



Karen Butera photo

Sil Quenga, from Killingly, with his Millennium Falcon Starship.

Fire and Ice Festival warms up Putnam

BY KAREN BUTERA
FOR THE VILLAGER

PUTNAM — Sil Quenga is an engineer throughout the year but an avid ice sculptor for one day every February. His specialty this year was the Millennium Falcon, the starship from Star Wars. “This is the fourth year I have entered. The first year I won first place in the Amateur category,” said Quenga, from Killingly. “When I was younger I use to love to build sandcastles. I came here as a spectator and afterward borrowed a chisel. When you add a ‘little crazy’ this is what you get.”

Quenga was just one of a score of ice sculptors at the 10th annual Putnam Fire & Ice Festival last Saturday, Feb. 8. Even though the day proved to be quite cold, spectators bundled up in winter gear and braved the elements to come out to see the ice carving competition, along with all of the other events.

Multiple businesses spon-

sored the ice blocks, which are ordered from Ice Matters. Some of the Ice Matters professional ice carvers spend time making their own sculptures at the event. The festival is considered to be the largest ice block competition in America. Festival co-chairs Sheila Frost and Jennifer Brytowski were excited about the day.

“When this first started 10 years ago it was very small. One or two people would carve the ice blocks. It grew over the years and once the Putnam Business Association took over and got behind it, along with businesses, it really started to grow,” said Frost.

Many of the ice carvers show up year after year. There are some artists, culinary pros and groups that participate in either the Professional, Amateur or Group categories. Some come with their own tools and chisels while some of the amateurs borrow the

Turn To **FIRE & ICE** page **A2**

Putnam police detective to climb Kilimanjaro

PUTNAM — Detective Donna Brown of the Putnam Police Department is among a 12-person crew that was celebrated by Special Olympics Connecticut at a send-off event on Feb. 10. The crew is set to “Conquer Kilimanjaro” and was honored at the send-off event in Naugatuck.

The crew, composed of officers who participate in Special Olympics Connecticut’s Law Enforcement Torch Run program and civilians from Connecticut and New Jersey, have been preparing and fundraising for months leading up to their Mt. Kilimanjaro expedition, which aims to raise awareness and money for the organization. These bold, dedicated volunteers will depart Connecticut and begin their adventure on Feb. 16. To find out more or make a donation online to support the crew’s efforts, visit socc.org or <https://give.classy.org/ConqueringKili> or email specialolympicsct@socc.org.

Those conquering Kilimanjaro in support of Special Olympics Connecticut’s athletes and year-round sports, health and fitness programs include Detective Donna Brown of the Putnam Police Department, Lt. Mike Durkee and Officer Dave Maliar of the Cheshire Police Department, Lt. Tim Bernier of the Guilford



Courtesy photo

Putnam Police Department detective Donna Brown, front row far right, is among a 12-person crew attempting to climb Mt. Kilimanjaro to raise awareness and funds for Special Olympics.

Police Department and Laurie Harder of Guilford, Detective Tom McGarvey of the Naugatuck Police Department, Deputy Chief Josh Bernegger and Lt. Tim Gavallas of the Watertown Police Department, Lt. Rob Kluk and Lt. Dave Hartman of the Wilton Police Department and Sgt. Ralph Fiasco Jr. and Sgt. Mandy Grey of New Jersey.

Mt. Kilimanjaro, located in Tanzania and standing at 19,341 feet, is the tallest peak in Africa and the tallest mountain

in the world measuring from base to summit. Each team member has committed to raising a minimum of \$10,000 for Special Olympics Connecticut as part of the endeavor. “Conquering Kilimanjaro” is a Law Enforcement Torch Run event to benefit Special Olympics Connecticut.


Special Olympics Connecticut provides year-round sports training and competitions for more than

Turn To **DETECTIVE** page **A2**

ELBOW TO ELBOW

Charlie Lentz photo

WOODSTOCK — Woodstock Academy’s Rachel Lambert, white jersey, and Killingly High’s Trinity Angel, battle for a rebound on Monday, Feb. 10. The host Centaurs defeated Killingly 39-38. The rematch in the last game of the regular season is set for 7 p.m. on Monday, Feb. 17, at Killingly High. High school sports coverage begins on page B-1 of The Villager sports section.





Killingly Board of Ed seeks input on new logo

DAYVILLE — A press release from the Killingly Board of Education on Feb. 10 stated that the board is soliciting community members and students to make suggestions for a new high school logo. The board encouraged individuals to share their ideas with the district. Submissions may be mailed or hand delivered to: Ad Hoc Committee,

Killingly Board of Education, 79 Westfield Ave., Killingly, Ct. 06239. The mascot name for Killingly High’s athletic teams is Redmen.

Drawings and submissions of ideas for a new logo should meet the following parameters: logo examples should not portray Native Americans in a negative stereotype; logo examples not associated with Native American imagery are welcomed; logo examples of Native American symbols are welcomed.

Once the submissions

are received, the Ad Hoc Committee will invite others to review submissions and provide input to the selection for a new high school logo. The committee will include a high school student, a Native American representative, and a Killingly community member to provide input to the selection process of a new logo. Mail or hand deliver submissions to the Central Office at 79 Westfield Ave. by March 6. No e-mail submissions will be accepted.

Day Kimball Woman’s Board raises funds

WOODSTOCK — The Woman’s Board of Day Kimball Hospital held its fifth annual Valentine’s Dinner Dance on Feb. 1. The event at The Mansion at Bald Hill in Woodstock has become a signature fun time leading up to the holiday where couples, families, friends and colleagues come together to promote the 125-year-old organization, support its philanthropic initiatives, share a meal, take chances on raffles and dance the night away.

Fundraising Chairs, Linnea Sarantopolous, from Killingly, Arlene Baril, from Brooklyn, and Cheryl Medlyn, from Woodstock, under the direction of President Valentine Iamartino, from Thompson, institute the help of many within the organization to take care of details, formulate plans, obtain raffle prizes, and arrange logistics.

Over the past year and a half, The

Woman’s Board continues to apply all funds raised to pay down a \$200,000 pledge commitment to redo the birthing rooms in The Burdick Birthing Center at Day Kimball Hospital. The Valentine’s Dance pulled in over \$13,000 for the cause, helping push total funds raised to date, over the \$100,000 mark. Though a bulk of the organization’s yearly revenue comes from The Gift Shop at the hospital, it’s the group’s special events that allow them to partner with area businesses, civic orga-

nizations and members of the community in order to carry on the group’s legacy of paying-it-forward through equipment purchases, program support and ancillary enhancements. There will be two additional upcoming signature events that will add to the cause. These will include “A Woman’s Luncheon - The Power of You” held on Saturday, April 4 and “Run For The Roses - A Kentucky Derby Party” held on May 2. The Woman’s Board, a 501C3 organization does accept in-kind donations.

If interested in making an offering to The WB toward any of its causes, please mail your check to: The Woman’s Board of Day Kimball Hospital; Attn Kim LeCuyer, Treasurer, 320 Pomfret Street, Putnam, Ct. 06260. If interested in becoming a member or a sponsor or partner contact Membership Chair; Wanda Mineo at womansboarddkh@gmail.com and President Valentine Iamartino at threefoldresearch@gmail.com.



Courtesy photo

The Day Kimball Woman’s Board held a Valentine’s dance on Feb. 1.

POLICE LOGS

Editor’s note: The information contained in these police logs was obtained through either press releases or public documents kept by the Connecticut State Police Troop D and the Putnam Police Department and is considered the account of the police. All subjects are considered innocent until proven guilty in a court of law. If a case is dismissed in court or the party is found to be innocent, The Villager, with proper documentation, will update the log at the request of the party.

TROOP D LOG

PUTNAM

Feb. 1
Tara M. Rankin, 38, of 157 Park Street, Putnam, was charged with operating a motor vehicle with a child passenger under 18, failure to drive in the proper lane, risk of injury to a child, interfering with an officer, resisting arrest.

PUTNAM POLICE DEPARTMENT

Feb. 3
Tysone Alexander Hill, 21, homeless, was charged with Failure to appear 2nd degree (two counts)

Feb. 4
Danny Johnson, 38, of 54 East Putnam Road, Putnam, was charged with Operating Under the Influence of Drugs/alcohol, Failure to Maintain Lane.

A Hollywood Romance at Little Theatre

KILLINGLY — The Little Theatre on Broad Street of Killingly Parks and Recreation is excited to once again be giving people a great Valentine’s Day treat with their cabaret “A Hollywood Romance”. Songs from your favorite big screen movies from over the years will be performed in the very intimate theater that will be decorated for the occasion. Table seating is available as

is balcony and each ticket purchased includes a plated dessert dish along with a beverage. Other concessions will also be available. Directors Holly Blade and Natasha Darius have been working since December on the production with the very talented cast which includes a variety of ages and vocalists representing many towns.

FIRE & ICE

continued from page A1

tools that are there for them to use. The sculptors sign up in advance and take their designated spots in the morning to start work on their 300-pound blocks of ice.

Everywhere you went there was something to see including Sasha the Fire Gypsy, aka Sasha Gaulin of Worcester. She stood about 10 feet tall as she walked around on stilts, dressed in a ball gown made of red, orange and yellow material, gold gloves on her hands, a crown of flames and was constantly spreading her wings.



There was a ‘Character Meet and Greet’ and also a cake voting contest that is in its 10th year. The Putnam Business Association sponsored the event.

“It is the busiest day of the year for the businesses, more so than any holiday or event,” said Frost. “It is exhausting but we love it. We could certainly use more volunteers.”

DETECTIVE

continued from page A1

13,000 athletes of all ages with intellectual disabilities and Unified Sports partners, their teammates without disabilities. Through the joy of sport, the Special Olympics movement transforms lives and communities throughout the state and in 172 countries around the world by promoting good health and fitness and inspiring inclusion and respect for people of all abilities, on and off the playing field.



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WOODSTOCK PUBLIC SCHOOLS

Developmental Preschool Screenings


Woodstock Elementary Schools is seeking all Woodstock Children born in 2015 to participate in a developmental preschool screening.

Screenings will be held on the following
Fridays from 9am-10:30am:

February 14, 2020	April 3, 2020
March 13, 2020	May 8, 2020

Please call the Woodstock Elementary School to schedule an appointment at: 860-928-0471
Preregistration is required.

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VILLAGER ALMANAC

At CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Feb. 7: Mockingbird, Northern Harrier, Great-horned Owl, Common Grackle, Red-winged Blackbird, Flicker, Junco, Bluebird, Red-tailed Hawk, Wild Turkey, Yellow-bellied Sapsucker, Hairy Woodpecker, Goldfinch, House Finch, Song Sparrow, White-throated Sparrow. Visit ctaudubon.org/pomfret-home

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Woodstock Academy presents “Our Town”



Charlie Lentz photo

Woodstock Academy is presenting “Our Town” on Feb. 13, 14, and 15 at Bates Auditorium. The cast includes: front row, from left, Meghan Slate, Alyssa Arends, Rockwell Valentine, Emmaline Ebbeling, Carly Ignacio, Summer Ko-Szych. Back row, from left: Charles Harrington, Tristan Monahan, Russell Beausoleil, Lily Brin, Raymond Rilling Jr., co-director Meghan Mizak.

WOODSTOCK — Woodstock Academy will be presenting “Our Town” this weekend. In Our Town, his 1938 Pulitzer Prize-winning play, Thornton Wilder gives us a glimpse of early-twentieth-century American life, spanning 1901 to 1913. In three acts, we witness three days in the life of the fictional town of Grover’s Corners, New Hampshire. In Act I, we witness daily life; in Act II, we witness love and marriage; and in Act III, we are privy to the playwright’s view of death and eternity. In all parts of the play we are moved by the simplicity and poignancy of its language, the commonality of the feelings it evokes, and the timelessness of its content. Through this deeply moving play, Wilder admonishes us to appreciate life, to stop and look at one another, to appreciate every moment for its full worth. As Emily Webb reminds us in the final Act of the play, “It goes so fast. We don’t have time to look at one another.”

This year’s production is produced and directed by English Department faculty members Richard Telford and Meghan Mizak. It features Charles Harrington in the central role of the Stage Manager, Emmaline Ebbeling, Class of 2022 as Emily Webb, and Rockwell Valentine, Class of 2021 as George Gibbs. It is produced in the meta-theatrical style intended by Thornton Wilder. We are told by the Stage Manager at the outset of the play that we are about to watch a

play; the stage is largely bare, and there is no effort to obscure scenery changes. Through these choices, Wilder allowed the power of the play’s content to rise above simple theatrical conventions. It is the aim of the cast and crew to stay true to that vision as the school produces a play that is as timely now as it was when first produced, and perhaps more.

Shows are scheduled on Feb. 13, 14, and 15 at 7 p.m. in the Bates Memorial Auditorium on North Campus. Tickets may be purchased at the door or at www.woodstockacademy.org/ourtown.

The full cast (in order of appearance): (Stage Manager) Charles Harrington; (Dr. Gibbs) Tristan Monahan; (Joe Crowell) Helen Telford; (Howie Newsome) Carly Ignacio; (Mrs. Gibbs) Alyssa Arends; (Mrs. Webb) Meghan Slate; (George Gibbs) Rockwell Valentine; (Rebecca Gibbs) Linsey Arends; (Emily Webb) Emmaline Ebbeling; (Wally Webb) Natalie Despres; (Professor Willard) Richard Telford; (Mr. Webb) Ray Rilling Jr.; (Woman in the Balcony) Celeste Robbins; (Man in the Auditorium) Richard Telford; (Lady in the Box) Celeste Robbins; (Simon Stimson) Aidan Stewart; (Mrs. Soames) Lily Brin; (Constable Warren) Russell Beausoleil; (Si Crowell) Natalie Despres; (Baseball Player) Luis Miranda; (Sam Craig) Luis Miranda; (Joe Stoddard) Russell Beausoleil; (Farmer McCarty/Man

Among the Dead) Richard Telford; (Woman Among the Dead) Summer Ko-Szych.

Villager Newspapers

ACCURACY WATCH

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

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

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Little League open house planned

WOODSTOCK — Woodstock, Putnam and Thompson Little Leagues are scheduled to host an Open House and Fun Fair on Friday, Feb. 21, at Woodstock Elementary School’s gymnasium. The Little League Open House and Fun Fair attendees will be able to participate in baseball/softball stations run by current Little League coaches and players. Stations will include throwing, hitting and catching. Participants will earn tickets at each station, which will be used to purchase prizes upon completion of the Fun Fair. Coaches and Board Members will be on hand to answer any questions from players and their families. A registration table will also be set up to allow families to register for the upcoming

Spring Baseball & Softball Little League seasons. The event is set for Friday Feb. 21, from 6 p.m. to 7:30 p.m. Woodstock Elementary School Gymnasium is located at 24 Frog Pond Rd, Woodstock (parking and entrance will be in the bus parking lot closest to the playgrounds and fields). Those who can attend must be players ages 4 through 8 (boys and girls), or new players interested in playing Little League baseball or softball that reside in Woodstock, Putnam or Thompson. More information about Little League, as well as online registration, can be found on the district website (<http://www.ctdistrict12.org/>).



ChildVoice

PHOTO EXHIBIT

This exhibit features the work from three photographers: Pulitzer Prize-winning photojournalist, Mary Chind-Willie, Dr. Larry Lindell, and Dr. Neil Mandsager. Their photos document the work ChildVoice does to empower war-affected girls in Uganda, South Sudan, and Nigeria.

**Alumna Presentation
Bracken Memorial Library
Tuesday, Feb. 18th, 7:00 pm**

Come hear Kristin Barlow, Woodstock alumna, share about the amazing work she is doing with ChildVoice to empower war-affected girls in Uganda, Nigeria and South Sudan. She will share personal stories from her time in Africa and how ChildVoice is transforming lives!



The exhibit will be on display at Bracken Memorial Library the months of January and February.

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Danielson Elks give back

BY KAREN BUTERA
FOR THE VILLAGER

DANIELSON — For Michael Wimmer it’s all about giving back to the community. Wimmer is the Exalted Ruler of the Benevolent and Protected Order of Elks 1706. The Danielson Elks held their monthly Steak Dinner Fundraiser on Feb. 6. It allows them to raise funds so they can give back.

“I have been involved with the Elks for 16 years and as the Exalted Ruler for one year,” Wimmer said. “I am hoping for between 60 to 80 people tonight. We usually make between \$500 and \$600 for the steak dinner.”

The event is held the first Thursday of every month, except in July and August. It is just one of the many fundraisers they schedule in order to support their designated outreach programs.

“It is just one of the functions of this community based organization,” Wimmer said. “We are based on charity.”

Wimmer’s wife, Diane, works with the Elks National Foundation. It is a grant program that helps fund local Elks with a grant for local charities.

“Last year we received \$9,000 in grants that goes directly back into the community. The ENF asks for \$4.75 from each Elk,” she said.

They currently have 425 members and with the funds raised they are able to do many things for many different local organizations.

“We will be having a Paint Night coming up for Special Olympians,” she said. “Also, every year we have a nice dinner dance for them were everyone dresses up. We also help them to go to Brooklyn to day camp. Another program we help out with every year is by giving funds to six different schools to purchase books for their library.”

Another important and major part of the community outreach is for the veterans. Their motto is ‘As long as there are Veterans, the Elks will never forget.’ They provide a breakfast for veterans on Veterans Day and also provide care kits for the veterans in a nursing homes.

Their charitable giving doesn’t end there. They have a Fishing Derby for the kids.

“We help back-to-school kids with back-packs and we have a food drive for the Friends of Assisi Food Pantry,” she said.

The Danielson Elks hold a variety of dinners including Italian Night which will be coming up soon, Mexican Night and an Irish Dinner Dance,

“It is only limited by our imaginations,” she said.



Karen Butera photo

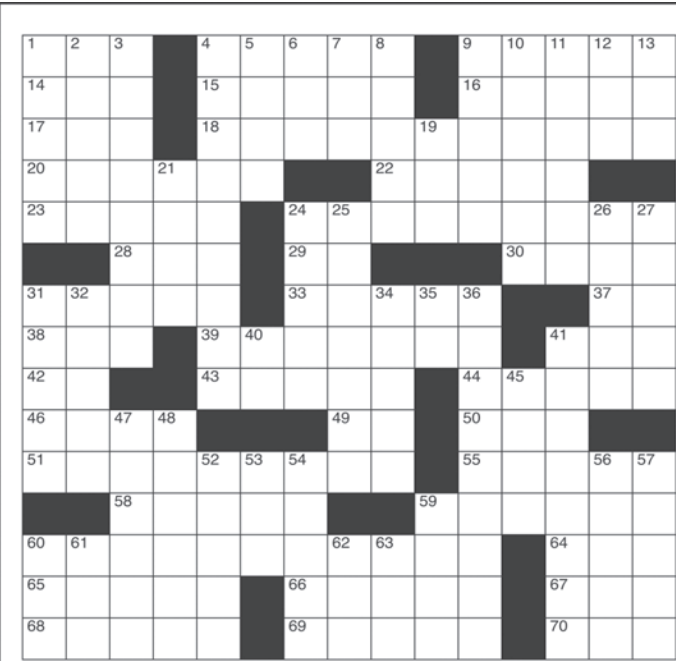
Michael Wimmer, Exalted Ruler of the Benevolent and Protected Order of Elks 1706 and his wife, Diane.

Eastford invites crafters to Heritage Day

EASTFORD — Eastford’s Heritage Day will be Saturday, May 2, from 2 p.m. to 6 p.m. Town organizers met on Feb. 9 to lay the groundwork for the event. The organizers asked that artists, crafters, food trucks,

businesses or vendors let the Heritage Day Committee know as soon as possible, or no later than March 5 if they would like to participate. Those interested may e-mail: recofeastfordct@gmail.com. Heritage Day will be

held at the Eastford Elementary School with games and activities for all ages, including live music, face painting, balloon creatures, a bounce house, electric cars, and folklorica dancers.



CLUES ACROSS

1. Small deer

4. Khoikhoi peoples

9. South African statesman

14. Keyboard key

15. Remove

16. A conspicuous constellation

17. Data executive

18. Retired NASCAR driver

20. Tightens

22. A picture of the Virgin Mary

23. “The Mission” actor Jeremy

24. Confidently

28. More (Spanish)

29. Sports highlight show (abbr.)

30. Hand out cards

31. Distinctive Asian antelope

33. Arabic greeting

37. Of I

38. Hip hop trio

39. Meat roll
41. One’s mother (Brit.)

42. __-GYN

43. Belgian city

44. Plucks

46. Leak slowly

49. Denotes a particular region

50. General’s assistant (abbr.)

51. Divides

55. Kid

58. Inland Empire Expanded Learning Symposium

59. Engaged in conflict

60. Former CBS sportscaster

64. Characterized by unity

65. Working-class

66. Corners

67. __ de plume

68. Influential French artist

69. “Very” in musical terms

70. Financial account

CLUES DOWN

1. Long, flat abdominal muscles

2. Small Eurasian willow

3. Justified in terms of profitability

4. Required

5. River that starts in Turkey

6. Disfigure

7. A way of communicating (abbr.)

8. Leaks slowly

9. Shady place under trees

10. Made a speech

11. Long, angry speech

12. Mortar trough

13. Autonomic nervous system

19. Southern India island

21. Grab quickly

24. Ancient Mesopotamian city

25. With three uneven sides

26. Football visionary Hunt

27. Primordial matters

31. Facing towards the flow of a glacier
32. “A Delicate Balance” writer

34. Emits coherent radiation

35. Commercial

36. Groups of foot bones

40. Out of print

41. Partner to cheese

45. German river

47. Concluding speech

48. Spanish dish

52. Prominent California cape

53. Any high mountain

54. Ethiopian lake

56. Mr.

57. Excessive fluid accumulation in tissues

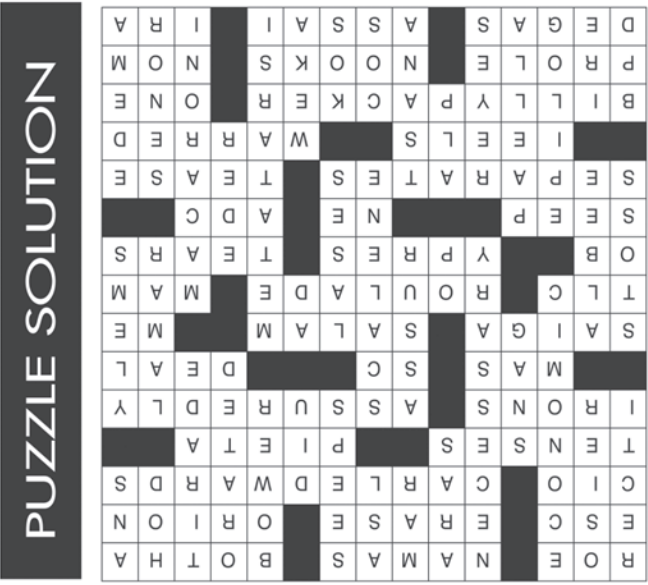
59. Large, flightless bird

60. Oil industry term (abbr.)

61. Something one can draw

62. Officers in charge

63. Greek island



Reading the morning newspaper is the realist’s morning prayer.

George Wilhelm Friedrich Hegel



Carol Davidge photo

Heritage Day Committee members, from left, Paige Burgess and Catherine DePercio, co-chairs, Jennifer Barlow, Mike Moran and Laura Barlow.

PUBLIC MEETINGS

BROOKLYN

Wednesday, Feb. 19
Board of Finance, 7 p.m., Clifford B. Green Memorial Center
Thursday, Feb. 20
Emergency Management and Homeland Security Commission, 7 p.m., Town Hall

KILLINGLY

Tuesday, Feb. 18
Housing Authority, 7 p.m., PZC Regular, 7 p.m., Town Meeting Room
Wednesday, Feb. 19
Water Pollution Control Authority, 5 p.m., 31 Wauregan Rd., Killingly
KCC Regular, 7 p.m., Room 102
Borough Council, 7 p.m., Danielson Fire Dept.

Thursday, Feb. 20
Historic District, 7 p.m., EASTFORD

Tuesday, Feb. 18
Republican Town Committee, 7 p.m., Library
Wednesday, Feb. 19
Clean Energy Task Force, 7 p.m., Town Office Building

POMFRET

Tuesday, Feb. 18
Board of Selectman, 8 a.m., Senior Center
Wednesday, Feb. 19
Planning and Zoning Commission, 7 p.m., Old Town House
Thursday, Feb. 20
Zoning Board of Appeals, 7 p.m., Senior Center

PUTNAM

Tuesday, Feb. 18
Board of Selectman, 7 p.m.
Thursday, Feb. 20
Building Committee, 6 p.m.

THOMPSON

Tuesday, Feb. 18
Conservation Commission, 7 p.m., Town Hall, 2nd Floor Conference Room
Board of Selectmen, 7 p.m., Merrill Seney Community Room
Wednesday, Feb. 19
Economic Development Commission, 6:30, Merrill Seney Community Room
Recreation Commission, 7 p.m., Merrill Seney Community Room
Thursday, Feb. 20
Library Board of Trustees, 2 p.m., Library Conference Room
Board of Financing, 7 p.m.,

WOODSTOCK

Wednesday, Feb. 19
Garden Club, 6:30 p.m., Room B
WRTC, 7 p.m., Room A
Thursday, Feb. 20
Board of Selectmen, 7 p.m., Room A
Planning and Zoning, 7:30 p.m.

North Grosvenordale resident
Sophia AI-Meshrefawi
made Dean’s list for Southern Connecticut State University.

Sophia is majoring in biotechnology

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Agnes of God at the Bradley Playhouse

PUTNAM — The Theatre of Northeastern Connecticut at the Bradley Playhouse continues its 2020 season with *Agnes of God*. The play deals with themes of faith, maternal instinct and how far people will go to preserve their chosen way of life. Due to mature subject matter, discretion is advised for those 14 and under. The show opens Feb. 21 and runs for only two weekends.

Performances are Feb. 21, 22, 28 and 29 at 7:30 pm and Feb. 23 and March 1 at 2 p.m.

Agnes of God was written by John Pielmeier and first presented in a staged reading at Eugene O'Neill Playwrights Conference in Waterford in July 1979. It opened on Broadway on March 7, 1980 with Elizabeth Ashley, Geraldine Page and Amanda Plummer and was nominated for two Tony Awards. *Agnes of God* was made into a film in 1985, starring Jane Fonda as Martha Livingstone, Anne Bancroft as Mother Miriam Ruth and Meg Tilly as Agnes.

Summoned to a convent, Dr. Martha Livingstone, a court-appointed psychiatrist, is charged with assessing the sanity of a novice accused of murdering her newborn. Miriam Ruth, the Mother Superior, determinedly keeps young Agnes from the doctor, further arousing Livingstone's suspicions. Who killed the infant, and who fathered the tiny victim? Livingstone's questions force all three women to re-examine the meaning of faith and the power of love, leading to a dramatic, compelling climax.

The TNECT performance of *Agnes of God* is directed by Nicholas Magrey. Natasha Darius appears as Doctor Martha Livingstone, Diane Pollard is Mother Miriam Ruth and Agnes is played by Age Anderson.

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



Jeff Buchbinder photo

Agnes of God opens on Feb. 21. The cast includes Natasha Darius (Dr. Martha Livingstone), Age Anderson (Agnes) and Diane Pollard (Mother Miriam Ruth).

Westview attains highest national rank



Courtesy photo

Westview Health Care Center

DAYVILLE —For the 12th consecutive year, Westview Health Care Center, a 103 bed inpatient and outpatient skilled nursing facility, has once again been reported to be among America's Best Nursing Facilities in the United States

with a 5 Star overall rating according to US News & World Report and The Centers for Medicare and Medicaid Services.

The ratings come from the federal government's Centers for Medicare and Medicaid Services' (CMS) Nursing Home Compare data on over 15,500 nationwide Medicare and Medicaid-certified nursing homes in the country. CMS sets and enforces standards for nursing homes enrolled in Medicare and Medicaid nationally. The facility's overall rating is geared to its performance in state conducted health and fire safety inspections, nurse and therapy staffing, and quality of medical care. The ratings are combined to produce an overall rating of one to five stars. The Nursing Home Compare report has detailed information that allows consumers to compare information with all other nursing homes in America. Westview has remained one of the United State's Best 5 Star overall rated facilities since the inception of the US News and World Report published article 12 years ago and since the inception of the CMS 5 star ratings program.

Additionally, Westview is one of only seven nursing facilities in Connecticut

and the only facility in Windham, Tolland, New Haven and Litchfield Counties to achieve a perfect 5 star rating in every category from the Centers for Medicare and Medicaid Services for staffing levels, quality indicators, inspection results and fire safety inspections as of January 1, 2020. The facility is also the highest staffed facility for nursing and therapies in Windham County and ranked the 16th highest staffed nursing facility in the State of Connecticut.

"This mark of distinction is a direct reflection of the dedication and work ethic of our remarkable team of health care professionals," said Westview Administrator David T. Panteleakos. "This National achievement would not be possible without our amazing staff; and we will continue to work hard in order to provide a better quality of life for the patients and residents we serve, who are the ultimate beneficiaries of our efforts."

This fall the nationally rated facility will open a new 75 unit independent and assisted living facility, now under construction, called Country Living at Westview Commons.



Courtesy photo

Dr. Carlos Morales

PUTNAM — Day Kimball Healthcare recently welcomed colorectal and general surgeon Carlos Morales, MD, FASCRS, to its medical staff.

"We are very pleased to have Dr. Morales join our medical team and build a comprehensive colorectal sur-

gery program to treat patients across the region" said Joseph Adiletta, interim president, Day Kimball Healthcare. "The exceptional surgical skills that Dr. Morales possesses are an asset to Day Kimball's surgical services and meet the growing needs of the Northeast Connecticut community."

Dr. Morales earned his medical degree from Escuela Medico Militar, Mexico City, Mexico. He completed his general surgery residency at Danbury Hospital in Danbury in 2014. Morales completed a colon and rectal surgery fellowship in 2015 at the University of Miami Hospital and Jackson Memorial Hospital in Miami. He is a member of the American College of Surgeons, American Society of Colon and Rectal Surgeons, and the American Medical Association.

Day Kimball Healthcare welcomes new surgeon

Board-certified in general, colon, and rectal surgery, Morales brings more than 17 years of experience to Day Kimball. With a focus on robotic and laparoscopic surgery, he specializes in colorectal disorders including colon, rectal and anal cancer, among other conditions.

Prior to joining Day Kimball, Morales served as a colorectal and general surgeon with Diagnostic Group Surgeons, a multi-specialty surgical group located in Beaumont, Texas.

Morales has authored several manuscripts and book chapters, as well

as abstract publications and presentations. His work has been published and featured in Seminars of Colon and Rectal Surgery, and the Journal of Surgical Education. Morales is fluent in Spanish. In his free time he enjoys soccer, tennis, and baseball.

Morales is now accepting patients at the Day Kimball Medical Group General Surgery practice, located in the Hillside Professional Building, 346 Pomfret Street, Putnam. To schedule an appointment, please call (860) 928-2552. Learn more at daykimball.org/surgery.

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PCS Kindergarten classes and the “Science of Sound”



Phyllis LaBelle photos

Students at Pomfret Community school recently participated in a Science of Sound program.



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Some of my hang-ups

As I skidded across the floor, nearly tripping over the cat to reach the phone, I had a sinking feeling. I was being fooled again. The persistent ringing was not a call from a friend or relative, it wasn't even a reminder of a medical appointment. It was another trick from an unknown marketer. Perhaps they would tell me I'd won a trip to Orlando or scare me into thinking something was wrong with my credit card. The kindly voice of an older man asking for a donation to a police charity seems to belong to a human being, but the flustered woman's voice may really be a robot calling.



NANCY WEISS

Time to cut the line to the home phone, once a vital link to all that mattered. I used to love the telephone. When I was very young, we had a party line. Although I could never tell the difference between one ring or two, my parents could. She knew when someone was listening in on her conversations. She would pause and tell the sneak to hang up, please. We shared the line with several neighbors, including one who happened to be a Congressman. His calls were no more private than anyone else's until technology moved ahead and every household got their own number. Nonetheless, the habit of keeping conversations short because someone might want to use the phone, was deeply ingrained. Now when the phone actually rings, I'm rather surprised and a bit distrustful.

Our home phone was made of heavy, black plastic with a rotary dial. It was replaced by a wall phone. If my father slammed down the phone in anger or frustration, it would fall to the floor. The great advantage of the wall phone was that it had a very long cord. As a teenager, I could pull the receiver around the corner and chat with my friends in what I considered complete privacy. The phone, its long cord, the jangling sound of the ring tone, linked me, alone as I often was, to the larger world. It was a comfort, but also a source of anxiety when a friend didn't ring me or other kids got more calls.

My older brothers called home on Sunday nights, a practice I later followed. My parents waited to hear their voices. We stood close to the phone and took turns repeating the same questions and assuring them how much we loved them.

The phone at the end of the hall in my freshmen dorm was always in use on Sunday evenings, at first with girls sobbing into the receiver that they were unhappy and wanted to go home. Others blew so many kisses to boyfriends back home or going to Vietnam, that the black plastic fairly dripped with emotion.

Pay phones offered a sense of possibilities, safety and privacy, before they became ad hoc latrines and graffiti magnets. With a handful of quarters, one could talk nationally and even internationally until an operator butted in asking for more money. The pressure of a time limit made the conversations more direct and precious. With eight dollars in change for the pay phone, the man who is now my husband called me when I was studying at a French university and changed my life.

Like everyone else, I am attached to my cellphone, but when our home phone rings, I answer it. I squint to identify the number and generally pick up. When it turns out to be a call from someone I care for, I am delighted. Perhaps I'll keep it a bit longer.

LETTERS POLICY

Letters to the editor may be e-mailed to charlie@villagernewspapers.com. Please include your place of residence and phone number for verification, not publication. Letters must be received by noon on Tuesdays.

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Pelosi and pole dancing

It's funny how time and again, old sayings show merit. With so many words flying around these days, it's a challenge to decipher what is really going on, but without words, Nancy Pelosi, through her actions and inactions for nearly three years, takes the cake. Her behavior during and after the State of the Union address was embarrassing. Such a great opportunity wasted to make an attempt at working together, opting instead for a media stunt that has only caused more division among our people. On the positive side, our President's approval ratings are doing great! The Super Bowl halftime show was stunning, alright. I cringed at the thought of my

12-year-old grandson watching the display and the gyrating dismemberment of "women's empowerment." Whoa — after all that women have done in the home, workplace and community, this "show" was a show alright, but more suited to a strip club — hence the pole. How degrading to women everywhere. We have so much more to offer than our bodies and we already know this. It is time to reclaim the respect that so many women before us fought for...through our actions, not just words.

TAMI JO WYKES
BROOKLYN

Governor Lamont ignores will of the people

Our governor is pushing his toll agenda again. He continues to ignore the will of the people and even the pleas of his own party who know that they cannot be reelected if they vote for tolls. The governor seems to think that the piggy banks of average citizens in CT are over overflowing, but opposite is true. The reality is that Connecticut citizens are overtaxed and fed up with the constant assault on the middle and lower classes. In December I voted for a No Toll resolution in the town of Killingly and remain committed to this resolution. What they seem overlook, is that if tolls are installed, our

state will lose \$700 million in federal funding. Here is a novel thought, stop robbing Peter to pay Paul and start using our money for what it was intended for. The unfortunate reality is that Governor Lamont seems to care only about his agenda and not the people that suffer under his chronic assault on our wallets. Another reality is that we will never collect anywhere near what they are project we will. Look at the bag tax as proof of that. Vote for tolls. Lose at the polls.

RAYMOND WOOD II
KILLINGLY

Disagreement with Bishop Hanson

Bishop Hanson's recent column about the prayers of Christopher Columbus portrays both the explorer and my Christian faith in false light. Even with all the citations of Columbus's prayers and miracles, I can't imagine the great mariner was praying to same God that I do.

Even my friends with Italian surnames don't celebrate Columbus Day, because they know, from his own accounts of his time in the Caribbean, that he was a monster, enslaving, torturing and killing the peaceful people there to make them find him more gold. He brought Christianity with him in the form of a few priests, but they were there to force conversions, not practice the teachings of Jesus. Remember, this was the time of the Spanish Inquisition. The poor Tainos and Caribbes! No one expects the Spanish Inquisition!

Jesus warned that we each choose between God and earthly wealth. It's clear what Columbus chose.

Columbus did not "pave the way" for our religious freedoms, as the Bishop asserts. Religious liberty certainly was at the heart of early New England colonization, (though not unfortunately for the Quakers, several of whom were hung,) but that had nothing to do with Columbus's holy rape and pillage of the Caribbean.

The long opening quote from Phyllis Schlafly perfectly identifies her and Hanson as acolytes of American Exceptionalism, a right-wing Christian ideology at war with our Founders' First Amendment. Identified as a heresy by Christian theologians left, right

and center, it argues that only political domination by Evangelical fundamentalist rules and values can make the U.S.A. God's ruling hand on Earth. Constitutional scholars refute and centrist Christians abhor the idea.

And yes, Columbus's ignorant and cynical adoption of Christian language to justify his ambitions is very much like Trump, who has never read the Bible or gone to church but pretends so well that Evangelicals support him without reservation and call him "the chosen one." What blasphemy!

I've been a bible-studying, church-going Christian sinner all my life. I am often saddened by the vast contradictions between Jesus' words in the Gospels and my country's social and political conduct. Bishop Hanson does good work and leadership at the Acts II ministry in Thompson, but we all need to be careful when, standing with Satan on a high place, he offers our national religious leaders political power.

Columbus's prayers were not for God's purposes in the world but for his own. I discount the prayers of any who demand authority in Jesus' name but refuse his charge "If you love me, feed my sheep," or who withhold healing for all, a thing that we have in our power. Those are my prayers for this national voyage across dangerous seas. What are yours?

I check "The Resistance Prays", online, for excellent daily Bible texts appropriate to these times. Blessings on your day.

G. LESLIE SWEETNAM
WOODSTOCK

President should be censured

I am not part of any cult, my ideas are my own as I stated in a recent letter. If other people have the same conclusions as I do they come to those views on their own. Your (Ed Deluca letter to the editor Feb. 7) recent letter was full of innuendo and accusations. I don't know where you get your quotes and news from but I have never heard of many of the

things you present as fact. It is a sad time for Americans when the President gets away with his "inappropriate actions " and is not even censured for his wrongs.

ANN C. ROSEBROOKS
THOMPSON

HALE

continued from page A6

for you, make sure to meet with you financial and tax advisors to see if it applies to your unique financial life goals. You can access weekly market highlights, along with additional information, on our website at www.whzwealth.com/resources. If you are not already, we encourage you to follow us on Facebook and LinkedIn for timely information, just search Weiss, Hale & Zahansky Strategic Wealth

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An irresponsible God



BEYOND THE PEWS
.....
JOHN HANSON

I was too young to understand all the dynamics, but, within minutes of meeting him I immediately understood something was very wrong with the little boy who showed up in my class. I was seven or eight and he was probably a year or two younger than me. We were similar in size, but he was still in diapers. We could both talk but His speech was on the level of a toddler and he was developmentally delayed in almost every other way. I knew something was very wrong.

Years later I learned that my "friend" was neither mentally nor physically handicapped. His problems stemmed from the fact that his mother didn't believe in any kind of discipline. She thought it cruel to hold her son accountable in any way. She felt he should have the freedom to choose whatever he wanted to do in life. So, he ate and slept however and whenever he pleased, leaving his body emaciated, his mind confused and his social functionality almost non-existent. A perfectly good childhood was ruined by an irresponsible parent.

While children often fantasize about living in a world where there were no rules, no chores and no accountability, most of them eventually come to appreciate the parameters forced on them by their parents and society. Those are the things that make us "civilized." Almost no one would argue for complete and unrestrained freedom as a good method for raising children.

This simple concept speaks to the complete rationality in the idea that God would also impose rules and systems of accountability upon humankind. We often hear the drumbeats of freedom of choice and the right to be happy so often that we can easily fall off the philosophical cliff that embraces the idea that people should be able to do whatever they feel like doing. But the end result of such philosophy is not unlike the disastrous results my "friend" experienced. I, for one, am thankful for a loving heavenly father who gives me guidelines by which to live and then holds me accountable. The Bible puts it like this:

Or have you forgotten how good parents treat children, and that God regards you as his children? My dear child, don't shrug off God's discipline, but don't be crushed by it either. It's the child he loves that he disciplines; the child he embraces, he also corrects. God is educating you; that's why you must never drop out. He's treating you as dear children. This trouble you're in isn't punishment; it's training, the normal experience of children. Only irresponsible parents leave children to fend for themselves. Would you prefer an irresponsible God? We respect our own parents for training and not spoiling us, so why not embrace God's training so we can truly live? While we were children, our parents did what seemed best to them. But God is doing what is best for us, training us to live God's holy best. At the time, discipline isn't much fun. It always feels like it's going against the grain. Later, of course, it pays off handsomely, for it's the well-trained who find themselves mature in their relationship with God. (Hebrews 12:5-11 MSG)

So many countries and people groups have been blessed by the moral and spiritual direction given to us by the Bible. God's masterpieces such as the ten commandments have given guidance to and improved the lives of untold millions throughout the world. To seek freedom from God's "impositions" would be to wish that He were an irresponsible God - a God who didn't really love mankind. Wise men still seek God's wise guidance, and they love the way He cares for His own by holding them accountable. Would you prefer an irresponsible God?

Bishop John W Hanson oversees Acts II Ministries in Thompson CT. For more information, please visit www.ActsII.org.

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The Danielson family owned slaves in the 18th century



KILLINGLY
AT 300
.....
MARGARET
WEAVER

Recently I provided some materials to St. James School for their Cultural Diversity Club and the various classes since February is Black History Month. Killingly had only a small African-American population during the 1700's, including a few slaves. My research seems to indicate that it was wealthier families that had them. James Danielson, probably early Killingly's wealthiest individual, sent a trusted slave to Boston with a load of produce from the farm (Larned, Ellen D. History of Windham County, Connecticut. Vo. I, p.166). This slave was not the only African American in Danielson's household for at the time of his death in 1728 he had five Negro servants valued at 725 pounds: Cesar, Ziproah, Dinah, Hannah, and Jethro. The Danielson family continued to have non-whites working for them throughout the 18th century. By 1770 Col. William Danielson had an iron works in present-day Danielson (probably near present-day George's Galley). It is quite possible that his slave helped in the day-to-day workings of this establishment in addition to assisting with the farm work. It is also quite likely that that the non-whites helped construct some of the stone walls which are still visible today.

Happy Valentine's Day! At the 11 o'clock Sunday Mass Fr. Tom Sickler, M.S. reminded the congregation that this romantic day has Christian roots. The website https://www.catholic.org/saints/saint.php?saint_id=159 provided a bit of information about St. Valentine, who was executed probably between 260-280 A.D. A number of stories have been told about him including this: Some "depictions of St. Valentine's arrests tell that he secretly married

couples so husbands wouldn't have to go to war. Another variation of the legend of St. Valentine says he refused to sacrifice to pagan gods, was imprisoned and while imprisoned he healed the jailer's blind daughter. On the day of his execution, he left the girl a note signed, 'Your Valentine.'" "The romantic nature of Valentine's Day may have derived during the Middle Ages, when it was believed that birds paired couples in mid-February. According to English 18th-century antiquarians Alban Butler and Francis Douce, Valentine's Day was most likely created to overpower the pagan holiday, Lupercalia. Although the exact origin of the holiday is not widely agreed upon, it is widely recognized as a day for love, devotion and romance."

These articles were from the year 1914: "High School Notes...There are 187 pupils enrolled at Killingly High School. The various districts are represented as follows: Danielson 78, Brooklyn 31, Dayville 17, East Killingly 12, Foster 10, Sterling 9, South Killingly 7, Attawaugan 6, Wauregan 4, Ballouville 2, Williamsville 1, Moosup 1, Canterbury 1. The senior class of the school have elected the following officers: President, Henry Gilbert; vice-president Clarence Peterson; secretary, Claude Jette; treasurer, Arthur Reeves. This year's senior class is the largest in the history of the school and will graduate at least 46 of its members." (Norwich Bulletin, 10 September 1914, Newspapers.com)

"The pending sale by Eli Dagenais of the Riverside racing track grounds is reported, the property to be cut up into house lots." (Norwich Bulletin 2 July 1914, Newspapers.com).

"Baseball teams representing three big cotton manufacturing plants here have arranged for some 'holiday' games. On the morning of the Fourth the teams of the Danielson Cotton Company and the Connecticut Mitten Company are to be matched on the new grounds off Water and Cottage streets.* In the afternoon the team of the Quinebaug mills will play the winners of the morning game. The Quinebaug teams is said to be a capable one and its first appearance

is awaited with interest." (Norwich Bulletin 2 July 1914; Newspapers.com). *Have you ever heard of a baseball field in the Cottage Street-Water Street area? I hadn't and neither had the others at the Historical Center. Feel free to share memories about that and other old baseball field locations.

I've been reading the 1920 Windham County Transcripts researching women's suffrage and looking for other interesting tidbits. One article gave a comparison of the number of dwellings in town from the 1919 and 1918 Grand Lists. "In the West parish (Danielson and Dayville) for instance there were 755 (dwellings) in 1918 while there were 774 in 1919. This is a gain of 19 in a year. From these facts one may easily see that very little building was done during the year and that new families coming to town far outnumbered the number of new dwellings erected for their accommodation. In other parishes the figures show the following: North, 1918, 309; 1919, 311-gain 2; South, 1918, 147; 1919, 148, gain 1; East, 1918, 193; 1919, 190, loss 3. For the whole town there was a gain in new dwellings of 28."

We have so many automobiles today that it's hard to believe that one hundred years ago relatively few people owned one. "In 1919 (sic) a total of 535 automobiles and other motor vehicles were owned by Killingly residents, while in 1919 this total has been increased to 569. This is a gain of 34. Danielson and Dayville people owned more than three times as many machines as those in the other sections of Killingly...In the West parish taxes (in 1918) were levied against 78 stores while in 1919 the number was 84 or a gain of six. Most of these are located in the Borough of Danielson." (Windham County Transcript 2/19/20).

During the summer of 1920 trolley transportation was a topic of conversation. "Loss of Trolleys Keenly Felt Here. Through the accident at the powerhouse at Dyer Dam, two miles south of here, people all along the route served by the Connecticut Company experienced the inconveniences that follow in the wake of loss of trolley service. The accident happened early last

Thursday morning and from then until Monday, no trolleys were operated. The loss of the trolleys during these few days served to make people appreciate anew the service rendered them by the trolleys. Water rushing down into the building from the Quinebaug River to drive the water wheels, caused a wash-out that will cost several thousands of dollars to repair. A great concrete pier, which became undermined, collapsed with a terrific crash, leaving a large section of the building on the north end with little underpinning for support. An inspection of the damage done lends officials to believe that the job of making repairs will be a lengthy one and a costly one. The accident having made it impossible to operate machinery by water power the trolley company had to begin creating power to operate the cars by use of the auxiliary steam plant at the power house" (WCT 8/5/1920).

The Killingly Historical & Genealogical Society will be sponsoring a Mayflower trip on June 19, 2020 to Plymouth Plantation, the Gristmill, and the Mayflower II replica. The tour bus (not school bus) will depart from the Brooklyn Walmart at 7:15 a.m. and return at 5:30 p.m. Free parking. For additional information contact 860-779-7250 or director@killinglyhistorical.org for tickets by May 1, 2020.

The Genealogy Club at the Killingly Public Library will meet Saturday, Feb. 15 from 10-11 a.m. All are welcome. Come and share your research experiences and ask questions.

Margaret M. Weaver is the Killingly Municipal Historian, February. For additional information e-mail her at margaretmweaver@gmail.com or visit the Killingly Historical & Genealogical Center Wed. or Sat. 10-4 or www.killinglyhistorical.org. or call 860-779-7250. Like us at Facebook at www.facebook.com/killinglyhistoricalsociety. Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical and Genealogical Center should be sent to P.O. Box 265, Danielson, Ct. 06329.

When optimism isn't easy

"Optimism, optimism, optimism. It's great that you are so optimistic, but I'm just not that way. I'm a realist and I see things as they are and the facts of the situation determine if I am optimistic or not," the email began. I'd love to be more like you but being optimistic may make you feel better in the moment, but in reality, optimism changes nothing."

I fully realize there are more people in the world who feel this way. It's easier to let circumstances control your attitude than to thoughtfully work your attitude to positively impact your circumstances.

The email continues. "It's easy for you to be optimistic. Your job is to sit at a desk and type a bunch of happy words into a computer and get paid for it. I'd be optimistic too of that's all I had to do!"

I don't think I've ever met the author of this email. It was sent anonymously and that's okay. I am never offended by a response like this. I view this as a positive opportunity to help this reader and others

live a more optimistic life.

It's easy to be optimistic when everything is going your way. Things are good at work, the economy is good, your love life is positive and there is an expectation that your positive life will not change.

Suddenly, without warning, there is a downturn in the economy and your company frantically looks for ways to cut expenses. You lose your job and your significant other becomes irritable at the change in circumstances and the uncertainty of your financial future. Circumstances can change without notice. You can choose to dwell on how unfair life is or you can find the positive opportunity buried within the negativity and move forward.

One of the only things certain in our lives is the inevitable uncertainty. Optimism, when you are on top of the world is easy, but when the future is uncertain and your outlook is dire, it's difficult to find and optimistic person. When your optimism is needed most, that's when it's



POSITIVELY
SPEAKING
GARY W.
MOORE

harder to muster.

Controlling your attitude and outlook is difficult for most people. They allow circumstances to determine their outlook. As their attitude plummets, so does their optimism.

Optimism properly applied is a way of life, not a here now, gone later state of mind that is controlled by external forces. It is your optimism that will guide you to a positive future.

In 2004 I was CEO of a company that was growing, thriving and providing great products and services to the incredibly stable housing market. Life was good. It was easy to be optimistic.

I've told you this story before, but with encouragement from family and friends, I decided to write a book about

my father's experience in baseball and war. Once completed I began my search for a publisher. My first rejection came quickly, followed by the second and third ... then the eleventh, twenty-seventh, forty-ninth, sixty-third and seventy-fourth. After seventy-four rejections what did I do? I submitted it a seventy-fifth time and it sold. A reviewer said "Playing with the Enemy" became a surprise hit. A surprise to others, but not to me. I was always optimistic I would find a publisher and the book would succeed. I've since then written two more and have a fourth ready to go.

So, in 2006, I was still CEO of a company and a part-time author. Less that eighteen months later, a massive implosion of the housing market destroyed my company, left me out of work. I lost almost everything. I was depressed for a few days, then I clicked my optimism back on and evaluated my opportunities. It appeared that in the midst of the Great Recession, my chances of landing a corporate

position were bleak. I didn't have the resources to start a new business, so I decided I'd write for a living. I published two more books and began writing this column. It's been a long road. My column is still expanding its reach and I continue to write more books but, deciding to write full-time was a risky decision that mustered all the optimism and positive energy I could find.

Here's my point. If you allow your circumstances to determine your optimism ... you have no optimism. You are a bobber floating in the water. The weather and tide will determine your fate. Optimism allows you to think past your current disaster. Your belief something better is coming encourages you to create the plan to make it so. As I say almost every week ... "If you believe nothing better is possible, why would you try?"

Optimism in the worst of times, leads you back to the best of times.

Gary W. Moore is at www.garywmoore.com

The 3 most common types of breast cancer

Millions of women across the globe are diagnosed with breast cancer every year. The World Cancer Research Fund and the American Institute for Cancer Research notes that more than two million new cases of breast cancer were diagnosed in 2018, making the disease one of the most commonly occurring cancers in the world.

Upon receiving a breast cancer diagnosis, patients typically have a number of questions, including which type of breast cancer they have. The American Cancer Society notes that there are many types of breast cancer, though some are more common than others. Learning to distinguish between the more common types of breast cancer, which include invasive ductal carcinoma, ductal carcinoma in situ and invasive lobular carcinoma, can help patients and their support teams better understand this difficult, yet beatable disease.

What are carcinomas?

The ACS reports that most breast cancers are carcinomas. Carcinomas are tumors that start in the epithelial cells that line organs and tissue throughout the body. Carcinomas can spread to other parts of the body, even though they do not always do so.

Invasive ductal carcinoma

Sometimes referred to as "IDC," invasive ductal carcinoma accounts for between 70 and 80 percent of all breast cancers, making it the most common type of the disease, according to the National Breast Cancer Foundation, Inc.®. Invasive means the cancer has spread from the milk ducts, where IDC originates, to the surrounding breast tissues.

Ductal carcinoma in situ

Ductal carcinoma in situ, or DCIS, is a noninvasive breast cancer that starts inside the milk ducts. BreastCancer.org notes that "in situ" means the cancer is still in its original place, not having spread beyond the milk duct to any surrounding breast tissue. That's helpful to know, as it calms patients' fears knowing the cancer has been caught before it could metastasize, or spread. One out of every five new breast cancer cases is DCIS. While that might sound alarming, BreastCancer.org notes that DCIS incidence rates are possibly so high because people are living longer than they used to (a person's risk for breast cancer increases with age) and education about breast cancer screening appears to be working, compelling more women to get mammograms.

Invasive lobular carcinoma

The ACS notes that roughly 10 per-



cent of all invasive breast cancers are invasive lobular carcinomas, or ILC. The word "lobular" means that the cancer began in the lobules, which produce milk and empty out into the ducts that carry milk to the nipple. When a person is diagnosed with ILC, that means the cancer has broken through the wall of the lobule and has started invading the tissues of the breast. Over time, ILC can

spread to the lymph nodes and possibly even other areas of the body.

The type of breast cancer a person has will affect his or her treatment. As prevalent as breast cancer may seem, it is beatable, and many people overcome the disease and go on to live happy, full lives.

10th annual Fire and Ice Festival



From left, Lily George, Erin Picanso, Colleen Picanso and Matt Picanso

Putnam held its 10th annual Fire and Ice Festival on Feb. 8. It is billed as the largest ice block competition in America. Carvers were on site as they chiseled away at their artistic designs.

There was also a character meet and greet along with a cake decorating contest.

Karen Butera photos



From left, Jenny Derrico, Becky Proseus, Jen Heath and Sheila Frost at the ice bar



Paul Fagueiredo with wife Alicia and children Zach and AJ



Ben Hall with wife Jessica with children Micah and Tobias



Corey Pion, Colyn Petre-Pion, Adrian Morata, Anna Garcia and Keith Pion



Christopher Johnson with wife Jennifer with children Zachary, Bryna and Jason



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Danielson Elks steak dinner fundraiser

DANIELSON — The Danielson Elks are all about giving back to the community. Almost every month of the year they hold a Steak Dinner Fundraiser to help to raise funds for the various local non-profit groups. Close to 80 folks came out to enjoy the dinner with friends last weekend.

Karen Butera photos



From left, Kevin Gould with wife Leanna and Leo Long and wife Denise



From left, Tim Albee, Felix Serra and Glenn Pa



From left, Janet Muscara, Chastity Walsh, CJ Berube and Anne Dauphinais



From left, Doug Farrow, Joan Arsenault, Fred Ruhlemann and Kevin Kertula



From left, Lisa Harrison, Sandra Vanasse and husband Steven



From left, Mike Corriveau with wife Diane, Dave Dalpe and Michelle Gunn



Hunter Wood and Alissa Morrison



From left, Ken Hutchinson, Esq., Mike Boreur and Brett Gunn help out in the kitchen

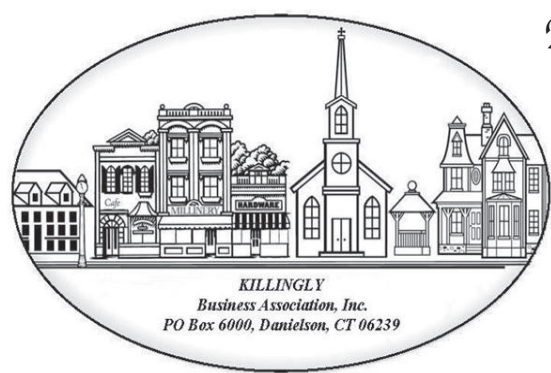


From left, Mark Horvath, Lance Wood with wife Lisa

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Breast cancer screening guidelines



Cancer screenings are widely recognized as a vital component of personal healthcare. Catching cancer in its earliest stages greatly improves patients’ survival rates, and screening is often the most effective way to find cancer before it grows and spreads to other parts of the body.

Women who recognize the

importance of breast cancer screenings are also likely to recognize just how conflicting advice about screening is. For instance, the Centers for Disease Control and Prevention lists breast cancer screening recommendations from seven different organizations on their website. These organizations include the U.S.

surprised to learn that no such universal agreement exists.

Breast cancer is a complicated disease, so it’s understandable why there would be differences of opinion within the medical community regarding when women should and should not be screened. But recognizing that breast cancer screening is a complicated issue won’t help women learn when they should be screened. Working with a physician they trust and being open and honest about their health and their family history of breast cancer can help women make the most informed decisions about when and how often to be screened.

In the meantime, women can consider these screening

guidelines from Memorial Sloan Kettering Cancer Center, whose cancer experts devised the guidelines based on their extensive experience treating breast cancer patients.

Women at average risk

The MSKCC defines being at average risk as having:

- no symptoms of breast cancer
- no history of invasive breast cancer (breast cancer that has spread beyond the milk ducts)
- no history of ductal or lobular carcinoma in situ (abnormal cells that are confined to the milk duct, or lobule)
- no history of atypia (atypical hyperplasia, a form of benign breast disease)
- no family history of breast cancer in a first-degree relative (parent, sibling, or child)
- no suggestion or evidence of a hereditary syndrome such as a BRCA mutation (evidence would be multiple first- and/or second-degree relatives with breast cancer or ovarian cancer)
- no history of mantle radiation (a radiation therapy used to treat Hodgkin’s disease and some other conditions)

MSKCC recommends that women between the ages of 25 and 40 who are at average risk schedule an annual clinical breast examination. Women 40 and older should have an annual mammogram in addition to their annual clinical breast exam. Women with dense

breast tissue may be advised to have an ultrasound as well. All women should consider performing monthly self breast exams beginning at age 20. Doing so helps women become familiar with their breasts, and that familiarity may alert them to abnormalities down the road.

Women at above-average risk

Women whose risk of developing breast cancer is above-average face more complicated screening decisions. This includes women with a family history of breast cancer in a first-degree relative (parent, sibling, or child); history of atypical hyperplasia (a form of benign breast disease); history of lobular carcinoma in situ (abnormal cells that are confined to the milk duct, or lobule); history of mantle radiation (a radiation therapy used to treat Hodgkin’s disease and some other conditions) before the age of 32; genetic predisposition for breast cancer (for example, women with a BRCA mutation). For screening guidelines specific to each of those situations, visit the Memorial Sloan Kettering Cancer Center online at www.mskcc.org.

Breast cancer screenings are important, and women should speak with their physicians to determine the right guidelines for them.

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A metastatic breast cancer diagnosis can be difficult to comprehend. Such a diagnosis means that cancer that initially began in the breast has now spread to other parts of the body.

Many women who receive such a diagnosis have beaten breast cancer in the past and might not understand why it has returned and spread to other parts of their bodies.

But the threat of recurrence is something all cancer patients must face, and taking steps to understand as much about their disease as possible can prepare people to fight it once again.

The location of metastatic breast cancer will affect how women feel. Understanding the relationship between location and symptoms can help women identify problems they might otherwise write off as natural signs of aging, and that knowledge might compel them to seek treatment that can prolong their lives.

What does location have to do with metastatic breast cancer?

Symptoms of metastatic breast cancer vary depending on where the cancer is located. BreastCancer.org notes that metastatic breast cancer most commonly spreads from the breast to the bones, brain, liver, or lungs. Some symptoms of metastatic breast cancer may be mistaken for natural signs of aging, which might keep women from seeking treatment that could potentially extend their lives by a number of years. The following is a breakdown on the symptoms of metastatic

cancer associated with parts of the body where the cancer is most likely to spread.

- Bone: Bones are the first sight of metastasis for more than half of the women who develop metastatic breast cancer. Sudden, severe pain and an inability to move are the most common symptoms that cancer has spread to the bone. Pain in the back or neck; numbness or weakness in an area of the body; or difficulty passing urine or having bowel movements are other symptoms of bone metastasis. Fatigue, weakness, nausea, loss of appetite, and/or dehydration, each of which can be indicative of high levels of calcium in the blood due to bone breakdown, are other symptoms of metastatic breast cancer that has spread to the bone.

Brain: BreastCancer.org notes that between 10 and 15 percent of women with metastatic breast cancer develop brain metastases. Symptoms that affect the brain can include headaches; changes in the senses, such as slurred speech or blurred vision; memory problems; mood or personality changes; seizures; or stroke or “brain attack,” in

which the supply of blood to the brain has been cut off.

- Liver: Women only rarely experience symptoms of breast cancer that has spread to the liver. Liver function tests are often how metastatic cancer that has spread to the liver is detected. However, some women do experience symptoms, which can include pain or discomfort in the midsection; fatigue and weakness; weight loss/poor appetite; fever; bloating; swelling the legs; or a yellow tint to the skin or whites of the eyes.

Lungs: Breast cancer that has spread to the lungs also does not often produce symptoms, and is often detected via imaging studies conducted during treatment follow-up sessions. If symptoms do appear, they may include pain or discomfort in the lung; shortness of breath; wheezing; persistent cough; or coughing up blood and mucus.

When cancer spreads from the breast to other parts of the body, the location of the cancer cells can produce certain symptoms that should not be mistaken for innocuous signs of aging or other illnesses.

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Woodstock boys cling to tourney hopes

BY CHARLIE LENTZ
VILLAGER EDITOR

PLAINFIELD — A glimmer of hope remained for Woodstock Academy’s state tournament hopes after the Centaurs survived a 67-62 overtime win at Plainfield High last Saturday. Centaurs junior forward Liam Blanchflower took over in the waning moments of the extra session — scoring five critical points in overtime to help Woodstock turn back the Panthers and preserve the Centaurs’ bid for a berth in the Division IV state tourney.

“Different guys have stepped up at different moments and tonight Liam really stepped up for us,” said Woodstock coach Marty Hart. “He’s developed some confidence and we appreciate that the ball found the hole.”

The win over Plainfield snapped an eight-game losing streak — but three days later Woodstock fell to East Lyme 51-39 on Feb. 11 and dropped its record to 5-12. Following the loss to East Lyme, Woodstock needed to win its last three regular-season games to gain the required eight victories necessary to secure a berth in the state tourney.

“We’ve been working hard. We just haven’t had the wins to show for the hard work,” Hart said. “This win today belongs to the whole team top to bottom and them gritting it out and sticking with it.”

With Woodstock Academy trailing Plainfield 62-59 in overtime, Blanchflower knocked down a 14-footer with 1:05 remaining to pull the Centaurs

within one point, 62-61. With :27 left, Blanchflower sank a free throw to tie it at 62-62. With 10 seconds remaining and the score still knotted at 62-62, Blanchflower connected on a 13-footer to give Woodstock Academy the lead for good, 64-62. The Centaurs canned three free throws over the final four seconds to ice the win and complete the scoring on Feb. 8 at Plainfield High School.

“I think we just continued to grit it out. I appreciate the guys banding together, moving the ball and hitting the open shot,” Hart said.

Blanchflower finished with 11 points and Woodstock Academy had balanced scoring with five players tallying double figures. Senior guard Nick Bedard scored 15 points, sophomore forward Ethan Davis finished with 13 points, junior guard Logan Talbot notched 12 points and senior forward Aiden Morin added 10 points. Davis sank a clutch bucket in regulation, canning a reverse layup out of a half-court set with 58 seconds remaining to tie it at 55-55 and help send the game into overtime. Coach Hart said the balanced attack was key.

“We’ve said when we play to our strengths and we stay balanced we’re a difficult team to stop,” Hart said. “That balance is what carried us today and we’re going to need it moving forward.”

Connor Abram scored 18 points for Plainfield (7-8). Woodstock Academy is next

Turn To **WOODSTOCK** page **B2**



Charlie Lentz photo

Woodstock Academy’s Nick Bedard, dark jersey, get taken out by Plainfield’s Lucien Dube, foreground, and Brett Wedley, at Plainfield High on Saturday, Feb. 8.

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Comeback win keeps Putnam boys in tourney chase



Putnam High's Colby Livingston shoots over Wheeler's Michael Warren on Saturday, Feb. 8.

BY CHARLIE LENTZ
VILLAGER EDITOR

PUTNAM — Desperation fuels motivation. Putnam High's hopes for a state tournament bid seemed improbable last Saturday when the Clippers trailed Wheeler by 20 points at the start of the fourth quarter. The improbable became possible after the Clippers rallied for a thrilling 70-67 victory. Coach Shawn Deary said anything is possible if Putnam plays like it did over the final eight minutes against Wheeler.

"We could beat anybody if we play like we did in the fourth," Deary said. "We just need to play a full game."

Trailing 59-39 after three quarters, the Clippers outscored Wheeler 31-8 in the final frame — salvaging a victory and preserving their state tourney hopes. Trailing by 20 points, Deary gathered his team on the bench during the break between quarters and told them not to throw in the towel.

"We have this mentality sometimes

of giving up and there was no reason to. We had nothing to lose," Deary said. "We were going to put on a press and go man and do everything we could."

The win was Putnam's sixth victory. Eight wins are required to gain a berth in the Division V state tournament. The Clippers had four games remaining in the regular season following the win over Wheeler.

"We needed it really bad," Deary said. "We need two more to get to states."

A loss to the Lions would have meant Putnam would have needed three wins in its last four games to qualify for states. The win over Wheeler hinged Putnam's hopes on winning just two of its last four games.

Putnam's full-court press harried the Lions — forcing them to turn the ball over and limiting Wheeler to just eight points over the final eight minutes.

"Shots started to fall and the energy started to come up," Deary said. "I think the crowd helped a lot. It was awesome."

WOODSTOCK

continued from page B1

scheduled to travel to Stonington on Friday, Feb. 14. The Centaurs play host to Ledyard on Tuesday, Feb. 18. Woodstock closes out its regular season with a home game against East Lyme on Friday, Feb. 21. Woodstock needs to win all three of its last regular-season games to secure a bid for the state tourney. The win over Plainfield last Saturday gave Woodstock Academy a glimmer of hope.

"Every game matters. We haven't made it easy on ourselves," Hart said. "But it's within reach. We can play with anybody as long as we play to our strengths and we've done that in spurts. Tonight we did it at the end, which was

important, and we're going to have to bring it for a full game."

East Lyme 51, Woodstock 39

EAST LYME — Aidan Morin notched a double-double, 13 points and 10 rebounds, but it was not enough in the loss to the Vikings on Tuesday, Feb. 11. Andrew Johnson added 11 points for the Centaurs. The loss dropped Woodstock Academy's record to 6-11. Chris Carpenter led a balanced attack for East Lyme with 10 points. The win lifted the Vikings record to 6-11.

Charlie Lentz may be reached at (860) 928-1818, ext. 110, or by e-mail at charlie@villagernewspapers.com.



Putnam High's Jordan Marks drives the lane against Wheeler on Saturday, Feb. 8, at Putnam High School.

Trailing 65-64, Putnam senior guard Ezaviar Key grabbed an offensive board and sank a putback with 1:12 remaining to give the Clippers their first lead of the second half, 66-65. Putnam junior guard John Carita canned two free throws with :29 left to push the margin to 68-65. Wheeler's Ian Spracklin scored with :22 remaining to pull the Lions within one point, 68-67. Putnam junior forward Colby Livingston iced the win with two free throws with nine seconds left to complete the scoring.

The comeback was timely on Senior Day — the last home game of the regular season for the Clippers seniors. Key tallied a team-high 21 points, grabbed seven rebounds, had two blocks, and made two steals in his last game on the hardwood at Putnam High.

"Ezaviar — for the last two years I've been begging him to just come out of his shell and take a game over and really just do what he can," Deary said. "He's so athletic. This game he finally finished, he finally came out and played a whole game, taking the ball to the rack first and shooting the outside shot. He just really played. He always gives me good defense but today he gave me a stat line. Maybe it's his last senior home game and that's why. Tonight he really pulled through."

Putnam High's seniors also include John Espinosa, Jordan Marks, Anthony Navedo, and Justin St. Martin.

"Very happy for the seniors. Again, it's their last home game," Deary said. "We still have a couple to go. But at this point, for them, to be in front of their home crowd and do this was nice."

Spracklin led Wheeler with 22 points. The loss dropped the Lions record to

9-7. Livingston finished with 19 points, three blocks, and two steals for Putnam. Navedo added 11 points for the Clippers. The win lifted Putnam's record to 6-10.

Regardless of whether the Clippers qualify for the state tourney, they will compete in the postseason in the Eastern Connecticut Conference Division II Tournament. Deary said their win over Wheeler should give the Clippers confidence that they can compete with any team in the ECC-Division II tourney.

"Absolutely. I think the ECC's done a good job breaking it into two tournaments (ECC-Division I Tournament and ECC-Division II Tournament) and really giving us the ability to actually have a chance on our side," Deary said. "I've been telling my boys since day one — they play together and use everybody on the floor, we're a great team and hard to stop. Tonight was a good proof of that and I hope that registers with them."

The Clippers are scheduled to play at Achievement First in Hartford on Saturday, Feb. 15. Putnam closes out the regular season at Montville on Tuesday, Feb. 18. The Clippers needed to win two of their last four regular-season games to gain the required eight wins necessary to secure a berth in the Division V state tournament. It won't be easy — but desperation sometimes make the improbable seem possible.

"It's a tough road ahead of us," Deary said. "This win is a big help."

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Ellis Tech's Sam Rebello drives to the bucket defended by Grasso Tech's Jose Hernandez on Friday, Feb. 7.

ELLIS TECH TOPS GRASSO TECH

DANIELSON — Ellis Tech defeated Grasso Tech 57-44 in boys basketball on Friday, Feb. 7, at Ellis Tech's gymnasium. Ben Williams led the Golden Eagles with 17 points. Sam Rebello added 11 points for Ellis Tech. Antonio Rojas tallied nine points, Tom Sherman added seven points and Benton Archambeault added five points for the Golden Eagles. Jose Hernandez led Grasso Tech with 11 points. The loss dropped Grasso Tech's record to 5-12. The win lifted Ellis Tech's record to 2-12. The Golden Eagles are next scheduled to play host to Vinal Tech on Friday, Feb. 14, with tipoff scheduled for 5:30 p.m. at Ellis Tech's gymnasium.



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Woodstock girls rally past Killingly on Senior Night



Woodstock's Kayla Gaudreau goes up for shot with Killingly's Emma Carpenter defending on Monday, Feb. 10.

BY CHARLIE LENTZ
VILLAGER EDITOR

WOODSTOCK — Protect our house—a battle cry that echoed throughout Alumni Fieldhouse on Monday night. Woodstock Academy's Kayla Gaudreau had never lost to backyard rival Killingly High over her four-year career. Gaudreau and her fellow upperclassmen

were honored on Senior Night before playing host to Killingly one last time — and she had no intentions of letting her guard down against the intruders from the South.

"We knew it was going to be a tough one but we prepared for them pretty well," Gaudreau said. "We saw it coming."

The fort was under attack with 22 seconds left as Killingly

held a one-point lead — 38-37 — and prepared to inbound the ball and run out the clock. Turns out there was just enough time for Gaudreau to defend her house — and Woodstock coach Will Fleeton told her to look for the interception.

"In the last seconds (Fleeton) told us to get the steal so we were on that," Gaudreau said. "I just had Coach's words in my head. He was like 'Get the steal.'"

Killingly inbounded the ball to midcourt but Gaudreau stole it, streaked toward Woodstock's hoop and drew a foul from Killingly's Emma Carpenter.

"I saw it coming. I had it," Gaudreau said. "Luckily I got the steal and got fouled."

Woodstock's senior guard stood on the foul line for a one-and-one with 20 seconds remaining. Trailing by one point, Gaudreau needed to make the first throw to get the second.

"I was very nervous. Especially for Senior Night, I wanted to make it big," Gaudreau said. "I knew I could do it."

Gaudreau sank the front end of the one-and-one to tie it at 38-38. Canning the first one made visualizing the next one a bit less stressful.

"I could see it coming," said Gaudreau, who finished with a team-high 12 points.

Gaudreau buried the second free throw to put Woodstock up 39-38 and the complete the scor-

ing. The Centaurs survived a pair of Killingly three-point attempts over the final 12 seconds to hang on to the win.

Woodstock senior forward Katie Papp contributed mightily to the Centaurs victory. Papp hauled down 10 rebounds (five offensive boards and five on the defensive end) and scored nine points. Papp was determined to hold down the fort on Senior Night. Like Gaudreau, she had never lost to Killingly over her high school basketball career.

"Honestly the energy here really helped. There was so many people here and it really got us excited. We knew it was going to be a big one," Papp said. "We wanted to win this for sure. We've been thinking about it all season. This is one of our last few games. You know rebounds really help win games. And so from the beginning of the game I knew that there were a couple big girls on (Killingly's) team so I really had to box out."

Woodstock's seniors include Gaudreau, Papp, Hallie Saracina, and Rachel Lambert. Trinity Angel led Killingly with 15 points. The loss dropped Killingly's record to 14-4. The win lifted Woodstock's record to 6-12. Woodstock Academy and Killingly will meet again on Monday, Feb. 17. The rematch is the last game of the regular season for both teams and is scheduled to tip off at 7 p.m. at Killingly High School. Gaudreau expects another battle on Killingly High's Senior



Charlie Lentz photo

Woodstock's Katie Papp fires a jumper against Killingly on Feb. 10.

Night.

"They're going to have a great crowd I'm assuming," Gaudreau said. "But I think we'll get it again."

Papp expects another battle. Now it's Killingly's turn to try and protect their house.

"It's going to be just like it was for us. Lots of people, lots of their students there making noise," Papp said. "But honestly we kind of feed off of that energy."

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HIGH SCHOOL ROUNDUP

PUTNAM 55, WHEELER 29

NORTHSTONINGTON — The Clippers completed a perfect 8-0 mark in Division IV of the Eastern Connecticut Conference with the win over the Lions in girls basketball on Tuesday, Feb. 11. Putnam's Molly McKeon scored 12 of her 14 points in the first half and Kayleigh Lyons scored a game-high 17 points in the win at Wheeler. Putnam lifted its overall record to 15-3. Abby St. Martin added 11 points and Alex Hutchins scored six points for the Clippers. Annie Dussault and Molly Butremovic each scored nine points for the Lions (11-8, 3-5 ECC-Division IV).

WOODSTOCK GYMNASTICS

DANIELSON — Woodstock Academy's gymnastics team captured its 11th straight Eastern Connecticut Conference championship at the conference meet at Deary's Gymnastics on Feb. 10. The Centaurs edged Stonington 139.4 to 138.5 to earn their 11th straight ECC title. Centaurs senior Jenna Davidson won her second straight individual title with a score of 36.75 in the all-around.

KILLINGLY 52, LYMAN 40

DAYVILLE — Shayne Bigelow scored 16 points to lead Killingly past the Bulldogs on Senior Night at Killingly High School on Tuesday, Feb. 11. Yianni Baribeau added 14 points and grabbed 12 rebounds for Killingly (10-7). Zack Dunnack scored 25 points for Lyman Memorial (8-9). Killingly is next scheduled to play at Bacon Academy at 7 p.m. on Saturday, Feb. 15. Killingly's seniors include Bigelow, Ethan Preston, Riley Zadora, Chris Lackner, Ed Esposito, McCorry Merrill, Jon Rodriguez, and Brandon Brillion.



Tourtellotte's Ashley Morin scored 19 points in a win over Saint Bernard last Saturday, Feb. 8.

WOODSTOCK 3, EAST HAVEN 1

EAST HAVEN — Guerin Favreau scored two goals and Doug Newton notched one goal in the Centaurs win over host East Haven co-op in boys hockey on Feb. 11. Favreau leads Woodstock with 29 goals. It was the seventh consecutive win for Woodstock (13-4). East Haven's record fell to 7-6. Woodstock is next scheduled to play host to East Haven co-op in a rematch with the puck set to drop at Jahn Rink at 6:30 p.m. on Saturday, Feb. 15.

NFA 56, WOODSTOCK 26

WOODSTOCK — Caitlin Dooley led Norwich Free Academy (16-3, 5-1 ECC Div.I) with 15 points and 12 rebounds in the girls basketball win over the host Centaurs on Feb. 11. Kayla Gaudreau had nine points and six rebounds

for Woodstock (6-13, 0-6 ECC). The Centaurs are next scheduled to travel to Killingly on Monday, Feb. 17, with the game set to begin at 7 p.m.

ELLIS TECH 31, NORWICH TECH 31

DANIELSON — Amber Cutler scored 12 points and Viviana St. Jean tallied nine points, had 15 rebounds and five assists to help the Golden Eagles get past Norwich Tech on Senior Night at Ellis Tech on Tuesday, Feb. 11. Kalista Lovely added six points for Ellis Tech. The loss dropped Norwich Tech's record to 10-8. The win lifted Ellis Tech's record to 8-11. Ellis Tech's seniors include Lovely, Breeanna Bentley, Mackenzie Saucier, Jalissa Aguiar, and Lexi Rodriguez. The Golden Eagles are next scheduled to play at Cheney Tech on Friday, Feb. 14.

TOURTELLOTTE 42, ST. BERNARD 31

UNCASVILLE — Ashley Morin scored 19 points, grabbed four rebounds and dished three assists to help push the Tigers past the host Saints in girls basketball on Feb. 8. The Tigers outscored Saint Bernard 13-1 in third quarter to break open a tight game, and went 10-for-14 from the foul line in fourth quarter to help seal the win. For Tourtellotte: Hailey Johnson tallied 13 rebounds and five points, Zeynep Acun grabbed 11 rebounds and scored six points, and Emily Angelo scored eight points. Lindsey Clement scored 10 points and Carly Potts scored seven points for the Saints (7-11). The win lifted Tourtellotte's record to 5-14. The Tigers close out the regular season at home against Griswold on Friday, Feb. 14, with tipoff scheduled for 7 p.m. at Canty Gymnasium.

WINDHAM 52, PUTNAM 43

WILLIMANTIC — Putnam's Abby St. Martin scored 22 points and hauled down 13 rebounds in the loss to the Whippets in girls basketball on Feb. 6. Hailey Cruz scored 13 points, Nicole Peralta added 12 points and Sky Busanet tallied 11 points for Windham (10-8). Kayleigh Lyons added 14 points for Putnam.

WOODSTOCK 5, ECC EAGLES 4

POMFRET — Guerin Favreau scored two goals and Sonny Nielsen added one goal in Woodstock's win over the Eastern Connecticut Eagles in a Nutmeg Conference boys hockey game on Feb. 9 at Pomfret School's Jahn Rink. Senior Doug Newton notched his 100th career point on an assist. Woodstock's record is 13-4 overall, 5-2 Nutmeg Conference. Evan Tower scored twice and Will Cannella had one goal for the Eagles (6-8, 4-2 Nutmeg Conference).

WHEELER 54, ELLIS TECH 20

DANIELSON — Mackenzie Saucier led the host Golden Eagles with seven points in the girls basketball loss on Feb. 10 at Ellis Tech. Amber Cutler added six points for Ellis Tech. The win lifted Wheeler's record to 11-7.

OAKMONT 3, WOODSTOCK 1

ASHBURNHAM, Mass. — Eliza Dutson scored the lone goal for Woodstock in a Central Massachusetts League B Division girls hockey game vs. Oakmont Regional on Feb. 8. The loss dropped Woodstock's record to 3-6-3 overall, 1-1-3 CML. Sydney Haskins and Ivy Dowdell each notched one assist for the Centaurs.

KILLINGLY 61, PLAINFIELD 34

PLAINFIELD — Trinity Angel scored 16 points to help lift Killingly over the Panthers in girls basketball on Feb. 8. Marisa Kazantzis scored 11 points, Emma Carpenter added 10 points, and Sophia Moore scored eight points for Killingly (14-4). Chloe LaPierre scored a team-high 10 points for Plainfield (6-11).

WOODSTOCK SKIING

SOUTHINGTON — Woodstock Academy's Eliza Simpson finished eighth in the second qualifying round in the slalom at Mt. Southington on Feb. 4 in an event held by the Connecticut Interscholastic Ski League with the outcome filling slots for Team Connecticut. Simpson's finish earned her a spot on the 12-member team that will represent the state in the Eastern Region championships on March 7 at Cannon Mountain in New Hampshire. Woodstock's Zach Brody is the first alternate for Team Connecticut in the boys division.

KILLINGLY 36, LYMAN 28

DAYVILLE — Aila Gutierrez scored 11 points and Emma Carpenter and Trinity Angel each added nine points in host Killingly's win over the Bulldogs in girls basketball on Feb. 6. Cassie Wells led Lyman Memorial (6-8) with eight points.

WOODSTOCK 48, FITCH 44

WOODSTOCK — Katie Papp scored 16 points to pace the host Centaurs to the girls basketball win on Feb. 6. Kayla Gaudreau added 11 points for Woodstock (6-12). Nyseanah Ishmael scored 23 points for Fitch (11-6).

Killingly's Angel has one last shot against Centaurs



Killingly's Trinity Angel works inside against Woodstock Academy on Monday, Feb. 10.

BY CHARLIE LENTZ
VILLAGER EDITOR

WOODSTOCK — It's Trinity Angel's turn to defend her house. "Senior Night" this Monday evening at Killingly High is unofficially dubbed "Trinity Angel Night" because she's the lone senior on the roster. Killingly will play host to Woodstock Academy — a team she's never conquered over her four-year varsity career. Adding to the drama is Angel's quest for revenge after Killingly fell to the Centaurs 39-38 last Monday night at Woodstock Academy's Alumni Fieldhouse.

"I'm really looking forward to it. My whole career in basketball we haven't beaten Woodstock," said Angel after the one-point loss to Woodstock on Feb. 10. "I hope we can get them on our Senior Night."

Killingly coach Gina Derosier expects Angel to be highly motivated in front of the home crowd at Killingly High in her last shot against Woodstock Academy.

"We haven't beaten them since Trinity's been in high school," Derosier said. "So it means a little bit more."

Angel scored a game-high 15 points in the loss at Woodstock on Feb. 10. Coach Gina Derosier couldn't fault her lone senior's effort against the Centaurs. Derosier knows the rematch this Monday night will be intense.

"I think they're going to be very hungry. They're going to be hungry for it and I'll think they'll bring a whole other level of intensity," Derosier said. "If I know my girls and I'm pretty sure I know them well, I think that you'll see a good game."

A raucous crowd at Woodstock seemed to lift the Centaurs' intensity against Killingly on Feb. 10. With Killingly leading by one point it turned the ball over with 22 seconds remaining and then fouled Woodstock senior guard Kayla Gaudreau, who canned both ends of a one-and-one with 20 seconds left to give the Centaurs a 39-38 lead and complete the scoring. Killingly attempted a



Killingly's Ella Lach launches a three-pointer against Woodstock Academy on Feb. 10.

Charlie Lentz photo

pair of three-pointers over the final 12 seconds but neither fell. Killingly sank just 7-of-22 from the foul line.

"It came down to a lot of things. It came down to missed free throws, turnovers, and not getting back on defense a couple times and we got exposed," Derosier said.

The intensity was high on Senior Night at Woodstock Academy's Alumni Fieldhouse with the school band in full throat along with the Centaurs partisans.

"It's tough to come in and play at Woodstock — their Senior Night, their band — it's a loud gym. It is a good prep for us. Unfortunately, it was a lesson learned tonight. I have to have patience. I think I had two freshmen (Ella Lach and Aila Gutierrez) on the floor at the end, two sophomores (Emma Carpenter and Sophia Moore) and a senior (Angel). So we're young. We're going to make young mistakes. That's how you learn. That's how you get better," Derosier said. "It's a learning experience for

sure. You move on from here. You have to have a short memory this time of year."

The loss dropped Killingly's record to 14-4. The win lifted Woodstock's record to 6-12. Kayla Gaudrea scored 12 points and Katie Papp added nine points for the Centaurs. Woodstock Academy and Killingly will clash one last time this season on Monday, Feb. 17. The rematch will be the last game of the regular season for both teams and is scheduled to tip off at 7 p.m. at Killingly High School. Killingly's lone senior will be out for some revenge on "Trinity Angel Night."

"I hope we can get them on our Senior Night. I feel like it's great to be the only senior," Angel said. "It would be really special since it's my last regular-season home game. I hope we win."

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Postseason approaches for Killingly boys



Killingly High's Yianna Baribeau, white jersey, goes up for a shot with St. Bernard's Walker Baillargeon defending on Friday, Feb. 7, in Dayville.

BY CHARLIE LENTZ
VILLAGER EDITOR

DAYVILLE — St. Bernard will likely be one of the favorites in the upcoming Eastern Connecticut Conference

Division II Tournament and Killingly High had a chance to rate its tourney chances when it played host to the Saints last Friday night. Although Killingly fell 48-44 to St. Bernard, the closely contested game showed

coach Jim Crabtree that his team has a shot at the ECC-II tourney title. "You just saw the favorite. The favorite was here and we had them on the ropes," Crabtree said. "Griswold's the favorite also and we had them on



Killingly High's Jay Grzysiewicz fires a jumper against St. Bernard on Feb. 7.

Charlie Lentz photo

the ropes. So you know what? Sooner or later maybe we'll put it together and it'll be our turn."

Crabtree was pleased that Killingly stayed close with the Saints throughout. Killingly cut St. Bernard's lead to two points, 45-43, after freshman forward Yianna Baribeau sank a pair of free throws with 28 seconds remaining. The

Saints hung on by hitting 3-of-4 foul shots over the final 25 seconds.

"The team's grown up a lot. In the past against a team like St. Bernard we would have folded up our tent when they made their little run," Crabtree said. "There was no quit. We're on a good little stretch. They've all done a marvelous job. The seniors have become

seniors and the freshman (Baribeau) is no longer a freshman, he's part of the big-boy team now. We have enough pieces to give enough teams problems. I just think tonight we had two different stretches where there was a lid on the basket and we just couldn't score."

Ellis Tech girls head toward postseason

BY CHARLIE LENTZ
VILLAGER EDITOR

DANIELSON — First-year coach John Murdock didn't know what to expect when took over at Ellis Tech this season. He didn't expect to be the head

girls basketball coach. "I was a little worried when I got thrown into the position. But I'm enjoying it greatly and I'm looking forward to a long run here," Murdock said. The coach stressed positivity and so far so good. He's pleased

with the effort his players have given him at the Golden Eagles head toward the postseason. "They've come a long way. In their demeanor you can see during the warmups it's louder. Everyone's upbeat," Murdock said. "Everyone's

staying positive."

Ellis Tech defeated Academy of the Holy Family Marist 51-15 on Feb. 6 at Ellis Tech's record was 8-11 through 19 games. Ellis Tech closes out the regular season on Friday, Feb. 14, when it travels to Cheney Tech. Ellis Tech then heads into the Constitution State Conference Tournament, followed by the Class S state tournament. Ellis Tech had four games remaining in its regular season after the win over Holy Family and Murdock held out hope for playing host to state tourney game.

"I told the girls if we can go 3-for-4 we've got a semi-chance of possibly getting a home game for states," Murdock said. "We're trying for it. There's 36 teams in our division and 32 of them are going to be making the tourney. So it all depends how the dominoes fall and if we can get a home game that

would be great for the school."

Coach Murdock hoped the Golden Eagles display the balanced scoring they did against Holy Family — junior forward Vivianna St. Jean scored 16 points and grabbed 10 rebounds. Senior forward Kalista Lovely scored 16 points including four three-pointers and junior forward Amber Cutler added 12 points. The coach said they needed the win after a close 32-27 loss to Windham Tech on Feb. 4. "Amber Cutler came up big today too, very balanced attack. Amber's going to give 110 percent all the time. We're really going to need that considering she's going to be a senior next year with Viv (St. Jean) and we're going to need her," Murdock said. "We had a very tough game against Windham Tech. The girls knew



Ellis Tech's Breeanna Butler drives to the hoop against Holy Family on Feb. 6 in Danielson.


Charlie Lentz photo



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OBITUARIES

Barbara M. Girouard Daigle



DUDLEY - Barbara M. Girouard Daigle passed away on Monday February 3, 2020 at the Lanessa Extended Care in Webster.

Barbara is survived by three sons: Bradley G. Daigle of Dudley, Joey P. Daigle of Woodstock, CT, and Bruce Raymond Daigle of Webster; two daughters: Dianne Sheldon of Pomfret, CT and Jacqueline A. Stevens of Worcester; sixteen grandchildren; eleven great grandchildren, one great-great grandchild; many relatives and friends; she was predeceased by her husband Roland "Rollo" Girouard.

Barbara was born in Webster, MA on December 16, 1925, daughter of the late George and Grace (Brown) Raymond. Barbara was very active in the Webster-Dudley area, serving as the first lady director of the Polish

National Alliance of Dudley Charter 2876 and serving as past president of the American Legion Auxiliary Webster-Dudley Post 184. Barbara will be deeply missed by her family, friends, and all who were blessed to know her.

A Calling Hour was held on Friday February 7, 2020 from 9:30 – 10:30 am at the Shaw-Majercik Funeral Home, 48 School Street Webster, MA followed by the Funeral Mass at 11:00 am at St. Louis Church, 15 Lake Street Webster, MA; Committal will be private.

In lieu of flowers, please consider making a memorial contribution to the American Legion Auxiliary Webster-Dudley Post 184, 9 Houghton Street Webster, MA 01570 in honor of Barbara.

A guest book is available at www.shaw-majercik.com where you may post a message of comfort, share a fond memory, or light a candle in remembrance of Barbara.

Lyndsay V. Nalbandian, 43



WOODSTOCK – Lyndsay V. Nalbandian, 43, of Dukeland Drive in Woodstock, CT, passed unexpectedly at Massachusetts General Hospital, surrounded by her family on Thursday, Feb. 6, 2020. Born on Loring Air Force Base, Maine, she was the daughter of Richard and Julie (Winter) Long of Pomfret, CT. Lyndsay was married to Stephen Nalbandian, whom she met while they were both attending the University of Connecticut. They were married for more than 17 years, and they shared their life with their beautiful 6-year-old daughter, Grace.

Lyndsay was employed by the University of Connecticut as a program assistant at the Human Rights Institute. Lyndsay was also a member of Hope Church in East Hampton, CT. She enjoyed many activities, but above all, she loved being with her family. She found her greatest joy in

being Grace's mom and doting on her for six short but wonderful years, as well as taking care of her family.

Lyndsay is survived by her husband, Stephen, and daughter, Grace, of Woodstock; parents Richard and Julie (Winter) Long; and brother, Braden Long, and his wife, JC; plus many aunts, uncles, and cousins in both the US and United Kingdom.

Funeral arrangements have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St., Putnam, CT. 06260. A funeral service was held on Wednesday, Feb. 12, at 11 a.m. at Hope Community Church, 25 Kennedy Dr. Putnam, CT. 06260. Burial followed in Elmvale Cemetery, 450 Roseland Park Rd. Woodstock, CT. 06281.

Memorial donations may be made to The American Heart Association, P.O. Box 417005, Boston, MA. 02241 in Lyndsay's name. Friends have also set up a place for donations at <https://www.gofundme.com/f/qah4zk-taken-too-soon>. For memorial guestbook visit www.GilmanAndValade.com.

Paul F. Mailloux

NORTH GROSVENORDALE– Paul F. Mailloux was born in Acushnet, MA on January 30, 1966. He graduated from Old Colony Regional High School, Class of 1984. Paul fought a courageous 17-month battle with a glioblastoma and went home to be with Jesus on February 8, 2020, surrounded by his family.



Paul was predeceased by his mother and father, Mary Ann and Paul Mailloux; and his brother Gary Mailloux. He was survived by his brothers Mark Mailloux from Georgia and David Mailloux from Florida.

Paul met his best friend and love of his life, Carolyn (Gaspar) Mailloux, in the summer of 1991. They were later married on January 19, 1996 and recently celebrated their 24th wedding anniversary. Together they had three wonderful children; Brooke Dieffenwierth and her husband Trevor from Webster, MA., Reid and Gage Mailloux from North Grosvenordale, CT. Paul had two stepchildren; Ashley and Nicholas Silveira, whom he was

very proud of and two grandsons Logan Silveira and Jack Chase, whom he adored.

Paul was funny, witty, and tremendously loved by everyone who knew him. He loved camping, vacationing in the tropics, and most importantly spending his time with his friends and family. Paul was a loyal and dedicated employee for 24 years at Nypro Mold in Clinton, MA. He loved his job, his boss, and work family. Paul was also a faithful member of High Pointe Church in Thompson, CT. He died peacefully holding onto his strong faith in the Lord.

Funeral arrangements have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St., Putnam, CT. 06260. A Memorial Mass for Paul was held at the High Pointe Church, 1208 Thompson Rd, Thompson, CT 06277, on Thursday, February 13, 2020 at 11:00 a.m. A private family Burial will follow.

In lieu of flowers the family asks that donations be made to High Pointe Church, 1208 Thompson Rd, Thompson, CT 06277, to honor the support and unending love his church family has given him. For memorial guestbook visit www.GilmanAndValade.com.



OBITUARIES are published at no charge.

E-mail notices to charlie@villagernewspapers.com

or fax them to (860) 928-5946.

Photos are welcome in JPEG format.

LEGALS

TOWN OF WOODSTOCK
The Planning & Zoning Commission has scheduled a Public Hearing for Thursday, February 20, 2020 at the Woodstock Town Hall, 415 Route 169 at 7:45 p.m., lower level, for the following: #SP636-01-20 Desiree Kocis (Applicant) – Proposal to designate Joy Road or a portion thereof as a Scenic Road. Please contact Town Clerk or ZEO for details and "Ordinance Concerning the Designation of Scenic Roads". Chairman Jeffrey Gordon, M.D.
February 7, 2020
February 14, 2020

LEGAL NOTICE
TOWN OF WOODSTOCK
BOARD OF ASSESSMENT APPEALS
Citizens of Woodstock are hereby informed that the Board of Assessment Appeals for the Town of Woodstock will hold its sessions on the following dates: Monday, March 2, 2020, beginning at 6:00 PM
Tuesday, March 3, 2020, beginning at 6:00 PM

Appointments must be made by calling the Assessor's Office before February 20, 2020 at 860-928-6929 Ext 326 or Ext 327. or E-Mail: assessorasst@woodstockct.gov
Such sessions are held solely for appeals on REAL ESTATE, PERSONAL PROPERTY AND MOTOR VEHICLE Supplemental Grand List 2018. Sessions will be held in the Selectmen's Conference Room at the Town Hall Office Building at 415 Route 169, Woodstock, CT.
Notice given of sessions held to conform to section 12-110 of the General Statutes of the State of Connecticut.
BOARD OF ASSESSMENT APPEALS
Rebecca Hyde
Ron Cabana
Edward N. Larson, Chairman
February 14, 2020
February 21, 2020



To place an In-Memoriam, Card of Thanks, Birthday or Anniversary Greeting, in the Villager Newspapers

the deadline is Monday at noon for that week.

Ad prices are \$15 for a 2x3 (actual size 2.4" x 3") or \$25 for a 3x4 (3.7" X 4") or 4x3 (5" x 3"). You can add a photo at no additional cost.

To send by mail, please mail to
Villager Newspapers
P.O. Box
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Personal checks, Visa, Master Card, Discover and AMEX are accepted.


For more information, please call 860-928-1818 or email brenda@villagernewspapers.com and she'll be happy to help!

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In Print and Online



Recognize signs of heart attack in women



Many people are familiar with the image of a heart attack sufferer clutching his or her chest or feeling surprising, tingling sensations in his or her left arm. While those symptoms are common, heart attacks can produce a wide array of symptoms, and some of them may actually be much less apparent than chest pain or tingling in the left arm. That's especially so for women.

The organization Go Red for Women, which highlights women's heart health during the month of February, advises that many symptoms women can experience when suffering from heart disease may be overlooked or misunderstood as signs of less threatening conditions. However, jaw pain, nausea, pressure, and sweating all may be indicative of a heart attack. A failure to recognize that and act quickly could prove fatal.

The American Heart Association says that heart disease is the foremost killer of women in the United States. The Heart and Stroke Foundation says heart disease and stroke kill 31,000 women in Canada annually. Despite those figures, many women are unaware of the threat of heart disease and its symptoms.

Heart attack occurs when blood flow to the heart is blocked by a buildup of a substance called plaque in the coronary arteries. Heart attack can strike any woman, though women who deal with high stress, are overweight or are heavy smokers are at the greatest risk.

Symptoms of heart attack

Symptoms of heart attack in women generally are more subtle than in men. These can include but are not limited to:

- shortness of breath as though you

just ran a marathon

- a feeling of a squeezing rope tied around the upper back
- dizziness
- lightheadedness or actual fainting
- unusual fatigue
- neck, jaw, shoulder, upper back, or abdominal discomfort
- indigestion
- perspiration

How heart attacks are different for women

Women tend to have blockages not only in their main arteries, but in the smaller ones that supply blood to the heart. This is a condition called coronary microvascular disease, says the Mayo Clinic, and it may be why symptoms are more vague and not as apparent in women as they are in men.

Women also can have symptoms while resting or even when asleep, and emotional stress can trigger heart attack symptoms in women.

A woman's risk for heart disease increases if she has diabetes, has experienced mental stress or depression, smokes, has gone through menopause, has had complications during a pregnancy, has an inflammatory disease, and/or is physically inactive.

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health. Women who suspect or notice any symptoms of heart attack should not hesitate to call for help. If you suspect you are having a heart attack, call 9-1-1 immediately; do not drive yourself.

Women can learn more about heart disease at www.heart.org.

Don't miss a beat regarding women's heart health

Heart disease might be seen as something that predominantly affects men, but women are not immune to this potentially deadly condition. In fact, doctors and healthcare professionals advise women to take serious heed of heart disease, which claims more female lives than breast cancer, other cancers, respiratory disease, and Alzheimer's disease combined.

The American Heart Association indicates that more women are now aware that heart disease is the leading cause of death among females than they were 20 years ago. While just 30 percent of women recognized that in 1997, that figure had risen to 56 percent by 2012. However, the AHA reports that only 42 percent of women aged 35 and older are concerned about heart disease. Initiatives like Go Red for Women in February help shed light on the threat posed by heart disease.

Here are some facts to consider.

- Roughly one female death per minute is attributed to heart disease.

Heart disease affects women of all ages. In fact, the AHA says that the combination of smoking and birth control pills can increase heart disease risk in younger women by 20 percent.

Mercy Health System says about 5.8 percent of all white women, 7.6 percent of black women, and 5.6 percent of Mexican American women have coronary heart disease.

According to the Centers for Disease Control and Prevention, almost two-thirds of women who die suddenly of coronary heart disease have no previous symptoms.

- When symptoms are present in women, they



Women are urged to wear red during February to shed light on heart disease, the No. 1 killer of females.

are not like the stereotypical clutching of the chest that men experience. Heart disease symptoms in women can include upper back pain, chest discomfort, heartburn, extreme fatigue, nausea, and shortness of breath.

Even fit women can be affected by heart disease. Inherent risk factors, such as high cholesterol, can counteract healthy habits.

Women are urged to take various steps to reduce their risk of heart disease:

- Lose weight
- Engage in regular physical activity

- Quit smoking
- Keep alcohol consumption to a minimum
- Get cholesterol and blood pressure checked regularly
- Make healthy food choices

- Lower stress levels
- Control diabetes

Taking charge of factors they can control can help women improve their overall health and lower their risk for heart disease. Women also should speak with their doctors about heart disease. Learn more at www.goredforwomen.org.

KILLINGLY

continued from page B4

Killingly couldn't sink enough key buckets down the stretch against St. Bernard. And Killingly had a tough time keeping the Saints off the offensive boards — especially daunting was boxing out St. Bernard's 6-foot-6 Nate Avery.

"They had too many second-chance points. (Avery's) about 6-7 so I give him credit. I mean they're a good team. (St. Bernard coach) Mark (Jones) does a great job with them. But I always claim in high school basketball the team that wins the backboard usually wins the game," Crabtree said. "They defend hard. It could have went either way. I think the difference came down to a couple executions — they made a shot and we didn't — but overall the energy was there on both teams."

Killingly sank only two field goals in the fourth quarter — a three-pointer from Jay Grzysiewicz with 7:34 remaining and a putback by Shayne Bigelow with 1:03 left.

"We play all 32 (minutes) this year. The only problem we have is sometimes we struggle to put the ball in the basket. But hey when you play good teams that play good defense sometimes it works that way," Crabtree said. "But we'll get back to the drawing board (in practice) on Sunday and we'll be fine."

To complicate the rebounding dilemma against St. Bernard, Killingly senior forward Ethan Preston sat out most of the fourth quarter after twisting his ankle.

"It didn't help that we lost Preston with the ankle. But other teams have

battled through injury and sickness and stuff so I guess it's our turn," Crabtree said.

Bigelow led Killingly with 20 points. Preston finished with 10 points and nine rebounds. Baribeau finished with 13 rebounds and five points. Grzysiewicz dished seven assists. Killingly's record is 10-7 through 17 games. Killingly is next scheduled to travel to Bacon Academy on Saturday, Feb. 15, with the game scheduled to begin at 7 p.m. Walker Baillaregeon led the Saints with 15 points and Frank Pacheco added 13 points. The win lifted St. Bernard's record to 10-6.

Crabtree said Killingly still has a chance to play host to a state tournament game if it finishes out the season on a run.

"I think if we win out, definitely. I don't think we can lose any more than one down the stretch," Crabtree said. "But nothing's easy on the schedule but I know my kids are going to battle."

Killingly got knocked down against a St. Bernard team it might see again in the ECC Tournament, but his players showed Crabtree they have a puncher's chance come tourney time.

"My speech to the kids after the game was 'Keep your head up.' I mean I'm glad it hurts because we know we could have won that game," Crabtree said. "Don't do anything silly. We've got a lot of basketball ahead of us. Every night I think we're going to compete and have a chance to win."

Charlie Lentz may be reached at (860) 928-1818, ext. 110, or by e-mail at charlie@villagernewspapers.com.



Charlie Lentz photo

Ellis Tech's Vivianna St. Jean fires a jumper against Holy Family.

ELLIS TECH

continued from page B5

coming in that this was kind of one of those redemption games. Just looking to have a good game. The passing was good. Kalista (Lovely), her shots were falling. Viv (St. Jean) in the first half was dominating. So when those two are clicking normally good things are going to happen."

Laura Lacasse scored six points to

lead Holy Family (1-5). Murdock hoped to see more of the same effort they've shown him this season as the Golden Eagles head down the homestretch and into the postseason.

"I am beyond pleased," Murdock said. "Their effort has been great. The fan support has been amazing. I've got nothing but good things to say about our team."

Charlie Lentz may be reached at (860) 928-1818, ext. 110, or by e-mail at charlie@villagernewspapers.com.

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VILLAGER NEWSPAPERS

COMMUNITY SPOTLIGHT

“SHINING A LIGHT ON COMMUNITY EVENTS”




February 14, Fri., 5-7pm
Club 2087 will hold a fish fry in the Knights of Columbus Hall, 1017 Riverside Drive, North Grosvenordale. The menu: fish & chips (\$11); baked haddock (\$12); fried bay scallops, fried shrimp (\$13); fried clams (\$16); seafood platter (\$18). 860-923-2967, council2087@gmail.com.

February 15, Sat., 6pm
Valentine’s day dinner and dance featuring Skud Farkus Affair. Doors open at 5pm. Cash Bar, roast beef dinner at 6pm. Music and dancing from 7-10pm. \$15 per person. \$25 per couple. VFW Albert J Breault Post 1523

February 15, Sat., 8am-3pm.
Beat the winter blues! The Windham-Tolland 4-H Camp at 326 Taft Pond Road, Pomfret, CT is having a “Camper Game Day” for boys and girls, ages 6-12. Lunch and snack provided with games, crafts and LOTS MORE! Bring outdoor gear and a sled if there is snow on the ground. Admission is \$25/child. Call 860-974-3379 to register by Feb 12 or email: registrar@4hcampct.org

February 15, Sat., 5-10pm
American Legion Family Post 67, Route 200, N. Grosvenordale, Valentine Dinner Dance. Roast Pork Dinner, DJ, Raffles and Bake Sale. Donation \$13 per person

February 16, Sun., Noon-4pm
VFW Albert J Breault Post 1523. Post meetings have changed to the 3rd Sunday of each month for House Committee and 11 am for membership meeting. Next



Stonecroft Women's Connection Brunch

February 14, Fri., 14, 9:30-11:30am
The Inn at Woodstock Hill, 94 Plaine Hill Rd. “Lyme Awareness and Support” with Monique Picard, BSN, RN. Inspirational Speaker Sandra Lombardo’s Dramatic Presentation of “Rahab

of Jericho”. Reservations for Brunch \$13 are required, cancellations essential. Call 860-774-5092, 860-455-7671 or email:wccwc81@hotmail.com by Mon., Feb. 9. Bring a Friend and join the party

grange40ct@gmail.com or friend Senexet Grange on Facebook.

February 21, Fri., 5-7pm
Club 2087 will hold a fish fry in the Knights of Columbus Hall, 1017 Riverside Drive, North Grosvenordale. The menu: fish & chips (\$11); baked haddock (\$12); fried bay scallops, fried shrimp (\$13); fried clams (\$16); seafood platter (\$18). 860-923-2967, council2087@gmail.com.


February 21, Fri., 1pm
LiR, a lifelong learning group located at QVCC in Danielson, is hosting a free Open House in the QVCC auditorium. The presentation will be a road trip exploring all 169 towns in Connecticut by adventurer Martin Podskoch. Refresh-

ments follow. Preview Spring courses, learn what we’re all about! Lee Felpel Membership and promotion committee 860-774-2502

February 22, Sat., 5:30 & 7:00pm
Killingly Grange Dinner and Bluegrass the Killingly Grange will host a Meatloaf Dinner followed by two great bands; the ever popular Shady Creek and Mike Fischman and the radio rambles, a very popular group on the radio, and recent inductee into the Rhode Island Bluegrass Hall of Fame. Dinner at 5:30 for \$10:00, followed by music at 7.00, for a donation of \$12.00. We are at 801 Hartford Pike in Dayville, CT. For more details - Bruce Kohl 203-731-1750

April 5, Sun., 9:15-11am
Palm Sunday Breakfast will be held at St. Andre Bessette Parish All Hallows Site, 130 Prospect St. Moosup, CT 860-564-3313. Adults \$11.00, Seniors \$9.00






This page is designed to shine a light on upcoming local nonprofit, educational and community events.

Submissions are limited to 50 words or less and are FREE to qualifying organizations, schools, churches and town offices.

To submit your event contact: Paula at paula@stonebridgepress.news

Deadline for submission is Friday at Noon



HERE & THERE → Local Events, Arts, and Entertainment Listings

			
<p>TUESDAY, FEBRUARY 25</p> <p>PANCAKE SUPPER ON MARDI GRAS 5 to 7pm at Grace Church 270 Main St, Oxford. Pancakes, sausages, juice, coffee and tea. We are joined by parishoners from St. Thomas, Auburn and Christ Church, Rochdale. We have been flipping pancakes on Mardi Gras since 1974, so we know how! So wear your beads and maybe a funny hat and come on down! More info? caroll-ee54@charter.net</p>	<p>SATURDAY, APRIL 18,</p> <p>HISTORICAL TALK - Ed Londergan - The First and Second Settlements East Brookfield Town Hall 9:30 FREE</p>	<p>ball, mini golf, lunch) Rain Date: June 21. 125 South Pond Road, East Brookfield. 11:00-3:00. FREE</p>	
<p>SATURDAY, MARCH 14</p> <p>OPEN HOUSE at Hodgkins Building (Museum/RR/Art Guild/ Boy Scouts) 108 School Street FREE 1:00-3:00</p>	<p>SATURDAY, APRIL 25</p> <p>TOWN WIDE CLEAN-UP DAY Meet at East Brookfield Town Hall 9:00</p>	<p>MONDAY, JULY 6</p> <p>SUMMER READING KICK OFF - EB Library - continues for five weeks. East Brookfield Town Hall. FREE</p>	<p>SATURDAY, DECEMBER 12</p> <p>HISTORICAL TALK - Ken and Tina Ethier - “Trolley Talk” East Brookfield Town Hall, 9:30. FREE</p>
<p>FRIDAY, MARCH 21</p> <p>3RD ANNUAL JOHN PAIRE “BE BETTER” BASKETBALL TOURNAMENT Shepherd Hill Regional High School 64 Dudley-Oxford Rd. Dudley, MA 01571 Registration starts at 8:30am. Games begin at 9am. \$150 per team and \$40 for additional players. For more information contact us at johnpaire3on3@gmail.com. Visit our facebook page: Friends of John Paire Student Support Fund. All proceeds benefit the John Paire Student Support Fund Register by March 1 Grades 5 to 8 (Co-Ed), High School. Women, Men, Adult Co-Ed. * This tournament is open to anyone who would like to participate</p>	<p>SATURDAY, MAY 2,</p> <p>EAST BROOKFIELD NATURE WALKS at Pelletier Woods Howe Street, East Brookfield 2:00. FREE</p>	<p>SATURDAY JULY 25</p> <p>HISTORICAL TALK - Heather Gablaski - East Brookfield: 100 Years a Town East Brookfield Town Hall, 9:30. FREE</p>	<p>SATURDAY, DECEMBER 12</p> <p>OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE</p>
<p>TUESDAY, MARCH 24</p> <p>RE-ENACTMENT of signing of town bill and unveiling of Anniversary Quilt Senior Center, Pleasant Street. 6:30pm FREE</p>	<p>SATURDAY, MAY 9,</p> <p>OPEN HOUSE at Hodgkins Building (Museum/ RR). 108 School Street, East Brookfield. 1-2:00 FREE</p>	<p>SATURDAY, JULY 11</p> <p>INDEPENDENCE DAY CELEBRATION Parade & Fireworks Connie Mack Field East Brookfield</p>	<p>ONGOING</p> <p>MARIACHI BAND First Thursday of the month 5-8 p.m. MEXICALI MEXICAN GRILL Webster location 41 Worcester Rd., Webster, MA 508-461-5070</p>
<p>SATURDAY, APRIL 4,</p> <p>ROARIN’ TWENTIES DANCE at Sturbridge Host Hotel \$35, 5:00pm Tickets @EventBrite.com or at the library</p>	<p>SATURDAY, MAY 16,</p> <p>7K RUN AND FUN WALK Timberyard Brewery, East Brookfield 10:0am. \$30.00 adults, \$15.00 kids</p>	<p>SATURDAY, AUGUST 8</p> <p>OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE</p>	<p>TRIVIA SATURDAY NIGHTS 7:00 p.m. register 7:30 p.m. start up HILLCREST COUNTRY CLUB 325 Pleasant St., Leicester, MA 508-892-9822</p>
<p>SATURDAY, APRIL 11,</p> <p>OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield 1:00-3:00. FREE</p>	<p>SATURDAY, JUNE 6</p> <p>HISTORY & DESSERT at Podunk Chapel, East Brookfield 2:00 & 3:30 seatings. \$5.00 pp</p>	<p>SATURDAY, SEPTEMBER 12</p> <p>PARADE AND FAMILY FUN EVENT! Route 9, East Brookfield, 9:30 -7:00. FREE. Rain date Sept 13</p>	<p>LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., W. Brookfield, MA 508-867-2345 salemcrossinn.com</p>
	<p>FRIDAY, JUNE 12</p> <p>COAST GUARD BAND East Brookfield Elementary School, 7:00 FREE</p>	<p>SATURDAY, OCTOBER 10</p> <p>OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE</p>	<p>THE CENTRAL MA CHAPTER OF TROUT UNLIMITED meets the first Monday of every month from September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportunities. Our annual High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising banquet. Auburn Sportsman’s Club 50 Elm St., Auburn, MA</p>
	<p>SATURDAY, JUNE 13</p> <p>OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield 1:00-3:00. FREE</p>	<p>SATURDAY, OCTOBER 24, 3:30</p> <p>BUS AND CEMETERY TOUR, ending in dinner at Podunk Chapel. Meet at East Brookfield Town Hall. \$15-\$20.00 pp</p>	<p>SUMMER CONCERT SERIES July/August every Thursday 6:00-8:00 Connie Mack Field East Brookfield. FREE - Food and Drinks for sale.</p>
	<p>SATURDAY, JUNE 20,</p> <p>OPEN HOUSE at Camp Frank A. Day (archery, boating, basket-</p>	<p>SATURDAY, NOVEMBER 7</p> <p>HISTORICAL TALK - Guy Morin- Central Massachusetts during the Revolution East Brookfield Town Hall, 9:30 FREE</p>	
		<p>SATURDAY, NOVEMBER 14</p> <p>OPEN HOUSE</p>	
			

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Request for Proposals
Town of Eastford

Title: Heating System Replacement

Eastford Elementary School, 12 Westford Road, Eastford CT

Bids Due: March 2, 2020 7:00pm

All Bids will be opened and publicly read during 7:00pm
Board of Selectmen Meeting.

Contact: Jacqueline Dubois, First Selectman, 860-974-0133

Description: Heating system replacement including boiler
plant and radiators. Bid schedule and other requirements
can be downloaded from the Town's website
(www.eastford.org/eastford).Pre-Bid Walk through: February 21, 2020 3:30pm
at Eastford Elementary School.Return bids to: Jacqueline Dubois, PO Box 98,
16 Westford Road, Eastford, CT 06242. Clearly written on
outside of envelope "Heating System Replacement Project."

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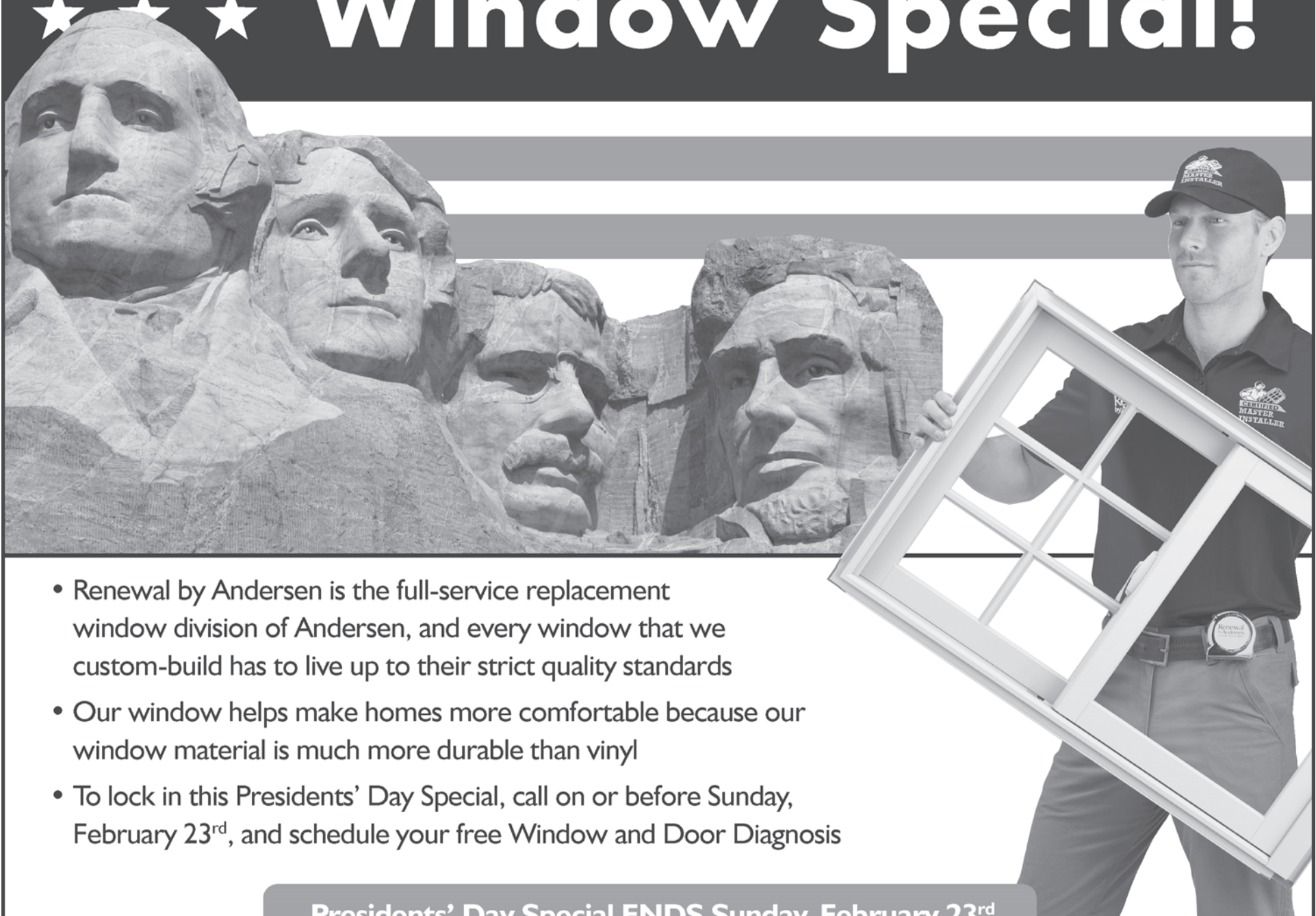
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Daily steps to keep your heart healthy

Heart disease is a formidable foe. According to the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the most common type of heart disease. And heart disease is not exclusive to the United States, as the Heart Research Institute says that every seven minutes in Canada someone dies from heart disease or stroke.

Such statistics are disconcerting, but they can serve as a wake-up call that compels people to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk.

- Stop smoking right now. One of the best things to do to protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.

- Eat healthy fats. When eating, choose polyunsaturated and unsaturated fats and avoid trans fats as much as possible. Trans fats increase one's



risk of developing heart disease by clogging arteries and raising LDL (bad) cholesterol levels. Read food labels before buying anything at the store.

- Keep your mouth clean. Studies show that bacteria in the mouth involved in the development of gum disease can

travel to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.

- Get adequate shut-eye. Ensuring adequate sleep can improve heart

health. One study found that young and middle-age adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.

- Adopt healthy eating habits. Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein, can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure — leading to a healthier heart.

- Embrace physical activity. Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.

A healthy heart begins with daily habits that promote long-term heart health.



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FOR 36 MOS.

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CAP COST: \$21,751. 39MO/10K. \$3,999 + TAX + FEES = \$5,174 TOTAL DUE AT SIGNING

2020 Toyota Corolla Hybrid LE

STK# 273601 | MODEL# 1882
MSRP \$24,169



LEASE **\$198** /MO*
FOR 36 MOS.

10k Miles/Year
CAP COST: \$22,851. 39MO/10K. \$3,999 + TAX + FEES = \$5,364 TOTAL DUE AT SIGNING

2020 Toyota RAV4 LE AWD

STK# 274887 | MODEL# 4432
MSRP \$28,858



LEASE **\$198** /MO*
FOR 36 MOS.

10k Miles/Year
CAP COST: \$27,371. 3YR/10K. \$3,999 + TAX + FEES = \$5,394 TOTAL DUE AT SIGNING

2019 Toyota Camry LE

STK# 274465 | MODEL# 2532
MSRP \$26,054



LEASE **\$208** /MO*
FOR 36 MOS.

10k Miles/Year
CAP COST: \$24,229. 39MO/10K. \$3,999 + TAX + FEES = \$5,441 TOTAL DUE AT SIGNING

2020 Toyota Tacoma SR5 Double Cab V6 4x4

STK# 274326 | MODEL# 7540
MSRP \$38,697



LEASE **\$248** /MO*
FOR 36 MOS.

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CAP COST: \$36,569. 3YR/10K. \$3,999 + TAX + FEES = \$5,435 TOTAL DUE AT SIGNING

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STK# 274316 | MODEL# 6953
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LEASE **\$298** /MO*
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Sedan, 4 cyl, auto, FWD, Electric Storm Blue, 53K mi, A273956A
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2017 Hyundai Elantra SE



Sedan, 4 cyl, auto, FWD, Shale Gray Metallic, 36K mi, A5827XX
\$12,998

2009 Infiniti G37 x



Sedan AWD, 6 cyl, auto, Platinum Graphi, 65K miles, A5839
\$12,998

2016 Toyota Corolla LE



Sedan, 4 cyl, auto, Super White, FWD, 63K miles, A273709B
\$15,998

2017 Toyota Corolla iM



Sedan, 4 cyl, auto, FWD, Spring Green, 27K miles, A274029A
\$15,998

2014 Jeep Cherokee Sport



SUV 4WD, 4 cyl, auto, Brilliant Black Crystal Pearl Coat, 36K mi, A274938A
\$15,998

2017 Toyota Corolla iM



Sedan, 4 cyl, auto, FWD, Blizzard Pearl, 31K mi, A5861
\$15,998

2017 Nissan Altima 2.5 SR



Sedan, 4 cyl, auto, FWD, Deep Blue Pearl, 28K miles, A5808A
\$16,998

2018 Toyota Corolla LE



Sedan, 4 cyl, auto, FWD, Classic Silver Metallic, 15K mi, A5850
\$17,998

2016 Nissan Rogue SV



SUV AWD, 4 cyl, auto, Brilliant Silver, 18K miles, A5858XX
\$17,998

2016 Hyundai Sonata Sport



Sedan, 4 cyl, 6 sp auto, FWD, Shale Gray Metallic, 36K miles, A5824XX,
\$17,998

2014 Toyota Sienna LE



Van AWD, 6 cyl, auto, Salsa Red Pearl, 63K mi., A274011B
\$18,998

2017 Toyota Camry Hybrid XLE



Sedan, 4 cyl, auto, FWD, Midnight Black Metallic, A274627A
\$18,998

2014 Honda CR-V EX-L



SUV AWD, 4 cyl, auto, Basque Red Pearl II, 62K miles, A274898A
\$18,998

2018 Toyota C-HR XLE



SUV, 4 cyl, auto, FWD, Blizzard Pearl, 40K miles, A5830A
\$18,998

2016 Toyota RAV4 XLE



SUV AWD, 4 cyl, auto, Electric Storm Blue, 48K miles, A274853A,
\$19,998

2017 Toyota RAV4 LE



SUV AWD, 4 cyl, auto, Barcelona Red Metallic, 23K miles, A5853
\$21,598

2017 Toyota RAV4 LE



SUV AWD, 4 cyl, auto, Super White, 20K mi., A5862
\$21,598

2014 Honda CR-V EX-L



SUV, AWD, 4 cyl, auto, Polished Metal Metallic, 51K miles, A5646C
\$21,998

2016 Toyota Prius v Three



Wagon, 4 cyl, auto, FWD, Toasted Walnut Pearl, 41K miles, A274289B
\$22,598

2016 Hyundai Tucson Ltd



SUV, AWD, 4 cyl, auto, Carib, 45K mi., A5791XX
\$23,998

2018 Toyota Camry XLE



Sedan, 4 cyl, auto, Blue Crush Metallic, 2K miles, A272076A
\$25,998

2017 Toyota RAV4 SE



SUV, AWD, 4 cyl, auto, Super White, 43K miles, A274327A
\$25,998

2018 Toyota Camry SE



Sedan, 4 cyl, auto, FWD, Ruby Flare Pearl, 27K miles, A274758A
\$25,998

2017 Toyota Tacoma TRD Sport



Truck, 4WD, V-6 cyl, auto, Barcelona Red Metallic, 38K miles, A274591A
\$28,998

2017 Toyota Sienna XLE



Van, AWD, 6 cyl auto, Blizzard Pearl, 35K mi., A274761A
\$28,998

2019 Toyota Camry XSE



Sedan, 4 cyl, auto, FWD, Celestial Silver Metallic, 11K mi., A5875XX
\$29,998

2018 Toyota Tundra SR5



Truck, 4WD, 8 cyl, auto, Inferno, 26K mi., A274177A
\$30,998

2017 Toyota 4Runner Ltd



SUV, 4WD, 6 cyl, auto, Classic Silver Metallic, A274457A
\$32,598

2017 Toyota 4Runner SR5



SUV, 4WD, 6 cyl, auto, Midnight Black Metallic, 29K miles, A274490A
\$32,598

Not responsible for typographical errors

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