renewal by Andersen of Southern New England. Southern New England Windows LLC is the authorized representative of Renewal by Andersen and the registered Home Improvement Contractor. Renewal by Andersen does not hold this HIC number. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved. \*Using U.S. and imported parts.



# How to overcome workout boredom

Even the most ardent fitness enthusiasts sometimes lack the motivation to exercise. Various factors, including boredom with a fitness regimen, can affect one's motivation to hit the gym.

Boredom with a workout can sometimes be overcome by an especially effective workout. But for those instances when boredom is difficult to overcome, men and women who want to stay in shape can try these strategies.

- Join a sports league. A workout doesn't have to be limited to the weight room or the cardiovascular area of your local gym. If your motivation to workout is waning, consider joining a competitive sports league. Many fitness facilities even offer adults sports leagues on their premises or at nearby

parks for outdoor sports. Sports such as racquetball, soccer and boxing or mixed martial arts provide great exercise and opportunities to meet other fitness-minded people. If games or competitions only take place once or twice a week, be sure to supplement your participation with more traditional workouts on off days.

- Take along your tablet. Many fitness facilities now include WiFi internet access with the cost of a membership. People bored with their workouts can take advantage of this perk and take their tablets with them to the gym, watching a favorite television show or movie while burning calories during the cardiovascular portions of their workouts. This gives people bored with

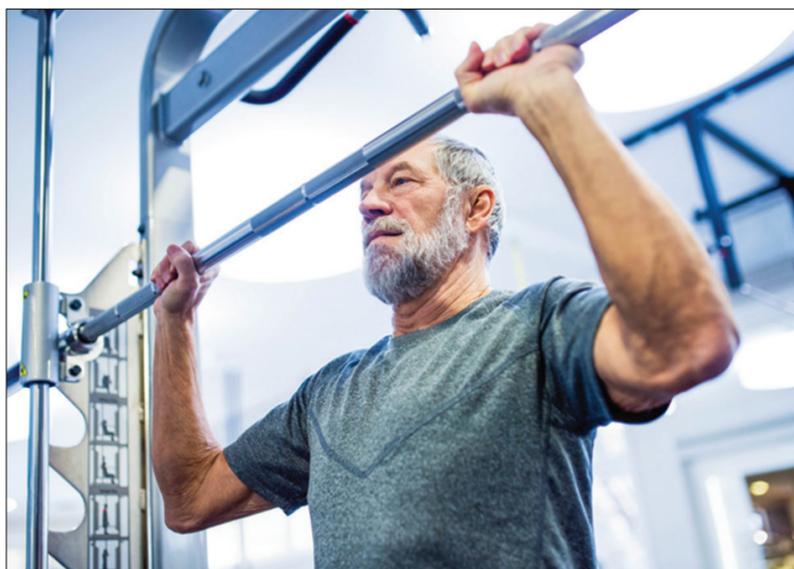
their fitness regimens something to look forward to, and the chance to catch up with a popular show might be all the motivation people need to get off the couch and exercise.

- Periodically change your regimen. It's easy to get bored with a workout if you're always doing the same repetitive exercises. Speak with a personal trainer at your gym and ask for some advice on how to switch things up and still meet your fitness goals. There's more than one way to get fit, and periodically changing your exercise regimen can be a great way to shake things up and

reinvigorate your interest in exercise.

- Set new goals. Boredom with a workout regimen sometimes creeps in because people have achieved their initial fitness goals and haven't set new ones. Whether you have lost the amount of weight you set out to lose or can now squat as much as you set out to squat, set new goals so you have a new carrot dangling on the end of your stick.

Nearly everyone encounters workout boredom at one point another. Various strategies can help you overcome such a malaise and reinvigorate your enthusiasm for exercising.



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\*\* As published in the 2018 Banker and Tradesman's Massachusetts Banking Choice Awards.

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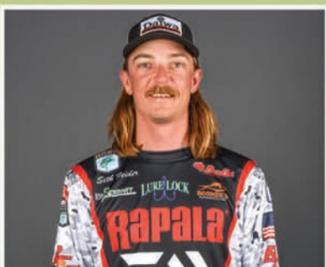
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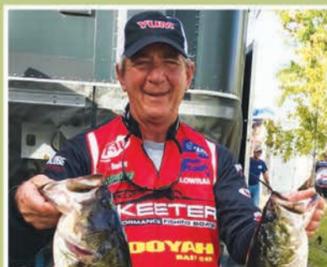


# JANUARY 25-27 2019

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**2015 GRAND CHEROKEE** NEW Retail Price: ~~\$35,490~~  
#D9335L • LAREDO TRIM, 4X4, KEYLESS START, 17" ALLOYS  
**WHOLESALE PRICE: \$22,677**  
**SAVE \$12,800 OFF OF RETAIL PRICE!**

**2016 CHEVY SILVERADO** NEW Retail Price: ~~\$37,395~~  
#D9331L • 1500 DOUBLE CAB, 4.3L ECOTEC V6, 4X4, ONSTAR  
**WHOLESALE PRICE: \$26,177**  
**SAVE \$11,200 OFF OF RETAIL PRICE!**

**2017 DODGE DURANGO** NEW Retail Price: ~~\$42,715~~  
#D9531R • GT TRIM, 5.7L HEMI, ALL-WHEEL DRIVE, ALLOYS, DVD  
**WHOLESALE PRICE: \$33,677**  
**SAVE \$9,000 OFF OF RETAIL PRICE!**

**2016 CHEVY CRUZE LT** NEW Retail Price: ~~\$23,475~~  
#H8125A • TURBO, ALLOYS, HEATED SEATS, BACK-UP CAM  
**WHOLESALE PRICE: \$13,799**  
**SAVE \$9,700 OFF OF RETAIL PRICE!**

**2016 DODGE DART SE** NEW Retail Price: ~~\$20,395~~  
#D9322R • PWR PKG, BLUETOOTH, EPA 34 MPG HWY/24 MPG CITY  
**WHOLESALE PRICE: \$9,577**  
**SAVE \$10,800 OFF OF RETAIL PRICE!**

**2016 FORD ESCAPE SE** NEW Retail Price: ~~\$24,845~~  
#18694A • BACK-UP CAM, TURBO, ALLOYS, BLUETOOTH, SPOILER  
**WHOLESALE PRICE: \$15,855**  
**SAVE \$9,000 OFF OF RETAIL PRICE!**

**LIKE NEW 2017 GRAND CHEROKEE LAREDO 4x4**  
#D9488  
NEW RETAIL PRICE: ~~\$37,490~~  
WHOLESALE PRICE: **\$27,277**  
*Keyless Start, Alloys, Parking Sensors, Back-Up Camera, Bluetooth, Roof Rails.*  
**SAVE \$10,200 OFF OF RETAIL PRICE!**

**LIKE NEW 2015 RAM 1500 EXPRESS CREW CAB**  
#H0552  
NEW RETAIL PRICE: ~~\$39,585~~  
WHOLESALE PRICE: **\$27,999**  
*Bedliner, 20" Alloys, iPod Input, 4x4, 5.7L V8 Hemi, Tow Hitch.*  
**SAVE \$11,600 OFF OF RETAIL PRICE!**

**LIKE NEW 2017 HYUNDAI SANTA FE ULTIMATE**  
#H0194  
NEW RETAIL PRICE: ~~\$40,335~~  
WHOLESALE PRICE: **\$26,799**  
*Sport 2.0L Turbo Trim, Moonroof, Heated Leather, Alloys, Navigation.*  
**SAVE \$13,500 OFF OF RETAIL PRICE!**

**2017 JEEP PATRIOT SUV** NEW Retail Price: ~~\$25,890~~  
#H0456R • LATITUDE TRIM, 4X4, HEATED SEATS, 17" ALLOYS  
**WHOLESALE PRICE: \$16,799**  
**SAVE \$9,100 OFF OF RETAIL PRICE!**

**2016 DODGE JOURNEY** NEW Retail Price: ~~\$27,895~~  
#D9392R • 3RD ROW SEATS, SE TRIM, ALL-WHEEL DRIVE, V6  
**WHOLESALE PRICE: \$17,677**  
**SAVE \$10,200 OFF OF RETAIL PRICE!**

**2016 HYUNDAI ELANTRA** NEW Retail Price: ~~\$22,305~~  
#H8550A • GT HATCHBACK, HEATED SEATS, 17" ALLOYS  
**WHOLESALE PRICE: \$8,988**  
**SAVE \$13,300 OFF OF RETAIL PRICE!**

**2016 GRAND CARAVAN** NEW Retail Price: ~~\$28,440~~  
#D9170L • SXT TRIM, ALLOYS, BLUETOOTH, 3RD ROW SEATS  
**WHOLESALE PRICE: \$13,777**  
**SAVE \$14,600 OFF OF RETAIL PRICE!**

**2015 LINCOLN MKC SUV** NEW Retail Price: ~~\$33,995~~  
#P11258A • ALL-WHEEL DRIVE, TURBO, HEATED LEATHER  
**WHOLESALE PRICE: \$22,355**  
**SAVE \$11,600 OFF OF RETAIL PRICE!**

**2017 HYUNDAI SONATA** NEW Retail Price: ~~\$28,775~~  
#H0523 • SPORT TRIM, TURBO, HEATED SEATS, BACK-UP CAM  
**WHOLESALE PRICE: \$17,399**  
**SAVE \$11,400 OFF OF RETAIL PRICE!**

**LIKE NEW 2017 FORD ESCAPE SE SUV**  
#39138A  
NEW RETAIL PRICE: ~~\$28,045~~  
WHOLESALE PRICE: **\$17,944**  
*4x4, 17" Alloys, Back-Up Camera, Turbo, Bluetooth, Satellite Radio.*  
**SAVE \$10,100 OFF OF RETAIL PRICE!**

**LIKE NEW 2017 CHEVY EQUINOX LT AWD SUV**  
#39339L  
NEW RETAIL PRICE: ~~\$28,695~~  
WHOLESALE PRICE: **\$20,944**  
*All-Wheel Drive, 17" Alloys, Remote Start, Heated Seats, Back-Up Camera.*  
**SAVE \$7,700 OFF OF RETAIL PRICE!**

**LIKE NEW 2015 FORD F-150 4x4 SUPERCAB**  
#P11746L  
NEW RETAIL PRICE: ~~\$38,965~~  
WHOLESALE PRICE: **\$30,355**  
*2.7L V6 EcoBoost, Alloy Wheels, Bluetooth, SYNC, Back-Up Cam.*  
**SAVE \$8,600 OFF OF RETAIL PRICE!**

SALE ENDS 01/23/19. CANNOT BE COMBINED WITH ANY OTHER DISCOUNT OR PROMOTION AND MUST USE DEALER SOURCE FINANCING. SOME RESTRICTIONS APPLY. SEE US FOR DETAILS. NEW RETAIL PRICE BASED ON MSRP OF NEW MODELS, NOT VALID WITH PRIOR SALES. SELLING PRICE INCLUDING OUR \$1,000 IMPERIAL TRADE ASSISTANCE BONUS FOR A QUALIFYING 2007 OR NEWER TRADES. SEE US FOR DETAILS. ADVERTISED PRICE DOES NOT INCLUDE TAX, TITLE, REGISTRATION OR DOCUMENTATION FEE. VEHICLE MUST BE PAID IN FULL AND TAKE SAME DAY DELIVERY. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. CALL 1-800-526-AUTO TO SEE WHICH INCENTIVES YOU QUALIFY FOR.

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