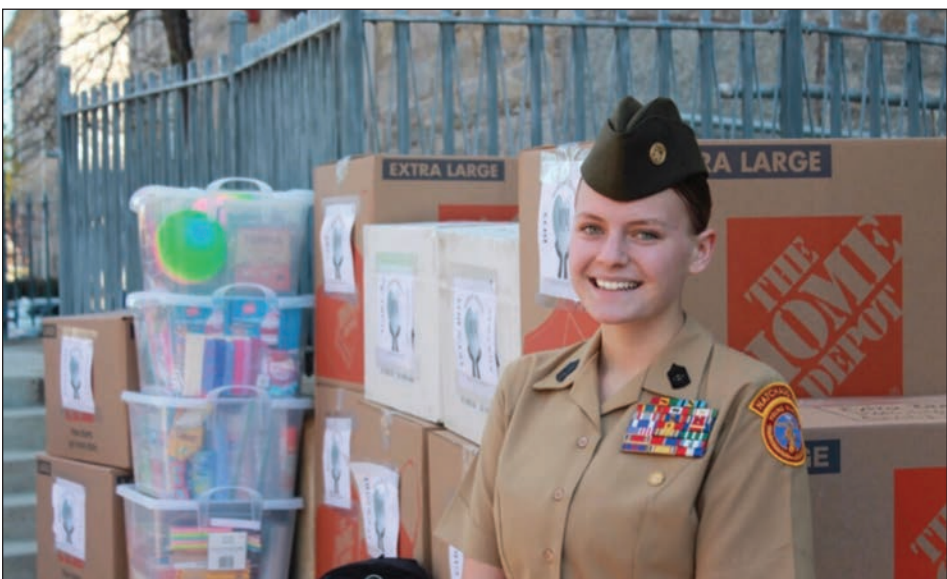




KILLINGLY VILLAGER

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Teen who created “MaKayla’s Mission” exceeds goals, wins highest award



MOOSUP — Young Marines Master Gunnery Sergeant Makayla Barstow, 15, of Moosup originated, developed, and executed a community service project to help Windham County children in the foster care system. She named the project “MaKayla’s Mission.”

For this altruistic work, she received The Young Marines Distinguished Order of Merit (DOM) which is the highest award a Young Marine can earn.

“Miss Barstow embodies our goals of developing our youth into leaders and compassionate, engaged citizens,” said Col William P. Davis, USMC (Ret), National Executive Director and CEO of the Young Marines. “She has created an amazing and much needed project. She is going to be an amazing future leader.”

The project consisted of bags for each child that included blankets, stuffed animals, clothes, hygiene items including a mask and sanitizer, and perhaps most important – a personalized letter of reassurance from Barstow.

“Many of these children going through a very traumatic time,” she said. “Giving them a care package with a blanket, a book, a stuffed animal, and more gives provides a little bit of comfort.”

Her goal was to create 100 bags, but the project ended up doubling that number, all of which she donated to the Department of Children and Families. Barstow said

Photo Courtesy

Young Marines Master Gunnery Sergeant Makayla Barstow, 15, of Moosup originated, developed, and executed a community service project to help Windham County children in the foster care system. She named the project “MaKayla’s Mission.” For this altruistic work, she received The Young Marines Distinguished Order of Merit (DOM) which is the highest award a Young Marine can earn.

*Please Read **BARSTOW**, page **A4***

Centaur’s barriers remain perfect with pair of wins

BY KEN POWERS
SPORTS CORRESPONDENT

The Woodstock Academy boys’ and girls’ cross-country teams continued their winning ways, both improving to 4-0 on the season with a pair of recent victories.

In a meet with Tourtellotte on Wednesday, Oct. 21, both teams posted 15-50 scores against the Tigers. Senior Ethan Aspiras won the boys’ race, covering the West Thompson Dam course in 17 minutes, 10 seconds. Tourtellotte’s Brayden Cutler finished second, followed by the Centaur’s Seamus Lippy (third) and Adam Thompson (fourth).

The girls’ race was won by WA’s Brooke Bergevin, who was followed across the finish line by teammates Linsey Arends and Leah Castle.

On Saturday, Oct. 17, both Woodstock Academy teams again won by matching 15-50 scores, this time over Killingly at home. On the boys’ side, Aspiras was again victorious, covering WA’s 5K course in 18:29. He was followed by

teammate Vince Bastura. The Centaur’s Max Auker finished fourth while Lippy was fifth. Lance Groh was 0-2 Killingly’s top finisher, coming in third.

In the girls’ meet with Killingly, Bergevin led the way for WA, finishing first (21:07). She was followed by teammates Tessa Brown, Carah Bruce, Julia Coyle and Talia Tremblay.

Volleyball

It was a Senior Day celebration to remember for the Centaur’s, who enjoyed a straight-set win over the Windham Tech Whippets on Friday, Oct. 16, in front of an intimate gathering of family members.

Leading the way in the 3-0 victory — 4-1 Woodstock’s third straight — were outside hitter Gabby Garbutt, defensive specialist Marissa Mayhew and setter Tabby Bezanson. Garbutt had seven kills and 10 service points in the game while Mayhew recorded 16 digs and 13 service points and Bezanson added 20 assists.

Garbutt, Mayhew, and

Bezanson, along with classmates Sierra Bedard, Amelia Large, Kileigh Gagnon, and Sara Cotillo Soria, were honored before the game for their service to the team and the Woodstock athletic community during their careers.

The Centaur’s made it four wins in a row on Friday, Oct. 23, defeating Putnam High, 3-0. Fours were wild for Garbutt against the Clippers; she finished the match with four kills, four digs and four aces. Also contributing to the win for 5-1 Woodstock Academy were Large (seven kills) and Bezanson (four aces, eight assists). Putnam (1-3) was led by Abby St. Martin, who recorded six kills and three blocks.

Boys’ Soccer

Like its volleyball counterparts, the Woodstock Academy boys’ soccer team celebrated Senior Day in style, defeating Parish Hill, 5-0, on Wednesday, Oct. 21. Seniors Andrew Johnson, Huck Gelhaus, Marco Maluf and Colin Smith all scored for the 6-0 Centaur’s, as did junior Ty Morgan.



Photos Carol Davidge
Eastford Elementary School’s Bulldog Mascot is on display.

Scarecrows bring spooky fun to Eastford and Pomfret

BY CAROL DAVIDGE
CONTRIBUTING WRITER

POMFRET — Even if the “Great Pumpkin” isn’t coming to the television, Pomfret and Eastford are showcasing scarecrows to help us

celebrate fall traditions. The Last Green Valley is a great source of information about activities anytime, including Walktober till Nov. 1.

The towns wanted to have

*Please Read **SCARECROWS**, page **A4***



NOW and Plainfield Youth Soccer host free soccer clinic

CANTERBURY — On Sunday, Oct. 18, Northeast Opportunities for Wellness, Inc. (NOW) and Plainfield Youth Soccer (PYS) partnered to host a free soccer clinic at the NOW Blackwell Field in Canterbury for U6 – U10 players. Attended by almost two-dozen children, the clinic focused on introducing and enhancing a variety of soccer skills, with NOW staff offering fitness & nutrition education & activities.

With the COVID-19 pandemic still limiting gatherings across the state and country, safety was a top priority for NOW and PYS officials. All current guidelines were followed to guarantee the safety of players and coaches. Safety measures included: players and coaches being required to wear face coverings before and immediately after the clinic. All children were divided into small

*Please Read **CLINIC**, page **A5***

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Touring Killingly's cemeteries



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WEAVER

Tomorrow is Halloween, so naturally, I have been thinking about the symbolism that accompanies the holiday. One often sees decorations of tombstones engraved with the letters R.I.P. Did you realize that Killingly has 73 known cemeteries/graveyards? The Hale

Cemetery Collection, compiled during the Depression, lists marked burial until the mid 1930's. Since it is accessible online, and the Web site find-a-grave has additional burials, if you are researching ancestors, it is possible to do so long-distance. I've really been enjoying seeing tombstones of my ancestors who died in Pennsylvania.

James A. Slater's "The Colonial Burying Grounds of Eastern Connecticut and the Men Who Made Them" contains a wealth of information on the men who carved some of the stones in the earliest burying grounds. In Killingly Slater attributes stones to the following: the Killingly egg carver (21), Elijah Sikes (23), Spalding (9), Roberts (4), Soule (8), Bartlett (1), Barker (17), G. Allen (5), Oneco White-stone carver (4), B. Collins (5), Manning (1), and Stephen Hartshorn (2). There are also unknown slates and sunbursts. In Brooklyn there are 32 stones by Sikes in the Old Brooklyn Cemetery and 21 stones by Soule in that same cemetery. In that town there are also stones by Manning, perhaps Barker, R. Kimball, Bartlett, Hodgkins, L. Kimball, G. Allen, J. Stevens, Jr., Haskins, and the Killingly Egg carver. There are 6 Boston-area slates and three sunburst slates.

Another known grave-stone carver from Eastern Connecticut was Joshua Hempstead of New London. Periodically he makes mention of carving them in his diary---Diary of Joshua Hempstead of New London 1711-1758.. "Thursd 2d (February 1720/1), fair. I was at home all day Cutting 1 pr gravestones. Jonat

1678. He lived his entire life in the house built that year by his father. It, along with the addition built by his own son Nathanael in 1728, is still standing and open to the public during the summer. The structure is known as the "Hempsted" House, the spelling used by the first few generations of "Hempsteads. Hempsted married Abigail Bailey of Long Island, probably in 1698. Their first child was born in July of 1699. The Hempsteads had nine children. A few days after the birth of their ninth child in 1716, Abigail died; five days after that their oldest son, aged 17, also died. Hempsted never remarried, bringing up the children with the help of relatives and women hired to do housework and spinning. He died in New London on December 22, 1758, about six weeks after his last diary entry." (<https://connecticut.history.org/joshua-hempstead-diary-a-window-into-colonial-connecticut/>).

I find Hempstead's Diary fascinating since it provides a window into the world of Eastern Connecticut, and indeed even Connecticut itself, since Joshua was a well-respected citizen, involved in the political dealings of the time, frequently appearing at Court. He usually recorded notes on the weather providing a glimpse of what it was like in this area the 1700's. You may not know that this period has been termed "The Little Ice Age" so the climate was much different than it is today. Since I have no newspapers or diaries from Northeastern Connecticut from this time period, my curiosity sends me to the Diary. For example: Saturday, October 1, fair; Wednesday, 5th, fair; It continued to be fair so "wee mended ye house--& stacked up all ye hay & Spread ye flax &c." Wednesday, 12, rainy; Sund 16, Rain. Mond. 17, "I set out for Newhaven with Ebe Dart. I lodged at Branford & got to New Haven Tuesd Morn 18ty. Tuesd. 25 I went to Milford in order to go to Stamford. Itt Rain & Some Snow at night, a violent Storm Wednesday night. I got (to) brother Hartshorns. Sister Lucy hath 5 Sons..." (p.103).

Now back to The Little Ice Age. "The Little Ice Age was a time period that saw winters in North America and Europe average approximately two degrees colder than the current era. Its coldest period is largely agreed by scientists to be between 1600 and 1800. A difference of two degrees may not seem like much but, in fact, does make quite a difference to daily life.

"A 1-2 degree Celsius temperature drop would have a significant effect on winter weather around North America," said Anthony Farnell, chief meteorologist at Global News. "Snow would arrive earlier in the fall and stick around longer in the spring. Borderline storms that now fall as rain or freezing rain would be more likely snow if it was just a couple degrees colder."

Farnell went on to explain how an increase in snow compounded the situation in the 1600s. "When there is more snow on the ground, the albedo of the earth's surface increases which means more of the sun's warming rays are reflected back into space. This then leads to even colder temperatures and more snow which is how a series of cold winters can snowball into a little ice age." The nearly 200-year cold stretch began to decline soon after the first Industrial Revolution began in the United Kingdom in 1760."

(<https://globalnews.ca/news/4924534/little-ice-age-death-55-million-indigenous-people-colonization-study/>)

The new membership year for the Killingly Historical & Genealogical Society began June 1, 2020. If you have not renewed your membership, please send your renewal to P.O. Box 265 Danielson, CT 06239. The mail and answering machine are being checked although the Killingly Historical and Genealogical Center is closed.

Donations are still being accepted during Covid. If you have something to donate, please call the Center at 860-779-7250. Someone will get back to you in a week's time to make arrangements. Preserving your treasures still remains important despite Covid-19. Thank you again for your generosity.

Margaret M. Weaver
Killingly Municipal Historian,
October, 2020. For additional
information email me at margaretmweaver@gmail.com or
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VILLAGER STAFF DIRECTORY

NEWS
EDITOR,
BRENDAN BERUBE
860-928-1818 x 323
brendan@villagernewspapers.com

ADVERTISING
MIKAELA VICTOR
ADVERTISING REPRESENTATIVE
860-928-1818, EXT. 313
mikaela@villagernewspapers.com

FOR ALL OTHER QUESTIONS PLEASE CONTACT
KERRI PETERSON
860-928-1818, EXT. 303
kerri@stonebridgepress.news

VILLAGER NEWSPAPERS
ARE PUBLISHED BY STONEBRIDGE PRESS

PRESIDENT AND PUBLISHER
FRANK G. CHILINSKI
860-928-1818 EXT. 103
frank@villagernewspapers.com

BUSINESS MANAGER
RYAN CORNEAU
860-928-1818 EXT. 102
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
508-764-6102
jimdinicola@stonebridgepress.com

EDITOR
BRENDAN BERUBE
860-928-1818 x 323
brendan@villagernewspapers.com

PRODUCTION MANAGER
JULIE CLARKE
860-928-1818, EXT. 305
julie@villagernewspapers.com

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Will the election sink the markets?

Over the last few months, many people have been beginning to worry about what might happen to the financial markets at election time. The fear is that if we get a disputed election, it could lead to disruption and possibly even violence. If so, we could well see markets take a significant hit.

In 2000, the hanging chad debacle in Florida hit markets, and this election could well be even more disputed than that one. Markets also share the fear, in that expectations of volatility have spiked in November as measured in the options markets. From a political standpoint, unless there is a blowout win by one side or the other, we are almost certain to get litigation and an unresolved election, like in 2000. A substantial market reaction would be quite possible.

Should Investors Do Anything Differently?

Volatility concerns surrounding an unresolved US presidential election raises the following question: what, if anything, should we do about it? We think there are two answers here. For traders, people who actively follow the market, this might be a chance to try to make money off that volatility. This approach is risky—many try and not all succeed. But if you are a trader and want to try your luck, this might be a good opportunity.

For investors who have a longer, goal-focused horizon, my question is this: why should you care? One reader mentioned an 8 percent decline in S&P 500 index during the 2000 unresolved election. Well, we just saw a decline of just about that magnitude in September. We saw a decline about four times as large earlier this year with the COVID pandemic induced economic shut down. And, at some point in almost every year, we see a larger decline. So, we get a decline in November. So what? We see declines all the time. Over time, they seem to matter very little as it relates to long-term market growth.

Will We See Longer-Term Declines?

The real question here, for investors, is if we do see a decline, whether it will be short-lived or long-lived. Short-lived, we shouldn't care. Long-lived? Maybe we should. But will we get a longer-term decline?

We might. Looking at history, however, we probably won't. Every single time the market has dropped in a meaningful way, it has bounced back. The reason for this is that the market depends on the growth of the U.S. economy. Over time, markets will respond to that growth. If the economy keeps growing, so will the market. So, unless the election chaos slows or stops the growth of the U.S. economy over a period of years, it should not derail the market over the long term.

Could the election do just that? We doubt it very much. We could—and very likely will—see a disputed election result. But there are processes in place to resolve that dispute. One way or another, we will have resolution by Inauguration Day. While we will almost certainly have continued political conflict, we will also have a government in place. From a political perspective, any continued conflict should not disrupt the economy and markets any more than we are already seeing.



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JIM ZAHANSKY
INVESTMENT
ADVISER

The political disconnect between the two sides is not going away. But we already are seeing the effects, and the election won't change that. The election will be when that disconnect will spike, but that spike will be around a distinct event with an expiration date. The effects likely will be real and substantial, but also temporary.

What Should Investors Do?

We certainly need to be aware of the effects of the election. But as long term focused, goal-oriented investors, we don't need to do anything. Like any specific event, however damaging, the election will (as others have) pass. We will get through this, although it might be rough.

So, Does Politics Affect the Economy?

If we look at politics in isolation, the effects on the economic growth rate, over the longer term, appear very limited. Does politics influence the economy? Of course. Is that effect significant over time? Not from a long-range perspective.

This discussion is as close—maybe closer—to politics as we like to get. We are not arguing for (or against) any individual politician or policy, which may well have had economic effects at a given time. We are saying that, as investors with a multiyear time horizon, history shows that the effects will likely even out over time.

You can see this with more immediate data as well. When Barack Obama was elected, many wondered what to do when the economy and stock market collapsed. When Donald Trump was elected, people had the same concerns. And, in the leadup to this election, many people are convinced that the end is near if the other side wins.

Look at the Long Term

From an economic point of view, growth comes from population gains, reinvestment of capital, and technological improvement. Regardless of who wins, all of those factors will continue.

So, our response to the Obama panic, the Trump panic, and the current panic is the same: look at the long term. Growth will most likely continue unless something new limits the US economy and the concept of capitalism as a whole.

This kind of analysis, and context, is the key to remaining calm. If we look back over time, we can see what is most likely to happen and why. Who wins the election certainly matters. Vote for your chosen candidate, because it is important. But one of the key reasons behind the success of the U.S. economy is the fact that it is largely independent of politics.

For more information about the election, financial planning, and additional articles, visit our website www.whzwealth.com/resources. As always, you can call us at 860-928-2341, or email us at info@whzwealth.com!

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1. Brad McMillan, "Will the Election Sink the Markets?", September 23, 2020.

<https://blog.commonwealth.com/independent-market-observer/will-the-election-sink-the-markets>

2. Brad McMillan, "Does Politics Affect the Economy?", September 29, 2020.

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If you find a mistake call (860) 928-1818 or e-mail charlie@villager-newspapers.com.

GOOD



NEWS

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The Danielson Veterans Coffeehouse Is Moving To A New Home.



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We also want to thank Pastor Jonathan Chapmanthe, Westfield Congre-

gational Church in Danielson for allowing us to holding our evening Veterans Coffeehouse in the early days. We want to also gives thanks to St. John Lutheran Church in Danielson with Pastor Lisa and Kathi Nurmi.

We have been fortunate in connecting with such generous and supportive people as those above who have been nothing but welcoming and hospitable all to our Veterans. We are again fortunate to have Jim Eccleston from the Putnam Elks putting out the welcome mat for the Danielson Veterans Coffeehouse as our new home, opening October 27 at 9am.



Sunnier forecasts ahead.

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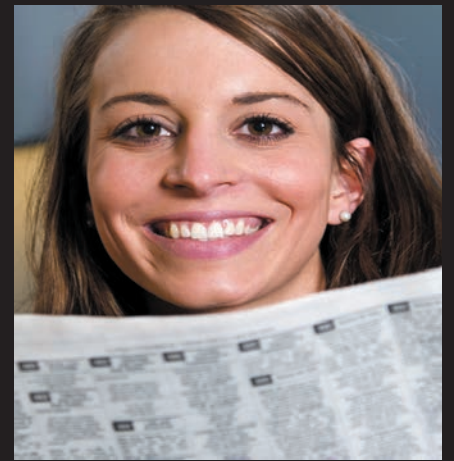
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SCARECROWS

continued from page A1

something safe for families to do at their homes. Pomfret's contest also includes giant pumpkins. Information, photos and maps are available on town websites. For Pomfret's contest information, go to: <https://www.pomfretct.gov> and look under "news" for scarecrow map. for Eastford information and scarecrow images, go to: <https://www.eastfordct.org/domain/1154> or Google townofeastford.org and go to Commissions then Recreation Commission. The Last Green Valley's activities can be found (including a year-round calendar) at: <https://thelastgreenvalley.org/>. Although much of the foliage has fallen, much remains to enhance the natural beauty of eastern Connecticut.



Pomfret School's athlete is one of several along Route 169.



Vanilla Coke Scarecrow reminds us that the international launch of Vanilla Coka-Cola in 2002 was at the Vanilla Bean Cafe in Pomfret.



Eastford's first prize winner is Sgt Crow of the US Scare Force.



Eight-year-old Lana checked out the giant pumpkins at Pomfret Town Hall.



The Quiet Corner Shouts group created this colorful female scarecrow in Pomfret.

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CLUES ACROSS

1. Battered corners: dog-__
6. __ Mater: one's school
10. National capital
14. Frogs and toads order
15. Bathrooms (French)
17. Praise
19. Witch
20. Consume
21. Pork and lamb are two types
22. Rocky peak
23. Women's undergarments
24. From end to end
26. Bed sheets
29. South Sudanese king
31. Dislike immensely
32. Diving seabird
34. Breathe noisily
35. Full of roots
37. Inside
38. Small island in a river
39. Tear into pieces
40. "CSI" actor George
41. Make less dense
43. Derogatory term for a country native
45. Pike and pickerel genus
46. Important in respiration and other biochemical reactions (abbr.)
47. Belgian city
49. "The Joy Luck Club" author
50. Essence of "Aloha"
53. Suggestions
57. One who overindulges
58. Expression
59. Maize dough
60. Make into leather
61. British noblemen

CLUES DOWN

1. One of two or more people or things
2. Small, deerlike water buffalo
3. Part of a ladder
4. Unit of work
5. Patriotic women
6. Fragrant essential oil
7. Aggressive, uncouth man
8. One thousandth of an inch
9. Brisk and cheerful readiness
10. Serving no practical purpose
11. Prevent from going forward
12. Camera part
13. Former CIA
16. Colorless, odorless gas
18. Long division of time
22. Atomic #73
23. Make a bleating sound
24. The kids love him
25. Female condition prior to menstrual period
27. Founder of Sikhism
28. Sudanese swamp
29. Can help with you finances
30. Part of the human body
31. Mortar trough
33. Greek island
35. Change pagination
36. Queens hip hop group
37. Precursor to the EU
39. A way to go on
42. Slender marine fish
43. Georgetown's mascot
44. Farm state
46. Military leader (abbr.)
47. Russian river
48. Teams' best pitchers
49. In a more positive way
50. Long French river
51. Reactive structures in organic chemistry
52. Distinctive practices
53. Male gypsy
54. When you hope to get there
55. Men's fashion accessory
56. Journalist Tarbell

PUZZLE SOLUTION	S	T	R	V	E		M	V	L		V	S	V	M	
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Glimpses Into the Future



BEYOND THE PEWS

BISHOP JOHN
W. HANSON

In 2020 COVID has demonstrated just how tentative and fragile life can be. We have all witnessed how quickly governments can take liberties, and how quickly people give them up when their health and safety are at stake. The social unrest in our nation has also demonstrated how volatile our society can become and how much hurt lies beneath the surface. The uncertainty can make us wonder what the future holds. Luckily, there is hope.

I grew up on a church pew. As a child, I heard preachers explain Bible passages that predict that the world would become more tumultuous. Their contemporaries scoffed. I heard preachers

use Scripture to point out that someday there will be a global order and that everyone on earth will be given a number in order to buy or sell. Unbelievers mocked such an idea as impossible. Others pointed out that Scripture talks about a short period of peace in the Mideast. Those ideas were also dismissed as improbable. Yet here we are: many of those preachers have passed on, but their predictions are coming to pass. Come to find out, the Bible has accurately predicted the future for millennia, and continues to be a reliable glimpse into the future - and into eternity.

One of the most significant prophecies in the Bible predicts that even as our world experiences turmoil, many people will become believers, just before Jesus Christ (who died and rose from the dead 2000 years ago) comes back to “catch away” those who are looking for Him. Such a claim may seem far-fetched, but God is good enough to give open-minded people little glimpses into eternity by letting them see similar miracles in real time. For example, several years ago a colleague of mine, Lee Stoneking, who lives in upstate New

York, dropped dead in the airport in Sidney Australia. He was pronounced dead on arrival, but forty-five minutes, and ten shock treatments later, he came back to life. His story was so exceptional, that in 2003, he was invited to tell the whole world in a speech to The United Nations General Assembly. To date millions have viewed it on Youtube and other venues.

Jesus gave us all a little glimpse into the future. Here is one of his more famous predictions:

Later, Jesus sat on the Mount of Olives. His disciples came to him privately and said, “Tell us, when will all this happen? What sign will signal your return and the end of the world?”

Jesus told them, “Don’t let anyone mislead you, for many will come in my name, claiming, ‘I am the Messiah.’ They will deceive many. And you will hear of wars and threats of wars, but don’t panic. Yes, these things must take place, but the end won’t follow immediately. Nation will go to war against nation, and king-

dom against kingdom. There will be famines and earthquakes in many parts of the world. But all this is only the first of the birth pains, with more to come.

Then you will be arrested, persecuted, and killed. You will be hated all over the world because you are my followers. And many will turn away from me and betray and hate each other. And many false prophets will appear and will deceive many people. Sin will be rampant everywhere, and the love of many will grow cold. But the one who endures to the end will be saved. And the Good News about the Kingdom will be preached throughout the whole world, so that all nations will hear it; and then the end will come.” (Matthew 24:3-14 NLT)

Bishop John W. Hanson oversees Acts II Ministries located at 1366 Riverside Dr., Thompson, CT. Please visit www.ActsII.org for more information.

CLINIC

continued from page A1

groups and spent the entirety of the clinic working exclusively in their group with one coach. Coaches and NOW staff kept face masks on throughout the event. Youth participants were allowed to remove masks during active play, as long as they were able to maintain at least six feet of distance from other persons present and were required to bring and play with their own soccer balls. Before being allowed onto the field for the clinic, each participant was asked if they were experiencing any signs or symptoms of COVID-19 and, if symptoms were present, they would have not been admitted to the event. Parents were welcomed to watch the clinic from the sidelines as long as they wore face coverings and maintained social distance from other individuals present.

NOW Executive Director

Sarah Wolfburg expressed the importance of keeping children active despite the limitations presented by the pandemic, commenting “Our organization’s mission is youth wellness and this year has presented unique challenges to keep children engaged in healthy activities. With the cooler weather setting in, it is important not to fall into unhealthy, sedentary habits. We wanted to do our part to offer opportunities for children to play in a safe way and we were grateful that Plainfield Youth Soccer worked with us to make sure this clinic happened. The feedback we’ve received from parents has been overwhelmingly positive. We hope that we can offer more activities as long as we can guarantee the safety of the children we serve.”

This is the second soccer clinic NOW has offered in collaboration with local youth recreation leagues over the summer and fall months. In August, NOW

hosted a clinic with Neconn Soccer Club, which saw 35 children attend. NOW is also in the process of planning additional indoor youth clinics for the fall and winter months in collaboration with the Hale YMCA Youth & Family Center in Putnam.

NOW is a non-profit human services organization focused on youth wellness. NOW provides children with the opportunity to participate in area wellness activities and athletics programs, offering scholarships to the youth of the community with up to 95 percent of the cost being subsidized by NOW. The mission of the organization is to provide ALL children, regardless of financial resources, equal opportunities to achieve & maintain youth wellness, beginning at an early age.

For more information on future events and programs offered by NOW, visit www.nowinmotion.org.

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Take heart — the madness of 2020 is coming to an end!

A friend texted me a few days ago and said, “You’re going to need to issue a retraction.”

I responded with a very articulate and intelligent, “Huh?”

She then texted a picture of my first column of the year, entitled, “2020 Promises to be Awesome!” Maybe awesome wasn’t the correct word.

Another friend posted on Facebook, “Dear Mom, you once threatened to slap me into next year. Does that offer still stand?”

Although a funny statement, I think most of us would endure that slap if it truly delivered the desired result.

I’ll admit, 2020 wasn’t exactly what I expected and hoped for. We were handed a virus, (I believe history will show it came from China, but does it really matter?) that we didn’t and maybe still don’t understand. One side is saying, “We left you a plan! All you had to do was follow it,” while the other side is claiming that early closing of the borders saved lives. I really don’t care who was in office, this is a virus no one understood and it’s impossible to prepare for something you don’t understand. Those screaming that the current administration has blood on their hands are making irresponsible

claims to gain votes.

However, it’s election season and irresponsible and ridiculous claims are being sprayed like machine gun fire from both sides. As we talked about a few weeks ago, it would seem that civility is dead.

The best news of the year is that the election will soon be over and “hopefully” the heat of the national discourse will cool.

Is that wishful thinking? I keep making the same point, but it’s important.

I trust the will of the American people. If your candidate doesn’t win, it’s not the end of life on earth as we know it. There is another election in four years and the beauty of our system is that we have checks and balances to keep us from driving off the rails until then. The worse thing that can happen is if a single party takes control of all three branches of government. Trust me, neither party is always right or always wrong. A little gridlock slows things down and forces negotiation.

I’ve never seen both sides so frantic. The screams from both left and right claim that if the other party ends, the



POSITIVELY
SPEAKING

GARY W.
MOORE

nation will be irreversibly changed for the worse.

Irreversibly?

I don’t think so. So please lower the volume, take a breath, and relax. The sun will rise on November fourth and life will go on.

As for COVID-19 ... it’s become so politicized that it’s hard to know what’s true. And shame on both parties for using a national life and death circumstance as a tool to gain votes.

But that is how 2020 began. It doesn’t mean that it must end this way. I am not naive’. I understand there’s nothing that’s going to change until after the election. If we are going to save our nation, we must accept the will of the people, regardless of who wins, then move forward together.

Sounds simple ... but it’s not easy.

First, watch a few movies and skip the evening news channels. Prime time is where the barking opinion heads work hard to hijack your head and heart. Watch a movie, read a book, take a walk ... do anything but expose yourself to the evening vitriol.

While in your car, listen to music and

again, avoid the shrill political voices coming out of your radio. Please understand ... these voices are rarely there to inform. They are there to manipulate your hearts and mind to come over to their side.

Relax. Take a breath. Turn off the noise. We are better than this and from Nov. 4 to Dec. 31, don’t let the results of this election determine your happiness. Let’s work on taking our year back and ending on a happier note.

American optimism is what has made the United States of America a beacon of hope, peace, and prosperity. Be hopeful. Find your peace. Let’s all prosper together, regardless of outcome.

I choose optimism over despair.

Vote, then move on.

Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @ GaryWMoore721 and at www.garyw-moore.com.

A spiced dessert for Halloween parties

Halloween party hosts may want to have a variety of treats on hand to satisfy the assortment of sweet tooths in attendance. Candy might be the first thing people think of on Halloween, but cakes and cookies can make for delicious treats as well.

Borrowing from the flavors of the season, including pumpkin, cinnamon and nutmeg, “Spiced Pumpkin Cake” from “Real Simple: Easy, Delicious Home Cooking (Time Home Entertainment)” from the editors of Real Simple can be a welcome addition to any Halloween spread.

Spice Pumpkin Cake
Serves 12

1 cup (2 sticks) unsalted butter, at room temperature, plus more for the pan
3 cups all-purpose flour,

spooned and leveled, plus more for the pan
5 teaspoons pumpkin pie spice
1 1/2 teaspoons baking powder
3/4 teaspoon baking soda
1/2 teaspoon kosher salt
1 1/2 cups granulated sugar
3 large eggs
1 15-ounce can pumpkin puree
1/2 cup whole milk
1/4 cup molasses
1 1/4 cups confectioners’ sugar
2 tablespoons fresh lemon juice

Heat oven to 350 F. Butter and flour a 12-cup bundt pan.

In a large bowl, whisk together the flour, pumpkin pie spice, baking powder, baking soda, and salt.

Using an electric mixer, beat the

ed sugar on medium-high heat until fluffy, 2 to 3 minutes. One at a time, beat in the eggs. Beat in the pumpkin puree, milk, and molasses (the mixture may appear curdled). Reduce the mixer speed to low; gradually add the flour mixture and mix until just combined (do not overmix).

Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 55 to 65 minutes. Let cool in the pan for 30 minutes, then invert onto a wire rack to cool completely.

In a small bowl, whisk together the confectioners’ sugar and lemon juice until smooth. Drizzle over the cake. Let set before serving.

• Tip: This cake can be baked and glazed up to one day in advance. Store, covered at room temperature.



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Pumpkin is not just for desert. Consider using this low calorie, flavorful vegetable, botanically classified as a fruit, in any of the courses of your fall or holiday meals.

The beta carotene that gives pumpkin its orange color is an important antioxidant. Increasing the beta carotenes in your diet can reduce the risk of developing some cancers and provide protection against heart disease.

And do not throw the seeds in the compost pile, roast them instead and enjoy the anti-inflammatory benefits of this snack. Remove the pulp by rinsing the seeds in cold water. Spread the seeds in a single layer on a baking sheet treated with a non-stick cooking oil. Lightly salt. Bake at 325 degrees for 25 minutes. Stir the seeds after 10 minutes. Allow to cool and store any leftovers, if there are any, in an airtight

container.

Harvest pumpkins when the fruit is fully colored and the rind has lost its shine and is hard. The curly tendrils near the pumpkin will turn brown and die when the fruit is fully ripe. Use a pruning shear to cut the stem and avoid damage to the plant and your harvest. Leaving several inches of the pumpkin's stem intact increases their storage life. And look for blemish-free fruit with intact stems when buying pumpkins from the grocery store or farmers' market.

Always harvest pumpkins before the first frost. Or cover plantings with floating row covers, old sheets or blankets when frost is in the forecast. Protecting plants from the first few frosty nights can keep them growing until the remaining frost-free days of the season are back in the forecast.

Only store pumpkins free of soft spots, cuts and other damage that can lead to decay. Cleaning them before storing can help extend their shelf life. Wipe them down with a dilute solution of one tablespoon of bleach per gallon of water. Allow them to dry thoroughly before placing them in storage. Washing the fruit removes bac-

teria and fungal spores that can contribute to decay.

Store pumpkins in a dark, dry, cool location between 50 and 60 degrees for storage. Place them in a single layer on cardboard, crates or wooden shelves. Avoid storing them directly on a concrete floor that can lead to rot.

Check pumpkins regularly for rot and soft spots. Remove any that show signs of rot and add them to the compost pile. Pumpkins that are stored properly can last for several months.

Remember to take time this season to enjoy the harvest and flavor as you cook up some tasty, nutritious pumpkin dishes this fall.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.



Photo Courtesy

This Orange Smoothie variety is a great pumpkin for carving, painting, and its meat is sweet for homemade pumpkin pie.

How to prepare and cook pumpkin seeds

Nutrition and Halloween do not necessarily go hand in hand. While many parents may go to great lengths to ensure their youngsters' Halloween treats offer at least a little nutritional value, the bulk of costumed kids' hauls still tends to be candy.

Pumpkin seeds are one delicious yet often overlooked Halloween treat. According to Healthline, an online medical resource that aims to educate readers as they pursue their health and overall well-being, pumpkin seeds provide a host of health benefits. Data from the U.S. Department of Agriculture indicates that a single cup of pumpkin seeds can provide as much as 22 percent of a person's daily recommended value of dietary fiber. In addition, pumpkin seeds are loaded with vitamin K, which plays a role in blood clotting and bone metabolisms and helps to regulate blood calcium levels.

Pumpkin seeds tend to be easily accessible come Halloween, as they're right inside the pumpkins many who celebrate this ghoulish holiday turn into jack-o'-lanterns. When carving pumpkins this Halloween, people can forgo relegating pumpkin seeds to the garbage can in favor of cooking them. The following are some tips, courtesy of Whole Foods, to help Halloween celebrants prepare and cook pumpkin seeds.

- Remove seeds from the inner cavity. Pumpkin seeds may sometimes be covered in excess pulp. Upon removing the seeds from the inner cavity, wipe off the pulp and then spread the seeds out evenly on a paper bag, allowing them to dry overnight.
- Place the seeds in a single layer on a cookie sheet. Once the seeds have dried, they can be placed in a single layer on a cookie sheet. Roast the seeds in the oven at

a temperature between 160 and 170 F for 15 to 20 minutes. Whole Foods notes researchers found that roasting pumpkin seeds for more than 20 minutes can lead to unwanted changes in the fat structure of the seeds. To avoid such changes, make sure the seeds are not roasted for more than 20 minutes.

Once they have been roasted, pumpkin seeds can be served as-is as a delicious snack. Whole Foods notes that seeds also can be sprinkled into mixed green salads. Pumpkin seeds can even be ground with fresh garlic, parsley and cilantro leaves and then mixed with olive oil and lemon juice to create a delicious salad dressing. Chopped pumpkin seeds also can be added to cereals.

This Halloween, don't forget to add a little nutrition to celebrations by roasting some pumpkin seeds.





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FRANK G. CHILINSKI
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BRENDAN BERUBE
EDITOR

Your voice, and your vote, matter

We have heard a good deal of buzz from younger voters recently regarding the upcoming election, and the overwhelming consensus among them is a sense that their votes do not count. While there are exceptions to this rule, we feel it is important to stress to our younger counterparts how important it is to pay attention and to head to the ballot box.

The youth voice is important, whether you are a Republican, Democrat, Independent, Libertarian, or something in between. Important issues in every election directly relate to concerns students and young professionals have, which is even more reason to arm yourself with knowledge. Truth be told, younger voters are needed now more than ever. Issues that concern students are college tuition reform, healthcare and federal job programs to name a few. You may not care now, but you may care a few years from now when choices politicians make, begin to affect your life, and they will.

Young voters make up almost 50 percent of the voting population, giving you a stronger voice than you think, making your votes collectively more influential across the board. An interesting bit of trivia is that youth votes declined by 2 percent from a record of 52 percent in 2008. In 2016, 19 percent of those ages 18-29 voted in the presidential election. Those ages 45-64, however, made up for 49 percent of the vote.

You may not think your vote matters, but the fact is that every vote counts. The climate of the country appears to be so divided that the youth vote matters now more than ever. Oftentimes, politicians will win by a small margin as low as 20 votes, especially in local and state races, proof that your vote does matter. Young people that want to inspire change need to find the candidate who represents their values best, and cast their votes.

With news at our fingertips these days, it's easier now more than ever to educate yourself regarding politics. Sure it may seem boring and often times it is, but educating yourself on current events and the issues will serve you well. One bit of advice is not to believe everything you read or see, and to always fact check your sources. Protect your interests and use your voice, after all this is what democracy is all about.

Do not be discouraged or intimidated to vote — it's easy. You have a right to be at the polls just like every other American. Bring a friend and go grab some lunch or breakfast afterwards, making it a fun occasion.

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OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Rosati Randall is the most qualified candidate to represent us

To the Editor:

As a retired Family and Consumer Science teacher, I am proud to support Christine Rosati Randall, the most qualified candidate, to represent the 44th district. Intelligent political decisions suggest we compare the voting records of the candidates. The results of this exercise will show Christine's clear, consistent, and active hands-on support for the families in our district. Her opponent's record pales in comparison.

Anne Dauphinais voted Nay on SB-1, Paid Family and medical Leave, Nay on HB 5004, Increasing the Minimum Wage, Nay on HB

Join me in supporting Christine Rosati Randall

To the Editor:

I don't normally write letters endorsing candidates for office, but in this instance, I am writing to ask voters in this district to seriously consider voting for Christine Rosati Randall.

It seems very obvious to me that she is the much better candidate for the average citizen. Her cares and concerns and her history indicate that she will represent the average local resident much more that has Anne Dauphinais. I have Anne's legislative history in front of me and it reflects no support for the elderly, for working families, for education or for women's issues. You can email me and I will send you a list of her (non) accomplishments (lgyshaafs@aol.com).

In short, if you are a working family, if you are elderly or are caring for elderly, if you

Dauphinais does not have our best interests in mind

To the Editor:

I have personally worked with Anne Dauphinais at the State Capitol on the Housing Committee. I can say without a doubt that she does not have her people's best interests in mind. I've seen her oppose bills to assist our homeless, bills to cap insulin prices, and bills protecting tenant's rights and safety. She continues to doubt and ignore concerns about Covid-19, as she has been door knocking without a mask in the middle of a pandemic this month.

Anne Dauphinais puts people before party

To the Editor:

I strongly support Anne Dauphinais to be re-elected as our State Representative.

Anne is doing a great job because she is very passionate about helping people. She gives her complete attention in listening to you when you have a concern or idea. I have known Anne for a few years, and I have found her to be caring and compassionate, and she follows through with what she says she will do. She has such a positive attitude for our community with boundless energy to fight

Christine supports families

To the Editor:

As a mother, nurse, and educator, I appreciate the commitment that Christine Rosati Randall has shown to the families in our community. Christine works with prenatal women and families with young children to offer much needed parenting education and support. During her time in the Legislature, she led the unanimous passage of legislation to provide developmental screening of young children to aid in improved outcomes. In addition to enhancing lives, this move helped to reduce special education costs.

Join me in supporting Mae Flexer

To the Editor:

I'm writing today to support Mae Flexer for State Senate.

Mae Flexer is a tireless advocate for Eastern Connecticut, fighting for some of the most important issues of our times: affordable healthcare; expanded Covid-19 testing capacity; caps on the cost of life-saving medications such as insulin; and other benefits that families, children, and the elderly need.

I've been privileged to see Mae Flexer at numerous events and celebrations in Eastern Connecticut over the last several years. Mae Flexer always honors veterans and she advocates for services that will benefit veterans

Say no to Christine Rosati Randall

To the Editor:

Christine Rosati Randall claims that the recent Eversource Bill will help everyone. How does that add up?

If this Energy Bill HB7006 requires all of us to pay as much as \$50 more a month or \$600 per more for year, how is that helpful? Christine should read these bills and be concerned with how they impact each and every one of us! For those of us that suffered food losses in the last storm this makes no sense!

7083, Climate Change Education in School Curriculum, and the list goes on. Fortunately, to our benefit, these bills passed the legislature. Her recent mailers to our homes reflect Trumpian rhetoric implying Christine's supporters are Communists, Extremists, and against law and order. This is absurd, juvenile, insulting, and unbecfitting a representative.

Please vote for Christine, our most effective, honest, and productive candidate.

JANET E. GILLETTE
DAYVILLE

have medical requirements, if you are for fair and equal treatment for all, if you don't necessarily feel that businesses need more tax breaks, please consider your vote carefully. It does make a difference.

Oh yes, don't get buffaloeed by her talk about taxes. Tax sensitive politicians (Tea Party types) always manage to find money - big money - when their programs require big money. They can be first in the FEMA line when disaster strikes and they don't hesitate to put their old folk in nursing homes at taxpayer expense. Hint: pay attention to what they do, not to what they say they do or will do.

VICTOR MARQUIS
KILLINGLY

I encourage every voter in her district to vote for Christine Rosati Randall on Nov. 3. She's someone who will listen to and care for the needs of those she represents. I'm proud to work beside her and hope that we come together as a community to move forwards, not back.

Thank you,

DALTON MONGEAU
KILLINGLY

for the people. She fights for family rights and she fights mandates that make insurance premiums unaffordable.

I wish Anne the best of luck in the future. I will definitely vote for her again because she is family oriented and thinks of the people, not just a party.

Sincerely,

NANCY OBREITER
PLAINFIELD

Christine has been twice named a Children's Champion by the Connecticut Early Childhood Alliance, she is endorsed by the American Federation of Teachers and received honor roll designation by the Connecticut Education Association. She is herself a mother of four sons, grandmother of eight and a tireless advocate for our families. Christine gets my vote because I appreciate action that helps our community.

CINDY ARPIN
MOOSUP

and their families. She supports programs and legislation that protect and empower women and girls. Her efforts on behalf of victims of domestic and sexual violence have won national and state recognition.

Mae Flexer brings a passion for justice to her role in the Connecticut legislature. We're fortunate to have such a skilled and caring senator as Mae Flexer to represent Eastern Connecticut. I hope you'll join me in voting to re-elect Mae Flexer.

Yours sincerely,

MARY GALLUCCI
WILLIMANTIC

Now we get to pay \$600 more per year for the possibility of getting \$250. Christine's claim is just a campaign gimmick to get elected.

Vote no to Christine Rosati Randall on Nov. 3.

Thank you,

NICHOLE PARENTE
KILLINGLY

Surviving... and enjoying... winter

I am getting ready for winter. This one promises to be unique, but I plan to be as resourceful, imaginative and as much a copy- cat as I can be to get through it happily. Much like you, I bounce between being gregarious and eager to see people with wanting to retreat to the safety and quiet of my home. We never know what the future will bring, but in this year of uncertainty, there are things we can do. Here's some of my plans:

I'm buying more candles. My daughter told me that although blowing out birthday candles is now a thing of the past, other candles are very acceptable. I used to dislike scented ones, but even they now have a place in my heart. We rented a small house once to a woman who burned vanilla-infused candles day and night. Eventually, the walls became coated with a sticky substance, and even the

wooden beams smelled. We cleaned it up, but the odor stayed in my brain. I've bought unscented tapers at Garden Gate, a florist shop. Just lighting candles makes a mundane evening meal seem special. My husband bought a dozen fake candles that run on batteries and turn on and off with a remote clicker. They look real enough. They are completely safe and they make me feel a bit warmer when we sit outside on chilly evenings.

It may be some time before I engage in a lively game of Paw Patrol dominos with my three-year-old granddaughter, but I do like to play games of skill and chance. Every morning, the New York Times offers a fairly easy mini-crossword and a large one that gets harder as the week goes by. If you are losing track of what day it is, start working the crossword. They have also added a word game called Spelling Bee that is challenging. My son-in-law bought me a game called, Stet! a term used by editors for "let it stand". I'll enjoy it. Friends introduced us to my favorite word game, Quiddler, which is a bit like Scrabble, but faster.

No matter the weather, I must walk outside, so I am always looking for new trails. We are fortunate to have the Airline Trail, West Thompson Lake, the Audubon Society trails, state parks and various land trust venues.

I walk in Pomfret on a lovely paved walkway or in Putnam along the Quinebaug River, when I am alone. Recently I hiked in the George Washington Forest on the border with Rhode Island. It was incredibly beautiful and on the Blue Trail in the Yale Forest in Eastford, a spectacular fall hike. I was introduced to the freeapp – AllTrails, which lists and rates trails everywhere, including places in the tri-state area. I'm also intrigued by "The Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut." It is a way to visit every town and learn something about each one. Maybe I'll get the book (\$26.53) for Christmas.

I went to Mackey's and bought 100' of bird seed and cases of suet. I feed the birds, with the help of neighborly chickens, and I loose myself in birdwatching. There is no end to the pleasure of peering through binoculars at the lively visitors who populate our backyard.

We bought a cord of wood from a neighbor and I've joined another book club, this one on-line, called Literati, and run by author Susan Orlean. I plan to sit by the fire and read on chilly, dark days.

Let's not just survive the coming winter, but enjoy it.

LETTERS TO THE EDITOR

Dauphinais is the kind of legislator we need

To the Editor:
Dauphinais does not go along to get along. She will stand up for all of us, even when it is not politically expedient.
Ask yourself what any politician would gain by saying No to a bill that will pass anyway. Nothing! For Dauphinais, transparency is key. She is the kind of legislator so many of us complain that we don't have. The kind of legislator that is willing to do

the right thing even if not politically expedient. The kind of Legislator that will not mix words and will always tell you the truth. The kind of Legislator that will give you an honest and real answer.
I urge you to #askannewhy and give her your vote on Nov. 3.

AMBER WILLIS
KILLINGLY

Shame on Rosati Randall

To the Editor:
Either Rosati Randall, a former Legislator, doesn't read bills, listen to floor debates or care if the public has a voice or she lies to you! Recently two bills that passed during summer session in emergency style will make you pay more. The passage of Insulin Bill 6003 and Energy Bill 7006 will both raise

your health insurance premiums and your electric bill. Rosati Randall either didn't read the bills and get the facts or she is lying to you. Vote no to Rosati Randall on Nov. 3.

SANDRA HILL
DANIELSON

Anne Dauphinais knows how legislation will impact local businesses

To the Editor:
I own a small construction business in town. It's important to me that Anne always votes against any bills that would strain my business or put more burden on my employees.
It's important to me that no matter how good some bills seem on the surface, Anne will make sure she understands how the bill will impact my family and my business before making

up her mind.
I appreciate that I can always ask her why she voted the way she did and get a very clear, straightforward answer.
I support her re-election campaign, and urge all small business owners to consider doing the same.

JIM COLLINS
DANIELSON

Anne Dubay Dauphinais, the clear choice for 44th District Representative

To the Editor:
The clear choice in the Connecticut 44th district race is our current representative, Anne Dubay Dauphinais.
Anne has always represented her district with integrity, honesty, and common sense. She doesn't vote for bills based on catchy titles, but actually reads them before deciding which way to vote. She has always made herself available to answer any and all questions about her vote on any bill.
Her opponent, on the other hand, is all about slander and innuendo and very little else. Their recent debate

on WINY radio highlighted these glaring differences between them. Her opponent refused to provide a straight answer to most of the questions put to her, and her pledge to run a clean race based not on attacks, but on the issues, lasted about a day. Anne has always been a judicious steward of taxpayer dollars and a staunch defender of her constituent's rights. We need more representatives like her in Hartford. Join me in voting for Anne this November.

NORM FERRON
DANIELSON

Anne Dauphinais has represented us with honesty and consistency

To the Editor:
Rosati is consistent about one thing: flip-flopping. She will tell you that she looks out for you, but does the opposite.
She voted against the second-highest tax increase, then did an about-face and voted for the second-highest tax increase.
She voted to tax Day Kimball Hospital (HB6965), then voted in opposition to hospital taxation.
She states her opposition to false advertising in campaign advertising; then puts out campaign lies about her opponent.
Declares she will not take state cam-

paign finance money and then does just that.
Let's understand, when Christine was a State Representative, she voted almost 100% with Dan Malloy and State Senator Mae Flexer. We still feel the pain.
Is this the kind of Legislator you want? Someone who twists with every political wind? No thank you.
Vote for Anne Dauphinais this November; an honest, and a consistent, servant of her constituents.

ANGEL DAVIS
PLAINFIELD

Saving Day Kimball

To the Editor:
Do we really want Day Kimball to end up like the Windham and Webster hospitals? Day Kimball is in dire straits, and will need a very strong legislative group from the majority party to bring in millions of dollars it will desperately need to survive.
The only choice we have is to add Christine Randall and Larry Groh to Pat Boyd and Mae Flexer to form a solid group to save Day Kimball.
Being in the minority party, Anne D. and Rick Hayer, having voted no so many times in the past, have absolutely no chance of bringing money to this

area.
I firmly believe the only way to save Day Kimball is to get a strong group from the majority party to get every dollar possible from Hartford.
It's plain and simple; to save Day Kimball, we will need the power group of Christine, Larry, Pat and Mae.
Anne and Rick have absolutely no power in the legislature, and are a wasted vote.
It's very obvious the only way to save Day Kimball is to vote Democratic.

JACK DUSSEAULT
DAYVILLE

Pay more with Christine Rosati Randall

To the Editor:
Everyone knows that most politicians will do anything to get elected, and unfortunately, Christine Rosati Randall is no exception. She will tell you anything you want to hear to get elected.
Both the recent passage of the Insulin Bill 6003 and the Eversource Bill 7006 do not do what both Christine and the media have led you to believe they will do. The insulin bill does not lower the cost of insulin it raises all of our insurance rates to pay for the subsidy. The

Eversource bill does NOT address the rate hikes and the recent summer storm power outage issues but it does allow for Eversource to charge our electric bills for their storm costs. Both of these bills will cost you more out of your pocketbook.
Say no to Christine Rosati Randall on Nov. 3 because we don't need more politicians that serve themselves.

MICHELE GENDRON
EAST KILLINGLY

Re-elect Anne Dauphinais

To the Editor:
I have known Rep. Anne Dauphinais for several years, and during that time, she has always made time in her busy schedule to answer any questions or assist us with any issues relating to the state system or government agencies. She has never hesitated to schedule meetings with us to discuss any concerns we may have with current government issues or proposed legislation.
My wife and I are happy to have someone that spends the time studying potential laws and weighs all the options related as to how it will affect every aspect of the community as a

whole, not like her opponent that is only concerned about voting within party lines. Rep. Dauphinais is not only an asset to the community and all those within it, but a true friend to anyone in need of help.
My wife and I urge those wanting an honest, hard-working individual that's working for you in Hartford, then vote to re-elect Anne Dauphinais to the State Legislature.
Sincerely,

GEORGE ROBINSON
PLAINFIELD

Vote for Larry Groh

To the Editor:
I have been a friend of Larry and Erica Groh for many years. They always stay involved with the community, helping whenever possible. Larry is aware of the needs of small business, as he owns one himself. He is a uniter, not a divider. He understands the need for cooperation between parties, as he has served as First Selectman, Selectman, and on the Board of Finance in Thompson.

Larry is well informed on education issues, senior citizens' needs, environmental threats, and job creation for our Northeast Corner.
I strongly urge citizens of Putnam, Thompson, and Killingly to vote for the candidate who will serve you with integrity. Vote for Larry Groh.

KATHLEEN ZAMAGNI
PUTNAM

A house divided

To the Editor:
In the words of Abraham Lincoln, "A house divided against itself cannot stand." Currently, America is a house divided. We like to put ourselves into our little groups, and fend off those groups who believe differently. There is an us-versus-them mentality. What we believe is always right, and they are always wrong.
This division has been seen throughout our country. From the way we have treated each other because of our different stances on the Covid-19 pandemic, to the political candidates we support.

We have been quick to speak, and slow to listen. We have huddled into our groups to conclude that those who do not agree with us on everything, are wrong about everything.
From the big time politicians in Washington, D.C. to the American voters in small towns, we all need to be willing to have a civil discussion. We need listen to each other and work together to make a better America for all of us.

SETH BUDD
EASTFORD

Dauphinais has been an advocate for medical freedom

To the Editor:
My name is Sarah Grant, and I live in Dayville. I am writing this letter in support of Anne Dauphinais.
I am a proud mother of three children, and I am currently pregnant with my fourth. One reason I support Anne is because she opposed and voted no on Bill HB 6003. Anne understood the deceptive nature of these pharmaceutical bills and that it would not lower the cost of Insulin and it would raise my family's already high health premiums. I am also a firm believer in medical freedom and bodily autonomy. Where there is risk there must always

be choice.
Anne Daughinais is an advocate for medical freedom in Connecticut. I am a one issue voter at this point. I am going to vote for whichever candidate is going to fight to protect our rights against an ever-encroaching pharmaceutically driven state and federal government. I am a registered Democrat, but this election, I am voting for republican Anne Dauphinais.
Thank you,

SARAH GRANT
DAYVILLE

Anne Dauphinais is a friend of small businesses

To the Editor:
I am writing to offer my endorsement of Anne Dauphinais in this November's election for State Representative in District 44 (Killingly and Plainfield).
As a small business owner, landlord, in Killingly, I can speak to the difficulty of conducting my business in Connecticut even before COVID. And this year has been exponentially more challenging as the Governor has failed to introduce a viable rental assistance program. To date not a single tenant of mine has received a dime in rental assistance.
Anne is pro small business and has been endorsed by National Federation of Independent Business (NFIB) and the Connecticut Business Industry

Association (CBIA) which gave her a 100 percent voting record in 2018 for her pro job growth positions.
District 44 voters have a choice, a pro-small business, lower tax, fiscal conservative, or more of the failed policies of Governor Ned Lamont and the tax and spend Democrat controlled General Assembly.
If you are a small business landlord, or want to create jobs in Connecticut, I urge you to vote to re-elect Anne Dubay Dauphinais this November.
Sincerely,

RICK OUELLETTE
KILLINGLY

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LETTERS TO THE EDITOR

An independent thinker

To the Editor:
I urge citizens to vote for Anne Dauphinais for District 44 State Representative.
One thing I have found out about Anne, she is an independent thinker, not concerned about the next election or what her party thinks.
Anne thinks beyond the immediate benefit in the headline or title of the bill, but rather looks at the long-term impact to all citizens, the not seen aspect of the bill no one identifies or talks about that will hurt us all in the long run. That is good.
Do you know, in 2018, Anne voted 20% against her own party? More than any legislator in the entire General

Assembly (Democrat or Republican)? Why?
Because Anne has principles, and thinks through the bill in the long term and what it means to diminishing our life, liberty, and property rights. Her oath is to the Federal and State constitutions, and to serve her constituents.
There is much to admire in those who stand against the majority who are more interested in getting elected than what is best long term for all Connecticut citizens.
Want an honest representative, vote for Anne Dauphinais this November.

LIZ LAVALLEE
KILLINGLY

Anne Dauphinais is a woman of character

To the Editor:
Anne Dauphinais is a woman of rare character. Her sincerity is one of the first qualities you'll notice when talking with her. It's evident she truly loves this country and her home state of Connecticut. What you see is what you get. She's not a politician.
She is selfless. Sacrificing her precious time with family and career to fight a seemingly uphill battle in the House of Representatives to promote and defend the values of northeastern Connecticut.
She is a woman of uprightness and strong moral character. When we the people of her district send her to Hartford once again, we need not

worry about her motives or convictions. We know that she is there to support and preserve the constitution of Connecticut. We know that she has the best interests of the citizens at heart and we can be sure she is there representing us well.
She is persistent! In the face of the overwhelming opposition, with a never ending checkbook, she strives to curb spending and fend off the debt that will be inherited by our children and grandchildren.
Anne will once again earn my vote. I'm proud to know her and support her.

BRENT MCCULLOUGH
KILLINGLY

Dauphinais lacks integrity

To the Editor:
I am not voting for Anne Dauphinais for a number of reasons.
She wrote HB 6322, an act authorizing the unlimited taking of game pursuant to a hunting license. This bill allowed hunters to kill as many animals as they wanted without bag limits. It was a bad and poorly written bill and fortunately for wildlife it did not go anywhere.
Anne voted against banning conversion therapy. Research shows conversion therapy is very damaging to gay children and Anne was called one of the "Hateful Eight" because she refused to vote for this bill. Anne was only one of four legislators to vote against capping insulin prices.
Reportedly, she made her money working for big pharma and she still thinks she is instead of the people in her district. Anne claims she fights regulations making insurance unafford-

able. Personally, I am paying \$500 more this year for my insurance. Who is Anne helping to lower their insurance costs?
Anne bashed Christine Rosati Randal for wanting to defund the police. That is such an outrageous lie. Christine Rosati Randall is married to a retired police chief. Christine knows far more about our Men in Blue than Anne does. Furthermore, Anne was a force in returning Killingly's racist mascot to shame our school and community.
Do you like the way our community and state has changed with people like Anne Dauphinais in power? If not, join me in voting for the honest candidate of integrity. Vote for Christine Rosati Randall.

NANCY GRANDELSKI
DAYVILLE

Anne Dauphinais has my support

I'm writing this letter in support of Anne Dauphinais in this upcoming election for Connecticut District 44. Anne has been a tremendous Representative thus far since she was last elected. She has been a strong advocate for citizens of this state when it comes to individual freedom.
Anne opposed every new tax proposal that went into effect in 2019. She knew what that would mean for the average Connecticut resident and she saw the matter for what it truly was. A last ditch effort by a fiscally irresponsible Governor to create more revenue after more and more of his disastrous tax and spend approach to managing this state.
Anne also opposed the outrageous ammo tax proposal that sought to raise the ammo tax to a whopping 35 percent. It was clear that this particular tax was meant to deter legal gun owners from their rights to own and regularly use their guns for various outdoor

activities by making the price tag unaffordable. Anne and her Conservative Caucus members put a stop to this attack on civil liberties.
Most importantly for me, Anne stood for medical freedom when it was under attack last year with Bill 5044. That bill is now dead, but medical freedom still hangs in the balance as the Governor and many other State Democrats seek to come after it again in the near future. We need Anne in the House. We need more people like her to fill more districts as well. Individual freedoms should always be protected and this is truly what Anne stands for. Not damaging socioeconomic and individually restrictive policies put in place by Majority Democrat leaders. This is why I fully support Anne Dauphinais for State Representative of Connecticut District 44 in 2020.

SARAH ACELIN
PLAINFIELD

We need a return to civility

To the Editor:
Last Saturday morning, I stood on the hill at the 44/Kennedy Drive intersection, holding a large American flag next to a banner that said "All gave some, some gave all, one had bone spurs." Down the hill, someone in our group had put up a banner that simply said "(f-word) Trump." I found that unnecessary impolite to the traffic passing by, but I had seen banners around the area, including one on a house right on 44 in Phoenixville, that said "TRUMP 2020 (F-WORD) YOUR FEELINGS." So I decided that the other side had thrown the bad word out first.
I left for my Saturday errands shortly after, but I hear that some folks were incensed by the (F-WORD) TRUMP banner. I was also outraged, but by the presence of a different banner, one paraded by the Trump supporters at that intersection.
A pickup with Trump and Confederate flags circled the block several times and then parked with the Trump supporters.
I have a long interest in the history of the American Civil War, Reconstruction, Jim Crow, the KKK

and the continuing fight for full civil rights for the descendants of slaves. I find any of the Confederate symbols evil and obscene. They belong in museums, not as part of a presidential campaign. They have always symbolized White Supremacy, which goes against all our finest American values. They are much more evil and offensive and dangerous than a common four-letter word.
That flag was paraded with Nazi flags in Charlotte. Dylann Roof waved one in his left hand while his right held the pistol he used to murder nine Black Americans at a church bible study in Charleston. The list is long.
There is no part of that flag's history that is noble. Over 400,000 American soldiers died taking that flag down; hundreds of those veterans are buried in our local graveyards. It is legal, but outrageously disrespectful, and casts only shame on those who stand with it.
We're all looking for a return to American civility. That's what I vote for.

G. LESLIE SWEETNAM
WOODSTOCK

Proud to support Anne Dauphinais

To the Editor:
I am writing to endorse Anne Dauphinais to represent the 44th District of Killingly/Plainfield once again. Anne is always attentive and listens to her constituents. She is proud to be our voice and it is clear that our interests are also hers. Earlier this year, I had a concern about a bill, and contacted her via email to ask her which side she stood on. She immediately called me on the phone to discuss the bill and hear my concerns. It was such a great feeling to be heard, and showed her dedication and professionalism. Not only that, but she truly cares and is compassionate.

I also appreciate the updates in the mail we receive from Anne about what is happening with other proposed bills at the capitol. It is clear that it is important to her to keep her constituents informed.
Anne has integrity and is a true freedom fighter with no political agenda. She is a positive energy in our community, and I am proud to re-elect her to represent the 44th district. Please show your support and vote for Anne Dauphinais.

JACQUELYN ROSS
KILLINGLY

We are lucky to have Anne Dauphinais

To the Editor:
At this time, I would like to take a moment to recognize someone who, in my opinion, is one of the hardest working individuals for the people I know today, Anne Dauphinais. Without any question, she is such an asset to the community and we are extremely fortunate to have her working for us in the Killingly area along with the many other surrounding towns.
From the Saturday morning coffee get togethers she has assembled to the town meetings that she has attended to make herself available to her towns people. She is relentless in her duties. She seems to always find the time to answer all and any questions that have been presented to her. Several times in the past I have contacted her and

she has always done her best to help my family out. The information she brings to the table, whether it be on the state level from issues concerning vaccinating our children, the tolls, legalizing marijuana, or closer to home the Killingly Energy Center, she is second to none. It amazes me why anyone would want to take on a job like this along with all the responsibilities that come with it.
With the number of Anne Dauphinais signs in families yards these days, that tells me she must be doing something right. Again, we are lucky to have her on our side and let's hope she continues to represent us for years to come.

MICHAEL CURRAN
MOOSUP

Anne's commitment to us has been exemplary

To the Editor:
As a District 44 resident and voter, I enthusiastically write this letter of support for Anne Dauphinais for State Representative of Killingly and Plainfield. Anne's commitment to all the people of Plainfield and Killingly is exemplary.
Anne knows that each and every bill affects every one of us in some way or another. She is not afraid to vote against a bill that will end up hurting more people than it will help. She thoroughly researches each bill and will not support it if costs the tax payer more money or takes away our personal freedoms. I am grateful that she is one of the few who will do this.
I will be voting for Anne because she wants to protect the rights of parents to choose how to raise their children when it comes to medical decisions, religion, and schooling. As a parent and educator I do not want my rights to

be limited or taken away. Anne's commitment to freedom, traditional family values and her dedication to look out for everyone is admirable.
I will be voting for Anne because she is fiscally responsible. She has and will continue to fight tax hikes that hurt all families and small businesses. CT is broke and it will not be fixed by raising taxes on hard working citizens and implementing more "projects" across the state by spending more money than the state has. She continues to work hard to make Connecticut affordable for all families.
As a person of integrity, Anne will listen to you, even when she may not agree with you. She understands that she is working for all of us.
Please go out and vote for Anne Dauphinais on Tuesday, Nov. 3.

JEN NAPIERATA
DANIELSON

Anne gets it

To the Editor:
In last week's District 44 WINY debate, people should listen to what State Rep. Anne Dauphinais says: emergency Certification bills are toxic and used to nullify representative government. The very thing our early leaders and patriots stood for and died for, is our right to be heard.
Democrats use this as a tool to eliminate any procedural requirements. It allows them to not have Committee Hearings or Public Comment. A tyranny of the Democrat oligarchy.
Anne gets it! Christine Rosati-Randall criticized Anne for her "no" vote on both the Energy and Insulin Bills, both of which were pushed through as an "emergency", and neither will be implemented before next summer. Christine is unwilling to stand for us even when it will cost us more of our hard earned money. The government gets too much

of our money to begin with.
Apparently Christine is OK with this process which prevents our voice from being heard and isn't interested in hearing about how these increased costs will impact us and our families. We have a Constitutional right to a representative government and today Governor Lamont and Democrats like Christine Rosatti-Randall don't care? Ned thinks he's king and can decide whose lives are destroyed with no legislative accountability. This isn't right!
We need Anne Dauphinais and more legislators like her, who wants the public to be heard and who understands this tactic isn't right! Anne gets this!
Vote for Anne! We need patriots like her at every turn!!

ELISE A. MAJUR
DANIELSON

Trust Act

To the Editor:
I urge all citizens of District 44 (Killingly/Plainfield) to bring sanity back to Hartford in this November's election by voting for Anne Dauphinais.
Last May, Democrats passed the Trust Act, a bill to provide sanctuary status to illegal aliens in Connecticut. No Republican voted for this bill.
The bill restricts law enforcement and court officials from holding undocumented immigrants for federal Immigration and Customs Enforcement (ICE) on a civil detainer. Democrats have passed a law that will not allow police and other law enforcement entities from cooperating ICE. They are giving illegal aliens a safe place to live, in contradiction of Federal law.
The Trust Act helps to prevent illegal immigrants from being deported. It is a magnet for undominated immigrants to come to Connecticut. We have great benefits for you, and we don't care you are illegally in our country. According to FAIR, in 2017, Connecticut taxpayers spent \$1.1 billion dollars providing welfare to illegal aliens.
This is a most dangerous bill. This bill eliminates seven critical exemptions that still remain in our current law which allow local law enforcement to cooperate with federal immigration

authorities.
Those exemptions include situations where an undocumented person in custody has been convicted of a felony; is subject to pending criminal charges, has an outstanding arrest warrant, is identified as a known gang member, is identified as a possible match in the federal Terrorist Screening Database, is subject to a final deportation or removal order; or presents an unacceptable risk to public safety.
Got that. Democrats have ensured by law we do nothing about these predators. We let them go free.
This bill only protects one group of people – illegal aliens who are also criminals wanted by the federal immigration authorities. This is who is important to Democrat politicians.
The result, of course, is that the public safety of all Connecticut residents will be compromised, citizens and non-citizens alike – even otherwise law-abiding undocumented immigrants.
If you disagree with making Connecticut a sanctuary state, I urge every District 44 citizen to vote for Anne Dauphinais this November to fight against this nonsense.

STEVE FRECHETTE
KILLINGLY

LETTERS TO THE EDITOR

A vote for Daphinais is a vote for principles

To the Editor:
During these turbulent political times, it is crucial that we vote for our principles and morals. This is the primary reason I am supporting, and will be voting to re-elect, Anne Dubay Dauphinais. Elected to the Connecticut House of Representatives 44th District in 2016, Anne has proudly served the communities of Killingly and Plainfield. She is a dedicated public servant which has been well documented over the past two terms.
As we witness politicians attempting to take away our rights, through her support of the Second Amendment, Anne is an effective advocate for defending these rights as guaranteed under the Constitution of the United States. For these efforts, the Connecticut Citizen's Defense League (CCDL) has endorsed Anne for re-election. Accordingly, Anne supports responsible firearm ownership. She sponsored a Bill to afford funding to the state-wide firearms trafficking task force to prevent deaths resulting from firearms illegally brought into the state.
Throughout the Covid-19 Pandemic, I have witnessed George Orwell's science fiction novel "1984" become reality with governor's declaring edicts and "Big Brother" tracking our every move. Hence, in response to the pandemic, on March 10, Gov. Ned Lamont declared an executive order which closed all of Connecticut's businesses that he deemed nonessential. Since the multiphase reopening of the state, these

Anne Dauphinais will look out for us

To the Editor:
I have been talking with some of my younger friends and acquaintances about the upcoming election and voting. I was shocked to hear that many of them are not planning on voting. When I asked them why, they said they feel that politics can be very toxic and they do not want to be a part of it.
I recall many years ago not paying attention to politics either so I did relate with my younger friends about the nature of politics. Case in point, I recently received a campaign flyer in the mail with Anne Dauphinais face superimposed on someone else's body. That really caught my attention because it just looked so odd. So, I decided to read it and see what it was about.
I was very dismayed to read what Christine Randal Rosseti was saying about Anne and her stand on the insulin bill. I thought perhaps Christine just did not really understand the insulin bill. It is a complicated bill and they are not always what they seem.
But then Christine went on to say Anne is giving money to pharmaceutical companies and is making money by taking yours from your pockets. This was so disturbing to read such harsh and untrue words. I guess Christine does not know or understand all that Anne has done for us otherwise how could she accuse her of selling drugs and paying back some drug boss??
And this is exactly what my younger friends were talking about when they said they need to stay away from dirty politics!
In fact, Anne has been an aggressive force against the government policy that allows the pharmaceutical indus-

This election goes beyond the presidency

To the Editor:
Soon it will be election day, and the Presidential race will be decided, but for me, this election goes way beyond that contest. I find it great news that Pelosi will receive her first genuine challenge in 30 years, and her opponent, Shahid Buttar, is said to be running a close race. "Pelosi knows that voters are dissatisfied," said Jasper Wilde, Buttar's campaign manager, added that «Shahid will shine a spotlight on precisely how little she has done for the district.» And when challenged to a debate, the smug and gutless Pelosi refused to take part in it so he conducted an empty chair town hall session. Did anybody see the recent interview between Pelosi and Wolf Blitzer of CNN? Watch it and you'll see her have a total "meltdown," and of course blame everybody but herself for not getting a new covid-19 relief package passed that would benefit millions of Americans. When asked by Blitzer why she won't accept the President's "generous offer," this pathetic, "worthless, has-been" squawked back and said: "Why are you defending this administration?" and, "Why do you want to put a check next to Donald Trump's name?" Anyhow, better news is that there is now an actual resolution to remove her as house speaker!
Among the others that I hope get sent packing are: Ilhan «because some people did something» Omar, AOC and «mad max» Waters. Omar is a member of our United States Congress and all she could say about the horrific terrorist attack on American soil was just: «some people did something,» and yet she cried about receiving death threats. Omar doesn't like the American way of

businesses continue to struggle to stay afloat while other's have been forced to go out of business altogether. On Sept. 9, Democrats voted within party lines to extend the Governor's executive orders and autonomous rule. However, weighing what is best for her constituents, Anne voted against Lamont's sovereign rule and stood by business owner's. She expressed her concerns stating, "This allows the Governor to make decisions that go well beyond public health for another five months." These are but a few examples of how Anne has represented the citizens of her district and been their voice in the legislature.
As a long time Killingly resident, Anne has also devoted a significant amount of time and effort working in the community through her involvement in the Republican State Central Committee as a representative for State Senate District 29, an advocate for victims of post traumatic brain injury, as well as a volunteer for the Special Olympics, various Veteran's fundraisers, and local food pantries.
Anne is welcoming, open minded, involved, and genuinely committed to serving the communities of Killingly and Plainfield well. Please join me in re-electing Anne Dubay Dauphinais as the Representative for 44th General Assembly District.
Thank you,

ULLA K. THIK-BARCLAY
KILLINGLY

try to produce products for which they have no liability for death and/or injury.
I know Anne to be very intelligent and will read in great detail before making a well thought out decision with each bill. Anne will look at the whole picture and how it will affect her constituents, the people she truly cares about and will continue to fight for them.
Truthfully, the cost paid to drug companies for insulin prescriptions does not change.
The bill does however does make an insurance change. People with Copays and Deductibles will have their copays reduced. The cost for this reduction to them will be spread to everyone else's premium. So, everyone pays more for insurance premiums to make this occur. What Anne did was vote to stop the increase of everyone's cost for insurance.
I have known Anne for many years ever since our children went to St. James School together. I have always known her to be honest and caring, a person of integrity
When you read a campaign flyer that slanders another person, I believe you should always give that person a chance to explain the truth. In politics and in life. Anne would be happy to take the time to discuss this with you. Feel free to reach out. She is here for us and she has my support.
Vote Anne Dauphinais if you want an honest representative who will look out for you.
Respectfully,

JEAN MARIE CYR
EAST KILLINGLY

life, but she certainly likes the money that it provides. According to new financial disclosures, Omar's campaign has sent 70% of its cash to her husband's consulting firm. That being her new husband because she kicked the old one to the curb after entering Congress. It's also been reported that "Ilhan Omar and her Somalian ballot harvesters have been caught," and it will be interesting to see what becomes of it. AOC got into office because her complacent (10 term) democratic opponent took her opposition way too lightly and he also refused to debate her - are you paying any attention to this, Pelosi? Waters is another "poster child for term limits," and the campaign video ads by her opponent, Joe E Collins, are all the explanation that is needed. I will however mention that "mad max" stooped to an all time low when she attempted to smear her U.S. Navy veteran opponent by saying that he was dishonorably discharged from the service.
I realize that though I can't personally vote to help get those previously-mentioned stains removed from office, I've put my money where my mouth is and donated to their opponents' campaigns, so now I can only hope that it helped.
I'm going to end this with a quote from (a black) American Civil Rights Activist Clarence Henderson: «Donald Trump is not a politician - he is a leader! Politicians are a dime a dozen, but leaders are priceless!" Trump in 2020!

ED DELUCA
NORTH GROSVENORDALE

The Trump administration shows its hand

To the Editor:
"We're not going to control the pandemic," White House Chief of Staff Mark Meadows told CNN's Jake Tapper on "State of the Union." As if we don't already know it, but the Trump administration has finally come straight out and said they don't care whether we live or die. This completely inhumane stance is essentially saying, "America, you are on your own. We're not going to do anything to safeguard you. We wash our hands of you even if you are a Trump supporter."
Trump keeps saying we are "rounding the corner." Yes, we are, except the corner is directing us to a worse world. Covid is spiking, and Trump is lying to us again.
And Trump has the gall to politicize the pandemic once again. Trump claimed on Monday that reporting pandemic statistics ahead of the election should be against the law because it might influence voting. Indeed, according to him, telling the truth is now criminal and exempt from the freedom of speech.
But voter intimidation and obstruction is somehow OK. As an example, in Pennsylvania last week, Trumpers formed a line of semi-trucks and cars that ran around the block of a polling place, honking their horns so loudly that voting was severely impeded. Election officials carried on nonetheless to make sure votes were cast properly. Police were there but they did nothing to curtail this egregious violation of voting laws.
And who is causing all this turmoil - Trumpers and the alt-right. Notice that these are the people carrying guns, making threats of kidnapping and violence and getting arrested for inciting civil unrest. For example, the Guardian reported that in 2019, deaths due to

Biden and Harris will bring us a bright future

To the Editor:
"- - - of the people, by the people, and for the people"
From "The Gettysburg Address," by Abraham Lincoln
November 19, 1863
As a Comparative Philosopher, and a Professor Emerita, who taught formal logic and critical thinking, I am aware that "Truth" as an absolute is not something that we humans are "heir to"; however, we can seek it and live by it as a goal. We do have facts, and although, our knowledge of the facts is often limited, and the fact that facts can change, does not absolve those who care about the pursuit of "Truth" as a goal, and adherence to the facts, from a determination not to lie or to deceive.
In order to have a country that is "Of the People, By the people, and For the people," we need to
base our interactions on trustworthiness, and trustworthiness is based upon truthfulness, and I would add sincerity.
"Truthfulness," unlike "Truth" as a goal, has to do with character. It is essential for trustworthiness. Interestingly there are traits of a trustworthy person listed by Google. They include: integrity; compassion; kindness; and resourcefulness. Trustworthy people are also said to be connectors, and humble.
If you care about your country, and that it is a country, "Of the people, By the people, and For the people," then you care about

Anne Dauphinais fights for us

To the Editor:
We need more legislatures like Anne Dauphinais who fight against the Democrats to destroy our state. I urge my friends to vote for Anne Dauphinais this November.
Anne isn't afraid to stand up against the status quo and I love that about her. The CGA keeps a status of all votes. Anne was rated the legislator most to vote against her own party (Democrat or Republican) in Hartford. She votes this way because she votes on principles, not politics.
Anne doesn't just think about the short term, she looks at the long term. How it impacts all Connecticut citizens.
HB7006 An Act Concerning Emergency Response by Electric Distribution Companies and Revising The Regulation of Other Public Utilities is a good example.
Another Emergency bill passed by Democrats in a COVID Special Session. Understand, Democrats use ECert to eliminate Committee Hearings and Public hearings. They don't want public

domestic extremist violence were committed by white supremacists in 39 out of 48 cases. Furthermore, the FBI has classified white supremacists and ad hoc militias as terrorist groups. Note: none of these types of events have been proven to have been committed by the non-existent antifa.
Trump and his appointees took an oath to defend and protect America. They all have casually reneged on their oath. If there is any sanity left in America, they should be impeached and perhaps criminally charged for violating their oath of office, malfeasance, dereliction of duty and violation of numerous aspects of the Constitution.
On a somewhat humorous note, Trump defended his administration's strict immigrant detention policies by claiming that only people with "the lowest IQ" follow the law by showing up for court proceedings. His words, not mine. Besides being racist, consider what he has implied in this. He's saying, therefore, those with high IQ's (aka the wealthy) don't show up for court proceedings and thereby obviously are flouting the law. I love this guy.
I wrote my first anti-Trump OpEd letter in August of 2016, before the election. This is my 44th letter. I have taken pains to not repeat myself, which only indicates the mountain of controversy, corruption, scandals, lying, negligence, malfeasance and out-and-out law breaking that has been going on. I have almost always provided my source of information and provable statistics. I don't know if I've changed any minds with my scribbles, but I'm happy that I've been able to exercise my right to free speech in a free press. So far.
STEPHEN ETZEL
PUTNAM
"Truth" as a goal, and facts as we understand them, and that our leaders must be truthful. If you understand that no democratic republic can be led by one who:
deliberately falsifies the facts, and tries to deceive the people; has collaborated with dictators around the world; and who wants to isolate the United States of America from her allies; then go to the polls or send in your ballot to vote for Joseph Biden, the former Vice-President of the United States.
Joseph Biden is a man of integrity, who has made mistakes in his long career, but who has corrected those mistakes, and he is trustworthy in every sense. He will also surprise us with his wisdom when he is "at the helm". His demeanor is basically one of a calm leader who, with his Vice - President, Kamala Harris, can and will: lead us out of the pandemic; out of poverty of so many of our people; continue the struggle for women's rights; and most urgently, will stand for the acceptance of all of our citizens, regardless of governmental party, ethnicity, gender identification, religious beliefs or lack thereof. Together, they will also take measures to see that those people who live here and want to be citizens can do so. With Joseph Biden as our president, and Kamala Harris, as our Vice - President, we will have a bright future as a nation/state working with other nation/states in this world.
HOPE K. FITZ
WOODSTOCK

hearings because it will point out their nonsense. This alone should receive a Nay vote.
She was one of four that voted against, and if it were not an election year, more would vote against. Why, because this bill was presented as a bill to rectify the most recent enormous rate hikes and July's storms issues. This bill did nothing for either. Nothing.
Factually, the bill will increase the cost of everyone's electricity bill by \$50 or more according to Eversource. You will pay \$50 or more per month for this bill.
I'm pretty sure, Anne was not elected to raise the price of electricity on everyone because the status quo tells you it is okay.
Want someone who will speak the truth and fight for you and not the status quo, someone who has your backs, join me and vote for Anne Dauphinais this November.

CHASTITY WALSH
DANIELSON

More Letters to the Editor
on pgae 13

OBITUARIES

Arnold W. Smith, 93

WOODSTOCK- Arnold W. Smith, 93, passed away October 22, 2020 in his home.



He was born February 18, 1927 in Springfield, MA. son of the late Arnold and Doloris (Ardizzoni) Pagnoli and was predeceased by his loving wife of 62 years Doris M. (Lemire) Smith.

He leaves behind his daughter, Laura Bonola, his son, Craig Pagnoli and his wife Colleen, his daughter Kathleen Smith, his son Brian Smith and his wife Hope, also his grandchildren; Michael, Anthony and Alexandra Bonola, Christopher Smith and his wife Heather, Ashley, Tyler and Kendyll Smith and great grandchildren; Carly and Chase Smith and

Colton Lajoie, close friends; Linda Froneberger, Elaine Guerin, and Donna Stoliker. Arnold served in the U. S. Army Air Corps during WWII.

In his younger years he worked as a steeplejack, he then became an advertising salesman, winning multiple awards until his retirement.

He and his wife were world travelers, seeing over 30 countries, he also enjoyed researching his 'genealogy' back to Italy. He also enjoyed playing Trivia and being the smartest person in the room.

A Special 'Thank You' to DKH Hospice care givers; Stacy, Kelly, Joanne, Lynn, Lois and Renee. Your care and compassion meant the world to us.

There are no calling hours and services will be private.

The ROBERT J. MILLER FUNERAL HOME and LAKE CHAPEL, 366 School St., Webster is Honored to be assisting the family with arrangements.

To leave a message of condolence, please visit: RJMillerfunerals.net

John Philip O'Hara, 87



WOODSTOCK - John Philip O'Hara, known as Phil, passed away Sunday evening,

October 18, at the age of 87, in Brooklyn, CT, with his children at his

side. Born May 17, 1933, in Worcester, MA. Mr. O'Hara was a graduate of the New Hampton School. He earned his Bachelor of Arts at Brown University in 1957 after spend-



ing two years serving in the U.S. Army in Korea.

Mr. O'Hara and his wife of 25 years, Patricia, recently moved from Providence, Rhode Island, to the Quiet Corner of Northeastern

Connecticut.

For further information about the life of Mr. O'Hara please visit: <https://www.gilmanandvalade.com/9371-2/>

Mary Posiadala, 95

Mary Posiadala, 95, of Brooklyn passed away on Tuesday, October 20, 2020 at home surrounded by her loving family.



She was born March 25, 1925 in Borowa Gora, Poland to the late Greg & Anna (Dziki) Gwodz. Mary was the beloved wife of the late Jozef Posiadala. Jozef and Mary traveled from Germany in 1949 with

a suitcase and their son Joseph and were welcomed here in the US by her Uncle and Aunt, Michael & Anna Dziki and their children. Mary was employed at Prym's for 42 years as a packer. She enjoyed cooking for anyone that would stop by to visit her home and especially making her famous perogies, cherry squares and sweets mostly from scratch. She loved flower and vegetable gardening. Mary was also a creative and proficient seamstress specializing in making curtains for her and her daughter's homes as well as dresses for her granddaughters. Mary loved to travel with her best friend

Gerry Salvas and his siblings all over the United States. Just recently, Mary traveled with family to Maine to visit her grandson and family. She was a communicant of St. James Parish. Mary is survived by her son Joseph, grandchildren Jo-Ann and Lynn Posiadala, Jeffrey Logee and his wife Tanya Hanke, and great grandchildren Ashley Chauvin, Anthony Posiadala and Otto Logee. She is also survived by her son-in-law Wayne Logee. Mary was predeceased by her husband Jozef in 1977, daughter Anna Logee in 2014 and very special friend Gerry Salvas in 2020. The family wishes to thank Dr. Paul Matty, the staff at Day Kimball Hospital and the DKH Hospice nurses for their never-ending care they provided for Mary. A Memorial Mass of Christian Burial will take place on Saturday October 31, 2020 at 10:00 AM at St. James Church 12 Franklin Street Danielson, CT followed by burial at Holy Cross Cemetery, Danielson. Donations may be made in her memory to St. James Church 12 Franklin Street Danielson, CT 06239. tillinghastfh.com

Sr. Marian St. Marie, DHS, 81

PUTNAM - Sr. Marian St. Marie, DHS, 81, a member of the Daughters of the Holy Spirit, unexpectedly died on Monday October 19, 2020 in Putnam, CT.



Born Marian Therese St. Marie on October 11, 1939 in Hartford, CT, she was the daughter of Leonide and Gertrude Marion St. Marie. She entered religious life in 1957 and made her

religious profession on July 2, 1959 at the Holy Spirit Provincial House in Putnam, CT. She was then known as Sr. Therese Marian. She earned her BA in education and theology from Diocesan Sisters College and her MA in History and Political Science from St. Joseph University in West Hartford, CT.

A lifelong educator, she began her teaching career in elementary schools in CT, VT and MA. then taught social studies and history at Putnam Catholic Academy in Putnam, CT, South Catholic High School in Hartford, CT until it closed and then at Mercy High School in Middletown, CT for 22 years. In her work she aimed to make her students aware of the positive aspects of cultures other than their own and of the injustices that have been perpetuated throughout history into the

present day.

She left teaching after 52 years when called to be a Provincial Councilor for the US Province of the Daughters of the Holy Spirit in 2014. In addition, she was the Advisor for the East Coast Associates. Her mandate as Councilor ended June 30, 2020 and she was looking forward to where the Spirit would lead her at this time.

Sr. Marian is survived by the Daughters of the Holy Spirit spiritual family - her Sisters in community, the Consecrated Seculars and the Associates. She is also survived by her brother Gerald and his wife Elaine St. Marie, a nephew Geoffrey St. Marie and a niece Aimee Viniconis, a grandniece and grand-nephew.

Calling hours were on Saturday, October 24, 2020 from 10:00 a.m. to 11:00 a.m. at St. Joseph Church, 99 Jackson Street, Willimantic, CT with a prayer service at 10:15 AM. A Mass of Christian Burial was held at 11:00 a.m. followed by burial in St. Mary Cemetery in Putnam at 1:00 p.m. Social distancing guidelines will be followed including the requirement of a mask.

In lieu of flowers donations may be made to DHS Retirement Fund, P. O. Box 497, Putnam, CT 06260. The Gilman Funeral Home, 104 Church St., Putnam, CT is in charge of arrangements. For memorial guestbook, please visit www.GilmanandValade.com.

Experiment with Halloween bark

Festive Halloween treats can be easily concocted with a little imagination. Crafting a homemade chocolate and candy bark is one way to incorporate many of the candies and other treats synonymous with Halloween in a single delicious bite.

According to Baking Bites, an online source of recipes and cooking advice, chocolate bark is a sheet of chocolate that is usually covered with nuts, dried fruits, candies, or additional pieces of chocolate. Bark, which is an easily prepared homemade dessert, can

be broken apart into pieces.

Making bark begins with a favorite melting chocolate. Individuals can use candy-making chocolate that may need to be tempered and poured, or they can melt down chocolate bars and chips. This is best done in a double boiler set over simmering water. Some people have success melting chocolate in a microwave on low until the right consistency is reached.

The chocolate should be spread out on a pan lined with parchment paper or another nonstick surface, such as

oiled aluminum foil. While the chocolate is still tacky, add the desired bark ingredients. Come Halloween, cooks can use candy corn, pretzels, raisins, pumpkin seeds, sunflower seeds, and even dried cranberries to give the treat a seasonal feel. Of course, the bark can

be customized to any flavor profile. Another fun idea is to have gummy worms or other candies sticking out of the bark for a truly 3-D effect.

Some people may choose to use white chocolate or melting candies in different colors (orange and yellow) to add even

more appeal to Halloween-theme bark.

Let the bark cool and harden. It can then be lifted off of the pan and broken into pieces.





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LETTERS TO THE EDITOR

Vote Dauphinais for responsible government

To the Editor:
Citizens of District 44 (Killingly/ Plainfield) will once again get to choose between a tax and spend Democrat, Christine Rosati Randall, or the incumbent, a constitutional and fiscal Conservative Anne Dauphinais.
In 2015, Christine Rosati Randall voted to implement the second largest taxation on Connecticut citizens SB502. She supported and voted to tax our local Hospital, Day Kimball putting them into a financial crisis. Additionally, among so many other taxes Christine voted to put a tax on parking fees to state parks.
While in office, Christine voted almost 100 percent with Gov. Malloy, the Democrat controlled General Assembly, and Senator Mae Flexer.
Our state continues to be a fiscal and economic mess. We need fiscal constraint and control in Hartford, not more tax and spend Democrats who have controlled our General Assembly for over 30 years and led us to be ranked the third worst for financial health of all states.
Connecticut does not have a revenue problem; we have a spending problem.

Just wrong for the Quiet Corner

To the Editor:
We are now in the home stretch, and we still don't know what Christine Rosati-Randall is running on. We do know she enjoys twisting the truth and enlisting the help of her liberal friends to do the same. I am so disheartened by the fact she chose not to apologize for playing dirty politics during the debate with Representative Anne Dauphinais on WINY Oct. 16. It was unfortunate. However, it does explain why more people vote for Anne.
Anne votes with logic and common sense. She looks to the consequential longevity of her decisions. Take HB 6003 for instance; the Insulin Bill. We have learned voting "yes" on this bill ultimately raises insurance premiums for everyone; whether you are on Insulin or not. To imply Anne's job of almost a decade ago would influence her votes is ludicrous and potentially libelous. Christine has no shame! There are discount options on the American Diabetes Association website and if you contact the manufacturers in many cases, you can receive coupons, rebates, etc. There are numerous generic programs, as well. Voting to approve this bill did nothing but shift the burden from one group of struggling individuals to another group of struggling individuals. This results in insurance companies making up their loss in profit by increasing premiums. So you could argue, those who voted for the bill to pass are the ones helping Big Pharma. The House was told this would increase insurance premiums for people across the board. Now if Christine Rosati-Randall was so concerned with Anne harming her constituents on insulin; what about all of the others already paying high insurance premiums for other hi co-pay medications? She must not care about them. A smear campaign does nothing for your constituents. It just makes you look bitter, petty and small minded.
The next Bill that made huge headlines recently is HB 6004; the Police Reform Bill that so many officers are going to be negatively impacted by. It is odd to me that Christine Rosati-Randall

Democrats spend too much with no constraints or any accountability. They don't care about balancing the budget. It's not their money.
Recognize, Christine and her party believe in open borders and sanctuary cities which cost Connecticut taxpayers billions of dollars at the expense of Connecticut citizens. They believe in defunding police through the ill-advised Police Reform bill passed. They believe in more and more taxes, fees, and regulations on citizens and small businesses. They don't believe in parental rights or your Second Amendment rights.
Anne will continue the fight against more taxes, fees, regulations and mandates that are crushing our towns and State. She will never vote to infringe on your right to keep and bear arms. She will protect your parental rights to raise your children as you see fit.
If you want thoughtful governance to protect individual rights, I suggest you vote for Anne Dauphinais in November.

LISA DANBURG
DAYVILLE

said she would use her "due diligence" for revisions on HB 6004 if she were miraculously to beat Anne in this race. Well, if you already admit the Bill needed revisions when it was passed then it should not have passed. Is there a guarantee that it will be revised? Is she counting on that? Common sense would say, it should have been struck down if it needed revision straight out the gate. It was rushed, it was a knee jerk reaction by democrats who want to treat CT like some far left cities around the country. This is just a very bad bill that never should have come up. If you support the police, you would outright denounce HB 6004 as Represenatives Anne Dauphinais and Rick Hayes have done. Police officers have denounced this bill. "Why didn't you Christine?"
Could it be because one of her biggest endorsers wants to defund the police? She should be denouncing the violence in the streets being purported by her party but that doesn't line up with The Working Families Party of Connecticut. If you have not heard of them, let me tell you who else they support. AOC, Ilhan Omar, Rashida Talib and Ayanna Pressley also known as "The Squad"; just a few radicals on the left. They also endorsed Mae Flexer and Rosa DeLauro. Two of our current democrat representatives who continue making Connecticut great again. Just kidding. They keep putting us deeper in the hole. They both need to go. Here are just a few quotes from The Working Families Party website under their charter: "Shift resources away from policing, jails and detention centers, endless wars and agencies that separate families..." – Defund Police. "Eliminate restrictive local zoning rules that keep housing and schools segregated by race and class." Regionalization and infringe on personal property rights of land owners. "Raise the minimum wage to \$15 per hour everywhere" – Crush small businesses in communities across America. This is what Christine Rosati Randall stands for. No wonder all she wants to do is bash Anne.
Rosati-Randall's campaign has just

Anne Dauphinais is the only logical choice

To the Editor:
In order to ensure that my God-given rights are protected, I will be casting my vote for Anne Dauphinais on Election Day. I advise anyone who cares about the values this country represents and their community's safety and security to do the same as she is the clear choice.
Anne stands up for all of us in a variety of ways. She is honest and upfront. With Anne, what you see is what you get. The first time I met Anne she had a candid conversation with me which is refreshing from a public official. She represents the principals that this country was founded upon that are under attack as of late. Her focus is protecting our rights to freedom and defending us from government overreach. I know she is patriotic and passionate as I have seen it firsthand at the many events we have ended up attending together.
Being a teacher of History, I have had any conversations with Anne regarding Constitutional freedoms, and instilling values in our children which include respect of our law enforcement. Anne

is on the correct side of all these issues. She supports our police which means she supports the safety of the members of her community. She knows the importance of educating our students honestly and factually. She stands up for the freedoms that we all have and against government infringement upon them. Anne makes well-informed, educated choices when she legislates. She looks at the entire picture and doesn't sacrifice the rights of her constituents for her own benefit. She can explain logically all her decisions and makes herself available to anyone who asks.
As far as I can see, Anne is not only the logical choice on Nov. 3; she is the only choice. I appeal to my fellow citizens to vote for the protection of your freedoms, the safety of your community, and for keeping the government accountable. Vote with me for Anne Dauphinais.

JENNIFER HEGEDUS
KILLINGLY

been one big attack ad. It is not a good look. "I guess that is what your party does these days. Right Christine?" Here is some advice: Be kind, be thoughtful, be classy and use your platform to tell people what you are going to do for them instead of reminding people why you lost the last time you ran. The Quiet Corner does not need another progressive leftist in Hartford. We

What Do the Covid-19 Pandemic and WWII have in common?

To the Editor:
The following is a statement of facts and advice:
-United States WWII (1941-1945) military deaths totaled: 412,000
-United States Covid-19 deaths to date (excluding excess mortality): 227,000
(Over 1000 doctors, nurses and hospital technicians are included in this number)
We have reached over 50% of WWII deaths as of this writing.
Prediction: Covid-19 deaths will exceed WWII deaths by the 4th quarter of 2021.
This prediction is based on the rising positivity rates in states that had poor compliance with regard to the wearing of masks (or respirators), failure to maintain social distancing, and failure to ban large crowds. In addition, lack of access to rapid, reliable testing prevents early identification of positive patients. Early identification of Covid lowers the mortality rate.
A mask or respirator should be worn to reduce the death rate and spread of the disease:
Wear your mask or respirator in public places or in gatherings that meet the distancing guidelines.
Basic respirator designations: N95 and KN95 (N95's meet government specifications

referred to as NIOSH approval; KN95's are made in China.
Masks-there is a myriad of designs and colors- are not as effective.
(The most effective protection is an N95 with an external chemical coating that kills the virus on contact. Go to Respokare.com for details.)
We, the citizens of the United States, are in a war (call it a pandemic), with long term health and economic consequences that leave survival decisions to the individual. Bottom line is: you are on your own.
Note that the U.S. reached the WWII military death toll in 45 months. We have reached 227,000 deaths in eight months and it isn't over. An effective vaccine is a year away. [An effective vaccine has to be taken by 70 percent of the population in order to establish herd immunity- i.e. sufficient to protect the remaining non-vaccinated population.]
These are the facts and the numbers. They are staggering. How could it happen here?
Who "dropped the ball?" Your survival is in your hands... You are on your own...
MARTIN C, GRAHAM
WOODSTOCK

LEGALS

NOTICE TO CREDITORS
ESTATE OF Gloria J. Sawyer (20-00340) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated October 22, 2020, 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.
Alysia Casiano, Clerk
The fiduciary is:
Gerald Sawyer,
c/o WENDELLIN DEAN AVERY (attorney for Gerald Sawyer), THE LAW OFFICE OF WENDELL D. AVERY, 72 W, STAFFORD RD., UNIT C-1, STAFFORD SPRINGS, CT 06076, (860)851-9419
October 30, 2020
NOTICE TO CREDITORS
ESTATE OF William E. Owen (20-00350) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated, 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.
Alysia Casiano, Clerk
The fiduciary is:
Jamie Greer,
c/o JOSEPH ROBERT BASCETTA, BASCETTA, KEARNS & ASSOCIATES LLC, 1331 SILAS DEANE

HIGHWAY, WETHERSFIELD, CT 06109
October 30, 2020
**STATE OF CONNECTICUT
COURT OF PROBATE
NORTHEAST REGIONAL
CHILDREN'S PROBATE
COURT DISTRICT
NOTICE TO
Deontae Alston
whose last known address is
unknown to the court**
NOTICE TO Deontae Alston, whose last known address is unknown to the court.
Pursuant to an order of Hon. Leah P. Schad, Judge, a hearing will be held at Northeast Regional Children's Probate Court, 508 Pomfret Street, P.O. Box 471, Putnam, CT 06260 on October 23, 2020 at 10:50 AM on a petition for Removal of Guardian of the Person concerning a certain minor child born on May 8, 2018. The court's decision will affect your interest, if any, as in the petition on file more fully appears. RIGHT TO COUNSEL: If the above-named person wishes to have an attorney, but is unable to pay for one, the court will provide an attorney upon proof of inability to pay. Any such request should be made immediately by contacting the court office where the hearing is to be held.
By order of the court
Mona Fournier, Clerk
October 30, 2020

TOWN OF WOODSTOCK
On October 15, 2020, Woodstock Planning & Zoning Commission granted approvals for the following applications:
Approval for #644-10-28 – Eric T. and Tracy J. Asikainen, 53 Jeans Court – boundary line adjustment.
Approval with conditions for #SP641-06-25 – Jason and Jamie Beausoleil, Rusty Relic – 599 Route 169 – Special Permit for Change of Use from Residential to Retail/Commercial. Dr. Jeffrey Gordon.
October 30, 2020
**TOWN OF BROOKLYN
LEGAL NOTICE**
The **SECOND** installment of real estate and personal property, of \$28.92 mills on the dollar levied on the assessment of Oct 1, 2019 becomes due Oct 1, 2020. Bills will become delinquent on Nov 2, 2020 and subject to interest from the due date at 1.5% per month as prescribed in the General Statutes of the State of CT. Minimum interest penalty is \$2.00.
The Town Hall is currently **closed to the public**, but if you need to pay by cash or need a receipt, please call the Tax Office (860-779-3411, opt 5) during regular business hours (Mondays-Wednesdays 8am-5pm and Thursdays 8am-6pm) once you are in the parking lot and we will meet you at the door. There is also a drop box located at the Town Hall. If you wish to

pay by mail, enclose coupon of bill and address to: Revenue Collector, PO Box 253, Brooklyn, CT 06234. If a receipt is desired, please enclose a self-addressed stamped envelope.
You can also pay via credit/debit card online or in the office. There is a processing fee of 2.50%. For more information, go to our town website **www.brooklynct.org**.
Jocelyne Ruffo, CCMC, Revenue Collector
September 25, 2020
October 9, 2020
October 30, 2020
**TOWN OF THOMPSON
ZONING BOARD OF APPEALS
LEGAL NOTICE**
The Thompson Zoning Board of Appeals held a public hearing on Wednesday, October 14, 2020 beginning at 7:00 PM via Zoom.
ZBA Application #20-05 – Variance Request – Property Owner Charles Tewksbury, 0 Breaults Landing Rd, Map 141, Block 17, Lots 203, 204, 205, Zone R40, seeking a Variance of 30' from frontage setback. Approved with condition.
File may be reviewed on line, Town of Thompson website, Zoning Board of Appeals.
Respectfully submitted,
Kevin Beno, Chairman
October 30, 2020

THOMPSON SCHOOL MENUS

NOVEMBER 2020

MONDAY

2

ES/MS/HS
Cinnamon Bun

9

ES/MS/HS
Cinnamon Bun

16

ES/MS/HS
Cinnamon Bun

23

ES/MS/HS
Cinnamon Bun

30

ES/MS/HS
Cinnamon Bun

TUESDAY

3

ES/MS/HS
Mini Maple Pancakes

10

ES/MS/HS
Buttery Maple Waffles

17

ES/MS/HS
Mini Maple Pancakes

24

ES/MS/HS
Buttery Maple Waffles

WEDNESDAY

4

HALF DAY
MS/HS
Breakfast Pizza
ES
Cinnamon Toast Crunch Cereal

11

NO SCHOOL
"VETERAN'S DAY"

18

MS/HS
Breakfast Pizza
ES
Cinnamon Toast Crunch Cereal

25

NO SCHOOL
THANKSGIVING RECESS

THURSDAY

5

MS/HS
Ham/Egg/Cheese Croissant
ES
Buttery Maple Waffles

12

MS/HS
Bacon/Egg/Cheese Wrap
ES
Mini Maple Pancakes

19

MS/HS
Sausage/Egg/Cheese English Muffin
ES
Buttery Maple Waffles

26

NO SCHOOL
THANKSGIVING RECESS

FRIDAY

6

HALF DAY
ES/MS/HS
Pop-Tart
Cheddar Cheese Cubes

13

HALF DAY
ES/MS/HS
Pop-Tart
Cheddar Cheese Cubes

20

HALF DAY
ES/MS/HS
Pop-Tart
Cheddar Cheese Cubes

27

NO SCHOOL
THANKSGIVING RECESS

Sides

"Served Daily w/Breakfast"
Fresh/Dried Fruit
100% Fruit Juice
1% Low Fat White Milk

"BENEFITS" of BREAKFAST in the CLASSROOM

INCREASED
Standardized Test Scores
Concentration
Alertness ~ Memory
Comprehension ~ Learning
Cognitive Function
Attention ~ Participation
Student Nutrition
Sense of Community

DECREASED
Tardiness ~ Stigma
Behavioral Issues
Absenteeism

School Info

<https://district.thompsonk12.org>
FOOD SERVICE DEPARTMENT
(860) 923-9581
Director: Lisa Durand, x588
ldurand@thompsonpublicschools.org
Asst. Manager: Chris Murphy, x587
cmurphy@thompsonpublicschools.org

FREE MEALS/CURBSIDE PICK-UP (BREAKFAST & LUNCH)
Available to "ALL" Children 0-18 M-F (12:00-1:00pm)
Thompson Middle School "Entrance" (Main Lobby)

(Lactaid Available Upon Request)

If your child has a special dietary need, please call the Director for more information on meal substitutions. (MENU SUBJECT TO CHANGE)

DID YOU KNOW?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

NOVEMBER 2020

MONDAY

2

MS/HS
#1 Hamburger
or
#2 Cheeseburger
ES
Cheese Pizza
or Yogurt Bag Lunch

9

MS/HS
#1 Hamburger
or
#2 Pepper-Jack Burger
ES
Cheese Pizza
or Yogurt Bag Lunch

16

MS/HS
#1 Hamburger
or
#2 Cheeseburger
ES
Cheese Pizza
or Yogurt Bag Lunch

23

MS/HS
#1 Hamburger
or
#2 Pepper-Jack Burger
ES
Cheese Pizza
or Yogurt Bag Lunch

30

MS/HS
#1 Hamburger
or
#2 Cheeseburger
ES
Cheese Pizza
or Yogurt Bag Lunch

TUESDAY

3

MS/HS
#1 Chicken Patty
or
#2 Chef Salad
ES
"Taco Salad"
or Yogurt Bag Lunch

10

MS/HS
#1 Chicken Patty
or
#2 Chef Salad
ES
"Taco Salad"
or Yogurt Bag Lunch

17

MS/HS
#1 Chicken Patty
or
#2 Chef Salad
ES
"Taco Salad"
or Yogurt Bag Lunch

24

MS/HS
#1 Chicken Patty
or
#2 Chef Salad
ES
"Taco Salad"
or Yogurt Bag Lunch

WEDNESDAY

4

MS/HS (half)
#1 Meatball Grinder
or #2 Tuna Salad Bulk
ES
SunButter/Jelly Sand.
Cheese Stick ~ Cookie
or Yogurt Bag Lunch

11

NO SCHOOL
"VETERAN'S DAY"

18

MS/HS
#1 "Soft" Beef Taco
or #2 Chicken Salad Bulk.
ES
SunButter/Jelly Sand.
Cheese Stick ~ Cookie
or Yogurt Bag Lunch

25

NO SCHOOL
THANKSGIVING RECESS

THURSDAY

5

MS/HS
#1 BBQ Pulled Pork Sand.
or #2 Chef Salad
ES
Chicken Nuggets (Ketchup)
or Yogurt Bag Lunch

12

MS/HS
#1 BBQ Pork Rib Sand.
or #2 Chef Salad
ES
Chicken Nuggets (Ketchup)
or Yogurt Bag Lunch

19

MS/HS
#1 BBQ Pulled Pork Sand.
or #2 Chef Salad
ES
Chicken Nuggets (Ketchup)
or Yogurt Bag Lunch

26

NO SCHOOL
THANKSGIVING RECESS

FRIDAY

6

MS/HS (half)
#1 "Big Daddy" Pizza
or #2 Ham/Cheese Bulk
ES
Pretzel w/Cheese Sauce
Sunflower Seeds
or Yogurt Bag Lunch

13

MS/HS (half)
#1 "Big Daddy" Pizza
or #2 Ham/Cheese Bulk
ES
Pretzel w/Cheese Sauce
Sunflower Seeds
or Yogurt Bag Lunch

20

MS/HS (half)
#1 "Big Daddy" Pizza
or #2 Ham/Cheese Bulk
ES
Pretzel w/Cheese Sauce
Sunflower Seeds
or Yogurt Bag Lunch

27

NO SCHOOL
THANKSGIVING RECESS

Sides

Elementary/Middle/High School
(M) Broccoli ~ Carrots (ES/MS/HS)
(T) Potatoes/Veggie Chili (MS/HS)
(T) Chick Pea Salad/Cole Slaw (ES)
(W) Yellow/Green Beans (ES/MS/HS)
(TH) Veggie.Chili/Cole Slaw (MS/HS)
(TH) Potatoes ~ Corn (ES)
(F) Broccoli ~ Carrots (ES/MS/HS)

Elementary School (Friday's)
Take Home "Nutritional Activity"

"Yogurt Bag Lunch"
Yogurt/Muffin/Cheese Stick
Fruit/Veggie/Milk

SERVED DAILY
Fat-Free Chocolate Milk
Fresh/Dried Fruit
100% Fruit Juice
(Excluding "Fresh" Apple/Banana Day)

School Info

<https://district.thompsonk12.org>
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ldurand@thompsonpublicschools.org
Asst. Manager: Chris Murphy, x587
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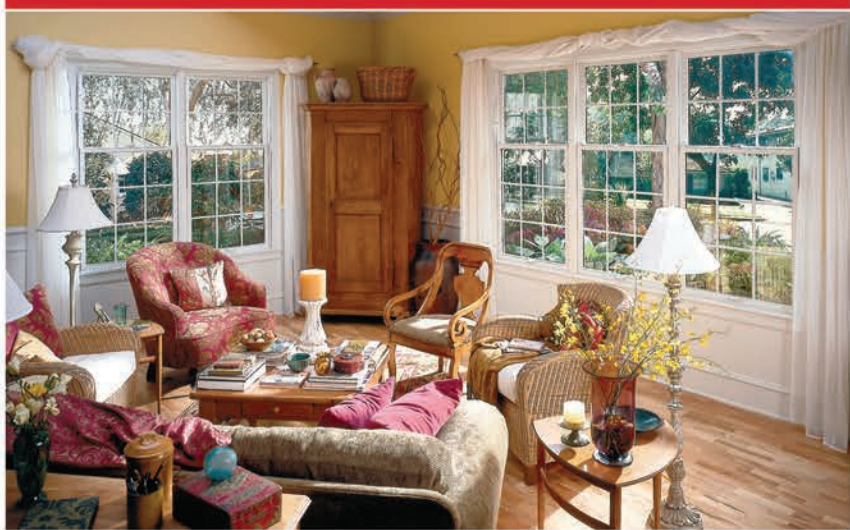


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OFF¹**

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by Andersen**
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★ Four Deployments after September 11th

★ Retired Connecticut Corrections Officer

★ Two Combat Tours in Afghanistan

★ Lieutenant Colonel in the Connecticut Army National Guard

★ CT State Planner and Leader of the Homeland Response Force

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STATE SENATE

Unmasked photos taken prior to
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