



PUTNAM VILLAGER

Friday, January 7, 2022

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Continuing family tradition, Tocchio coaches numerous Quiet Corner gymnastics teams

BY KEN POWERS
SPORTS CORRESPONDENT

DANIELSON — Any sports correspondent worth their keyboard, seeing the same head coach listed in the same sport on three different contact information sheets for three different high schools, would conclude that one of the information sheets was correct and two needed updating.

In the Quiet Corner, the sports correspondent who would conclude that without investigation would be incorrect — at least where girls' gymnastics coach Kasey (Fillmore) Tocchio is concerned.

Tocchio is, accurately, listed as the girls' gymnastics coach at Woodstock Academy, and Killingly and Tourtellotte high schools. The Centaurs have 10 girls on their roster; Killingly has seven and the Tigers have two.

Tocchio, who turned 33 on Jan. 6, also serves as coach for one gymnast at both Plainfield High and Ellis Tech. Woodstock and Killingly compete at the team level while the gymnasts from Tourtellotte,



Photo Ken Powers

Ellis Tech's Jordyn Murray (far left), Killingly's Savannah Turner (second from left) and Woodstock's Lindsey Gillies (far right) are just a few of the high school gymnasts coach Kasey Tocchio mentors at Deary Gymnastics in Danielson.

Plainfield and Ellis Tech compete as individuals representing those schools.

When asked about this coaching anomaly Tocchio was quick to point out that she's no trailblazer; her mom Robin (Deary) Fillmore served in the same role at both Woodstock and Killingly for years before handing the

high school coaching reins to her daughter prior to the 2017-18 season.

Fillmore owns Deary Gymnastics in Danielson and Tocchio runs the operation.

"My mom coached gymnastics at both schools forever," said Tocchio, a 2007 gradu-

Turn To **TOCCHIO**, page **A4**

Killingly Library examines future of late fees

BY JASON BLEAU
CONTRIBUTING WRITER

KILLINGLY — The town of Killingly is examining whether or not to continue applying late fees to overdue items at the town's library after larger, more well-known libraries have done away with the practice in recent years.

Town Manager Mary Calorio told the Town Council in December that library officials are considering the pros and cons of discontinuing charging patrons for late with possible revisions to the policy going before the council for consideration in 2022. Calorio said the late fees don't bring in significant income for the library or town, and are more of a hindrance to loyal patrons than an effective punishment against repeat offenders.

"There are many times when somebody comes in and they haven't been to the library in five or six years. They're there with their child, they go to check out a book and they realize that they have a \$30 fine," Calorio said. "They're usually upset

because they didn't know they had it, and it's not something they thought they would have to encounter. It ends up turning people off from using the library."

The concept of discontinuing late fees received mixed reviews from members of the Town Council. Council Chair Jason Anderson said the library might want to consider a different approach to the policy rather than outright eliminating it and suggested one idea that would still encourage people to return materials while charging people who outright refuse to make their returns.

"One thing I would think if it's not a policy we may look into is cancelling the fines if the materials are returned. That way, at least if the materials aren't returned, we're recouping some of the money we lost if the materials weren't returned, but if they do get returned, then we're not out so much money; we're just out the use of the materials," Anderson said.

Turn To **LATE FEES**, page **A10**

Family partners with Wyndham Land Trust to expand Nightingale Forest



Photos Courtesy

Beavers imported by Harry Townshend have created extensive wetlands on the property.



Harry and Deb Townshend at their 70th wedding anniversary in 2012.

POMFRET CENTER—A remote section of unbroken forest in the Quiet Corner has been protected from development thanks to the acquisition of a large piece of land by the Wyndham Land Trust. The Wyndham Land Trust recently acquired 364 acres in Pomfret from the Townshend family. The land—the largest single acquisition by the

land trust in its 46-year history—includes a large scenic wetland with open water, marshlands, shrub swamp, and forested swamp that form the headwaters of Nightingale Brook. The woodlands that surround the wetlands support important forest-nesting birds such as Canada Warbler and Black-throated Blue Warbler. The property sits in a remote corner of Pomfret that borders Eastford to the west and Woodstock to the north. The Wyndham Land Trust is actively working to protect this area of extensive woodlands and has christened it the 'Nightingale Forest.' Their Nightingale Forest now covers 1,120 acres of protected land, of which almost 800 were donated by or purchased from the Townshend family. The late Henry "Harry" Townshend, the patriarch of the prominent Townshend family in New Haven, was responsible for creating the core of this valuable habitat. Harry, looking

for a place where he could enjoy his passion for hunting and fishing, purchased almost 1200 acres in Pomfret in the late-1950s. The Pomfret land soon became a cornerstone of the lives of Harry Townshend and his wife Deb, and their five children spent many happy hours exploring the woods. The family kept horses and rode on the extensive trail system that was created to support dog field trials. "Dad loved the outdoors which offered him fields, forests, mountains, streams and lakes to satisfy his hobbies of hunting, fishing, and field trials," said Nancy Townshend Vess. "But I think the biggest reason he liked the outdoors was the solitude it brought him. The properties he bought in Pomfret were all places of solitude." "We children grew up surrounded by nature," continued Nancy. "Each of us has an appreciation of the natural world as a result of this upbringing. I do believe the Wyndham Land Trust is an organization that will help the Pomfret community balance man against nature. I'm glad we were able to work with the land trust to maintain that balance." "I'm happy to give this Pomfret land over to the protection of the Wyndham Land Trust and for the enjoyment of the public," said Sharon Townshend. "Nature has been a source of renewal, healing, adventure, and art ideas for me; and I'm glad I can now enjoy this land as a member of the public." "I once asked Dad if he believed there was a 'God,' said Hervey Townshend. "His answer was 'no not in the common belief.' But he said 'if there was a God, his spirit would live in the woods among the trees, in nature, and in all the animals.' Nature was Dad's God. Walking in the forest was entering a spiritual

Turn To **FOREST**, page **A12**



Photo Courtesy

Day Kimball Hospital Laboratory receives re-accreditation from the College of American Pathologists.

Day Kimball laboratory receives accreditation from College of American Pathologists

PUTNAM — The Accreditation Committee of the College of American Pathologists (CAP) has again awarded accreditation to Day Kimball Hospital (DKH) in Putnam, Connecticut, based on results of a recent on-site inspection as part of the CAP's Accreditation Programs. Day Kimball Hospital provides over 400,000 diagnostic tests each year through its main laboratory at the hospital as well as blood draw sites at three community healthcare centers and visits to skilled nursing facilities and home-care patients across Northeast Connecticut.

The facility's director, Jiafan Qi, MD, PHD, was advised of this national recognition and congratulated for excellence of the services being provided. Day Kimball Hospital is one of more than 8,000 CAP-accredited facilities worldwide.

"I am incredibly proud of

our team and all the hard work that has gone into receiving this gold standard medical laboratory accreditation," said Dr. Qi. "This recognition once again demonstrates our commitment to providing our community with laboratory services that meet the highest level of quality and accuracy."

Upon learning of the laboratory's accreditation, Kyle Kramer, chief executive officer, Day Kimball Healthcare said, "We are grateful to the College of American Pathologists for this recognition. CAP accreditation is a collective effort and I want to thank our dedicated team of laboratory professionals for their hard work to earn this award, especially in the middle of a global pandemic."

The U.S. federal government recognizes the CAP Laboratory Accreditation Program, begun in the early

Turn To **LAB**, page **A4**

Can you identify an old classmate?



KILLINGLY
AT 300
.....
MARGARET
WEAVER

Happy New Year to one and all! It's hard to believe that it's already 2022. This year marks the 50th anniversary of the Killingly Historical & Genealogical Society, which was originally the Killingly Historical Society, so throughout the year I will be paying tribute to some of those individuals who helped the Killingly Historical Center come into being and grow to be a wonderful resource for Killingly and Northeastern Connecticut history and genealogy. Perhaps some of you remember during our nation's Bicentennial when society programs were held in what was then the community room of Danielson Federal Savings and Loan Association (now Key Bank). Please, please share your memories and bring in photos to be copied if you have them.

After seeing the names of pupils in the old "fish market" annex to the Killingly Grammar School, Jacquelyn Dehaie DeSantis sent photos of some students who attended the old Ballouville School, which is also still standing at the intersection of Ware Road, Chestnut Hill Road and Pineville Road in the northern section of Killingly. These are individuals who were identified in one photo from 1948-9--grades 1-3: () Zagimini, Arthur Hughes, James Dumas. Delbert Burdick, John Wadsworth, George Berube, Pauline Cusson, ()Zagimini, Joseph Beauregrd, Jacquelyn Delhaie, Robart McFarlin, Betty Tourlotte, Doris Adams, Barbara Burdick, Barbara Stone, James Larkin,

Joseph Miller, Josephine Burdick, Juliette Cusson, Barbara Joliceur, Patty Joliceur, Francis G. If you attended the Ballouville School, please considering stopping at the Center to see if you can identify unnamed classmates in other photos.

"Mrs. Burnham taught the higher grades in the room on the second floor. The heavy rope to ring the bell hung down into the cloakroom. She would ask different students to ring it..... it was fun, and what an honor! Her home was just across the road from the building. Miss Shelton taught the lower grades on the first floor. She had about 6 or 7 little chairs which she would place around her in the front of the room when she was teaching the young ones reading. At the end of the day I'd see her get into her little black car and drive away across the dam."
(email Dec. 31, 2021).

Please bring in your old grammar school photos to the Killingly Historical & Genealogical Center be scanned. I cannot stress the importance of having your treasured photo located in several places. The old brick grammar school in Dauphin Borough, north of Harrisburg, PA, which my siblings and I attended, was destroyed by fire several months ago. What made the fire even more disastrous was that at the time of the fire, it was the home of the local historical society. So much was lost! Make it a New Year's resolution to copy family photos and documents and to share them so in the event of fire or flood, someone else has a copy. Also, if you have time as the long winter days continue, mark any family photos that you have. Sad to say, the Killingly Historical Center has been given a number of unmarked photos as part of collections.

Once again, I wondered what was going on one hundred years ago, this time in 1922. The Jan. 2, 1922 Norwich Bulletin (newspapers.com) had a number of interesting articles and ads. The

Putnam section mentioned New Year's Eve happenings. "New Year's eve parties and dances were held in Putnam Saturday night. There was a watch night service at the Methodist Church and the B. Y. P.D. of the Baptist Church held a similar service beginning at half past eight. (Has anyone heard of or attended a watch night service? If so please email me with more). Putnam Lodge of Elks and other fraternal orders held open house. Today (Monday) is being observed as a holiday and all factories and places of business are closed. Mills are running pretty well on schedule." (p.8).

An ad for local entertainment at the Orpheum Theatre, Danielson read as follows: "Musical Comedy. Finnegan's Fortune. Monday, Jan. 2, Mat. and Eve. Auspices of K. of C. and Club Social. Direction of W. J. Brennan, Solos, Duets, Choruses."

The In the Kitchen column in the same edition had several unusual household hints. "Cold water; a teaspoonful of ammonia and soap will take out machine grease where other means would not answer on account of colors running." A little turpentine, added as they boil, will whiten clothes without injuring the fabric." (I wonder what they smelled like?) "To clean piano keys one woman found that milk is better than water or alcohol."

How many of you remember the Brooklyn Savings Bank in Danielson? Their ad gave a brief profile: "J. A. Atwood, President; William H. Burnham, vice-president, Sidney H. Bard, treasurer. Deposits-\$3,700,000; Dividends 4 1/2 per cent."

If you were driving an automobile in 1922, you hopefully already had your new license plates on your vehicle. "No strict enforcement of the state motor vehicle department requiring all Connecticut cars to carry 1922 registration plates on and after the first of the year will be made until Jan. 6

at midnight, according to a suggestion that Chief John McFarland received Sunday in a telegram from Robbins B. Stoeckel, motor vehicle commissioner. The telegram explained that conditions at the motor vehicle department, "where the workers have been swamped with work for days, show that motorists have been having considerable trouble with the new application forms and with the ratings which must be shown in the forms. Seventy-five per cent of the mail applications have to be returned for correction." "Scores of motorist in this territory had managed to meet the motor vehicle department's requirements...and had their cars equipped with the new white background and maroon-colored registration plates."

If you have favorite January memories, please email me.

Inclement Weather: If the Killingly Historical & Genealogical Center is closed due to inclement weather, an announcement will be made on WINY. If you are not sure, call the Center at 860-779-7250 after 10:15 a.m. on a regularly scheduled day. If you get the answering machine, the Center is probably closed.

Margaret M. Weaver Killingly Municipal Historian January 2022. Special thanks to Jacquelyn Delhaie DeSantis for the photos of the Ballouville School. For additional information email me at margaretmweaver@gmail.com or contact the Killingly Historical Society at www.killinglyhistorical.org. Leave messages for the Killingly Historical Center at 860-779-7250. Visit the Killingly Historical & Genealogical Center Wednesday or Saturday from 10 a.m.-4 p.m. Like us on Facebook at www.facebook.com/killinglyhistoricalsociety. Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical & Genealogical Center should be sent to P.O. Box 265, Danielson, CT 06239.

QVCC announces Fall Dean's List

DANIELSON — Quinebaug Valley Community College has announced the names of 178 students named to the Fall 2021 semester dean's list.

Ashford
Laurie Hipsky, Eco Manso-Rich, Katie Renaud

Baltic
Adam Ritchotte

Brooklyn
Laura Bates, Jimmy Benitez, Savannah Buisson, Angelique Caouette, Megan Coraccio, David Craighill, Connor Downing, Victoria Fradette, Sierra Girard, Madeline Guari, Caroline Hamill, Krycia Harlow, Denis Hickey, Zada Jones, Nicole Maxim, Aidan McGennis, Hector Morales, Danilo Palenzuela, Michelle Parmeter, Anwar Shakir, Adam Shinkiewicz, Emma Turner,

Kenneth Weatherspoon

Canterbury
Bernardo Barron, Christopher Coury, Adam Exley, Emmalee Fritzsche, Elenore Jolley, Colette Marchand, Matthew Moffitt, Katherine Otto, Tanya Rizer

Central Village
Shania Scharlack, Sean Sweeney

Chaplin
Emily St Dennis

Coventry
Abbie Bragdon, Maria Galarza-Ortiz

Danielson
Jasmine Alvord, Ashley Berube, Kamila Correa, Angela Dean, Jennifer Farquharson, Nikki Flynn, Renee Gates, Lindsey Green, Ibrahim

Kamara, Tate Larrow, Saylee Phongsamphanh, Bryce Pratt, Julia Revellese, Christine Sheridan, Samantha Swenson, Victoria Trudeau-Mungham

Dayville
Khamvongsouk Bandith, Mandi Beckman, Philip Davis, Nicholas Hindle, Chase LeClerc, Krystal Maclure, Lynn Paquin, Christopher Perry, Heather Souza

Eastford
Zoe Marshall

Enfield
Lina Mistry

Griswold
Yvonne Dupuis, Mary Hayden, Melissa Thibodeau

Groton
Melissa Soto

Hampton
Miles Lindell, Jessica Woody

Jewett City
Maryam Arshad, Heather Emerich, Vincent Valenti

Lebanon
Amy Roberts

Lisbon
Emily Mirante

Mansfield Center
Arielle Hernandez

Marlborough
Erica Troiano

Middletown
Diana Kostacopoulos

Moosup
Sarah Chamberland, Jakob LaButti, Piotr Malinowski, Elizabeth Schneider, Kennedy Shippee, Kylie Shippee

New London
Rebecca Richards

North Grosvenordale
Rebecca Giles, Kevin Gomes, Lindsey Houghton, Malakai Lima, Emma Nazario, Jennifer Perry, Tyler Persson, Justin Phelps, Gianna Stoico, Evan Torres, Sara Watson, Madison Yost

North Haven
Sumeyra Yavuz

Norwich
Christie Hughes

Pawcatuck
Lydia Miner

Plainfield
Alyssa Aubin, Jesse Fultz, Bernadette Michaud, Cassandra Miller, Gianna Pellegrino

Pomfret Center
Remi Benton, Sydney Feragne, Ryan Lewis, Robert Manifold, Shelby Pendleton

Preston
Ashlyn Chmielecki

Putnam
Morgan Blackmar, Selena Cordero, Trent Dionne, Jennifer Franks, Allison Hall, Anna Ionkin, Jerusha Morrisette, Jordyn Poole, Misty Williams

South Windham

Nicolemarie Gonzalez Figueroa, Kevin McGearry

Sterling
Hannah DeAngelis, Erin DeRouin, Sarah Dexter, Maggie Fallon, Megan Hart, Olivia LaRose, Faith Smith, Angela Stone, Ryan Young

Thompson
Paige Audet, Mikenzi LaBonte

Voluntown
Adam Eaton, Jamie Palazzi

Waterbury
Jonathan Fullbright

Waugrean
Chandler Hebert

Willimantic
Michelle Aguayo Castro, Lorena Alba, Miata Arroyo, Owen Delgado, Yasmin Garcia-Juarez, Dakota Ibarrondo, Gabriela Lopez Barreto, Yarixa Rodriguez, Patricia Todd, Megan Trueblood, Patrick Walker Ayala

Willington
Amanda Hansen

Windham
Ashley Licata

Woodstock
Donna Bayer Carreaux, Liam Blanchflower, Sydney Cournoyer, Aria Gianfriddo, Matthew Gianfriddo, Hannah Hagstrom, Audrey Helmetag, Hailey Klar, Jarod Martin, Molly Millix, Evan Odorski, Payton Peterson, Thomas Robidoux

Woodstock Valley
Jocelyn Foisey, Abigail Kilburn

VILLAGER ALMANAC

At CT Audubon

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Dec. 27: Sora, Bald Eagle, American Kestrel, Pheasant, Bluebird, Northern Harrier, Brown Creeper, Great-horned Owl, Eastern Screech Owl, Barred Owl, Carolina Wren, House Finch, Mockingbird, Junco, Peregrine Falcon, Common Grackle. Visit ctaudubon.org/Pomfret-home.

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BY JASON BLEAU
CONTRIBUTING WRITER

“Due to shipping and warehouse delays outside of the State of Connecticut’s control, our state’s anticipated shipment of COVID-19 at-home rapid tests are currently delayed from arriving in Connecticut. My staff and multiple state agencies have spent the past several days working around the clock to accelerate the movement of our tests through what is clearly a shipping and distribution bottleneck



Photo Courtesy

on the West Coast amid unprecedented international demand for tests,” Lamont said in a release on Dec. 29. “I want to thank our municipal and emergency management partners who have quickly and efficiently established their methods of distribution of the tests, clearly communicating them to their communities. My administration is in regular communication with city and town leaders, and we will provide updates as we have them in order to distribute the tests as quickly as possible. I thank our staff and leadership at the Department of Administrative Services, the Department of Public Health, the Division of Emergency Management and Homeland Security, and the Connecticut National Guard for

"It's not as fast as we want, but it is speeding up, and we're going to get through this and we're going to

As for the latest COVID-19 data for Connecticut, the most recent numbers provided for this report on Dec. 30 showed around 9,160 COVID-related deaths with over 1,151 active hospitalizations, 819 of which were not fully vaccinated. Windham County reported the lowest number of active hospitalizations with only 25. Most communities remained in the Red, with positive case ratings of 15 per a 100,000 population, including every town in Northeastern Connecticut. Lamont's office issues reports on COVID-19 every Thursday through the governor's page on the state of Connecticut Web site.

A photograph of three young people standing next to a Salvation Army Christmas collection sign. On the left, a young man with blonde hair wears a red plaid shirt and a red apron that says "I AM A VOLUNTEER". In the center, a young man with curly blonde hair wears a grey jacket and a red apron that says "I AM A VOLUNTEER". On the right, a young woman with blonde hair wears a black jacket and a red apron. They are standing in front of a brick wall. The sign is white with a red border and features the Salvation Army logo, which is a red shield with "THE SALVATION ARMY" in white text. Below the logo, it says "DOING THE MOST GOOD" and "1-800-SAL-ARMY • SALVATIONARMYUSA.ORG". At the bottom of the sign, it says "Thank You and Merry Christmas!". A red bucket is hanging from the sign's frame.

Dec. 18 was the last of three Saturdays that Interactors, Rotarians and friends and volunteers rang bells at the

Dec. 18, Boy Scout Troop 21 took

helping with set up and bell ringing included: Leo Rocchetti, Mike and Roberta Rocchetti, Rotary Club President J. Scott Pempek, Dick Loomis, Charlie Puffer and Doug Porter.

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Rectory School students focused on giving



Photo Courtesy

Rectory Middle School students present TEEG representatives with a fake check representing 75 handmade fleece hats.

POMFRET — Rectory School’s mission is to provide students with an enriched and supportive academic, social, and ethical community that addresses individual learning styles, aptitudes, and needs while promoting self-worth and accountability.

Over the past four months, students from Kindergarten through ninth grade and their teachers have kept this mission in mind as they wholeheartedly took on several projects intending to better the lives of their neighbors throughout Windham County and chil-

dren with potentially terminal illnesses.

“Rectory’s mission is for our students to become great citizens as well as great thinkers. Our goal is that all embrace the notion that as global citizens, we have an obligation to give back...in whatever form and for whatever cause is right for us,” Head of School Fred Williams said.

In the weeks before winter break, their hard work culminated with donations of gift cards, gingerbread houses, clothing, toys, and food shared with

several social service agencies in the Northeast Corner. In addition, a student-led initiative raised \$2,500 to help fund childhood cancer and blood disorders research.

Middle School students, as part of the Community Services Elective, collected \$480 in loose change for gift cards for homeless individuals and families supported by the United Services; sewed 75 fleece hats for the Community Market at TEEG; and collected two large moving boxes of clothing, toys, and food for the Putnam Family Resources Center, in addition to 26 gift bags with personal care items.

“It is important for our student community to reach beyond the campus and give to those in need when we all have so much,” said Maria Sangiolo-Jessurun, Rectory learning specialist and Community Service Elective teacher.

Rectory Elementary School students know that although they are little, they can do big things. For more than a decade, Rectory’s youngest students have built gingerbread houses and donated the festive structures to Seely-Brown Village to become centerpieces on their dining tables and sewed 31 Christmas Tree ornaments for each resident. The students also presented gingerbread houses to TEEG in the hope that it adds joy and helps to make their clients’ holidays bright. The structures were carefully wrapped in cellophane bags and decorated with curling ribbons before homemade cards were attached for a finishing touch.

Director of Elementary Maria Carpenter said the opportunity to do good for the community left the students feeling accomplished and happy inside. So much so that the elementary

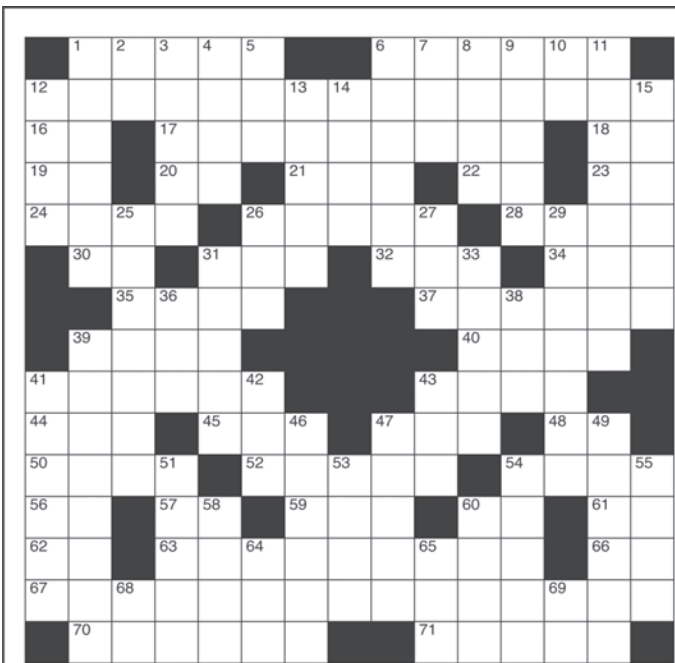
school teamed up with the Children at Rectory (CARE) program to fill a TEEG truck with a variety of holiday gifts from a holiday tag tree created for the purpose.

Looking beyond Windham County, the Rectory community participated in Connecticut Children’s Center for Cancer and Blood Disorders’ PJ Day for the Kids at the behest of fifth-grader Hadly Herdic. The student council took on the responsibility of collecting the donations and on Dec. 10 dozens donned their favorite pajamas, sweatpants, and sweatshirts for the day after contributing at least \$1 to the effort. By the day’s end, \$2,500 was raised and donated to the medical center.

“I hope our students’ eyes are opened as they engage in service opportunities. They hopefully learn lessons on life as they consider human experiences different than their own. And they adopt a call to service as an opportunity—not an obligation—an opportunity that gives both ways, as the doer benefits as well,” Mr. Williams said.

About Rectory School

Established in 1920, Rectory School is a private school for boarding students in grades 5-9 and day students in grades K-9. Rectory’s priority is understanding each child and furthering their personal growth. Individualized attention to a student’s academic, physical, social, and moral development has been a keystone of Rectory School since its founding 100 years ago. As a vital component in the School’s overall capability to fulfill its mission—nurturing the whole child within a caring, personalized learning environment—Rectory’s academic program continually seeks to grow and stay on the forefront of evidence-based practices and current research.

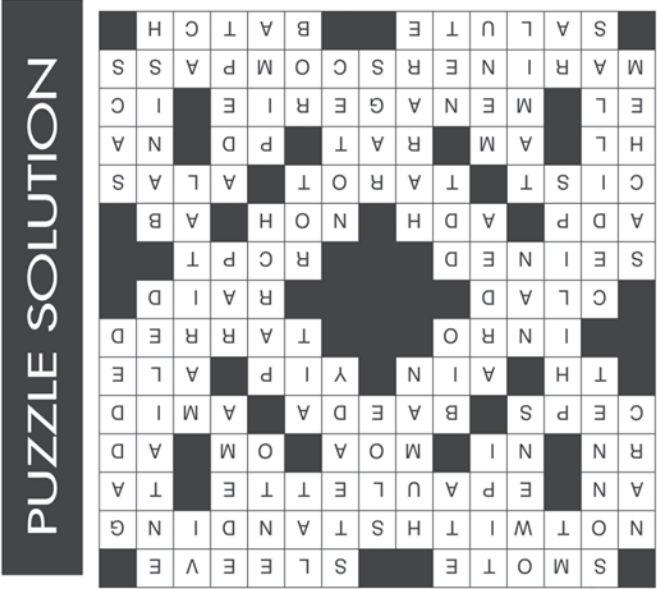


CLUES ACROSS

1. Struck firmly
6. Shirt part
12. Nevertheless
16. Article
17. Adornment
18. Educator’s helper
19. Healthcare pro
20. Atomic number 28
21. Extinct flightless bird
22. Mystic syllable
23. College sports decision maker (abbr.)
24. Edible mushrooms
26. Venerable English monk
28. Surrounded by
30. Forming fractional numbers from 4 onwards
31. Eastern France river
32. Short cry or yelp
34. Brew
35. Ornamental box
37. In a way, surfaced
39. Attired
40. Peculation
41. Netted
43. It shows you paid (abbr.)
44. Payroll firm
45. Antidiuretic hormone
47. Japanese classical theater
48. The first two
50. Ancient burial chamber
52. Type of card
54. Expression of sorrow or pity
56. Hectoliter
57. Morning
59. NYC subway dweller
60. Law enforcement
61. Sodium
62. Elevated subway
63. Facility where wild animals are kept
66. Integrated circuit
67. Seaman’s tool
70. Drink to
71. Small group

CLUES DOWN

1. Poem
2. Everest is one (abbr.)
3. Olympic legend Jesse
4. Portable tent
5. When you hope to get there
6. Unwavering
7. Back muscle
8. Within
9. Excessive fluid accumulation in tissues
10. Six
11. Involved as a necessary part
12. 2002 Liotta, Patric film
13. Living thing
14. Type of gin
15. Moved around in pursuit of fun
25. Makes light bulbs
26. Story of one’s life
27. Small island in a river
29. A type of bliss
31. Genus of large herons
33. A way to make dry
36. One’s grandmother
38. Vocal style
39. Pronunciation mark
41. American Indian chief or leader
42. Insecticide
43. Go bad
46. Capital of Zimbabwe
47. Polish river
49. Cast out
51. People of India and Sri Lanka
53. Cleaning fabrics
54. Very skilled
55. Pouches
58. Restaurant must-have
60. Native Americans from Arizona
64. Remaining after all deductions
65. Fleece
68. Dorm official
69. It cools your home



LAB

continued from page A1

1960s, as being equal-to or more-stringent-than the government’s own inspection program.

During the CAP accreditation process, designed to ensure the highest standard of care for all laboratory patients, inspectors examine the laboratory’s records and quality control of procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and record, and overall management.

In addition to the CAP accreditation, Day Kimball Hospital’s Laboratory is also accredited by

The Joint Commission and the CT Department of Health. Learn more about this and all of Day Kimball’s quality distinctions; visit www.daykimball.org/quality. For more information about laboratory services at Day Kimball Healthcare, visit www.daykimball.org/diagnostics.

About the College of American Pathologists

As the world’s largest organization of board-certified pathologists and leading provider of laboratory accreditation and proficiency testing programs, the College of American Pathologists (CAP) serves patients, pathologists, and the public by fostering and advocating excellence in the practice of pathology and laboratory medi-

TOCCHIO

continued from page A1

ate of Killingly High. “I’m the head coach of the club program at Deary Gymnastics. Over the years we have had on our Deary team girls that go to Killingly and Woodstock. The schools were a co-op team for a little while because there weren’t enough kids for both schools to have their own teams, but then both schools had enough girls interested in gymnastics to have their own teams and my mom just kept coaching them.”

As was the case when Fillmore was the head coach, a large majority of the high school girls Tocchio coaches are members of Deary Gymnastics’ club team.

Fillmore, by the way, has the unique and possible unprecedented distinction of winning both the Connecticut Class M and Class S state titles — on the same day, back in 2012.

During her high school gymnastics career, Tocchio was a member of teams that won a state title one year and a New England title another year. After high school Tocchio —

who competed in all the events (vault, beam, bars and floor) and referred to the bars as her specialty — continued her gymnastics career at Bowling Green (Ohio) State University. Tocchio received a full scholarship from Bowling Green, where she was a member of the Falcons’ Division 1 gymnastics program.

Tocchio said coaching two teams and four other individual gymnasts isn’t as complicated as it may sound.

“We all practice together and the majority of the girls are part of our club program, so they’re used to training together,” said Tocchio, whose assistant coaches are her mom and her uncle (Gene Michael Deary). “Gymnastics is really an individual sport and then high school gymnastics adds that team atmosphere. So they all work really well together and then separately, with their teams, when the high school season rolls around. We like to say we’re one big team and we just happen to separate at high school meets.”

Woodstock Academy, which has won the last 10 state championships it has competed in — Class M in 2011 and 2012, and

cine worldwide. For more information, read the CAP Annual Report at cap.org.

About Day Kimball Healthcare

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

Class S from 2013-2020 — is off to a 2-0 start, having defeated Killingly, 130.4-125.25, on Monday, Dec. 20, and Norwich Free Academy (NFA), 132.5-125.2, on Thursday, Dec. 30. Killingly’s meet with Woodstock is the only meet they’ve had so far this season.

Against NFA the Centaurs were led by junior Taylor Markley, who, despite slowly returning from an injury and illness, finished first in the vault (9.55), bars (9.0), floor (9.4), and the all-around (36.75). Woodstock senior Lindsey Gillies finished second in the vault (9.2) and third in bars (8.5).

In the Woodstock-NFA meet, Ellis Tech’s Jordyn Murray finished first in the beam (9.5), second in floor (9.15), and second in all-around (35.8). Tourtellotte’s Kiera O’Brien finished second in bars (8.8), and Plainfield’s Brenna Johnson finished third in vault (9.1) and all-around (34.15). Murray, O’Brien and Johnson competed as individuals.

“Taylor is a top performer and still coming back from some health issues. She is a very talented athlete and a great leader,” Tocchio said. “Jordyn and Brenna are already off to a great season and for both this is their first year competing in high school gymnastics.”

Against Killingly, Gillies led the Centaurs with a meet-best 33.45 all-around finish, thanks to a third in both the vault (8.8) and bars (8.5). Markley, battling injuries, illness and rust, did manage to compete in the bars, finishing first with a 9.4 score. Freshman Natalie Guzman paced Killingly with a 32.85 all-around total while senior teammate Savannah Turner was third on beam (8.3).

“We’re all just really excited to be back competing with a little normalcy,” Tocchio said. “We competed last year but we had very small teams. It was a strange year. We did a lot of meets over Zoom; the judges weren’t here and there wasn’t a championship component to the season. We were able to do something but it wasn’t the same. The girls are excited to be back competing in front of the judges. Both teams are looking pretty strong. It’s going to be a fun season.”

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How different vitamins affect the body

At the dawn of a new year, it's not uncommon for people take inventory of their personal health and strive to make positive changes. Being more conscientious of the foods they put into their bodies is a start, but some individuals may wonder if supplementation can help them go one step further.

Nutrition Insight reports that 77 percent of American adults consume dietary supplements, and Nutraceuticals World indicates 98 percent of adult supplement users are taking vitamins and minerals. Individuals considering supplements should always discuss them with their physicians prior to including them in their health regimens. Even those who haven't considered supplements can discuss them with their physicians, as Harvard Health, MedlinePlus and the U.S. National Library of Medicine note that various products can provide some significant benefits.

- Vitamin A (retinoids/carotene): Beta carotene can be converted into vitamin A as needed. It plays an important role in vision, keeps tissues and skin healthy, and also is involved with bone growth.

- Vitamin B1 (thiamin): Helps convert food into energy, and is essential for brain health and nerve function.

- Vitamin B2 (riboflavin): This works with other B vitamins by promoting growth and the production of red blood

cells.

- Vitamin B3 (niacin): Helps convert food into energy. It's also essential for healthy skin, blood cells, brain, and nervous system function.

- Vitamin B5 (pantothenic acid): Helps make lipids, neurotransmitters, steroid hormones, and hemoglobin in the body.

- Vitamin B6 (pyridoxine): This vitamin may reduce the risk of heart disease by helping to lower homocysteine levels. It also helps convert tryptophan into niacin and serotonin, a mood-regulating neurotransmitter.

- Vitamin B9 (folate): Vital for new cell creation, it helps prevent brain and spine birth defects when taken early in pregnancy. It also may lower risk for colon cancer risk.

- Vitamin B12 (cobalamin): Vitamin B12 is important for metabolism and energy production. It also helps form red blood cells and maintain the central nervous system.

- Biotin: Biotin helps to metabolize proteins and carbohydrates. It also promotes healthy bones and hair.

- Vitamin C (ascorbic acid): This is an important antioxidant that promotes healthy teeth and gums. It also helps the body absorb iron and maintains healthy tissue by promoting wound healing. Vitamin C may help boost the immune system to help with illness prevention or recovery.

- Vitamin D (calciferol): Also known



as the “sunshine vitamin,” vitamin D is made in the body after individuals spend time in the sun. It is hard to get enough vitamin D from food sources alone. Vitamin D also helps the body absorb calcium, which is vital for healthy bones and teeth.

- Vitamin E (tocopherol): An antioxidant that helps the body form red blood cells and use vitamin K. Scientists also are studying a potential relationship between vitamin E and a lower risk for

Alzheimer's disease.

- Vitamin K (menadione): Vitamin K activates proteins and calcium essential to blood clotting. It also may help prevent hip fractures.

In addition to these vitamins, the body needs various minerals, including calcium, iron, copper, iodine, magnesium, and more. Speak with a doctor or nutritionist to learn more about supplementation.

Answering questions about added sugars



Thanks to the internet, the average consumer now has access to more information than ever before. In the days before the internet, trust factored heavily into the consumer-business relationship. Though trust still has a place in that relationship, consumers can now access product reviews on seemingly anything, removing much of the risk associated with buying a product or service. However, many consumers are not making the most of that access,

particularly when it comes to buying food.

When buying food, individuals can rely on product labels to determine nutritional value. A quick glance at food labels reveals the amounts of various ingredients, including sodium and fiber, that are present in a given product. Customers may know to check for sodium content, but added sugars have long slipped under the radar. That's unfortunate, as high amounts of added sugars pose a significant threat to consum-

ers' overall health.

What are added sugars?

The Mayo Clinic notes that added sugars are the syrups and sugars that are added to foods during processing.

What distinguishes sugar from added sugars?

Many foods, including fruits and vegetables, naturally contain sugar, but there's a difference between natural sugars and added sugars. Natural sugars, like those found in fruits and vegetables, contain calories and nutrients, while added sugars contain all the calories without the nutritional value.

So why is sugar added to foods and beverages?

Manufacturers add sugars for many reasons. According to the Mayo Clinic, added sugars can provide additional flavor, serve as a preservative or a bulking agent, and balance the acidity of certain foods, such as those that contain vinegar and tomatoes.

If added sugars are so com-

monplace, how harmful can they be?

The Centers for Disease Control and Prevention notes that overconsumption of added sugars can contribute to an assortment of health problems, including obesity, type 2 diabetes and heart disease. That's especially troubling when considering just how much added sugars the average person consumes. The U.S. Departments of Agriculture and Health and Human Services update their Dietary Guidelines for Americans at least once every five years. In 2020, those guidelines recommended that individuals over the age of two limit their added sugar consumption to less than 10 percent of their calories per day, and that children two and under consume no added sugars. For individuals two and older, that translates to no more than 12 teaspoons of added sugars each day. The American Heart Association is even more cautious, urging women to consume no more than six teaspoons of added sugars per day while recommending

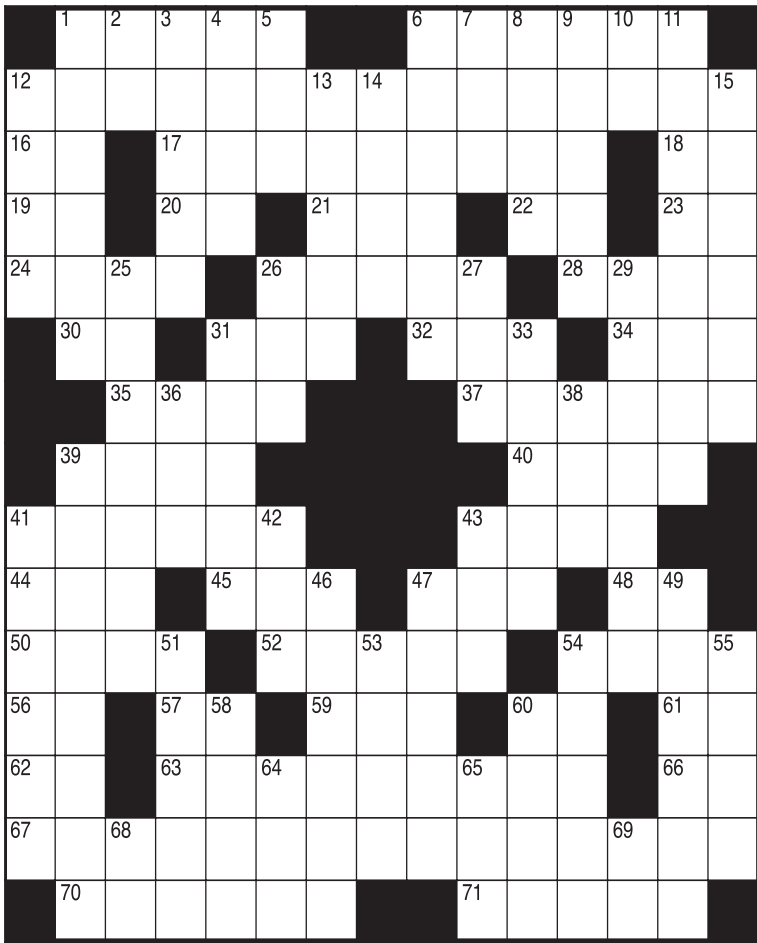
that men limit their intake to nine or fewer teaspoons per day. Unfortunately, data from the USDA released in 2020 indicates that the average male between the ages of two and 19 consumed 18 teaspoons per day, while the average female in that age group consumed 15 teaspoons per day (adults age 20 and over consumed roughly the same amount of added sugars each day as young people).

What can consumers do to avoid overconsumption of added sugars?

The easiest thing to do to limit added sugar intake is to read product labels and avoid products with especially high amounts of added sugars. Such products may include beverages like fruit juice, soda or sports drinks; certain breakfast cereals; and baked goods and desserts like cookies, pie and ice cream.

Added sugars pose a significant threat to public health. But informed consumers can do much to eliminate this threat entirely.

TAKE A BREAK



ACROSS

1. Struck firmly
6. Shirt part
12. Nevertheless
16. Article
17. Adornment
18. Educator's helper
19. Healthcare pro
20. Atomic number 28
21. Extinct flightless bird
22. Mystic syllable
23. College sports decision maker (abbr.)
24. Edible mushrooms
26. Venerable English monk
28. Surrounded by
30. Forming fractional numbers from 4 onwards
31. Eastern France river
32. Short cry or yelp

DOWN

2. Everest is one (abbr.)
3. Olympic legend Jesse
4. Portable tent
5. When you hope to get there
6. Unwavering
7. Back muscle
8. Within
9. Excessive fluid accumulation in tissues
10. Six
11. Involved as a necessary part
12. 2002 Liotta, Patric film
13. Living thing
14. Type of gin
15. Moved around in pursuit of fun
25. Makes light bulbs
26. Story of one's life
27. Small island in a river
29. A type of bliss
31. Genus of large herons
33. A way to make dry
36. One's grandmother
38. Vocal style
39. Pronunciation mark
41. American Indian chief or leader
42. Insecticide
43. Go bad
46. Capital of Zimbabwe
47. Polish river
49. Cast out
51. People of India and Sri Lanka
53. Cleaning fabrics
54. Very skilled
55. Pouches
58. Restaurant must-have
60. Native Americans from Arizona
64. Remaining after all deductions
65. Fleece
68. Dorm official
69. It cools your home

BLOOD DONATION WORD SEARCH

A L R N C L U K E G N I R Y S O C S B B
Y K K N A B O O T H E R A P Y E L D A E
U C I S M I P S P E T R Y K L D O N N D
P A K U G R T I M E T S R L M R I G M D
B U D M E D O S A G E O S C G L R O S U
A I L A I L E H T O D N E E U A C I S P
L D S A T Z N S P E G Z N B D B A B C D
L Y S A N T I B O D Y A E O S U H L G M O
E S B T U B I Y Y I T L O Y T A I A L C
L E O I P Z B L U I G R K L S N B Y R I
E M T G G R H E C I P I A Y D C R H E H
U Y E E D K E S T T U E S O D N A C G A
T Z I N S P M N I D H D N U O P T T G B
Z N H U D M A O N R Z U E A N K I A K R
R E U G K S N O B G G G N R A T O M R K
E L G T N A N I M O D O C A T R N S O D
S P H M N G R O U P K N N E I Z Z S N O
R N Y I B L N R I Z P Z U L O U T O O O
P H D T A S Z E I G S T M N N K K R D L
H L U M P H K D P D I S E A S E Y C Z B

Find the words hidden vertically, horizontally, diagonally, and backwards.

BLOOD DONATION WORD SEARCH

ADSORPTION, ALLELE, ANTIBODY, ANTIGEN, ANTIGLOBULIN, BANK, BLOOD, CALIBRATION, CELLS, CODOMINANT, CROSSMATCH, DISEASE, DONATION, DONOR, DOSAGE, ENDOTHELIAL, ENZYMES, GENETIC, GROUP, HEALTH, STEM, SYRINGE, THERAPY, TYPE

This Week's Answers



SPORTS

Despite sub-.500 record, Centaurs' ice hockey poised for strong season



BY KEN POWERS
SPORTS CORRESPONDENT

Photos Jason McKay

WOODSTOCK — Misleading and dangerous.

Those are the buzzwords that come to mind when hearing that some area high school ice hockey fans sum up how good — or not so good — a team is based solely on its record. A quick look at the Woodstock Academy boys' varsity ice hockey team is a perfect example.

The Centaurs are 1-2, but, with a little puck luck here and there, WA could easily be 3-0.

Woodstock opened its season with a dominating 8-3 win over the Eastern Conn. Eagles in Norwich on Wednesday, Dec. 15, 2021, sophomores Noah Sampson (two goals, two assists) and Don Sousa (two goals, one assist) leading the way. Also scoring in the game for the Centaurs were seniors Brendan Hill and Chris Thibault, and juniors Max Larkin and Jacob Jurnovoy.

Woodstock Academy's season-opening victory was followed by a pair of 3-2 losses — to East Haven on Monday, Dec. 20, 2021, in Northford, and at Auburn (Mass.) High on Monday, Dec. 27, 2021, in overtime. Senior Evan Haskins and freshman Maxx Corradi (first varsity high school goal) scored against East Haven, while sophomore Jared Nielsen (first varsity high school goal) and senior Zach Girard scored against Auburn.

"The two 3-2 losses were both unique games. The scores of those games do not tell the story of those games, and our record doesn't tell the story of the team, either," Woodstock Academy coach Kevin Bisson said. "In goal for us in both

Woodstock Academy's Jeter Darigan controls the puck and contemplates his next move.

of those games was freshman Dante Sousa [Don Sousa's younger brother], who is showing us he's a really strong player. He's certainly challenging our returning goaltender, junior Kaiden Keddy, for playing time.

"Against East Haven Dante had a little slipup with two minutes to play," Bisson continued. "He thought he was covering the puck up and it managed to slip through and an East Haven player tapped it in. Then he comes back in Auburn — in a game where we were called for 11 penalties and they were called for two — and he stood on his head. Dante really kept us in it, stopping shot after shot after shot. Unfortunately, in overtime, on a penalty kill situation for us, Auburn cashes in."

When Bisson was able to get a little distance from the losses and look at the games a second time, he realized how winnable those two contests were.

"When I started breaking down some of the factors involved I realized we could take away some positives and have some solace in a lot of the things we're doing," Bisson said. "I'm really happy with the makeup of my team. We come into this year and we have sophomores who are really getting their first true season of hockey, and freshmen who are contributing right away."

The impact sophomores Bisson mentioned by name were Sampson and Don Sousa, while the freshmen already contributing Bisson referred to



Woodstock Academy's Chris Thibault moves the puck down the ice.

were Corradi and Dante Sousa. Sampson leads the team in scoring with five points (two goals, three assists) while Don Sousa has three points (two goals, one assist).

Sampson, Corradi and Don Sousa all skate on the Centaurs' second line.

"Noah looks like he is going to be our big gun up front," Bisson said. "He is already putting up some good numbers and working well with Don and Maxx. They are quickly becoming, statistically anyway, our first line."

Woodstock Academy's defense in front of Keddy and Dante Sousa is anchored by Hill, senior Shawn Wallace and sophomore Ryan Wallace (Shawn's younger brother).

"Brendan is holding down the top slot for us on defense while Shawn and Ryan have been a very nice addition — and surprise — to the program," said Bisson, who explained that the Wallace family moved into the Woodstock area in 2021. "Shawn and Ryan are major contributing factors on the back end for us."

Girard serves as captain for the Centaurs while Jurnovoy is the team's assistant captain.

Unfortunately, Woodstock Academy's season was placed on pause following the loss to Auburn because of several positive COVID tests among the players.

"That puts a lot of concern



Goalie Dante Sousa of Woodstock Academy tracks the incoming puck.

into the entire equation of how this all plays out," Bisson said. "What does this mean? Who am I going to miss and for how long? As much as the players wear masks during practice and in games, afterward they get in cars together and drive home. They're teenagers."

The Centaurs have already had two games postponed by the COVID outbreak. Bisson said he doesn't know if there will be more postponements going forward.

"If you test positive, you're out for 10 days and then, when

you come back, it's a seven-day ramp up," Bisson said. "A player coming back from a positive COVID test can only skate for 15 minutes on the first three days of practice after returning. On day four he can skate for 30 minutes. From there the skating time goes up [incrementally] until the player works his way up to a full practice. A player can't return to game action until he has completed the seven-day ramp up. So, our kids who have tested positive will be out for 17 days."

HIGH SCHOOL NOTEBOOK

Golden Eagles off to hot start in girls' basketball

BY KEN POWERS
SPORTS CORRESPONDENT

The Ellis Tech girls' basketball team is off to a hot start. The Golden Eagles entered the 2022 portion of the 2021-2022 season with a 4-1 record.

Ellis Tech's most dramatic win of the season came on the road against rival Tourtellotte High, 26-24, on Tuesday, Dec. 28, 2021. The Golden Eagles trailed, 16-14 at halftime and 20-18 after three quarters, but rallied, behind the play Kylie Damble to snatch the victory from the jaws of defeat.

Damble, a sophomore, scored six of her 10 points in the second half, four in the fourth quarter. Freshman Sadie Murray tossed in a team-high 12 points

against the Tigers, 10 coming in the first half. Ellis Tech had chances to win by a bigger margin, but converted just 11 of 27 free throws in the game.

The Golden Eagles defeated University High School of Science & Engineering, 36-25, in Hartford on Tuesday, Dec. 21, 2021. Damble led the way against University, finishing with a double-double (11 points, 10 rebounds). Murray added nine points and eight assists, while senior Jordan Daoust chipped in with six points and sophomore Brooke Montecalvo four.

A day earlier (Monday, Dec. 20, 2021), Ellis Tech defeated Cheney Tech, 38-16, in Manchester. Freshman Kiara Cartier was the Golden Eagles' leading scorer, with 10 points. Damble added nine (7-of-9 from the foul line), to go along with a team-high 10 rebounds, while Daoust chipped in eight. Along with the five points she scored, Sadie Murray led ET in steals (four) and assists (four).

Ellis Tech's lone loss of the season came on Dec. 29, 53-13, against visiting Rocky Hill High (3-1), a Class MM school. Despite the loss to Terriers, the Golden Eagles are ranked third in the state-wide Class S standings.

Elsewhere:

Killingly High won the first of two "rivalry games" with Woodstock Academy, defeating the Centaurs, 58-26, on Monday, Dec. 20, 2021, in Woodstock. In the win Killingly (3-4) forced the Centaurs into 28 first-half turnovers, after which it led, 35-8. Sophomore Hannah Grudzien led Killingly with 15 points and nine rebounds (both game highs) while junior Ella Lach added 12. Freshman Eva Monahan (12 points, eight rebounds) led 2-4 Woodstock while junior Leila MacKinnon added nine points.

Boys' Basketball

After opening the season with a 45-39 loss at Ledyard High on Saturday, Dec. 18, 2021, Killingly High has reeled off three straight wins — 59-37 over visiting Putnam High on Tuesday, Dec. 21, 2021, 69-31 over visiting Montville High on Thursday, Dec. 23, 2021, and 62-34 on the road against Plainfield High on Thursday, Dec. 30, 2021.

In the road win over Plainfield junior Yianni Baribeau led the way with 25 points, 16 rebounds, and seven blocks. Junior Thomas Dreibholz added 16 points and seven rebounds while senior Jay Grzysiewicz added eight points and eight assists.

In the win over Montville Baribeau led the way with 13 points, 21 rebounds and seven blocks. Dreibholz and freshman Ashton Goodwin both added 10 points to the victory.

In the win over the Clippers Baribeau was even more impressive, finishing with 34 points, 26 rebounds, and eight blocks. Grzysiewicz added eight points and eight assists while classmate JR Simoneau tossed in eight points as well. Junior Cooper Livingston led Putnam (1-4) with 16 points.

In the loss to Ledyard Baribeau finished with 20 points, 13 rebounds, and five blocks. Through four games Baribeau is averaging 23 points, 19 rebounds and seven blocks a game.

Girls' Indoor Track

Woodstock Academy's Linsey Arends stood out in the second Eastern Connecticut Conference (ECC) Developmental meet of the season, held Thursday, Dec. 23, 2021, at the Coast Guard Academy in New London. Arends, a senior, finished first in the mile (five minutes, 46 seconds) and the

1,000 meters (3:21). In addition, freshman Juliet Allard qualified for state competition in the 55-meter hurdles with a first-place finish (9.96 seconds). Allard also established a new personal best in the 55-meter dash (7.94), finishing third in that even.

In the final ECC Developmental meet of the season, held Thursday, Dec. 30, 2021, also held at the Coast Guard Academy, the Centaurs had three athletes qualify for state competition, led by junior Bella Sorrentino qualified with a first-place finish in the shot put (31-feet, 3-1/2 inches). Freshman Mia Sorrentino, Bella's sister, finished first in the high jump, with big sis Bella right behind her in second place. Arends improved her personal-best in the 1,000, finishing second in a time of 3:16.

Boys' Indoor Track

Woodstock Academy junior Vincente Bastura finished first in the mile (4:50) at the second ECC Developmental meet of the season, held Thursday, Dec. 23, 2021, at the Coast Guard Academy in New London. Senior Ian Hoffman finished second in the 1,000 (2:50) and third in the pole vault. Junior Jeff Phongsa placed third in the 55-meter dash, crossing the finish line in 7.15 seconds.

In the final ECC Developmental meet of the season, held Thursday, Dec. 30, 2021, also held at the Coast Guard Academy, Hoffman qualified for state competition by finishing second in the 1,000 in a time of 2:48.15. Phongsa qualified for states in the 300 meters (39.52). Bastura was first in the mile while senior Keenan LaMontagne finished first in the shot put, clearing 45 feet, and classmate Jared Eaton finished second in the high jump and third in the shot put.



IT'S GOING DOWN!

CHECK OUT THE SPORTS ACTION!

ACT presents student dance showcase Jan. 21 & 22

WILLIMANTIC — EASTCONN's Arts at the Capitol Theater (ACT) magnet school will present Lovely: Student Dance Showcase 2022 on Friday and Saturday, Jan. 21 and 22, at 7 p.m. on the Capitol Theater's main stage, 896 Main St., Willimantic. This family-friendly, annual dance performance is open to the public.

The evening will feature a variety of original solo, duet and group performances choreographed by student Dance pathway majors at ACT.

In preparing for Lovely, students were inspired by the concept of Universal Love. Through a range of dance genres — jazz, hip hop, ballet and contemporary — students will portray elements of attraction, insecurity, reluctance, fear, hope and even physical abuse, as

they explore different stages of romantic relationships ranging from first love to divorce.

ACT students performing in Lovely include seniors Alanis Mendez (Windham), Aria Martin (Norwich), Ariana Sandi (Coventry), Bianca Pontes (Norwich), Taegan Praytor (Hampton, Student Dance Company director) and Emma Paterson (Manchester); juniors Alora Kerwin (Tolland), Madison Dufault (Sterling), Sam Mallory (Coventry) and Samantha Perry (Lebanon); and sophomores Alexis Butler (Baltic), Emma Kent (Ashford), Kaylie Nazarko (Norwich), Layla Edminton (Sterling) and Madisyn Raymond (Thompson).

Tickets are \$10 for adults, \$8 for seniors and students, and \$5 for mil-

itary and ACT students/alumni. To reserve tickets, call the Capitol Theater Box Office at 860-465-5636.

ACT is a public, performing arts magnet high school administered by EASTCONN. ACT is currently recruiting academically motivated students who will enter grades 9-12 in the 2022-2023 school year. To learn more about ACT or to download an application, visit www.eastconn.org/act or call 860-465-5636.

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

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Local students earn Dean's Award with Distinction at Colgate

HAMILTON, N.Y. — Students who receive a term grade point average of 3.6 or higher while completing at least three courses for a conventional letter grade during the spring 2021 semester earn the Dean's Award with Distinction at Colgate University.

Hannah Burgess of Pomfret Center, is a graduate of Woodstock Academy who is a Spanish major at Colgate.

Jessica Farrell of Woodstock is a grad-

uate of Pomfret School who is a English major at Colgate.

Colgate is a leading American university for students who want classes with rigor, faculty with passion, and confidence in knowing they will learn how to thrive in work and life. Colgate offers 56 majors and supports 25 Division I athletic teams on a campus of about 3,000 students in central New York.

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LEGALS

**TOWN OF KILLINGLY
TAX COLLECTORS
LEGAL NOTICE**

The third quarter installment of taxes as well as the supplemental motor vehicle tax for the Town of Killingly and the Borough of Danielson becomes due on January 1, 2022, the second installment of sewer use charge is also due January 1, 2022. Taxes will become delinquent on February 2, 2022, Sewer Use charges will become delinquent on February 1, 2022, and subject to interest at the rate of 18% per annum, 1 ½% per month or any fraction of a month, from the due date. A minimum of \$2.00 interest will be charged for each delinquent bill and installment.

Payments will be received in the Revenue Office, 172 Main Street Killingly CT 06239, as follows; Monday, Wednesday, Thursday 8-4:30pm Tuesday 8-5:30pm Friday 9-11:30am. By mail at; 172 Main Street, Killingly CT 06239, online on our website www.killingly.org or use our drop box rear of the building by the handicap entrance. Dated at Killingly this 24th day of December 2021

Mrs. Patricia Monahan C.C.M.C. Revenue Collector for the Town of Killingly
December 24, 2021
January 7, 2022
January 28, 2022

**LEGAL NOTICE
TOWN OF WOODSTOCK
TAX COLLECTOR'S NOTICE**

The second installment of real estate and personal property taxes, sewer use bills, and motor vehicle supplemental taxes listed on the October 1, 2020 Grand List becomes due and payable to the Town of Woodstock on **January 1, 2022**. Payment must be postmarked or brought into the office by **February 1, 2022**, to avoid an interest charge. Interest will be charged on **February 2, 2022**, on all delinquent payments at the rate of one and one-half percent per month, or a minimum charge of \$2.00 on each bill.

Motor Vehicle Supplemental taxes not paid by **February 1, 2022** will be reported as delinquent to the Motor Vehicle Department.

If you have any questions, please contact the Tax Collector's Office at 860-928-9469 ext. 318 or the Assessor's office at 860-928-6929 ext. 326.

The Tax Collector's office hours are Monday, Tuesday, and Thursday 8:30 a.m. to 4:30 p.m.; Wednesday 8:30 a.m. to 6:00 p.m. The town hall will be closed on Fridays.

The office will be closed at noon on Thursday, December 30, 2021 and will be closed on Monday, January 3, 2022, for the New Year's Day

Holiday and on Monday, January 17, 2022, in observance of Martin Luther King Jr. Day.

Linda Bernardi, CCMC
Woodstock Tax Collector
415 Route 169
Woodstock, Ct 06281
December 24, 2021
January 7, 2022
January 28, 2022

**TOWN OF THOMPSON
ZONING BOARD OF APPEALS
LEGAL NOTICE**

The Thompson Zoning Board of Appeals will hold a Public Hearing on Monday, January 10, 2022 beginning at 7:00 PM in the Merrill Seney Community Room in the Thompson Town Hall, 815 Riverside Drive, North Grosvenordale, CT 06255 for the following applications:

ZBA #21-07 applicant Tim Aubin, property owner of 94 Gawron R, Map 103, Block 31, Lot 21, Zone RRAD requesting a variance of Zoning Regulations, Article 7, Definitions, accessory dwelling or structure part of which states "a building or structure, in addition to the principal building, that is clearly subordinate to, and customarily incidental to, and is located upon the same lot as the principal building..."

ZBA #21-08 applicant Joseph Blanchard, property owner 353 Pasay Rd, Map 79 Block 47, Lot 10K, Zone RRAD, applying for a 10' front variance to build a 18' x 24' Accessory building. RRAD front setback is 40 feet.

File may be reviewed on line, Town of Thompson website, Zoning Board of Appeals. Written communication will be accepted prior to the meeting

Respectfully submitted,
Kevin Beno, Chairman
December 31, 2021
January 7, 2022

**TOWN OF BROOKLYN
LEGAL NOTICE**

The **THIRD** installment of real estate and personal property and **ALL** supplemental motor vehicle tax bills of 26.42 mills on the dollar levied on the assessment of Oct 1, 2020 becomes due Jan 1, 2022. The **SECOND** installment for Sewer Bills becomes due Jan 1, 2022. Bills will become delinquent on Feb 1, 2022 and subject to interest from the due date at 1.5% per month as prescribed in the General Statutes of the State of CT. Minimum interest penalty is \$2.00.

The Tax Office's hours are as follows: Mon-Wed 8AM to 5PM, Thursday 8AM to 6PM, and CLOSED FRIDAY. If you wish to pay by mail, enclose coupon of bill and address to: Revenue Collector, PO Box 253, Brooklyn, CT 06234. If a receipt is desired, please enclose a self-addressed stamped envelope.

ATTENTION: You can pay via credit/

debit card online or in the office. There is a processing fee of 2.50%. For more information, go to our town website www.brooklynct.org.

Jocelyne Ruffo, CCMC, Revenue Collector
December 31, 2021
January 7, 2022
January 28, 2022

**LEGAL NOTICE
WITCHES WOOD
TAX DISTRICT
TAX COLLECTOR'S NOTICE**

The second installment of Real Estate bills listed on the October 1, 2020 Grand List become due and payable to the Witches Woods Tax District on January 1, 2022.

Payments must be postmarked by February 3, 2022 to avoid interest charges. Interest will be charged on February 4, 2020 on all delinquent payments at the rate of one and a half percent per month or a minimum charge of \$2.00 per tax bill, in accordance with Section 12-146 of the Connecticut General Statutes.

Failure to receive a tax bill does not invalidate the tax or the interest. (Section 12-130 C.G.S.) If you did not receive a tax bill, please contact the Tax Collector immediately.

If you have any questions, please contact the Tax Collector's Office at 860-974-1354 or the Assessor's office at 860-928-6929 ext. 326.

Payments must be sent to:
WITCHES WOODS TAX DISTRICT
25 CROOKED TRAIL, WOODSTOCK, CT 06281-2601
Frederick Chmura
Tax Collector
December 24, 2021
January 7, 2022
January 28, 2022

NOTICE TO CREDITORS

ESTATE OF Richard Gordon, Sr. Bennett, AKA Richard G Bennett, Sr. (21-00386) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated December 21, 2021, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:
Karol Bennett, 415 E Thompson Rd., Thompson, CT 06277
Attorney: WILLIAM H ST ONGE, ST ONGE & BROUILLARD, 50 ROUTE 171, WOODSTOCK, CT 06281
January 7, 2022

NOTICE TO CREDITORS

ESTATE OF Alice O Lychack (21-00446) The Hon. Leah P. Schad, Judge

of the Court of Probate, District of Northeast Probate Court, by decree dated December 21, 2021, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Mary Ann Champney, Chief Clerk

The fiduciary is:
William Joseph Lychack,
230 S. Wine Biddie Street
Pittsburgh, PA 15224
January 7, 2022

NOTICE TO CREDITORS

ESTATE OF Deborah K Vagell-Marks (21-00426) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated November 19, 2021, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:
Gordon S Marks
c/o EDWIN C HIGGINS, BACHAND, LONGO & HIGGINS, HIGGINS
168 MAIN ST., P.O. BOX 528,
PUTNAM, CT 06260
January 7, 2022

NOTICE TO CREDITORS

ESTATE OF Donald F. Schaefer (21-00454) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated December 23, 2021, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Mary Ann Champney, Chief Clerk


The fiduciary is:
Brian Manian, 206 Thompson Road, P.O. Box 368, Thompson, CT 06277
January 7, 2022

NOTICE TO CREDITORS

ESTATE OF Stephen LaFreniere (21-00417) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated December 8, 2021, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Mary Ann Champney, Chief Clerk

The fiduciary is:
Judith LaFreniere,
246 Valentine Road, Pomfret, CT 06259
January 7, 2022



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FRANK G. CHILINSKI
PRESIDENT/PUBLISHER

BRENDAN BERUBE
EDITOR

Snowy weather is nothing new

The first big snow dump of the season has come and gone, leaving us with anywhere between three and eight inches of snow, depending on where you are. As with most things, we like to think about how our ancestors handled certain situations. On a personal note, it was during a snowy drive last winter that we writer became more grateful for studded snow tires and heat, after thinking about how those before us dealt with travel during snowstorms.

During the winter of 1717, a storm dumped four feet of snow creating snowdrifts of up to 25 feet. Passing through the snow-covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation. Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes.

Fast forward to 1840, when the first snowplow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow.

Typically, the use of the horse-drawn plow was only used to clear main streets, leaving side streets and side-walks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts.

The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well.

The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York in 1913, a dump truck could be seen on city streets. Seven years later, the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went.

It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms.

Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices. Below a quote literary critic Van Wyck Brooks.

"All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops,—these glorious spangles, the sweepings of heaven's floor."

— The Flowering of New England, 1815-1865

LETTERS POLICY

Letters to the editor may be e-mailed to Brendan@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

The government can't go broke, but we can

To the Editor:

President Biden's Build Back Better (BBB) plan is a nice example of how Modern Monetary Theory (MMT) works. Surely you have heard of MMT. It postulates that deficits do not matter because governments cannot go broke. There is a shred of truth to this. Governments usually do not go broke because they resort to printing money. As a country, we are already broke (\$29 trillion national debt) and printing money out of thin air by the boatload.

So, we deficit spend and pay for the expenditures by printing money. Well of course, printing more money and spending it creates more dollars chasing the same supply of goods. The net result of this excessive spending lands in citizens' laps as inflation. First, they told us there was no inflation, then that it was transitory, and now they tell us it's time to retire the word transitory.

A special thank you

To the Editor:

As many know, Tom and Polly Hayden, owners of Sweet Evalina's Stand, are planning to retire after nearly 22 years serving the quiet corner in multiple capacities. Not only does Tom and his staff make the best pizza this side of New Haven, but Tom travels to the Elm City to secure a special sausage that is featured in his pies and menu. Polly has been in the foodservice industry for over 40 years.

Whether to pick up a morning newspaper, a

The real Joe Manchin

To the Editor:

Sen. Joe Manchin from West Virginia — many people (myself included) didn't know who he was until he became the topic of conversation on every news show. At first glance, he seems to be what all members of Congress should be: an independent thinker who puts the American people first, with the courage to go against his own political party. But sadly, when you look closer and do a little research, you find just another example of a politician who puts himself first, and has become wealthy by doing so.

Manchin is a multi-millionaire from a state whose median household income is about \$48,000. West Virginia is plagued with some of the nation's highest rates of poverty, violent crime, drug abuse, and health issues. The "Build Back Better" legislation (that he's opposed to) has several features that would greatly benefit the people of his state. But

More false equivalencies

To the Editor:

Regular readers of your opinion page will recognize that Ed DeLuca's letter, "Stark choices ahead," lacks any coherent response to my assertions that he regularly lies and uses false equivalencies. True to form, he responds with more lies and distractions, and belittles me for good measure. Maybe he's following the childish example of Donald Trump. Maybe that appeals to a certain segment of your readership.

He blames Democrats for the brown shirts who were fascists in 1930s Germany, with some adherents in the US. Seriously? No Republicans were supporters of Jim Crow? Hogwash. But even if it was actually true that only Democrats were responsible for all the horrible things Mr. DeLuca claims they were, it's a distraction and irrelevant to today's reality.

Most of the Democratic segregationists and white supremacists became Republicans after enactment of the historic civil rights legislation pushed through Congress by President Lyndon Johnson (a Democrat). They opened private schools so their precious children wouldn't have to sit in the same classrooms as black children. Coded, and uncoded,

An era of vigils and vigilantism

To the Editor:

A 17-year-old white boy walks into a Black Lives Matter protest with an AR-15. There has been looting and some destruction of property, the tipping point of fatigue and rage about the shooting of yet another Black man in America. The protestors have been vigilant and mostly peaceful. The looters are the same unknown opportunists ready to pounce on any situation teetering toward chaos. Kyle Rittenhouse is not there to light candles in one of the peaceful vigils taking place across America. He is in the company of a cadre of vigilantes, bad hombres spurred on by white nationalists to "protect property" and provide unsolicited support for the police. They patrol the streets armed with military weapons. Like snipers, they stand watch from the rooftops, hoping some fool will break a window.

And yet, they go unnoticed by the police. No one questions a white boy parading the streets with an assault rifle. In fact, the police offer water bottles and thank him for his support. Now, imagine if his skin is black. His body will be riddled with bullets in minutes, a symbol of

As the spending accelerates even more with the Democrats' hoped for passage of the BBB program, inflation will increase, not decrease. Government will try to blame this on greedy oil companies, supply chain constraints, or anyone other than themselves. It was Margaret Thatcher of England who once said socialism is great till you run out of someone else's money.

Citizens can't print money, and if we tried would soon be in jail. The states can't print money either. Only the federal government can print money, so they rightfully own the inflation problem. We should all remember that while governments may not go broke, it is because the bill always gets passed off to the citizens, and they can go broke.

WILLIAM HULL
POMFRET CENTER

freshly made donut or pastry, a fine selection of lunch and dinner items, Tom and Polly have made Sweet Evalina's Stand the place in Woodstock where one is most likely to run into neighbors and friends. Simply put, Tom and Polly Hayden are the most genial and irreplaceable proprietors, and they will be sorely missed.

JEFFREY AND PATRICIA SUSLA
WOODSTOCK

the bill also has strong measures to address climate change that he has a history of being against. Manchin's personal wealth and campaign donations are both tied to the coal and fossil fuel industries — pretty easy to connect the dots.

At this point, his picture is probably on the dart boards of his fellow Democrats, and he may have received Christmas cards from Donald Trump and Mitch McConnell this year, but that's just the same old partisan hogwash. The real problem here is that Manchin symbolizes everything that's wrong with too many of our elected officials. No matter which political party you align with, this "business as usual" in Washington hurts us all, and prevents our great country from moving forward.

TODD PATRIE
POMFRET CENTER

appeals to white racism and fear became the "Southern Strategy" GOP presidential campaigns employed beginning with Nixon and continuing right through Trump. Today's white supremacists are part of Trump's Republican base.

Mr. DeLuca would do well to spare readers his sophomoric arguments, replace the lies, false equivalencies and insults with reason, and cite real facts, not "alternative facts." In addition, he might separate himself from today's GOP by proposing real solutions to real problems instead of just stoking hate, fear and resentment.

For the first time ever, the US is now considered to be a "backsliding democracy" by the International Institute for Democracy and Electoral Assistance, largely due to Trump's Big Lie questioning the legitimacy of the 2020 election. While voters, including me, have many reasons to be "dissatisfied" right now, I hope they will carefully consider whether authoritarian rule and loss of democracy is really preferable to temporary inflation and high prices.

BILLY G. TAYLOR
KILLINGLY

the hypocrisy in the American justice system.

America is a tale of two countries with two sets of judicial outcomes, depending on the tone of one's skin. In white America, innocence is presumed until found guilty. Yet a Black man pulled over for hanging an air freshener from his mirror ends up in the morgue. And Kyle Rittenhouse walks out of the courthouse after murdering two people and maiming another as the poster child for the NRA and Fox News. White majority juries have historically sided with white defendants, from the brutal murder of Emmett Till to the more contemporary trials where "reasonable threat" and "self-defense" were used as an excuse for police officers, vigilantes like George Zimmerman, who murdered Trayvon Martin, and now Kyle Rittenhouse to walk free.

Theatrics and hysterics may have turned the tide in Rittenhouse's favor during the trial, but the judge set the tone by not allowing the murdered to be called "victims," yet allowing the

Turn To **DUFRESNE** page **A9**

Resolutions

Resolution maniacs. That's how I characterize my husband and me. For decades, we would break out fresh yellow legal pads just before New Year's Eve and made long lists of what we planned to accomplish. We would rate and number the items and then, ostensibly, put it somewhere we where we could refer to it and keep ourselves on track.

Did it work? Somewhat. We repaired things at the farm, took trips, cut back on potato chips and cleaned the barn. We never looked back on our lists of resolutions as soon it was time for new ones. When things didn't go as we planned, which to some extent was always, we chalked it up to the randomness of life. Family members got sick and died. Careers changed. Kids entered different phases of life. Through it all, we kept making resolutions.

M a k i n g plans is such a human construct. We think we can control what will happen, and often, it seems we do. We make progress. We get things done. We believed that by the end of 2021, Covid would be pretty much under control and life could return to normal. While that is not happening, we have to look forward. My beautiful 2022 calendar depicts what is right in front of us.

Artist Barbara Lussier paints landscapes, especially area farms and open spaces and creates a calendar from twelve of them. She loves cows and captures their unique expressions and shapes. Because of her, I have opened my eyes to see color in a more nuanced way. Sunsets and sunrise, storms and snow all move across her canvases. We have so many remarkable vistas from Cargill Falls to the Rowley Farm that all we have to do is take a moment and really look.

We are planning two trips this year. One will be to Costa Rica, where my husband will take courses in chocolate making and I will go birding. Another will be to the Scandinavian countries. The Ancestry tests revealed that a small percentage of my DNA is Norwegian, a surprise in an otherwise predictable set of results. Perhaps the trips will be cancelled, but for now, they provide something to look forward to on gray days spent largely in our own company. Besides, as our house fills with the sweet smell of chocolate, I learn to identify new birds and read Norse myths.

The year will also bring new experiences for Christine Kalafus and me as co-poets laureate for Pomfret. We were selected by members of the Pomfret Public Library Board and the Selectmen. Our two-year term will include working with students, adults, writing poems for civic programs and promoting poetry in our community. As the poet WB Yeats said, "In dreams begin responsibilities." Christine and I will have a bit of both.

In a year filled with losses, our community notes the passing of Woody Woodbridge, a long-time resident. Woody spent his career in banking and in retirement applied his many skills to local boards and committees. He was an articulate, serious man, who did the work. He was a consummate gentleman, read the financial reports with a close eye and encouraged others often. He made life in our area better and his presence will be missed.

Resolutions help us focus on what matters. We can resolve to lose weight, exercise more, eat healthier food, save money and be kinder, but best of all, we can look ahead and make plans. We can dream, see beauty all around us, accept responsibilities and be good decent people, because who know what may happen?



NANCY WEISS

Do record high stock prices predict a crash in 2022?

As we close out a year that brought record-high growth in stocks, many are wondering how long the trend can continue and are anxious about a subsequent crash in 2022 that could have disastrous consequences for retirement savings and other investments. If you're among them, take heart and take note: the solution to your worries boils down to two simple concepts that are critical to a smart, long-term investment strategy no matter what the current market conditions.

Rule number one: rely on data, not emotion.

While it's wonderful to see your stock value rise (and then rise even more), it's natural to feel as though it's too good to be true. There's an inclination to believe that what comes up must come down, which often leads to fears that the downturn will result in losing all those previous gains and then some.

It's true, of course, that the stock market has ups and downs. What is not true is that it always behaves like a seesaw, where a rise must inevitably be followed by an equal or greater fall. Although headlines and soundbites in the media may sometimes sensationalize this misconception, historical data proves it to be untrue.

Declines do happen in the short term, sometimes even sharply. But over the long term, the overall trend is still positive growth. If you look at S&P 500 data from the end of every month begin-

ning in 1926 through 2020, you'll find a new high in ending wealth in almost a third of those months. Record highs are simply a normal part of long-term growth.

The takeaway here is to approach investing with a level head and a long-term outlook. Don't get too excited about big short-term gains, and don't get overly concerned about short-term losses, either. Instead, put emotion aside and use a solid strategy that's based on historical data, an informed, academic approach to current market conditions and your individual needs and time horizon for when you'll want to realize those funds.

Rule number two: diversify your portfolio and make adjustments with the market.

Another factor that leads investors to feel panic in the midst of record-high or record-low stock prices is a sense that they have no control over what happens next. This simply isn't true.

The market as a whole is certainly beyond any one person's control. But each individual person is completely in control of his or her particular investment in that market. How? By maintaining a diversified mix of investments that reflects your particular comfort level with risk and your needs for



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JIM ZAHANSKY
INVESTMENT
ADVISER

growth. Maintaining a diverse portfolio is key to minimizing risk and maximizing return. When the market takes a downturn, you may choose to rebalance your portfolio to include more low-risk investments. When it's on the upswing, you may be more comfortable taking on more high-growth, high-risk investments.

Start by ensuring you've got the right balance of risk and growth in your portfolio right now, given your goals and current market conditions. Then be sure not to fall into the "set it and forget it" mind frame, because maintaining that perfect balance requires making adjustments to your allocations from time to time, as the market or your needs change.

Want to feel confident moving forward? Take the guesswork out of investing.

Although the concepts I've outlined here are simple, executing on them usually isn't. Knowing exactly which adjustments to make to your portfolio and when requires constant monitoring of the market, an in-depth understanding of how current events and other factors are likely to affect it going forward, and the expertise to use that information to choose the right investments for

your particular needs.

Sound like a full-time job? It is. That's why partnering with a trusted financial advisor is so important. A data-driven, academic approach to investing coupled with personalized, long-term strategy serves as the foundation of what we do for our clients at Weiss, Hale & Zahansky Strategic Advisors.

We use a data-driven, strategic Plan Well, Invest Well, Live Well process to help our clients move forward toward their goals fearlessly, even in a volatile market. Learn more at our website, www.whzwealth.com, and contact us at (860) 928-2341 or info@whzwealth.com to see how we can put that strategy to work for you.

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In the Studio

CYNTHIA SAARI

"In the Studio" is a newer feature for the Villager Newspapers. The Quiet Corner is home to many artists and makers, some of whom have national or international recognition for their work in fine art, hand-craft, performing art, art education, and graphic art. In this semi-weekly series, we'll talk with our artist neighbors and learn about their careers, current projects, and connections to our towns.

This week, I'd like to thank all of the people who agreed to interviews and shared their stories about making art, restoring it, designing it, and teaching about art over the last year or so. It occurred to me that, as we wrap up 2021, it would be a good time to make a list with contact information for these artists and makers.

Thank you, readers who have reached out to folks in this group when you needed someone to take a class, fix a clock, or find a special gift. To others who have contacted me with suggestions for artists to interview (keep those suggestions coming!) or to mention how much you've enjoyed reading the column, I really appreciate it. And thank you, Editor Brendan Berube, for your support.

Until our next interview, I leave you



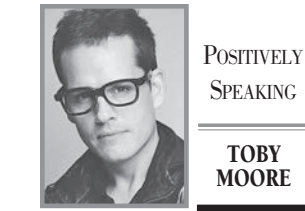
with a wintery image of one of my flamework glass beads, and best wishes for 2022.

###

About the writer: Cynthia Saari (Woodstock, CT) is a nationally recognized flamework glass artist. She has exhibited her work & taught for over 20 years; her glass beads have been included in numerous publications & invitations. Significant projects include costume work for the Santa Fe Opera, and flamework demonstrator at the Peabody Essex Museum. Cynthia offers talks & workshops in the Quiet Corner; she is an adjunct professor of art at a local college.

Date Pub.	Artist, medium	Contact info.
11/20/20	David Sullivan, pottery	www.davidsullivanceramics.com or Sawmill Pottery in Putnam
12/04/20	Lynita Shimizu, woodcuts	www.Shimizuwoodcuts.com
12/18/20	Kurt Newton, writer	www.Goodreads.com
01/08/21	Alecia Underhill, painter	www.aleciaunderhill.com
01/22/21	George Brin, woodworker	www.Behance.net/brinlab
02/05/21	Virge Lorents, photo restoration	860.428.2798
03/05/21	Tim Rainville, furniture restoration	860.928.4396
03/19/21	Nils Lee, surrealist painter	www.Nilsjleeart.com
04/02/21	Jaimie Lohman, ceramics	Sawmill Pottery in Putnam
04/16/21	Brett Laffert, stained glass	Blaffertmixedmedia on Instagram
04/30/21	Amy Jakowski, PMC silver jewelry	Aspinock Spring Designs on Facebook
05/14/21	Tom Bowen, naturalist	At Masterpiece Minerals in Woodstock
05/28/21	Donna Swanson, rugs	www.whispering-hill.com
06/18/21	Bob Lindell & Thom Soroka, tattoos	At Red Spider Tattoo in Putnam 860.933.2974
07/02/21	Beth Johnston, encaustic painting	BethJohnstonArt on Facebook and Instagram
07/16/21	Julie Watt, graphic designer	www.junicreative.com
07/30/21	Steve Babbitt, fly tyer	JT's Fly Shop in Union 860.684.1575
08/13/21	Anna Mancini, seed bead jewelry	At www.AOSCT.org
08/27/21	Al Pacheco, original lamps	threeboyslamps@gmail.com
09/27/21	Zach Merrill, clothing	www.zachmerrillprints.com
10/01/21	Debra Ruddelforth, painter	At Arts & Framing in Putnam
10/15/21	Jess Porzuczek, educator	www.jessicaporzuczek.com
10/29/21	Pete Belmore, horologist	508.949.7685
11/19/21	Anthony Foronda, graphic artist	www.anthonyforonda.com
12/03/21	Lydia Tourtellotte, fine art	www.lydiatourtellotte.com
12/17/21	Nick Swearer, sculptor	www.nswearer.com

Taking stock of 2021



POSITIVELY
SPEAKING
TOBY
MOORE

Another New Year is upon us. It's amazing how the years keep slipping by, each year seemingly moving faster than the year before. As I take stock of 2021, I encourage you to do the same.

New Year is a mixed bag of emotions for me. As I reflect on 2021, I think of many things. I think of the people who helped me, I think of the people who harmed me, I think of the goals I gave up, and the goals I didn't give up.

As we move into 2022, I have to wonder, have I headed in the right direction? If not, how can I change course? Do I positively impact others? Am I surrounded by people who positively influence me? How am I

performing at work? Am I giving it my all? Am I aggressively pursuing my dreams? Am I helping others accomplish their dreams?

I am thankful for those who helped me in 2021. Many positive things occurred this year that couldn't have happened without the help from friends, family, and strangers. Thank you all; you make me feel gratitude that should last a lifetime. I need to make sure I let you know how much I appreciate you and help you in any way I can in 2022 and beyond.

This year, I want to focus on helping those who helped me and those who haven't helped me. I want to become a blessing in as many people's lives as I possibly can. It reminds me of a quote by Zig Ziglar, "You can have everything in life you want, if you will just help other

people get what they want."

As I think of those who harmed me in 2021...

I want to say thanks to you as well. Thank you for making me more robust, aware, flexible, and diplomatic. I'm tempted to feel anger and revenge, holding onto this poison forever. As I've written in the past, it doesn't do any good to feel that way. It will only cause more harm. Please forgive my trespasses and anything I've done to impact you negatively. Let's move into a place of mutual respect this year. "Don't go into the new year holding a grudge from last year; we cannot move forward if we are stuck in the past." That's excellent advice by Pastor Joel.

I should feel satisfied with the goals I did accomplish in 2021. When I achieve a goal, the good feelings are quickly

replaced by acknowledging that I'm still not where I want to be, and the sense of accomplishment quickly fades. This year I will take the time to feel good about my successes, whether they be little or big. I don't know who said it but I think it's true, "Success is a series of small victories."

The hardest thing to think and write about are the failures of 2021. Many things I wish I had done differently, goals I didn't take seriously enough, times I snapped at loved ones while under pressure, the food I ate that made me feel unhealthy, the negative thoughts I harbored for too long, the days when I was lazy and let procrastination take hold. There are more failures in 2021 than I can count. I wish I could go back and fix my mistakes but it's just a fantasy, the only thing

that can be done is to focus on change. Changing my personality, my habits, my thoughts, my words, and my actions. I guess Winston Churchill said it best, "Success is not final, failure is not fatal: it is the courage to continue that counts."

Every day the sun rises again reminding us we can start over. Every year gives us another chance. If, at first, you don't succeed, try again. If you're still alive, you're still a contender.

Let's be resolved to become better people, do the things we ought to do and let the pieces fall where they may. Hold firmly to our dreams, yet be relaxed about how they occur. In 2022 let's be determined, happy, flexible, free from worry, free from doubt, free of anger and hatred. Let's choose to feel optimistic and seize the New Year!

DUFRESNE

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defense to otherize the protestors as rioters and looters. Words matter in a courtroom. The tantrum-like breakdown of a white boy on the witness stand may have pulled the heartstrings of the jury, but the sobs of George Floyd begging for his life beneath the knee of Derek Chauvin fell upon deaf ears in White America.

Although Rittenhouse did not kill any Black protestors, he drove to the scene of a Black Lives Matter protest, armed with an AR 15. The protest had been peaceful and had disbanded earlier in the day. Yet under the ruse of "helping the police," he marched through the streets with other armed vigilantes. They went unnoticed by the police. They were white and not deemed a threat. But imagine, if you will, a group of young Black men marching through the streets with assault rifles.

The self-defense argument is based on the explicit bias of White America toward people of color; especially Black men. It plays on the mythology that Black men are innately dangerous and need to be subdued and controlled. The roots of our current racial tension go back to the white supremacist rhetoric of the past but continues overtly in social media and covertly on Fox news, the mouthpiece for the former Trump administration. It's no wonder that a 17-year-old, whose brain is not yet developed, would be lured by the ruse of patriotism, protecting property, and helping the police to fight an amorphous enemy with a dark face. And who was there to protect him from the dark web of misinformation? Where was his mother?

Apparently, standing by his side. Enabling him. Buying him weapons. Giving him her blessing. Not unlike the parents of Ethan Crumbly in the recent school shooting in Michigan, or Adam Lanza, who shot and killed 26 children

and adults at Sandy Hook Elementary School in Connecticut, her dysfunctional parenting nurtured a potential mass shooter. In all these cases, the parents, gun dealers and gun manufacturers deserve to be sued. But especially in the case of Kyle Rittenhouse because state-sponsored racism turned a blind eye and gave vigilantism yet another green light.

Fortunately, the self-defense argument did not fly with the jury in Brunswick Georgia where three white men were found guilty for the murder of Ahmaud Abery, a blatant modern lynching. Using the rhetoric of "self-defense" (reserved for a white person who murders a black person), the defense argued that Ahmaud, an un-armed Black man out for a jog and who explored a neighborhood where "he didn't belong," was a threat to the three men who chased him down with a truck and shot him, unprovoked.

State-sponsored vigilantism is out

of control in America, remnants of Trump's big lie and the insurrection of January 6th. Neighborhood watches are on the rise, open carry laws and voter suppression prevail in states where the Black vote tipped the scales in the last election, essentially provoking open season on people of color. Now, more than ever, it is important that we remain vigilant for justice and democracy.

Despite judicial setbacks those of us who stand and kneel for racial justice continue to attend our vigils. We pay our taxes. We wear our masks. We mourn. We light candles. We pray. We sing. We write to our government officials as relics from the age of innocence to push for reasonable reforms. Meanwhile, vigilantes arm up and stand on the rooftops taking aim at democracy.

DONNA DUFRESNE
POMFRET CENTER

OBITUARIES

Alexander David Hopkins, 29

Alexander David Hopkins, 29, of Killingly, Connecticut, passed away on December 25, 2021 after a sudden illness. Alex was the loving son of David



and Melissa Hopkins, brother to Brody Hopkins; grandson to David and Josie Tripodi and Richard and Jeanette Hopkins; and nephew to Kimberly and Michael Carbone and Rachael and John Pattee.

Alex attended Captain Issac Paine Elementary School and West Gloucester Elementary School before moving to Killingly, Connecticut in 2002 where he attended Killingly Memorial School. He graduated from Killingly High School in 2011 and volunteered at NEECOG animal shelter in Dayville, Connecticut where he adopted his best friend, Jack. He graduated from Quinebaug Valley

Community College in 2018. Alex was employed at Colt's Plastics in Dayville, Connecticut, a job he was very proud of. Alex enjoyed cheese pizza, Burger King, his mother's spaghetti sauce, Hershey bars and Coca Cola. He loved to draw and create stories to match. Alex loved spending time with his family. He enjoyed nature and being an independent man. He was always kind, caring, polite, and a beautiful human being. He will be greatly missed and his memory will be forever cherished. A Celebration of Life will be held on June 4, 2022 from noon to 5:00 p.m. at the Little Rhody Vasa Park, 10 Boswell Trail, Foster, Rhode Island. In lieu of flowers, donations in his memorial may be made to the Hartford Hospital at Home Hospice, NEECOG of Dayville, or The Jimmy Fund.

For online condolences please see: winfieldandsons.com

Jane Staveski

Quinebaug - Jane Staveski, of Quinebaug, Connecticut passed away peacefully on December 28th, at the UMASS Medical Center in Worcester, Massachusetts, after a brief illness. Born and raised in Woodstock,

Connecticut she was predeceased by her parents George and Agnes (Solska) Staveski, her sister Victoria (Antos) and her brothers, Albert, Walter and Edward Staveski.

Jane spent many years living and working in the Hartford area and then retired close to her roots. She is survived by her sister in laws' June and Nora Staveski and will be missed by

her many nieces and nephews for her kind, gentle spirit and her keen sense of humor. Special thanks to nieces Evelyn Kullas and Suzanne Rosendahl for providing many years of support to Jane.

Relatives and friends are invited to visit with Jane's family from 10:00 am to 11:00 am on Tuesday, January 4, 2022 in Valade Funeral Home & Crematory, followed by a Funeral Mass of Christian Burial at 11:30 am in St. Stephens Church, 130 Old Turnpike Road, Quinebaug, CT. Burial to follow in St. Joseph Cemetery in North Grosvenordale, CT.

John William Johnson

John William Johnson, beloved husband, father, and Papou, of Danielson, passed away December 27, 2021. He was the son of Vasileous and Arista Efstratios/Johnson and devoted husband of Sandra (Plante) Johnson.



John was born in Marlborough, MA on March 31, 1930, and grew up in Webster, MA where he attended Bartlett High School. John went on to study music at Berklee School of Music. John was a passionate musician, performing for many years throughout New England before settling down in Northeastern CT.

John was a visionary and entrepreneur. He began his tenure in Putnam, CT at WINY Radio and Metropolitan Insurance before opening his own businesses. He and Sandra owned and operated Laurion Cleaners in Putnam, as well as, Pascoag, RI. In 1980, they would then go on to open the famed, Nikki's Dog House in Putnam, followed by Nikki's Italian Kitchen in 1982. John then opened a second Nikki's at QVCC and a third in Laconia, NH.

John was an avid member of

the Greek Orthodox Church. He was an organist and vocalist at Sts. Constantine and Helen in Webster, MA and life-long member of Holy Trinity Church in Danielson, CT. John's favorite place was by the water, especially Lake Winnepesaukee where he spent the majority of his summers on his boat. John loved his family. He loved lobster dates with his wife, spending time at his children's businesses, watching his granddaughter perform, and being surrounded by family and loved ones.

John is survived by his wife Sandra, sons William (Nancy) and David, and daughter Nichola (Julie). Grandchildren Cheri, John, Andrea, Jason and Lily and several great grandchildren. He was predeceased by his son Steven and daughter-in-law Cynthia.

Calling hours were held at Tillinghast Funeral Home 433 Main Street Danielson on Thursday December 30, 2021, from 5-7 PM with a Trisagion Service at 5:30 PM. Funeral services were on Friday December 31, 2021, at 10 AM at Holy Trinity Greek Orthodox Church, Danielson. Burial will be at Westfield Cemetery, Danielson. tillinghastfh.com

John P. Puhacz, 89

John P. Puhacz, 89, of South Woodstock, CT passed away December 28, 2021 at Day Kimball Hospital in Putnam, CT. Beloved husband of almost 70 years to Pauline (Chapdelaine) Puhacz, they were married on January 5, 1952. He was born January 15, 1932 in Providence, RI, son of the late Nicholas and Della (Kimball) Puhacz. John was a truck driver and worked for the teamster local 251 and formerly employed by Petro of RI. He won first place in truck rodeos three times.



He leaves his wife Pauline Puhacz; his children John P. Puhacz, Jr.

(Elaine), Paul N. Puhacz (Sherry) and Frances Lenox (Ron); his grandchildren Katherine Mueller, Michael Puhacz, Eric Puhacz, Brad Puhacz, Brian Lenox and Kevin Lenox; his 12 great grandchildren and several nieces and nephews. He was predeceased by a grandson Nicholas J. Puhacz and a brother William N. Puhacz.

Calling Hours were held on Wednesday, January 5, 2022 from 9:30 to 10:30 AM at Smith and Walker Funeral Home, 148 Grove Street, Putnam, CT 06260. A Mass of Christian Burial followed at 11:00 AM at Most Holy Trinity Church, 568 Pomfret Street, Pomfret, CT. In lieu of flowers donations in his memory to Most Holy Trinity Church, PO Box 665 Putnam, CT. Share a memory at Smithandwalkerfh.com

Rosemary Roy, 86

Putnam, CT - Rosemary Roy, 86, of Woodstock Avenue, formerly of Liberty Highway, passed away on Wednesday, December 8, 2021 after a brief illness. Rosemary was born December 7, 1935 in Putnam CT, the daughter of the late Adelard Roy and Viola (Murray) Spaulding.



Rosemary was a 1954 graduate of Putnam High School. She worked at Gerber Scientific and was a designer for Stanadyne Automotive Corporation for many years prior to her first retirement. Once "retired," she worked for a number of years at the Home Depot in several departments (her favorite being tools) and was climbing ladders at work into her early 80's - even when told she should stay closer to the ground. Rosemary was also a skilled artist, carpenter and woodworker and could draw, build, and/or fix, most anything.

Rosemary was a free spirit who traveled across the country on her own and truly lived life on her own terms. She

was a friend to creatures big and small and rescued many pets over the years; all of them becoming her family. She was filled with compassion and would never hesitate to lend a helping hand to an animal or friend in need.

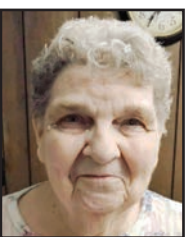
Rosemary is survived by several nieces and nephews, wonderful friends, extended family members, and her three cats. She also leaves her second family, Pauline Dina, Debra Keeler, Donna McGowen, Steve Adamczyk, Alex Dina, and her "little clown," Alexis Dina-Conte, to whom she will always be "Mimi." She was predeceased by her siblings June, Shirley, Joyce, Robert, Sonny, Donald, and Eugene as well as her dear friend, Al Dina.

In lieu of flowers please make donations in Rosemary's memory to your local animal shelter.

A Celebration of Rosemary's Life will be held at 11:00 am on Wednesday January 12, 2022 at the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guest book is available at www.shaw-majercik.com where you may offer condolences, share fond memories, or light a candle in remembrance of Rosemary.

Ella Mae Rondeau, 80



Ella Mae Rondeau, 80, of Dayville, CT passed away unexpectedly December 30, 2021 at her home. Born October 18, 1941 in Putnam, CT, daughter of the late Jesse R. and Viola I. (Bennett) Warren.

Ella worked in Local Textile Mills throughout her life. She enjoyed Bingo, Elvis, knitting and crocheting. She loved her family.

She leaves her daughter Theresa Preston of Spring Hope, NC, Margaret

Tate and her husband Mitchell of Danielson, CT and Tracy Rondeau of Plainfield, CT; her sister Betty Heath of Grosvenordale, CT; her brother Frank Warren and his wife Eleanor of Tarpon Springs, FL; her six grandchildren; her seven great grandchildren; one great great grandchild; many nieces, nephews and friends. She was predeceased by her sisters Barbara Cameron and Jessie Auclair and a great grandson Isaac William Tejada.

A Graveside Service will be at a later date in Westfield Cemetery, Danielson, CT. Share a memory at www.gagnonandcostellofh.com

James Edwin Thompson

James Edwin Thompson, born May 2, 1939 in New York City, died peacefully at his home in Bend, OR on November 19, 2021 of natural causes.



He loved his family unconditionally. He survived his first wife, Francesca M. Thompson, MD, and was lucky to have fallen in love again with his second wife, Holly E. Thompson, who now survives him. He leaves his daughter, Heather (Massimo) Cavalli, son James (Sarah) Thompson, and his stepson Peter (Megan) Bugoni. He is survived by seven grandchildren: Francesca and Luca Cavalli; Nathaniel, Samuel, and Zachary Thompson; Cody and Nina Bugoni. He was predeceased by his parents, Dr. James E. Thompson and Ethel B. Thompson, and is survived by a sister, Elizabeth Binstock, and a brother, Jeffrey Thompson.

Jim served two years in the Marine Corps before returning to Yale University from which he graduated in 1964. He began his career in the advertising industry at Benton & Bowles, in New York City, growing with it as he brought his department into the digital

age, learning computer languages and writing programs to improve his company. He helped raise his two children and supported his late wife in her quest to become a physician. After her death, he devoted his time to improving his golf game in Litchfield, CT on weekends, and learned to make wonderful bread.

Upon meeting Holly, Jim followed her to the Quiet Corner of Connecticut, leaving NYC and Litchfield behind. He was a dedicated member of the Northeast Connecticut Concert Choir. After fifteen years in Brooklyn, CT, Jim and Holly ventured out west where they built a beautiful new home. Always one to find the music, he discovered the Central Oregon Community College's Cascade Chorale in Bend. Combining his love for both computer technology and music, Jim helped both his choirs by transcribing the music into a digital format for all members to be able to practice at home. He loved singing, his walks along the Deschutes River Trail, his evolving gardens, his new puppy, and his time with Holly.

Jim was best known by friends and family for his bellowing laugh, his prowess in the kitchen, his forthright opinions, and his fierce loyalty. He will be terribly missed.

Family and friends will gather in Litchfield, CT on May 21, 2022 to celebrate Jim's life.

Ralph George Perry, 68

Okeechobee, Florida- Ralph George Perry passed away after a brief illness on December 22nd 2021.



Ralph was born to Elizabeth and Ralph Sr. on March 17, 1953. Ralph spent many years of his life living in Woodstock CT. with his family and worked at Spring Farm Pomfret, CT.

Ralph was an amazing father, wonderful man, and an avid hunter and fisherman with a big heart. Ralph was the type of person who would always be there if you needed

something.

He loved being in the woods watching Mother Nature throughout the seasons. Ralph was also an avid NASCAR fan.

Ralph is predeceased by his mother and father, and a daughter Laura Jean Perry.

Ralph is survived by his companion of 25 years Jean Miller; his children, Norman Perry and his wife Sierra Perry, Jeffrey Perry, John Perry and his grandchildren, nieces and nephews. He leaves his two brothers Paul Aldrich and John Aldrich as well as his three sisters Nancy Sheldon, Linda Rose, and Janice Perry.

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LATE FEES

continued from page A1

Councilor Andy Whitehead was against retiring the policy feeling it wouldn't set a good example for younger library patrons.

"Without any (fines), if you do something wrong, there's no penalty, so what are they learning? So, it's okay to just keep going and okay I'm going to take a book out and maybe return it and there's no repercussions," said Whitehead. "It's a learning process - I

just think you're sending out a bad message."

Other possible alterations to the late fee policy, including requiring community service instead of financial compensation, were put on the table. Some council members thought it was a good idea to move away from the fees feeling that the money earned was nominal. Calorio did remind the council that there are currently ways that patrons can avoid fees including a yearly amnesty day. She also noted that the par-

ents are usually the ones who pay the fines, not the children, so the value of any lessons passed down to younger patrons would be on the parents to teach not the library. She also responded to concerns that retiring the fees would eliminate any incentive to return late books at all noting that this has not been the case for libraries that have gone in that direction.

Any potential changes to the late fees will come before the Town Council for consideration before they are put in place.



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