

Friday, August 14, 2020

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LOCAL HOCKEY STANDPOINT RECEIVES SCHOLARSHIP

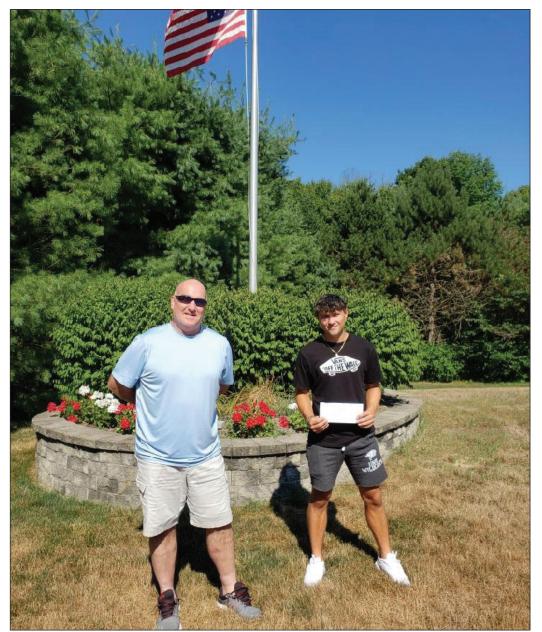


Photo Courtesy

Woodstock Academy Senior Captain Austen LeDonne (pictured here with Dennis Lawlor) was awarded with a scholarship from the Jahn Rink Men's Hockey League. He is the first time recipient of this award in recognition of his hard work on and off the ice at the Woodstock Academy.

Day Kimball names Employee of the Month

PUTNAM — Sylwester Czado, physical therapy assistant for the physical medicine and rehabilitation department at Day Kimball Healthcare Center in Putnam, has been named employee of the month for July by Day Kimball Healthcare (DKH).

Czado, who has been working in the healthcare field for 8 years, began his career at DKH in June 2016. Prior to joining Day Kimball he worked at a skilled nursing facility in Rhode Island. In his role, Czado assists patients with mobilization and helps them re-gain their strength and independence.

According to Czado's supervisor, Patti Bernier, director of ancillary services, Day Kimball Hospital, "Sylwester is gentle mannered, always has a smile, and gives off positive energy. His compassion and kindness carries over from his patients to their families, and his coworkers. Sylwester exemplifies the DKH core value of customer service, always going the extra mile for his patients. We are proud to have him as part of our team."

In response to being named employee of the month, Czado



Sylwester Czado

said, "I am shocked and surprised, but honored to have been recognized in this way."

When asked what he likes most about his job, Czado said, "I love meeting new people and seeing patients improve and reach their maximum potential as well as their goals."

Czado was born and raised in Woonsocket, Rhode Island. He currently resides in Webster, Massachusetts and looks forward to marrying his fiancée,

Please Read CZADO, page A9

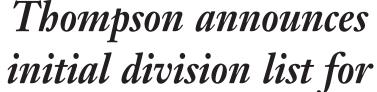




Photo Alan Ward — Courtesy

The NASCAR Whelen Modified Tour is one of 15 divisions and series that have been confirmed for the 58th World Series of Speedway Racing at Thompson Speedway Motorsports Park.

58th World Series

THOMPSON — American-Canadian Tour (ACT), Pro All Stars Series (PASS), and Thompson Speedway Motorsports Park officials have announced the initial list of participants for the 58th World Series of Speedway Racing. Fifteen divisions and touring series have been confirmed for the event scheduled for Friday, Oct. 11 through Sunday, Oct. 13. Additional divisions could be added as discussions continue.

The NASCAR Whelen Modified Tour will once again return to the World Series for a 150-lap event. The NASCAR Modifieds have been part of every World Series since the touring era began in 1985, making this their 36th consecutive appearance at the prestigious event.

They are just one of several Modified events throughout the weekend. A Tour-Type Modified Open is scheduled and the 350 Supermodifieds will be part of the program. Thompson's Sunoco Modifieds and SK Light Modifeds are also slated for the World Series. The rest of Thompson's local divisions are on the card as well, including the Limited Sportsmen and Mini Stocks.

Local Thompson Late Model racers can take part in a nonpoint open event for ACT-type

Please Read WORLD SERIES, page A9

Woodstock Academy creates hybrid eLearning model for Fall 2020

WOODSTOCK — After careful planning and evaluation, The Woodstock Academy has chosen to pursue teaching and learning through a hybrid eLearning model in the fall. The plan, called an Adjustable Instruction Model (AIM), allows The Woodstock Academy to safely provide consistent, robust, and high-quality eLearning to all students and approved optional, in-person instruction and activities in controlled, small group settings.

"Earlier this year, we were eagerly preparing for our students to return to campus and to resume the excellent education and experiences our students have come to expect. But it has become clear in our current climate, that pivoting now to a hybrid learning model is the best option for our students' health, safety, and educational well-being," said Christopher Sandford, head of school at The Woodstock Academy.

Sandford explained that, in addition to student health, the driving factors behind the decision were, first, the inability to meet state guidelines for full reopening, then the health of the local area and the current structure of the public health system not allowing for timely information to make databased decisions. of live eLearning classes and one day a week, Wednesdays, dedicated to optional in-person activities on campus and additional office hours for individualized instruction. The plan was developed in conjunction with local sending towns to continue to offer town-provided transportation to campus.

Holly Singleton, associate head

Please Read LEARNING, page A9

The AIM model includes four days

David C. Howes named Interim Principal of Quinebaug Middle College

DANIELSON — EASTCONN is pleased to announce that David C. Howes has been chosen to lead EASTCONN's Quinebaug Middle College (QMC) as its interim principal. Howes assumes his new role immediately, following the departure of Mary Kay Tshonas earlier this summer.

"David joined EASTCONN

last summer as principal of The LEAP School, an alternative high school in Willimantic," said EASTCONN Leading & Learning Director Diane Dugas. "His work with our LEAP students and staff has been exemplary. And, because he has worked with staff from all of the EASTCONN schools, including QMC, David will be able to seamlessly transition from his exclusive role at LEAP, which he will continue to oversee, to his new role at QMC."

Howes was previously principal and executive director at New London's Interdistrict School of Arts and Communication (ISAAC), where he began teaching in 1998. He was an education consultant for Hartford and New Haven, and served as assistant principal in Hartford. He earned his B.A. and master's from Connecticut College and a Sixth Year in Educational Leadership at UConn, where he also completed UConn's Executive Leadership Program and holds both Superintendent (093) and School Administrator (092) certificates.

"I am excited and honored to join the talented and caring staff at Quinebaug Middle College at this unique and uncertain time. My goal is to lead by listening and being responsive to the needs and

August through the ages



KILLINGLY AT 300 MARGARET

WEAVER

In last week's column, I wondered about the beginnings of farmers' markets in Northeastern Connecticut. Frank Anastasio sent an email with the following information: "The Northeast CT Farmers Market was established in Danielson in 1980. It was founded by a small group of farmers who responded to an initiative by Don Francis, who at

the time was a UConn Extension Agent in the Brooklyn Extension Service. The group met over the winter months to plan, write by-laws and search for a location. The Poludniak family graciously offered the use of their property on Westcott Road where the Dunkin Donuts and other businesses now stand. The first year attracted about fifteen farmers to sell fruits and vegetables from their own farms. It was immediately very successful at attracting large crowds. Brisk sales encouraged farmers to expand their production the following year and to eventually add a Putnam location at the Marketplace Restaurant" (email, Aug. 7).

I was looking through Windham County Transcript articles from summers past and decided to see what was going on in 1870. I was thumbing

> through extracts to get to August but the following caught my eye. Apparently, the end of July 1870 had been quite hot and articles in the July 28 edition were talking about the necessity of a street sprinkler. (Now I'm writing this on a very dry, breezy Sunday so I can easily imagine the dust!). The following seems to be a letter to the editor.

"In one of our churches last Sunday the sexton had to dust the settees of the vestry twice to renHad our stores been open, dry goods, meat, etc. to the amount of many thousands would have had a visit from old Sahara. What will be the experience of the washerwoman who cleanse the clothing of our families, as the result of men's negligence? Why cannot our main thoroughfare be wet down twice a week? If that is too much will not our citizens see the importance, after the numerous teams have mostly left, of giving the streets one good wetting down at night on Saturday? Will it not be cooler these hot Sundays? Only think of this church-going community sweating away in its Sunday-best, well coated with sand! Cannot something be rigged up that will give us artificial refreshing, in the absence of heaven's rain? Signed, Anti-Sand."

I guess there were a number of residents who shared the above sympathies for the Aug. 4, 1870 Transcript reported, "Watering the streets---A paper has been circulated among our merchants for signatures to a subscription fund to be expended upon the necessary apparatus for watering the main thoroughfare of our village during the 'dusty term'. By the payment of 50 cents a week by each person subscribing to the fund, Main Street may be well watered and thus rendered a comfortable place to travel upon." I wonder what happened to the places "in between?"

Mention was made of several building that were under construction in downtown Danielsonville. "Mr. Sherman, the Agent of the Danielsonville Company, is erecting a brick building of considerable size for an office. It is put near the East side of the new factory (corner of Maple Street). On Furnace Street, Mr. William P. Adams, marble manufacturer, is erecting a two-story house to be occupied by himself. On the corner of Broad and Reynolds, the foundation for Mr. Clark's brick house is completed. There are to be bay-windows and other modern attractions to make this a fine house (present Gagnon-Costello Funeral Home).

In August 1870, work was also being done on a portion of Main Street. "A great improvement is being made on that portion of Main Street lying west of the railroad until it reaches the new brick mill (Danielsonville Mill mentioned above). A large number of workmen with teams have been employed for some time, and for once we believe the grumblers acknowledge that the street is decidedly improved. When the new bridge across the Quinebaug is completed, which we are informed will be two or three feet higher than the present structure, the grade from the West side will be nearly level.

In August 1872 the Transcript reported, "The Union Brass Band was organized last Tuesday evening, and the first rehearsal was held in School Hall. Organization is composed of a part of the members of the Wauregan and

mai

der them any ways decent to sit upon. old Quinebaug Bands. The following officers were elected, President, Harry Wilson; Vice President, C. N. Capron; Secretary and Treasurer, O. W. Bowen; Leaders, Messrs, Leavens and Pray.' (WCT, Aug. 1, 1872).

> Baseball was apparently becoming popular. "The Active Base Ball Club has been organized in this village" (WCT, Aug. 1, 1872). I wonder where the team played? I am a huge Red Sox fan so am Very Glad that the teams are playing even under Covid restrictions. It's funny to see "fake fans" in the stands.

In August 1876, ground-work was being done to prepare for the construction of a grand brick Music Hall (the present Killingly Town Hall). "The cellar to Music Hall building is to be 146 feet long by 60 feet wide. Mr. Searles is taking off the surface ground and depositing it on School Street, which is to be elevated two feet or more nearly the entire length" (WCT, Aug. 10, 1876). More was reported several weeks later, "We are pleased to hear that our own mechanics have succeeded in obtaining the contract to build the new Music Hall block. Messrs. Clark & Walker will do the mason work (including the iron and stone work), and Messrs. Underwood & Bowen, the carpentering. The building will cost, including lot, nearly \$30,000' (WCT, Aug. 24, 1876).

George J. Clark, also mentioned earlier in this article, was a stone and brick mason. According to numerous entries in the Killingly Business Encyclopedia by Natalie L. Coolidge, Clark worked on a number of the brick buildings in Danielson including the former Killingly Grammar School, the Evans Block and houses of the Quinebaug Company (Brooklyn side of the Quinebaug River). In addition he did sidewalk work, "Some people prefer the brick walk to the concrete" (extracted from WCT, July 28, 1870). His partnership with Aaron T. Walker was dissolved March 1, 1878 (extracted from WCT, March 28, 1878). Clark died in 1900, age 71.

The mail is being checked although the Killingly Historical and Genealogical Center is closed. Please send your membership renewals to P.O. Box 265 Danielson, CT 06239.

Margaret M. Weaver Killingly Municipal Historian, August 2020. Special thanks to Frank Anastasio. For additional information email me at margaretmweaver@gmail.com or visit the Killingly Historical & Genealogical Center Wed. or Sat. 10-4 (when it reopens) or www.killinglyhistorical.org. or call 860-779-7250 (when the Historical Center reopens). 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



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VILLAGER ALMANAC

AT CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Aug. 3: American Kestrel, Bobolink, Eastern Kingbird, Wood Thrush, Veery, Ovenbird, Catbird, Redtailed Hawk, Barred Owl, Barn Swallow, House Wren, Carolina Wren, White-eyed Vireo, Common Yellowthroat, Louisiana Waterthrush, Goldfinch. Visit ctaudubon.org/ pomfret-home.



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Pomfret Town-Wide Tag Sale set for Sept. 5

POMFRET — Normally held in May, Pomfret's 14th Annual Town Wide Tag Sale will happen on Saturday, Sept. 5. Through this event, the all-volunteer business group Pomfret Proprietors has raised and donated thousands of dollars to support local causes. This year, funds will be donated to the Pomfret Public Library's capital campaign for an expansion. Make sure you visit Pomfret to enjoy many bargains plus benefits to the local community.

Starting at 7 a.m., purchase a map to guide you to dozens of participating residences, businesses and organizations spread throughout town. A Town Wide Tag Sale Map makes bargain hunting a breeze. Maps will be sold for \$2 each at Pomfret Community School (20 Pomfret St., corner of Routes 169 & 101) and Christ Church (521 Pomfret St.).

Some group fundraisers include The Friends of Pomfret Public

Library's Used Book Sale, which will be held at the Old Pomfret Townhouse, 11 Town House Dr., from 7 a.m. - noon. It will feature current fiction, non-fiction, children's books, and biographies. Prices range from 50 cents to \$1, plus a \$5 Bag Sale from 11 a.m. - noon. The Windham Tolland 4-H Camp will host a sale on the 4th and 5th from 9 a.m. – 1 p.m. at the Horse Camp (326 Taft Pond Road). The Pomfret Lions Club will also host a sale on the corner of Routes 169 & 101. A great place to walk, Connecticut Audubon Society Center at Pomfret will be raising funds for sanctuary and trail maintenance. They will have a wide variety of items for sale outside the Center on 218 Day Rd. Pomfret School Faculty Louisa Jones is hosting a sale (location TBA) to raise money for the non-profit organization GoldenEd (GoldenEd.org), which provides disadvantaged children

in Ghana with educational tools and athletic equipment. Consult your map for many more tag sale locations all over town.

Connecticut residents and visitors are urged to continue taking precautions to prevent the spread of COVID-19. In accordance with Governor Lamont's Executive Orders, the Pomfret Proprietors request that all Tag Sale visitors and hosts practice social distancing, wear a face mask while on people's private property and to please use hand-sanitizer before exiting your car.

While you're in Pomfret, please enjoy the sights, shops and restaurants of our lovely, historic town. Go to VisitPomfret.com or www.facebook. com/PomfretProprietorsAssoc for more information. Questions? Contact Martha Emilio (860) 974-1583 / Martha@ majilly.com.

William LaFiandra receives Freeman M. Saltus Prize from College of the Holy Cross

WORCESTER, Mass. — William LaFiandra of Woodstock, an Economics & Political Science major, has received the 2020 Freeman M. Saltus Prize from College of the Holy Cross.

The Freeman M. Saltus Prize is awarded for excellence in writing essays on labor or economics.

About Holy Cross

The College of the Holy Cross, in Worcester, Mass., is among the nation's

leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

Yard sale planned in Pomfret

POMFRET — A big yard sale will be held at the 4-H horse camp, 326 Taft Pond Rd., Pomfret, Friday, Aug. 14 and Saturday, Aug. 15 from 9 a.m. – 1 p.m. Under cover, rain or

enware, toys, some tools, household items – something for everyone. Masks required; practice social distancing; no restrooms.





ACCURACY WATCH

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

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



Putnam police log

PUTNAM — The Putnam Police Department reports the following recent arrests.

Jason Daniels, age 33, of Central Village was arrested on Aug. 4 for Violation of a Restraining Order, Threatening, Harassment, Stalking, and Disorderly Conduct.

Andrew Ladouceur, age 34, of Putnam was arrested on Aug. 9 for Assault and Breach of Peace.



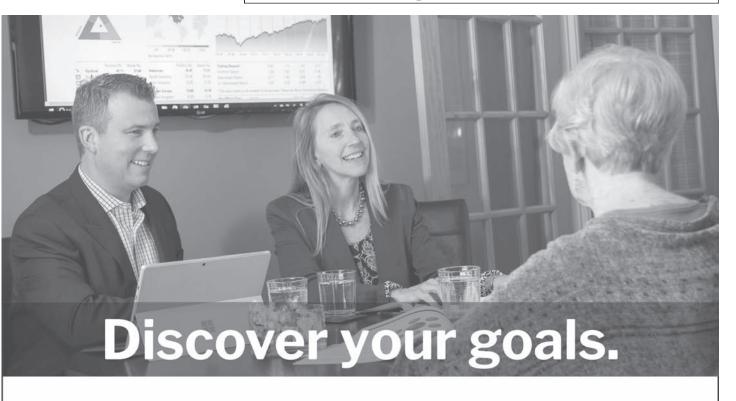
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Celebrating National Health Center Week 2020

UCFS LAUNCHES TWO MASK-UP CAMPAIGNS TO FIGHT THE SPREAD OF COVID

REGION — In support of its long-standing mission of ensuring the health and well-being of the community, UCFS Healthcare is capitalizing on National Health Center Week 2020 (Aug. 9-15) as an opportunity to promote safe and healthy practices to help the fight against the global health pandemic in the Southeastern Connecticut community. Connecticut is one of the few states in the nation that is holding the line on the spread of this virus. Even so, hot spots are flaring up where disregard for masks and safety is proving to be a disregard for life.

With the arrival of this national awareness week, UCFS Healthcare is launching two community health campaigns:

1, 2, 3 – Wear a Mask for You & Me (focused on school-age children) Mask Up. Numbers Down (focused on

workplace and general consumers)

Both of these campaigns seek to engage the entire community — from corporations to classrooms - encouraging necessary mask compliance for every employer, employee, educator and student.

"I thank the more than 40 community leaders who have stepped up to mask-up and to literally carry this important message to their local communities and organizations," said Pamela Allen Kinder, Vice

President of Business Development at UCFS Healthcare when describing the #MaskUpNumbersDown campaign. "During National Health Center Week, through social media channels. we will be showcasing these individuals who are leaders in many ways, including driving positive public health outcomes."

For the 1, 2, 3 — Wear a Mask for You & Me campaign, UCFS Healthcare is packaging kits for local schools and classrooms that provide child-size (and hard to find) masks and sanitizer with the hope to make compliance more comfortable and easier for all involved.

"We cannot let months of sacrifices by so many — businesses, schools, providers, essential workers — be lost due to lack of participation in this simple task — wearing a mask, stated Jennifer Granger, President/CEO of UCFS Healthcare.

Youth masks and hand sanitizer kits can be picked up on the following dates/ and locations:

Tuesday, Aug. 11 (9-10 a.m.) – Griswold Health Center (226 East Main St., Griswold)

Wednesday, Aug. 12 (9-10 a.m.) Plainfield Health Center (120-122 Plainfield Rd., Moosup)

Thursday, Aug. 13 (9-10 a.m.) — The Edward & Mary Lord Family Health Center (47 Town St., Norwich)

Tying it all together, UCFS Healthcare will continue to offer Free Drive-Up Community COVID-19 Testing

at our Norwich,

Business Communit er Norwich er of Com #Mask Up. Numbers Down.

Always a community advocate, Angela Adams of the Greater Norwich Chamber of Commerce shows that wearing a mask... means business.

Griswold and Plainfield Health Centers as well as Pop UP COVID-19 testing at the locations below. This free testing does not require symptoms or doctor's orders but does require scheduling. To schedule a COVID-19 test, please call (860) 822-4919.

Wednesday, 12 (1-3)Aug. p.m.) — Montville Senior Center (12 Maple Ave., Uncasville)

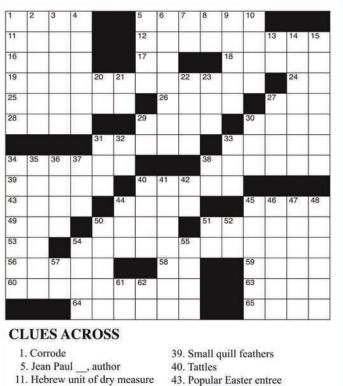
(9:30-11:30 Thursday, Aug. 13

Photo Courtesy

a.m.) — The Arc Eastern CT (125 Sachem St., Norwich)

Thursday, Aug. 27 (9:30-11:30 a.m.) — AHEPA 250-II (95 Clark Lane, Waterford)

For more information about any of these initiatives or the many programs/services provided by UCFS Healthcare, follow them on social media or visit www.ucfshealthcare.org.



44. Beneficiary

49. Payroll firm

56. Eyelashes

alphabet

53. The Fighting Irish

54. Skilled, paid worker

59. Large, stocky lizard

60. Made poisonous

64. Sticky substances

65. A type of gin

50. Lower Normandy's largest city

51. Binary compound of halogen

58. The 12th letter of the Greek

63. Former US Secretary of State

45. Clothed

HONORS MULTIPLY FOR LOCAL VETERAN



11. Hebrew unit of dry measure 12. A type of scientist 16. Greek goddess of discord 17. For Red Sox MVP 18. It checks your speed 19. Made dirty 24. The First State 25. Lodgings 26. Spiritual leader 27. Bradley Int'l Airport code 28. Native American people 29. Sharp pain 30. Touch 31. Slowly disappears 33. Indigenous Russian people 34. Narrative poem 38. Some are bad

CLUES DOWN 1. To return an echo

3. Japanese religion

6. Poisonous plant

4. Predilections

7. Road open

8. Atomic #81

composer

10. Oh, God!

23. Check

13. Potato state

14. Most melancholic

21. A title for women

27. Bolivian river

29. South Dakota

31. Supervises flying

30. Wonderful

32. Commercial

15. Supportive framework 20. Hollywood's Pacino

2. Displace

5. Partial

33. More (Spanish) 34. Even distribution of weight 35. "Arabian Nights" hero 36. Compact mass of a substance 37. Bachelor of Laws 38. Halfback 40. Some of it is ground 41. They play in the trenches 42. Atomic #18 9. Accomplished American 44. Chinese Prefecture 45. Fabrics 46. Being in a direct line of descent from an ancestor 47. In slow tempo 48. Flood 50. Long-necked bird 51. Secondary school 22. Popular Grammys alternative 52. Artificial intelligence 54. Structure by the water 55. Lather 57. What happens there stays there 61. A bone 62. The Great Lakes State

The honors keep coming for Victor E. Lippiello (center), the World War II veteran who turned 100 on July 16, $2020.\ Lippiello, pictured with American Legion Post \# 13 Commander Brian D.\ Maynard (left) and District \# 44 Commander Brian D.\ Maynard (left) and D.\ Maynard (le$ Commander Ronald P. Coderre, received a personalized letter from United States President Donald Trump congratulating Lippiello on his birthday and his service to our country in the Philippines.



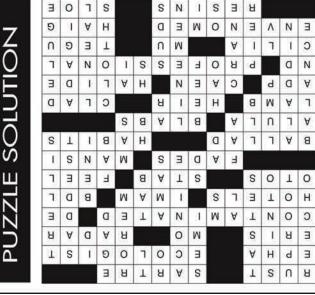


Photo Courtesy

Old-fashioned dessert gets a kick from fruit

\While the focus of a tasty recipe is often on the finished product, no delicious dish could be crafted without the necessary ingredients. Commeal is a versatile ingredient that's used in a wide range of dishes, from pizza to desserts to much, much more.

This slow-cooker recipe for "Cornmeal Pudding" from "The Healthy Slow Cooker (Second Edition)" (Robert Rose) by Judith Finlayson lets the appliance do most of the work. After several hours you are rewarded with a tasty treat.

Fruit-Studded Cornmeal Pudding Makes 8 servings

4 cups milk or non-dairy alternative

- 23 cup stone-ground cornmeal
- 3 eggs, beaten
- 1/4 cup butter
- 1/2 fancy molasses
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon freshly grated nutmeg
- 1/4 teaspoon sea salt

Dried fruit of choice, such as cherries

In a saucepan, heat milk over medium heat, stirring often to prevent scorching, until boiling. Gradually whisk in cornmeal in a steady stream. Cook, stirring, until mixture begins to thicken and bubbles like lava, about 5 minutes. Remove from heat.

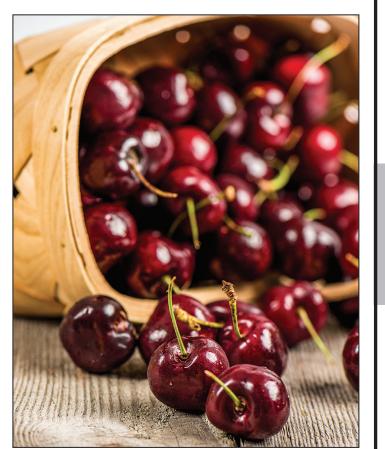
In a small bowl, combine eggs with about 12 cup of the hot cornmeal, beating until combined. Gradually return to pot, mixing well. Stir in butter, molasses, ginger, cinnamon, nutmeg, and salt. Transfer to prepared stoneware.

Place a tea towel folded in half (so you will have two layers) over top of stoneware to absorb moisture. Cover and cook on high for 3 hours, until set. About half an hour before the pudding has finished cooking, stir in 1/2 cup dried fruit of your choice. Spoon into individual serving bowls and top with fresh fruit, vanilla ice cream or a dollop of whipped cream, if using.



IS A QUEST

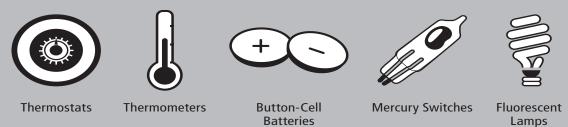
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BRENDAN BERUBE Editor

A challenge... and an opportunity

School this fall will be an unprecedented experience for students from pre-school all the way through graduate school. With districts ironing out re-opening plans, it's important to remain patient and to withhold judgement. Administrators are working with their respective state guidelines, communities and experts in every aspect of education, and health to keep staff, students and families safe. Now is not the time to be a know-it-all because the fact will always remain, that we don't know it all, and never will.

At this time, it's best to leave things up to the experts and remember that this is only temporary. The powers that be as far as re-opening goes, are doing the best they can, given the unfortunate and unpredictable circumstances they've been put in. The only thing left to do is to be supportive. Anything apart from that is simply counter-productive.

Students of all ages are experiencing all sorts of feelings, and not necessarily in a negative way; however, we do know that some are. Children and teens need each other now more than ever. Parents, extended family members, older siblings and community members need to set the example of what resiliency looks like. Yes, this fall will be difficult, especially for single working parents whose option to home school is null. In those cases, we can only hope there will be some sort of respite offered in each community for those in need.

What we need to remember is that children are resilient, to varying degrees. Most children are capable of working through tough times and managing stress in their own way. We just need to pay attention and keep an eye out. Resilience is something that we all develop as we grow, each time we face a challenge, adversity or any sort of trauma or failure.

As parents, we wish we could protect our children from harm's way or from facing any sort of adversity. There will always be bullies, grief, heartbreak and all sorts of obstacles. Global pandemic is new on the list, but alas here we are. How we react matters. Our children are watching and listening to all of us. Remember that what seems small to us, seems much larger to a child. Experts tell us to arm your children with confidence to face their problems, so that they know, they have the tools to confront tough things. When they can self soothe and bounce back independently, they grow and become stronger and more resilient. Oftentimes when parents jump in too much to solve their children's issues (albeit with good intentions), it can weaken their resilience and ability to problem solve on their own. Without the ability to problem solve, children may encounter more anxiety in the future. Of course, age plays a role with guidance and we have faith that most parents know what is best for their children. One tip from experts is to make sure to spend plenty of one on one time with your child so they know they are loved and supported unconditionally. These positive connections give parents and adults a chance to model resiliency. Having your child take what's called a 'healthy risk' is important. This simply means, letting them step outside of their comfort zones, knowing that if they fail, little harm will occur. When children avoid taking risks, they are teaching themselves that they aren't capable to tackle challenges. If your child comes to you with an issue, respond by asking them questions on how their specific problem should be solved. We like this one, and had one reader tell us that she has been having her children watch episodes of the television show "MacGyver," whose main charac-ter's defining trait is his ability to think on his feet and improvise his way out of challenging situations. We're not suggesting letting kids figure everything out for themselves, we all need help at times.



Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

We're now at a pivotal time in U.S. history

To the Editor:

I've been sitting quietly with moments of calm reflection. And have also been thinking about the present troubles we're facing in the United States. Because of that I'm compelled to share these thoughts with you, and the people of our community.

Where are our Constitutional experts? We need you now. Please help us find a way to stop this madness.

All the terrible things this president and his minions continue to do to the American People is one terrible thing after another....

Am convinced this president's in deep with Russia and the plan is to let Americans succumb to the virus, stripping citizens of their rights, not caring about lives lost due to Covid. "It is what it is," said Donald J. Trump.

Russia's long term goal is to take over the U.S., and as this president continues to enable the destruction of Our Country by the time people wake up to this reality they will be so accustomed to it that that will be the end of this once United States. Another new normal!

We are no longer a united people; it's a perfect storm for takeover. A big part of his plan is to divide and conquer. An old established

It takes two to tango

To the Editor:

Week after week, I see the same rants saying President Trump is responsible for the national divide. Yes, Mr. Trump is far from perfect, and I'll give you that he does play, but if anybody thinks that the Democrats aren't also to blame for this national divide - or if you think that President Trump is totally at fault - you are completely brain dead!

I get it that people do not like President Trump, but am I the only one who is open-minded enough to realize that it takes two to tango?

Another repetitive mention is, "we need true and new leadership in this country." I totally agree — a good place to start would be by replacing these worthless, do-nothing, career politicians, as well as the state's governance who are sitting idly by while their cities are burning and their states are in chaos. Certain politicians have said that they don't want or need the President's help, which is only a diversion from the fact that they are spineless, incompetent and failed leaders. Also, I haven't seen Queen Pelosi or any of the other Democratic hierarchy offering any solutions or help in putting an end to the unrest, and why haven't they? To quote that old saying: "If you're not part of the solution then you're part of the problem!" Think about it — this is happening in the states and cities run by democrats, but Pelosi and her puppets are seemingly content to continue to let it happen, which is beyond sickening! Pelosi can't even take care of the filth and the crime in her own voting district, so I don't at all expect this imbecile to come to the aid of the members of her own party. And if you think that Pelosi is a true leader you are a special kind of stupid! I personally think that Vermin Supreme, Gil Fulbright or Punxsutawney Phil, for that matter, would do a much better job than the pathetic, liberal mayors of Seattle, Portland, Chicago.

technique.

It reminds me of chapters in history when other countries fell to tyrannical regimes. Nazi Germany wasn't that long ago. It makes me sad for the children. What an absolute mess!

From the start this President enabled the virus and helped this pandemic to blossom and spread. I hope we defeat him come November. And now that he's destroying the United States Postal System it will be harder for the November 2020 election to take place under ethical conditions.

I wrote this out of sadness and deep frustration. Am basically a positive person, a If we are bored long enough, dreamer of sorts with an active imagination. we will learn what mat-But also a realist and see the handwriting on i ters to us. If we sit without the wall. It's impossible to miss, it's bold and outside stimuli, something clear. Now is the Pivotal Time in our nation's from inside can emerge. Or History-

It requires "good trouble," because our torch of liberty must remain lit, for Hope and Justice too!

humpty dumpty and the Democrats really

think that the American people are that

stupid, or gullible enough to believe such gar-

bage? Do they think that the merchants and

business owners who are having their prop-

erties vandalized and looted also believe his

nonsense? So Nadler, please tell us who actu-

ally was rioting and causing damage? But

being a true Pelosi puppet, I know you can't

give an answer – never mind a truthful one

- without first getting your dictator's permis-

sion. So, Mr. windbag, what are you going to

try to feed us next - that it's the little Russian

zombie, fairies that Trump is sending out at

night who are turning these (so-called) peace-

I have respect for Mr. Joe Biden because he was

a Vice President of the United States, and I'm not

going to comment on what happened in the

past, but there are now concerns about his

current health and state of mind. However,

that doesn't seem to concern any of you "no

fans (of Trump)," now does it? Nor does it

seem to concern you that a yet unknown

person, with an unknown agenda, just might

become the President of the United States,

ful protests into outright mayhem?

Sincerely, In Justice and In Peace,

CHER CHERYL KAPELNER CHAMP POMFRET CENTER

On being bored

I was brought up to believe that feeling bored was a character flaw. A person with a brain in her head should not be bored, or give in to complaining about being bored. Complaining was actually nearly as bad as being bored. My daughters remind me that I could have been raised in the 19th century, but I know many people experience the same thing. If you were bored, you could go outside, read a book, make yourself useful. The lessons were drilled into my psyche so deeply that I chide myself for even thinking about being bored, although I am. Dear reader, I'll bet you are too.

Boredom is touted as holding the possibility of wisdom.

maybe not. Random thoughts can stay remarkably random. Sometimes they lead to creativity or new insights. Sometimes thev just make us run for the fridge.

My grandson finds a stint of boredom is often relieved by tormenting his little sister, which results in recriminations and correction from his mother. Problem solved, as now there is some excitement. I've been thinking about teachers and all they will face as schools reopen. Dealing with children who have been bored or who have filled every moment with an electronic device, will make the slower nature of classroom teaching even more challenging. School includes moments of boredom and waiting. Students may have forgotten how it works

Being bored is a privilege. A person who is working hard isn't bored. They don't have the time. In dangerous, demanding or precise work, the mind has to stay focused and who will be pulling this person's strings? or it's a disaster. A person who is filled with fear isn't bored either. Boredom is for those of us fortunate enough to have the freedom and the leisure to feel it. I remember Mike Deary of Mike's Stand's talking about dealing with teenagers who work for him. For many it is their first job and they don't know what to do. "If you can lean, you can clean," Deary tells them and hands them a broom or a cleaning cloth. An engaged employee is a lot better than one standing around looking bored. In the end they feel better about themselves too. Boredom coupled with silence is dangerous territory for a twitchy person like me. It's hard to resist the urge to get up and do something or just move. I'm fortunate to be part of a mindfulness group with a remarkable teacher, who knows not only how to guide us, but also the scientific underpinnings of her teaching. By breathing and focusing, I am able to still the buzzing of my mind and the twitching of my body. Instead of feeling bored, I feel steady. As a child I attended the Abington Congregational Church. The pews were hard and there was little ornamentation. The service was boring to me, so I focused on the dust motes dancing in the sunlight that streamed through the long, plain windows. I imagined they were powerful or prophetic or sent by either fairies or angels. A blast from the organ heralding the last hymn ended my reveries. I returned to the real world refreshed. We have the likelihood of boredom facing us for some time to come. We can resist. We can ignore. We can pick a fight. We can drift off to a more interesting place. We can lean into emptiness or we can do our best to find something stimulating in WINSTON VISBECK the changing world around



NANCY WEISS

Make sure your children know what kind of emotion they are having, and let them know those feelings are normal and will pass. Lead by example. Teach your children that exercise is important and any other activities that promote calm.

While we wish there was a quick fix, there just isn't one. During this pandemic, we need to stay positive and teach our children the power of optimism. There's a quote that explains this perfectly: "The way you perceive a specific situation is determined by your frame of mind. If your frame of mind and thoughts are positive, you will always be in a position to seize the opportunities that are before you."

And speaking of the 'dummycraptic' party hierarchy, that blob, "Humpty Dumpty," Jerry Nadler said that Antifa violence in Portland, Ore. is only a "myth." Really? Does

Why isn't anyone upset?

To the Editor:

I wonder if this is how it felt to good German citizens when the Nazis began to take control of everyday life? We now need documentation for not wearing a mask or for traveling back into our borders. We are encouraging neighbors to report 'dangerous' behavior, and the government is now monitoring and fining us for what we do on our own private property. If you are outside without a mask, you might as well have a yellow star on your shoulder. All in the effort to 'protect' the cit-

Eversource's lack of preparedness is inexcusable

To the Editor:

The response by Eversource to the recent storm was pitifully inadequate. And listening to a spokesman for Eversource on the news was laughable, as he stated they were better prepared for this storm than Hurricane Irene in 2011 and the surprise snowstorm. For these storms, which include Isaias, they were equally unprepared.

As we rode around Woodstock for three days and did not see one iota of progress, we were pleasantly surprised to see a fleet of white, out-of-state electric trucks parked adjacent to the fairgrounds on Friday evening. The next day, they were parked on the side roads, just parked with an occasional worker up on a pole repairing a wire. After spotting a worker with a pad in his hand, we decided to ask him some questions, and he replied that he was an assessor. He told us that he contacted Eversource and told them what

The only thing that bodes well with you "no fans" is that it would (possibly) be anybody but Donald Trump!

I do feel bad that Mr. Biden is having health issues and I wish him well. If I had to constantly deal with crazed idiots like Pelosi. Nadler and company, I'd have been institutionalized by now. I don't know, but I'd say that could very well be the root cause of Mr. Biden's health problems. Anyhow, vote for whomever you want to in November, but I'll be voting for Mr. Donald Trump.

ED DELUCA NORTH GROSVENORDALE

Editor's note: The preceding letter was submitted in advance of this week's news that Kamala Harris has been named as Biden's running mate.

izenry from ourselves using science to instill fear in the masses, just like they did in the 1930's.

Why isn't anyone upset about this? Eighty years later, we wonder how those nasty Germans could have let something like the Holocaust happen? It doesn't feel so incomprehensible now.

> TERESA MITUS THOMPSON

equipment they needed to repair the damage, and his men were doing what little they could until they got the necessary resources from Eversource. Didn't Eversource assess the damage themselves? Why didn't they have the equipment ready to go?

In the above mentioned storms, we lost power for seven days, five days, and now four days. I guess Eversource considers that better prepared. Hurricane Irene left us without power for seven days, while the Woodstock Fair had power almost immediately and Gov. Malloy said there would be an investigation.. yeah, OK. Now Gov. Lamont says there will be an investigation; cheap rhetoric. It's too bad the public hasn't any recourse, but still has to pay their ever-increasing electric bills.

WOODSTOCK us.



Regular readers of this column know

Advertising thermometers

that old advertising signs are popular and can be quite valuable. Companies also used other methods besides signs to promote their brands. Gas station pumps featured brand names on their pumps. Soda companies displayed their names on coolers full of their Manufacturers gave soda. clocks and thermometers to country stores and corner markets to help promote their products. Many advertising thermometers are very valuable, but some can be affordable for novice collectors, too. A 1991 Chicago Tribune

article reported that Galileo

"produced a thermoscope, which consisted of a large glass bulb with a long narrow open-mounted neck inverted over a container of colored water, alcohol or mercury." Gabriel D. Fahrenheit invented a mercury thermometer in 1714 that was similar to those that we are familiar with today.

Most American advertising thermometers were produced between 1875 and 1940, according to the Chicago Tribune. Advertising thermometers were intended to be hung outside of buildings. Some were wood, but they

all metal or enamel over metal. Most of the thermometers were vertical with rounded corners. Collectors Weekly's website says that thermometers became popular in the 1920's when "they were made by beverage, food, tobacco, automotive, and agricultural firms, as well as the health-care industry. These were hugely popular in rural areas, because knowing the temperature, as well as the wind direction, was key to predicting the weather.'

The usual antique assessment factors also apply to thermom-

eters. Age, condition, and rarity all matter. Some advertising thermometers can be affordable to average collectors. Five 1960's thermometers including one for Royal Crown soda and one for Camels cigarettes sold for \$70 each at auction last month. A Sealtest Milk round thermometer recently went for \$120.

However, plenty of advertising thermometers are worth much more. A Champion Spark Plugs metal thermometer had two wheels that could be rotated to show different options for "weather forecast" and "check service." It sold

were more typically made of for \$7,000 in 2015. A 1950 rare turquoise colored Coca Cola thermometer that was believed to be one of a few in existence brought \$9,500 in 2016. A round thermometer for Red Hat Moto Oil reached \$11,500 in 2016. A rare Ace High Motor Oil thermometer fetched \$12,000 in 2010. A porcelain Campbell's soup can with a thermometer in the spot where the gold medal symbol appears heated up the auction floor when it sold for \$16,000 in 2014.

Our Warren, R.I. online estate auction includes some vintage advertising thermometers. The preview will be held on Sept. 12, with bidding ending on Sept. 16. We will also be running an estate sale at a Southborough, Mass. mansion on Aug. 22 and 23. The video of the webinar I presented on getting the most for your estate items is now available on our website. More information will also soon be available on the online auction and estate sale on www.centralmassauctions.com.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www. centralmassauctions.com (508-612-6111) info@centralmassauctions.com

Debunking bot pepper myths

ANTIQUES,

COLLECTIBLES

& ESTATES

WAYNE TUISKULA



MELINDA MYERS

GARDEN

Moments

Enjoy the spicy heat hot peppers add to your meals without concern for the many myths surrounding these garden vegetables. Here are a few you may have heard but are not true.

Growing both hot and sweet peppers in the garden will not add spicy heat to the sweet varieties. Peppers are normally self-pollinated. If an insect happens to move the pollen from a hot to sweet pepper, it will not affect the flavor or heat of this year's harvest. If you save the seeds from a cross-pollinated pepper for next year's garden there is no guarantee on the results. The offspring from this cross may be hot or sweet, only time will tell.

Label hot peppers when growing, harvesting, and storing to avoid any mix-ups. The sweet banana pepper, for example, can easily be confused with hot banana. This makes for an unwelcome surprise when sils and cutting boards when finished to avoid any future issues.

Never assume all green peppers are sweet or you will be in for a surprise. Jalapenos are typically harvested when green and others like habanero and Anaheim are hot, whether harvested when green or red. You will also find that hot peppers can be yellow, orange, brown and of course red.

You can turn down the heat when preparing your favorite recipes. Contrary to popular belief, all the heat in hot peppers does not come from the seeds. While partially true, the majority of the capsaicin that gives hot peppers their heat is in the white membrane that houses the seeds. When the seeds are growing, they may also be coated with extra capsaicin. Remove the white membrane and the seeds, just to be safe, if you want to turn down the heat.

The spicy heat of hot peppers is measured in Scoville Heat Units. The ratings are based on the amount of sugar water needed to neutralize the spicy heat in the extracted capsaicin that has been diluted in alcohol. A panel of five taste testers decides when the spicy heat has been neutralized and then assigns the rating. Today many companies use a chemical process (liquid chromatography) but translate their results into the popular Scoville Heat



Photo Courtesv

Red Ember F1 cayenne pepper is an All-America Selections (AAS) winner. Judges described this early maturing pepper as spice but tastier than traditional cayenne pepper varieties.

Units.

The Scoville Heat Unit rankings vary from one type of hot pepper to another with Poblano-Ancho rating between 1,000 to 2,000, jalapenos 2,500 to 6,000, habaneros at 100,000 to 300,000 and one of the hottest, the ghost pepper, at 1,000,000 to 2,200,000 Scoville Heat Units. Ratings may also vary from individual plants within a specific type based on individual

plant differences and the growing conditions.

Finally, do not worry if you had a bad day when planting your hot peppers. Contrary to some old adages, planting hot peppers when angry will not make the peppers hotter, but unknowingly taking a bite of a hot pepper may very well change your mood.

author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" 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.

preparing, serving, and eating.

Consider wearing rubber gloves and avoid touching your face and eyes when working with hot peppers as they can burn. Wash your hands, uten-

Melinda Myers is the

Giving up is easy. Anyone can do it!

As you read this, I'm checked in at the Holden Cancer Center at the University of Iowa. I came here with a positive plan to improve my health. I was full of optimism and my spirits were high. The plan was to have my stomach

removed, but things do not always go according to plan. When they went in, they found that my cancer was spread and inoperable.

As I've mentioned before, I have Stage 4 Stomach Cancer. There is no cure and I didn't want to lay around waiting for the inevitable end, so I found a Doctor who's a fighter and we are working to defy the odds and extend my life.

In February, I was given nine to 12 months to live by a Doctor that was convinced I was dying. So, I fired that Negative Doctor and began searching for an optimist and found him.

Dr. Kasi walked into the exam room with his entire team and said, "I hear you want to fight this diagnosis?" I said that I did, and he said with enthusiasm,



"We are your team!"

I had undergone eight rounds of chemo and on Friday, my stomach was supposed to be removed. Yeah, it's not a cure but our hopes were that it can extend my life up to five years and in that extra

time, we'd find a way to extend it five more. That was the plan, but plans change when presented with new information. Now we have a new plan we are optimistically pursuing.

Why am I sharing this personal health info?

Because there is no such thing as darkness. What we call darkness is absence of light. As such, there is no such thing as an insurmountable problem, but only the absence of an idea that creates a solution.

I refuse to give up on my life. I want you to also, not give up on your goals, dreams, and yes, life. Life's short. Go for it. Don't let anyone tell you that you can't achieve your goals and dreams. I have goals. I plan on seeing my eight and ten-year-old grandsons

graduate from high school. I suspect I have grandchildren that are not yet conceived or born that I want to meet and hold in my arms.

My books, "Playing with the Enemy" and "The Final Service" are both now in negotiation to become major motion pictures. I plan on living to see their premier. My book, "Fragrance of Lilacs" is sitting with a publisher now. I plan on seeing it in print and on shelves. I can go on and on ... the point is that I have plans, dreams, and goals that I'm not willing to give up on. I'm stubborn this way. I plan on writing this column ten years from today,

I'm not going to let anyone, other than my creator tell me when it's time to go.

Being optimistic doesn't mean that everything turns out magically perfect. It never does, but being an optimist means you look beyond your problems in search of the solution that makes your dreams come true. In my case, I'm looking beyond a negative diagnosis to find the solution that gives me more life. Without optimism, I'd have given up already ... and I'm just not willing

to quit.

What about you? What about your dreams? What was your passion before you gave up and said it was just too hard to achieve?

In the movie, "League of their Own," there is a scene where the star catcher, Dottie Hinson, played by Geena Davis, decides she is quitting and going home before the championship game. The manager, Jimmy Dugan, played by Tom Hanks stops her and has a discussion.

"(Baseball) It just got too hard," Dottie says.

Hinson responds, "It's supposed to be hard. If it wasn't hard everyone would do it. It's the hard that makes it great."

Achieving your goals and dreams isn't easy. Not giving up on your life when someone says its over is ridiculously hard. Not everyone succeeds. Most people are not optimistic.

It's hard being an optimist ... but it's the hard that makes it great.

Never give up. Never give in.

Always look beyond the problem and find the solution.



What the Fed's interest rate cut means for you

This week, as we continue to discuss the impacts of the policies enacted to offset the turbulence of the COVID-19 pandem-

ic, we're going to dive deeper into how the Federal Reserve's interest rate cuts effect consumers.

On March 3, the Federal Reserve cut its short-term

benchmark rate by a half percentage point. The timing of this rate cut, which occurred in between the Fed's scheduled policy meeting, had not occurred since the 2008 financial crisis. The cut lowered the federal-funds rate to a range between 1 and 1.25 percent.

Last year, the Fed cut rates three times to keep the U.S. economy moving amid slowing global growth and trade tensions. This year, disruptions from the coronavirus pandemic have unsettled global financial markets, with policymakers managing the economic fallout from the spread of the virus.

Interest rates affect the cost of borrowing, so falling interest rates can ripple through the cost of mortgages, the interest earned on savings accounts and more. In this week's article, we will observe how the Fed's interest rate cuts apply to consumers.

Mortgages

In a year of financial firsts, this one stands out: mortgage rates have fallen below the 3% mark. The average rate on a 30-year fixed mortgage fell to 2.98 percent, mortgage-finance giant Freddie Mac said July 16, its lowest level in almost years of record keeping. It 50 is the third consecutive week and the seventh time this year that rates on America's most popular home loan have hit a fresh low.

The coronavirus pandemic has upended markets around the world-sending stocks on a wild ride and yields on U.S.

government debt to record lows-but its effect on the 30-year mortgage is especially significant. Consider its history: in the early 1980s, it peaked above 18 percent after the Federal Reserve raised rates to fight runaway inflation. The Fed's previous rate cuts sparked a spending streak among U.S. households, including boosting the mortgage market to its highest level since the financial crisis.

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CZADO

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Jennifer, later this year. Czado earned his bachelor of science in kinesiology from the University of Rhode Island, Kingston, R.I. and received his associate degree from the physical

World Series

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Late Models, which use the same rules as weekly racing. Additional open events are planned for 8-cylinder Street Stocks and the Vintage Modifieds.

Multiple other touring series are making the World Series part of their championship chases. The PASS Super Late Models, which have been a part of the last three Icebreaker weekends, are getting their first call for the World Series. The EXiT Realty Pro Truck Challenge and North East Mini Stock Tour have been World Series regulars

LEARNING

continued from page A1

of school at The Woodstock Academy, shared, "With this model we can give students quality and consistent instruction while also providing some smallscale and controlled in-person opportunities that will be a huge boost for our students' emotional and social health."

On-campus small group activities might include learning opportunities like labs or simulations, hands-on activities like robotics, fine arts opportunities, athletic and exercise activities, or support services. The activities will be based on student needs and interests.

(Western) Pequot Tribal therapist assistant program at the New England Nation and Foxwoods Institute of Technology, East Greenwich, R.I. Kimball Day employ-Healthcare's ee of the month program is sponsored by Foxwoods Resort Casino in Mashantucket. "The Mashantucket

Resort Casino has been focused on taking care of the people that serve within our community, and we appreciate everything Day Kimball Healthcare does," said Foxwood's **Director of Sponsorships** and Partnerships

in recent years and return in 2020.

Last but not least, the Senior Tour

Auto Racers Modifeds and STAR

Sportsmen will compete at the World

Series. Along with the Vintage Modified

Open, it gives fans three chances to see

the cars of yesteryear take to the 5/8-

SK Light Modifieds to the Thompson 150

on Wednesday, Sept. 2. They join a card

that also includes the NASCAR Whelen

Modified Tour, Sunoco Modifieds, Late

Models, Limited Sportsmen, and Mini

Stocks. Qualifying begins at 5 p.m. with

features starting at 6 p.m. Advance

tickets are available now at https://

In other news, officials have added the

mile oval once again.

Colebut-Ingram. Rov "Supporting meaningful employee recognition programs like that at DKH is just one way that we feel we can express our appreciation.' About Day Kimball

Healthcare Kimball Day Healthcare is a nonprof-

happsnow.com/event/Thompson-Speedway-Motorsports-Park.

All divisions and series that are confirmed for the World Series and/ or Thompson 150 are invited to take part in a Thompson Speedway open practice on Wednesday, Aug. 19. Teams are asked to email cris@acttour. com or pass1tm@gmail.com if they are attending so officials can plan accordingly.

The tentative practice day plan is to open the pits in the late morning with practice throughout the afternoon. Exact times will be announced later this week. Pit admission is \$25 per person.

it community healthcare system comprised of Day Kimball Hospital, Day Kimball Medical Group, Day Kimball Healthcare At Home, and healthcare centers in Danielson, Davville. Plainfield, and Putnam. Its service area includes Northeast Connecticut as well as

nearby Massachusetts and Rhode Island communities. Day Kimball Healthcare's comprehensive network offers more than 1,000 staff including nearly 300 associated, highly skilled physicians, surgeons and specialists. Its Web site is www.daykimball.org.

For more information, contact the ACT/Thompson offices at (802) 244-6963, media@acttour.com, or visit www. acttour.com/thompson-speedway. You can also get updates on Facebook and Twitter at @ACTTour.

For technical information concerning all PASS divisions, and for media or marketing questions, please contact passracing@roadrunner.com or visit www.proallstarsseries.com. Don't forget to "Like" the Pro All Stars Series on Facebook or follow on Twitter @ PASSSLM14 to keep up with breaking news as it happens.

Singleton added that, "The way school would have looked in the fall, if we were able to meet state mandates, would not have given students the quality interactions that they so desperately want."

Instead, The Academy has chosen to intentionally shift and prepare for high-quality hybrid eLearning.

The Woodstock Academy's academic dean, Michael Harten, explained the advantage of preparing now for eLearning, noting "Making this decision now will allow our teachers and students to focus their energies over the next month to the significant task of preparing for remote eLearning. Building on the les-

sons learned from the spring, we expect more active learning, improved student engagement, a commitment to social-emotional learning, and a more equitable and inclusive curriculum." The fall schedule for eLearn-

ing days includes an earlier daily start time than last spring's schedule and slightly longer live teaching sessions. The hybrid model will continue to be evaluated through the fall semester and the plan for the spring 2021 semester will be finalized closer to the end of the first semester.

Students and families will receive additional details and specific instructions over the coming weeks.

HOWES

continued from page A1

aspirations of the students, families, and staff as we plan together for going back to school at the end of August, said Howes. "I believe in QMC and EASTCONN's shared mission and tradition of innovating through personalized learning while also ensuring the safety and well-being of all students. I look forward to working with the entire QMC, QVCC, and EASTCONN communities to make this a fulfilling and successful school year."

QMC is located in a state-

of-the-art facility on the campus of QVCC in Danielson, offering northeastern Connecticut students small classes: one-on-one mentor and advisory support; a rigorous. Humanities-rich and STEM-integrated curriculum; an embedded focus on public service projects; and a Town Meeting governance model that gives all students a voice in how their school is run.

Learn more about QMC at www.eastconn.org/ amc and the LEAP School at www.eastconn.org/leap.

Email Howes at dhowes@ eastconn.org.

CORDING

continued from page A8

Auto Loans

Auto loans have fixed interest rates, which are pegged to Treasury yields, but the falling interest rates won't predict what dealers and auto-lenders can charge for your auto loan. At start of August, the average rate on a five-year new car loan was 4.25 percent, according to Bankrate.com.

If you're considering buying a new car or trading up, pay attention to car prices and your existing debt load. Many Americans are now taking out auto loans that last longer than six years, according to Experian PLC, and buying new cars with negative equity.

High-Yield Savings Accounts & CDs

The interest rates offered on savings accounts and many certificates of deposit move with the federal-funds rate.

According to the FDIC, the average annual percentage yield on a one-year CD is 0.48%, and firms are continuered the rates on their saving products. Credit cards

A decline in interest rates can sometimes affect the average credit card annual percentage rate, or APR, which is pegged to the prime rate.

However, The Wall Street Journal found that even as interest rates fall, some credit card rates are going up. This is because popular, generous rewards and points programs are costing banks more, so many are raising rates to cover such costs.

According to WalletHub's January report of more than 1,000 credit-card offers, the average APR for those with good credit at the end of 2019 was 20.68 percent.

Student Loans

To provide relief to student loan borrowers during the COVID-19 national emergency, interest is temporarily set at zero percent on federal student loans. In addition, federal student loan borrowers are automatically being placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan pay ments. On Saturday, Aug. 8, President Trump signed a memorandum extending the 0% interest and suspension of payments through the end of the year.

The Executive Order

Among the student loan memorandum were other executive actions signed by Trump. The first decreases the weekly unemployment benefits to \$400, with 25 percent of that funded by the states. The second defers the payment of pay-roll tax through the end of 2020. Finally, Trump signed an executive order that says federal policy is to minimize evictions during the pandemic and that officials should identify statutory ways to help homeowners and renters. There are many stipulations among the actions, with deliberations and ratifications on the way. To stay up to date on information and news regarding COVID policy and market updates, visit our website www. whzwealth.com/covid19-resources and follow us on Facebook and LinkedIn!

Working in Unison

At Weiss, Hale & Zahansky Strategic Wealth Advisors, we value the importance of staying up to date with the most recent information and market fluctuations so we can strategically align our clients' assets. And just as the Federal Reserve, White House, and Congress must work together to develop sustainable policy, we work with our clients to create unique investment strategies. As

the incoming policies, legislation, and executive orders continue to reign in, we will remain focused on helping our clients achieve their unique financial life goals. For more information about COVID-19, the CARES Act, and the markets, visit our website www.whzwealth. com/resources. If you are interested in our financial advising services, please call us at 860-928-2341 or email us as info@whzwealth.com!

Authored by Vice President, Associate Financial Advisor, Leisl L. Cording CFP®. Securities and advisory services offered through Commonwealth Financial Network®. Member FINRA/SIPC, a Registered Investment Adviser. 697 Pomfret St., Pomfret Center, CT 06259, 860-928-2341. http://www.whzwealth.com These materials are general in nature and do not address your specific situation. For your specific investment needs, please discuss your individual circumstances with your financial advisor. Weiss, Hale & Zahansky Strategic Wealth Advisors does not provide tax or legal advice, and nothing in the accompanying pages should be construed as specific tax or legal advice.

ing to cut rates on high-yield offerings. Goldman Sachs Group Inc.'s Marcus account has dropped to one percent, and other institutions have also low-



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OBITUARIES

Allen M. Sherman, 81

Allen M. Sherman, 81, of Woodstock, CT passed away August 4, 2020 at Dav Kimball Hospital in Putnam. He was



born September 5, 1938 in Southbridge, MA, son of the late Richmond and Nellie (Earnest) Sherman. Allen was the beloved husband of Marilyn (Edwards) Sherman. Allen enjoyed

working outside cutting firewood, clear-

ing land and building stone walls. Allen was always quick to help his children with a remodeling project at their homes. He was self-employed and worked in accounting and tax preparation. Allen also ran the family owned W. W. Sherman & Sons Dairy in Southbridge, MA for over 15 years. He was an avid NASCAR fan and liked watching the Whelen Modified Tour.

Allen loved the ocean, huge Christmas trees and spending time in Bradenton, FL

He leaves his wife Marilyn Sherman of Woodstock. CT: his daughters Lynn Looby and her husband Todd of Woodstock, CT and Suzanne Oleksiak of Woodstock, CT; his son Keith Sherman and his wife Tara Lucchesi Sherman of Dartmouth, MA; his grandchildren Emily, Jared, Sarah, Ethan, Laura and Owen: his brother Kenneth Sherman and his wife Deborah (Child) Sherman. He was predeceased by a brother Marvin Sherman and his wife Susan (Weed) Sherman.

A private graveside service was held on August 8, 2020 at East Woodstock Cemetery in East Woodstock, CT. In lieu of flowers donations may be made in his memory to the American Heart Association P.O. Box 417005, Boston, MA 02241-7005. Share a memory at www.smithandwalkerfh.com

David L. Lewis, 74

WORCESTER / WETHERSFIELD, CT - David L. Lewis, 74, died peacefully on Saturday, August 8, 2020



surrounded by his family. He was born in Worcester, son the late Lauren of F. and Gertrude V. (Joudrey) Lewis. He is survived by his loving wife of 50 years, Patricia A.

(Monopoli) Lewis of Wethersfield. They shared three children, David L. Lewis Whitinsville, of Kimberly Ann Pokropowicz and her husband Marc of Thompson, CT, and Marcia M.

Cancellieri and her husband Giulio of Rocky Hill, CT. He also leaves two sisters, Nancy Mastrototoro of Shrewsbury and Jean Bradley of Endicott, NY; five grandchildren, Zachory, David, Dylan, Zaria, and Derek; great-grandchildren, nephews, and nieces. He was predeceased by two brothers, William Lewis and Victor Lewis: and two sisters, Dianne Stanley and Sarah Brown.

David lived in Worcester for many years before moving to CT 12 years ago. Anyone living around Lake Quinsigamond in Worcester during the 80's and 90's may have been lucky enough to witness his annual firework display over the lake.

David joined the United States Marine Corps Reserves in 1963. He then enlisted in the United States

1919

Marine Corps from 1964-1968, stationed at Camp Lejeune, NC. During his service, he fought in Vietnam and served his country proudly. David was awarded the National Defense Service Medal, the Vietnam Service Medal with 2 stars and a letter of appreciation from President L. B. Johnson for his performance of duty while assigned to Headquarters and Service Battalion Honor Guard.

David was a licensed electrician who worked for 25 years at General Motors in Framingham, MA retiring in 2008 from the Baltimore, MD plant. He began his career as an electrician with Coughlin Electric in Worcester, was a member of the I.B.E.W. Local 96 and a member of the Marine Corps League. More recently, he and his wife became active members of the Killingly, CT Grange #112.

He was a jack of all trades with projects ranging from electrical to woodworking and could build just about anything. He loved working with his hands and always gave his time to help others. He loved swimming and animals, especially dogs. He was a kind and helpful man that was loved by everyone who knew him.

Memorial calling hours are Thursday, August 13, 2020, from 5-7 p.m. at Paradis-Givner Funeral Home, 357 Main St., Oxford. A prayer service followed by military honors will be held on Thursday at 7 p.m. at the conclusion of calling hours. In lieu of flowers, memorial contributions may be made to Disabled American Veterans, P.O. Box 14301, Cincinnati, OH 45250-0301 or DAV.org

paradisfuneralhome.com

Lieutenant Colonel Archille Ovila Bourque, USA (Ret.), 88

PUTNAM– Lieutenant Colonel Archille Ovila Bourque, USA (Ret.), 88, of Putnam died after a long illness

early Sunday morn-ing, August 1, 2020 at Matulaitis Nursing Home.

He was born in Putnam, Connecticut, August 26, 1931, the son of the late Archille Ovila Bourque, Sr.,

and the late Maude (Blackmer) Bourque Emory. He was preceded in death by his brother Richard Bourque of Danielson and his granddaughter Margaret Jordan. He is survived by his loving and devoted wife of 67 years,

Eileen (Hogan) Bourgue who cared for him in his final years, as well as their five children: Doreen Stapleton and husband Colonel Mark Stapleton, USA (Ret.) of Wintergreen, Virginia; Denise (Jordan) Van Östrand of Charleston. West Virginia; Margaret Bourque and husband Bill Nolan of Marysville, Washington: son Jeffrev of Putnam. CT who assisted in his caregiving, and son John and wife Andrea Raven of Lake Stevens, Washington. Other surviving family members include five grandchildren -Caitlin (Stapleton) Kaprove and husband Jared Kaprove of McLean, Virginia; Sean Stapleton of Mill Creek, Washington; Colin Stapleton of Marysville, Washington, and Max and Isaac Raven of Lake Stevens, Washington, He also leaves two great-grandchildren, Eleanor Kaprove of McLean, VA and Aiden Stapleton of Mill Creek, WA.

Arch graduated from Putnam High School in 1949. He subsequently earned his undergraduate degree from Benedictine College in Atchison, Kansas and his MBA from the University of Kansas. He served in three branches of the armed forces - the National Guard, the U.S. Air Force and the United States Army. He received many military awards and honors to include the Bronze Star for combat service during the Korean conflict in 1953. He retired from active duty in 1978 with over three decades of service to this nation. He later worked in the banking and insurance industries.

Arch will be remembered for his love of aviation, having a private pilot's license, and building a number of private aircraft. He passed his passion for all things technological on to his son John. His entire family will remember his wry sense of humor and his love of country.

Arch was laid to rest at the state veteran's cemetery in Middletown, CT at 12:00 p.m. on Thursday, August 6, 2020. There were no calling hours. The Gilman Funeral Home & Crematory has been entrusted with the arrangements. For memorial guestbook, please visit www.GilmanandValade.com

Raymond Balick

Raymond Balick of Danielson passed away on August 3, 2020 at home surrounded by his loving family. He was the son of the late Frank

and Mary (Vinter) Balick and was born in New Britain, CT on February 10, 1933. Ray was a 1952 graduate of KHS where he met his classmate and high school sweetheart, Lorraine Kieltyka. They were married in 1953 at LaSalette Church in Brooklyn. She survives him.

While at Killingly High School, he excelled in football, baseball, and track where he won the

1952 State Open Championship in the javelin and finished third at the New England Championships. In 2015, he was inducted into the Killingly High Athletic Association Fame. After graduation, Ray enlisted in the US Air Force and proudly served 4 years assigned to the Atomic Energy Commission. After his honorable discharge in 1956, he continued his education at Putnam Trade School, Central Connecticut State College, and the University of Connecticut where he received his Master's Degree. He worked 5 years as a machinist at William Prym and then began a 33 vear teaching career at Ellis Tech in the Machine Tool department retiring in 1995. He was a devoted and loving family

man who found great joy being surrounded by his children, grandchildren, and great-grandchildren. They were the treasures of his life.

He enjoyed traveling with his family throughout the US holding many fond memories of yearly vacations to Myrtle Beach for over 40 years with his entire family. His most treasured trip was to the American Military Cemetery in Luxembourg where he visited the gravesite of his brother Adolph who was killed during The Battle of the Bulge in World War II.

Ray was a communicant of St. James Church in Danielson and a valued member of the St. James Construction Crew. He volunteered for more than 40 summers at the St. James Bazaar.

In addition to his beloved wife of 67 years, he is survived by his daughter. Kathleen Chester (Gerry), his sons, Steven and Glenn (Nancy), 9 grandchildren Casey Hardell (James), Courtney Eslin, Cydney Cardinal (Trevor), Krystyna and Erik Chester, Veronica, Rebekah, Theresa, and Balick, great-grand children, Kaileigh Eslin, Greyson, Camden, Declan, Jackson, and Finley Cardinal, and Lincoln Hardell. He is also survived by his brother Paul, sister Dolores Provost and several nieces. He was pre-deceased by his parents, 2 sisters (Joan and Jennie) and 4 brothers (Joseph, Charles, Adolph, and Leo). Burial took place at Holy Cross Cemetery in Danielson with full military honors. In lieu of flowers, donations may be made to St. James School 12 Franklin Street Danielson, CT 06239 or Hospice of Northeastern CT P.O. Box 632 Putnam, CT 06260. tillinghastfh.com





Call us today to reserve your spot

Shirley J. Gauthier 79

Shirley J. Gauthier 79, of Danielson, passed away peacefully on August 8, 2020. She was born on December 20,1940 to the late Jack and Alice Mahon.

Shirley leaves behind 2 sons, Mitchell Tate of Danielson and Brian Gauthier of Michigan. She also leaves her daughter-in-law Maggie, granchildren Matt Tate and his wife Jen, Kristen Tate and her fiance Elijah Lamontagne, Luke and Liam Gauthier, Michael Fisher and Jade Montpelier .Great grandchildren, Jacob, Dakota, Justin, Joshua and Rayden. She also leaves one brother Ed Mahon of Las Vegas and her grandson-in-law Eaglewolf. Shirley

was predeceased by her daughter Alice Tate, grandaughter Charley and brothers Dick, David, Danny and Jimmy. also, several nieces and nephews.

Shirley was a real spitfire as her grandaughter would say! She didn't hold ANYTHING back. She will be greatly missed by all who knew her. Rest easy Mom.

The family would like to thank the staff at Davis Place for their compassion and care. We appreciate that you kept hrt comfortable when the family couldn't be with her because of covid. Burial will be private.

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OBITUARIES

Robert C. Jones

Robert C. Jones, formerly of Child Road in Woodstock, Connecticut passed away on Thursday, August 6,



Thursday, August 6, 2020, at Southbridge Rehabilitation and Healthcare Center

in Southbridge, Massachusetts. Born in Mt. Vernon, New York, he was the son of the late Richard and Margaret Jones.

Robert attended Mt. Vernon schools and graduated from Mt. Vernon High School, prior to entering the U.S. Air Force. While in the Air Force, he was stationed in Iceland.

He relocated to Woodstock in 1973. While living in Woodstock, he worked primarily in the food services industry. He also was an avid collector of old furniture and stamps, and a lover of music including Broadway soundtracks, doowop and classic Tina Turner.

Robert is survived by his brother Richard, nephew and niece, Richard and Victoria, of Florida, and cousins in various states.

There are no calling hours or graveside services due to the Covid-19 virus. Arrangements are entrusted to Smith and Walker Funeral Home, 148 Grove Street, Putnam, Connecticut. In lieu of flowers, donations may be made in his name to Paws Cat Shelter, 240 Woodstock Avenue, Woodstock, CT 06281, from where many of his pets were adopted. Share a memory at www.smithandwalkerfh.com

Richard "Dick" Tetreault, 87

WEBSTER-Richard "Dick" Tetreault died on August 3, 2020 at age 87; he was the son of the late Leo P. Tetreault and Stella (Stelmaszek) Tetreault; he was born in Oxford, MA.

Richard is survived by his daughters Linda Jarmolowicz of Thompson, CT, Deborah Renaud and her husband Edmond of East Providence, RI, Jennifer Gile, and John Wilbur of Dayville, CT, and a son Richard Tetreault and Gloria of Woonsocket, RI; he has seven grandchildren, seven great-grandchildren, and one great-great-grandchild; he has a brother Leo Tetreault of Florida and was predeceased by his brother Walter Tetreault of Woonsocket, RI.

Richard is also survived by three step children: Lorraine Tatro, Victoria Devish, and Perry Tatro and predeceased by Christopher Tatro and Michael Tatro and seven step grandchildren.

In 1951, Richard began his textile career as a loom fixer at Crown Manufacturing in South Attleborough, MA and then at Millcraft in Brooklyn, NY for five years. When Richard moved back to RI, he owned and operated the Club Café Nightclub in Manville, RI from 1959-1960; he worked at Providence Pyle in Grafton, MA and Steven Linen in Dudley, MA.

Richard "Dick" Tatreault spent most of his career working as a weaving superintendent in textiles mills in CT, MA, and RI. In the late 1960's he was an excellent weaver and dresser attendant. Facts and Fiber magazine wrote an article about weavers, in which they talked about Dick's knowledge about the textile industry and of his ability as an exceptional supervisor.

Dick became a weaving superintendent at Sparling Mills in North Scituate, RI, Angus Park in Hanover, CT, and Eastbrook Textiles in Dalton, MA; he was a shift overseer at Charlton Woolen in Leicester, MA, Stanley Woolen in Uxbridge, MA, and Anglo Fabric in Webster, MA; he was also a loom technician in the engineering department in charge of the fly shuttle loom at the Draper Corporation in Hopedale, MA. When Draper closed, Dick went to work at Lusigna Corporation in Linwood, MA, afterwards he finished his career at Fabian Woolen in Fabian, CT until his retirement. Dick had a good working relationship with the owner John Thomas. Every textile mill Dick worked for is no longer in business.

Dick's family is grateful for his wonderful neighbors and friends: Dave, Linda, Kyle, Richard, and Steve. Dick will be sadly missed by his family and beloved dog "Smitty".

Private funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

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

Frances R. Jarosz, 90

DUDLEY – Frances R. (Makowski) Jarosz, 90, formerly of Pine Street, died Monday, August 3, 2020 in Brookside Rehab in Webster after an illness. Her

husband of 64 years, Edward J. Jarosz, Sr., died in 2017.

She leaves 2 daughters, Patricia A. Bachand and her husband Thomas of Woodstock, and Sharon R. Donovan of Berkeley,

MA; 4 grandchildren, Marissa, Kevin, Christopher and Amanda; 1 great-grandson Luis; 3 brothers, Roger Makowski of Berlin, MD, Joe Makowski of Pascoag, RI and John Makowski of Southport, NC; 2 sisters, Agnes Moroz of Dudley and Jane Frenette of Harrisville, RI; a son-in-law, Raymond C. Siekierski, Jr. of Rindge, NH; nieces and nephews. She was preceded in death by a son, Edward J. "Edziu" Jarosz, Jr. in 1984 and by a daughter, Kathleen M. Siekierski in 2016.

She was born on December 2, 1929 in Pascoag, RI, one of the 9 children of Michael and Stella (Kaczynski) Makowski. She moved to Dudley at the time of her marriage in 1953.

Mrs. Jarosz was a custodian at Shepherd Hill Regional High School from 1973 to 1991, when she retired.

She enjoyed gardening, crocheting and quilting. She loved to go to the ocean and walk on the beach.

Her funeral will be held privately. There are no calling hours. Donations in her name may be made to the Edward J. Jarosz, Jr. Scholarship Fund, c/o Shepherd Hill Regional High School, 68 Dudley-Oxford Road, Dudley, MA 01571. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School St., Webster

www.websterfunerals.com

Jayne L. O'Toole, 75

Jayne L. O'Toole, 75, of Putnam, died Monday, August 3, 2020 at Lanessa Health Care in Webster MA. She was

bin te R (I J bin T T

born April 12, 1945 in Putnam, daughter of the late Arthur Raymond and Elna (Law) Tourtellotte. Jayne was the beloved wife of John "Jack" O'Toole. They were married

December 19, 1986 at the Putnam Baptist Church in Putnam, He died July 2, 2007.

Jayne graduated from Central Connecticut State with a Bachelor's degree and received her Master's degree from UCONN. Jayne taught in Thompson, CT, New Hampshire and Oxford, MA. She was a lifelong member of the Putnam Baptist Church and was on the Library Board of the Putnam Library. She loved to travel to Bermuda, Canada, Nova Scotia, France and various places in Europe. With her cousins she drove across the US. Before her husband died they traveled the Intercoastal Waters in Alaska. Jayne enjoyed reading and going out for lunch with her friends, going to church and liked spending the summers on Lake Winnipesaukee in New Hampshire with her husband. She enjoyed the Red Sox and enjoyed going to spring training in Florida.

Jayne is survived by her sisterin-law Carol Tourtellotte of Florida, niece Sandra DeLoge-Murdock, great niece Brettany Murdock, cousins Ruth Kneier of Putnam, Karen (Charlie) Dimock of Woodstock, Lynne (Tony) Foote of Woodstock, Myrtie (Randolph) Blackmer of N. Grosvenordale, Carol (Joe) Kudzal of N. Grosvenordale and Robert (Debbie) Chandler of Thompson. She was predeceased by her beloved husband Jack, her brother John Tourtellotte, and nephew Brett DeLoge.

Funeral Service were held on Tuesday, August 11, 2020 at 10:00 AM at the Putnam Baptist Church, 170 Church Street, Putnam. Burial followed in Putnam Heights Cemetery. In lieu of flowers donations maybe made to the Putnam Baptist Church, 170 Church Street, Putnam, CT 06260. Share a memory at www.smithandwalkerfh.com



Easy appetizer for entertaining

Impromptu entertaining can be a fun

Photo Courtesy

A pair of World War II veterans, Raymond K. Williams and Victor E. Lippiello, were honored on Sunday, Aug. 9 at the V.J. Day Ceremony in Moosup. The occasion was the recognition of the end of WWII, 75 years ago. Williams and Lippiello are members of American Legion Mayotte-Viens Post #13 of Putnam.

LEGALS

TOWN OF WOODSTOCK

The Planning & Zoning Commission has scheduled a Public Hearing for Thursday, August 20, 2020 at 7:45 p.m., to be held in accordance with Governor's Executive Order 7B, conducted as a web-based virtual meeting via Zoom. Login information will be contained on the agenda found at the Woodstockct.gov website. #SP641-06-25 Jason & Jamie Beausoleil, 599 Rte 169, (7280, 29, 01) – Change of use from residential to mixed use, commercial/retail. Chairman Jeffrey Gordon, M.D.

August 7, 2020 August 14, 2020

TOWN OF WOODSTOCK

On August 3, 2020, Woodstock Inland Wetlands and Watercourses Agency granted wetlands approval with conditions for the following application: #03-20-03 – ND Swadia LLC dba Woodstock Country Store, 1484 Route 171 – Proposed Automobile Service Station/Country Store. Chair Mark Parker. August 14, 2020

NOTICE OF ANNUAL MEETINGS

of the Corporators of The Woodstock Academy on **Tuesday**, **August 18**, **2020 at 6:30 PM** and of the Trustees of The Woodstock Academy on **Tuesday**, **August 18**, **2020 at 7:00 PM**.

Meetings of the Corporators and the Trustees of The Woodstock Academy will be held on August 18, 2020 beginning at 6:30 PM.

Julie Woodland, Executive Assistant to the Head of School

The Woodstock Academy Board of Trustees August 14, 2020



way to get together with friends or family without the pressures of hosting more formal affairs. But hosts will still need to provide some refreshments for their guests, and having some easy recipes at the ready can make it easy to pull together a few bites in a hurry.

An arsenal of appetizers and small plates at the ready can feed a few or a crowd. By sticking with simple fare of readily sourced ingredients — including staples kept in the refrigerator and pantry — it's a snap to entertain. This recipe for "Flaky Tomato and Mozzarella Tart" from "Real Simple: Easy, Delicious Home Cooking" (Time Home Entertainment) by the editors of Real Simple, is a recipe that can be pulled out time and again for anytime entertaining.

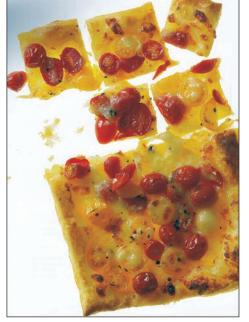
Flaky Tomato and Mozzarella Tart Serves 4

All-purpose flour, for the work surface

1/2 sheet frozen puff pastry (one-quarter of a 17.3-ounce package) thawed

- 1 cup grape or cherry tomatoes, halved if large
- 1/4 pound mozzarella, grated (1 cup)
 - 1 tablespoon olive oil Kosher salt and black pepper

Heat oven to 425 F. Line a baking sheet with parchment. On a lightly floured surface, roll the pastry into a 9-by-6-inch



rectangle. Place on the prepared baking sheet and refrigerate until firm, at least 30 minutes.

Prick the pastry all over with a fork, then top with the tomatoes and mozzarella. Drizzle with the oil; season with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Bake the tart until golden brown and cooked through, 20 to 25 minutes. Cut into pieces before serving.

Tip: Be sure to use commercially packaged mozzarella in this recipe. Fresh mozzarella loses its water during baking and will leave the pastry soggy. PC198178

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Help kids feel comfortable at the dentist



Routine dental examinations and of oral healthcare for both children cleanings are an important component

and adults. However, many children do not visit the dentist until well after the time recommended by medical and dental professionals. Parents may be unaware of the dental health timeline, or they could be reluctant to bring their children for fear of how their kids will behave - especially if parents are harboring their own apprehensions about the dentist.

The American Academy of Pediatric Dentistry recommends that a child go to the dentist by age 1, or within six months of the eruption of his or her first tooth. Yet, according to a survey commissioned by Delta Dental Plans, the average age of a child's first dental visit is 2.6 years.

Parents worried about how their kids will respond to the dentist can take the following steps to acclimate kids to dental visits to make them more comfortable during their appointments now and down the road.

• Be a positive role model. Children frequently learn by example. If they see their parents being diligent about dental care, they're more likely to embrace proper oral hygiene. Bring children to your own dental appointments so they understand the process and become familiar with the type of equipment used.

• Stick to the first-tooth milestone. Take your child to the dentist on or about when his or her first tooth erupts. Early dental visits will get kids used to going to the dentist and prevent minor problems that may lead to more complex dental issues.

• Read books about the dentist and role play. Information can allay kids' fears about the dentist. Read books together about dental visits and act out possible scenarios with your kids. Give kids toy dental health tools and have them practice exams on you and vice-versa.

• Be supportive and instill trust. Avoid telling your child that everything will be okay. If a procedure is needed, this could affect his or her trust in you and make the dental office an even greater source of anxiety. Simply be supportive and offer a hand to squeeze or a hug if your child needs you.

• Consider using your dentist. Some parents like to take their children to a pediatric dentist, but it may not always be necessary. Many family practices cater to patients of all ages, and the familiarity of the office may help make children feel more comfortable. Speak with your dentist about the ages they see.

• Steer clear of negative words. Michael J. Hanna, DMD, a national spokesperson for the AAPD, suggests using positive phrases like "clean. strong, healthy teeth" to make the visit seem fun and positive rather than scary and alarming. Let the office staff come up with their own words to describe processes that won't seem too frightening

By employing these techniques, kids' dental visits can be more pleasant for all involved, paving the way for a lifetime of healthy teeth.





AUGUST is National Replacement Window Month at **Renewal by Andersen***

Why did we declare August National Replacement Window Month? Because even though the summer is hot, that doesn't mean you have to live with the heat inside your home, too. Replacing just a few windows or a door now can help make your home cooler during the summer-and warmer in the winter.

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- Our exclusive composite Fibrex[®] windows are not only beautiful, they're remarkably strong, offer superior energy efficiency and require minimal maintenance.**
- Our factory-trained Certified Master Installers have years of experience installing only windows and doors. And know that we've adjusted our operations to serve you in the safest way possible and make your home more secure.

Renewal by Andersen of Connecticut has an amazing reputation. With 981 Google reviews, we have earned a rating of $4.9 \pm s$.

Customer Review ****

I've had a lot of work done in my home over the years but have never met such caring people as those who work for Renewal by Andersen. Everyone acted professionally throughout the process and never missed anything on the installation. The supervisor kept me informed and was as nice to me as he was to his crew. I highly recommend Renewal by Andersen windows. The windows are the best that I've ever seen.

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– Michael S., Madison, CT





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Thompson launches Summer Fun in the Park series

The Summer Fun in the Park in Thompson kicked off on Aug. 7. The program, sponsored by It Starts at Home and The Thompson Recreation Department, runs for three Fridays in August. Registration through the Thompson Recreation is still be accepted. The first Friday's theme was Native American. It included a story read by TMS teacher Erica Groh, who together with Jill St. Cyr created the themes and idea for the program. A Native American presentation was given by volunteers Serena Germain and Larry Groh, both of the Pokanoket Nation. Children in attendance greatly enjoyed the

history and teachings of that tribe. Students then created Navajo Sand Art and received snacks provided by It Starts at Home. Other volunteers included Veronica Bushey and Justine Julian. The theme for week two is recycling and the theme for week three is the beach. It Starts at Home will be providing an ice cream truck for children in attendance as well as backpacks for those signed up. For week three, Jessica Bolte's girl scout troop, Troop 65117 will provide snacks as well. This is a free program for Thompson residents and there is still room available.



















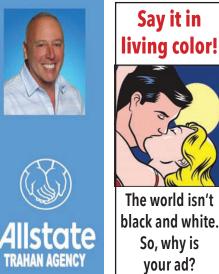


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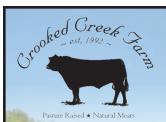
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