Friday, March 27, 2020

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Non-essential businesses closed

Governor Ned Lamont on March 20 signed his ninth executive order pursuant to his emergency declaration and his order toward non-essential businesses takes the following actions:

Places restrictions on workplaces for non-essential businesses. The order went into effect Monday, March 23, at 8 p.m. and is 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 locations by 100 percent not later than March 23, 2020 at 8 p.m.

Any other business may be deemed essential after requesting an opinion from Department of Economic Community Development, which shall review and grant such request, should it determine that it is in the best interest of the state to have the workforce continue at full capacity to properly respond to this emergency.

Any essential business or entity providing essential goods, services or functions shall not be subject to these in-person restrictions.

Not later than 8 p.m. on March 22 the Department of Economic and Community Development ("DECD") shall issue lawfully binding guidance about which businesses are essential.

Those essential business shall include, but are not be limited to: essential retail, including grocery stores and big-box stores or wholesale clubs, provided they also sell groceries; food and beverage retailers (including liquor/ package stores and manufacturer permittees) and restaurants, provided they comply with previous and future executive orders issued during the existing declared public health and civil preparedness emergency.

Essential businesses also include pharmacies, gas stations and convenience stores; essential health care operations including hospitals, clinics, dentists, pharmacies, elder care and home health care workers, companies and institutions involved in the research and development, manufacture, distribution, warehousing, and supplying of pharmaceuticals, biotechnology therapies, health care data, consumer health products, medical devices, diagnostics, equipment, services and any other healthcare related supplies or services; essential infrastructure, including utilities, wastewater and drinking water, telecommunications, airports and transportation infrastructure; manufacturing, including food processing, pharmaceuticals, and industries supporting the essential services required to meet national security commitments to the federal government and U.S. Military; the defense industrial base, including aerospace, mechanical and software engineers, manufacturing/production workers, aircraft and weapon system mechanics and main-

Essential services including

Please Read NON-ESSENTIAL, page A2



WOODSTOCK — This foursome took advantage of a sunny afternoon on Sunday, March 22, to get in nine holes at Harrisville Golf Club. From left, Jasmine Shirshak, Abbey Webber, Amanda Chenette, and Chad Davis. One day later, on Monday, March 23, all golf courses in Connecticut were closed per order of Governor Ned Lamont in hopes slowing the spread of the COVID-19 coronavirus.



Canines and coronavirus

those of us lucky enough to have one quickly discover a dog owns you. Quarantines, lockdowns, and shelterin-place directives are the latest barking orders curbing people in this age of the COVID-19 coronavirus. This is a good time to review the life lessons dogs teach us all.

Be loyal and dependable: We sometimes lead our dogs but now is a good time to follow our dogs' lead. Your friends and family are depending on your loyalty right now.

Live in the moment: Ever see a dog chase a snowflake? For those who remember Doris Day, she once sang "Que sera, sera; Whatever will be, will be. The future's not ours to see. Que sera, sera". We only have now. Enjoy it. Treasure your family, friends, the ones we care

about. Stay in touch, even if

just on the phone. Forgive: My dog doesn't care if I've left him home alone for three hours on a sunny afternoon. When I come back he'll wag what's left of his tail, pick up a leash, and ask to go out as if I've never left him behind

in his life. Don't hold grudges: We need each other now. Your best friend did you wrong, forget it, how many best friends do you have? Can you afford to lose even one friend right now? If my dog held a grudge every time I forgot to give him his Milk-Bone at bedtime, I'd have one miserable Old English Sheepdog stretched out on my couch right now. Forget the grudge — reach out to someone you haven't reached out to in a while.

Accept yourself and others: One of my dog's best

It's a good time to have a friends is a Goldendoodle dog—I don't "own" a dog— named Stella, he's not picky about breeding and neither is she. Sometimes accepting who you are is the hardest task in life. The virus affects us all and reminds us we need each other.

Play every day: The excitement a squeaky toy stirs in my dog never ceases to amaze me. His continual rediscovery of the joys of life is amazing. What stirs you?

Enjoy the journey: Life is unpredictable, we know that now. Adversity is a test that brings out the best in all of us. As John Lennon once said: Life is what happens when you're making other plans.

unconditional-Love ly: There's nothing like a dog's wagging tail to make someone feel loved. Let your inner tail wag.

I could continue on for dog years but eight life lessons from our canines is enough. I've rambled on. I've got to go - my dog's asking for the backyard — and he's really got to go.

Coronavirus notwithstanding, tomorrow is another day. At the crack of dawn Pokey will be co-piloting from the back seat as I chauffeur him to West Thompson Dam for his daily walk. Pokey's sunrise stroll gives him the opportunity to continue his life's work sniffing about for other dogs and urinating on as many tree trunks as possible. His routine brings normalcy to an uncertain era. It's a good time to have a dog.

Charlie Lentz is editor of The Villager. He hadn't lost his hair 10 years ago when he picked out his Old English Sheepdog, Pokey, at four weeks in the above photo.

Murphy proposes help for small businesses

WASHINGTON-U.S. Chris Murphy (D-Conn.), U.S. Senators Jeff Merkley (D-Ore.) and Chris Van Hollen (D-Md.), on March 20 rolled out a proposal that would provide much-needed liquidity for small and medium businesses during the economic crisis caused by COVID-19. The Main Street Emergency Grant Program would allow small businesses to apply for grants through the Treasury Department to cover fixed costs like payroll and rent. Those grants would revert to loans

that would have to be paid back only if the business fails to prove it is meeting criteria under the proposal. It would also allow mid-size businesses to access to forgivable loans.

'If we don't act quickly, small businesses that have closed due to the coronavirus won't reopen. This is a crisis I am seeing play out in Connecticut, with small businesses already laying off workers and weighing the need to close for good. They need cash to cover payroll, make rent, and meet their costs immediately, and a loan doesn't cut it for them. The Main Street Emergency Grant Program will help companies stay afloat during this crisis. Our economy—and the American people—need this relief as soon as possible," said

'Small businesses in Oregon are getting hammered by the economic implosion triggered by the coronavirus. The same is certainly happening all across America," said Merkley. "We need bold, urgent measures to help these businesses—and the families that rely on themweather the storm. These grants are a critical part of that equation."

'Small businesses are desperate for a cash infusion now - not two or three months down the road. This proposal will ensure capital is immediately available to the businesses that need it and help them weather the storm so they can avoid long-term, irreversible damage to their operations. It's crucial that we provide this relief in Phase 3 to support small businesses and their employees," said Senator Van Hollen.

"We support the Main Street Emergency Grant Program. It is essential that we work to immediately provide assistance to small business owners in impacted industries to support them to maintain their payroll and remain solvent through this crisis. This bill is an important ingredient in a response package that will help us avoid a prolonged economic crisis because it provides urgently needed liquidity to small businesses to keep their employees on payroll and avoid

Eversource suspends disconnections

PUTNAM — With the COVID-19 pandemic continuing to evolve, Eversource is reassuring customers that the energy company is continuing to provide energy while also safeguarding the health and well-being of employees and the communities it serves. The company has taken the following steps: suspended all customer disconnections for non-payment; waived late payment charges; began offering a special, flexible payment plan for any past due bills; offered additional energy-saving tips to help reduce energy use while people are spending more time at home.

'As a member of the communities weserve across New England, we're here to support our customers through this unprecedented time, while also safeguarding

health and well-being of

Police Logs

Editor's note: The information

contained in these police logs was

obtained through either press releas-

es or public documents kept by the

Connecticut State Police Troop D

and the Putnam Police Department

and is considered the account of the

police. All subjects are considered

innocent until proven guilty in a

court of law. If a case is dismissed

in court or the party is found to be innocent, The Villager, with proper

documentation, will update the log

Putnam Police Department

Morgan Heald, 50, of 3B Roosevelt

Mallory Kunz, 30, of 82 Wilkinson

George Long, 18, 271 Hill Road,

Thompson, was charged with Disorderly Conduct.

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Responsibilities,

St. Putnam, was charged with

Operating Under the Influence,

Street, Putnam, was charged with

Creating a Public Disturbance

Operating without a License

Evading

at the request of the party.

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, we're taking every possible step to ensure that our customers have 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 reconfigured desk arrangements to create appropriate social space for employees and has enhanced cleaning and sanitation procedures at all facilities and in all vehicles.

Eversource field crews will con-

tinue 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 job sites whenever possible, ensuring fast response to emergencies while limiting group interactions at company work centers. All work and appointments that require a technician to 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

Courtney staff goes to tele-work

PUTNAM — In light of the ongoing public health emergency related to COVID-19, and for the health safety of Congressman Joe Courtney's staff, visitors and our community, our office is following a tele-work policy. Our staff is working remotely, but remain at work and available for assistance and support. If you need assistance or would like to contact our office, please call or email us at any time. Please leave your name, phone number and a detailed message, and our staff will follow up as quickly as

For our Norwich district office, please call (860) 886-0139. For our Washington, DC office, please call (202) 225-2076. As always, you may also get in touch https://courtney.house.gov/contact to send a message to Congressman Courtney and his staff.

For more information about the virus, tips on how to keep yourself and loved ones safe, and updates on state and federal response, please visit:

Congressman Courtney's COVID-19 resource page: https://courtney. house.gov/coronavirus-2019covid-19-resource-page

Connecticut COVID-19 https://portal.ct.gov/ response: Coronavirus

Update to information from the federal Centers for Disease Control (CDC) https://www.cdc.gov/coronavirus/2019-ncov/index.html

NON-ESSENTIAL

continued from page A1

trash and recycling collection, hauling, and processing, mail and shipping services; news media; legal and accounting services; banks, insurance companies, check cashing services, and other financial institutions; providers of basic necessities to economically disadvantaged populations; construction; vendors of essential services and goods necessary to maintain the safety, sanitation and essential operations of residences or other essential businesses, including pest control and landscaping services; vendors that provide essential services or products, including logistics and technology support, child care and services needed to ensure the continuing operation of government agencies and the provision of goods, services or functions necessary for the health, safety and welfare of the public.

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 wellstocked with books and DVDs, and we'll be adding games, toys and craft projects to help you keep your kids (and yourself) occupied. Everything in the bins has been in storage for several months — that means not recently handled. 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 librarian@pomfretlibrary.org if you can't find your card and need to know your number. Check the library website and Facebook regularly - library staff will keep adding info and resources to help us through this difficult time

What's On Your Mind? We'd Like to Know. Email us your thoughts to: Charlie@ villagernewspapers .com

Woodstock • Public • Schools

2020 – 2021 Preschool Lottery

Woodstock Elementary School is seeking applications for our preschool lottery. All Woodstock children with birthdates between 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: http://www.woodstockschools.net

The application deadline is April 10, 2020.

Notification will be made in June following lottery selection.

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Bracken Memorial Library closed

WOODSTOCK — Due to the current health situation, the Bracken Memorial Library is closed until further notice. If borrowers have books at home, they may keep them until the library re-opens — this also includes any inter-library loan books that you may have.



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TO SUBMIT A LETTER TO THE EDITOR: charlie@villagernewspapers.com OR send to Villager, P.O. Box 196, Woodstock, CT 06281

TO SUBMIT **CALENDAR ITEMS:** paula@stonebridgepress.news OR send to Villager, P.O. Box 196,

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VILLAGER ALMANAC

AT CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of March 16: Tree Swallow, Bluebird, Woodcock, Northern Harrier, Carolina Wren, Hooded Merganser, Wood Duck, Green-winged Teal, Mallard, Turkey Vulture, Great-horned Owl, Barred Owl, Flicker, Robin, Song Sparrow, Junco, Red-winged Blackbird, Common Grackle. Visit ctaudubon.org/pomfret-home

PHOTO REPRINTS **AVAILABLE**

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VILLAGER NEWSPAPERS Friday, March 27, 2020 • A3

Woodstock students excel at Model UN



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

Meals from Putnam Public Schools

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-andgo. 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

PUTNAM —Putnam two breakfasts and three lunches for each child. No meals will be served on Tuesdays, Thursdays or Fridays.

> Locations, pick-up times, and days are as follows:

> St. Marie Greenhalgh Complex Sports Parking Lot, 10 a.m. to 11 a.m., Mondays and Wednesdays.

Putnam Housing Authority, Community Center, 123 Laconia Avenue, 11:30 a.m. to Mondays and noon, Wednesdays.

East Putnam Fire Department, 11:30 a.m. to noon, Mondays and

Wednesdays.

The district will continue to monitor the spread of this virus and maintain regular contact with public health officials, including a weekly conference call between Superintendents, Governor and Commissioner Education. If the district reaches a point that the NDDH or other public official advises businesses to close and keep all employees at home, the district will need to respect that guidance and suspend the food service program.



Courtesy photos

Woodstock Academy students with their awards.

WOODSTOCK 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. This has never done before in the history of the program at Woodstock Academy. Woodstock Academy is one of just two schools in the nation to achieve this performance. The students were presented with individual awards as well as a team delegation award.



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www.perceptionprograms.org

Villager Newspapers

ACCURACY WATCH

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

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





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Public Meetings

BROOKLYN

No meetings until further notice

KILLINGLY

No meetings until further notice

EASTFORD

Wednesday, April 1

Crystal Pond Park Commission, 6 p.m., Woodstock Town Office Building

POMFRET

Wednesday, April 1 Inland, Wetland and Watercourses

Commission, 7 p.m., Senior Center **THOMPSON**

Town Hall

Wednesday, April 1 EDC Branding Committee, 6:30 p.m., Merrill Seney Community Room,

Community Fire Company, 7 p.m., 862 Riverside Drive, Thompson

East Thompson Fire Department, 8 p.m., 530 East Thompson Rd, Thompson

WOODSTOCK

Wednesday, April 1 Crystal Pond Park Commission, 6

p.m., Location Varies Thursday, April 2

Board of Selectmen, 4 p.m., Room A

PZC Sub Comm, 7:30 p.m., Room 1

Free online programs at Mystic Aquarium

MYSTIC — A wide range of multimedia resources are currently available through MysticAquarium.org, from the unique offerings of the Aquarium's national conservation-based STEM education program to downloadable coloring sheets and activities. The Aquarium's Pinterest page is also populated 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, educational opportunities to engage families. Online resources are not only providing much-needed educational content for children learning from home but are connecting team members at Mystic to their community in new and exciting

At 11 a.m. each day, Facebook Live broadcasts from Mystic Aquarium feature different animal care professionals and a variety of species. During the broadcast, viewers are encouraged to ask questions in the comments section. Following each Live segment, Aquarium experts follow up to ensure that all the questions posed during the broadcast are answered. Story Time is another feature on Facebook that will be rolled out in the coming days and will include readings of books about our very own Astro the Steller sea lion and Charlotte the green sea turtle, as well as other Aquarium and marine themed children's books.

In partnership with Aquarion Water Company, a free live feed from the African penguin habitat is also available at MysticAquarium.org.

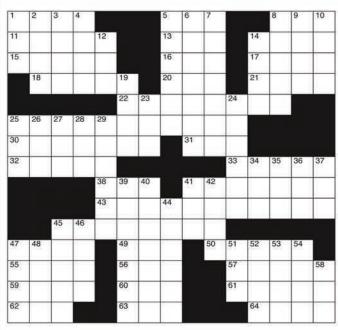
'Our doors may be closed," said Josh Davis, Senior Trainer of Penguins, who is one of the hosts of Mystic Aquarium's daily Facebook Lives, "but we are still here for our animals and our community.'

The Aquarium animal care team is especially excited about a new Pen Pal program that is now in place allowing children and families to connect through personal correspondence. Anyone having questions or simply interested in touching base with the team and the animals is encouraged to email PenPal@MysticAquarium.org or mail via US mail at Pen Pal c/o Mystic Aquarium, 55 Coogan Blvd., Mystic, Ct.,

"We always look forward to educating our guests while they are here and it's very important for us to continue that even when we cannot be together," said Kristen Waddell, a California Sea Lion Trainer, and Davis' co-host.

Whether it's the over 4,000 animals in their care or students and families throughout the community, the team at Mystic Aquarium is always at the ready to provide care, support and inspiration! Mystic Aquarium relies on revenue from ticket sales to operate. The temporary closure due to the COVID-19 pandemic has left the Aquarium in a vulnerable financial situation. Please consider making a donating today to help us during this uncertain time.

Mystic Aquarium, a nonprofit 501(c) (3) organization, is counted among the nation's leading aquariums, offering exemplary care to a variety of species while also serving as the northeast's premier marine mammal rescue and rehabilitation center. Robust conservation and education programming along with unparalleled visitor experiences serve to strengthen personal connections to the animals and their environments. The mission of Mystic Aquarium is to inspire people to care for and protect the ocean planet through conservation, education and research, and introduces approximately 800,000 guests annually to thousands of animals through structured interpretations, specially curated exhibits and hands-on interactions. As a leading research organization, Mystic Aguarium employs a full staff of scientists engaged in projects focused on the conservation and sustainability of our ocean planet.



CLUES ACROSS

- 1. As soon as possible
- 5. Gateway (Arabic) 8. Doctors' group
- 11. Madder genus of plants
- 13. A team's best pitcher 14. Ancient Greek sophist
- 15. Go up
- 17. Bolivian river
- 21. British School
- 22. Human reproductive organs
- 25. Surrenders
- drooping ears
- 16. Neither
- 18 Manila hemp
- Comedienne Gasteyer
- 30. Dog with long, silky coat and
- 31. Sun up in New York
- 32. Lead alloy
- **CLUES DOWN**
- 43. Festivity

33. Eastern Asian plant

- 38. Rapid deployment force (abbr.) 41. Japanese warrior
- 45. Interruptions 47. Nonsense (slang)
- 49. Data mining methodology (abbr.)
- Fencing sword
- 55. French river
- 56. Global business conference (abbr.) 57. Afflicted
- 59. Con man's game
- 60. No (Scottish)
- 61. Jewish spiritual leader
- 62. Fish
- 63. Camera term (abbr.)

- 1. A continuous portion of a circle
- 2. Genus of seabirds
- 3. Infant's dining accessory
- 4. Native Americans from Arizona 5. Popular fruit
- 6. Poisonous plant
- 7. Scolded 8. Assists
- 9. Hand (Spanish)
- 10. Amazon product identifying
- system (abbr.) 12. Basics
- 14. Cain and 19. Malaria
- 23. Indicates particular shape
- 24. Respiratory disease
- 25. Central Standard Time 26. Imitate
- 27. Golf score
- 28. A place to lay your head

- 64. Impudence
- 29. Three cards of the same suit
- 34. Not in 35. Human gene
- 36. Ancient Chinese philosophic concept
- 37. French river
- 39. Thinks up 40. Type of geological deposit
- 41. Helps little firms 42. Area units
- 44. A device to remove
- 45. Secret political clique 46. Polite interruption sound
- 47. Foundation
- 48. Clare Boothe __, American writer
- 51. Swiss river 52. Prejudice
- 53. Actor Idris 54. Resistance fighters
- 58. Speak disrespectfully of





Special enrollment for Access Health plans

PUTNAM — In response to the growing number of Coronavirus (COVID-19) cases, Access Health CT reminded Connecticut residents of a limited-time New Special Enrollment Period for qualified individuals who are currently without health insurance. This New Special Enrollment Period (SEP) running through April 2, will allow uninsured individuals to enroll in health insurance coverage

through Access Health CT. "The New Special Enrollment Period is only available for two weeks," said Chief Executive Officer at Access Health CT. James Michel. "If you are uninsured, or you know someone who is uninsured, please call us. We can help you get a health insurance plan that is right for you and your family."

Connecticut residents must be uninsured, lawfully present in the United States and not incarcerated. The coverage for those who enroll during this New

taking on too much debt," said

Amanda Ballantyne, Executive

Director of the Main Street

Emergency Grant Program:

About the Main Street

What is this proposal? The

Main Street Emergency Grant

Program would provide much

needed liquidity to small and

mid-size businesses during this

public health crisis. Businesses

would be able to apply for grants,

not just loans, through the

Treasury, with the application

based on a percentage of expens-

es necessary for the survival of

the business, and those grants

would revert to loans if the busi-

ness fails to prove it is meeting

nesses as defined in Section 3

of the Small Business Act (15

U.S.C. 632) and consistent with

SBA size standards by industry

for 2019, who have been nega-

Who will this help? Small busi-

criteria under the proposal.

MURPHY

Alliance.

continued from page A1

Special Enrollment Period will start on April 1, 2020. The only way to sign up is by phone: 855-805-4325 (TTY: 1- 855-365-2428). 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 wait times may be long to accommodate high call volumes.

Other information about this New Special Enrollment Period is available at Learn. AccessHealthCT.com.

Access Health CT reminds residents of the importance of maintaining their coverage throughout the year, and not just during this public health crisis. It is critical that uninsured individuals take advantage of this opportunity to protect themselves financially and ensure they have access to necessary services.

Access Health CT (AHCT), Connecticut's official health insurance marketplace established in 2011, supports health reform efforts at the state and

tively impacted by the COVID-19 health epidemic, through a reduction in revenue of at least 50%. Nonprofit organizations with under 500 employees are also eligible. Businesses who have been shut down due to state or local regulation would use an expedited process and other businesses could apply by showing hardship.

Midsize businesses and nonprofits with less than \$100 million in revenues and less than 2000 employees that have seen at least a 50% reduction in revenue due to the COVID-19 epidemic would also be eligible for interest-free loans that could be forgiven if the program criteria are met.

Businesses would apply by showing an active business license, previous year's payroll taxes, and income taxes. They would need to have been operating for at least six-months prior to enactment, and could include self-employed individuals.

What could they spend the

national level. AHCT provides Connecticut residents with resources for better health, and an enhanced and more coordinated healthcare experience, which results in healthier people, healthier communities and a healthier Connecticut. AHCT's mission is to increase the number of insured residents in Connecticut, promote health, lower costs, and eliminate health disparities. Connecticut residents and small business owners can compare and enroll in healthcare coverage and apply for tax credits for individuals through AHCT. AHCT (or the Marketplace) also partners with the Dept. of Social Services for eligibility and enrollment with state Medicaid Insurance and Children's Health Insurance Programs. For more information, please visit www. AccessHealthCT.com, like us on Facebook at www.facebook. com/AccessHealthCT and follow us on Twitter @AccessHealthCT.

money on? Businesses could spend the money on payrolls or fixed costs that are necessary to prevent the business from closing permanently, such as rent. The proposal also includes funding to raise awareness of Shared Work programs and provide technical assistance for participating businesses to implement this model, in which firms reduce hours for employees in order to avoid full layoffs.

Is this proposal for a grant or a loan? For small businesses, these would be grants that would turn into loans should businesses fail to restore their payrolls to 80% of prior levels within 12 months of the termination of the COVID-19 public health emergency, unless the business can demonstrate a hardship that prevented them from doing so. For midsize businesses, these would be loans that turn into grants, based on the same rehiring criteria.

How much money does this program offer? The program would require an initial \$600

billion, including necessary administrative expenses to quickly process applications. Businesses could apply for a re-up of the money quarterly so long as they are meeting requirements.

What role does Unemployment Insurance have? Along with this proposal, we need to significantly expand UI benefits and eligibility for workers who are laid off during the COVIDemergency, with this proposal helping to ensure that their jobs will be back once the emergency ends.



NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Something's in the air: No, wait! Mud! Spring!



Editors Note: A special guest columnist 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 crows are the neighborhood thugs, chasing away the gangs of jays, pecking away at seeds on bare ground, cawing 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 northern New England and points south. Among other gigantic works--kettle-hole ponds, mountains left bulldozed like chips at a mill, scrapes 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 fifth, fine, and final season of a year that begins in spring.

It is or was sugaring season, depending on where you are or where you were. With New Hampshire, you never quite know. Depends on geographical situation, and altitude. Some It was a would say "Attitude."

Here is an adage far-looker,

about the variation in

dependence Day.

Sugaring is history for all but those sugar-bushes facing north, the last to get the spoiling taste of buds. "Awfpt! Buddy," they'll say, lips askew on a sample of sap. Then the whole crew, the whole family, cleans everything up for

Some people so love the many 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

One friend, now gone, invented reasons in all seasons to go high into his maples, to clear wind damage with skidder or tractor or on foot, and to think. Sugaring was often in mind, his mind always running year-round.

sages included a photo,

climate the state offers, which I've rudely and crudely made into an approximation of a poem:

This is the state where a walker, they'd say, could leave Strawbery Banke on the First of May, and pick ripening strawberries all the way to Pittsburg on In-

next spring.

One of his last mes-

recent favorite. He'd gone far up into sugar-bush, stilldeep snow, and shot a big trees. shot for a



Photo John Harrigan

The mini-glacier on my front lawn, as of Sunday afternoon the 22nd, and two of the glacial erratics left by the last real one, moved by dint of hydraulics from their 15-millennia place of repose on nearby Ancestors' Hill.

and he was one.

"That's the high country around your place, from mine," he wrote, and that's just the kind of man he was, just the way I'll always remember him, a "placedbased" guy if ever there was one.

The south side of snowbanks began melting at just about that time, on Mother Nature's slow clock, near February's end. The sap

buckets were out just about on time, as if there were ever any such thing.

The last glacier, no one knows how many glaciers, left plenty of crops of fine rocks. And layers of gravel, some good, some not. And on some shelfs and pockets, a layer of loam. And here and there, of course, fine silt, now turning to the finest kind of mud, the kind that says "Stay home."

Or at least it used to. For early farm families, there was little choice between horsedrawn sleigh or wagon. They had to wait for the snow-roller or for the roads to dry up.

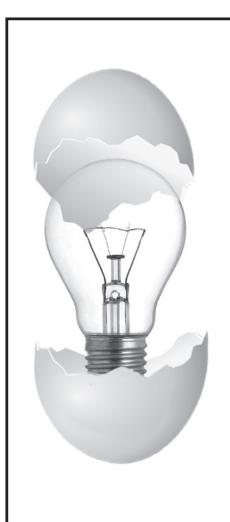
When we've become so accustomed to going at will, it's a life hard imagined. Well, not so.

Hope springs eternal, and so does the carpet of green. Soon the mess that winter left behind, everything that was on top of the melting snow and laid bare, will be under a new verdant mantle. 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 grandfather, who had a way of showing up about now: When the shad-bush leaf is as big as a mouse's ear, it's time to grab your stuff and go fishing.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, *NH 03576.)*



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It's at times like these that you can count on us most.

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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.

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A good time for some good news

As members of the news industry ourselves, we try to keep up with current events as much as possible by monitoring other publications and watching the nightly news regularly. At this point, however, we — like many of you out there — have had it. Over the past few weeks, there has simply been too much darkness assaulting us through our television screens every night. Too many graphs and charts depicting rates of infection, too much footage of ambulances racing through city streets, too much focus on dreary and depressing statistics reporting how many have been infected by the COVID-19 virus and how many have died. A steady diet of television news right would be enough to leave any viewer with the impression that the very fabric of our society is crumbling away around us.

Anyone who has been out of the house during this outbreak, however, has seen that nothing could be further from the truth. There is another side to the COVID-19 pandemic that has been receiving far less attention. Individual tales of generosity and goodwill have been popping up across the country stories of landlords foregoing the collection of rent from tenants who are home without pay or insisting that the hard hit businesses who rent space from them pay employees first; stories of neighbors buying groceries and supplies for the elderly couple next door; of parents organizing food collection drives to ensure that families in need are able to keep food on the table for children whose schools have temporarily closed. Every day, in every community across the nation, ordinary people are stepping up to the plate to combat the negative impact of COVID-19

Just last week, we received a phone call from someone driving down Main Street in one of our own local communities who saw a group of children writing messages of encouragement and affirmation on the sidewalk with brightly colored chalk because it was something they felt they could do to help the people of their hometown stay positive and keep their spirits up. We were so moved by this extraordinary act of selflessness on the part of those so young that it inspired us to seek out similar displays of goodwill. All of us could use some 'good' news right now, and we are asking you, faithful readers, to share yours with us. If there is a collection of food and supplies for those in need taking place in your community; if you have been the fortunate recipient of an unexpected act of kindness; or if you know of a hometown hero who you believe deserves recognition for going above and beyond to make a positive difference during the COVID-19 outbreak, we want to hear about it. Feel free to contact our Editor by e-mail at brendan@ salmonpress.news or by phone at 279-4516, ext. 101 and help us spread some positivity.

Brendan Berube is Executive Editor of Stonebridge Press newspapers in Massachusetts and New Hampshire.

LETTERS

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



Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Dems have Trump derangement syndrome

I first have to laugh and then scratch my head. The writer said that as the coronavirus began President Trump was concerned only about his image and re-election. That made me laugh. Perhaps Trump could have reacted faster but to say he cared about nothing but himself is comical, dishonest, rude, ignorant and typical of the Left's group think. But I get it. We are inundated with liberals and Democrats here in Newyorkachusetts who hate on the POTUS 24/7/365. As for Trump being a thinned skinned narcissist, that is something a thinned skinned narcissist would say! Democrats and the left have such Trump Derangement Syndrome it binds them together blind to reality. They are the party of abortion, open borders, "free" everything (as if that exists), socialism and even communism, LGBTQ and playing the race card. They should be so proud.

I love our President, warts and all. That Zahansky Strategic Wealth last POTUS was an America hating clown and hypocrite of the highest order. The positive change since DJT was elected is lost on the hateful left. Or maybe they are just in denial. The Dems have done all they can to ruin Trump. Their phony impeachment didn't get it done nor will any of their silly antics. The Democrat Party is one giant temper tantrum. Get ready for four more years of DJT! It is going to be great!

Pomfret

Trump was not "on it"

These days, most of us have other things on our minds than writing letters to the editor but Tami Jo Wykes' latest (letter to the editor, March 20) has a tone so jarring and inappropriate to the moment, and so full of distortion, as to demand a response.

In the first three lines of her letter she manages two unfortunate statements: "Let the chips fall where they may," and "the incredible inconvenience of this virus." Well, yahh, it is "inconvenient" but maybe that's not the first adjective that comes to mind for a pandemic that has already killed 12,000 people and sickened 280,000 across the globe. And, "the chips [falling] where they may" conjures any number of unsavory images.

She then says, "Maybe the media won't draw millions into hysteria over a virus that doesn't even come close to those we've had in the past and the flu which takes tens of thousands from us each year." "Doesn't even come close?" This is dead wrong. Coronavirus has a mortality rate of somewhere between 1% and 3.4%, at least ten times that of Influenza. Coronavirus also appears to be much more transmissible than influenza. And comparing numbers of cases historically while cases now are still rising has no meaning. If Ms. Wykes insists on comparing diseases she would do well to look to Italy where regular medical wards are being converted to ventilator units because of a critical shortage of ICU beds and physicians there are being forced to make difficult decisions about who will live and who will die. This is likely to happen in the United States as well. We do not see this with seasonal flu.

But perhaps most stunning is her assertion that "President Trump is on it.....His quick response has led to a phenomenal halt in the spread of this latest scourge. Look at the numbers." In fact, the day that Ms. Wykes' letter was published, the number of cases in the United States had doubled in two days. That is what is called exponential growth,

Beginning in early January, Mr. Trump

was being briefed regularly by our national security and intelligence experts regarding the severity of the outbreak, but he chose to downplay the risk throughout January, February and early March, really only admitting that our nation had a serious problem in navigating the effects on our his address on the evening of March 11th. In daily lives due to COVIDlate January and early February, he could have pushed for widespread testing using maintaining confidence in equipment provided by the WHO. He did not. He could have ensured that hospitals and ing strategies to help you health workers had adequate protective gear Invest Well. Information for the coming surge. He did not. Instead he and the financial markets insisted that, "We have it under control," are all very fluid each day "Everything's going to be fine," that with the warmer weather in April the virus would of COVID-19, so please note "miraculously go away, and that "any one that all information in this who wants a test can have one." In short, as column is most current at a bizarre re-tweet he sent showing him playing the violin implied, he fiddled (like Nero as Rome burned) while the virus took hold in the US and began multiplying. Crucial time to find out who had the virus and who did not, and to separate the two groups and stop the spread, was lost. Today, physicians (including those in the Quiet Corner) are still unable to obtain testing on the majority of living, we are all experiencpatients who have symptoms, forcing them to try to guess who does and does not have stops to daily life behaviors, the disease - tremendously impeding efforts

It would all be so much easier if only the Hence, a bear market is upon grocery store workers, first responders, nurses, aides, physicians, respiratory therapists, and many, many others forced by duty to be ever running bull market, exposed daily to the virus could simply, like with the Dow Jones, S&P Ms. Wykes, go home and "bake cookies [and] 500, and NASDAQ indices all build blanket forts" but they can't, and any-dropping 20 percent or more way, they, like Ms. Wykes, would eventually have to go out shopping, where they would are a few reasons for this have to wash their vegetables, hands, wear rapid decline over the past gloves, stay six feet from each other, etc. May four weeks and they are cenwe all stay safe.

Being Optimistic in a Covid-19 world

I was recently asked, "How is it possible to remain optimistic when the entire world is falling

My response is simple. "No, the

entire world isn't falling apart." I understand that many of us are frightened and that fear often

brings out an exaggerated feeling of gloom and doom. Yes, depending upon our age and underlying health situations, we are all at risk, but if we willingly act with health officials, shelter in place, practice social distancing and wash our hands, we can dramatically cut our risk of contracting this virus.

If you defy all the guidelines designed to keep us safe, being optimistic is foolish. However, if you are willing to cooperate, you'll potentially save lives ... and maybe your own. Think about the common sense of it all. If you shelter in place, and if you have the virus, you will not pass it to others. If you don't have it, others cannot pass it to you.

The word contagion has taken on such a negative meeting and there's not much we can find positive about this virus. But let me share a few other things that you can 'catch.'

Kindness, patience, empathy, enthusiasm, love and optimism are also highly contagious. I not only hope you'll catch these. I pray you'll expose everyone you encounter and become

And if you look for the positive, you'll find

I believe as we come out the other side of this pandemic, we'll be better people and see better government. I'm watching on the news as some Republicans and Democrats are working together, and even complimenting each other for their efforts. When was the last time that happened?

And yes, there are some hardliners out there shaking their fingers at the cameras and accusing others of inaction or even caus-



Positively SPEAKING GARY W.

say to them is "Shame on you!" Rather than pulling together to be part of the solution, they are using this sickness and death to how to work remotely. try and achieve political gain. I hope we all remember who they: are at the ballot box. They should keep getting worse? If so, be given no power, ever.

I'm seeing a great unmasking of so many problems that most Americans weren't even aware existed.

Did you know most of our pharmaceuticals are manufactured in China? That's a national security issue plain and simple. I believe now that citizens are aware, and we've experienced this pandemic, lawmakers will work of China continue to rise. quickly to bring the manufacturing of essen- We expect the US cases of tial products for our health and security back the virus to increase over into our country along with the jobs.

So yes, be optimistic! This is not the end there are fast moving social of the world, but also remember the lessons changes that aim to miniwe are learning. Americans have had a short mize human interaction and memory in the past and it's only been nation-the spread of the virus. al tragedies such as Pearl Harbor and 9/11 that have indelibly burned the lessons into Connecticut Governor Ned our minds. Let this pandemic and the lessons Lamont ordered all non-eswe learn be also forever engraved into our sential businesses to close as hearts and memory.

Can worry solve anything? The obvious Home" program. answer is no ... but understanding that worrying solves nothing doesn't necessarily keep us from worrying. I find comfort in ancient scripture as recounted by Matthew.

"Therefore, I tell you, do not worry about tions will continue to affect your life, what you will eat or drink; or the performance of the marabout your body, what you will wear. Is not kets. life more than food, and the body more than clothes?'

or reap or store away in barns, and yet your lic fear or maximum public

Turn To **MOORE** page **A7**

Strategies during volatility caused by coronavirus



FINANCIAL **JIM ZAHANSKY** INVESTMENT **ADVISER**

Weiss, Hale Αt Advisors, we are dedicated to empowering our community to Live Well.TM As part of that goal, Laurence, Leisl, and I will be providing strategies for our readers to Plan Well. Invest Well. Live Well.TM as we all navigate the impacts of the coronavirus (COVID-19). During times like these, it's import-ROD BEDARD ant we come together as a community to support one another. Whether its weekly updates related to financial market, strategies for aligning your investments, tips for efficient ways to stay productive while working from home, practicing social distancing, or helping your children with eLearning, we are here as your partner in 19. This week will focus on your portfolio and outlinare all very fluid each day as we monitor the effects time of press submission.

Planning Well in COVID-19 Influenced Financial Markets: Ranging from government intervention and assistance, consumer spending, and changes to the ways we are working and ing adjustments and sudden but the financial markets do not like this uncertainty. us, meaning we have now seen the end of the longest tered on the global spread of COVID-19. On March 12, JOHN A. DAY, JR. 2020 the U.S. cut off travel WOODSTOCK VALLEY to Europe for the next 30 days with some European countries and Canada closing borders. New COVID-19 cases are increasing daily in the US with daily levels we have not yet seen in this crisis, with estimates that the numbers are going to continue to increase. The World Health Organization officially classed the coronavirus as a pandemic. Sports league ing this current crisis. All I can suspended seasons, toilet paper is in high demand, and everyone is learning what social distancing means and

> So, where do we go from here? Are things going to how much worse? Is there any reason to believe markets are close to a bottom?

Here are some facts that help us understand: The spread of the virus is stabilizing in China according to the John Hopkins Coronavirus Tracker, while those outside the next several weeks and

As of Monday, March 23, part of his "Stay Safe, Stay

Headline market risk will continue to increase, meaning that all of these changes and government interven-

Constantly changing news headlines means we have "Look at the birds of the air; they do not sow not passed maximum pub-

Turn To ZAHANSKY page A9

VILLAGER NEWSPAPERS Friday, March 27, 2020 • A7

Get your mind off the virus with a trip back to the 1700's

How much do you know about the older history of Danielson? If I asked you where Westfield was, what would you say? In fact, it was the oldest section of present-day Danielson to be settled as a "village." Mentally take yourself to Killingly Memorial School for a reference point. We'll start from there and head north.

The earliest inhabitant in that area, Boaz Stearns of Plainfield, had built a house in the vicinity of present-day Killingly Memorial School about 1726 and remained there for many years before moving to Mansfield. According to Sketches by Isaac T. Hutchins, "the house was afterwards occupied by three practicing physicians — Dr. Walton, Dr. Fuller, and Dr. Hutchins during a period of about 110 years. Dr. Walton built the upright part nearest the street . . . He was said to have been very aristocratic, appropriating the old part of the house to his slaves . . . He was withal a rigid Tory. His son, an officer in the British army during the Revolution war, brought to his father's house a wounded British officer, whom his father kept secreted until the war ceased. Near the close of the war, and at its darkest period (for the Patriots) he was earnest and faithful in warning all over whom he an influence to at once make their peace with the mother country, offering his kind offices in behalf of those who would accept of amnesty, assuring them that Cornwallis might any day be expected through or near this place, making his triumphal march from Yorktown to Boston. The news of his (Cornwallis') surrender... created almost unbounded delight. On hearing the news, Dr. Walton turned deadly pale and was seized with violent trembling. That night he was waited upon by a large number of loyal citizens, who had resolved to eject him at once from this place.

of Col. Danielson, and his own entreaty, he was permitted to go in peace, after promising at once and forever to quit the country. This promise he faithfully kept by removing with his family to Canada."

According to Isaac T. Hutchins the next resident physician in that house was Dr. Fuller "who became wealthy by being a surgeon on board a privateer during the

Through the urgent persuasion

wealthy by being a surgeon on board a privateer during the Revolutionary war. Both Dr. Walton and Dr. Fuller were Episcopalians. Dr. Fuller used to carry his cake and wine to church on the Sabbath — nearly the whole congregation partaking with him during the intermission. He bought his liquor by the hogshead — living otherwise in splendid style. He sold the house and farm to my father, Dr. Penuel

Dr. Hutchins purchased the house about 1785 and remained there 56 years. His eleven chil-



KILLINGLY
AT 300
MARGARET

WEAVER

dren were born there. Many remembered the huge saddlebags of medicine, and lancet, which were used during his house calls. (H. V. Arnold, Memories of Westfield, p. 54, 60).

area might have remained rural much longer had it not been for the circa 1796 erection of the first Westfield Congregational meetinghouse on land donated by Penuel Hutchins and Robert Howe on the easterly side of the road a little north of the previously mentioned Hutchins' residence. It took several years for the church to be formally organized, but on August 25, 1801 the following thirteen members signed the covenant: Abigail, wife of Boaz Stearns, Anna Kies (who were first baptized), Zadoc Spalding, Boaz Stearns. Zadoc Hutchins, James Danielson, Penuel Hutchins, Samuel Stearns, Shubael Hutchins, Mrs. Elizabeth Hutchins, Mrs. Mary Stearns, Mrs. Sarah L. Danielson, Mrs. Hannah Spalding (Memories of Westfield, p.57, 58). Most of these individuals lived within several miles of the new meetinghouse. However, other families soon settled in "Westfield" and a village began to form.

Gordon Johnson had
served as the first pastor for
the fledgling Westfield congregation, however, in 1813
Roswell Whitmore assumed
the position. By that time
Ebenezer Young, future
father-in-law of Charles L.
Tiffany, the New York City
jeweler, had a law office not far
from the meetinghouse. The
homes of both these men are
still standing north of KMS.
The road past Westfield meet-

nomes of both these men are still standing north of KMS. The road past Westfield meetinghouse (Route 12) was a stage-coach road between Norwich and Worcester, Massachusetts so it was likely that the stage stopped at the local tavern, run by Evan Malbone, at the corner of Stearns Street (Memories of Westfield, p. 64).

By the time the 1820 U. S.

Census was taken the following heads of families were apparently in the greater Westfield neighborhood. You can see by the numbers in parentheses that some of the households were sizeable. Lyman Lamb (5), Sally Martin (2), David Bacon (11), Penuel Hutchins (8), William Harndell (7), Willard Danielson (4), Ebenezer Young (10), Evan Malbone (4), Gurdon Johnson (7), Benjamin Tanner (6), David Fisher (6), Willys Stearns (4), Barnabas Davis (11), Jonathan Cutler (12).

According to Memories of Westfield Lyman Lamb would

become the boss contractor "in driving the short railroad tunnel, which is located about four miles above Norwich, through the ridge pierced by it" (from a typed copy in the Killingly Historical Center files, no page, just the reference). David Bacon operated a cabinet shop north of the meetinghouse.

The Westfield area continued to grow through the next two decades prior to the opening of the railroad so I will write more in a future column. If you have time to reflect on these beginnings, think also about the roles of transportation networks and technology in our history for the first half of the 19th century was a time of great change. How many events can you recall from what you've learned or from columns I've written?

Weaver Margaret M. Killingly Municipal Historian, March 2020. For additional information email Weaver at margaret mweaver@gmail.com. The Killingly Historical and Genealogical Center will be closed until further notice. Like us at Facebook at www.facebook.com/killinglyhistoricalsociety. Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical and Genealogical Center should be sent to PO Box 265, Danielson, Ct. 06329.

Wise choices will watch over you



BEYOND
THE PEWS
JOHN
HANSON

You can get a taste of it in Santa Monica for about 75 bucks, but if you want to buy a pound of the "beans" from which it is brewed you will pay around \$3,000. It is called Kopi Luwak and is one of the most expensive coffees in the world. But, is it worth it?

Many customers might be appalled if they knew a little more about this prized drink. Instead of being made from traditionally harvested coffee beans — picked right off coffee plants — the beans are harvested from the droppings of a civet that lives in Indonesia, Vietnam and the Philippines. The civets eat coffee berries, digests the outer pulp and then pass the beans in their feces. The feces have been described to look something like a PayDay candy bar.

According to one source, "enzymes and other chemicals in the animal's digestive tract react with the protein in the beans, eliminating much of the bitterness present in most coffees and creating a highly appealing flavor, despite how it came to pass." The feces are dried, thoroughly cleaned, and then roasted, before being packaged for market.

No thank you. It may be the rave, but it's not for me. Kris Kolbu warns, "The problems with Kopi Luwak today are serious for so many reasons, it's a miracle there is still a market for it. First of all, more than 80% of all coffee sold as Kopi Luwak today is fake. It hasn't even been near a civet cat, much less through one. Should you, however, manage to get your hands on the real deal, you'll be drinking what amounts to nothing short of liquid suffering." (nordiccoffee-culture.com)

The point is that sometimes we pay much more than something is worth: We speak our mind and it costs us a relationship. We engage in a reckless romance and it costs us our marriage. We throw caution to the wind, get drunk and our behavior hurts or kills someone. We cheat today and pay dearly tomorrow.

Jewish Wisdom Literature puts it this way: Wise choices will watch over you. Understanding will keep you safe. Wisdom will save you from evil people, from those whose words are twisted. (Proverbs 2:11-12 NLT)

Wise people make the extra effort to look a little more closely at what all is involved. Discriminating choice is a powerful thing. When someone has the confidence and poise to pass by things that are too expensive, unethical, or shady, even if they are faddish, politically correct, or temporarily improve social standing, their choices can be life-changing. Sometimes the choice that brings the best value is the choice to pass up something expensive — something that has been over-valued. Very often the most popular and coveted things — the things everyone is raving about — are just not worth it!

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

Mental toughness in uncertain times



CHOP
TALK
MIKE
BOGDANSKI

In my column on mental toughness last week I laid the building blocks with two character traits that are the foundational principles to start this journey. In this second article I will add a few more tips.

Positive self-talk: Train yourself to believe you are good enough and deserving enough to be great (yes, great, not just good). Some people learn to be self-critical and with everything they try they respond to themselves with words like, "I am stupid, bad, and a loser." Replace any negative thoughts with positive self-talk, today!

2. Develop courage: Being brave is not a simple skill to teach. Many people have a built-in safety mechanism that holds them back from trying new things because they are afraid of failure. One of my favorite sayings is "Real courage is not the absence of fear, it's being a little afraid and being able to take action anyway." Part of our karate student creed tells us to "bring out the best in myself and others." Use Tip 1 to turn anxiety into "I'm feeling excited" as a coping skill to create an elevated state that will enable you to reach peak performance to achieve your best. Courage is built on taking on new (smaller) tasks and feeling a sense of accomplishment.

3. Believe strongly in success: PCP is one of the abbreviations we use when teaching. It is a technique that we use called praise-correct-praise. If we can't praise the technique we praise the effort they make. Our goal is to build self-esteem in students while improving average technique. When teaching kids, we need to believe in them even if they can't or are unable to. Teaching kids success techniques can be accomplished as long as they are done in small steps. A good mentor will teach kids to hold themselves to a higher standard and personal growth. Don't allow your children to say "it's good enough". Good enough is the enemy of excellence.

have more than you need, share. If you are so inclined, pray for government leaders, health care workers and each other. If not, send out positive thoughts and let's pull together, not apart.

My prayer for you this week is that you remain healthy and safe, while also finding your peace. We are truly all in this as one nation and one world. Let's fight this with all we have, and we'll come out the other side together, a stronger world and better people.

Will you join me? I'm optimistic. How about you?

Gary W. Moore is at www.garyw-moore.com

4. Remind kids of the power of yet! If they say they can't do something today, just say — not yet. Success does not

come in a day, but it must happen daily. In case you were wondering, I have conquered my childhood fears. Since earning my Black Belt I have accomplished things that my former self could never dream of. I have competed in Russia in the Olympic sports complex, in Hungary at the World Cup, in Australia, and all across the country. All though these challenging times I had mentors that believed in me even when I couldn't.

In the many years that we have taught martial arts to kids we have seen the spectrum of confidence levels. From the ultra-shy to the very few that exuded confidence out of every pore. We have had many parents bring in their children and say "It's a tough world out there, so please toughen our kids up so they don't get taken advantage of".

Mike Bogdanski is a Grandmaster in martial arts, co-owner of Quest Martial Arts in Putnam, and has a Bachelors degree in psychology and a Masters degree in school counseling.



MOORE

continued from page **A6**

heavenly Father feeds them. Are you not much more valuable than they?"
"Can any one of you by worrying add

a single hour to your life?"
"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or

'What shall we wear?'"
So, when does it all end? I think the answer lies within us. If we are willing to make the sacrifices asked by health officials, I believe we can slow or even stop the wave of tragedy that may have

otherwise killed millions. Be vigilant. Cooperate. Be kind. If you



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ZAHANSKY

continued from page **A6**

health effects, so things will continue to look worse for the next few weeks.

However, there is light at end of tunnel and that light likely parallels when U.S. COVID-19 cases peak, ultimately begin to stabilize, and then decrease. As crisis-era responses from the Federal Reserve and its global partners, as well as other federal stimulus programs, kick in and aim to offset the economic impacts of COVID-19, we may see a correction in the market. However, this could take some time, so be patient.

Strategies to Help You Invest Well During Times of Uncertainty: Our team at Weiss, Hale & Zahansky Strategic Wealth Advisors has spent a significant amount of time being proactive in our outreach to clients over the past few weeks and daily Investment Committee meetings are held to monitor market and economic changes. Our major focus is to bring calm to these client conversations, as their portfolios have been developed using our unique and strategic Plan Well. Invest Well. Live Well.TM process. Having a strategic long-term financial plan in place is the first step in ensuring that despite the fluidity and market volatility, resiliency and confidence are the key factors in withstanding significant changes. These are great discussions as the markets have

historically been resilient despite events like the world wars, Great Depression, Great Recession, and 9/11. When you apply this type of longterm investment thinking to a strategic financial plan, our clients and readers should try to avoid emotional decision making when it comes to their retirement accounts or investment portfolios. Try to limit decisions or changes to your financial plan in light of volatile market changes. While we know first-hand that the events mentioned and the current COVID-19 pandemic can cause us all to be uncomfortable and worried, try to remain objective and seek advice from your financial advisor to be sure you make the right moves for you and your family. After all, everyone has financial goals for example, many people want to have a pleasant retirement someday, or send their children to college - so be sure you Invest Well and consider the impacts on adjustments to your portfolio before you make any immediate decisions.

any immediate decisions.

Repositioning your portfolio is a common question we are getting from our clients. The short answer for our clients is this: now is not a good time to adjust your portfolio while markets are low. Our unique and strategic Plan Well. Invest Well. Live Well.TM process connects our clients' financial life goals to their long-term plans. Doing this aligns their goals to their individual risk levels and time horizon. As

clients typically have different levels of risk tolerance, they have all had different degrees of loss over the past few weeks since the start of the COVID-19 pandemic. Our goal is not to over-correct losses for clients, but rather solidify long-term, risk-adjusted returns. To do this, our team thinks in terms of 5- and 10-years increments where we expect downturns and corrections. Selling out of a portfolio in a downturn can cost you significant dollars if you fail to time reentry into the markets correctly. We advise our clients to stay put with the possibility of gaining a rebound. As far as when markets may achieve this rebound, no one can be sure, 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. So, if we can control the spread of the coronavirus in a meaningful way, we may be looking at a shorter recovery period. However, if we are not able to control the spread of the virus as effectively, then we may be looking at a more extended period until a rebound 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 the control of the spread of the virus can minimize the potential economic fallout that is occurring from measures designed to stop the spread of COVID-19.

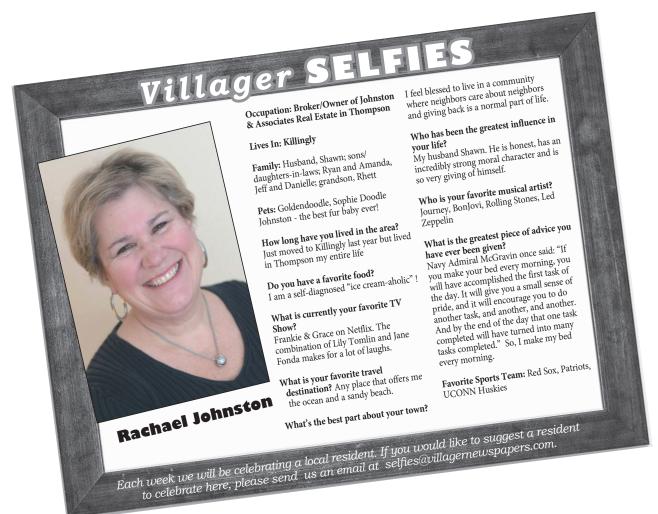
Empowering Our Community to Live Well.TM: This is a time when people are worried because of the potential economic fallout that may occur after COVID-19 pandemic. However, the best thing to do is to listen to our government agencies, try to minimize face to face interactions and social gatherings, wash hands, and stay informed by visiting reliable web sites like the Center for Disease Control and Prevention (CDC) and the World Health Organization (WHO). Everyone is concerned for their neighbors, loved ones, and our societal well-being; our advice to help you Live Well. TM is to be sure to take care of yourselves, your families, and your neighbors during this stressful time. We will make it through and the light at the end of the tunnel will come!

Weiss, Hale & Zahansky Strategic Wealth Advisors Principal/Managing Partner Laurence Hale, Vice President, Associate Financial Advisor Leisl Cording, and I plan to hold You & Your Money radio segments weekly for the next 4 weeks to keep clients and listeners well-informed of the rapid changes occurring in the financial markets. So tune in next Wednesday at 8 am to WINY Radio, 1350AM and 97.1FM to hear about new developments and strategies to help you Plan Well. Invest Well. Live Well. TM These shows will be posted on our website as our podcast, as well as on streaming services such as Spotify and Apple Podcasts. Just search You & Your Money. Also, we have a resource guide on our website, www.whzwealth.com/resources for all information regarding COVID-19. Our goal is to empower everyone in our community to Live Well.TM which right now means staying healthy and staying smart.

Authored by Principal/ Managing Partner Laurence N. Hale, AAMS, CRPS, Vice President, Associate Financial Advisor Leisl L. Cording, CFP, andPrincipal/Managing Partner James A. Zahansky, AWMA. Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/ SIPC, a Registered Investment Adviser. 697 Pomfret Street, Pomfret Center, Ct. 06259, 860.928.2341. http://www.whzwealth.com. These materials are general in nature and do not address your specific situation. For your specific investment needs, please discuss your individual circumstances with vour representative. Weiss, Hale & Zahansky Strategic Wealth Advisors does not provide tax or legal advice, and nothing in the accompanying pages should be construed as specific tax or legal advice. You should consult a legal or tax professional regarding your individual situation as all investing involves risk, including the possible loss of principal, and there can be no assurance that any investment strategy will be successful.



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Determine the code to reveal the answer!

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

(Hint: 24 = 0)

24 24 21 Α.

Clue: Used for scoring

18 13 13 В.

Clue: Move a basketball

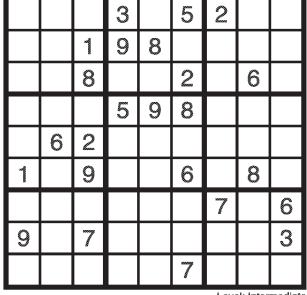
6 15 7 10

Clue: Push the ball down

D. 20 5 24 24 14

Clue: Throw ball at hoop

SUDOKU



Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Answers: A. hoop B. dribble

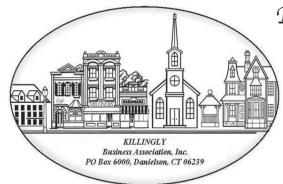
 \mathcal{C}

dunk D. shoot

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

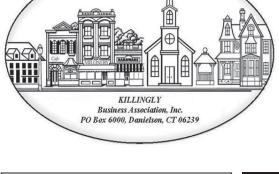
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donate Blood if you are able Dayville Fire Company • March 31st - 11 am (Hosted by Killingly Spring Fest) Check Out Killingly Business Association on Facebook to stay connected.



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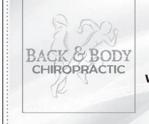
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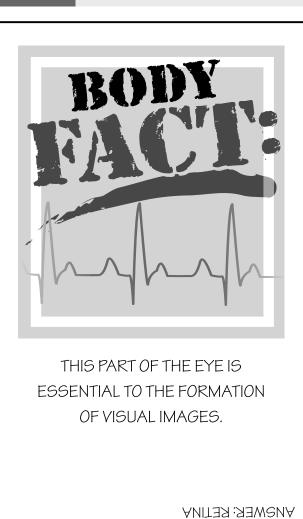
This closure may be extended through April 6th depending on statistics and guidance from the Connecticut Department of Public Health.

We are unsure of a precise return date, but hope we can resume office hours very soon.

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VILLAGER NEWSPAPERS Friday, March 27, 2020 • A11





What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A



В



Answers: I. Glasses on man 2. Tie on man 3. Missing glasses on shelf 4. Ponytail on woman

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is a much anticipated moment for gardeners. Tomatoes are among the most popular fruit or vegetable plants grown in home gardens. Much of that popularity 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

Slicing into the first

tomato of the season

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 footing can help produce a season's worth of delicious bounty.

Tips to successfully

grow tomatoes

• 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 thev can be transplanted outdoors when temperatures are consistently

· Choose a sunny spot. Tomatoes love to soak up sunlight, according to The Home Depot. Place

over 60 F.

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. Snip off the lower branches 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. Tomatoes grow best when the soil is consistently moist. 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.

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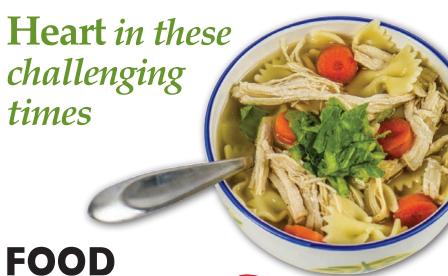
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Eastern Connecticut Conference All-Stars



Charlie Lentz photos

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 team: In ECC Division 2, Woodstock Academy's Logan Talbot was named to the ECC First Team. Woodstock's Aidan Morin earned Honorable Mention. Woodstock's Grayson Walley earned his team's Scholar Athlete honor and Woodstock's Ethan Davis garnered his team's Sportmanship award. In ECC Division 3, Killingly High's Shayne Bigelow was named to the ECC First Team. Killingly's Cole Lavigne earned his team's Scholar Athlete recognition and Killingly's Ethan Preston earned his team's Sportmanship award.

In ECC Division 4, Putnam High's Colby Livingston earned ECC Team First honors. Tourtellotte Memorial's

Turn To ALL-STARS page

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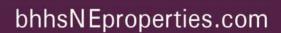
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Robert Viani 860-264-5921







ALL-STARS

continued from page **B1**

Devin Dalpe garnered ECC Honorable Mention status. Tourtellotte's Nima Sherpa earned his team's Scholar Athlete award and Tourtellotte's Mason Barber garnered his team's Sportmanship award.

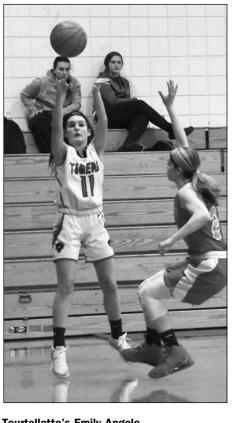
The ECC All-Stars girls: In ECC Division 4, First Team honors went Putnam High's Kayleigh Lyons, Putnam's Abby St. Martin, and Tourtellotte Memorial's Ashley Morin. Putnam High's Molly McKeon earned ECC Honorable Mention. Putnam's Jillian Gray earned her team's Sportsmanship award. Tourtellotte Memorial's Emily Angelo earned her team's Sportsmanship award. McKeon also earned Putnam's Scholar Athlete award. Morin was also named Tourtellotte's Scholar Athlete. In ECC Division 3, First Team honors went to Killingly High's Trinity Angel. Honorable Mention honors went to Killingly's Emma 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.



Tourtellotte Memorial's Devin Dalpe



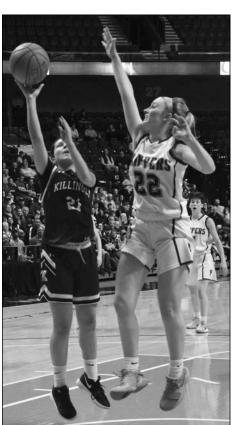
Killingly High's Emma Carpenter



Tourtellotte's Emily Angelo



Killingly High's Sophia Moore

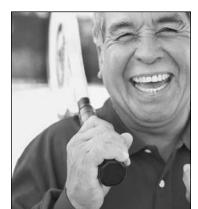


Putnam High's Molly McKeon (white jersey)

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!

VILLAGER NEWSPAPERS OMMUNITY SPOTLIGHT "Shining a light on community events"

As a public service we will continue to run our listings. Please call event before attending.

March 27, Fri., Noon-7pm

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

March 27, Fri., 5-7pm

Please join us at the Lenten Fish Fry sponsored by Scout Troop 44 at the Trinity Church located at 7 Providence Pike, Brooklyn, CT. This fundraiser will held every Friday during Lent. The meal consists of fish, fries and coleslaw. The meal is take-out only and cost \$12. Please feel free to donate a canned good for the can drive to benefit our local food pantry. All proceeds benefit the Boy Scout troop outdoor activities and their chartered organization, Trinity church.

March 28, Sat., 7-8:30am

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

March 28, Sat., 5:30pm & 7pm

Dinner and bluegrass for march has been

cancelled. Stay tuned for more info about April. Bruce, 203-731-1750

April 3, Fri., Noon-7pm

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

April 3, Fri., 5-7pm

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April 4, Sat., 7:30-10am

Breakfast with the Easter Bunny. Senexet Grange-628 Route 169-Woodstock, CT. Pancakes, eggs, sausage, bacon, homefries, coffee, tea, juice, milk. Kids activities and crafts * bring your camera for pictures with the Easter Bunny \$10 per person – all you can eat

April 4, Sat., 10:30am-5:30pm

The St. Andrew Bobola Holy Rosary

Sodality Easter Bake Sale . There will be Pierogi, Raffles, baked goods and more. See you there! 508-943-5633

April 4, Sat., 7-8:30am

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

April 5, Sun., 8:30am-12:30pm

The St. Andrew Bobola Holy Rosary Sodality Easter Bake Sale. There will be Pierogi, Raffles, baked goods and more. See you there! 508-943-5633

April 5, Sun., 9:15-11am

Palm Sunday Breakfast will be held at St. Andre Bessette Parish All Hallows Site, 130 Prospect St. Moosup, CT 860-564-3313. Adults \$11.00, Seniors \$9.00.

April 10, Fri., Noon-7pm

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

April 10, Fri., 5-7pm

Please join us at the Lenten Fish Fry sponsored by Scout Troop 44 at the Trinity Church located at 7 Providence Pike, Brooklyn, CT. This fundraiser will held every Friday during Lent. The meal consists of fish, fries and coleslaw. The meal is take-out only and cost \$12. Please feel free to donate canned goods for the can drive to benefit our local food pantry. All proceeds benefit the Boy Scout troop outdoor activities and their chartered organization, Trinity church.

April 11, Sat., 7-8:30am

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

April 18, Sat., 7-8:30am

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

This page is designed to shine a light on upcoming local nonprofit, educational and community events. Submissions are limited to 50 words or less and are FREE to qualifying organizations, schools, churches and town offices.

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

Deadline for submission is Friday at Noon

HERE & THERE

Local Events, Arts, and **Entertainment Listings**

As a public service we will continue to run our listings. Please call event before attending.

SATURDAY, APRIL 18,

HISTORICAL TALK - Ed Londergan -The First and Second Settlements East Brookfield Town Hall 9:30 FREE

SATURDAY, APRIL 25

TOWN WIDE CLEAN-UP DAY Meet at East Brookfield Town Hall 9:00

SATURDAY & SUNDAY APRIL 25 & 26



2020 SPENCER FISH & **GAME** ANNUAL SPRING DERBY Large trout up to 11

pounds and Tagged & Golden Trout stocked for the event. Starts at 8 am.

Registration starts at 6 am. Purchase breakfast and lunch. Cash prizes and trophies Free to members. Fee for non-members or join the club. 155 Mechanic Street, Spencer, MA 01562

SATURDAY, MAY 2,

EAST BROOKFIELD NATURE WALKS at Pelletier Woods Howe Street, East Brookfield 2:00. FREE



SATURDAY, MAY 9,

OPEN HOUSE at Hodgkins Building (Museum/ RR). 108 School Street, East Brookfield. 1-2:00 **FREE**

SATURDAY, MAY 16,

7K RUN AND FUN WALK Timberyard Brewery, East Brookfield 10:0am. \$30.00 adults, \$15.00 kids

SATURDAY, MAY 30

HISTORICAL TALK -

Ed Londergan - Murder in the Brookfields (Spooner / Newton Murders) East Brookfield Town Hall, 9:30. FREE

SATURDAY, JUNE 6

HISTORY & DESSERT at Podunk Chapel, East Brookfield 2:00 & 3:30 seatings. \$5.00 pp

FRIDAY, JUNE 12

COAST GUARD BAND East Brookfield Elementary School, 7:00 FREE

SATURDAY, JUNE 13

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield 1:00-3:00.

SATURDAY, JUNE 20,

OPEN HOUSE

at Camp Frank A. Day (archery, boating, basketball, mini golf, lunch) Rain Date: June 21. 125 South Pond Road, East Brookfield. 11:00-3:00. FREE

MONDAY, JULY 6

SUMMER READING KICK OFF -EB Library - continues for five weeks

East Brookfield Town Hall. FREE

SATURDAY JULY 25

HISTORICAL TALK - Heather Gablaski -East Brookfield: 100 Years a Town East Brookfield Town Hall, 9:30. FREE

SATURDAY, JULY 11

INDEPENDENCE DAY CELEBRATION Parade & Fireworks Connie Mack Field East Brookfield

SATURDAY, AUGUST 8

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE

SATURDAY, SEPTEMBER 12

PARADE AND FAMILY FUN EVENT! Route 9, East Brookfield, 9:30 -7:00. FREE. Rain date Sept 13

SATURDAY, OCTOBER 10

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00.

SATURDAY, OCTOBER 24, 3:30



BUS AND CEMETERY TOUR. ending in dinner at Podunk Chapel. Meet at East Brookfield Town Hall.

SATURDAY, NOVEMBER 7

\$15-\$20.00 pp

HISTORICAL TALK - Guy Morin- Central Massachusetts during the Revolution East Brookfield Town Hall, 9:30 FREE

SATURDAY, NOVEMBER 14

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00.

SATURDAY, DECEMBER 12

HISTORICAL TALK -Ken and Tina Ethier - "Trolley Talk" East Brookfield Town Hall, 9:30. FREE

SATURDAY, DECEMBER 12

OPEN HOUSE at Hodgkins Building (Museum/ RR) 108 School Street, East Brookfield, 1:00-3:00. FREE

ONGOING

MARIACHI BAND First Thursday of the month 5-8 p.m. MEXICALI MEXICA **GRILL**



Webster location 41 Worcester Rd., Webster, MA 508-461-5070

TRIVIA SATURDAY NIGHTS 7:00 p.m. register 7:30 p.m. start up HILLCREST COUNTRY CLUB 325 Pleasant St., Leicester, MA 508-892-9822

LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., W. Brookfield, MA 508-867-2345 salemcrossinn.com

THE CENTRAL MA CHAPTER OF TROUT UNLIMITED

meets the first Monday of every month from

September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportunities. Our annual High School Fly Fishing

Championship (open to all MA high school students) And our annual fund raising banquet. Auburn Sportsman's Club 50 Elm St., Auburn, MA

SUMMER CONCERT SERIES July/August every Thursday 6:00-8:00 Connie Mack Field East Brookfield. FREE -Food and Drinks for sale.

Do Something Fun This Weekend!

OBITUARIES are published at no charge.

E-mail notices to charlie@villagernewspapers.com
or fax them to (860) 928-5946.

Photos are welcome in JPEG format.

OBITUARIES

Muriel Blesso DiGiro



DAYVILLE
Muriel Blesso DiGiro,
our dearest mother, passed away on
March 20, 2020. She
died peacefully in her
sleep, which was her
fondest wish. She left
an obituary for us to
publish but we are

adding the words that she didn't say: Our mother lived a hero's life, filled with hardship, adversity and crushing loss, but through it all she always managed to rise stronger. Mama always directed us to, "Make your own sunshine!" And that was how she lived her life, spreading sunshine and love to everyone she met. She was there, perfectly dressed, coiffed and made up, always with her brilliant smile, with love to give in the form of a tea ring or a plate of cookies, knitted hats for the homeless, hand-made quilts for her children and grandchildren, gifts she crafted, large and small that said "I love you, I'm thinking of you, you matter to me." She was first and foremost a wife and mother, passionate and devoted, a good friend and neighbor. A woman of boundless energy, a great and inspirational cook, seamstress, quilter, craftswoman, ballroom dancer, a voracious reader, cataloguing the hundreds of books she read. It was not possible to beat her at Scrabble. Her very first job was for American Machines keypunching data into the new-fangled computers in 1949. Despite 8 years of challenging medical problems she danced at her granddaughter Kelly's wedding in June 2019. We spoke to her every day for many, many years and got, among other gifts, the gift of her always sage advice. Mama ended her portion of the obituary so fittingly, saying, "I leave you with all the love that I have." She leaves a gaping hole in our lives.

Muriel was pre-deceased by her husband and our father, Edward Blesso, daughter Teresa Blesso, three infant children, her husband Pat DiGiro, and her son-in-law Jim Bartholomay.

She leaves three children, Ann Bartholomay and her children Jamie and Nate, Mary Byrne, her husband Jack and their two children Kelly Byrne-Martin and her husband, Jake Martin and Tracy Byrne, and Edward Blesso Jr., his wife Teri, and their children Michelle Blesso and her husband Ian Steadman, Danielle Hotchkiss and her husband, Nick Hotchkiss, Stefanie Cerasoli, and Matt Cerasoli, and her great grandson, Damien Cushman; her three step-daughters, Terri, Patti and Linda DiGiro; two step granddaughters, Crystal and Jessica; and a step great granddaughter, Hannah. She also leaves Mary Lou Grossbard, her sister-in-law and her best friend, with whom she lived.

There will be no calling hours and the burial of her ashes and celebration of Muriel's life will be planned in the future. Arrangements have been entrusted to the Gilman Funeral Home & Crematory. Condolences can be sent to Edward Blesso, 36 Riverton Road, Colebrook, CT. 06021. Donations in Muriel's name can be sent to St. Jude's Children's Hospital, P.O. Box 50, Memphis, TN 38101, in honor of the precious children that she lost.

From our hearts, with all the love that we have for her,

Annie, Mary and Ed, her loving children

For memorial guestbook, please visit www.GilmanandValade.com.

Barry B. Bessette Sr., 57

To place an

In-Memoriam,

Card of Thanks,

Birthday or

Anniversary Greeting,

in the

Villager Newspapers

the deadline is Monday at noon

for that week.

Ad prices are \$15 for a 2x3 (actual size 2.4" x 3")

or \$25 for a 3x4 (3.7" X 4") or 4x3 (5" x 3").

You can add a photo at no additional cost.

To send by mail, please mail to

Villager Newspapers

P.O. Box

196 Woodstock, CT 06281

Personal checks, Visa, Master Card, Discover and

AMEX are accepted.

For more information, please call 860-928-1818

or email

brenda@villagernewspapers.com

and she'll be happy to help!



SOUTHBRIDGE-Barry B. Bessette Sr. age 57 passed away Tuesday, March 17, 2020 at Vibra Care, Leicester, MA. He leaves his wife Danielle D. (Lind) Bessette of Southbridge,

sons; Barry Bessette Jr. and his wife Maryann of Brookfield, Shawn Lind, Brian Bessette and Brandon Bessette all of Southbridge, a daughter, Alyza Bessette of Southbridge, and a grandson Christopher. He also had a son that predeceased him, Matthew Bessette of Southbridge. Barry also leaves brothers; Wayne of Ohio, Arthur of

Tennessee, Michael of Charlton, MA, Delore of Southbridge, MA, Roger of NY, sisters; Helen Lemieux of Thorndike, MA, Sharon Hazzard and Melodie Bessette of Webster. He also leaves his Aunt Jane and Uncle George of Webster. Many nieces and nephews. He also had brothers and sisters that predeceased him; Richard of Minnesota, Charles of Dudley, Lynus of Southbridge and Steven of Webster, Sheila Hryzan of Webster, and Bertha Jameson of Southbridge.

He was born in Worcester, son of the late Richard E. Bessette and Helen J. (McKay) Bessette living in Southbridge most of his life. Barry was employed by Cross Roads Trolley Co, where he drove a chair van. Previously, he

worked for F and He enjoyed driving, scratch tickets, casino, wrestling watching the Patriots and playing on his guitar. Private calling hour will be held for immediate family and invitation only. The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrustwith his arrangements. A guest book is available at www. shaw-majercik. com where you may post a condolence or light a candle.



Barbara Kratz



PLAINFIELD—Barbara Kratz of Plainfield, CT passed away, from complications associated with Chronic Obstructive Pulmonary Disorder and Congestive Heart Failure, on March 17, 2020. Barbara was

born on March 10, 1950 in Quincy, MA. She was the eldest twin daughter of Alfred Pletsch and Ruth (Scammell) Pletsch, of Wollaston, MA.

Barbara was a graduate of North Quincy High School, Class of 1968 and attended Westfield State College for 4 years, studying elementary education. She took John Kratz, of Stillwater, Minnesota, as her husband on July 14, 1972 in Wollaston, MA. Barbara was the quintessential homemaker and mother, successfully raising two sons Jamie (Karrie) of Campton Hills, IL and Derek (Renee) of Jacksonville, FL. She is predeceased by her parents and is survived by her husband, sons,

brother Ronald (Marie) Pletsch of Sarasota, FL, twin sister Carol Locke of Barnstead, NH and her four grandchildren, Sophia Ruth, Lily Louise, Caleb Anthony and Willow Grace as well as many nieces and nephews and grand nieces and nephews.

When she wasn't busy raising her two boys Barbara loved her cats, dogs and horses. She was involved with 4H equestrians and was a member of Saddle Sores Riding Club and Tri-State Horsemen's Association. She always took time to coach young riders as well as her peers. Barb had a lot of tenacity and was a survivor of Hodgkin's Lymphoma as a young adult, breast cancer and thyroid cancer.

Funeral arrangements have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St., Putnam, CT. 06260. Upon requests of the family no services are planned. In lieu of flowers make donations to your favorite equine charity or cancer association in her name.

Debbra Jean "Debbie" Caouette, 66



Debbra Jean "Debbie" Caouette, 66, of Burkburnett passed away Monday, March 16, 2020.

A Celebration of Life was be held at 1 p.m. Thursday, March 19, 2020 at

Owens and Brumley Funeral Home in Burkburnett with Chaplain Lydia Pellikan officiating.

Debbie was born on October 13, 1953 in Bridgeport, Connecticut to Harold and Bunnie (Paris) Plourd. She was an avid reader, and loved working crossword puzzles. Debbie never met a stranger that she couldn't talk too.

She was very spiritual. She worked for many years as a home health aide. Debbie's true passion in life was her grandchildren.

She was preceded in death by her parents; husband Larry; and brother, Harold Plourd.

Debbie is survived by daughters, Kimberly Liford and Carrie Heath of Burkburnett; numerous grandchildren; sisters, Nancy Fox and wife Virginia Smith of Corpus Christi, Terry Martel and husband Robert of Garland, and Dail Martin of Casco, Maine; along with several nieces and nephews.

Condolences may be sent to the family at www.owensandbrumley.com

Julia H. Barbero



Julia H. Barbero died on Monday, March 23, 2020 in Webster with her daughters at her side after a period of declining health. Julia was born on February 21, 1924 in Willimantic, CT,

the daughter of William and Bridget (Shea) Harold. Julia was predeceased by her husband of 38 years, Russell L. Barbero, her brother William F. Harold, and her sister Katherine M. Lariviere.

She is survived by two daughters, Mary-Lou and her husband G.Thomas Smith of Dudley, MA and Ann and her husband Edmund J. Tremblay of Tolland, CT. She is also survived by five grandchildren, Monica Fisher (Tim), Lauren Jordan (Craig), Timothy Smith, Sarah Sally(Peter), and Thomas Smith. She also leaves behind six great grandchildren, Gavin Vogel, Bridget, Charlotte, and Eric Jordan, Brady Smith, and Amelia and Peter Sally.

Julia graduated from Windham

High School and Notre Dame de Lourdes Hospital School of Nursing, Manchester, NH as a U. S. Army Cadet Nurse in 1947. She was employed as a registered nurse in many capacities, retiring from Day Kimball Hospital in Putnam, CT.

She resided on Jaybee Avenue in Dudley for many years and more recently at Christopher Heights in Webster. She was a communicant of St. Anthony of Padua Church.

A private Mass of Christian Burial will be held at St. Anthony of Padua Church. Burial at a later date will be at St. Joseph's Cemetery in Willimantic.

For many years Julia continued to enjoy reading material provided by The Talking Book Library. In lieu of flowers, donations may be made in memory of Julia to the Perkins School for the Blind, Perkins Trust, 175 North Beacon Street, Watertown, MA 02472 or online at perkins.org/library. You can leave a condolence for her family at www.bartelfuneralhome.com . Bartel Funeral Home & Chapel 33

Schofield Ave. Dudley directed arrangements.

Cheryl Rainey-Aranibar (Geier), 65



Cheryl Rainey-Aranibar (Geier), 65, of Woodstock CT passed away on March 17, 2020 after a long illness. Cheri was born in Worcester, MA and raised in West Boylston. She

received her BA from Worcester State and her master's degree from Assumption College. Cheri dedicated much of her professional career advocating for the poor and disenfranchised first as director of Piedmont Neighborhood Opportunity Center, and later as Director of Service Coordination for The Caleb Group. Cheri wrote grants for numerous non-profit organizations and previously served on the boards for Habitat for Humanity, Spectrum House, and many others.

Cheri was a "people person" with a

heart of gold who cared deeply about everyone around her, her dogs, and her work. As a mother, her children will tell you she encouraged them to work hard. Cheri could communicate volumes to her kids with just a raised brow. As a parent, she was most proud her daughter followed in her footsteps in social work after achieving her master's and her son as an executive in the pharmaceutical industry. Both reside in Boston.

Cheri is survived by her partner Manny Aranibar, her son Daniel Lubin, daughter Nicollette Aranibar, granddaughters Sarah, Danielle, and Rachel, sisters Patricia and Paula, brother Rick, and numerous nieces and nephews. She is preceded in death by her parents. Memorial contributions may be made to the Villages at Killingly through the Caleb Group at https://www.justgiving.com/thecalebgroupinc

SMITH AND WALKER

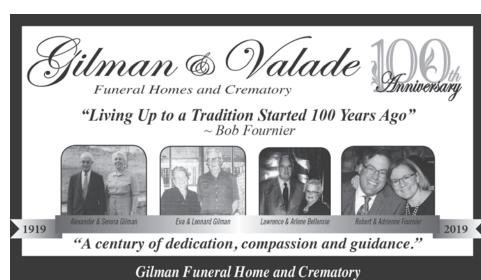
Funeral Home and Cremation Service 148 Grove Street, Putnam, CT 860-928-2442 www.smithandwalkerfh.com

GAGNON AND COSTELLO

~ ~ ~

Funeral Home and Cremation Service 33 Reynolds Street, Danielson, CT 06239 860-774-9403

Funeral Directors
Timothy Farner, Steven Farner, Andrew Farner
Serving ALL Faiths with Dignity



104 Church Street, Putnam, CT 06260 • 860-928-7723 • GilmanAndValade.com

OBITUARIES are published at no charge. E-mail notices to charlie@villagernewspapers.com or fax them to (860) 928-5946. Photos are welcome in JPEG format.

OBITUARIES

Cassandra Eve Perry Linehan, 63



PNEWBURYPORT Cassandra Eve Perry Linehan, 63, passed away on March 11 with loved ones at her side. She is survived by her loving husband of 21 years, Robert Linehan, stepson

Collin Linehan and his wife Ellie of Annapolis, MD and their three children, Aiden, Foster and Elizabeth, and stepson Ryan Linehan and his wife Stacy of Westport Island, ME and their two children Sawyer and Kestrel. She also leaves her siblings Kinson Perry and his wife Debra of Colchester, CT, Alexandra McNitt and her wife Christine Holbrook of West Brookfield, MA, and Matthew McNitt of Royal Oak, MI. She is predeceased by her sister, Rebecca McNitt Webber. She was born on March 22, 1956 in Southbridge, MA to Phyllis (Lemmelin) Perry and Jack Perry. She also had many nieces, nephews and cousins, all of whom she adored.

After her birth. Cass resided in Sturbridge, Ludlow, and then Southbridge, MA. Her parents divorced when she was 2 and many early memories were shaped by her life then with her mother and brother, Kinson. Another big influence in her early life was her maternal grandmother or Memere, Lillian Laraviere Lemmelin. Cass would end up playing a big role in her Memere's waning years providing comfort and assistance dealing with the social service healthcare labyrinth. Early in her life she showed a penchant for detail and the patience necessary to practice it. This kind of focus would prove to be a hallmark characteristic of her life.

When her mother remarried her immediate family grew with three more siblings. At an early age she took on the role of babysitter while her mother worked. Always a good and popular student, Cass taught herself to use a sewing machine making her own yellow and green mini dress, complete with lime green go-go boots. From then on, she was never out of fashion though settling on more conservative black and white combinations.

Her proudest physical accomplishment was the summer she went to Iowa and rode in RAGBRAI, the oldest, largest and longest recreational

bicycle touring event in the world. The ride went from the Missouri River on the west border of Iowa, across the state to the Mississippi in the east. Cass' eyes would twinkle when she told about dipping her tires in the mighty Mississippi River. She often went out to spend time in Iowa with her father's family. A couple of early summers saw large blocks of time spent staying with "Gram". Welcoming her there were her Grandmother Fern, Uncle Bob and Aunt Ada, and cousins Kent, Connie and Barbara. She enjoyed her time there immensely. Of particular fondness were the 4th of July celebrations.

After high school at Woodstock Academy (Class of 1974), Cass did her undergraduate studies at Marquette University, and took Master's degrees from both Northeastern University (Speech Pathology) and Boston University (Public Health). She was a lifelong speech and language pathologist with a specialty in swallowing disorders.

Cass was fixed up on a blind date with Bob by her hairdresser. They hit it off immediately, sharing a love for sailing, music, dancing and each

other. They lived a few years in San Francisco taking many trips exploring the California landscape. Eventually they returned to the east coast to be closer to family, friends and their love of sailing.

In Newburyport, Cass loved singing in the Newburyport Choral Society, and gathering with the Beach Club on Wednesday nights. Cass adored travel, art, museums, and Siamese cats.

More than anything, Cass loved being with family and friends, and especially being grandma to Aiden, Foster, Elizabeth, Sawyer and Kestrel. Holidays will never be the same without her infamous cheeseball.

A gathering of friends and family will be held in the future at the convenience of the family. In lieu of flowers, we ask that donations be made in her memory to the Newburyport Choral Society, P.O. Box 92, Newburyport, MA 01950. The Twomey, LeBlanc, & Conte Funeral Home 193 High St. Newburyport, MA 01950 is assisting Mrs. Linehan's family with her arrangements.

LEGALS

TOWN OF KILLINGLY BOROUGH OF DANIELSON TAX NOTICE

The fourth quarter installment of taxes for the Town of Killingly and the Borough of Danielson with the assessment date of October 1, 2018 will become due on April 1, 2020, and becomes delinquent on May 1, 2020 and subject to interest at the rate of 18% per annum, 1 1/2% per month or any fraction of a month, from the due date. A minimum of \$2.00 interest will be charged for each delinquent tax bill and installment.

Returned check fee is \$20.00. FAILURE TO RECEIVE A BILL DOES NOT RELIEVE OR EXCUSE THE OB-LIGATION OF THE TAX OR INTER-EST DUE.

Payments will be received by mail at Town of Killingly Dept 1650 PO Box 4110 Woburn MA 01888-4110, by telephone 855-985-1106 or online at our website www.Killingly.org or in our drop box, rear of the building, near the handicap entrance. Online and telephone pay fees apply credit or debit card 2.95% EFT charge 95 cents. Dated at Killingly this 27th day of

March, 2020 Mrs. Patricia Monahan C.C.M.C. Revenue Collector for the Town of Killingly March 27, 2020 April 3, 2020 April 24, 2020

TOWN OF BROOKLYN **PLANNING AND ZONING** COMMISSION **PUBLIC HEARING LEGAL NOTICE**

The Planning and Zoning Commission will hold a public hearing on April 1, 2020 at 6:30 p.m. at the Clifford B. Green Meeting Center, 69 South Main Street, Brooklyn, CT on the following: ZRC 20-001 - A proposal to make amendments to the Zoning Regulations concerning accessory buildings, excavation operations, and other various corrections including Sec. 3.A.5.2.1, 3.B.5.2.1, 3.C.5.2.1, 4.A.4.2.1, 4.B.4.2.1, 4.C.4.2.1, 3.C.2.4.5, 4.D.2.1.5, 6.O.4.1, 6.P.3.3, 7.B.5.4.

Copies of the above application are on file and available for review in the Land Use Office located at 69 South Main Street, Suite 22, Brooklyn, CT Dated this 16th day of March 2020 Michelle Sigfridson Chairman

March 20, 2020 March 27, 2020

NOTICE TO CREDITORS

ESTATE OF Julienne M Provost (20-00112)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated March

11, 2020, ordered that all claims must be pretested to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim. Alysia Casiano, Clerk

The fiduciary is: Paul Provost, 1 Meadow Rd., Thompson, CT 06277 March 27, 2020

NOTICE TO CREDITORS

ESTATE OF Armand A Provost (20-00111)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated March 11, 2020, ordered that all claims must be pretested to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim. Alysia Casiano, Clerk

The fiduciary is: Paul Provost, 1 Meadow Rd., Thompson, CT 06277 March 27, 2020

TOWN OF KILLINGLY METERED USE LEGAL NOTICE

Payments will be received in the Revenue Office, 172 Main Street Killingly CT 06239, as follows; Monday, Wednesday, Thursday 8-5pm Tuesday 8-6pm Friday 8-Noon.

Second installment metered use is due March 1, 2020. If payment is not received on or before March 31, 2020 the installment becomes delinquent and subject to interest at the rate of one and one-half per cent of such tax for each month or fraction thereof which elapses from the time when such tax becomes due and payable until the same is paid. A minimum of \$2.00 interest will be charged for each delinquent bill and installment.

Please visit our website for full details and online payments www.killinglyct. gov.

Dated at Killingly this 19th, day of February 2020 Patricia Monahan CCMC REVENUE COLLECTOR FOR THE TOWN OF KILLINGLY March 6, 2020

NOTICE TO CREDITORS

ESTATE OF Colleen C. Reynolds (20-00093)

March 27, 2020

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated March 5, 2020, ordered that all claims must be pretested to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim. Alysia Casiano, Clerk

Tracie Gagnon c/o CHRISTAIN GEORGE SARANTOPOULOS, **SARANTOPOULOS &** SARANTOPOULOS, LLC, 143 SCHOOL STREET, DANIELSON, CT 06239, (860)779-3919 March 27, 2020

NOTICE TO CREDITORS

ESTATE OF Maria Silva (20-00122)

The fiduciary is:

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated March 12, 2020, ordered that all claims must be pretested to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim. Alysia Casiano, Clerk

The fiduciary is: Rosalie Landry c/o JONATHAN NEIL PERKINS (attorney for Rosalie Landry), PERKINS & ASSOCIATES, 30 LUCY STREET, WOODBRIDGE, CT 06525, (203)397-1283March 27, 2020

NOTICE TO CREDITORS

ESTATE OF Alexandra G. Pappjion (20-00121)

The Hon. Leah P. Schad, Judge of the Court of Probate. District of Northeast probate Court, by decree dated March 16, 2020, ordered that all claims must be pretested to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim. Alysia Casiano, Clerk

The fiduciary is: Christine C. Haveles, 7 Bluebird Lane, Dayville, CT 06241 March 27, 2020

TOWN OF WOODSTOCK

On March 18, 2020, Wetlands Agent, Tina Lajoie, approved a permit for the following application: #032102 YMCA Camp Woodstock, 42 Camp Rd – 28'x40' deck extension on boat house in upland review area. March 27, 2020

BROOKLYN TOWN HALL CLOSED TO PUBLIC

Due to the Coronavirus Pandemic the Tax Office will not be accepting any payments in the office. Payments for your April Installment on Real Estate and Personal Property MUST BE MAILED. DO NOT MAIL CASH. Payments are due by May 1, 2020. Online payments can also be made at www.brooklynct.org March 27, 2020 April 3, 2020

NOTICE TO CREDITORS

ESTATE OF Claudia M. Lariviere (20-00056)

The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated March 9, 2020, ordered that all claims must be pretested to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim. Alysia Casiano, Clerk

The fiduciary is: Alphonse J Lariviere, Jr., 33 Ellridge Place, Ellington, CT 06029 March 27, 2020

TOWN OF BROOKLYN **LEGAL NOTICE**

The FOURTH installment of real estate and personal property tax of 28.92 mills on the dollar levied on the assessment of Oct 1, 2018 becomes due April 1, 2020. Bills will become delinquent on May 1, 2020 and subject to interest from the due date at 1.5% per month as prescribed in the General Statutes of the State of CT. Minimum interest penalty is \$2.00.

The 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.broolklynct.org. Jocelyne Ruffo, CCMC, Revenue Collector March 27, 2020 April 3, 2020 April 24, 2020

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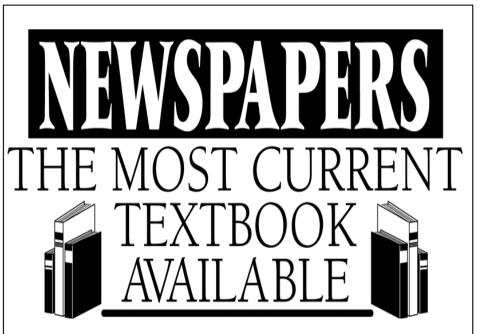
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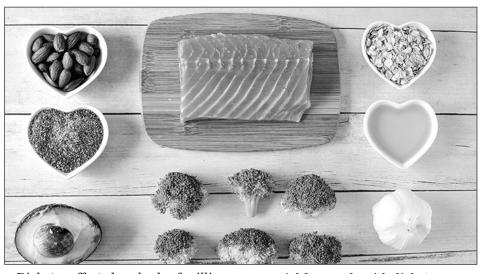






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How to approach diet after a diabetes diagnosis



Diabetes affects hundreds of millions of people across the globe, and more and more people are being diagnosed with this often preventable disease every

According to the World Health Organization, 108 million people across the globe were living with diabetes in 1980. In 2019, the International Diabetes Foundation estimated that 463 million adults between the ages of 20 and 79 were living with diabetes. Perhaps even 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 an assortment of 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 so they can 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 NIDDK notes that eating a variety of healthy foods from all food groups is

essential for people with diabetes.

• Vegetables: Broccoli, carrots, greens, peppers, and tomatoes are examples of nonstarchy vegetables that make great additions to everyone's diet. These vegetables can be especially beneficial for people diagnosed with diabetes, as can starchy vegetables like potatoes, corn and green peas.

 Fruits: Diabetes patients can include oranges, melon, berries, apples, bananas, and grapes in their daily diets.

· Grains: Whole grains should make up no less than 50 percent of diabetics' daily grain intake. Opt for whole-grain breads, pastas, cereals, and tortillas.

· Protein: Lean cuts of meat, chicken or turkey without the skin, fish, and eggs are some examples of healthy protein sources that diabetes patients can include in their diets. Nuts and peanuts; dried beans and certain peas, such as chickpeas and split peas; and meat substitutes like tofu can make for healthy protein sources as well.

· Dairy: When purchasing dairy products, stick to nonfat or low-fat milks, yogurts and cheeses.

A diabetes diagnosis can be scary. If poor diet contributed to such a diagnosis, committing to eating healthier can help people effectively manage their disease and possibly avoid some of its more negative consequences.

Tips for planting blueberries

A trip to the produce aisle at a local grocery store can unveil a host of healthy additions to anyone's diet. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Consumers may feel helpless to corral the cost of healthy foods like fruits and vegetables, but all hope should not be lost. That's especially so for people willing to give gardening a try.

Blueberries are one of the healthiest foods people can eat. The USDA National Nutrient Database notes that blueberries, which are low in calories and high in fiber, are great sources of the vitamins C, K and B6. However, organic blueberries can be among the most expensive foods in the produce aisle. Various factors, including where blueberries come from and whether or not they're organic, dictate their cost. 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 novices 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. That's an important first step, as the USHBC notes that farmers cultivate dozens of varieties of highbush blueberries across North America. Lowbush varieties also may be a gardener's best option depending on where he or she lives. A local garden center can help you determine which variety best suits your local climate.

 Plant where there is ample sun and well-drained soil. The roots of blueberry plants should remain moist throughout the growing season, so choose an area where the soil drains well. If that's hard to find, consider planting in raised beds or patio containers. In addition, the University of Minnesota Extension



so plant in a spot where the blueberries will not be denied daily sunlight.

· Prepare the soil. Blueberries require acidic soil, so running a soil test prior to planting is a good idea. Speak with a local garden center about soil adjustments if the soil is unlikely to promote

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

· Be patient. The UME notes that plants won't bear much fruit in their first two to three years, and that harvests are bigger after five years. So patience is a virtue blueberry planters must embrace.

Planting blueberries can be a rewarding hobby that also can save gardeners money at the grocery store.



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SPORT SUV NEW RETAIL PRICE:



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