



PUTNAM VILLAGER

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Putnam Science Academy dance team seeking new students

BY JASON BLEAU
VILLAGER CORRESPONDENT

PUTNAM — Putnam Science Academy has become a well-respected school over the years for the success of its academics and athletics programs. Now a new program is hoping to add to the school's reputation as the Putnam Science Academy Dance Team made its debut during the 2022/2023 school year.

The program is led by local dance instructor Javin Hammond, owner of Taylor Studios in Danielson and a former dancer for the WNBA, and held its first open house on March 1 to draw in prospective dancers for the team. The Dance Team is designed to help students seeking a future in dance as a sport and art enhance their skills and apply them in ways that complement the pride many have for Putnam



Instructor Javin Hammond leads members of Putnam Science Academy's new dance team in practice.

Courtesy

Science Academy.

"The Dance Program gives kids the opportunity to get a private school education and do their high school credits, but also hone their craft and work on all of their dance skills during the day," Hammond said of the program. "Students will have the ability to dance and condition in all forms of dance including jazz, hip-hop, modern and contemporary. They'll be able to study all different styles and be a part of a team that will support all sports. We also want to get out in the community too and make appearances at parades and events and even get connected with the Bradley Playhouse to get these dancers from Putnam Science Academy into the community."

Hammond explained that for her students

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Frontier FiberOptic expansion coming to Killingly

BY JASON BLEAU
VILLAGER CORRESPONDENT

KILLINGLY — With Frontier in the midst of an expansion into Eastern Connecticut, townsfolk got a clearer picture of what the company's fiber network improvements will look like and how much the service will cost for those who choose to enroll.

Town Manager Mary Calorio provided an update to the Killingly Town Council in February following a

meeting with Frontier in January. As Frontier rolls out fiber improvements statewide, Killingly is just one local community slated to receive the new and improved service which will create an extended fiber network allowing locals access to the company's line of services for internet and online connectivity. The fiber connection will work by connecting the company's central office to customer homes using a combination of neighborhood hubs and fiber

terminals.

Calorio said the rollout will bring Frontier's service to all of Killingly and will include the installation of Fiber Distribution Hubs (FDH) on telephone poles in certain areas of the town. One of the major questions was the effects of the weather on these hubs which Calorio said would be minimal according to Frontier.

"There's really nothing in there that can get damaged by the rain or

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Woman's Board of Day Kimball Hospital Valentine Dinner Dance raises \$16,000



Courtesy

Members of the Woman's Board of Day Kimball Hospital pose for a group shot at a Valentine Dinner Dance held at Wright's Mill Farm in Canterbury on Saturday, Feb. 11.

FUNDS SUPPORT DAY KIMBALL HOSPITAL'S DA VINCI SURGICAL ROBOTIC SYSTEM

PUTNAM — The Woman's Board of Day Kimball Hospital (WBDKH) raised \$16,000 at its annual Valentine Dinner Dance on Feb. 11 held at Wright's Mill Farm in Canterbury. The funds will support the WBDKH's \$250,000 pledge to support Day Kimball Hospital's recently acquired da Vinci surgical robotic system.

John DonFrancisco of JDF Entertainment. The event, which had been on a hiatus for three years due to the pandemic, made a return to the original venue where the dance was first held in 2016.

"We are so grateful for the philanthropic support we receive from the Woman's Board which is critical to assisting DKH achieve its mission of improving the health and well-being of our community by providing the best medical care," said Kyle Kramer, chief executive officer, Day Kimball Healthcare. "These ladies really know how to throw a party, and the event was sincerely welcomed and enjoyed after a three-year break. We truly appreciate the Woman's Board's

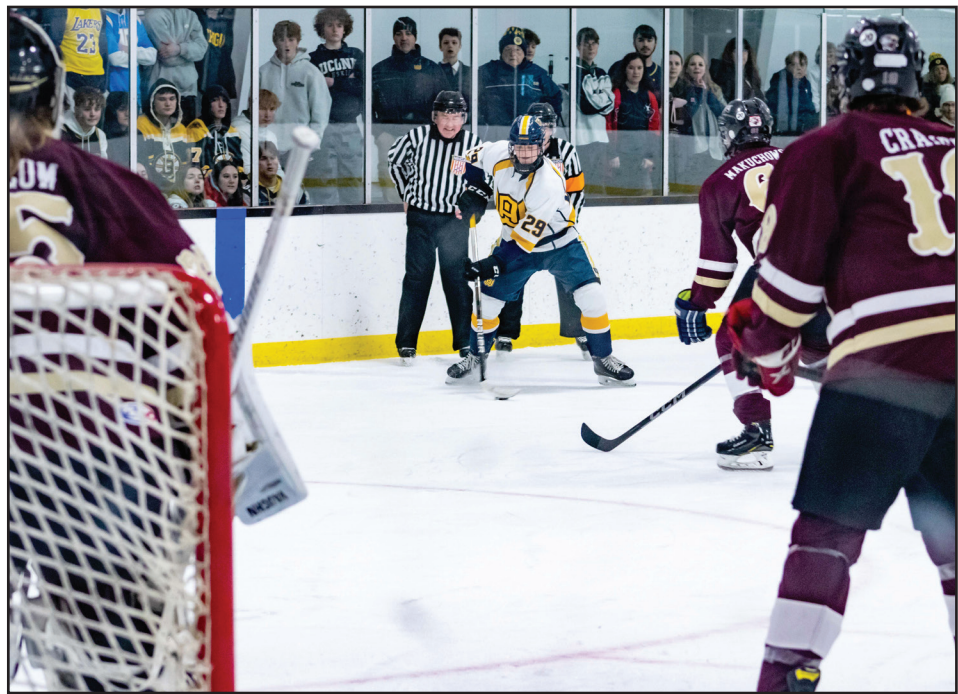
spirit and enthusiasm, and we congratulate them on the success of this wonderful event that will benefit the lives of countless people across our region."

In addition to attending the event, Mr. Kramer also partnered with DKH Master Chef Keith Collins to donate a 5-course dinner for 8 with wine pairings for the silent auction. Wines will be provided from Mr. Kramer's personal wine collection and will include a Zoom visit from the featured winemaker. Servers for the dinner will be members of DKH's leadership team.

The Valentine Dinner Dance coupled with sales at the gift shop at Day

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Centaur's avenge stinging loss with 5-1 victory



Jason McKay photo

Woodstock Academy's Ian Sherman finds an opening and takes his shot as the defense scrambles to block him.

WOODSTOCK ACADEMY DOMINATES IN WIN OVER EASTERN CONN.

BY KEN POWERS
SPORTS CORRESPONDENT

POMFRET — It took 364 days, but the 2022-2023 Woodstock Academy boys' hockey team was finally able to exorcise some demons from the 2021-2022 season.

Last year the Centaurs were riding a 10-game winning streak when they hosted the Eastern

Conn. Eagles in the Nutmeg Conference Tournament championship game at the Pomfret School's Jahn Ice Rink. Woodstock Academy was, perhaps, an overconfident bunch when they skated out on the ice that night. Two hours later, after the Eagles handed

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Weiss, Hale & Zahansky’s Leisl L. Cording featured in FORTUNE Magazine’s “Five Star Wealth Managers Under 40”



Leisl L. Cording

POMFRET CENTER/TOLLAND — Weiss, Hale & Zahansky Strategic Wealth Advisors Senior Vice President and Financial Advisor Leisl L. Cording, CFP® has been featured in a special section of FORTUNE Magazine titled “Five Star Wealth Managers Under 40.” The piece recognizes wealth advisors from across the country who are under 40 years old and who

were selected to receive the Five Star Wealth Manager¹ award from Five Star Professional in 2022. The Five Star Award is the largest and most widely published wealth manager award program in the financial services industry. This is the second Five Star Wealth Manager Award that Cording has earned, having also received the award in 2021, the first year she was eligible. Among all Connecticut wealth managers who were eligible, Cording was one of just 290 – or 10 percent of all candidates – to receive the award. WHZ’s Principals/Managing Partners Laurence Hale, AAMS, CRPS® and James Zahansky AWMA® were also named Five Star Wealth Managers in 2022, marking the ninth consecutive year that all WHZ advisors eligible for the award were selected

to receive it. For Cording, the distinction is especially impressive given her young age and the fact that only about 25 percent of wealth managers are women. The FORTUNE article reads, in part, “What makes this group so unique is that they are already part of an exclusive group – they’re all Five Star Wealth Managers. Winners of the Five Star Wealth Manager award have already been vetted by a third-party research process that includes 10 objective criteria. The set of award winners listed [here] has an additional distinction: they all satisfied those criteria and won the Five Star award at a young age.” For Cording, 2022 was undoubtedly a year of growth and achievement. She was promoted to

senior vice president at WHZ in February 2022, just three years after joining the firm and a few months after earning her first Five Star Wealth Manager designation in the first year she was eligible. “I was already thrilled to be selected as a Five Star Wealth Manager for the second year. To also now be featured in Fortune Magazine as being among those wealth managers under 40 to have achieved that is incredible and I’m honored,” Cording said. Cording says she loves watching her clients being empowered to achieve their goals and dreams as a result of the strategic financial plan she’s helped them to create and maintain. She particularly enjoys working with women and others like herself who are in their late thirties and forties. “I love helping clients work toward achieving their financial goals, which then allows them to achieve their life goals.

When you can help someone feel confident about their ability to accomplish their dreams that’s always really rewarding,” Cording says. “I find it especially rewarding when working with clients that I can identify with on a personal level. They maybe are new to being in a position of building wealth, like younger clients and women who perhaps didn’t have the confidence or opportunity to build and manage their own wealth in the past.” The article appears in the February/March edition of FORTUNE and in the “FORTUNE Branded Content” section of its Web site at fortune.com. The Five Star Wealth Manager awards are presented by Five Star Professional in partnership with Connecticut Magazine as a means to help consumers find outstanding wealth managers and investment professionals in their area. The award is given based on a rigorous, multifaceted research methodology,

which incorporates input from peers and firm leaders along with standards for industry experience, education and professional designations, client retention rates, and a thorough review of regulatory history. WHZ was founded in Pomfret, Connecticut in 2006 as a fiduciary, independent investment firm. Today the firm offers wealth management and customized financial planning services to individuals, families, business owners and executives, and not-for-profit institutions in 25 states from its offices in Pomfret and Tolland, and is a partner of Commonwealth Financial Network®, one of the largest privately-owned independent Registered Investment Advisor/broker-dealers in the United States. (*As of 9/22, based on self-reported AUM data from 47 participating firms in the 2022 Financial-Planning.com IBD Elite survey.) To learn more, visit www.whzwealth.com.

VILLAGER ALMANAC

At CT Audubon

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Feb. 27: American Kestrel, Common Grackle, Red-winged Blackbird, Brown-headed Cowbird, Purple Finch, Goldfinch, Hooded Merganser, Mallard, Red-tailed Hawk, Pileated Woodpecker, Flicker, Hairy Woodpecker, Carolina Wren, American Tree Sparrow, Song Sparrow. Visit ctaudubon.org/pomfret.

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Woodstock Elementary School is accepting appointments for Woodstock children ages three and four for developmental preschool screenings. These screenings are intended to screen age appropriate development skills, address questions/concerns about growth, development and speech, and identify children who may need further evaluation for special services.

Screenings are held on Friday mornings.

Please call the Woodstock Elementary School office to schedule an appointment at 860-928-0471.

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Day Kimball Hospital receives sixth consecutive national recognition for support of Perioperative Nursing Certification

PUTNAM — Day Kimball Hospital is pleased to announce it has recently earned its sixth consecutive CNOR® Strong designation from the Competency & Credentialing Institute (CCI). The CNOR Strong designation is given to facilities having at least 50 percent of its operating room (OR) nursing staff CNOR certified, and provides programs that reward and recognize its certified nurses. The Certified Perioperative Nurse (CNOR) credential is the only accredited certification for perioperative registered nurses. Earning the CNOR is a mark of distinction and demonstrates a commitment to upholding the highest standards in patient safety. Perioperative nurses pursue certification for a variety of reasons, including professional validation, personal accomplishment, and career advancement. Receiving The CNOR® certification allows nurses to demonstrate their commitment to exceptional patient safety and adhere to current standards in their field of practice. It is an objective, measurable way of acknowledging the achievement of specialty knowledge beyond basic nursing preparation and RN licensure. “It is an honor to receive CNOR® Strong designation once, but six years in a row is an incredible achievement,” said Cheryl Petrarca, DKH Executive Director of Nursing and Director of Surgical Services. “I am extremely proud of our OR nurses for their commitment to nursing excellence. They have mastered the stan-

Courtesy

Left to right: Michelle Dickenson, RN, DKH Charge Nurse; Cheryl Petrarca, DKH Executive Director of Nursing and Director of Surgical Services; Kristen Lescault, RN, DKH Manager of Perioperative Services; and Sarah Dowling, RN, DKH perioperative nurse, with their latest CNOR® Strong designation at Day Kimball Hospital.

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High school senior hoopster shooting for the stars

PUTNAM — On Tuesday, March 14, the stars will come out in Putnam. Although the day hasn't been predicted by local meteorologists, it has been guaranteed by Putnam Rotary Club President Melissa, "Missy" Meyers.

According to Meyers, March 14 is the date of the annual Putnam Rotary Club Ray Brousseau All Star Senior Basketball Shootout at the Putnam High School gymnasium. The event, featuring high school senior girls and boys basketball players, has been in existence for more than two decades and is the culminating game in the basketball careers for many players who have been on the hardwood for the past four years. Chairing the evening's festivities for the Putnam Rotary Club is member Jonathan Tremblay.

"I'm very excited about this year's game because the area has witnessed a large number of outstanding male and female players," said Tremblay. "The players are anxious to display their skills. It's always an entertaining evening and this year won't disappoint."

The games are held annually in memory of the late Raymond Brousseau, a local businessman who strongly supported local youth sports. Brousseau, who was a Putnam Rotarian for nearly five decades, served as the Club President and enjoyed 41 years of perfect attendance at the weekly meetings. Brousseau and his wife Violet endowed a significant scholarship to the Club. It's presented annually to a local graduating high school senior.

Tremblay noted that the girls' game is scheduled to tipoff promptly at 5:30 p.m. followed by the boys' game at approximately 7:30 p.m. In between contests and during the halftime of each game, the Club will hold the "shootout contest" that is open to any contestant. Anyone successfully making a foul shot, a shot from the top of the key and a half court shot will win \$50 compliments of CorePlus Credit Union.

Players from area schools in the greater Northeastern Connecticut region have been invited. Invitations have gone out to Plainfield, Killingly, Ellis Tech, Griswold, Putnam Tourtellotte, Woodstock Academy, Marianapolis, Pomfret School, Parish Hill, Putnam Science Academy and Windham Tech. All Players will receive a game tee shirt and a memento of the game provided by sponsors, Archambault Insurance, Benpe Consulting, Centreville Bank, WINY Radio, The Woodstock Academy and The Byrnes Insurance Agency.

Coaches for the girls' game are Lee Blanchette of Tourtellotte and Will Fleeton of The Woodstock Academy. The Boys' coaches are Ben Desaulnier of Killingly and Donte Adams of Woodstock. Officials for the contest will be certified referees from the local

Board #35 of Approved Basketball Officials according to the Board's assignment chairman Chad Neal.

"We're encouraging people interested in our young people to attend and support what should prove to be a very entertaining evening of great basket-

ball," said Rotary President Meyers.

Members of the Ray Brousseau All Star Basketball Shootout committee include Chairman Tremblay, and Rotarians H. Douglas Porter, Richard Loomis, Jonathan Sturdevant and Ronald P. Coderre.



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Local residents named to Clark University's Dean's List

WORCESTER, Mass. — Following are names of local students whose outstanding academic performance earned them a spot on Clark University's Fall 2022 Dean's List:

Clayton W. Singleton, of Eastford, was named to first honors.

Sarah T. Lucas, of Woodstock, was named to second honors.

Autumn R. Allard, of Putnam, was named to first honors.

Katie A. Ben, of Brooklyn, was named to first honors.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.



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Projects approved for closed bakery, school in Thompson

BY JASON BLEAU
VILLAGER CORRESPONDENT

THOMPSON — A pair of project proposals were approved by the Thompson Planning and Zoning Commission on Monday, Feb. 27 that would bring new life to a pair of unused buildings along Main Street left vacant due to the closures of a pair of Thompson staples in recent years.

The first project involved the future of the Superior Bakery building at 72 Main St. and surrounding lots which was vacated in 2021 after the sudden closure that left over 90 employees seeking new jobs. Zachary LaBonte and Green Valley Self-Storage LLC are planning to revitalize the site as a climate-con-

trolled storage rental facility containing 248 storage units of varying sizes.

“Basically, heating and cooling systems will be installed to maintain the temperature and relative humidity. There are floating docks on the side of the building where customers will have access to load into the building with moving trucks. We’ll also be putting in a ramp so we can have foot traffic up into the building,” LaBonte said during a public hearing.

The lower level of the facility will be offered to local businesses as office space while a nearby house included with the property sale will be demolished due to its deteriorating condition. Traffic in and out of the facility is expected to be much less than the bakery traffic.



Courtesy — Caldwell Banker Realty

Superior Bakery in Thompson will be converted into a climate-controlled storage facility



Courtesy – Re/MAX Bell Park Realty

St. Joseph's School in Thompson will be reused as housing

The project was approved unanimously by the Planning and Zoning Commission with the stipulations that the site map be updated to include connections to catch basins and that hazardous trees be removed after a concerned resident brought the issue to the Commission’s attention.

The second project was the conversion of the closed St. Joseph School into housing units. The applicants, Baystate Investment Fund, LLC, were represented by Attorney Ian Sullivan of St. Onge & Brouillard who said the project will include the conversion of the school into 40 one-bedroom units. The property was previously owned by the Catholic Church but was put up for sale after St. Joseph’s School announced its closure in 2020. Attorney Sullivan, a Thompson resident himself, said the proposal will put the project back on the tax roll.

“The idea, essentially, is that we’re going to take a property that’s currently not on the tax roll and it back and give it new life. The impact is going to be fairly minimal on our school system given that they’re single room and studio apartments. As a Thompson resident myself, I see this as

a beneficial project in my eyes,” said Sullivan.

The project proposes no major exterior changes to the building other than some added lighting. At least one handicap accessible room and four affordable housing units are included in the project along with several electric vehicle charging stations. The Planning and Zoning Commission expressed concerns about the potential for lead and asbestos contamination which Sullivan addressed.

“We haven’t done a lead test. There’s been an asbestos test on the building. There is asbestos, so when we go to the design phase of the building some will be encapsulated with flooring, others will be removed, so that will be part of the process. Whatever the codes are, that’s what we’ll have to abide by,” said Sullivan.

He further noted that lead testing would be conducted during this process as well.

Additional concerns brought up during the public hearing included traffic and sight lines along Reardon Road. The Commission voted to approve the proposal with the requirements to add

to the sight lines and that the applicants seek approval from the Water Pollution Control Authority indicating that the sewer systems can handle the expected increased use.

VFW Auxiliary announces kick-off of first 3-Dimensional Patriotic Art Scholarship Contest

PUTNAM — VFW Auxiliary Albert J Breault Post 1523 is excited to announce the kick-off of the VFW Auxiliary’s first 3-Dimensional Patriotic Art Contest. Local students in grades 9-12 have the opportunity to compete for \$4,000 in national scholarships.

Students must submit an original -dimensional piece of artwork. Digital art and jewelry are not accepted. The entry must have completed during the current 2023 school year and the application must include a parent or guardian’s signature.

Students begin by competing at the local VFW Auxiliary level. The first-place winner from each Auxiliary advances to the state competition. Department (state) first-place winners compete for their share of \$4,000 in national awards, and the national first- place winner is awarded a \$2,500 scholarship. National first- through third-place winners are featured in VFW Auxiliary Magazine and on the national VFW Auxiliary website. All state winning entries will be displayed at the VFW Auxiliary National Convention that will take place July 22 to 27 in Phoenix, Az.

The VFW Auxiliary started the 3-Dimensional American Creative Patriotic Art Contest this year to recognize up-and-coming artists and encourage patriotism in youth.

Student entries must be submitted to VFW Auxiliary Albert J Breault Post 1523 by March 31. Interested students, parents and teachers should contact Lisa Salisbury at 860-933-9181 or at vfwauxiliaryputnamct@gmail.com for more information.

To download an application, visit <https://vfwauxiliary.org/scholarships>.



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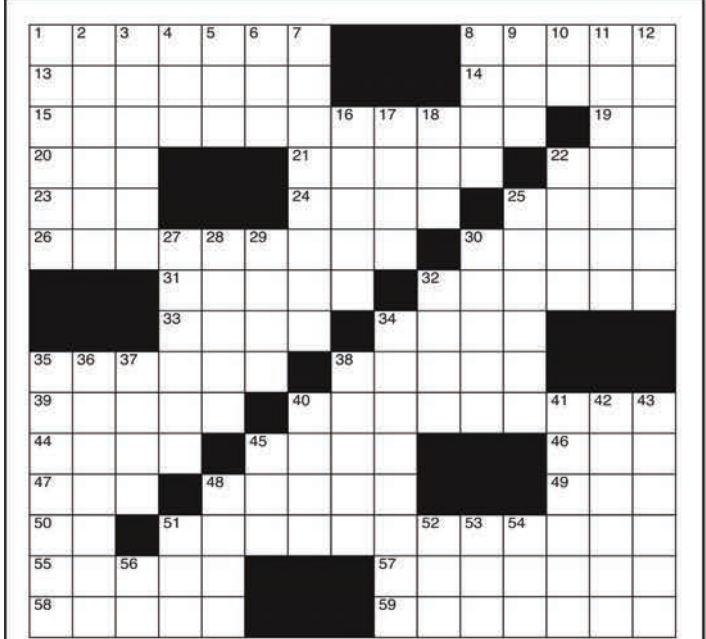
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1. Half-conscious states

8. Unnatural

13. Deep regret

14. Rogue

15. Taken without permission

19. An alternative

20. After B

21. Partner to flowed

22. Weekday

23. Body part

24. World's longest river

25. One of the Greats

26. Make clean

30. C. Canada indigenous peoples

31. Japanese seaport

32. Most unclothed

33. Small grouper fish
34. Soluble ribonucleic acid

35. Distinguishing sound

38. French realist painter

39. Popular beer brand

40. Views

44. God depicted as a bull

45. Relieve

46. Residue after burning

47. Habitation

48. Poe's middle name

49. Japanese title

50. TV series installation (abbr.)

51. Beloved country singer

55. Single unit

57. Genuine

58. Develop

59. Traveled through the snow

CLUES DOWN

1. Clues

2. Do again

3. Current unit

4. Neither

5. Corporate exec (abbr.)

6. Second sight

7. The absence of mental stress

8. Supplemented with difficulty

9. Stop for good

10. College dorm worker

11. Bones

12. Most supernatural

16. Spanish island

17. Unlimited

18. Where golfers begin

22. No charge

25. Print errors

27. Professional drivers

28. Kiss box set

29. Short, fine fibers

30. Administers punishment
32. Czech city

34. Normal or sound powers of mind

35. The academic world

36. Crustacean

37. Currency

38. Pastoral people of Tanzania or Kenya

40. Cloth spread over a coffin

41. Grouped together

42. On land

43. Glistened

45. A type of extension

48. One who assists

51. College sports conference

52. Zero

53. Midway between northeast and east

54. Type of screen

56. The 13th letter of the Greek alphabet

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Tourtellotte Student Spotlight: Dylan Johnson

N O R T H GROSVENORDALE — Each month, Tourtellotte Memorial High School's Student Spotlight program recognizes a student who has demonstrated outstanding achievement, character, leadership, attitude, and/or contributions to the school and community. March's Student Spotlight honoree is senior Dylan Johnson.

Dylan was nominated by Alex Nachtigall, Hanna LeClaire, Mrs. Steglitz, Mrs. Ouillette, and Ms. Sobanski.

In Alex's nomination Of Dylan, Alex states, "Dylan is one of the most respectful people I know. He is also very funny with a good sense of humor. Lastly, Dylan is always willing to help you if you're struggling. Whether he knows the topic or not, he will make an effort to help."

Hanna adds, "I have known Dylan throughout my entire school experience; however, I have become much closer to him my senior year. Dylan has such a kind soul and a great sense of humor. He is very smart but he is nonchalant about it. Dylan is a part of many sports teams and clubs. He is very deserving of the Spotlight."

Several of the staff also nominated Dylan. Mrs. Steglitz says, "It has been an absolute pleasure to have Dylan in Spanish 3 this year. He is a positive influence in class and a genuinely nice person to be around. He is always committed to doing his best and he is diligent in his approach to learning. I enjoy having conversations with 'Dilly' as I enjoy his perspective. I wish him nothing but the best in his future. We are lucky to have him as a



Tourtellotte Tiger."

Mrs. Ouillette adds, "When there was a request for a student to help tutor middle schoolers, Dylan stepped right up to the plate and did a great job. He has grown

to be a kind and helpful young man that others can count on."

Finally, Ms. Sobanski writes in her nomination, "Dylan is bright, dedicated, and humble. He is unafraid to ask

questions when it will help him understand better and always willing to work hard. He is the first to step up to a challenge and also the first to thank someone who has helped him along the way. He has made Calc class a little more fun each day, whether it's his dedication to learning, his desire to help others whenever possible, or his sense of humor. He will truly be missed next year, and AP Calculus and family lunch will be very different without him."

Dylan consistently achieves honors in school while being highly involved in TMHS athletics including soccer, basketball, track, e-sports, and the recently formed FBLA bowling team.

Dylan says, "I feel like my involvement in these activities has increased my sense of involvement with the community in

my school. Also, through Project Graduation, I have been able to work for and with the community by participating in town wide trash clean up, bottles and cans collections, and Thompson Community Day."

When asked what motivates him, Dylan says, "I am motivated by the idea of working hard now so that life will be easier for me later. If the strain and effort that I have to apply to being successful makes the rest of my life easier, I would definitely choose to struggle now for the benefit of my future."

About his future, Dylan states, "I plan to go to school for Engineering." Finally, Dylan's message to his school and community is, "Be grateful for the opportunities provided to you. It may not seem like much but it could always be worse."

Loos Center for the Arts increases accessibility for hard of hearing with grant funding



WOODSTOCK — In December 2022, Loos Center for the Arts was awarded the Connecticut Cultural Fund Operating Support Grant of \$24,400 from Connecticut Humanities, in partnership with Connecticut Office of the Arts, to increase accessibility options for its visitors. The funding was provided by the Connecticut State Department of Economic and Community

Development and Connecticut Office of the Arts from the Connecticut State Legislature.

The grant was used to purchase and implement an assisted listening system for guests of Loos Center for the Arts who are hard of hearing. The system, which operates in conjunction with a free mobile app, allows visitors to adjust the tone and volume of the event, suitable to their

own needs and preferences directly through their personal mobile device. Loos Center for the Arts also has mobile devices on-site with the app installed for those who do not own or have access to a mobile device during their visit.

"Providing accessibility options has been a priority for us since ownership of the building was transferred to The Woodstock Academy

in 2017, beginning with the addition of accessible seating," said Eric Davidson, executive director of Loos Center for the Arts. "We're excited to add this system to our growing catalog of accessible options to ensure that all our visitors have an inclusive experience and equitable access to the arts."

The system was implemented at Loos Center for the Arts for the first time in February 2023, where visitors reported having a positive, customized listening experience and look forward to using it again.

"We are very thankful for the generosity of CT Humanities and CT Office of the Arts and for their support of our commitment to the arts and diversity, equity, and inclusion," said Davidson.

For more information about accessibility options at Loos Center for the Arts, visit looscenterforthearts.org/accessibility.



Courtesy

NOAH FIELDS OF QUEST MARTIAL ARTS EARNS MASTER BLACK BELT

Master Kristin Duethorn of Quest Martial Arts announces the promotion of Noah Fields to fourth degree, master level black belt. Noah has trained at Quest Martial Arts for the past 20 years. He has been on the teaching staff, as well as the tournament and demonstration teams. He is a graduate of UCONN with a BA in Music, a BS in Science in Education and a MA in Education Curriculum and Instruction. Master Noah Field is currently the director of Choral Studies at Tolland High School. In his final essay he states: "As I've reflected, much of my foundation as a teacher has come from my training and teaching here at Quest Martial Arts." He has preformed at Carnegie Hall on more than one occasion! Best of all, he drives weekly to train at Quest Martial Arts in Thompson! Congratulations to Noah Field on such a tremendous accomplishment.

New nonprofit looks to establish therapeutic horseback riding center

WOODSTOCK — Flying Free Therapeutic Riding Center is galloping toward their fundraising goal. FFTRC is a new 501 (c)(3) nonprofit organization specializing in therapeutic horseback riding lessons for individuals with special needs. These lessons provide several physical, mental and emotional benefits to participants. The program that they were formerly affiliated with ended without notice after 20 years in September of 2022, leaving clients without their much needed equine therapy. They are raising funds to secure a new long-term location for their therapeutic riding center in northeast Connecticut. Thirty-two individuals with special needs are now in a holding pattern. To continue with their program, FFTRC needs to raise a total of \$75,000 and find a location by summer 2023. They have raised \$45,000 since September but need further support to meet their goal.

Their specially trained herd of horses and ponies is currently staying in temporary stabling to remain available for future lessons. FFTRC risks having to send the herd back to their owners if the fundraising goal is not met, likely ending their participation in the program. Therapy horses and ponies are very difficult to find, and it would take years for FFTRC to recreate the dynamic that this herd offers.

They are hosting the First Annual Gala Saturday May 6, 4:30 – 9 p.m. at The Barn at Roseland Park Woodstock a beautiful location with Cocktails, Dinner, Raffle & Silent Auction Offerings, and Dancing – for more details including purchasing tickets, a sponsorship or donating raffle baskets please visit us at Flying Free Therapeutic Riding Center.

FFTRC welcomes and appreciates donations of any size. For more information and to learn how to donate, find FFTRC online at flyingfreetherapeuticriding.org or on Facebook.



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KILLINGLY HIGH SCHOOL HONOR ROLL

KILLINGLY — Killingly High School has released its honor roll for the second quarter of the 2022-2023 school year.

The following Killingly High School SENIORS achieved High Honors: Elizabeth Alves, Casey Beauregard, Lyana Bott-Cuevas, Matthew Card, Alyssa Caron, Guilherme Da Silva, Chloe DiFusco, Harrison Giambattista, Ciara King, Ella Lach, Cameron Loeber, Olivia McOsker, Hailey Merritt, Jada Neri, Aryn Nisbet, Henrik Pawul, Kaitlyn Tingle, Amelie van der Swaagh.

First Honors: Evan Adams, Dylan Anderson, Nicole Blanchette, Shannon Breen, Lainey Buffington, Sierra Buisson, Renee Bunn, Caitlyn Claspell, Hannah Donovan, Gabriel Dowd, Mia Falcioni, Aiden Feeney, Korina Frantz-Foote, Logan Gagnon, Aila Gutierrez, Giovanni Haughey, Marisa Kazantzis, Danny Kien, Alexis Lane, Zoe Miller, Avi Miller, Margaux Molyneux, Jayden Olson, Anjolina Ortiz, Anthony Purcell, Alexis Rainey, Jack Richardson, Connor Richardson, Calvin Sandberg, Connor Thompson, Joshua Torre, Sayge Trajanowski, Evan Watling, Jadyn Williams, Jayden Williams.

Second Honors: Amber Amosco, Skylar Anglin-Taylor, Kalob Barclay, Jillian Bennett, Emily Benoit, Tyasia Brown, Lucas Clayton, Noah Colangelo, Grace Colangelo, Giovanni Couture, Hannah Cozza, Katelyn DeMelo, Zachary Despathy, Carley DiMartino, Thomas Dreibholz, Wayne Garcia, Lavender Gaudette, Emma Girardin, Nathan Goss, Isaiah Greene, Ryan Hansen, Kara-Lynn Hebert, Allyson Hogan, Benjamin Jax, Anessa Keomanivong, Ethan Lackner, Richard Logee, Colby Lopes, Kyla Lopes, Hailey Magao, Allison Myrter, Talia Noury, Brady O'Donnell, Braden Pedersen, Alexander Potapskiy, Zachary Rainville, Rayne Rose, Nicole Salazar, Cameron Sauer, Cameron Seiffert, Moss Souksanti, Chloe St. Pierre, Salena Thongsouvanh, Maddison Walters, Kaden Ware, Gavin Zajac.

The following Killingly High School JUNIORS achieved High Honors: Julie Carver, Sydney Crabtree, Molly Crabtree, Erika Horne, Melody Kettle, Isabella Lepine, Selina Metzermacher, Amani Samuel, Sherrie Simoneau, Grace Sumner, Julia Young.

First Honors: Domenico Capuano, Amber Cobb, Elizabeth Conway, Deven Delaney, Annina Desabota, Colin Ericson, Devin Exarhoulias, Darin Exarhoulias, Laura Farquhar, Shea Feeney, Lila Fortin, Lillian Gaudet, Owen Glushchenko, Ross Hill, Jonah Hussey, Rachael Hutchinson, Emily Lamparelli, Raigan Leveille, Illyana Malarkey, Kelsea O'Rourke, Sai Patel, Christina Rattray, Peyton Rosen, Emma Vandale, Chloe Yip, Lindsey Zicolella.

Second Honors: Aaryanna Adams, Kaeli Adams, Lauren Alvarez, Kaylee Baker, Rose Barnes, Avery Caisse, Kiana Capiga, Kaitlin Cicchetti, Abigail Comtois, Jocelyn Crowley, Madison Daniels, Alina Hadley, Joseph Hazzard, Ava Izzo, Madisyn Lawrence, Sydney Mullen, Anya Oliverson, Olivia Paradise, Soren Rief, Zaiden Rukstela, Alaina Salkiewicz, Dakota Tate, Malia Taylor-Robichaud, Talan Walker, Justin

Wellman.

The following Killingly High School SOPHOMORES achieved High Honors: Robert Alves, Olivia Andrade, Alekos Basley, Dakota Bourbeau, Dani Carlsen, Kayson Gile, Eliza Greenhalgh, Julia Jarvis, Caydan Jonasch, Chloe Magao, Aiden Mantia, Addison Montville, Phillip Purcell, Noah Reinhart, Usa Sacksith, Karolyn Shulda, Andrew Souriyamath, Kayla Tran.

First Honors: Abigail Anforth, John Archambault, Thomas Berube, Kyleigh Bigelow, Jacqueline Creswell, Lilah Dunn, Penelope Fernandes, John Fitzgibbons, Bryan Garcia Lara, Alayla Gebo, Kylie Lawrence, Emily Mancini, Jadyn Oenning, Lucy St. Germain, Kendra St. Marie, Leena Stanley.

Second Honors: Lila Beaudreault, Andrew Carlson, Lilyanna Coporale, Olivia Denaker, Emma Desrosiers, Savana Feuti, Kathrin Fischer, Natalie Guzman, Casey Hamilton, Katelyn Hyatt, Soudachane Khaomongkhoun, Hayden Larrow, Landon Manzi, Lilah Moran, Sasha Noury, Alleah Owen, Madison Paquin, Emma Rainville, Russell Sharpe, Skylar Simmons, Katie Smith, Antonio St. Jean, Ivan Tang, Lincoln Waterman, Brady Zadora.

The following Killingly High School FRESHMEN achieved High Honors: Isaiah Benoit, Ezekiel Benoit, Gavin Bessenaire, Samantha Bourque, Nicholas Caron, Alena Clayton, Chase Conklin, Jenna DiFusco, Philip Fernandez Garcia, Beatrice Foronda, Kane Geddis, Melody Hutchinson, Emerson Joly, Evan Kozey, Dakota Loring, Lily Peckham, Kendall Rosen, Samantha Smyth, Hailey Therrien.

First Honors: Michael Allen, Jace Basinet, Emma Belliveau, Jaliyah Blair, Elizabeth Carlson, Hailey Collins, Abbey Danielson, Morgan Deojay, Jayden Durand, Michael Fabiano, Emily Faucher, Ian Gaudet, Brianna Gervais, Hannah Highley, Lacie Keegan, Adam Klosowski, Aiden Lamotte, Joseph Mackie, Ryder Maguire, Kolby Mills, Chloe Moniz, Ella Moyer, Ella Pereira, Elizabeth Poplawski, Joselinne Sanchez, Talia Santese, Tyler Smith, Amaya Spadola, Quinn Sumner, Preston Suprenant, Ivan Swabby, Caralyn Tellier, Sophia Toman, Calvin Vandale, Ryleigh Zachow, Logan Zajac.

Second Honors: Peityn Adams, Hunter Allard, Samantha Baker, Brenna Baribeau, Lillian Beach, Madilyn Begin, Grace Cook, Mickenzy Correia, Hannah Desimone, Shannon Donovan, Ella Dunn, Raven Dunn, Susie Fournier-Nason, Trevor Galarza, Christopher Graff, Matthew Guenette, Ethan Hall, Kristine Hamilton, Siobhan Hart, Lilli-Ann Herbrandt, Liam Hilbrecht, Amber Hunt, Amani Kamau, Teagan Klewin, Savannah LaFlash, Isaac Lake, Lindsay Lemery, Michael Maheu, Grace Main, Ashleigh Mendoza, Walter Okoney, Sandra Phonesavanh, Mackenzie Pothier, Klaus Resulaj, Cheyenne Reynolds, Riley Ritchotte, Kennedy Robbins, Callan Senecal, Sebastian Sierakowski, Jeremiah Smith, Gianna Soccoa, Wyatt Tryba Mailloux, Mariette Vien, Loghan Voghell, Ryan Webster.

Windham Arts announces winners of Community Arts Partnership Award

WILLIMANTIC — Windham Arts, in collaboration with the Partnership for the Arts, Culture and History, announces the winners of the 2023 Community Arts Partnership Award. The recipients are Deb Gag from Ashford, Cathy Shire from Windham, Bill Dougal from Lebanon, Ruth Hartunian-Alumbaugh from Coventry and Andrew Wyatt from Willimantic, as well as the towns of Mansfield and Coventry.

The honorees were chosen by their peers to recognize those people who have made an outstanding contribution to the Arts in their community. This award is given to talented and creative people who are leaders, mentors, educators, advocates and volunteers who have been instrumental in creating organizations, events or networks; furthering arts education; have given of themselves throughout their lifetime supporting and promoting the arts; have been art philanthropists or financial supporters of the arts; have spent tireless hours advocat-

ing for the arts, or have worked to ensure access to the arts for all people.

The towns of Coventry and are receiving the award for their support of the Arts, especially throughout the pandemic, and for putting aside ARPA funding for art grants. These towns have shown consistent support for creative businesses and persons in their communities and have been important partners to help them be more sustainable, more influential and better able to add to the charm and vibrancy of their towns.

There will be a ceremony and reception on Thursday, March 30 at 5 p.m. at the Eastern Connecticut Veterans Community Center (47 Crescent St., Willimantic), home of Windham Arts. The public and the art community is welcome to attend. Please RSVP by emailing info@windham-chamber.com or texting 860-423-6389. There is no fee for awardees and we ask that guests make a charitable contribution if possible for their food and beverage.

Windham Arts and the

Partnership are honored to be able to acknowledge all the wonderful things these amazing people have done for their communities over the years.

“These winners are not only exceptional human beings but they have dedicated so much of their lives, their time, their money to helping others and promoting the arts. They have been instrumental in making sure that we all have a better, more beautiful quality of life where we live and raise our families,” said Bev York, Executive Director for Windham Arts.

Windham Arts is Northeast Connecticut's regional arts and culture organization whose mission is to support the arts, culture and history of the region. We share our mission with the Partnership for Arts, Culture and History, a collaborative of creative organizations, museums and cultural groups and the Windham Region Chamber of Commerce Foundation, a charitable organization that supports the arts, women and girls, veterans and minority groups.

Get outside in Killingly this spring

KILLINGLY — Join Killingly Conservation Commission leaders for four hikes and bus tour. Experience great open spaces in town on Sunday afternoons.

Quandoc Conservation Area Sunday, March 19 at 2 p.m.

246 Brickhouse Rd., South Killingly about two hours

Hike two-mile woodland loop trail with the trail blazers and learn about recreated wetlands, evidence of old farm fields and stone walls.

Moderate difficulty -

some steep and rocky

Cat Hollow Park, Dayville Sunday, April 2 at 1 p.m.

45 Cat Hollow Rd., Killingly about two hours

Walk along the paved road and then down a paved driveway to the bridge to view the 35 ft. high waterfall and stunning babbling Whetstone Brook. Learn about mill history and unique plantings of the former owner. Forsythia & fragrant magnolia tree should be in bloom. Easy, handicapped accessible, about one mile. If you want to

continue hiking another mile, cross the bridge for moderately rough woodland trails to view the old dams and ruins on the south side of the mill pond.

Mason Hill Conservation Area Sunday, May 7

Back Roads “Undiscovered Killingly” Bus Tour Sunday, May 21 Registration required.

Old Furnace Park/ Ross’ Cliffs State Park Sunday, June 18

VFW Auxiliary announces kick-off of National Anthem Singing Contest

PUTNAM — VFW Auxiliary Albert J Breault Post 1523 is excited to announce the kick-off of the VFW Auxiliary's national anthem singing contest, Get Excited for the Red, White and Blue! Local youth in grades K-12 can showcase their talent, display their patriotism and express their creativity while competing for their share of \$2,000 in national awards.

Contestants must submit a video of their solo vocal performance of “The Star-Spangled Banner.” Video must be uploaded to YouTube and submitted to a local Auxiliary for judging. The video must be recorded between July 1, 2022 and March 31, 2023. Entry will

be judged on vocal ability, mastery of lyrics, originality or interpretation and entertainment value.

Contestants begin by competing at the local VFW Auxiliary level. The first-place winner from each Auxiliary advances to Department (state) competition. The contest consists of two grade divisions: K-8 and 9-12. The Department (state) first-place winner in each grade division will be forwarded to Auxiliary National Headquarters. There is one National winner in each grade division, with awards for first, second and third place in each grade division. Winners will be notified via the email address provided on the winners’

entry form.

The contest is designed to promote patriotism and encourage youth to learn the words to “The Star-Spangled Banner” while displaying their creativity and vocal talent.

Contestant entries must be submitted to VFW Auxiliary Albert J Breault Post 1523 by March 31. Interested youth, parents/guardians and teachers should contact Lisa Salisbury at 860-933-9181 or at vfwauxiliaryputnamct@gmail.com for more information.

Visit http://www.vfwauxiliary.org/what-we-do/youth-activities for eligibility requirements, contest rules and an entry form.

UMF announces Dean’s List for Fall 2022 Semester

FARMINGTON, Maine — The University of Maine at Farmington proudly announces its Dean's List for the Fall 2022 semester, including Zach Ellsworth of Pomfret Center.

UMF maintains a Dean's List each semester for those students completing a minimum of 12 credits in courses producing quality points. Students whose grade point average for the semester is equal to or greater than 3.8 are listed with High Honors. Students whose grade point average for the semester is less than

3.8 but equal to or greater than 3.5 are listed with Honors. Any incompletes must be satisfactorily completed before the student is honored with Dean's List status. Academic achievement awarded at commencement is based on all course work taken at UMF.

More on University of Maine at Farmington A nationally-recognized public liberal arts college, UMF enjoys a 150-year tradition of providing a quality academic experience combined with the personal attention and close student / faculty

collaboration that help prepare all students to be successful. Rooted in a tradition of teacher preparation, UMF offers top quality programs in the arts and sciences, teacher preparation, and business and pre-professional studies. UMF is located in the heart of Maine's four-season outdoor recreational region and is a welcoming, close-knit academic community that prepares students for engaged citizenship, enriching professional careers and an enduring love of learning.

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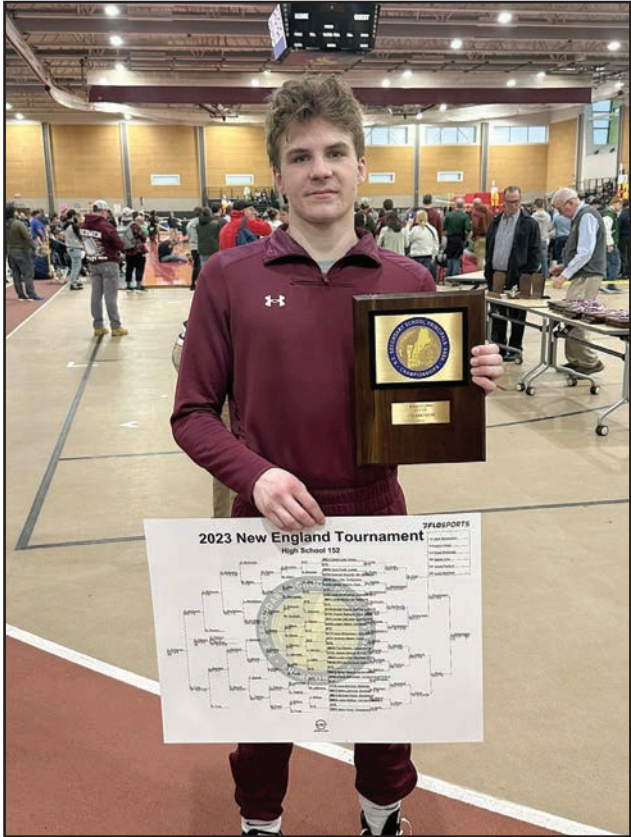
High School Notebook

Perseverance pays off for Killingly's Richardson

SENIOR WINS SECOND STRAIGHT
NEW ENGLAND WRESTLING TITLE



Photo courtesy Leigh Busby
Killingly's Jack Richardson, shown here competing in the 152-pound weight class (which he won) at the Connecticut State Open on Saturday, Feb. 25, won his second straight New England championship on Saturday in Providence.



Courtesy photo

Killingly's Jack Richardson shows off his New England Regional championship trophy and the 152-pound bracket after winning his second straight NE title.

BY KEN POWERS
SPORTS CORRESPONDENT

Killingly High senior Jack Richardson became the school's first two-time New England Regional Wrestling champion on Saturday, March 4, in Providence, R.I.

Richardson, wrestling in the 152-pound weight class, defeated Jason Hood from Rhode Island's Ponaganset High School, in double overtime. Richardson won the 152-pound New England Regional championship last year as well.

Kaden Ware, Richardson's classmate at Killingly, finished fourth at the New England Regional in the 132-pound weight class. Ware finished fourth in this same tournament last year, when he wrestled in the 126-pound weight class.

Richardson (45-0) beat state champions from Massachusetts, Maine and Rhode Island to win the New England title. He beat Drew McGourty of Braintree, Mass., in the quarterfinals, 4-0. In the semifinals, he outlasted Derek Cote of Noble, Maine, 4-0 and in the finals, he outlasted Hood, 3-1 in double overtime.

Gerry deSimas, Jr., editor and founder of Connecticut Wrestling Online (www.ctwrestling.com) described Richardson's final against Hood like this:

"The championship match was tied at 1-1 thanks to a pair of escapes by each wrestler. Richardson had a few opportunities for a take-down but Hood's defense was up to the task.

With 22 seconds left in the first two-minute

OT session, Hood's right knee buckled and he fell to his knees on the mat. Instead of tackling him for the match-winning takedown, Richardson showed exceptional sportsmanship and stepped back, looking to the referee and pointing at Hood.

The match went to a second overtime and two 30 second sessions. In the first session, Richardson rode Hood, who could not escape. In the second OT session, Richardson was able to escape to get the win."

Prior to the final-round matches at the New England Regional tournament, Killingly wrestling coach Rich Bowen was recognized for his recent induction into the New England Wrestling Hall of Fame.

Gymnastics Woodstock Academy sophomore Olivia Aleman very nearly became the Centaurs' second consecutive Connecticut Interscholastic Athletic Conference (CIAC) State Open individual champion, on Saturday, March 4, in New Milford.

Aleman finished with a 37.7 All-Around total, just five one hundredths of a point behind Fairfield Warde's Emma C. Johnson, who finished with a 37.75.

Aleman finished tied for first with Plainfield's Brenna Johnson in the floor exercise with a 9.6. She was third in both the vault (9.45) and bars (9.2) and fourth on the beam (9.45). For her efforts, Aleman qualified for the New England Gymnastics champion-

ship, which will be held at Pinkerton Academy in Derry, N.H., on Saturday, March 11. Centaurs' freshman Julia Kerr also qualified to compete at the New England championship.

Woodstock Academy finished fourth as a team as a result of its 135.325 point total.

Girls' Basketball Berlin High freshman Brooke Walker scored 11 of her team-high 13 points in the fourth quarter to lead the 18th-seeded Redcoats to a come-from-behind 47-39 victory over host Killingly High, the No. 15 seed, in the first round of the Connecticut Class MM Tournament, on Monday, Feb. 27.

Killingly (12-10) trailed, 20-16, at halftime but outscored Berlin 14-9 in the third quarter to take a 30-29 lead into the fourth quarter.

Walker scored six of her fourth quarter points on three offensive rebound put-back baskets, and five from the free throw line, where she was 5-for-5 in the period.

Junior Molly Crabtree led Killingly in scoring against the Redcoats with 13 points. She also finished the game with three assists and three steals.

Sydney Crabtree, Molly's twin sister, scored eight points, to go along with five assists and three rebounds, while senior Aila Gutierrez finished the game with eight points, three rebounds, three assists, and three steals. Junior Laura Farquhar added six points and three steals and sophomore Ariaahna

Headen pulled down 11 rebounds.

Elsewhere: Masuk High School's Bailey Bajda scored 19 points and Natalie Lieto added 13 to lead the visiting Panthers, the No. 18 seed, past No. 15 seed Woodstock Academy, 51-38, in the first round of the Connecticut Class L Tournament, on Monday, Feb. 27.

Freshman Kaylee Saucier finished with a team-high 19 points, 11 of those points coming in the second half. Sophomore Eva Monahan added 10 for the Centaurs who finished the season with a 13-10.

Boys' Basketball In a closely contested game throughout, third-seeded Killingly High was defeated by top-seeded Griswold, 65-58, in the Eastern Connecticut Conference (ECC) Division II Tournament final, played Wednesday, March 1, at the Mohegan Sun in Uncasville.

Killingly (17-6) was led by senior Yianni Baribeau and sophomore Johnny Kazantzis, who each scored 22 points and senior Tom Dreiholz who added 12 points and grabbed 10 rebounds.

Indoor Track Woodstock Academy senior Jared Eaton, thanks to a personal-best throw of 50 feet, 2-1/2 inches, placed 14th in the shot put at the New England Indoor Track championship, held at the Reggie Lewis Center in Boston on Saturday, March 4.

Winner helps win game for East Windsor against game Ellis Tech squad

BY KEN POWERS
SPORTS CORRESPONDENT

DANIELSON — Bailey Winner — yes, that is her real last name — poured in a game-high 30 points to lead East Windsor past Ellis Tech, 44-39, in a Connecticut Class S Tournament first-round game on Wednesday March 1.

With the win 24th-seeded East Windsor (9-12) advanced to the second round of the tournament, where it faced eighth-seeded Coventry, on Friday, March 3, where they lost, 48-41. Ellis Tech, the No. 9 seed, finished its season 15-9.

Winner, a 5-foot-8 sophomore guard, led the Panthers to a 13-12 first quarter lead by scoring all of East Windsor's points in the first eight minutes. Six came off a pair of 3-pointers, another six on drives to the basket, and a free throw.

The Golden Eagles kept pace with Winner; err, the Panthers, on four points by Kiara Cartier (10 points), a 3-pointer by Sadie Murray, three points by Kylie Damble (a team-high 12 points), and an in-low post basket by Rose Lopez.

East Windsor led, 19-15, with five minutes to play in the second quarter when Ellis Tech started to get untracked.

"In the second quarter we really tried to go at (Winner). We made a defensive adjustment between periods; I had Kylie dropping back on a lot of (Winner's) drives into the paint," Ellis Tech coach John Murdock said. "I give all the credit to East Windsor; they did a great job, but my girls, they played their hearts out. This season has been a fun ride for us."

The Golden Eagles closed the quarter with a 9-4 run, to lead, 24-23, at halftime. Cartier hit her first of two 3-pointers to pull Ellis Tech to within a point, 19-18, with 4:34 to play in the period. After Winner and teammate Nohely Santana (11 points) pushed the Panthers lead to 23-18, with 3:37 to play, the Golden Eagles scored three straight baskets — two layups by Brooke Montecalvo (10 points) and an offensive rebound and put-back basket by Damble with 14.9 seconds left before halftime.

The Panthers opened the third quarter with a 9-1 run — finished off by a Winner layup with 1:42 remaining in the period — to lead 32-26. Ellis Tech cut the lead in half, to 32-29 with 1:02 left in the quarter; thanks to Montecalvo's second 3-pointer of the game, on a bank shot from the apex of the arc, above the free-throw line.

The Golden Eagles used a 6-3 spurt in the first 3:50 of the fourth quarter to tie the game, 35-35. Damble hit a foul-line jumper and a free throw and Cartier canned her second 3-pointer of the game, from the right side. Forty-eight seconds later, after a Winner drive and a Santana right-side trey, the Panthers led, 40-35.

Ellis Tech, a team which obviously doesn't understand the meaning of the word quit, scrambled back to within a point of tying the game, 40-39, with 37.7 seconds to play, on two pairs of free throws — one by Lopez and one by Damble.

Winner sealed the victory for the winners by going 4-for-4 from the free throw line in the final 29.9 seconds. Winner finished the game almost as hot as she started it, with eight fourth-quarter points, which included a 6-for-6 effort from the foul line.

Damble, the heart and soul of the Golden Eagles, had to work very hard for each one of the dozen points she scored. It was clear Panthers' coach Bari Winner was not going to let Damble beat his team; some other Ellis Tech player or players were going to have to do it.

"They did a good job on Kylie, but Kylie, used correctly, can be a very good decoy at the same time," Murdock said. "Kylie has been double-, triple- and even quadruple-teamed this year — she's seen it all — and she still worked hard tonight."

The Golden Eagles hit five 3-pointers against East Windsor; two each by Montecalvo and Cartier, and one by Murray.


"It was awesome to see the way we shot the ball tonight, our guards especially," Murdock said. "This was our best shooting night of the season. That was really nice to see."

Murdock, to be sure, was disappointed by the loss and the premature end of what he hoped was a long run in the state tournament, but he was also thrilled by the season his players turned in.

"This season has just been a whirlwind; it's been an awesome ride," Murdock said. "The whole school community has embraced us. It's been an awesome feeling. We have literally been the talk of Northeastern Connecticut. These girls have nothing to be ashamed of. It's an exciting time for the program. Our future's bright."

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EDITOR

Things aren't always what they seem

We see it on Facebook, and other social media accounts — seemingly happy people carrying on about their lives without a care in the world. As we scroll, we tend to pass judgements on what is in reality, a blip in the lives of those who's photos we are currently looking at. A mere moment, that perhaps lasted less than a second, is captured, and in that moment, we feel that we are free to make a distinction on what that individual is going through in the moments and days prior, or what they may be feeling like in the moments just after. Don't do that.

The best way to find out how a friend, co-worker or family member is, is to simply ask them. With the past year being what it was, mental health issues and rates of suicide are sky rocketing. Is this really a time to pass judgement? Or is this an opportunity to lift those up around us and to make sure that we're all hanging in there?

As humans, some of us can handle any given situation with more grit than others. Some can carry on for just so long until it just becomes too much. Those that have that grit, are those who have the ability to extend their hand, tell someone that they will be ok and that they are not alone. Support for a person overwhelmed, depressed or anxious is paramount to their well being. Sure, it feels good to act tough, and announce that X, Y, or Z doesn't bother you, but the world is not all about you and it never will be. Be kind, it just feels better.

When a person breaks their leg and can temporarily no longer work, they are sent flowers, offered encouraging words of support, given sick time and sent home with casseroles. If a person with a mental health condition takes time off to regroup and to seek the help and therapy that they need to live, it becomes an issue. Because you can't SEE the injury. What you might see is a smile that lasted a split second, and you pass judgement — 'Oh, they aren't really sick.' Guess what? You are wrong. Make no mistake, we all go through challenging times, that doesn't mean that we all handle them in the same way.

Discrimination against a person with any health issue, whether it be physical or mental, is illegal. Furthermore, it's morally wrong. Do we really want to be a society that has stopped supporting one another? We vote no. When we see a neighbor plow the driveway of the house down the street, or three neighbors pulling a stranger's car out of a ditch, we are reminded of how at our cores, we are all kind.

Take note — mental illness is not a character defect. There are many reasons a person may develop an issue, whether it's temporary, brought on by stress, illness or whether it's genetic. Some anxiety may resurface as an adult, due to childhood trauma. Either way, we don't know unless we know.

When people don't understand mental illness, they tend to behave prejudiced against those who admit they have an issue. Those people are often treated as though they don't have a real health issue and are then discriminated against. This leads to shame in the person who openly admits that they need help, and so the stigma surrounding mental health is born.

Many workplaces have excellent support systems in place for employees who need help, these to include police and fire departments. These places are to be commended for looking out for one another.

Here are ways to decrease the stigma, be in the know and help your neighbors. Educate yourself, be aware of your attitude towards those who confide in you, pay attention to your judgements and choose your words carefully. When you do educate yourself, spread the word. Treat those around you with respect and offer encouragement, or a slice of pizza, anything goes. We say it often, take care of each other, now more than ever. Being kind is pretty darn easy.

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Discrimination in healthcare is unacceptable

To the Editor:

It is so very important that this publication chooses to print letters opposing the acquisition of DKH Healthcare by the Catholic system called Covenant. The voices of the many who are so concerned about our community and the healthcare services that will or will not be available must be heard. Thus, this letter to share, again, my deep concern about one religion's faith principles and practices being forced upon all who seek healthcare services in the DKH system.

Others have eloquently spoken about the effects upon certain parts of healthcare, reproductive health, gender affirming care and respect for end-of-life wishes being compromised by the Ethical and Religious Directives (ERDs) which govern all Catholic healthcare networks. The DKH administration's retort to the concerns is apparently ... if you don't accept these restrictions, you will not have a healthcare system locally at all. While my understanding is that there are alternatives which need to be explored, the basic issue of rightness and wrongness is being totally avoided.

The Catholic religion is discriminatory in nearly every way. Only men are able to receive all of the sacraments administered by Catholicism. The basic right of full participation in the religion is therefore denied to more than half the population. In 2023, in the United States — not Iran or Iraq — this is the case? In my mind, this is simply wrong. I personally asked the current DKH hospital administrator if he would sanction DKH joining forces with an organization that held as one of its basic tenets that only white people could fully participate even if it could guarantee full solvency. His response of absolutely not was quick and certain. Why, then, is discrimination against women acceptable?

It is also true that the Catholic religion actively discriminates against everyone who is not cisgendered heterosexual. Again, this year, in the US, this is acceptable? It is not! And therefore, the acquisition of the DKH healthcare system by Covenant is unacceptable.

CELESTE CHARTIER
PUTNAM

Murder or love, or both

To the Editor:

When 76-year-old Ellen Gilland shot and killed her 77-year-old husband in his hospital bed at a Florida hospital recently, many older citizens thought more deeply about "End of Life" laws, to provide "Death with Dignity."

Obviously, you may come down on one side or the other of the right or wrong in her situation, but many of Florida's older citizens sympathize with Ellen's plight.

The couple had spoken about the husband's terminal condition for some months. Neither wanting to rush the issue, but knowing that if the husband took a turn for the worse, he did not want to suffer helplessly in a hospital bed. They hoped to be able to be at home with sufficient medication to cause death, but due to restrictions around end of life, medication was not available; they were in a religious hospital.

At the end, he languished in his hospital bed, too weak to use the gun he had asked her to bring. He pleaded with her to shoot him in the head and end his suffering, and she did what he asked.

Often referred to as mercy killing, they go on more than we realize. Less public, usually not by firearms, but accomplished by saving up enough medication to determine for one's self, when it is time to relieve the suffering and die peacefully. Most often, the death is

thought of as simply a result of the illness, and no one is the wiser.

Watching the suffering of the loved ones at the patient's bedside may be the greatest pain the patient suffers. Not different when a child is injured, the anguish of the parents may be overwhelming. The patient's realization that loved ones watching the struggle is causing a great deal of pain to others. Watching the patient struggle, sometimes for months, keeps loved ones in constant anguish and despair.

The real problem is that few states have laws that give the patient the right to determine when to die, and this is made worse by choosing the wrong hospital. Catholic hospitals, for instance, strictly adhere to ethical and religious directives. These directives will be applied to all patients and restrict the medical judgment of all physicians and staff regardless of the patient's beliefs. The patient's directive cannot override the Catholic idea that any act or omission which causes death is prohibited. As the day draws near, the hospital one chooses may be very important. Let's keep religious regulations out of healthcare.

RAMON CANNING
POMFRET

Antique duck decoys

Antique wooden duck decoys became popular collectibles beginning in the 1950s and 1960s and continue to increase in popularity. Collectors compete with institutional buyers at auction for some of the best examples. Duck decoys are featured in many museums including the Havre De Grace Decoy Museum in Maryland, the Core Sound Waterfowl Museum in North Carolina and the Shelburne Museum in Vermont.

Duck decoys have a long history. The Las Vegas Review-Journal reported that the oldest known duck decoys were discovered in 1912 inside of Lovelock Cave in Lovelock, Nevada. The decoys were used by the Northern Paiutes and date back to 400 BC to 100 AD.

The Smithsonian reported that duck meat was a delicacy in the late 1800s and 1900s. Hunters learned how to make their own duck decoys from Native Americans, who made them out of reeds. Duck hunting became popular and celebrities and presidents joined duck hunt clubs. Club members wanted more realistic decoys, so they started having their own made. The decoys turned into an artform and there are many carvers still producing high quality decoys today.

The auction site invaluable.com lists the following factors in determining duck decoy value:

- Maker
- Region
- Decoy species
- Condition
- Scarcity
- Strength of maker attribution
- Size

The "strength of maker attribution" refers to the provenance of the decoy. It's unlikely that you'll find a maker name for an older duck. The more evidence showing it was made by a particular maker, the more likely buyers will feel comfortable buying it and the higher the value will be. Shore bird hunting was outlawed in 1928, so these decoys are more valuable. Wood quality varied by location, making region an important factor. Scarce decoys and larger sized ones also are more valuable.

Here are some examples of decoys that brought high prices at auction. A Surace Cobb BlackDuckDecoy by Nathan F. Cobb, Jr. of Cobb



ANTIQUES,
COLLECTIBLES
& ESTATES
.....
WAYNE TUISKULA

Island, Va. sold for \$36,000 in February 2021. An early Humpback Black Duck Decoy by The Ward Brothers of Crisfield, Maryland brought \$75,000 in 2023. Painted Greater Yellowlegs by William Bowman of Lawrence, Long Island went for \$78,000 in 2007. A Canvasback Hen by Elmer Crowell of East Harwich, Mass. sold for \$79,000 in 2008. A Ruddy Turnstone by John Dilley of Quogue, Long Island, N.Y. reached \$85,000 in 2013. A Widgeon Drake by Joseph Lincoln of Accord, Mass. (a section of Norwell) brought \$97,750 in 2014. A Massachusetts carver's decoy set a record in 2007. An exceptional and rare red-breasted merganser hen by Lothrop Holmes of Kingston, Mass. sold for \$856,000, providing the consignor with a substantial nest-egg.

We will be offering duck decoys from two local estates in one of our upcoming spring auctions. Our next auction is another online auction (session 7) of model trains, diecast cars and other toys from a West Boylston estate. Our Beacon Street, Boston online estate will also begin this month. We are accepting consignments for our major spring online auction. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

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Personality matters



NANCY WEISS

Remember describing a friend as "having a great personality?" It was a way to gloss over qualities that at that time were ranked as negatives, often related to personal appearance. As a society, we have made progress in how we regard other people and accept them, or I hope we have. One of the many fine qualities I observe in "younger generations" is their openness to differences, their willingness to find what is good and likeable in others.

Personality matters, but it isn't an alternative to anything else. It is part of the whole package of being a person. Personality tests are everywhere.

They are interesting, perhaps instructive, possibly useful, possibly not.

Ask anyone their zodiac sign and they probably know it. Horoscopes aren't as common as they once were, but who can resist reading one if it pops up. The readings are a tantalizing mix of good news and bad. The traits are based on something we can't undo, our birth month, so we are not responsible for what happens. I like being a Libra as the symbol is scales. I assume I'm inclined to fairness and justice just because I was born in October. Of course, this is a shaky proposition.

My father liked to say people were made of earth, air, fire and water. This idea was linked to Socrates. My father employed a number of people over the years. He knew that every one of them, regardless of their circumstances, liked to talk about themselves and their tendencies. It was a form of personality assignment.

In reading about the history of personality tests, I recalled that Freud and Jung determined that people fell into various types. I didn't know that Woolworth developed the first personality test that was used in the army. It tried to determine who would suffer from shell shock.

In the 1990's, Meyers-Briggs Tests were everywhere. It was based on 16 personality types. The results were condensed into four letters that covered traits useful in the workforce. I took the test at least twice over a decade and was both intrigued and surprised when the results came out the same.

My husband became interested in the Enneagram, which focuses on 9 personality types. The test goes back to a 4th century Christian mystic. It became popular in the past thirty years and as with the other tests, is based on a series of questions that lead to a score ranging from type 1, a reformer, perfectionist, to type 9, a peacemaker mediator. There follows 11 more refinements and patterns as to which types are associated with other traits. It is elaborate, but fascinating and takes time to even scratch the surface.

A friend who trained at an Ivy League school some years ago studied Rorschach tests. By looking at inkblots and describing them, a person revealed certain aspects of their personality. The test may have fallen out of favor over time, but it was once used extensively.

Career testing and aptitude testing help us open our minds to things we could pursue that we may not know about or ever consider without a nudge. It's easy to fall into a path because it is familiar, but potentially far more satisfying to broad the scope and do something quite different.

Give me a free test and I'll take it. No matter age, circumstances or interests, there is always room for growth and time to gamble on something new. Our personalities are part of who we are, but now that I know I'm a 7 on the Enneagram, I also know I'm an enthusiast.

What to do when your income reaches six figures

Reaching six figures is no easy feat. If you're one of the hard-working few who has made it to this milestone, give yourself a pat on the back. But before you go reaching for a bottle of champagne or calling a Ferrari dealer, you should put together a strategy for your new level of income. It's the smart move to maximize your new financial reality, as well as your chances of achieving your financial and lifestyle goals for the future.

There is no one-size-fits-all strategy for maximizing your new six-figure income. Every person is different, and some suggestions may mean more to you than others. But there are tried-and-true methods that can point you in the right direction when it comes to your financial health.

Review your budget

Now that you're making six figures, you may be tempted to never look at your budget again. Resist this temptation – for many, it takes intentional effort to avoid letting expenses rise to meet income. And, as you're probably already aware

if you've only just crossed the six-figure threshold, that amount of money doesn't go as far as it once did. So go back over your budget to make sure your spending is in line with your goals. Feel free to adjust your line items to match any new priorities without going overboard. Careful planning will let you know if you are on track with your goals and how much you are allowed to spend on that must-have splurge item you found on Instagram. Your renewed budget will set you up nicely to build toward new goals, knowing that your day-to-day expenses are covered.1

Target unproductive debt

Not all debt is bad, as much of it helps you both financially and in terms of your quality of life (student loans or a mortgage, for example). But certain types of debt, like credit cards and personal loans, are burdens you don't want to carry around forever. Set a goal to eliminate your unproductive debt and free up more of your financial resourc-



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es for more important things. Each penny you save can go toward retirement and other investment opportunities.

Build your nest egg

Life is full of the unexpected. Plan for it by setting aside a nest egg, or enough liquid money to cover six to twelve months of your life at your new income level. This reserve will help shield you from possible disasters like job loss, a serious injury or illness, or divorce.

Maximize your 401(k)

Start planning for your retirement if you haven't already. Contributing to your 401(k) is a smart, easy way to put away funds for your golden years. Shooting for 15 percent is a good rule, but reach even higher if you find yourself in a good position. Aim for the maximum limit of \$20,500

if you are under 50 or \$27,000 if you are above.

That may sound like a lot, but let's take a look at the "under 50" number as an example. That breaks down to about \$394 per week. If you're making \$100,000, that means you'd be putting about 20 percent of your gross weekly salary toward savings, which fits right in with the 50/30/20 rule. (Check out our blog at whzwealth.com/blog if you aren't familiar with that rule.)

Move forward confidently

Restructuring your budget, eliminating your unproductive debt, creating a substantial nest egg, and maximizing your retirement savings vehicles like your 401(k) should see you move into a much more comfortable place in life. A six-figure income combined with some strategic financial planning and an ongoing commitment to that plan can help you stop working for your money and start having your money work for you.

Creating that plan can bring up a lot of questions and there are some com-

plicated matters to consider such as taxes and how best to save for multiple priorities at once. That's where a trusted financial planner can make all the difference.

We act as fiduciary financial planners for our clients, meaning we partner with them to create a strategic financial plan based on their individual goals and with their best financial interests at heart. We do this using our strategic Plan Well, Invest Well, Live Well™ process. Get in touch for a no-obligation consultation to see how your new six-figure salary can take you in achieving your goals for today and all the days to come. You can contact us on our website, whzwealth.com, by phone at (860) 928-2341, or by email at info@whzwealth.com.

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1. <https://www.forbes.com/sites/forbesbusinesscouncil/2022/03/29/once-you-make-six-figures-you-need-to-worry-more-about-your-money/?sh=6cbf23b620d2>

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In c l e m e n t Weather: If the Killingly & Genealogical Center is closed due to inclement weather, an announcement will be made on WINY. If you are not sure, call the Center at 860-779-7250 after 10:15 a.m. on a Wednesday or Saturday. If you get the answering machine, the Center is probably closed.



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• • • • •
MARGARET
WEAVER

I received an email from Paul Aldrich that I had a typo in last week's column concerning Bradley's name: 'Ransom' Bradley should be Ransom Bradley. His grandson, Ransom Gascoigne, was a friend of mine. He was the proprietor of Bradley Provisions, a wholesale meat outlet on Front Street in Putnam. That business was originally operated by Ransom Bradley. An interesting feature of that building (two or three stories) was, it faced the railroad siding at the rear of the building. Randy showed me that room, which was dark and somewhat insulated, where ice was unloaded off railroad cars and stored for cooling, as there was no electrical refrigeration in those early decades. Of course, the building no longer exists, and the site is currently occupied by Cargill Chevrolet as a lot to show cars (just after you

come through the underpass towards downtown in Putnam according to Bernie Mitchell). The Bradley Theater was also named for Ransom Bradley" (email Feb. 27). Bernie added that the Western Auto Store was across the street.

Since March is Women's History Month, I thought I'd pay tribute to some of the earliest women to settle in Northeastern Connecticut in the early 1700's. Let these two pioneers remind you of all the hardships women faced and sacrifices that the first white women in the area made. Can you image what it would have been like to leave an established community, your family, your friends, your church, your home and belongings and trek through the wilderness with the bare essentials to help begin a new settlement? Most women would have had to follow their husband's decision-- "to obey him." In that respect one early woman was unique for she was a wealthy widow so had much more say in what she would do. In her Historic Gleanings of Windham County Connecticut Ellen D. Larned wrote, "Mrs. Esther Grosvenor, of Pomfret, comes down to us as a very distinct personality. Her husband, Mr. John Grosvenor, having

died soon after completing negotiations for the Mashomquet Purchase, Mrs. Grosvenor was much more concerned with business interests than most women of her day. Her name stands first on the list of those receiving allotments of the Purchase, and she was naturally very prominent in division and distribution of the large estate. Born in England, she brought with her a strength of constitution and a dignity of character. (The story was passed on that) a troublesome squaw once invaded her kitchen, demanding immediate supply of food, and even attempting to snatch the boiling meat from the kettle. Mrs. Grosvenor held her back with her broomstick till her son Ebenezer came to the rescue with more effective weapon. Like other women of superior station she was very helpful in care of the sick, and was viewed as a mother by the whole community. She retained to old age her vigor and habit of authority, and insisted upon walking to attend church service till within a short time of her decease." (p. 56). Esther Grosvenor was born ca. 1651 and died June 15, 1731 in Pomfret, Connecticut. She is buried in Pomfret's South Cemetery. (Findagrave; Ancestry.com).

I have a special interest in the second woman whom I mention since she and her husband were the first settlers of my property. Mary (Howland) Allyn, of Barnstable

and Middleborough, Massachusetts, was the granddaughter of John Howland of the Mayflower. In fact, I consider it only by the grace of God that he made it to New England for he fell overboard from the ship but fortunately was rescued. Mary's husband, John Allyn was a wealthy individual who had inherited much valuable property from his father Thomas. Born about 1652, Mary was in her early fifties in 1704 when her husband, her sons Thomas and Jabez and probably daughter Hannah moved to the east side of the Quinebaug River with the nearest settlement being Woodstock (Massachusetts) on the western side of the river. Lynn LaBerge and I were discussing these early settlers, and she commented that perhaps the men came first and built a small house before Mary came. I know in her "History of Windham County Connecticut," Ellen Larned mentioned that is what happened in the planting of New Roxbury, now Woodstock. It would have made the most sense.

In 1705, John, concerned for his well-being and Mary's in their old age, deeded 1410 acres to sons Jabez and Thomas with the stipulation they care for the parents. The young men also were "given two yoke of oxen, a five year old steer, 20 sheep, a cart and wheels, the utensils for husbandry and bedding and utensils for the house 'which are now in their posses-

sion.'" I try to picture where the animals might have grazed and where the first house might have been. (I live on the present Killingly-Putnam town line.)

Although Mary Allyn came to the wilderness of what was then called Aspinock, she did have a few neighbors, even if they were several miles away, in what is now Putnam. Peter Aspinwall and Elizabeth (Preston/Leavens) Aspinwall, his wife, and his adult Leavens stepsons (who soon married), lived within walking distance (think present-day Route 12, Hurry Hill Road, Joslin Road, and where the state highway garage is). Nevertheless, for many years these families would have had to travel to Woodstock to a meetinghouse or grist mill. It was certainly a difficult, lonely life.

Land transactions indicate that both Mary and John were still alive on Aug. 3, 1711 but had died by Aug. 1, 1720. No marked graves have been located for either individual. In addition to Thomas, Jabez, and Hannah, sons Isaac and Matthew also lived to maturity but not in Killingly. If you think you might be connected to the Allyns, and the Mayflower passenger John Howland, check the extensive Mayflower collection at the Killingly Historical Center. See "John Howland of the Mayflower; Vol. 2" (pp. 23-30) for more details on the above. The Center has an extensive collec-

tion of Mayflower materials. Perhaps you have a Mayflower ancestor.

Fish Fridays: Support one of Killingly's Historic Properties, Killingly Grange #112, the former Killingly Center School. The Danielson Lions Club and the Killingly Grange will hold fish fries Friday March 10, and March 24 from 4:30-6:30 p.m. Fried or Baked Fish with choice of Baked Potato or French Fries. \$15.00. Beverage & Dessert also available. Dine-in or Take Out. Limited number of meals. Call 860-230-7367 or visit www.facebook.com/KillinglyGrange/. At the door pay by cash, credit card or check. They are also collecting non-perishable food for local food pantries.

Margaret M. Weaver Killingly Municipal Historian, February 2023. Thanks to Paul Aldrich, Bernie Mitchell, and Lynn LaBerge for sharing memories. For additional information email me at margaretmweaver@gmail.com or visit the Killingly Historical & Genealogical Center Wed. or Sat. 10 a.m.-4 p.m. or www.killinglyhistorical.org or call 860-779-7250. Like us at Facebook at www.facebook.com/killinglyhistoricalsociety. Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical and Genealogical Center should be sent to PO Box 265, Danielson, Connecticut 06329.

Don't depend on others to validate you

After years of taking acting classes, I learned something interesting from one of my teachers: begging for approval from the director is a big no-no.

Many new actors are in a state of constant worry about whether or not their performance will be well-received. But my teacher emphasized that a film or theater director has no time to indulge and reassure every actor.

Instead, my teacher taught us that if the director says nothing, they are satisfied with our performance.

It's tempting to seek validation from the director, but it's unnecessary. If they don't criticize your performance or give you notes, move on to the next scene.

Experts say that validation-seeking behavior stems from low self-esteem.

Some are addicted to it. They cannot function unless someone tells them how great they are.

I've always been fascinated by the

world of startups, especially in the tech industry. A close friend of mine is a founder of a tech startup looking to revolutionize the way we use blockchain, and while she loves what she does, her coworker is ruining the experience for her.

This coworker is utterly addicted to verbal validation and recognition from the company's founders and everyone else. If he doesn't receive constant praise, he becomes depressed; Even worse, if someone criticizes him, he completely unravels.

She cannot just focus on her duties; she must also take on the daily task of building him up and managing his emotions. It's incredibly exhausting for her and negatively impacts her mental health.

Essentially, he's letting others dictate his self-worth.

I know it's hard to believe, but not everyone will like you, and not everyone

jumps for joy when you walk into a room.

We all need validation, but sometimes we need to learn to validate ourselves; our true self-worth comes from within.

When I began writing this column, putting my opinions out there for the world to see was unnerving, and sometimes I get negative feedback!

I listen to the feedback with an open mind, but I also realize that no matter what I do, some people aren't going to like what I have to say. Ultimately, my sense of validation comes from within. I cannot let outside opinions bring me down or define my worth.

Mark Twain said, "A person cannot be comfortable without their own approval."

If you always do your best, practicing self-validation is much easier because you can compare yourself to how you were yesterday rather than comparing yourself to someone else. If you're making progress, you will feel good about yourself.

I've spent years building my business and learned that no matter how hard I try, I'll never be able to please everyone. The whole point of my business is to solve problems for filmmakers, and for the most part, the response has been overwhelmingly positive.

Filmmakers worldwide have enthusiastically uploaded their films and expressed excitement for what we're trying to create. But occasionally, I come

across someone who despises what I'm doing.

These individuals will attack me on social media and make a big scene about how much they hate what I'm doing and expect us to fail.

If I let their negativity and criticism get to me, I'd never be able to follow the dream in my heart. It's important to remember that not everyone will love what you're doing.

Eleanor Roosevelt said, "Do what you feel in your heart to be right, for you will be criticized anyway."

Your self-worth should come from within, not from the opinions of others.

Whatever dream you're trying to pursue, it's essential to understand that As long as you stay true to yourself and follow your passion, the rest will fall into place.

Many of the most incredible people in history were criticized and attacked by the majority, but they stayed true to their vision and changed the world. So don't be afraid to go against the grain and be true to yourself, even if it means standing alone.

Next time you're feeling needy, remember that you don't need the validation of others to follow your destiny. Trust yourself. Measure your progress by how far you have come, not by how far you have to go compared to others.

POSITIVELY
SPEAKING

TOBY
MOORE

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Pain relief found in the garden

Look to the garden, farmer's market, or refrigerator next time you are battling sore muscles, indigestion, and headaches. These five foods fresh from the garden contain powerful pain-relieving and anti-inflammatory properties.

Mint
Infuse mint into your tea or ice water to refresh and rejuvenate. It also helps relieve headaches and general aches and pain. Grow this vigorous perennial herb in a container so it won't overtake your other plants. And at the end of the season, root a few cuttings to start new plants to grow indoors. All you need are a sunny window, quality potting mix, and regular watering.

Hot peppers
Capsaicin, the spicy element in chili, jalapeño, habanero, and cayenne peppers, is a great pain-fighting tool and is often used in topical

creams to help treat backaches, arthritis, and muscle pain. Plant hot peppers after the soil and air warm, at the same time you are planting sweet peppers and tomatoes. They are ready to harvest when they are fully colored. Purchase extra hot peppers to dry and enjoy year-round.

Cherries
Manage muscle pain and inflammation with sour cherries. They are loaded with disease-fighting chemicals and antioxidants and help fight inflammation and relieve pain. Purchase plenty of cherries to juice, dry, and preserve so you can enjoy their health benefits all year long. And consider planting a sour cherry tree in your backyard. Montmorency is the most popular sour cherry needing only 700 hours of air temperatures between 34 and 45 degrees to initiate flowering for fruit development. New hardier dwarf introduc-



GARDEN MOMENTS
• • • • •
MELINDA MYERS

tions from the University of Saskatchewan can be grown in colder regions including zone 2. Although it takes several years for cherry plants to start producing fruit, you'll enjoy watching your tree grow into maturity and bear its first crop. Just make sure to cover the plants with netting so the birds don't eat your harvest.

Ginger
Ginger helps reduce inflammation and combat migraines, muscle pain, arthritis, and post-workout or post-gardening soreness. All this plus it helps fight nausea. Although it's a tropical plant you can find plants or rhizomes (the part

you eat) online. Or join other enthusiastic gardeners who have had success rooting the rhizomes they purchased at the grocery store to start new plants. Grow your ginger in a pot outdoors or sunny window alongside your other indoor plants.

Sage
Sage tea has long been used to soothe scratchy and irritated throats and showed positive results in a 2006 clinical trial. Harvest a few sage leaves, add hot water, and brew a bit of sore throat relief. Grow this herb in the garden or a container. It thrives in a sunny spot with well-drained soil. Harvest leaves as needed throughout the season. Regular harvesting encourages more growth for future harvests. You can remove as much as one-third of the plant at one time for preservation.

So next time you're feeling a bit of pain, pass



Melinda Myers

Sour cherries contain disease-fighting chemicals and antioxidants to help fight inflammation and relieve pain.

by the medicine cabinet and look to the garden for a bit of relief. Even the simple act of tending your garden and harvesting produce can elevate your mood, lower your blood pressure, and start you on the road to feeling better.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook*,

2nd Edition and *Small Space Gardening*. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is www.MelindaMyers.com.

DANCE

continued from page A1

dancing is a passion and that she knew it would be a popular addition to the Academy. She is fully embracing the opportunity to bring the sport to a new generation.

"These students train vigorously and challenge their bodies every day. Some of them study more hours than they see their parents. I knew the Academy prior to this as a private school that had high level sports in all areas, but I realized they didn't have a dance program and they thought it would be an attractive addition to get a new wave of girls and boys that want to come in and prepare for college at a high level," Hammond said.

The Putnam Science Academy is currently seeking new additions to the Dance Team. Interested students can contact Javin Hammond directly at jhammond@putnamscience.org. The team also manages an Instagram account, @dance_psa, where they post about their competitions and upcoming events.

FRONTIER

continued from page A1

snow," Calorio said. "They also put it on the protected side of the telephone pole, so it does

WBDKH

continued from page A1

Kimball Hospital, along with several upcoming fundraising efforts including, "The Power of You" Women's Expo in April, a Kentucky Derby event set for May, its Annual Raffle in June, a women-only Golf Tournament in September, Author's Night in October, Dining for a Cause Event in November, and the popular "Holly Jolly Cash Calendar" raffle from Thanksgiving to

have lesser possibility of damage, but they're very accustomed to this rollout and this design. They have this in many areas that have frequent snow. They were cognizant of our concerns, but there doesn't seem to be any

Christmas, will all support the WBDKH's current pledge.

"I couldn't be more proud of The Valentine's Dance Committee and WBDKH Fundraising Committee, spearheaded by Arlene Baril, Linnea Sarantopolous, and Cheryl Medlyn for all the hard work, creativity, attention to detail, and dedication they put into this fundraising project," said Valentine Iamartino, WBDKH President. "Because of their efforts, the dance was a huge hit for all who attended and

concern from a public safety standpoint."

The rollout is expected to take place throughout the spring over the course of several months. According to a copy of the presentation from Frontier pro-

was an even bigger success for the organization. I am so thankful for the continued support of business and community sponsors and donors who helped us achieve a record number of sponsorship dollars for this annual event."

It is the mission of the Woman's Board to raise funds to enhance the quality and services of Day Kimball Hospital. Established when Day Kimball Hospital opened in 1894, the Woman's Board has served the hospital and communi-

ty in multiple ways for well over a century, and has raised nearly \$2 million to support important and necessary medical equipment needs at the Hospital, including the Hospital's first ambulance in the early 1900s.

For more information about the Woman's Board of Day Kimball Hospital, visit www.daykimball.org/womansboard.

About Day Kimball Healthcare
Day Kimball Healthcare is a nonprofit community healthcare

vided to the Town Council, the FoberOptic service will be available to residents in two packages, the Gig Service Internet at a cost of \$59.99 a month and the 500/500 Mbps Internet plan at \$39.99 a month.

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

VFW Auxiliary announces kick-off of annual Young American Creative Patriotic Art Scholarship Contest

PUTNAM — VFW Auxiliary Albert J Breault Post 1523 is excited to announce the kick-off of the VFW Auxiliary's annual Young American Creative Patriotic Art Contest. Local students in grades 9-12 have the opportunity to compete for \$34,000 in national scholarships.

Students must submit an original two-dimensional piece of artwork. Digital art, photography and jewelry are not accepted. The entry must have completed during the current school year and the entry form must include a parent or guardian's signature.

Students begin by competing at the local VFW Auxiliary level. The first-place winner from each Auxiliary advances to the Department (state) competition. Department (state) first-place winners compete for their share of \$34,000 in national awards, and the national first-place winner is awarded a \$15,000 scholarship. National first-through thirteen-place winners are featured in VFW Auxiliary Magazine and on the VFW Auxiliary website. All Department (state) winning entries are judged at National Headquarters in Kansas City, Missouri in July and will be displayed at the VFW Auxiliary National

Convention scheduled to take place July 22 to 27 in Phoenix, Arizona.

The VFW Auxiliary started the Young American Creative Patriotic Art Contest in 1979 to recognize up-and-coming artists and encourage patriotism in youth. Approximately 4,000 students participate each year and in addition to \$34,000 in national scholarships, local and state VFW Auxiliaries throughout the nation award more than \$150,000 in Patriotic Art scholar-

ships every year.

Student entries must be submitted to VFW Auxiliary Albert J Breault Post 1523 by March 31. Interested students, parents and teachers should contact Lisa Salisbury at 860-933-9181 or at vfwauxiliaryputnamct@gmail.com for more information.

To download an entry form and see the last year's winners, visit <https://vfwauxiliary.org/scholarships>.

VFW Auxiliary announces kick-off of annual Illustrating America Art Contest

PUTNAM — VFW Auxiliary Albert J Breault Post 1523 is excited to announce the kick-off of the VFW Auxiliary's annual Illustrating America art contest. Local students in grades K-8 can share how they view our world through their drawings and paintings while competing for national awards.

Students must submit an original two-dimensional piece of artwork. Coloring sheets, digital art and photography are not accepted. The entry must have completed during the current school year and the application must include a parent or guardian signature.

Students begin by competing at the local VFW Auxiliary level. The first-place winner from each Auxiliary advances to the Department (state) competition. The contest consists of three grade divisions: K-2, 3-5 and 6-8. The Department (state) first-place winner in each grade division will be forwarded to the VFW Auxiliary National Headquarters. There are awards for first, second and third place in each grade division. All state winning entries are judged at National Headquarters in Kansas City, Mo. in July and will be displayed at the VFW Auxiliary National Convention scheduled to take place July 22 to 27 in Phoenix, Az. Winners will be notified via the email address provided on the winners' entry form.

The contest rewards the artistic abilities of elementary and middle/junior high school students. Student entries must be submitted to VFW Auxiliary Albert J Breault Post 1523 by March 31. Interested youth, parents/guardians and teachers should contact Lisa Salisbury at 860-933-9181 or at vfwauxiliaryputnamct@gmail.com for more information.

Visit <http://www.vfwauxiliary.org/what-we-do/youth-activities> for eligibility requirements, contest rules and an entry form.

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MAR 7

- **1931:** THE PARLIAMENT HOUSE OF FINLAND IS OFFICIALLY INAUGURATED.
- **1986:** DIVERS LOCATE THE CREW CABIN OF THE "CHALLENGER" SHUTTLE ON THE OCEAN FLOOR.
- **2007:** THE BRITISH HOUSE OF COMMONS VOTES TO MAKE THE UPPER CHAMBER, THE HOUSE OF LORDS, 100% ELECTED.

New word

REST
a notation on sheet music that signals an absence of sound

PEOPLE FACT:

THIS INSTRUMENT IS OFTEN INTRODUCED TO YOUNG CHILDREN IN SCHOOL MUSIC CLASSES.

ANSWER: RECORDER

Avery Pedersen from Putnam named to Bryant University's Dean's List

SMITHFIELD, R.I. — Bryant University is pleased to recognize Avery Pedersen from Putnam for their unwavering commitment to academic excellence and achievement by naming Avery to the fall 2022 Deans' List. To earn a place on the Deans' List students must have a GPA of 3.4 or better for at least 12 semester hours of work. Congratulations on this outstanding achievement!

About Bryant University
For nearly 160 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,700 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

Matthew Roethlein from Pomfret Center named to Bryant University's Dean's List

SMITHFIELD, R.I. — Bryant University is pleased to recognize Matthew Roethlein from Pomfret Center for their unwavering commitment to academic excellence and achievement by naming Matthew to the fall 2022 Deans' List. To earn a place on the Deans' List students must have a GPA of 3.4 or better for at least 12 semester hours of work. Congratulations on this outstanding achievement!

About Bryant University
For nearly 160 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,700 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

How they SAY that in...

ENGLISH: Dance
SPANISH: Bailar
ITALIAN: Ballare
FRENCH: Danser
GERMAN: Tanzen

Did you know?

THERE ARE FOUR MAIN CLEFS USED IN MODERN MUSIC: TREBLE, BASS, ALTO, AND TENOR.

ANSWER: ELECTRIC GUITAR

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: ELECTRIC GUITAR

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to crochet. Each number corresponds to a letter. (Hint: 1 = T)

A. 19 1 12 1 24 17
Clue: Loop of thread around hook

B. 25 3 6 9
Clue: Spun thread

C. 18 3 1 1 4 6 9
Clue: Model or form

D. 17 16 7 7 25
Clue: Enjoyable pursuit

Answers: A. stitch B. yarn C. pattern D. hobby

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!

Here's How It Works:
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!

Level: Intermediate

ANSWER: 7 6 5 4 3 2 1 8 9

DON'T MISS A BEAT

CHECK OUT THE SPORTS ACTION!

Illustration of various sports equipment: a football, a basketball, a tennis racket, a baseball bat, a soccer ball, and a tennis ball.



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OBITUARIES

Tracy L. Elliott, 58



Tracy L. Elliott, 58, of Brooklyn, passed away February 28, 2023 at Backus Hospital in Norwich. She was born in Putnam, February 25, 1965, daughter of the late Ralph and Irene (Morrell) Elliott. Tracy was an Ellis Technical High School graduate of the class of 1983. She worked at Bollore, Inc in the customer service department until her passing.

Tracy was an avid UConn women's basketball fan and enjoyed riding her motorcycle, snowmobiling, and cooking for her family and friends especially during holidays. She also loved spending time with her dogs Max, Sammy, and Finn. Tracy is survived by many friends and cousins. Visitation will be held in Tillinghast Funeral Home 433 Main St. Danielson on Saturday March 11, 2023 from 11am-1pm. Burial will be private. tillinghastfh.com

Norman A. Hall, 72



Thompson – Norman A. Hall, 72, of Thompson, passed away on February 28, 2023, from medical complications from a recent surgery. He was born in Putnam, Ct., and was the son of the late Norman S. Hall and Anne Theresa (Baker) Hall. Norman attended the Putnam school system and graduated from Ellis Technical Vocational School with a certificate in the Masonry Trade. Norman owned and operated his own masonry business for over 40 years. He was a highly skilled and talented mason who built hundreds of fireplaces and chimneys in the surrounding towns. He also owned and operated a Chimney Sweep business for nearly 30 years, cleaning thousands of chimneys in his career. Norman loved taking trips to Cape Cod with his family every year and also enjoyed taking his sons fishing when

they were younger. After Norman retired from the masonry business, he lived for a few years with his sister in Florida. He loved going to flea markets to find humming birds and bull-dogs to add to his collection. He had a deep love for all animals and passed that along to his children. Norman is survived by his ex-wife, JoAnn Hall of Thompson, his two sons, Brandon Hall and Noel Hall, both of Thompson, brother Spencer Hall and his wife Linda of Putnam, Ct., sister Karen Hall and Tom Gee of Eastford, Ct. and a very close family friend, Jamie Boucher, of Thompson, with whom Norman resided after returning from Florida a few years ago. Norman was predeceased by his brother Paul Hall, of Killingly, Ct. Funeral arrangements are private at the request of the family and have been entrusted to Gilman & Valade Funeral Homes & Crematory. For memorial guestbook, visit [www. GilmanAndValade.com](http://www.GilmanAndValade.com).

Food drive in Putnam for local needy

PUTNAM — There will be a food drive for the Daily Bread Food Pantry for local, needy people on Saturday, March 11, from 9 a.m. to noon at the Cargill Council 64 Knights of Columbus

Hall, 64 Providence St., Putnam. Please bring your non-perishable food items and tax-deductible monetary donations, to help your neighbors in need. If you can't get there in

person, then please mail your check to Interfaith Human Services of Putnam. P. O. Box 281, Putnam, CT 06260. For information, please call (860) 928-7241.

Souper Supper returns March 25

WOODSTOCK — The revived annual Souper Supper will be held on March 25 from 5 to 7 p.m. at the East Woodstock Congregational Church in Woodstock. Sponsored by the WDTC. Tickets \$10. Call 860-428-5074 or at the door.

Local residents make Dean's List at Wentworth Institute of Technology

BOSTON, Mass. — The following local students have made the Dean's List at Wentworth Institute of Technology for the Fall 2022 semester:

- * Jenna Gormley of Woodstock
- * Jonathan Creswell of Dayville
- * Michael Hanrahan of Thompson

Wentworth Institute of Technology Founded in 1904, Wentworth Institute of Technology is a nationally ranked university offering career-focused education through bachelors and graduate degree programs in areas including engineering, architecture, computing and data science, life sciences, management, and design. Its 31 acres are

situated in the Fenway neighborhood of Boston, Mass., within walking distance of several leading cultural, educational, sports, and medical hubs. Wentworth is known for its emphasis on career preparation for students through its leading co-op programs, hands-on learning approach, and alignment with 21st-century workforce needs.

Send all obituary notices to
Stonebridge Press, PO Box 90,
Southbridge, MA 01550, or by e-mail
to obits@stonebridgepress.news



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LEGALS

LEGAL NOTICE
NOTICE OF PRIVATE SALE
AMERICAN SELF STORAGE UNITS
179 QUINEBAUG RD.
NO. GROSVENORDALE, CT 06255
March 21, 2023
INSPECTION TIMES: 10 :00AM & 3:00PM
Sale of all goods stored in delinquency at AMERICAN SELF STORAGE UNITS.
The following named people have until the morning of sale to settle their account, including all subsequent fees pertaining to sale, and to vacate their unit or the unit will be sold to cover debts, Unit# sorted by contents.
B50 LUCAS R. PERRY
B26 LAURETTE A. BELLERIVE
D45 TARA J. COTE
J36 FELICIA L. MECK
G14 CAROL A. TURNER
K23 JEFFREY P. RYAN
Cash or certified check only. All sales final. Merchandise must be removed within five (5) working days of bid acceptance. Highest bidder must pay a \$100.00 deposit on unit and will be returned when said Highest bidder will be notified by telephone the following business day
Date: March 10,2023
Date: March 17, 2023

Town of Thompson Planning and Zoning Commission Legal Notice
The Thompson Planning and Zoning Commission held a Public Hearing on Monday, February, 27, 2023, at 7 PM in the Merrill Seney Community Room, Thompson Town Hall, 815 Riverside Drive North Grosvenordale, CT and via ZOOM, and approved the following applications:
PZC 23-01 Applicant Green Valley Self-Storage LLC, Zachary LaBonte, property owner of 72 Main Street, KKB Acquisition LLC, 1919 Flowers Circle, Thomasville, GA., Map 169, Block 88, Lot 65A, 65 and 64. 4.2 acres (3 lots)to develop Storage Rental Facilities (climate controlled) and Office Building. Article 4F, Section 2-27. Approved with condition.

PZC 23-03 Applicant Baystate Investment Fund LLC. Property owner of 26 Main Street, St. Joseph's Catholic Society, 18 Main Street, Thompson, CT Map 169. Block 94, Lot 3, Zone DMRD,2.4+/- acres development of structure to 40 residential units, inclusive of 1 handicap, 4 affordable housing, 60 parking spaces, 6 electric charging stations Article 4F, Section 2-21
Approved with 2 conditions
Respectfully submitted
Joseph Parodi-Brown, Chairman
March 1, 2023
Date: March 10, 2023

TOWN OF KILLINGLY METERED USE LEGAL NOTICE
Payments will be received in the Revenue Office, 172 Main Street Killingly CT 06239, as follows; office hours are Monday, Wednesday, Thursday 8-4:30PM Tuesday 8-5:30PM Friday 8-11:30AM. By Mail, online, or in our drop box.
The second installment metered use is due March 1, 2023, if payment is not received on or before March 31, 2023 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.killingly.org
Dated at Killingly this 14thⁿ day of February 2023
Patricia Monahan CCMC
REVENUE COLLECTOR FOR THE TOWN OF KILLINGLY
February 24, 2023
March 3, 2023
March 10, 2023

Town of Thompson Planning and Zoning Commission Legal Notice
The Thompson Planning and Zoning Commission held a meeting on Monday, February, 27, 2023, at 7 PM in the Merrill Seney Community Room,

Thompson Town Hall, 815 Riverside Drive North Grosvenordale, CT and via ZOOM, and approved the following applications for a Public Hearing on Monday, March 27, 2023
PZC 23-07 Applicant Jason Lavallee, 0 Riverside Rd (corner of Riverside Rd and Azud Rd),Map 67, Block 53 Lot 1 H and 1G, Zone TCDD, owner Lavallee Construction, LLC, Rich Rd, North Grosvenordale, Ct, Special Permit request for construction of multi-family dwellings under Zoning Regulations Article 4E, Section 2-#30.
PZC 23-08 – Town of Thompson Planning and Zoning Commission of 815 Riverside Drive, Amendment Zoning Regulations Format change, codification.
Respectfully submitted
Joseph Parodi-Brown, Chairman
March 1, 2023
Date: March 10, 2023

TOWN OF WOODSTOCK LEGAL NOTICE
I. At a Special Town Meeting held February 28, 2023, the following Town Ordinance was repealed: ORDINANCE CONCERNING FORECLOSED LAND, EFFECTIVE OCTOBER 1, 1956
Repeal is effective two weeks after this publication
II. At a Special Town Meeting held February 28, 2023, the following ordinance was amended: AMENDMENT IV TO THE ORDINANCE CREATING THE WOODSTOCK AGRICULTURAL LAND PRESERVATION AND LAND ACQUISITION FUND
Adopted May 3, 1999
Effective June 4, 1999
(By amending Section 5)
Adopted February 28, 2023
Effective Two weeks after this publication
The full text of the Amendment is available

at the Office of the Town Clerk. Attest: Judy E. Walberg, Town Clerk March 10,2023

Town of Thompson Planning and Zoning Commission Legal Notice
The Thompson Planning and Zoning Commission held a Public Hearing on Monday, February, 27, 2023, at 7 PM in the Merrill Seney Community Room, Thompson Town Hall, 815 Riverside Drive North Grosvenordale, CT and via ZOOM, and approved the following applications:
PZC Application #23-05 applicant Strategic-Commercial Realty, Inc. dba Rawson Materials Applicant, property owners Lynn Rawson Landry & Cheryl Jane Foshay, 0 Quaddick Town Farm Rd, Map 145, Block 14, Lot 14, Zone R-40 gravel operation renewal permit, Zoning Regulations 2012, **Article IX, Section 5, F-1. Approved**
PZC 23-06 Applicant Hany Youssef property owner of 274 Riverside Drive, Map 87, Block 95, Lot 39, Zone TCDD, request Zoning Permit with Site Plan Review by Commission to operate a Business; Arcade, Pool Hall, Bar and food, Zoning Regulations Article 4E, Section 2 #8. **Approved. Respectfully submitted Joseph Parodi-Brown, Chairman March 1, 2023**
March 10, 2023

NOTICE TO CREDITORS
ESTATE OF Sharon Schanal (23-00039)
The Hon. Gabrielle Labonte, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 24, 2023, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.
Elyssa A. Foley, Clerk
The fiduciary is:
John Shea, 218 Paine Road, Pomfret Center, CT 06259
Date: 02/24/23
Date: March 10, 2023



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HOCKEY

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them a 3-2 loss — and then celebrated wildly on the Centaurs’ home ice — they were heartbroken and disappointed.

On Saturday, March 4, almost a year removed from that anguish-inducing loss, Woodstock Academy, riding a 12-game winning streak, made sure history did not repeat itself, defeating Eastern Conn., 5-1, before an overflow crowd at the Jahn Rink.

“Last year we came into this game believing we were vastly superior and that we were going to easily win the game,” said Woodstock Academy first-year coach Mark Smolak, an assistant on last year’s team. “Eastern Connecticut came out and punched us hard in the mouth twice pretty quickly and we couldn’t get back. So, the (pre-game) message was, ‘guys, you need to remember that feeling from last year.’”

Centaurs’ senior forward Max Larkin remembered.

“I remember, and everyone else remembers, too, those guys skating straight to our student section last year and showing them the trophy and waving that banner right in front of our student section, right in front of our families,” Larkin said. “That wasn’t going to slide this year. In the locker room before the game Jacob Jurnovoy and I told the guys we had unfinished business with this team.”

Larkin gave 20-1 Woodstock Academy a

1-0 lead at the 12:43 mark of the first period, scoring on a hard shot from just inside the blue line. The shot, rising as it neared the goal, whistled over Eagles’ goalie Cam McCollum’s right shoulder.

“Donny (Sousa) made a super sick move as he came across the middle, putting the puck through one of their kid’s legs, but he got taken out with the body from that kid,” Larkin said, explaining the goal. “I picked up the puck and I saw (McCollum) give me a wide-open space, blocker side, so I just leaned into it and fired the puck, and it was bar down — the puck hit the cross bar and went straight down into the net. What a great feeling.”

Smolak said he wasn’t surprised by Larkin’s accurate long-range goal.

“Max has the hardest shot on the team,” Smolak said. “I’ve been telling him, ‘you’ve got to take the puck to the middle of the ice; it gives you more options. And when you release it, you’ve got to get it off quick.’ When Max does that, he’s a very dangerous player.”

Eastern Conn. (7-14) tied the game, 1-1, at the 7:53 mark of the second period, but the Centaurs re-took the lead, 2-1, on a power-play goal by Sousa with 29.6 seconds remaining in the period.

“Ian (Sherman) took a shot from the right side and I got the rebound right out in front and passed it over to Donny,” said Woodstock Academy center Noah Sampson, who had a pair of assists in the victory.

Sousa then one-timed



Photo courtesy Amy Sampson

The 2022-2023 Woodstock Academy Centaurs mug for the camera after winning the Nutmeg Conference Tournament championship.

it past McCollum on the short side, the puck — somehow — sneaking into the goal between the post and McCollum’s oversized leg pad.

The Centaurs extended their lead to 3-1 on an unassisted goal by Maxx Corradi with 11:57 remaining in regulation.

Corradi, who has scored a team-best 36 goals, took a shot from about 20 feet out that was stopped by McCollum, but Corradi skated in, picked up the rebound and shot a second time. His second shot deflected off McCollum’s pads and bounced into the net.

Corradi, off an assist from Sampson, and Sousa both scored empty-net goals in the final minute of regulation to account for the 5-1 final.

“We were all on a mission this year,” Sampson said. “We all wanted to get back to this game and win it, but Max and Jacob were very locked in about winning this game from Day 1. They wanted revenge.”

Woodstock Academy beat Eastern Conn. twice in the regular season — 3-0 in its season-opener on Wednesday, Dec. 14, and 6-2 on Friday, Feb. 24 — but the March 4 victory was the one Jurnovoy wanted the most.

“Ever since we came off the ice last year after losing this game (the Nutmeg Conference Tournament championship) we wanted to face them again in this game and win it, and we did,” Jurnovoy said. “We definitely had unfinished business with this team. We wanted to finish off that unfinished business, and we did.”

Jurnovoy was happy Woodstock Academy defeated Eastern Conn. in the Nutmeg Conference Tournament final, but he’s not satisfied.

“The small goal was winning this game, but eventually we want to play for the champi-

onship, for the state title,” said Jurnovoy, the Centaurs’ team captain. “We’re definitely still a work in progress.”

Second-seeded Woodstock Academy put its 13-game winning streak on the line on Tuesday, March 7, when it hosted fifteenth-seeded Glastonbury (7-12-1) on Tuesday, March 7 (after press time) at the Jahn Ice Rink in the first round of the Connecticut Division II Boys’ Hockey Tournament. The Centaurs defeated Glastonbury, 3-1, at the Jahn Rink on Saturday, Feb. 18.



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Jason McKay photo

Woodstock Academy’s Max Larkin winds up and takes a shot that ultimately turned into the Centaurs’ first goal of the game.

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Noah Sampson of Woodstock Academy attempts to avoid and maneuver past the rushing defender.

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