



THOMPSON VILLAGER

Friday, November 13, 2020

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Day Kimball Healthcare's Employee of the Month for October 2020, Lori Hamilton, Clinical Coordinator, Day Kimball Hospital.

PUTNAM — Lori Hamilton, clinical coordinator in the medical/surgical department at Day Kimball Hospital, has been named employee of the month for October by Day Kimball Healthcare (DKH).

Hamilton, who began her healthcare career path during high school as a certified nursing assistant, has been a nurse for 24 years. Prior to joining Day Kimball in February 2000, Hamilton worked as an emergency medical technician and as a nurse in intensive care, emergency and acute rehab settings. In her role as clinical coordinator for the medical/surgical department, Hamilton is responsible for supporting the unit's nursing staff, providing staff education, and assisting with direct patient care.

According to her supervisor Deb Blackmer, clinical manager in the medical/surgical department at Day Kimball Hospital, "Lori is a tremendous resource and support in our department, and is well respected by her peers. With her many years of nursing experi-

ence, she provides valued leadership by continuously mentoring, educating and developing our staff. We are all grateful to have her as a leader on our team and congratulate her on her recognition."

In response to being named employee of the month, Hamilton said, "I am humbled to have been recognized as the employee of the month, and grateful to work with such a wonderful group of people." When asked what she likes most about her job, she said, "The patients, the staff, and the camaraderie."

Hamilton earned an associate degree in nursing from Quinsigamond Community College, Worcester, MA in 1996 and received a Bachelor of Science degree

Turn To **HAMILTON**, page **A8**

American Legion preparing for 2021 Oratorical Contest

REGION — Preparations are currently underway by The American Legion Department of Connecticut for its annual Oratorical Contest, according to District #4 Commander Ronald P. Coderre. The American Legion Oratorical Contest, a high school 'Constitutional Speech Contest' that exists to develop a deeper knowledge and appreciation for the U. S. Constitution, is conducted annually throughout Connecticut and the nation.

The program, which is open to high school students under the age of 20, has been in existence since 1938. Local contests overseen by area Legion Posts are conducted in the month of January. The winners of the local contests move on to the District level competition in February. Once again, this year the District #4 contest is scheduled to be held at Woodstock Academy. The winners of the seven Connecticut Districts then convene in March for the right to represent Connecticut in the National competition, which is held in April in Indianapolis, Indiana.

The goal of the contest is to encourage the devel-

opment of public speaking, leadership, and an understanding of our nation's laws as they pertain to our Constitution. Each contestant is asked to make an eight to 10-minute prepared oration on a predetermined aspect of the Constitution. The second part of the contest involves a randomly assigned constitutional topic that they are expected to speak on for between three and five minutes.

The contestants are judged by a selected panel of impartial judges, with no connection to any of the participants. Timekeepers, tabulators and ushers are also an integral part of the competition, which ensures the very highest in fairness throughout the process.

"This annual contest is one facet of the American Legion's focus on Americanism and Children and Youth. As veterans our goal is to bring an understanding to today's young people of the values our Founding Fathers placed on the freedoms we enjoy today as American citizens," said District #4

Turn To **CONTEST**, page **A8**

Woodstock, Killingly girls' soccer teams fit to be tied this season

BY KEN POWERS
SPORTS CORRESPONDENT

REGION — If you go online and Google the phrase "evenly matched teams," there is a good chance — this year, anyway — that photos of the Killingly High and Woodstock Academy girls' soccer teams will be included in the search.

On Wednesday, Nov. 4, Killingly and Woodstock played each other for the third time this season, the match ending in a 2-2 tie. Both teams not only finished the season series 1-1-1, but both teams in the head-to-head matchup scored seven goals against the other.

Killingly opened its 2020 season on Thursday Oct. 1 by defeating the Centaurs, 3-2, in double-overtime. Five days later Woodstock returned the favor, beating Killingly by the same score. That set up what some called the regular-season rubber match, which did not produce a winner.

In the latest version of the rivalry, played in Woodstock, Killingly went ahead, 2-0, on a pair of goals three minutes apart by sophomore Casey Beauregard, who was assisted on both by senior Grace Nichols.

"Both goals came off set pieces. We, for the most part, generated whatever offense we had off set pieces. The game was not pretty, offensively, for us. We made the most off the opportunities we had," Killingly coach Jim Lackner said. "Casey got off a couple of great shots after a pair off good kicks in by Grace."

Woodstock sophomore Grace Gelhaus pulled the Centaurs to within a goal, 2-1, scoring on a terrific individual play, just before the end of the first half.

"The goal that came right before the end of the half was very important," Woodstock coach Dennis Snelling said. "Grace beat three defenders by herself just to have a chance to score, and then she got a good shot on net and it went in. That made the deficit, going into halftime, more manageable."

The Centaurs tied the game, 2-2, in the 63rd minute, on a goal by senior Lucy McDermott.

Before the game, Lackner and Snelling agreed in the case of a tie that the teams would play two five-minute, golden-goal (first team to score wins) overtime periods. At

Turn To **SPORTS**, page **A4**



Photo Courtesy

American Legion District #4 Commander Ronald P. Coderre spoke to students at Putnam High School on Thursday, November 5 about the annual Legion Oratorical Contest. Students are pictured with Coderre (front left) and teacher John Allen (back right).

Northeast District Department of Health plans drive-thru flu clinic

BROOKLYN — On Sunday, Nov. 15, from 11 a.m. to 1:30 p.m., the Northeast District Department of Health (NDDH) will host a drive-thru flu clinic at Killingly Intermediate School, 1599 Upper Maple Street in Killingly. According to clinic organizers, this "drive-thru to avoid the flu" outdoor setting will provide an opportunity for people age 18 and older to get a free, fast, and easy flu shot while they remain seated in their car. This will be the fourth such clinic held in northeast Connecticut by NDDH.

"Each year, there are more lessons learned that help us to improve our

response plans,"

explained NDDH Emergency Coordinator Derek May. "The primary reason for this exercise is to test local and regional emergency plans to dispense a lot of medication in a short amount of time. This is particularly important as we prepare for the eventual distribution of COVID-19 vaccine. The 'drive-thru' model is one way to help reach a lot of people quickly."

Three hundred free flu shots are available to those participating in the exercise on a first come, first served basis. There is no registration necessary, but attendees are asked to down-

load and complete a short immunization consent form and review the vaccine information statement available at <http://www.nddh.org/newsevents>. "Getting vaccinated against the flu is one of the best things you can do to prevent the spread of illness," said NDDH Public Health Nurse Janine Vose, who will manage the vaccination teams. "It's always important to get your flu shot, even more so this year as we try to manage the COVID-19 response at the same time."

The clinic will follow COVID-19 safety protocols. All personnel and attendees are required to wear face masks at

all times. Those receiving vaccines will remain in their vehicles.

The clinic will be staffed by members of the Medical Reserve Corps (MRC), public health volunteers affiliated with NDDH who provide medical and non-medical support roles such as vaccinators, traffic direction, setup, communication, and other support services.

Anyone who would like to assist at the clinic, learn more about MRC or future volunteer opportunities should contact Janine Vose at phnurse@nddh.org. The drive thru clinic is made possible by public health preparedness funds.

Reflections on local reservoirs



KILLINGLY
AT 300
.....
MARGARET
WEAVER

Have you ever heard of an island in Killingly Pond/ Middle Reservoir that has been locally called Blueberry Island? Last week, the Town of Killingly received a request for the formal naming of that island from the U.S. Board on Geographic Names (BNG). “This proposal is to apply the new commemorative name McCormack Island to a 0.3-acre unnamed island at the southern end of Killingly Pond in the Town of Killingly in Windham County. Killingly Pond State Park Reserve is located along the west and southwest banks of the pond. The new name would honor June Hopkin-McCormack (1928-1993) and James Joseph McCormack (1926-1993), residents of Yonkers, New York, who acquired property along the southern shore of Killingly Pond around 1912* and who led a group of Boy Scouts to build a cabin and develop some of the area. During their many visits to the property, the McCormacks recorded certain natural features of the lake (large stones, animal habitats, and sand beds), and accord-

ing to the proponent, a beachhead from the shore allowed for access to the island. The property is still owned by members of the McCormack family. The proponent reports that the island is colloquially known as Blueberry Island but there is no published use of that name.” I have never heard of this island, but perhaps one of you has. If so, please email Killingly Town Manager Mary Calorio at mcalorio@killinglyct.gov. Thank you. (*Note that the date 1912 problematic due to the birthdates of the individuals). Several reservoirs/ponds now exist in that section of East Killingly near the Rhode Island border. However, during the settlement period of the town in the 1700’s, there appears to be a only small body of water, which appeared as Chaubaug Pond on a map entitled Ancient Windham County in Ellen D. Larned’s “History of Windham County, Connecticut, Vol. I.” It is likely that one Native American trail towards Providence passed nearby (Quinn’s Hill Road). The planned construction of a number of textile mills along the Whetstone Brook in East Killingly in the nineteenth century created a need for greater water supplies than could be provided by the brook. Allen B. Lincoln’s “A Modern History of Windham County, Connecticut”** provides a nice

history, “Coincident with the growth of the mills, and necessitated thereby, was the growth of the reservoir system. In 1828, upon the petition of Ebenezer Young, Capt. Asa Alexander and others, the Chestnut Hill Reservoir Company was incorporated by an act of the General Assembly. This charter was renewed in 1831. At that time Judge Young owned all the water rights pertaining to the Burgess saw mill, at the outlet of Lake Chaubaug, having acquired the a short time previously, and also owned adjoining land in the amount of 450 acres, some of which was afterward included in the ‘middle’ reservoir, which was built some years later, and occupied the cedar swamp..By deed, dated August 1, 1831, Young conveyed all water rights to the reservoir company and also five acres of land, near the present dam at the lake, which was constructed in 1832. This greatly increased the storage capacity of the lake and added much to the value of the mill properties. “In the same year the company proceeded to buy control of the Bartlett sawmill pond, just above the rapids, and flowed a part of the bog meadow flats, just east from the present village. These rights were further enlarged by purchases from Reuben Bartlett, in 1836. In the latter year the company completed the purchase of land for the middle reservoir,... and in 1837, the dam was constructed exactly on the road-bed of the old Hartford and Providence Turnpike...In 1854 the company purchased land of Eddy and Nancy Pray and Paris M. Law, built a dam and flowed a large tract...In 1872 land was secured from Alvia Chase and others and a dam was built across an affluent of the middle reservoir...” (p. 220, 221; from The Mills of Chestnut Hill; The Story of a Connecticut Village by James N. Tucker). I hadn’t thought much about the timeline of construction the reservoir system in con-

nection to the construction of a number of small mills down the Whetstone Brook. Asa Alexander soon built one as did several others. In fact, by 1836 Killingly was the greatest cotton manufacturing town in Connecticut. Without the reservoirs, would this have been possible? (*Lincoln’s History is available online at archives.org if you would like to read more about the Mills Along the Whetstone Brook and see photos of several). For a photo of Judge Ebenezer Young’s mill, see “Images of America Killingly” by Natalie L. Coolidge and Robert A. Spencer, p. 98. In addition to being a mill owner, Young held a number of State elected offices and served as a United States Senator from March 4, 1829-March 4, 1935. His daughter Harriet married Charles L. Tiffany, co-founder of Tiffany’s in New York City thus Ebenezer was the grandfather of noted artist and stained glass master Louis Comfort Tiffany. His home is still standing in the Westfield section of Danielson, a little north of Killingly Memorial School. What a memorable week this has been! Presidential elections were held on Tuesday, Nov. 3, and the numbers were so close in several states that the result was not officially known until Saturday, November 7: Joseph “Joe” Biden had defeated incumbent Donald Trump. What’s more, in this 100th anniversary year of the XIX Amendment, when women gained the right to vote in presidential elections, we now had a woman--Kamala Harris--as vice-president elect! Referred to in the papers as the first Black woman, the first woman of color, her election meant several milestones finally had been reached. It’s been a long time in coming. No matter your gender, your race, your political leanings, please keep in mind that president-elect Biden has said that we are All Americans. May we all work together for the good

of our families and friends, our communities, and our Country. Program: Due to Covid-19, our next program will be held virtually on Saturday, Nov. 21 at 7 p.m. Chelsey Knyff, a textile historian, historical lecturer, and one of the curators to “Unlacing the Corset Unlashing the Vote” will be presenting on women’s suffrage. If you are interested in attending the Zoom lecture, please email your email address to director@killingly-historical.org by Nov. 14. The presenter will send you a Zoom link an hour before the lecture begins on Nov. 21. After the program there will be a question and answer period for the audience. You do not have to be a member of the Killingly Historical & Genealogical Society to sign up for the program. The mail and answering machine are being checked although the Killingly Historical and Genealogical Center is closed. Donations are still being accepted during Covid. If you have something to donate, please call the Center at 860-779-7250. Someone will get back to you in a week’s time to make arrangements. Preserving your treasures still remains important despite Covid-19. Thank you again for your generosity. Margaret M. Weaver Killingly Municipal Historian, November, 2020. For additional information email me at margaretmweaver@gmail.com or visit the Killingly Historical & Genealogical Center Wednesday or Saturday 10 a.m.-4 p.m. (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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Woodstock Fire Departments & Community Fire Station 81 have joined together for the

15TH ANNUAL TOY COLLECTION

Saturday, November 14, 2020
9:00 am - 2:00 pm

Bring a new unwrapped toy or a donation
and be greeted by fire dept. personnel & friends.

Toys for all ages needed - infant to teens.

- Collections to benefit local area families. -

Due to COVID-19, precautions will be taken to maintain social distancing & face masks will be required for everyone's safety. Note: Event to end at 2pm this year.

WVFA Station 76
399 Route 169
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Community Fire Station 81
862 Riverside Drive
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BFB Station 77
www.bungay.com

CFC Station 81
N. Grosvenordale

MBFD Station 75
www.muddybrookfire.com

WVFA Station 76
www.wvfa76.org

POMFRET STUDENTS PAY TRIBUTE TO NATIVE AMERICAN CULTURE

Photo Courtesy

The fifth grade students at Pomfret Community School were given a menu of options for projects at the conclusion of their Native Americans unit of study. Some projects included carving a dugout canoe out of a bar of soap, paper towel roll totem poles, marshmallow igloos, a physical map of North America made of clay, and a diorama.

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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 Nov. 2: Evening Grosbeak, Pine Siskin, Purple Finch, Goldfinch, Junco, Peregrine Falcon, Yellow-bellied Sapsucker, Black Vulture, Sharp-shinned Hawk, Red-winged Blackbird, Barred Owl, Saw-whet Owl. Visit ctaudubon.org/pomfret-home.

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Pomfret resident elected to ECCD board

REGION — At the annual meeting of the Eastern Connecticut Conservation District (ECCD) held in October, the following people were voted to serve as new members of the ECCD Board of Directors: Cindy Wright Jones of Pomfret was elected to serve on the board as a full member. Michelle Maitland of Groton and Lydia Pan of Mystic were elected to serve as alternate board members.

William Jorsz of Sprague was reelected to serve as the Chairman of the Board. Sherwood Raymond of Norwich was elected to serve as Vice Chairman. Paul Shaffer of Norwich will be serving as Treasurer and Leonora Szruba was reelected to serve as Secretary.

The Eastern Connecticut Conservation District was also pleased to acknowledge the following individuals for their contributions to ECCD’s conservation mission:

The 2020 Muddy Sneakers Award went to Grayce Gibbs of Eastford for her volunteer assistance with an edge of field monitoring project. Conservation Hero Awards were given to Aaron Bourque of Putnam, Rachael Trowbridge of Hampton, and Genevieve Rondeau of Hampton for conducting bird surveys on ECCD owned land known as the Milo Appleby Conservation Showcase, located in Brooklyn.

Grant Jones of Pomfret was presented with a Phycology Detective Award

for his generous support assisting with algae identification.

Cindy Wright Jones, also of Pomfret, was presented with a Project Support Award for her assistance with field work and data management for multiple projects.

Gary Hoehne of Tolland was given the 2020 Watershed Workhorse Award for his assistance with water quality monitoring and social marketing.

The Eastern Connecticut Conservation District is a non-profit quasi-governmental soil and water conservation organization serving 36 towns in the eastern part of Connecticut. Learn more about their programs at www.ConserveCT.org/Eastern.



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@villager-newspapers.com.

Stefan Sabbagh joins The O’Brien Group of Ameriprise Financial

PUTNAM — Stefan Sabbagh, CRPC, has joined the Putnam office of Ameriprise Financial Services, Inc. as a financial advisor. He is joining The O’Brien Group, a financial advisory practice of Ameriprise Financial Services, Inc. Their office is located at 66 Main St. Putnam.

“We are excited to have Stefan join our team because he shares our passion for helping clients achieve their financial goals,” said Patrick O’Brien, owner of The O’Brien Group. “Stefan’s experience will help us better serve our existing clients while also allowing us to help even more individuals, businesses, and families plan for their financial future.”

“I am excited to join The O’Brien Group because of their strong, positive reputation in the community and the way they provide exemplary service to clients,” said Sabbagh.

Stefan has 18 years of experience in the financial services industry. Stefan holds Sabbagh graduated from The University of Connecticut with a degree in Political Science.

As a financial advisory practice, The O’Brien Group provides financial advice that is anchored in a solid understanding of client needs and expectations. This understanding is achieved by one-on-one relationships with their clients to better create a tailor-made financial plan for each

individual. For more information, please contact The O’Brien Group at 860-208-9913.

About Ameriprise Financial

At Ameriprise Financial, we have been helping people feel confident about their financial future for more than 125 years. With a network of approximately 10,000 financial advisors and outstanding asset management, advisory and insurance capabilities, we have the strength and expertise to serve the full range of consumer financial needs. For more information, visit ameriprise.com or <https://www.ameripriseadvisors.com/patrick.obrien>



Charter Oak’s Community Giving Program supports Quinebaug Valley Senior Center

BROOKLYN — The Quinebaug Valley Senior Citizens Center, located in Brooklyn, is pleased to announce a grant has been received from Charter Oak Federal Credit Union for \$1,800 to help provide a safe environment for their members and guests and to increase their capacity for programs and activities at the senior center.

Charter Oak is committed to giving back to charitable entities within its field of membership, and the credit union’s Community Giving Program supports many initiatives that directly benefit non-profits and charitable groups in both Windham and New London counties.

“We have been following all of the recommendations of the CDC and the State of Connecticut in order to safely re-open our doors,” said Linda Lamoureux, Director. “The situation with the Covid-19 virus has been an ever-changing, day-to-day evolution. We are opening slowly in planned phases to meet the needs of our seniors.”

QVSCC is a multi-purpose senior center offering a wide variety of services, programs, and activities for seniors over the age of 50 in the ten-town area of Northeast Connecticut. Wellness programs, social gatherings, information and referrals, volunteer opportunities, educational programs and other critical services such as financial and benefits

assistance have earned them the designation of a “Community Focal Point for Services” by the Area Agency on Aging.

The Senior Center is most grateful to Charter Oak Community Giving Program for their partnership, generosity, and support. This grant will help QVSCC meet the capacity restriction guidelines, social distancing recommendations and documentation requirements required to provide area senior citizens the programs and supports they need.



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POLICE LOGS

Putnam police log

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

Michael Checkon, Jr., age 49, of Putnam was arrested on Nov. 3 for Disorderly Conduct.

Joshua Zalansky, age 20, of Putnam was arrested on Nov. 5 for Threatening in the Second Degree and Disorderly Conduct.

George Long III, age 19, of Putnam was arrested on Nov. 6 for Carrying a Dangerous Weapon.





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STRATEGIC WEALTH ADVISORS

Can it begin with us?

I always find it fascinating what triggers us. As an author and a columnist, I've learned to thicken my skin and brace myself for criticism. Anytime any of us put ourselves out there, whether we run for office, create something, or perform publicly, you must expect and accept criticism. It's not always easy. The biggest surprise for me is often that things I write and say that I'm convinced will trigger a reaction, do not. Other times, I'll say something innocent and quite passive and a few will bury me in angry email.

Lest week, I wrote a column about my love of iceberg lettuce. It was true, but largely tongue-in-cheek. I thought we all needed a break from the stress and vitriol of a brutal election season, so I wrote to change the subject, express my feelings, and hopefully get a laugh. Wow ... a few people were terribly upset that I prefer iceberg lettuce over other types of greens. It didn't upset me. I found it hilarious at the range and volume of the response. I was called mildly as being ill-informed and nutritionally ignorant all the way up to being a liar and spreading damaging untruths! I may be igno-

rant but my feelings about my personal tastes are not untrue ... it's how I feel!

Last year, I spoke of the joy I get from chopping wood. Once again, I was attacked at being environmentally irresponsible, even though the only wood we chopped was from already fallen trees. I once wrote a column about losing one sock from every pair in my drawer ... again, I was labeled by a few as stupid and incompetent at keeping a pair of socks together.

I'm not complaining. I love hearing from readers and always use it to make me a better writer, but some of it would be laughable if it weren't so mean-spirited.

Now, most of the correspondence is positive and encouraging. I appreciate both, so keep it coming. So, why am I sharing this?

I worry about the intensity of the dialogue and actions of so many in our country today. For those who are triggered over my choice of salad, I want you to step back and ask yourself what has really caused you to be so angry. Think long and hard about it. These types of anger triggers are often a result of an unresolved per-



POSITIVELY
SPEAKING

GARY W.
MOORE

sonal issue. Blaming others is useless. No one can make you act angrily at others without your permission. But some allow it to happen anyway. It's not uncommon to read about a minor dispute over a parking space that turns into someone pulling a gun and killing another human being. I worry about the level of anxiety that allows a person to be triggered so easily, over something that really doesn't matter. This weekend alone, five people were murdered, and thirty-two others wounded in Chicago. Look at this headline from the weekend, "Dog, Eight People Shot in Nashville Over Canine Dispute." Really?

Then ... there's the election. I'm saddened about the vitriol from both sides and the level of anger it has caused. Millions ... maybe a billion dollars in damage nationwide in burning and looting, while in the process, lives have been needlessly

taken. We have a national epidemic of anger that is not worth the consequences of the actions triggered. And please. Spare me. Do not blame bad behavior on other bad behavior. Do not blame any politician.

I have a friend. She's a single parent who is an outstanding mom and community member. I respect her and love her teenage children. I was shocked this week to read her angry, gloating diatribe about the recent presidential election. I was deeply saddened to read the words she posted on social media. I read others who say they can never forgive those who voted differently. Really? Are we honestly unable to forgive those who think differently? Have we come to the breaking point where we now refuse to love our neighbor if they do not agree?

We cannot control the actions or feelings of others. We can control ours. We cannot stop anyone from hurting others, but we can make sure we never raise a fist or a weapon in anger. Violence usually begins with angry rhetoric. Can we begin by examining and tempering the words coming out of our mouths?

Let it start with me ... you ... everyone who is reading this column. I believe anger within us triggers anger in others. Likewise, kindness and love calm the human soul. We have reached a dangerous boiling point across our nation and it can only be reduced by cooler heads with love and kindness.

I still believe in the human spirit. I believe we are endowed by our Creator with the seeds of compassion and kindness. If nurtured, these seeds can grow within us and change the course of our nation regardless of who is President or whether your socks match.

Can we love thy neighbor regardless of what type of lettuce they eat, or who they vote for?

I am optimistic. We are better than this.

Can it begin with us?

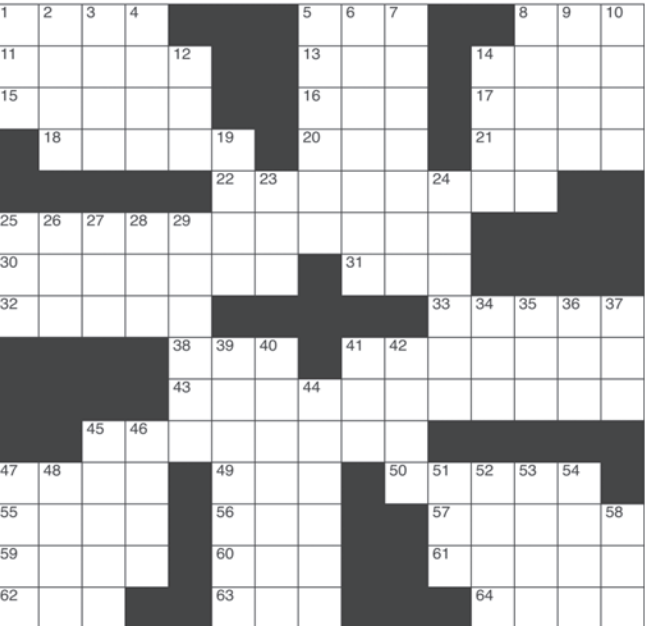
Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryW Moore721 and at www.garywmoore.com.

HELPING HANDS



Photo Courtesy

The Putnam Rotary Club Interact Club helped out at the Trunk or Treat event. From left: Abby St. Martin, Emily St. Martin, Katie Lamontagne, Brayden Cutler. Missing: Talia Tremblay, Maeve Lusignan, Reegan Reynolds, Sierra Girard, Marcy Dawley, Mike and Roberta Rocchetti. They also helped TEEG with its Halloween Costume distribution. Children from the surrounding towns were able to select Halloween costumes that were donated by Walmart. The costumes ranged from newborn sizes to adults. From left: Maeve Lusignan, Kaelyn Tremblay, Brayden Cutler, Katie Lamontagne.

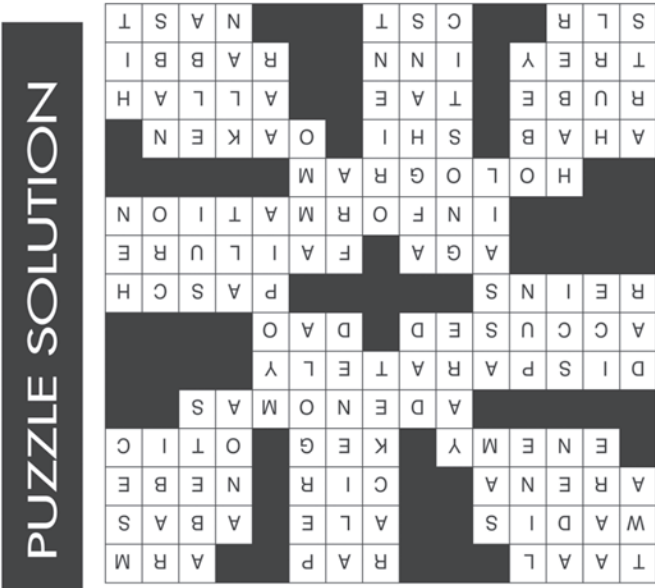


CLUES ACROSS

- 1. Dutch word for "language"
- 5. Popular music style
- 8. Body part
- 11. Largely dry valleys
- 13. Brew
- 14. Ancient Greek sophist
- 15. Where rockers play
- 16. Human gene
- 17. One point east of northeast
- 18. Adversary
- 20. Small cask or barrel
- 21. About ear
- 22. Benign tumors
- 25. In a different way
- 30. One charged with a crime
- 31. Chinese principle underlying the universe
- 32. Long, narrow straps
- 33. Passover
- 38. Ottoman military commander
- 41. One who does not succeed
- 43. Data
- 45. 3D image
- 47. Whale ship captain
- 49. Japanese title
- 50. Made of wood
- 55. Yokel
- 56. Exercise system ___-bo
- 57. Supreme being
- 59. Playing card with three spots
- 60. Hostelry
- 61. Spiritual leader
- 62. Single lens reflex
- 63. Time of the 90th meridian, used in the central U.S.
- 64. Thomas __, American cartoonist

CLUES DOWN

- 1. Shuttered airline
- 2. Swiss river
- 3. Port city in Yemen
- 4. It can be straight
- 5. Tennis player's tool
- 6. Estranged
- 7. Garden archway
- 8. Assists
- 9. Grain crop
- 10. Millisecond
- 12. U.S. Founding Father Adams
- 14. Small, deerlike buffalo
- 19. Easily manageable
- 23. Male parent
- 24. Nearsightedness
- 25. Patriotic women
- 26. Decorate a cake with frosting
- 27. __ fi (slang)
- 28. A joke rooted in wordplay
- 29. Attack violently
- 34. Keyboard key
- 35. __ juris: independent
- 36. Corporate executive (abbr.)
- 37. Adult female bird
- 39. Pertains to knowledge
- 40. Pashtoes
- 41. Prefixed title for Italian monks
- 42. To be fired from a gun
- 44. A way to position
- 45. __ process: produces ammonia
- 46. Follow instructions
- 47. Humanistic discipline
- 48. Throw
- 51. Swiss river
- 52. American hate group
- 53. Actor Idris
- 54. Seizes
- 58. Baseball stat



PUZZLE SOLUTION

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SPORTS

continued from page A1

the end of regulation, however, they talked again, and both coaches agreed ending the game right there was the right move to make.

"We both had players that were hobbling around at the end of the game and we both knew they were just going to keep hurting themselves if we kept playing," Snelling said. "We both agreed, logically, that leaving it as a tie was fine. I thought it was a good show of sportsmanship by both of us. I think there is a lot of good sportsmanship between these two teams."

Another reason for not playing overtime is that both coaches expect to play again, possibly this week, "in a regional final," Snelling called it.

"The game started late, and they don't have lights, so it was starting to get dark," said

Lackner, whose team entered this past week with a 6-1-1 mark. "Right after the game [Snelling] turned to me and said, 'how about we scrap overtime? We both have a game [the next day] and we both have a few girls who are banged up.' We both thought the game ending in a tie was the best way to handle it."

On Tuesday, Nov. 3, the day before her game with Woodstock Academy, Killingly senior Abbie Burgess became the school's all-time leading scorer, thanks to three goals against visiting Parish Hill (in a 9-0 win). Those three goals pushed her goals-scored total to 70, which eclipsed the mark of 69, set by Beth Gilbert in 1997.

On Thursday, Nov. 5, the day after her game with Woodstock Academy, Burgess scored two more goals in a 9-0 Killingly win over visiting Windham Tech. Also scoring against Windham Tech were Beauregard, Laura Farquhar, Jada Neri, Emma Girardin, Kaleigh Hopkins, Maddie Hopkins and Spencer Chviek.

Woodstock Academy also played the day following the Killingly game (Thursday, Nov. 5), defeating visiting Windham, 6-1. Gelhaus and senior Ciara MacKinnon each scored two goals in the win. Junior Stella Brin staked the Centaurs to a 1-0 lead just 63 seconds into the game. The Whippets tied the game, 1-1, 14 minutes later, but just before the end of the first half senior Peyton Saracina scored to put WA (7-1-1)

ahead for good.

Boys' Soccer

Woodstock Academy remained undefeated with a 7-0 road win over Putnam High on Wednesday, Nov. 4. Senior Richie Hickson and sophomore Jack Marshall each scored a pair of goals for the Centaurs while another sophomore, Noah Page, added two assists. WA improved to 8-0 with the win while the Clippers fell to 1-8-1.

Field Hockey

Senior Olivia Ott scored a pair of goals — her sixth and seventh on the season — and classmates Rachel Canedy, Alex Vaida and Eliza Dutton all also scored as Woodstock Academy improved to 5-2 with a 5-0 win at Killingly. Killingly, playing its first game since Oct. 12, is now 0-4.

Volleyball

Woodstock Academy's netters had a 1-1 week, defeating visiting New London, 3-0 on Tuesday, Nov. 3, before losing to visiting Griswold, 3-0, on Thursday, Nov. 5.

Against the Whalers, The Centaurs won a tight first set, 25-22, but followed it up with dominating wins in set Nos. 2 and 3, 25-6 and 25-10, respectively. Senior Tabby Bezanson had 16 service points including eight kills, while classmates Leila MacKinnon (five aces) and Amelia Large each had six kills.

The loss to Griswold was a hard-fought affair, the 5-0 Wolverines winning by sets scores of 25-22, 25-19, and 25-22. Against Griswold, Large had nine kills and two blocks, and Bezanson added 15 assists and 11 digs for the 6-3 Centaurs.

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Local church hosts hybrid Holiday Fair



WOODSTOCK — Members of the First Congregational Church of Woodstock have been sponsoring 'Christmas on the Hill' fundraiser for well over fifty years. This year, Covid-19 has forced the church to think creatively and make adaptations. The event will be offered on Saturday, Nov. 21 from 11 a.m. to 1 p.m.

"The pandemic had forced us to cancel several of our fund-raising efforts and this certainly impacts our budget and our ability to support local ministries. We have shifted to a hybrid model this year," said Debby Kirk, fair coordinator. "We are focusing on pre-orders for many of our items, our Silent Auction will be online, and the fair itself on Saturday, Nov. 21 will be an outdoor bazaar."

The Online Silent Auction runs for a full week, from Nov. 12-19 and features over 100 unique items—antiques, collectibles, sporting equipment, and handcrafted artwork. Bidding is through Golden

Gavel Auctioneers; www.goldengavel.com.

Saturday, Nov. 21 is the day to pick up pre-orders and auction items. The church building will not be open, but there will be 'no-contact' window pick up for the food and an outdoor bazaar on the front lawn from 11 a.m. to 1 p.m. Visitors are welcome to browse the holiday decorations at the 'Country Corner' and purchase beautiful greens arrangements and wreaths.

Shoppers can find handmade facemasks in holiday and sports themes, which make perfect stocking stuffers. The kitchen will be serving corn chowder, butternut bisque, and hot chili to go. There will also be cookies, and pumpkin rolls for sale. More than 225 chicken pot pies were pre-ordered and are now sold out.

"2020 has been challenging and we hope this event will help people get in the holiday spirit no matter how they plan to celebrate," reflected Paula Wilmot a member of the Board

of Outreach. "We will also have our TEEG tag tree on display. Folks can select a tag with a wish-list item for a local child. Toys and gifts should be returned to the church by December 6 for delivery to TEEG."

"We are grateful for community support, both for pre-orders and sponsorships," commented Pastor Kevin Downer. "Each purchase will enable our outreach to non-profits such as Thompson Ecumenical Empowerment Group (TEEG), Community Kitchens of Northeastern Connecticut, Quiet Corner Cares, Church World Service, and Heifer International."

The First Congregational Church of Woodstock is an Open and Affirming congregation of the United Church of Christ. The church is located at 543 Route 169, Woodstock, CT 06281 just south of the Woodstock Common. For more information, go to www.first-churchwoodstock.org or call the church office at 860-928-7405.

Red Cross helping several families displaced by Willimantic fire

WILLIMANTIC — The American Red Cross is helping three families — seven adults—three children after a fire today on Maple Avenue, Willimantic. The Red Cross provided assistance to meet the families' immediate needs. Responders included: Sue Bolen, Fred Bolen, Paulette Chandler, Pat Meinweiser and Eldon Griffiths.

The Red Cross also provided a recovery envelope containing information helpful to families recovering from a fire, including tips on cleanup; notification of important contacts; dealing with damaged items and more. The Red Cross is also providing comfort kits containing personal care items such as toothbrushes, deodorant; shaving supplies,

and other items a resident might need when suddenly displaced from their home by a fire.

Those affected will connect with Red Cross caseworkers in the coming days to work on a longer-term recovery plan. The Red Cross is able to provide assistance through the generosity of our donors and the commitment of our volunteers.

Red Cross assisting family displaced by Plainfield fire

PLAINFIELD — The American Red Cross is helping one family — one adult, no children — after a fire Monday on Plainview Drive, Plainfield. The Red Cross provided assistance to meet the individual's immediate needs. Responders included: Sue Bolen and Eldon Griffiths.

The Red Cross is also providing comfort kits containing personal care items such as toothbrushes, deodorant, shaving supplies and other items a resident might need when suddenly displaced from their home by a fire.

In addition, a recovery envelope containing information helpful to families

recovering from a fire, including tips on cleanup; notification of important contacts; dealing with damaged items and more was provided.

Those affected will connect with Red Cross caseworkers in the coming days to work on a longer-term recovery plan. The Red Cross can provide assistance through the generosity of our donors and the commitment of our volunteers.

For more information about the Red Cross visit redcross.org and for information on our home fire preparedness campaign visit: <http://www.redcross.org/ct/schedule-a-visit> or call 1-877-287-3327 and press option 1.

Tommy Toy Fund returns for another season of giving

REGION — The Tommy Toy Fund, which has provided a great holiday season for thousands of needy children in Eastern Connecticut each year for more than 40 years, returns for another season of giving.

Partners at local social service agencies, who sign up recipients for toys, books and gloves, are asked to participate in a virtual training session at 4 p.m. Nov. 12. If the number of attendees

exceeds participation levels, another session will be scheduled for 5 p.m.

It's important for social service agency employees to get re-acclimated to the registration process, and it's a change to ask questions if you are a new participant.

To request access to the sign-up session, email tommytoy-fund2020@gmail.com. Please include your name, agency and

work contact phone. Questions can be emailed to the same address.

Agencies can begin signing up recipients on Nov. 16. Registration concludes Dec. 12. Distribution at sites in Norwich, New London and Dayville will take place on Dec. 16-17.

The Tommy Toy Fund is a registered 501(C)3 charity based in Norwich.

Learn about Medicare options at next Veterans Coffeehouse

PUTNAM — The Danielson Veterans Coffeehouse will have Amy and Ed Patterson of Patterson Insurance Services-Local Insurance Advisors - for an interactive presentation on how certain Medicare Plan options work specifically with VA benefits and Tricare for Life.

The Pattersons have specialized in supporting our Veteran Community for the past several years.

Join this special presentation on Tuesday, Nov. 17, at The Putnam Elks Lodge at 64 Edmond St., Putnam, CT 06260. The presentation will begin at 9 a.m. Learn about the key Medicare misunderstandings you need to know about. The Pattersons are also always available for no-cost consultations for community members. Learn more at <http://www.PattersonMedicare.com> or call 860-428-6678.

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FRANK G. CHILINSKI
PRESIDENT/PUBLISHER

BRENDAN BERUBE
EDITOR

The passing of a legend

“This is ‘Jeopardy!’” will never sound quite the same again after the passing of longtime host of America’s favorite game show, Alex Trebek, on Sunday at the age of 80. He served as the show’s host for an impressive 37 years. In the spring of 2019, Trebek was diagnosed with stage four pancreatic cancer.

Since 1984, Trebek has been a fixture in households during the dinner time hour when families across America would shout answers at their television sets. Many of the show’s questions, made us wonder if we ever picked up a book.

In every episode, Trebek always remained, calm, cool, collected and was the perfect gentleman. Throughout the years, many have tried to stump the famous host with various trivia questions, to which Trebek would always respond by saying “What is...?” first.

Trebek was born George Alexander Trebek in Canada on July, 22 1940. Apart from “Jeopardy!” for which he is most known for, the famous TV personality hosted other shows such as Nickelodeon’s “Double Dare,” “Classic Concentration,” “The Wizard of Odds,” and “Battlestars,” to name a few.

The man, famous for his mustache, received a Daytime Emmy for Outstanding Game Show Host seven times through his tenure. In addition he has received several awards, including a Lifetime Achievement Award and was given the key to the City of Ottawa.

Many fans don’t know that Trebek’s father emigrated from Ukraine and that he grew up in a bi-lingual household. His first job at the age of 13 was serving as a bell hop at the hotel his father, a chef, was employed with.

He graduated with a degree in philosophy from the University of Ottawa in 1961. Before graduation, he dipped his toes into the broadcasting world with a job working for the Canadian Broadcasting Corporation.

In one interview, he said, “I went to school in the mornings and worked at nights, I did everything, at one time replacing every announcer in every possible job”.

While employed with the CBC, Trebek hosted various news shows and sporting events.

The well loved host made a move to the states in 1973, when he began working for NBC. His first gig, with them, was hosting “The Wizard of Odds.”

Art Fleming was slated to be the host for Jeopardy but failed to return citing creative differences. Trebek slid into the spot in 1984, and it was game on ever since.

Trebek was married with two children. Apart from his role as host, husband and father, he was a longtime philanthropist and activist on the behalf of children worldwide.

Trebek has a star on both the Hollywood Walk of Fame and Canada’s Walk of Fame.

LETTERS POLICY

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

A divided Democratic party

To the Editor:

As I write this, it’s obvious that Joe Biden has pulled it off, but now we are facing recounts (which rarely change the result), possible lawsuits and allegations of voter fraud, which is only going to prolong that ultimate outcome. Say what you will about the issue of voter fraud, and though I doubt that it would actually change anything, it would be interesting to see it proven and learn its true extent.

Anyhow, with Biden winning, one thing for sure is that those people who cried for the abolishment of the electoral college and about Russian interference will finally shut up and get over it, but I expect that (the issue of) mail-in ballots will become the new crying towel.

Out of the 16 towns that make up Northeast Connecticut, 12 of them went for

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Our flags

To the Editor:

As I look across the grass of green. The hollow ground below is where I lie, you can see the bronze markers holding our flag so high. They wave so proud, and when the winds blow so strong, you hear the snapping of our

The end of a dark chapter

To the Editor:

The election is over, the American people have spoken; Joe Biden won. Instead of accepting defeat like a man, it looks like Donald Trump will spend the rest of his time whining and stamping his feet, crying “fraud,” and doing whatever he can to divide our country even more. Add “sore loser” to his pathetic resume.

Pink Pumkin Pledge

To the Editor:

Under these difficult times, because of the virus, we are so thankful for the generosity of everyone who took part in our fourth Annual Pink Pumkin Pledge for Cancer. We were able to raise \$385 in donations, of which 100 percent is going to the Rose Obove Larose Oncology Cancer Fund at Day Kimball Hospital.

Sadly, so many people are affected by can-

Taxing the rich?

To the Editor:

I find it interesting how so many people believe things are a good idea without examining if what is being said is the truth. During the last year, we have heard about the inequality between how the rich and the poor are taxed. It is propounded that the state needs to take from the rich through higher taxes. At the very base of this argument is class-warfare, but I digress. Yet, it is this very practice that increases the inequality, let me explain.

Taxes are raised on the rich, through Corporate taxes. Just to show an example let’s say corporations receive an increase from 10 to 15 percent so at the end of the year the corporation pays another 5 percent tax. This could be anywhere from ten million to hundreds of millions and that sounds and looks great.

The only problem is that it’s not their money that is being taken out, it’s yours. That extra 5 percent will be added to the price of the cost of production, meaning that gallon

Is the election over?

To the Editor:

Unfortunately, it is not. Why not? Well, my friends, who was it that insisted mail in ballots were the way to go, and that there would probably be no problems? Who was it that said, due to the Coronavirus, people were urged to utilize mail in balloting? Democrats. Democrats caused this mess, which has been further compounded by outright cheating in Democratic controlled cities such as Chicago and Philadelphia. Cheating by back dating ballots, ignoring signature mismatches, and in Wayne County Michigan, tens of thousands of 100 percent Biden ballots suddenly being dumped on the counter at 4:30 a.m. the day after voting.

Voting is one of our basic rights and responsibilities as citizens. However, our typical voter turnout numbers indicate many can’t be bothered or are unwilling to make the small sacrifice of time to vote in person. It is our duty to show up in person and vote. It is our duty to see that every legal vote cast is counted but not any illegal votes. We can all agree there will always be some voters who are unable to vote in person. They can request an absentee ballot. However, to encourage everyone to vote by mail just invites cheating. Voting early, voting late, counting vote’s days after the election all adds up to a big opportu-

Donald Trump. They included Thompson, Killingly and Putnam. Pomfret went for Biden, as did Woodstock, but by only 43 votes. And to prove that Connecticut isn’t as blue as you may think, Windham County (which includes Northeast Connecticut) and Northwest Connecticut both went for Donald Trump as they also did in 2016.

Id like to say to Mr. Etzel that your 44 letters didn’t change anybody’s mind (at least in Putnam, anyhow), but I guess that we can both only hope for a brighter future, and I’m sure you’ll let us know when it actually happens. Also, I had to laugh at Sweetnam’s “two wrongs make a right.” analogy when he referred to political signs using the “F” word. It reminded me of when a little kid gets scolded and their reply is; but he did it first. And if he actually stood by that sign in Putnam, it certainly

flags, singing our song. We died, but so proud to be an American.

JOHN WALKER, SR.
THOMPSON

In January, Trump and his family of misfits will be gone, and Biden can start to repair all the damage they have done. This very dark chapter in our nation’s history will finally be over.

TODD PATRIE
POMFRET

cer, and we felt the need to do our part. This money stays in our community for our community. Next year, we hope to exceed this amount.

Again, a heartfelt thank you. Your contributions will do so much good.

WALT & DEBBY OPPERMAN
KILLINGLY

of milk that was \$3, is now \$3.15. If you buy one gallon of milk each day, at the end of the year you are paying \$54.75 more for that milk. This is revenue sent to pay the extra “Rich Tax” that your government officials tell you will close the gap between the rich and poor. Now, if we add to the milk those other daily and weekly items that you need and purchase we see that the tax coffers are increased even more, at the expense of the poor and middle-class not the rich. The question that needs to be asked is how many other things are packaged in a way to make you believe it is to your benefit, when in actuality, it’s a lie and a deceptive ploy. The only way we can be hoodwinked is if we allow it by blindly believing what we are told and not checking out the true facts. It is our responsibility to check and double check everything, and make our decisions based on fact.

RAY MALO
BROOKLYN

nity for mischief. If you need food you find a way to the market. If you need gas in your car you find a way to get to the gas station. So make the effort to vote in person and thus know for sure your vote gets counted.

President Trump is a fighter and will not let this newest trampling of our election process go unchallenged. It may well take months to resolve the matter much like it did when Democrat Al Gore contested the Florida results in his presidential run. So while Biden has been declared the winner by the press, it is not the press but the Electoral College who may ultimately crown Biden the winner. Bottom line, it is still not over by a long shot. We just have to be patient and let the legal & constitutional process work its way peacefully to a conclusion.

WILLIAM HULL
POMFRET

Editor’s note: Villager Newspapers believes in facilitating a forum for a variety of different points of view on our Opinion pages. It should be noted, however, that as of our press deadline for this week’s edition, the courts in contested states have found no validity to the lawsuits filed by the Trump administration alleging wrongdoing on the part of election officials.

doesn’t make him (or those responsible for that sign) any better than that person on Route 44!

Unfortunately for me, every candidate that I wanted to see ousted won re-election. But I guess the chances of that happening were as great as the chances of Connecticut going for Trump. Putting that aside, it appears that House Democrats are now at each other’s throats because there was no “blue wave” in the House of Representatives. It was reported that “centrist” house democrats have lashed out at their “liberal” colleagues and are blaming their “far-left” views for costing the party seats. The centrist opinion was to never use the word “socialism” ever again to which squad member, Rashida Tlaib

Taking a lesson from chickens

I was planting a handful of daffodil bulbs when I realized I was surrounded by six chickens, all peering into the hole and then looking anxiously up at me. The hens, beautiful creatures in a dazzling variety of colors, belong to my neighbors, but treat all the world as their domain, much to my delight. They are curious and rush toward anything that looks interesting or edible. They make me smile. They make me think.

This past week was filled with news, anxiety and concern by anyone paying the slightest attention. Our nation went through a momentous election and nail-biting vote tallies. In my small town, the turnout was significant, as is often the case, and the single polling place was characterized by orderliness and efficiency, according to friends who worked at the polls. Feelings ran high toward both candidates, but people who know each other try their best to get along, even if superficially. Who wants to break up a long friendship or have a dust up with a neighbor when on a daily basis things go quite well? But this time it is challenging.

We’ve been the recipients of plenty of kindness. One friend, David, crafts stylish masks for us and other friends. He made a version that fits my face perfectly. He has found extraordinary fabrics, such a one printed with chocolate candy for my husband and one that features the Welsh flag for me. He says making masks helps him feel better and we are grateful.

Another friend, Rob, cut up a giant clump of trees that fell over in the high winds we had recently. I didn’t believe one man with a chain saw could sort his way through such a tangled mess, but he made short work of it. He has plenty of wood at his own place, so this was an especially kind thing to do.

Jorge brought over a casserole of chicken mole, a complicated dish that has 27 different ingredients melded together after hours of chopping, toasting and roasting. We sat down to Sunday night dinner feeling grateful for the surprise feast.

Joyce and Loren sent a plate of delicious baked goods that we are savoring. We thought we’d eat the pieces one at a time, but they are disappearing at a rapid rate. It seemed like an unexpected holiday.

We aren’t ill, and we haven’t lost a loved one. We are the fortunate recipients of the kindness of other people, for which we are grateful.

It’s our privilege to receive. Then we give back to others in ways that while not always perfect, are good enough. Familiarity breeds compassion as it helps us see the complexity of people rather than just one aspect.

The poet, David Whyte wrote: “The Irish say the thing about the past is that it’s not the past.” The past here is as filled with sharing and helping others as it is with division and disappointment.

While we wish the world went our way all the time, one of the great lessons of growing older is knowing that it doesn’t. We also know that the goodness that we have experienced keeps on repeating. There are individual acts of kindness and the broader ones done by groups and organizations. This year we need charity and compassion more than ever.

Unseasonably warm days



NANCY WEISS

LETTERS TO THE EDITOR

Election 2020

To the Editor:
Here's what Christine Rosati Randall, losing candidate to State House District 44 (Killingly/Plainfield), said in the Norwich Bulletin on Nov. 4. Losing to Anne Dauphinais for the third time in a row by greater than 60 percent of the vote.
"The percentages down ballot are relatively similar to the top of the ticket. I do not believe there was anything I could have done differently to change the outcome of this race. This was not a referendum on the record, qualifications or positions of the individual candidates."
Christine says it's more of a reflection of the "top of the ticket" and was not about her and the Democrat party. Right. In 2018, Anne beat Christine 61 to 39 percent, and there was no Trump.
Anne beat Christine in 2016, when Christine was the incumbent; in 2018; and now again in 2020 by greater than 60 percent every time.
I suggest there is a referendum. But it is on Christine and her party. Three times the town has rejected Christine and the Democrats by huge margins. It is their "record, qualifications and

positions"people are rejecting.
Christine's Democrat Party policy positions:
-Believes in open borders and sanctuary status for illegal aliens which cost Connecticut taxpayers over \$1.2 billion yearly. Anne opposes these policies, voted against the Trust Act to expand.
-Passed the Police Reform bill that hurts police officers, reduce public safety, increase municipal town costs, and defunds the police. Anne voted against. The Plainfield Police Union, the CT FOP, and the POACT endorsed Anne for a reason. She Backs the Blue, Democrats do not.
-Passed the largest tax hikes in Connecticut's history (Christine voted to implement the 2nd highest tax in history). Made us pay 10 cents for a bag, or taxed us on a parking fee at state parks. The constant nuisance taxes and fees are never ending and they want tolls. Anne has never voted for a tax hike, and never will.
-Has created an economic and fiscal crisis in Connecticut. Ranked 48th worst in in the nation financially by TIA. From 2007-2019 Connecticut had a -5% GDP, the only state in the

Northeast corridor to have a negative GDP over twelve years (before COVID). One of two states who never rebounded jobs since the 2008 recession. Anne was endorsed by NFIB and CBIA because of her votes that support job growth.
-Will continue to infringe on your Second Amendment rights to keep and bear arms. Their goal is to eliminate all gun ownership in Connecticut. Anne will never vote to infringe on your right to keep and bear arms.
-They believe the State has primacy over our children. Anne believes in parental rights from medical care to education; the parents have primacy, not the state. She will never vote to reduce parental rights.
-They are now the Party of third term abortions, and now, evenpost birth. Anne is pro-life.
There are many other differences, but Christine, see the difference. Maybe voters really don't like you or your policy positions.

LISA DANBERG
KILLINGLY

DELUCA
continued from page A6

replied by accusing them of "only being interested in appealing to white people in suburbia." Really? Imagine that — not only is Joe Biden going to have to deal with a divided nation, but he's also going to have to deal with a divided Democratic party - and good luck with that.

ED DeLUCA
NORTH GROSVENORDALE

WEISS
continued from page A6

brought yard work and planting for spring. The past is with us, but so is the future. The vulnerability we feel about Covid is a reality. Political change is happening, and chickens are with us. Like them, we must be alert, curious and kind.

Understanding the SECURE Act change

We welcome you back this week, as we continue to focus on yearend planning strategies for you to consider as it relates to your long-term financial goals. This year has caused us all to pivot from managing the medical risks of a pandemic, to working remotely, to remote learning for our children and everything in between. In December 2019, with the passing of The Setting Every Community Up for Retirement Enhancement (SECURE) Act, it also has caused us to pivot. The SECURE Act was signed into law by President Trump on Dec. 20, 2019 and became effective on January 1, 2020. Before the SECURE Act, individual beneficiaries could "stretch" the withdrawal of their inherited retirement accounts based on their life expectancy. What's changed? Now, most beneficiaries will have to deplete the inherited retirement account within 10 years of the original owner's death. Some exceptions to this rule include:
A beneficiary who inherited an IRA from someone who died before Jan. 1, 2020
The surviving spouse of the IRA owner
A child of the IRA owner who has not reached the age of majority (the account will need to be depleted within 10 years of the child reaching the age of majority)
A disabled or chronically ill



FINANCIAL
FOCUS
LEISL L. CORDING

individual
An individual who is not more than 10 years younger than the IRA owner
In most cases, the elimination of the stretch IRA will result in substantially less tax-deferred growth, as well as more taxes due on withdrawal.
7 Strategies for Addressing the End of the Stretch IRA
To help mitigate the potential negative ramifications of changes to IRAs, consider these strategies as it may relate to your financial picture.
1) Convert to a Roth IRA. Although inherited Roth IRAs are subject to the new rule, distributions remain tax free. With tax rates at historic lows, it could be a good year to accelerate Roth conversions so that beneficiaries (who may be in a higher tax bracket) can avoid being heavily taxed on distributions.
2) Disclaim the IRA. Beneficiaries can "disclaim" or refuse inherited assets without tax implications. To do it, they must submit a qualified disclaimer in writing within nine months of the IRA owner's death. Also, the beneficiary must not have received or exercised control over the property, and the disclaimed property must pass to someone other than the disclaimant.
This may be a plus for a surviving spouse who does not need those retirement funds. By taking the right to disclaim

a portion of the inherited IRA, the ultimate beneficiaries (e.g., the children) would avoid a larger share of assets being distributed over a single 10-year period. In this instance, one 10-year period starts when the first spouse dies. Another period would commence for the remaining balance of the account upon the death of the second spouse.
3) Name a trust as beneficiary. Without the lifetime stretch option, there is less tax incentive naming an individual as beneficiary as opposed to a trust where the trustee could have discretion as to when distributions are made. If you are named a trust as an IRA beneficiary before the implementation of the SECURE Act, however, you should review the current estate plan with your attorney. Some trusts drafted before the SECURE Act passed may now be obsolete, resulting in a distribution pattern that works against the trust's original intent.
4) Name a charitable remainder trust (CRT) as beneficiary. These trusts are structured so that the IRA beneficiary collects a stream of income from the assets over a specified period. Once that period ends, the charity collects whatever is left. The CRT isn't taxed on distributions or earned income from the IRA. The beneficiary, however, is responsible for any taxes owed on distributions from the CRT. Therefore, the CRT is, in effect, simulating the benefits of the former "stretch" IRA. But be aware that, only in a few circumstanc-

es, an individual beneficiary could receive more from a CRT than withdrawing from an IRA over a 10-year period. So, it is typically necessary that the IRA owner be at least somewhat charitably inclined when selecting a CRT as beneficiary of an IRA.
5) Pay premiums on life insurance. Depending on insurability, you could explore taking a withdrawal from the retirement account to pay premiums on a life insurance policy. In this scenario, you may find that the tax-free payout from the policy is a better option than leaving the retirement account to the beneficiary.
6) Make a qualified charitable distribution (QCD). Individuals older than 70½ are entitled to make a QCD. This is a tax-free gift from an IRA of up to \$100,000 per year that's payable directly to a charity. Because IRAs will be a less attractive inherited asset, QCDs may become more in favor, and so could the motivation for tax-free depletion of retirement accounts.
7) Revise the estate plan. The estate plan could take a more comprehensive, asset-by-asset approach, rather than continuing to split up assets by percentage. For example, the account owner might earmark IRA assets to be distributed to minors or individuals in lower tax brackets and designate a larger proportion of non-retirement assets to those with higher incomes.
Focusing on Future Goals
The changes adopted as

part of the SECURE Act are wide ranging and complex. Although many of the changes benefit those saving for retirement, the elimination of the stretch IRA could have negative consequences on your financial life goals. It's important to review all aspects of your financial plans and beneficiary elections to understand how it may be affected by the SECURE Act and look for alternative options that can help you better prepare for the future. We welcome you back next week as we wrap up yearend planning strategies this month. If you missed any of our weekly advisor blogs, you can still access them on our website www.whzwealth.com/resources.
Presented 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. 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 representative. Weiss, Hale & Zahansky Strategic Wealth Advisors does not provide tax or legal advice, and nothing in the accompanying pages should be construed as specific tax or legal advice. 697 Pomfret St., Pomfret Center, CT 06259, 860-928-2341. <http://www.whzwealth.com>.

Proper storage extends the life of leftover seeds



GARDEN
MOMENTS
MELINDA MYERS

As you pack away the garden hose, tools and other supplies or transition to your winter garden, do not overlook those leftover seeds. Proper storage can extend their life so you will need to buy fewer seeds next season. With another shortage of garden seeds predicted for 2021 you will be glad you did.
Leave the seeds in their original packet whenever possible. It contains all the information you need to make planting easier and increase your success next season.
Place the seed packets in an airtight container such as a recycled jar or plastic storage container. If you have lots of seeds, consider organizing them as you pack them away for winter.
Arrange them alphabetically from A to Z using dividers for each letter of the alphabet or organize them by planting season. Group seeds to be started indoors together and those that go directly in the garden by the month they should be planted.
Seal the lid on the container and place in a cool, dark loca-

tion. The refrigerator is perfect, providing consistently cool temperature that increases seed storage success.
The longevity of a seed not only depends on proper storage, but also varies with the type of seed.
Eggplant, muskmelon, and Brussels sprouts will last five years or more while onions and parsnips may only last a year. Give leftover flower seeds the same care. Heliotrope, verbena, sweet William, geraniums, and Shasta daisies typically last one or two years.
Impatiens, Geums and Tithonia (Mexican sunflower) usually maintain viability for two years while ageratum, alyssum, amaranth and yarrow can last four years or more.
Take an inventory of your seeds as you pack them away in storage. Reference this list as you begin planning next year's garden. You will be able to see what seeds you already have and focus on those you need.
If you have extras or seeds you do not plan to use, consider sharing some with a friend. Most of us do not need to plant all 20, 30 or more seeds in a packet. Sharing and trading with friends or donating to schools, community gardens, master gardeners, or other groups that may lack the resources to buy their own seeds is a great way to make a difference. Everyone will save money while growing



Photo Melinda Myers

Leave leftover seeds in their original packet whenever possible and store in an airtight container for next season.

beautiful and productive gardens.
Do not discard older seeds. They often outlast the average and continue to sprout at an acceptable level. You can test the seeds prior to planting. Just take ten seeds and wrap them in a damp paper towel. Then place in a plastic bag and wait to check for sprouting in a week or two. If all the seeds sprout, you can plant according to the

packet. If only half sprout, you need to seed twice as thick.
And if you find some of your old seeds are no longer viable, use them to create seed art and other projects. It is a fun way to repurpose these seeds.
Be sure to add packing up leftover seeds to your fall to-do list. You will be glad you did when it is time to plan and plant next year's garden.

Melinda Myers is the 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.

OBITUARIES

Dr. Edmond E. Morin, 77

DANIELSON - Dr. Edmond E. Morin, 77, resident of Danielson and beloved husband of Barbara A. Morin, passed away peacefully on November 1, 2020 surrounded by his loving family. Edmond was born on April 26, 1943 in Putnam CT, son of the late Edmond and Anita Morin. He was a graduate of Marianapolis

Preparatory School (1961), then attended Boston University where he studied biology before earning his Doctorate in Chiropractic Medicine at New York Chiropractic College in Manhattan. Ed returned to CT shortly thereafter and established his first chiropractic practice in Putnam in his early 20s before setting up permanent practice in Dayville. He was certified in orthopedics and provided compassionate care to his patients for over 35 years. He also served as Secretary of the Connecticut Chapter of the National Chiropractic Association for several years before retiring to spend time with his wife and family.

Ed loved to travel and had many hobbies. He was a collector of penny arcade trading cards and vintage coin-operated penny arcade machines. Ed was also a lifelong student of history and in his retirement was an active participant in the Learning in Retirement program at Quinebaug Valley Community College where he gave legendary lectures on a wide variety of topics including the

Oregon Trail, Hobo Life in America, and the Early Years of Motion Pictures. Family was always the most important part of his life. He enjoyed completing crossword puzzles and having intense games of Scrabble with his wife Barbara and spending time with his children, grandchildren, and great-grandchildren. He instilled in us the importance of education, he was always supportive, and provided us with valuable guidance throughout our lives. He will be cherished and will remain a part of us forever.

He is preceded in death by his adoring wife, Barbara of 56 years. His children, Donna Leon and husband Jorge of Danielson CT, Karen Bradley and husband Scott of Stafford Springs CT, and Craig Morin and wife Nancy of Chesterfield VA. He also leaves behind six grandchildren, Danielle Hutchinson & Emily Sweet, Kyle & Cory Bradley, and Cameron Swanson & Andrew Morin. Two great-grandchildren, Harrison & Nevaeh Hutchinson. His adoring sister Janice Starenchak of Citrus Grove FL, sister-in-law, Yvonne Vigeant and husband Raymond Jr. of Danielson CT, nephew Michael Vigeant, niece Suzanne Lewis and her family, and niece Valerie Starenchak.

A graveside service was held in St. Mary Cemetery, Putnam. Funeral arrangements were entrusted to the Gilman Funeral Home & Crematory, 104 Church St., Putnam, CT. For memorial guestbook please visit www.GilmanAndValade.com.

PUTNAM- Dr. Barbara K. Caparulo, Psy.D. of Putnam Connecticut, passed away peacefully and quietly on October 31, 2020 at home with her loved ones by her side after a long and courageous struggle with Alzheimer’s disease at age 73.



Barbara was born on April 24, 1947. She was the daughter of the late John and Gertrude Steffens Kinnirey. She grew up in the Portland, CT area. She attended the former Putnam Catholic Academy

as a boarding student, graduating in 1965. Barbara then embarked on a truly remarkable lifetime of successful educational and professional achievement.

Barbara attended Southern CT State University majoring in Psychology and Special Education. She taught children with special needs before directing the New Haven division of the federal government’s Migrant Children Education Program through the University of Hartford. She then worked at the Yale University Medical School/Child Study Center. While there she attended the Graduate School of Arts and Science at Yale University earning a Master’s Degree in Developmental Psychology with an emphasis on Developmental Psycholinguistics and Social Cognition. In the year 2000, Barbara obtained her Doctorate in Clinical and Organizational Psychology from The Massachusetts School of Professional Psychology.

Barbara’s career teaching children with special needs quickly blossomed into 10 years of research into the genetic and biological causes of autism spectrum disorders. This led to her becoming the Director of Developmental Disabilities in a large mental health center which was participating in the deinstitutionalization in Massachusetts during the time when state-run institutional facilities for persons with behavioral disabilities were being closed. She became clinically affiliated with The Institute of Professional Practice where her extensive research, knowledge, training and leadership experience drew her to begin to assess how people with complex and misunderstood behavior disorders could be properly evaluated and effectively taught.

The last part of Barbara’s career brought her into the lives of countless families who had loved ones with severe behavior disorders that crippled family life and often led to hospitalizations and institutionalization. Her groundbreaking research and extensive experience with autism spectrum disorders gave families the first hope they had ever known, and helped them understand the root issues behind their loved ones baffling behaviors. She developed plans to help affected individuals develop appropriate ways to express their feel-

ings, even when they had little or no language processing. For the families of these individuals, she was a miracle worker!

Barbara never let her brilliance get in the way of a good old-fashioned practical plan. She was all about the people she helped and never herself. Barbara’s greatest gift as a professional was the ability to see through the issues affecting an individual, find the genuine person in desperate need of help, and provide life changing strategies that brought dignity and some measure of happiness to lives of so many who, prior to her intervention, were voiceless.

These accomplishments were more of a vocation, a calling for Barbara. She loved to help people. Barbara possessed an extraordinarily wonderful talent for being able to understand and connect with everyone she knew and met. When one met Barbara, one had a new friend. She always made you feel welcomed and comfortable in her presence. Knowing her was a gift. She was a beautiful soul with a limitless love for life, her family and her friends.

Barbara was an avid reader. She loved the outdoors and the wildlife and plant life that came with that love. She was also an avid gardener and enjoyed bird watching. And she found particular enjoyment in people watching as well.

Barbara is survived by her beloved wife Celeste R. Chartier with whom she made her home for thirty-seven years. She leaves a large extended family including sisters-in-law, brothers-in-law, nieces, and nephews. She will be missed greatly by a wealth of friends and colleagues who dearly loved her. She also leaves a special friend/family member and caregiver Lucy MacWilliams.

Celeste also wishes to thank Dr. Joseph Botta for his collaboration with and care for Barbara.

Barbara was predeceased by her parents John Kinnirey, Gertrude Steffens Kinnirey and a brother John.

A Successful Life
To laugh often and much;
to win the respect of intelligent people and the affection of children;
to earn the appreciation of honest critics and endure the false betrayal of false friends;
to appreciate beauty;
to find the best in others;
to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition;
to know even one life has breathed easier because you have lived.
This is to have succeeded.
~Ralph Waldo Emerson
A celebration of Barbara’s extraordinary life will be announced and take place next spring. You can honor Barbara with a gift to The Northeast Animal Shelter in Salem, MA or to the Alzheimer’s Association of Connecticut.

Marie E. Desorcy Withers Burdick, 80

Marie E. Desorcy Withers Burdick, 80, of South Killingly passed away Thursday November 5, 2020 at home surrounded by her loving family. She was born August 16, 1940 in Putnam, CT daughter of the late Arthur and Juliette (Hamel) Desorcy.



Marie worked in retail most of her life but the job she loved most prior to retirement was driving a school bus for the town of Brooklyn. She loved traveling to Florida and especially loved going to York Beach in Maine. She loved her flower gardens, birds, butterflies and decorating for each season and the holidays. Marie was a member of the Brooklyn/Killingly JC’s. She loved riding with her husband on his Harley. She is survived by the love of her life, husband of 45 years Del Burdick Jr. (brat). She also

leaves behind a wonderful son William Withers Jr. of Dayville, stepdaughters Heidi Silva and husband Rick of Quaker Hill, Joyce Linkkila and husband Henry of Florida, Julie Madson and husband Dan of Tennessee, Amanda Baeten and husband Gary of Arkansas, 10 grandchildren and 21 great grandchildren. Marie was predeceased by her brother Paul and sisters Jane and Gert. Special thanks to Dr. Raja Fattaleh and his staff for their outstanding care and compassion over the last couple of years and to Dr. Bradbury, hospice nurse Deborah Tedford and hospice aid Jennifer of Masonicare Hospice in Mystic. Special thanks to the people in AA for their prayers, pictures, and cards. Funeral services will be private and there will be no calling hours. Marie asked that in lieu of flowers to make donations in her memory to Masonicare Home Health & Hospice, 23 Clara Drive Mystic, CT 06355. tillinghastfh.com

CONTEST

continued from page A1

Commander Coderre.

Last year’s District contest was won by Lucas Johnson, a sophomore at H.H. Ellis Technical School. His topic was “The Dangers of Constitutional Ignorance.” Johnson was sponsored by the L’Homme-Burdick Post #21 of Danielson. Johnson was the runner-up in the 2020 Department of Connecticut contest, which featured winners from the seven districts of the state.

American Legion Posts in District #4 are Post #13 Putnam; Post #14 Rockville; Post #19 Willimantic; Post #21 Danielson; Post #26 Stafford Springs; Post #52 Coventry-Mansfield; Post #62 Ellington; Post #67 North Grosvenordale; Post #91 Moosup; Post #95 Hebron; Post #101 Somers; Post #111 Woodstock; and Post #203 Eastford. High school students under the age of 20 who are interested in more information should contact Posts in their geographic area or contact District #4 Commander Ronald P. Coderre at

860.942.7243 or by e-mail at rpcassociates@snet.net.

“This is a great opportunity for our area young people. I’m encouraging students and their parents to investigate this program by reaching out to their area American Legion members,” concluded Coderre.

The American Legion, which was founded in March 1919 is based on Four Pillars. They are 1) Care and Rehabilitation of veterans and their families; 2) National Security; 3) Americanism; and 4) Children and Youth.

HAMILTON

continued from page A1

in education and psychology from Worcester State College in 1988. She was a recipient of the eastern Connecticut’s Nightingale Award for Excellence in Nursing in 2010, a statewide nursing recognition program that honors nurses for their exceptional contributions to the profession. Hamilton currently resides in Oxford, Mass.

Day Kimball Healthcare’s employee of the month program is sponsored by Foxwoods Resort Casino in Mashantucket,

Connecticut. “The Mashantucket (Western) Pequot Tribal Nation and Foxwoods 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 Roy Colebut-Ingram. “Supporting meaningful programs like that at DKH is just one way that we feel we can express our appreciation.”

About Day Kimball Healthcare Day Kimball

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

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Pointers before preparing chicken

Chicken is a versatile food that can be found on menus at restaurants across the globe. Whether it's stuffed chicken on the menu at an Italian restaurant or a spicy chicken dish from a local Indian eatery, chicken can be served in an assortment of ways.

As a global pandemic took hold in the winter of 2019-20, many people found themselves cooking at home more than ever before, and the versatility of chicken made it a go-to on home menus. People thrust into cooking duties despite little or no previous culinary experience should know that chicken can be cooked in a variety of ways and goes well with myriad side dishes. That makes chicken an ideal item to consider when planning meals for yourself and/or your family.

Millions of people across the globe eat chicken without incident every day. However, the threat of food poisoning is there when cooking chicken, so it's wise for home cooks to take a few precautionary measures when making meals with chicken.

- Thaw frozen chicken correctly. It can be tempting to take chicken out of the freezer and leave it on the counter to thaw in the hours before dinner-time. But that's potentially very dangerous. The United States Department of Agriculture notes that strains of bacteria such as salmonella and E. coli can be found on raw chicken. These bacteria thrive at room temperature, leaving you and others vulnerable to foodborne illnesses. When thawing frozen chicken, place the chicken in the refrigerator

- in a sealable plastic bag. Chicken also can be thawed in a microwave, but the online medical resource Healthline notes that chicken that has thawed in a microwave must be cooked immediately afterward to kill any bacteria.
- Be careful when rinsing chicken with water. The Australian Chicken Meat Federation notes that rinsing uncooked chicken with water can lead to contamination if chicken juices and any accompanying bacteria are splashed into the sink or onto surrounding surfaces, such as countertops. If you rinse chicken with water, make sure the water is running low to reduce splashing, and clean any areas that may have been contaminated, including the sink, immediately afterward.
- Clean all surfaces that have come into contact with raw chicken. Even if you don't rinse chicken with water, all surfaces that have come into contact with raw chicken should be cleaned immediately. WebMD advises using hot, soapy water to clean surfaces that have or may have come into contact with raw chicken or chicken juices.
- Confirm chicken is thoroughly cooked before serving. WebMD notes that chicken can be checked for doneness by cutting a slit into the thickest part of the chicken piece to see if it is cooked through. Juices from cooked chicken run clear, not pink. If the juice or meat is pink, the chicken needs further cooking.
- Don't baste with your marinade. If you're marinating chicken prior to cooking it, discard the marinade once



you remove the raw chicken from it. Raw chicken marinade may contain bacteria that can make people sick, so never baste cooking chicken with the same marinade you used when the

chicken was raw. Chicken is a versatile food that can be served in myriad ways. Safety should always be a priority when thawing, preparing, cooking, and serving chicken.

The secrets to cold weather entertaining

Upon the arrival of cold weather, people tend to move indoors and limit their time spent in the elements. For those who live in places where there are

restrictions placed on indoor entertaining and gatherings, it may be challenging to find ways to spend time safely together as temperatures drop.

The COVID-19 virus as well as other respiratory viruses are spread from person to person through respiratory droplets released into the air while coughing, talking or sneezing, states the Mayo Clinic. A person is more likely to inhale these droplets

from an infected person while indoors, especially when they're in close contact with that person. When outdoors, there is a lower risk of contraction.

Outdoor entertaining in winter may be challenging, especially in regard to keeping everyone warm. The following are some solutions that can help people stay warm and have fun outside.

Invest in fire pits
Fire pits are an affordable way to heat a patio or another outdoor area. They can be great places for friends and family to gather around and enjoy special occasions. They're readily available from garden centers and home improvement retailers at a variety of price points.
Permanent fire pits can be built by a

homeowner or professionally built by masonry experts.

Install an outdoor fireplace
A step up from a fire pit, outdoor fireplaces not only add warmth, but also improve the ambiance and value of an outdoor entertaining area. Set up outdoor furniture right next to an outdoor fireplace and you have a cozy alternative living room where everyone can gather.

Explore outdoor heating systems
Few things are more effective at warming up outdoor entertaining areas than patio heaters and infrared heaters. These devices are far more effective than average fire pits or fireplaces. One or two heaters will be enough to keep a large entertaining area warm.

Keep cozy options available
Guests should dress warmly, but having a basket of throw blankets, scarves and parkas available for extra warmth while mingling is helpful. Use outdoor rugs to insulate from the cold from the ground up.

Serve hearty foods and beverages
Stews, chilis, soups, and other hot foods can help guests warm themselves up from the inside out. Warmed cider, hot chocolate and mulled wines also can be served to help people stay warm.

Get moving
Incorporate activities that encourage guests to move around and stay warm. Beanbag tosses, dancing and even sports like flag football can keep guests' blood flowing.
Entertaining outdoors doesn't have to stop when the weather cools. Find ways to stay comfortable and safe when entertaining outside in the cold.

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Virtual volunteering opportunities

Volunteerism is the life blood of charitable organizations. Many cannot function effectively without volunteers campaigning for their efforts, handling day-to-day activities and serving in many other essential capacities.

During the pandemic, nonprofit organizations have been affected by social distancing recommendations. It's challenging to lend a helping hand when those hands may inadvertently be passing on a potentially dangerous illness.

Social distancing and other restrictions instituted in response to the global pandemic do not have to stifle volunteer efforts. The internet can be a gateway to volunteer opportunities — many of which can be handled virtually from the safety of home.

Organizations like Goodwill, the United Nations and even AARP offer online volunteering opportunities. Resources such as Volunteer Match also can connect interested parties with organizations that have virtual volunteer options. The following are a few additional ways to become a virtual volunteer.

- Manage social media accounts. Charitable organizations recognize the importance of a social media presence,

- Assist those without sight. Volunteers with Be My Eyes can provide important assistance to blind or low-vision individuals. Virtual video calls enable volunteers to communicate with people directly and provide help.
- Offer tutoring or teaching. Virtual learning has become the new norm in many different school districts. Parents who may need assistance with children adapting to remote learning can benefit from quality educators willing to lend their time and skill sets.
- Design and build websites. Organizations may have trouble finding time to keep their websites updated with the latest information. Writers may be needed to keep blogs current, while coders can improve sites and make them more secure.
- Assist call centers. People may have various questions and needs in a time of crisis. Volunteers can be used in retail call centers, online therapy lifelines and even school offices. Remote technology enables calls to be parsed out and answered by volunteers working from home.



- Translate emails and phone calls. Translators are always in demand in an increasingly global society. Bilingual men and women can volunteer as translators so their favorite charitable organizations can effectively overcome any language barriers that may

exist between their staffs and the people they're trying to help.

Staying close to home has become the norm during the pandemic, paving the way for virtual volunteers to make a difference in their communities.

3 ways to eat healthy on game day

The sports landscape changed dramatically in 2020. Professional sports leagues were forced to interrupt and/or delay their seasons, while many amateur athletes, including college and scholastic players, were told their seasons would not take place in 2020.

Despite those delays and cancellations, many athletes are competing

this fall and winter. And that means fans will likely gather to cheer on their favorite teams.

Game day gatherings are a great way to make sports more fun. But they also can compromise people's efforts to eat right, as traditional tailgate fare is not always so healthy. Thankfully, there are ways to eat healthy on gameday

without forgoing fun.

1. Learn your calorie counts.

Education might be your greatest ally if you want to stay the dietary course on game day. According to the United States Department of Agriculture, popular game day fare like beer and chicken wings are high in calories. Beers vary depending on which type you're drinking, but 12-ounce light beers typically contain around 100 calories apiece. The USDA also notes that a half dozen chicken wings typically come in at just under 700 calories, though that number will increase when dipping the wings into blue cheese or ranch dressing or slathering them in barbecue sauce. Understanding how high in calories these staples can be may compel you to opt for healthier, lighter fare, such as vegetables and water.

2. Pay attention to how much you're eating.

A 2014 study published in the Journal of the American Medical Association: Internal Medicine found that the amount of food people eat while watching something is influenced by what they're watching. Conducted by researchers at Cornell University, the study found that people ate considerably more while watching action-packed entertainment than they did while watching more sedate programs like talk shows. Researchers concluded that the action-packed programs distracted people from how much they were eating. If you want to limit how much you eat while watching the big game, make a conscious effort to track your consumption, even making a small snack bag before the game begins and eating only that once it starts.

3. Make your own foods.

When you make your own food for

game day, you control what you're putting into your body. Homemade snacks that are low in calories and don't contain much sugar can help you stay the dietary course more effectively than brownies, chips and nachos.

Game day can quickly derail diets if fans aren't mindful of what they eat. But staying the dietary course on game day is easier than sports fans may think.

NUTRITIONIST)

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Northeast District Department of Health Plans Drive-Thru Flu Clinic

Free Flu Shots to be offered at Emergency Preparedness Exercise at Killingly Intermediate School

(BROOKLYN) – On Sunday, November 15, from 11:00 to 1:30, the Northeast District

Department of Health (NDDH) will host a drive-thru flu clinic at Killingly Intermediate School, 1599 Upper Maple Street in Killingly. According to clinic organizers, this “drive-thru to avoid the flu” outdoor setting will provide an opportunity for people age 18 and older to get a free, fast, and easy flu shot while they remain seated in their car. This will be the fourth such clinic held in northeast Connecticut by NDDH.

“Each year, there are more lessons learned that help us to improve our response plans,” explained NDDH Emergency Coordinator Derek May. “The primary reason for this exercise is to test local and regional emergency plans to dispense a lot

of medication in a short amount of time. This is particularly important as we prepare for the eventual distribution of COVID-19 vaccine. The ‘drive-thru’ model is one way to help reach a lot of people quickly.”

Three hundred free flu shots are available to those participating in the exercise on a first come, first served basis. There is no registration necessary, but attendees are asked to download and complete a short immunization consent form and review the vaccine information statement available at <http://www.nddh.org/newsevents>.

“Getting vaccinated against the flu is one of the best things you can do to prevent the spread of illness,” said NDDH Public Health Nurse Janine Vose, who will manage the vaccination teams.

“It’s always important to get your flu shot,

even more so this year as we try to manage the COVID-19 response at the same time.”

The clinic will follow COVID-19 safety protocols. All personnel and attendees are required to wear face masks at all times. Those receiving vaccines will remain in their vehicles.

The clinic will be staffed by members of the Medical Reserve Corps (MRC), public health volunteers affiliated with NDDH who provide medical and non-medical support roles such as vaccinators, traffic direction, setup, communication, and other support services. Anyone who would like to assist at the clinic, learn more about MRC or future volunteer opportunities should contact Janine Vose at phnurse@nddh.org.

The drive thru clinic is made possible by public health preparedness funds.

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