Governor Ned Lamont on March 23 signed his ninth executive order in response to his emergency declaration and his order on March 19 sets a framework for businesses taking the following actions:

Fines restrictions on workplaces for non-essential businesses effective Monday, March 23, at 8 p.m. and in effect through Wednesday, April 22.

Under this restriction, all businesses and not-for-profit entities in the state shall employ, to the maximum extent possible, any telecommuting or work from home procedures that they can safely employ.

Non-essential businesses or not-for-profit entities shall reduce their in-person workforce at any workplace location by 90% not later than March 21, 2020 at 8 p.m.

Any other business having employees, including those seeking an opinion from the Department of Economic and Community Development, wishing to request a waiver or grant such request, should determine that it is in the best interest of the state to have the workforce continue at full capacity to properly respond to the crisis.

Any essential business or not-for-profit entity in the state shall employ the maximum extent possible, any telecommuting or work from home procedures that they can safely employ.

It is essential that we work to reduce their in-person workforces during the economic crisis caused by COVID-19. This bill is an urgent need that is essential to our economic stability.
PUTNAM — With the COVID-19 pandemic continuing to evolve, Eversource is reassuring customers that the company continues to provide energy reliably while also safeguarding the health and well-being of its employees. The company has taken the following steps: suspending disconnections for non-payment, waived late payment charges and penalty fees for a 60-day period; and is working with customers to help reduce energy use while people are spending more time at home.

“As a member of the communities we serve, we want to do everything we can to help our customers through this unprecedented time, while also safeguarding the health and well-being of our employees,” said Eversource Chairman, President and CEO Jim Judge. “Whether it’s our hospitals providing critical care to patients, students learning remotely, or people working from home that are critical to ensure the energy they need during this challenging period.

While as many Eversource employees as possible are working from home, for those jobs that can’t be done remotely the energy company has taken a wide variety of steps to ensure their safety. Eversource has reorganized desk arrangements to create appropriate social spaces for employees and has enhanced cleaning and sanitation procedures at its facilities and in all vehicles. Eversource field crews will continue working on projects to ensure continued reliability for all customers including hospitals, nursing homes and grocery stores. Energy company field employees will report directly to life site whenever possible, ensuring they are working in small groups and limiting group interactions at company work centers. All work and activities that require that a technician enter a home or come in close contact with others have been suspended, except for critical work to ensure the safety and reliability of the system.

For more information on Eversource’s preparedness efforts and response to COVID-19, including FAQs for customers, ways to save, and more please visit eversource.com.

Pomfret sets up little library

POMFRET — Pomfret Public Library is closed until further notice but here’s what’s available for library services in the meantime.

We’ve set up a Not-So-Little Free Library at the front entrance. It’s well-stocked with books and DVDs, and it’ll be adding games, toys and craft projects to help you keep your kids (and, of course, kids you’re babysitting) entertained. Please do not add your own donations. Take a book, read the book, keep the book. No need to return it. This is a good time to make use of our online services from Overdrive and Hoopla. Links are on the library homepage, pomfretlibrary.org. You’ll need your 14-digit library card number to set up your account. Email library@pomfretlibrary.org if you need your card number and how to know your library status. Facebook regularly — library staff will be adding new selections to help us through this difficult time.

What’s On Your Mind? We’d Like to Know.

Email us your thoughts: Charlie@villagernewspapers.com

Woodstock • Schools 2020 — 2021 Preschool Lottery

Woodstock Elementary School is seeking applications for our 2020-21 Preschool Lottery. The lottery will take place on September 1, 2015 and December 31, 2016 are eligible for admission into our program, which is half-day.

Applications can be obtained through the main office or found on our website: www.hopkinswoodstock.net

The application deadline is April 10, 2020.

Notification will be made in June following lottery selection.
Villager Newspapers

• Accuracy Watch

The Villager Newspapers is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected in a timely manner. If you find a mistake call (860) 928-1818 or e-mail charlie@villager-newspapers.com.

Woodstock Academy students attend a conference at the United Nations in New York City.

Woodstock Academy students excel at Model UN

WoodsSTOCK — Woodstock Academy seniors recently attended Nationals for Model United Nations in New York City. Teacher Sara Dziedzic and her team of eight seniors included Head Delegates, Julia Schad (first place), Austen LeDonne and Nathan Becher (second place), along with Alyssa Arends (first place), Doug Newton (first place), Ethan Bove (first place), Sophie Rakovan (second place), and Anthony Girard dominated the conference with first-place wins in performance and second place in research.

Putnam Public Schools

PUTNAM — Putnam Public Schools officials remain committed to feeding students as long as possible. In an effort to keep the community and staff safe, the district is shifting its feeding schedule and locations effective immediately. All meals are grab-and-go. The school district will provide both breakfast and lunch simultaneously on Mondays and Wednesdays only. On Mondays, the district will be providing three breakfasts and two lunches for each child. On Wednesdays, the district will be providing two breakfasts and three lunches for each child. No meals will be served on Tuesdays, Thursdays or Fridays. Please note: pick-up times and days are as follows:

March 27, 2020
Mystic — A wide range of multimedia and online resources is currently available at Mystic Aquarium.org, from the unique offerings of the Aquarium’s national conservation-based STEM education programs to downloadable coloring sheets and activities. The Aquarium’s Pinterest page is also filled with a host of conservation-focused activities.

While animal welfare and human health remain the top priorities for Mystic Aquarium, the iconic Connecticut attraction is keenly focused on developing fun, education-based opportunities to engage families during these challenging times. Online resources are not only providing much-needed enrichment for children learning from home but are simultaneously bringing millions of Mystic to their community in new and exciting ways.

At any given time, the Aquarium’s broadcasts from Mystic Aquarium feature different animals and species of a variety and a scale. During the broadcast, viewers can ask questions in the comments section. Following each Facebook Live, Aquarium experts follow up to ensure that all the questions posed during the broadcast are answered. Story Time is a feature where stories will be rolled out in the coming days and will include readings of books about our very own Astro the Steller sea lion and his adventures with other aquatic and ocean animal species’ children.

In partnership with Aquarium Water Watch, a free live feed is also available at Mystic Aquarium.org.

“Our doors may be closed,” said Josh Thompson, Senior Director of Patron Services, who is one of the hosts of Mystic Aquarium’s Live Feed. “But we are still here for our animals and our community.”

The aquarium animal care team is equipped and ready to help our guests while they are here and it’s important for us to continue connecting even when we cannot be together,” said Kristin Waddell, a California Sea Lion Trainer, and Davis’ co-host.

This is a great opportunity for children in their cars or students and families throughout the country, the team at Mystic Aquarium is always at the ready to provide educational content to Mystic Aquarium relies on revenue from ticket sales, exhibits, and special events that are not currently available. To help us get through this temporary closure due to the COVID-19 pandemic, has launched several initiatives to help ensure the aquarium’s financial stability. Please consider making a donation to help us through this uncertain time.

The Aquarium’s New Special Enrollment Period (SEP) is available for Access Health plans. The call center is open Monday – Friday from 8 a.m. to 5 p.m. Customers are advised to take action as soon as possible, as changes may be too accommodate. Our doors may be closed,” said Josh Thompson, Senior Director of Patron Services, who is one of the hosts of Mystic Aquarium’s Live Feed. “But we are still here for our animals and our community.”

This is a great opportunity for children in their cars or students and families throughout the country, the team at Mystic Aquarium is always at the ready to provide educational content to Mystic Aquarium relies on revenue from ticket sales, exhibits, and special events that are not currently available. To help us get through this temporary closure due to the COVID-19 pandemic, has launched several initiatives to help ensure the aquarium’s financial stability. Please consider making a donation to help us through this uncertain time.

The Aquarium’s New Special Enrollment Period (SEP) is available for Access Health plans. The call center is open Monday – Friday from 8 a.m. to 5 p.m. Customers are advised to take action as soon as possible, as changes may be too accommodate. Our doors may be closed,” said Josh Thompson, Senior Director of Patron Services, who is one of the hosts of Mystic Aquarium’s Live Feed. “But we are still here for our animals and our community.”

This is a great opportunity for children in their cars or students and families throughout the country, the team at Mystic Aquarium is always at the ready to provide educational content to Mystic Aquarium relies on revenue from ticket sales, exhibits, and special events that are not currently available. To help us get through this temporary closure due to the COVID-19 pandemic, has launched several initiatives to help ensure the aquarium’s financial stability. Please consider making a donation to help us through this uncertain time.

The Aquarium’s New Special Enrollment Period (SEP) is available for Access Health plans. The call center is open Monday – Friday from 8 a.m. to 5 p.m. Customers are advised to take action as soon as possible, as changes may be too accommodate. Our doors may be closed,” said Josh Thompson, Senior Director of Patron Services, who is one of the hosts of Mystic Aquarium’s Live Feed. “But we are still here for our animals and our community.”

This is a great opportunity for children in their cars or students and families throughout the country, the team at Mystic Aquarium is always at the ready to provide educational content to Mystic Aquarium relies on revenue from ticket sales, exhibits, and special events that are not currently available. To help us get through this temporary closure due to the COVID-19 pandemic, has launched several initiatives to help ensure the aquarium’s financial stability. Please consider making a donation to help us through this uncertain time.

The Aquarium’s New Special Enrollment Period (SEP) is available for Access Health plans. The call center is open Monday – Friday from 8 a.m. to 5 p.m. Customers are advised to take action as soon as possible, as changes may be too accommodate. Our doors may be closed,” said Josh Thompson, Senior Director of Patron Services, who is one of the hosts of Mystic Aquarium’s Live Feed. “But we are still here for our animals and our community.”

This is a great opportunity for children in their cars or students and families throughout the country, the team at Mystic Aquarium is always at the ready to provide educational content to Mystic Aquarium relies on revenue from ticket sales, exhibits, and special events that are not currently available. To help us get through this temporary closure due to the COVID-19 pandemic, has launched several initiatives to help ensure the aquarium’s financial stability. Please consider making a donation to help us through this uncertain time.

The Aquarium’s New Special Enrollment Period (SEP) is available for Access Health plans. The call center is open Monday – Friday from 8 a.m. to 5 p.m. Customers are advised to take action as soon as possible, as changes may be too accommodate. Our doors may be closed,” said Josh Thompson, Senior Director of Patron Services, who is one of the hosts of Mystic Aquarium’s Live Feed. “But we are still here for our animals and our community.”

This is a great opportunity for children in their cars or students and families throughout the country, the team at Mystic Aquarium is always at the ready to provide educational content to Mystic Aquarium relies on revenue from ticket sales, exhibits, and special events that are not currently available. To help us get through this temporary closure due to the COVID-19 pandemic, has launched several initiatives to help ensure the aquarium’s financial stability. Please consider making a donation to help us through this uncertain time.

The Aquarium’s New Special Enrollment Period (SEP) is available for Access Health plans. The call center is open Monday – Friday from 8 a.m. to 5 p.m. Customers are advised to take action as soon as possible, as changes may be too accommodate. Our doors may be closed,” said Josh Thompson, Senior Director of Patron Services, who is one of the hosts of Mystic Aquarium’s Live Feed. “But we are still here for our animals and our community.”

This is a great opportunity for children in their cars or students and families throughout the country, the team at Mystic Aquarium is always at the ready to provide educational content to Mystic Aquarium relies on revenue from ticket sales, exhibits, and special events that are not currently available. To help us get through this temporary closure due to the COVID-19 pandemic, has launched several initiatives to help ensure the aquarium’s financial stability. Please consider making a donation to help us through this uncertain time.
It’s at times like these that you can count on us. These are concerning times for everyone. And while no one can ever predict a health emergency like COVID-19, Day Kimball stands ready to provide our community with the care and support it needs.

To keep you better informed, we’ve developed a COVID-19 dedicated web page with important information on what symptoms to look for and how to seek help. We encourage you to visit it at daykimball.org/coronavirus.

As part of this community for over 125 years, we’re committed to looking out for our neighbors. Not only with the latest medical care, but with emotional support, compassion and reassurance. That commitment has never been stronger than now. Whatever health emergency you may face, we’ll be here for you 24/7.

Your hospital. Revolutionizing care.

Need a FRESH IDEA for your advertising? 860-928-4217

daykimball.org/coronavirus

Friday, March 27, 2020 • 45

NORTH COUNTRY NOTEBOOK

Editors Note: A special guest column from one of our writers up north. Hope you enjoy!

Whatever is in the air, it will have to make room for spring. The arc of the sun tells all. The Ides of March is history. The Ides of April awaits. The snowpack is melting like mad, mimicking the glacier’s retreat, rivulets on a rush to Long Island Sound. The covers are the neighborhood things, chasing away the gashes of joy, peeling away at seeds on bare ground, coming like the murder they are.

A long time ago, not an eye-blink, in the long scheme of things, maybe 15 millennia ago, a sheet of ice more than a mile thick crept over north-ern New England and points south. Among other gigantic works—kettle-hole ponds, mountain left bulwarked like chips at a mill, scraps on Mount Washington’s top—the tremendous weight of the ice ground up rock and ledge into the fine stuff that makes mud.

Thus was born, in the shorthand version of the story, Mud Season. In a rugged, mountainous, boreal forest country stretching across half a continent, it’s the fine silt, now turning to the finest of mud, to think. Sugaring is history, mostly. Some of this is the state offers, the climate the state offers, the variation in geographical situa-

*** It is or was sugaring season, depending on where you are or where you were. With New Hampshire, you never seem to quite know. Depends on geographical situa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet top of the melting snow that winter left behind, everything that was on the ground, the fine stuff that makes mud. “Aw, Buddy,” they’ll say, “lips askew on a sample of sap. Then the whole crew, the whole family, cleans everything up for next spring.

Some people so love many of the other gigantic works—kettle-hole ponds, mountains left bulwarked like chips at a mill, scraps on Mount Washington’s top—the tremendous weight of the ice ground up rock and ledge into the fine stuff that makes mud.

Here is an adage about the variation in climate the state offers, which I’ve rurally and crudely made into an approximation of a poem:

“The Ides of April awaits. The Ides of March is history. Of the sun tells all. The arc of the sun tells all. The Ides of March is history. The Ides of April awaits. The snowpack is melting like mad, mimicking the glacier’s retreat, rivulets on a rush to Long Island Sound. The covers are the neighborhood things, chasing away the gashes of joy, peeling away at seeds on bare ground, coming like the murder they are.

A long time ago, not an eye-blink, in the long scheme of things, maybe 15 millennia ago, a sheet of ice more than a mile thick crept over north-ern New England and points south. Among other gigantic works—kettle-hole ponds, mountain left bulwarked like chips at a mill, scraps on Mount Washington’s top—the tremendous weight of the ice ground up rock and ledge into the fine stuff that makes mud.

Thus was born, in the shorthand version of the story, Mud Season. In a rugged, mountainous, boreal forest country stretching across half a continent, it’s the fine silt, now turning to the finest of mud, to think. Sugaring is history, mostly. Some of this is the state offers, the climate the state offers, the variation in geographical situa-

*** It is or was sugaring season, depending on where you are or where you were. With New Hampshire, you never seem to quite know. Depends on geographical situa-

there was little choice between horse-drawn sleigh or waggon. They had to wait for the snowoller or for the roads to dry up.

When we’ve become accustomed to going out will, it’s a life hard imagined. Well, not so. Hope-springs eternal, and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet top of the melting snow that winter left behind, everything that was on the ground, the fine stuff that makes mud. “Aw, Buddy,” they’ll say, “lips askew on a sample of sap. Then the whole crew, the whole family, cleans everything up for next spring.

Some people so love many of the different things about sugaring that they think about them all year long, even as they go about other seasonal chores, even as they’re out there making hay, going round and round, neither tractor nor mind affording a stop.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

down. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfa-

the way I’ll always remember him, a “placed-based” guy if ever there was one.

One friend, now gone, invented reasons in all seasons to go high: to think. Sugaring was one, his mind always running layers of gravel, some crops of fine rocks. And one knows how many glaciers, left plenty of

and so does the carpet of green. Soon the moss that winter left behind, everything that was on top of the melting snow and laid bare, will be un-

-
As members of the news industry our- selves, we try to keep up with current events in order to com- ment on or publish other publications and watching the nightly news and reading the newspaper. However, we—and many of you out there—have noticed that our lives have been far busier. In the last few weeks, there has simply been too much linkage and reporting on the spread of the coronavirus. It is this reporting, however, that has brought news from many parts of the world to our doorstep. The whole world seems to be working towards the same goal, trying to make difficult decisions about who will live and who will die. This is not a decision we should make lightly.

The spread of the virus is spreading much faster than anyone expected. The number of cases is increasing daily in the United States and across the world. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

The spread of this virus is spreading much faster than anyone expected. The number of cases is increasing daily in the United States and across the world. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

In the United States, the number of cases is increasing daily. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

The spread of the virus is spreading much faster than anyone expected. The number of cases is increasing daily in the United States and across the world. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

In the United States, the number of cases is increasing daily. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

The spread of the virus is spreading much faster than anyone expected. The number of cases is increasing daily in the United States and across the world. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

In the United States, the number of cases is increasing daily. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

The spread of the virus is spreading much faster than anyone expected. The number of cases is increasing daily in the United States and across the world. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

In the United States, the number of cases is increasing daily. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

The spread of the virus is spreading much faster than anyone expected. The number of cases is increasing daily in the United States and across the world. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.

In the United States, the number of cases is increasing daily. The virus is spreading fast, and we must take action to stop its spread. We must do everything we can to protect ourselves and others from this deadly virus.
Mental toughness in uncertain times

Mike Bogdanski is a Grandmaster in the United States, a member of the U.S. Olympic Team, and has a Bachelor's degree in psychology and a Master's degree in school counseling.

Mike Bogdanski is a Grandmaster in the United States, a member of the U.S. Olympic Team, and has a Bachelor's degree in psychology and a Master's degree in school counseling.

By the time the 1820 U. S. Census was taken, the heads of families were apparent- ingly in their “prime” Westfield neighborhood. One can see by pre-Virginia’s legislation that some of these households were sizable. For example, Dr. Samuel Martin (1), Sally Martin (2), David Martin (3), Zadoc Hutchins (4), William Harndell (5), Zadoc Martin (6), Hannah Martin (7), Mary Haskell (8), James Hamilton (9), Jonathan Cutler (10, 11), Jonathan Cutler (12).

If I asked you where Westfield is, what would you say? In that area, Boaz Stearns of Killingly settled as a “village.” Mentally speaking, what would you say? In my column on mental toughness and being a little afraid and being able to take action, I have competitive martial artists and now have completed my first book on these points. I have competed both locally and on the national level. Martial artists are very often self-sufficient and with everything they do it is a hard way to go. I think of words like, “I am stupid, bad, and a loser.” They know they are winners in martial arts, thoroughly cleaned, and then they are not afraid to loose.

Wise choices will watch over you.

Villager Newspapers

WESTFIELD, MA

By the time the 1820 U. S. Census was taken, the heads of families were apparent- ingly in their “prime” Westfield neighborhood. One can see by pre-Virginia’s legislation that some of these households were sizable. For example, Dr. Samuel Martin (1), Sally Martin (2), David Martin (3), Zadoc Hutchins (4), William Harndell (5), Zadoc Martin (6), Hannah Martin (7), Mary Haskell (8), James Hamilton (9), Jonathan Cutler (10, 11), Jonathan Cutler (12).

If I asked you where Westfield is, what would you say? In that area, Boaz Stearns of Killingly settled as a “village.” Mentally speaking, what would you say? In my column on mental toughness and being a little afraid and being able to take action, I have competitive martial artists and now have completed my first book on these points. I have competed both locally and on the national level. Martial artists are very often self-sufficient and with everything they do it is a hard way to go. I think of words like, “I am stupid, bad, and a loser.” They know they are winners in martial arts, thoroughly cleaned, and then they are not afraid to loose.
Visit us on Facebook & Instagram
6.5. The virus can minimize the and the control of the spread country. So, if we can control after the virus peaked in their markets started to rebound after the virus, we have not yet have hit the bottom. kets may achieve this rebound, a rebound. As far as when mar- kets may achieve this rebound, no can be seen, as we may not yet have hit the bottom. Using China as a proxy, its markets started to rebound after the virus peaked in their country. China convinced the spread of the coronavirus in a meaningful way we may be looking at a shorter recov- ery period. However, we are not able to control the spread of the virus as effectively, and we may have a more extended period until a real cure occurs. The Federal Reserve and U.S. Congress are seeking to help facilitate a rebound and keep the US and global economies strong. We will be monitoring whether this government intervention and live control of the spread of the virus continues and what the potential economic fallout that is occurring. As we look at our podcast, designed to stop the spread of COVID 19. We will make sure to update our listeners and our clients regarding the latest and most accurate information. Whether or not we are successful in this endeavor, we will continue to monitor the situation and keep our clients informed. We hope that, with the cooperation of the community, we can work together to overcome this crisis.
Awards & Printing

- Business Cards
- Business Forms
- Envelopes
- Invitations
- Checks
- Signs & Banners

We thank all of our loyal customers and we can’t wait to open our doors and welcome everyone back!

Although our showroom is closed, we are available by email or phone. If you need any of our products or to place a reorder you may contact us and we will get back to you as soon as possible.

860.774.8801
awardsandprinting.com
21a Furnace Street
Danielson, CT 06239

We will maintain our current hours and have plenty of cans, bottles, and growlers to go!

To comply with state regulations, we will not be doing any draft beer or tastings on-site until April 30th. Please email us at info@blackopondbrews.com or call us at 1-860-207-5295 if you have any questions!

Planning your new kitchen?
Give us a call!
We offer all-wood cabinetry, countertops, tile, plumbing fixtures, bar stools and more.
Great service too!
Jolley Commons Plaza
144 Wauregan Rd (Rte. 12) • Danielson, CT • 860.774.5554
TAILORREDKITCHENSANNMARIE.COM

For the safety of our patients, staff, and community, Back & Body Chiropractic will be temporarily CLOSED.
March 22nd tentatively through 29th 2020.

This closure may be extended through April 6th depending on statistics and guidance from the Connecticut Department of Public Health.
We are unsure of a precise return date, but hope we can resume office hours very soon.

1062 N. Main St., Dayville, CT
860-774-9331

We're All In This Together!
The Killingly Business Association is here for you during this difficult time.
Rally to those who are finding ways to support our local business community.
Contact 860 “Killingly Business Association” and “Killingly Parks and Recreation” on Facebook to find restaurants to support (take out and curbside), gift card specials, volunteer opportunities, and virtual connection.
Local businesses and organizations Facebook page or website to find out how best each business is doing to keep everyone safe.
Now is a great time to volunteer or give back to those in need. Please contact those you see on site Change the Company — March 31st. It can be done online, too! Contact Jolley Commons Plaza • 114 Wauregan Rd. Call 860-774-9331

Save the code to discover words related to basketball. Each number corresponds to a letter.

A. 5 24 24 21
Clue: Used for scoring

B. 6 4 18 13 13 3 22
Clue: Move a basketball

C. 6 15 7 10
Clue: Push the ball down

D. 20 5 24 24 14
Clue: Throw ball at hoop

For these upcoming 2020 Events
Learn more from our facebook page or at www.killinglyba.org
Killingly Business Association
Shop Local • Dine Local • Invest Local • Think Local • Support Local
SHOP LOCAL
SHOP KILLINGLY

Join us on this special page!
Call us today at:
860-928-1818
Planning your new kitchen? Give us a call!

We offer:
- All-wood cabinetry
- Soapstone
- Granite & Quartz Counters
- Sinks • Faucets
- Hardware
- Tile Back-splashes
- Flooring
- Barstools
- and of course experts design service!

TAILORED KITCHENS by Ann-Marie

Jolley Commons Plaza, 144 Wauregan Rd (Rte. 12)
Danielson, CT • 860.774.5554
FIND US ON FACEBOOK & HOUZZ
Tips to successfully grow tomatoes

Slicing into the first tomato of the season is a much anticipated moment for gardeners. Tomatoes are among the most popular fruit or vegetable plants grown in home gardens. The popularity of that fruit may be credited to the fact that red, ripe tomatoes have a delicious, juicy flavor that serves as the basis for all sorts of recipes. And since tomatoes can just as easily be grown in a full backyard garden or in a container on a patio or balcony, tomatoes appeal to gardeners regardless of their living situations.

While tomatoes are relatively easy to grow, they are prone to certain problems and pests. Knowledge of what to expect when planting tomatoes and how to start off on the right foot can help prevent most of these issues. Here are some tips that can help tomato gardeners grow a season's worth of delicious bounty.

• Wait until after the last average frost date. Tomatoes can be grown from seeds outdoors in warm areas, but tomato gardeners often find success starting seeds indoors six to eight weeks before the last frost date. Gradually introduce seedlings to the elements for a few hours each day, increasing the duration of time outside. Then they can be transplanted outdoors when temperatures are consistently over 60°F.

• Choose a sunny spot. Tomatoes love to soak up sunlight, according to The Home Depot. Place the plants in a sunny spot so they can thrive.

• Space out plants. The experts at Better Homes and Gardens say to leave anywhere from 24 to 48 inches between plants to accommodate for growth and ensure the plants will not get stunted. Plant deeply. Tomatoes tend to root along their stems. If transplants are long and lean, dig a trench and lay the stem sideways in the dirt, and then bend the top of the plant upward. Snap off the lower branchies and cover with soil up to the first set of leaves. This will produce extra root growth and stronger, more vital plants.

• Give the plants support. Tomato cages or stakes can help keep the leaves and fruit from touching the ground, which can cause rot and, eventually, death to the tomato plant.

• Lay down a layer of mulch. Mulch can help retain moisture from watering and rain. Mulch also will help prevent soil and soilborne diseases from splashing on the leaves and plants when it rains. While you amend the soil, make sure that it drains well and is slightly acidic.

• Prune away suckers. Tomatoes produce “suckers,” which are leaves that shoot out from the main stem. Removing these leaves promotes air circulation and keeps the plant’s energy focused on growing fruit.

Tomatoes are a rich addition to any garden. A few simple tricks can help even novice gardeners grow delicious tomatoes.
The Villager Sports

Eastern Connecticut Conference All-Stars

WOOSTOCK Because of space limitations some photos of Eastern Connecticut Conference All-Stars and those who received recognition for boys and girls basketball teams were omitted in last week’s edition. The excluded photos are included this week.

The ECC All-Star boys teams in ECC Division 1, Woodstock Academy’s Adam Bigelow was named to the ECC First Team. Woodstock’s Aidan McDermott, Killingly’s Shayne Grayson Walley earned his team’s Schmidt Athlete honor and Woodstock’s Ethan Devaughn garnered his team’s Sportsmanship award. In ECC Division 3, Killingly’s Cole Laginesti was named to the ECC First Team. Killingly’s Cole Laginesti earned his team’s Schmidt Athlete recognition and Killingly’s Ethan Preston earned his team’s Sportsmanship award.

In ECC Division 4, Pomfret High’s Colin Livingston earned his team’s Schmidt Athlete honor and Woodstock’s Logan Talbot was named his team’s Sportmanship award.

In ECC Division 4, Pomfret High’s Colin Livingston earned his team’s Schmidt Athlete honor and Woodstock’s Logan Talbot was named his team’s Sportmanship award.

In ECC Division 4, Pomfret High’s Colin Livingston earned his team’s Schmidt Athlete honor and Woodstock’s Logan Talbot was named his team’s Sportmanship award.

What matters most to you in life? It’s a big question. But it’s just one of many questions ITN seeks to better understand you, your goals and your dreams. All to help you live contently — today and in the future.

Say it in living color!

The world isn’t black and white. So, why is your ad?

With the right financial advisor, life can be brilliant.

Ameriprise Financial, Inc. Member FINRA and SIPC.
© 2020 Ameriprise Financial, Inc. All rights reserved.

Ameriprise Financial Services, Inc. Member FINRA and SIPC.© 2020 Ameriprise Financial, Inc. All rights reserved.
ALL-STARS
continued from page B1

Devin Dalpe garnered ECC Honorable Mention status. Tourtellotte’s Nina Sherpa earned his team’s Scholar Athlete award and Tourtellotte’s Mason Barber garnered his team’s Sportsmanship award.

The ECC All-Stars girls: In ECC Division 4, First Team honors went Putnam High’s Kayleigh Lyons, Putnam’s Abri St. Martin, and Tourtellotte Memorial’s Ashley Morin. Putnam High’s Molly McKeon earned ECC Honorable Mention. Putnam’s Jillian Gray earned her team’s Sportsmanship award. Tourtellotte Memorial’s Emily Angelo earned her team’s Sportsmanship award. McKeon also earned Putnam’s Scholar Athlete award and Angelo earned Tourtellotte’s Scholar Athlete. In ECC Division 1, First Team honors went to Killingly High’s Trinity Angel. Honorable Mention honors went to Killingly’s Kimm Carpenter and Sophia Moore. Killingly’s Maddie Sumner earned both her team’s Scholar Athlete and Sportsmanship awards. In ECC Division 1, Woodstock Academy’s Katie Papp earned Honorable Mention honors. Woodstock’s Kayla Gaudrea was honored with her team’s Sportsmanship award. Woodstock’s Rachel Lambert earned Scholar Athlete recognition.

Celebrate our local sports heroes!
Past, Present & Future

Celebrate the achievements of local athletes and their stories of success.
Send a picture and description of your athlete to charlie@villagernewspapers.com

We will run select photos and submissions in your local sports pages!
Barbara Kratz
Barbara Kratz, 84, of Southbridge, MA, passed away on Friday, March 20, 2020. She was born in Worcester, MA on February 17, 1936, to Joseph and Lillian (Cartier) Lavelle. She was the quintessential homemaker and worked for many years as a home health aide. In retirement, she volunteered at a food bank and enjoyed reading material provided by the Literacy Center.

Barbara is survived by two daughters, Mary Lou Grossbard, her husband, Jack, and their children, Ian Steadman, Danielle Hotchkiss and Lila Majercik; her granddaughter, Hannah. She is also survived by her sister-in-law and her best friend, Mrs. Muriel DiGiro Byrne-Martin and her husband, Jake Byrne-Martin, also of Southbridge. She is survived by her three step-daughters, Terri, Patti and Linda, her twin grandchildren, David and Michael DiGiro Byrne-Hart, her sister-in-law, Margaret DiGiro, and her two great-grandchildren, Eliza and Declan Byrne-Martin. She was preceded in death by her twin brother, Richard DiGiro and her twin sister, Joann DiGiro Flett.

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.

Margaret DiGiro

Barbara was a graduate of North Quincy High School, Class of 1956 and attended Westfield State College, where she completed her Associate in Science degree in 1982. She was an active member of the Gingerbread Country Club in Putnam, CT and volunteered at Putnam Memorial Hospital. She was a communicant of St. Patricks Church, Putnam, CT, and a member of the Holy Name Society.

Barbara was the quintessential homemaker and is survived by her husband, sons, two daughters-in-law, six grandchildren and many nieces and nephews.

Barbara was a gentle soul and will be greatly missed by her family and friends.
OBSERVATIONS are published at no charge.
E-mail notices to chris@villagernewspapers.com
or fax them to (860) 928-5946.

www.ConnecticutsQuietCorner.com
charlie@villagernewspapers.com

E-mail notices to

BROOKLYN TOWN HALL
TOWN-To-TOWN Classifieds

830 RIVER STREET, WOODBRIDGE, CT 06525,

ALEXANDRA McNITT, 36; of Sturbridge, Ludlow, and then on, she was never out of fashion
for dancing and gathering with the Beach Club on
days. She loved scenic bicycle touring events in the world.
The role went from the Mississippi River begins
in Sturbridge, Ludlow, and then on, she was never out of fashion
of sailing.

Failing on her early life was her maternal grand-
loving husband
She was born on March 22,
Alysia Casiano, Clerk

TOWN OF BROOKLYN
PLANNING AND ZONING BOARD

and gathering with the Beach Club on
days. She loved scenic bicycle touring events in the world.
The role went from the Mississippi River begins
of sailing.

Failing on her early life was her maternal grand-
loving husband
She was born on March 22,
Alysia Casiano, Clerk

TOWN OF BROOKLYN
PLANNING AND ZONING BOARD

and gathering with the Beach Club on
days. She loved scenic bicycle touring events in the world.
The role went from the Mississippi River begins
of sailing.

Failing on her early life was her maternal grand-
loving husband
She was born on March 22,
Alysia Casiano, Clerk

TOWN OF BROOKLYN
PLANNING AND ZONING BOARD

and gathering with the Beach Club on
days. She loved scenic bicycle touring events in the world.
The role went from the Mississippi River begins
of sailing.

Failing on her early life was her maternal grand-
loving husband
She was born on March 22,
ARTICLES FOR SALE

860-774-8624

Car or Truck Sunroof
Cd/DVD

$25 each.
$100

8ft bed for 2016
62 mm uV model 202

$1800.

Beast Offer

2 rooms for rent
on the 2nd floor.
non-smoker

Kitchen privileges,
and on street parking.
$450 & $550 per month
includes heat and electricity.
Located on Church St. in Putnam

Call
1-774-316-0034

Rooms For Rent

$1500 each.

Manufacturing

$140

£1,200

Photos@stonebridgepress.com

You can also download your
photo reprint form at
call 508-909-6070

Power Hospital Bed

Concours $1800.

1999 F150 118k miles. 4x4 single
cab stepside capt. chairs
$4,000. 2002 Chevy Silver-
lake, 95k miles. Chrome dual
cab. Capt. chairs $2400.

30 years in business!

FURNITURE/DOCTORS: 2 rooms for rent
non-smoker. 3rd floor, 3rd floor.

2 rooms for rent,

2017. Lots of Extras.

Walk around deck, patio,

8ft Leers Cap. Fits a
full size Ford.

Brand new.

Wife no longer rides.

$4,000.

2014 Victory Vision Tour
Loaded with options
Only 2,000

$20,000. Asking $13,500. Call
860-315-7395

For Sale

Bunn My Cafe
Brewer $75
Oak bookcase
$150 each.

London & Portugal. German
beer steins-oil laterns.

Furniture face lifting, painting,
striping to Refinishing, caning and
repairs. ANtiquE dOCtOR,
(860)382-5410.

Mail or Fax to:
P.O. Box 90, Southbridge, MA 01550

Or email your ad to us at:
photos@stonebridgepress.com

You can include a Check or Credit Card Number Below

Write Your Ad Here (or attach copy)

V Code 3 digits on back of card __ __ __   Amex Code 4 digits on front of card __ __ __ __

Visa, MasterCard, American Express.

RATES:

$1,200

$25. Dump trailer 5kCall

For Sale

1997 BMW 528i 96k $5000 or

1999 Ford Taurus SHO $4950

Dakota. $2500 or BO.

FOR SALE

Souvenir Glasses, War British
crewcuts, and various
curiosities. Contact
Stephanie A. Weimer,
Wesleyan Univ.
(860)695-3087.

860-315-7395

265 FUEL/WOOD

Cut, Split & deliver.

$80

(860)382-5410. 30 years in
business!

Nordic Track Exerciser

2017. Lots of Extras.

Walk around deck, patio,

8ft Leers Cap. Fits a
full size Ford.

Brand new.

Wife no longer rides.

$4,000.

2014 Victory Vision Tour
Loaded with options
Only 2,000

$20,000. Asking $13,500. Call
860-315-7395

For Sale

Bunn My Cafe
Brewer $75
Oak bookcase
$150 each.

London & Portugal. German
beer steins-oil laterns.

Furniture face lifting, painting,
striping to Refinishing, caning and
repairs. ANtiquE dOCtOR,
(860)382-5410.

Mail or Fax to:
P.O. Box 90, Southbridge, MA 01550

Or email your ad to us at:
photos@stonebridgepress.com

You can include a Check or Credit Card Number Below

Write Your Ad Here (or attach copy)

V Code 3 digits on back of card __ __ __   Amex Code 4 digits on front of card __ __ __ __

Visa, MasterCard, American Express.

RATES:

$1,200

$25. Dump trailer 5kCall

For Sale

1997 BMW 528i 96k $5000 or

1999 Ford Taurus SHO $4950

Dakota. $2500 or BO.

FOR SALE

Souvenir Glasses, War British
crewcuts, and various
curiosities. Contact
Stephanie A. Weimer,
Wesleyan Univ.
(860)695-3087.
When we say this sale ends on March 31st, we mean it! You only have 31 days to get this discount, along with special financing or an extra 3% off!¹

There are limited appointments available. Please call today to book your visit.

Sale ends March 31st!

SAVE $300 on every window¹ |
SAVE $825 on every entry and patio door¹

EXTRA 3% Discount when you pay for your whole project with cash or check¹

OR

NO Money Down |
NO Payments for 1 year¹

• 117-year-old Andersen created Renewal by Andersen so the customer wouldn’t have to lift a finger. We manage every aspect of this project for you.

• Our windows are built with a highly-engineered composite material called Fibrex®, which is two times stronger and more durable than vinyl.

• Because our windows are custom built, we don’t have to modify your home to fit our windows. That means the installation goes smoother, too!

LESS THAN one week left to book your FREE Window and Door Diagnosis

959-456-0067

Renewal by Andersen Window Replacement

Nine Designer Window Colors

CANVAS TERRAZZO WHITE COCOA BEAN CHARCOAL BLACK MIST GREEN RED ROCK

¹ Subject to credit approval. Offer expires March 31, 2020. All deposits and down payments due up front. Non-refundable. Any balance due after deposit is due in full in 12 months. Renewal by Andersen windows are independently owned and operated entities, and are neither affiliated nor lenders. Any finance terms advertised are estimates only, and not an offer of credit. This offer is limited to 1 window per household. Other restrictions and restrictions may apply. Offer cannot be combined with any other offers or promotions. Void where prohibited by law. ©2020 Andersen Corporation. All rights reserved. "Renewal by Andersen" is a registered trademark of The Andersen Corporation. Other trademarks are the property of their respective owners.
Diabetes affects hundreds of millions of people across the globe, and more and more people are being diagnosed with this often preventable disease every year.

According to the World Health Organization, 463 million people across the globe were living with diabetes in 2019. In 2045, the International Diabetes Federation estimated that 648 million adults between the ages of 20 and 79 will have diabetes, which is nearly 8 percent of the adult population. The disease is more troubling is that the IDF estimates that, by 2045, 700 million people will be living with diabetes.

A diabetes diagnosis can be scary. The IDF reports that people with diabetes have an increased risk of developing many serious health problems, including diseases that affect the heart, eyes, kidneys, nerves, and teeth. Poor diet is a common contributor to diabetes. So it’s natural that newly diagnosed diabetes patients typically want to know how they can alter their diets to begin to overcome their disease. That’s a good place to start, as the National Institute of Diabetes and Digestive and Kidney Diseases notes that eating well and being physically active can help people prevent or delay problems associated with diabetes. The U.S. Department of Health and Human Services recommends eating a variety of healthy foods from all food groups is essential for people with diabetes.

- **Fruits**: Include a variety of fruits, at least three servings per day.
- **Vegetables**: Include a variety of vegetables, at least five servings per day.
- **Grains**: Include a variety of grains, at least six servings per day.
- **Protein**: Choose lean proteins, at least two servings per day.
- **Dairy**: When purchasing dairy products, choose low-fat or fat-free options, at least two servings per day.
- **Oils**: Include healthy fats, at least two servings per day.

The American Diabetes Association says that eating well can help people effectively manage their diabetes. But it’s not uncommon to pay roughly $4 for a six-ounce package of organic blueberries. For some, such costs are prohibitive. But it’s not uncommon to pay roughly $4 for a six-ounce package of organic blueberries. For some, such costs are prohibitive.

Growing blueberries in a home garden can save blueberry lovers substantial amounts of money while ensuring they reap all of the benefits of this highly nutritious and edible berry. The following are some tips gardeners can employ as they plant their first batch of blueberries.

- **Consult a local garden center.** The U.S. Highbush Blueberry Council recommends consulting a local garden center before planting blueberries. The professionals at such centers can recommend the best variety of blueberry to plant in that particular garden. That’s an important first step, as the USHBC notes that varieties of highbush blueberries arrive in early to mid-June. The varieties also may be a gardener’s best bet if the garden is in the upper Midwest, where lowbush blueberries won’t determinate much. Some other gardeners may determine which variety best suits their locale.

- **Plant where there is ample sun and good drainage.** The USHBC notes that highbush blue- 
y products, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as

- **Prepare the soil.** Blueberries require acidic soil, so running a soil test prior to planting is a good idea. Speak with your local garden center about soil adjustment if the soil is not acidic. Even after the soil is adjusted, it’s important to keep it acidic.

- **Fertilize carefully.** The USHBC notes that established blueberry plants will respond well to soil fertilizers. However, it’s important not to overdo it, as blueberries are sensitive to overfertilization. Follow fertilization instructions and speak with your local garden center professionals for advice.

- **Be patient.** The UME notes that blueberry plants won’t bear much fruit in their first two to three years, and that harvests are largest after five years. Be patient in a future blueberry plantings may struggle.

Growing blueberries in a home garden can save blueberry lovers substantial amounts of money while ensuring they reap all of the benefits of this highly nutritious and edible berry. The following are some tips gardeners can employ as they plant their first batch of blueberries.

- **Consult a local garden center.** The U.S. Highbush Blueberry Council recommends consulting a local garden center before planting blueberries. The professionals at such centers can recommend the best variety of blueberry to plant in that particular garden. That’s an important first step, as the USHBC notes that varieties of highbush blueberries arrive in early to mid-June. The varieties also may be a gardener’s best bet if the garden is in the upper Midwest, where lowbush blueberries won’t determinate much. Some other gardeners may determine which variety best suits their locale.

- **Plant where there is ample sun and good drainage.** The USHBC notes that highbush blue-
y products, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Such a jaunt also can raise eyebrows, as

- **Prepare the soil.** Blueberries require acidic soil, so running a soil test prior to planting is a good idea. Speak with your local garden center about soil adjustment if the soil is not acidic. Even after the soil is adjusted, it’s important to keep it acidic.

- **Fertilize carefully.** The USHBC notes that established blueberry plants will respond well to soil fertilizers. However, it’s important not to overdo it, as blueberries are sensitive to overfertilization. Follow fertilization instructions and speak with your local garden center professionals for advice.

- **Be patient.** The UME notes that blueberry plants won’t bear much fruit in their first two to three years, and that harvests are largest after five years. Be patient in a future blueberry plantings may struggle.