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# THOMPSON VILLAGER

Friday, February 25, 2022

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## Dang delivers countless saves for Woodstock Academy girls' ice hockey team



Photos Jason McKay

A determined Mia Dang of Woodstock Academy prepares for any incoming shot coming her way, as she has made over 300 saves for the Centaurs this season.

BY KEN POWERS  
SPORTS CORRESPONDENT

WOODSTOCK — Playing the angles. Few high school girls' ice hockey goalies in the area, state, and maybe even New England, do it better than Woodstock Academy's Mia Dang. "Mia knows her angles," Centaurs' first-year coach Eric Roy said. "She just has a feel for where the puck's coming from and where it's going, even when it gets blocked or deflected when there is traffic in front of the net. But knowing how to play the angles is not all Mia does well. She is very good going side to side,

she's got a great butterfly, and she knows how to use her size."

Ah yes, Dang's size. It makes all the impressive things she does between the pipes more impressive, if possible. The 17-year-old Dang stands five feet tall and weighs 120 pounds. In this day and age of tall, robust goalies of both genders at all levels, Dang stands out partly because, well, she doesn't stand out.

"The goalies nowadays are all big; every goalie we faced this year has been big," Roy said. "Mia makes up for not being as big or tall.

Turn To **DANG**, page **A14**

## Cleanup could also expand Owen Bell Pond

BY JASON BLEAU  
CONTRIBUTING WRITER

KILLINGLY — The town of Killingly is exploring options to expand and improve the pond at Owen Bell Park which serves as the main irrigation source for the facilities surrounding it.

Killingly Town Manager Mary Calorio informed the Town Council in early February that her office is exploring pricing and project options to improve a long-standing issue with the pond. The Owen Bell pond serves as Killingly's main source of irrigation but is in dire need of cleaning which has led to research on expanding the pond's capacity in the process.

"As you can imagine, as with any pond, sediment fills up the pond over time and regular ongoing maintenance would be to dredge the pond to regain that lost capacity," Calorio told the Town Council during their Feb. 8 meeting. "We did feel the effects of that lost capacity in the pond two years ago when we had the drought. We had to shut off

irrigation to all the fields. The town invests a lot into maintaining those fields and keeping them in good condition. Having to shut off the irrigation system to it, you can lose a lot of ground and lose a lot of money."

Calorio said that her office has also been looking ahead to extending the longevity of the pond which has expanded the project scope beyond a simple cleaning. Right now, the pond holds a million gallons of water; but if the project goes as planned it could hold four times that amount in the near future.

"The dredging prospect that we're looking at right now would potentially increase the volume of that pond to four million gallons. It would quadruple the capacity of the pond. It would increase the footprint a little bit, but it would really increase the volume. We would go from about a five-foot depth to about a 13-foot depth so we'd gain almost ten feet, and we would peel back some of the pond

Turn To **OWEN BELL**, page **A2**



Photo Jason Bleau

The entryway to the under-development commemorative park at the site of the Great East Thompson Train Wreck.

## DEEP grant to support park commemorating train crash

BY JASON BLEAU  
CONTRIBUTING WRITER

THOMPSON — The Connecticut Department of Energy and Environmental Protection announced \$3 million in grant funding on Feb. 16 to support towns in planning, designing, building, expanding, or enhancing multi-use trails across the state. Among the twenty projects funded through the grant Thompson is the only Quiet Corner community on the list with the money helping continue a longstanding initiative in town, the Great East Thompson Train Wreck landmark along the Air Line Trail.

Thompson is receiving \$16,000 through the CT DEEP grant which will allow the town to begin developing an interpretive park commemorating the tragic train crash that took place in December of 1891. The town held a special ceremony in the fall of 2021 officially designating a portion of the Air Line Trail in East Thompson as a commemorative site to the train wreck. Development of the park began in January

of 2020 with the Thompson Trails Committee, Thompson Historical Society, Economic Development Commission and the Last Green Valley all coming together to bring the concept to life with a grant from the National Park Service Rivers, Trails and Conservation Assistance Program helping spearhead the preliminary design phase. This new funding will be applied to pre-development engineering and site design for the park.

CT DEEP Commissioner Katie Dykes spoke about the significance of the grant funding in a press release unveiling the grant winners.

"As we learned during the pandemic, 2020 brought huge numbers of people out to our state parks, forests, and trails, both long-time and new nature lovers, to access the mental and physical benefits of being in the outdoors," said Dykes. "The public continued to use the state's natural resources to their fullest in 2021, so these projects are incredibly timely and will

Turn To **PARK**, page **A3**

## American Legion District #4 names winner in Speech Contest



Photos Courtesy

District #4 Oratorical Contest participants and American Legion Representatives — The four high school students who participated in The American Legion Constitutional Oratorical Contest are recognized following the conclusion of the program. Seated (L to R) Connor Sebastian of Plainfield, Guinevere Weiker of Putnam High School, Owen Bland of The Woodstock Academy and Contest winner Lucas Johnson of Ellis Tech. American Legion representatives standing (L to R) Past District #4 Commander Ronald P. Coderre, Charles Crowley of Post #21 Contest—Chairman, District #4 Commander Antonio "Tony" Rendon, Contest Moderator Everett G. Shepard III, and Department of Connecticut Commander Jeffrey DeClerck.

WOODSTOCK — The American Legion District #4, which encompasses Windham and Tolland counties, conducted its High School Oratorical Scholarship Program, "A Constitutional Speech Contest," on Saturday, Feb. 12 at the Loos Arts Center on the campus of The Woodstock Academy.

Lucas Johnson, a Griswold resident and Harvard H. Ellis Technical School student who represented Post #21 of Danielson, was winner of the contest. Johnson, a senior studying electrical, was presented a \$150 award for his winning performance. He now moves on to the Department of Connecticut competition scheduled for Saturday, March 5 at the State Police Academy in Meriden, where he will compete with the six other District winners. The winner of the Department competition advances to the National contest in Indianapolis, Ind. in April.

Each contestant delivered an oration on a topic of their choosing, between and eight and 10 minutes in duration, on an aspect of the United States Constitution. Following the initial presentation, each contestant was asked to speak for three to five minutes on an assigned topic of the Constitution.

Johnson's speech was entitled, "Is Our Constitution Living or Dead?" Johnson, who won this contest in 2020 prior to the pandemic, impressed the

Turn To **SPPECH**, page **A10**



The American Legion District #4 Oratorical Program Winner — American Legion District #4 Oratorical Program Winner Lucas (center) surrounded by American Legion representatives and family. Pictured (L to R) District #4 Commander Antonio "Tony" Rendon, Ellis Tech teacher Drew Mizak, Program Chairman Charles Crowley and Johnson with his parents.

# Wildwood park and Alexander's Lake



**KILLINGLY  
AT 300  
.....  
MARGARET  
WEAVER**

*Inclement Weather: If the Killingly Historical & Genealogical Center is closed due to inclement weather, an announcement will be made on WINY. If you are not sure, call the Center at 860-779-7250 after 10:15 a.m. on a regularly scheduled day. If you get the answering machine, the Center is probably closed.*

First, a special thank you to the Beagary Charitable Trust, which recently matched the Killingly Historical & Genealogical Society's grant from the Connecticut Humanities. This Beagary match is to be used for educational purposes. "The Beagary Charitable Trust's purpose is to provide financial aid to educational institutions, museums, research institutions and other organizations formed to teach all ages and preserve the History of the USA and the World. We also support organizations with programs that allow children and adults to enjoy intellectual, social, physical and cultural interactions with their peers and teach sportsmanship and leadership skills." Again, thank you.

Recently, the Killingly Historical and Genealogical Society received a call from Herb Nimmo in Wauke, Iowa, who has a wooden horse from a carousel with the inscription 'Wildwood Park' and the date 1907 on it. He wondered if it was Killingly's Wildwood Park (at Alexander's Lake). Society member Frank Aleman, our Alexander's Lake historian, has been in touch with Herb, and we believe it is this Wildwood Park. I should have more to tell about that tale in another week or two. We wonder how the horse ever ended up in Iowa.

I am sure that the name Alexander's Lake rings a bell with most of you.

However, do you know how the lake received this name? According to John Warner Barber's Connecticut Historical Collections (1836), this beautiful body of water was known to the Native Americans as Lake Mashapaug. As the story goes in the 1700's a Scottish emigrant arrived in Boston on a ship with a number of other emigrants. Barber related, "Just before leaving the ship he discovered a gold ring upon deck, for which he could find no owner. Thus fortunately provided, after his arrival he pawned the gold ring for small articles of trade, which he peddled in Boston and Roxbury. He was very prosperous, and finally became able to redeem the author of his success, and pursue his business without embarrassment. After a few years of constant activity, he acquired sufficient property to purchase a plantation in Killingly (about 1720)." The gentleman's Scottish name, Nell Ellicksaunders, soon became Nell Alexander, and today we call the lake of his purchase, Alexander's Lake. "The gold ring was transmitted as a sort of talisman, to his only son Nell, who transferred it to his only son Nell, who is now living at an advanced age and has already placed it in the hands of his grandson Nell" (Barber, p. 420, 1836).

Nell Alexander continued to be a trader after he moved to Killingly, and, since there were no stores in the early community, provided a very valuable service to the residents of the town and probably others in the area, being close to the Pomfret border. He probably had some assistance as he journeyed back and forth to Boston for goods. In 1727, John Parks, who lived in the Stone Road section of Killingly, apprenticed his Negro servant Charles Dungen to Killingly trader Nell Ellicksaunders (Alexander) for 21 years with the stipulation that Charles was not to frequent taverns nor ale houses. He was to be freed when his indenture was finished and was to be given five pounds (Killingly Land Records, Vol. 1, p. 111 Nov. 27, 1727). Note that Charles was to be freed at the end of his indenture. Although slavery was alive in 18th century Killingly, it seems that at least some of the residents were

giving hope those who were not free. It is interesting that Charles has a last name. That's not the case with most of the other slaves in Killingly at this time.

Did you know that Bill's Bedding began in 1905 as a plumbing and heating business? Killingly Historical Society archivist Lynn LaBerge found a small, unidentified article from the 80th anniversary of the business, which revealed the interesting fact. It began selling furniture in 1920. It's nice that they are still in business today on North Main Street in Danielson.

How many of you remember Eddie's Restaurant in Dayville? A Jan. 29, 1976 article (probably Windham County Transcript) for the historical files read, "Gas Explosion Levels Eddies Restaurant. Connecticut Light and Power Co. workmen repaired a leaking gas line the afternoon of January 22 which earlier in the day caused an explosion and fire that leveled Eddie's Restaurant, Dayville. The restaurant on Main Street was destroyed by the 3 a.m. blast. A second explosion, about an hour after the first, blew out the windows of the nearby Bissonnette's Mobil Station and prompted state police and firemen to evacuate 23 Main Street families. Temporary quarters for the evacuees were set up at Killingly Central School...Firemen and police decided against moving patients from Mary Cliff Rest Home, situated about 150 feet from the site of the explosion...All residents were returned to their homes between 2 and 3 p.m." John Kettle was owner of the restaurant. Did you recall Mary Cliff Rest Home?

Perhaps you remember another Dayville business from the 1970's -- William Prym, Inc. "There are 225 persons who turn their hand each day to the production of a great variety of high quality goods that in a matter of days find their way around the world. The products of the firm are sold under the trade mark 'Prims,' and come from the factory of William Prym Inc. It is incredible all the things that are made here. Only a few of the items are as follows: many types of pins, many sizes of safety pins, hooks, eyes and

loops, thimbles, hand sewing needles, machine needles, color ball pins, "T" pins, snap fasteners, glasshead pins, sewing aids, upholstery (Trim) pins, pins for sequins, self-cover buttons in flat, half ball, square, combination and Halo styles and many other innovative products. Board chairman is H. A. Prym of Woodstock. Prym is a direct descendant of William Prym who first started the business in the 16th century. A large percentage of Prym employees have been with the company 25 years or more...The firm's first plant in this country was located in Long Island City, N.Y. in 1932... and in 1940 moved its business to this location. A new plant of 15,000 square feet was completed in 1962. (Windham County Transcript 3-8-1973). For a photo of the factory, see "Images of America Killingly" by Natalie L. Coolidge and Robert A. Spencer, p. 95.

Support a Local National Register of Historic Places Property: Killingly Grange #112 (the former Killingly Center School) and the Danielson Lions Club will host a Fish Fry Friday, March 4, 11, and 18 from 4:30-6:30 p.m. at the Grange, located at 801 Hartford Turnpike (corner of Dog Hill Road), Dayville. Dine in or take out. Baked or fried fish, baked potato or French fries, cole slaw, roll, dessert. \$15. Limited meals so reserve your dinner: Call 860-230-7367 or go to [www.facebook.com/KillinglyGrange/](http://www.facebook.com/KillinglyGrange/) to purchase tickets. At the door pay by cash, credit card or check payable to Killingly Grange.

*Margaret M. Weaver Killingly Municipal Historian February 2022. For additional information email me at [margaretmweaver@gmail.com](mailto:margaretmweaver@gmail.com) or contact the Killingly Historical Society at [www.killinglyhistorical.org](http://www.killinglyhistorical.org). Leave messages for the Killingly Historical Center at 860-779-7250. Visit the Killingly Historical & Genealogical Center Wednesday or Saturday from 10-4. Like us on Facebook at [www.facebook.com/killinglyhistoricalsociety](http://www.facebook.com/killinglyhistoricalsociety). Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical & Genealogical Center should be sent to P.O. Box 265, Danielson, CT 06239.*

## OWEN BELL

continued from page A1

edging that's more heading towards the back parking lot and the soccer field," said Calorio.

Calorio ensured the Town Council that the Parks and Recreation Department and the school district have been involved in the conversations as they use the surrounding sports field for a variety of activities. It's unlikely the pond will be cleaned this year as town officials are working on logistics and determining pricing for the initiative. One of the big obstacles they have to work around is the potential

for the cleaning to sideline one of the baseball fields for an extended period of time. One option would see the "muck" removed from the pond stored on the adjacent field until it is dry enough to be transported away, which could tie up that field for around two years. Calorio presented a different option her office is examining that wouldn't interrupt sports events.

"We are looking at a dredging option where essentially we would do the mechanical dredging, but we would put it into trucks and bring it further away within the park itself in the back woods area. It's still under review. None of this is hard and fast yet. There's a number of steps we have to get through with this," said Calorio.

The Town Manager concluded noting that the town also has to consider the wildlife in the pond and how the work would affect the ecosystem. The town is also working with a potential donor interested in redoing the infield of the baseball diamond at Owen Bell which the town doesn't want to interrupt through its work on the pond.



Photo Jason Bleau

The pond at Owen Bell Park, currently frozen, is expected to be cleaned in the next few years with a potential expansion also under consideration.



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**EYE OPENING**

**VILLAGER ALMANAC**  
At CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Feb. 14: Yellow-rumped Warbler, Bald Eagle, Black Vulture, Turkey Vulture, Wood Duck, Fox Sparrow, Song Sparrow, White-throated Sparrow, Junco, Barred Owl, American Kestrel, Flicker, Mockingbird, Robin, Red-winged Blackbird, Common Grackle, House Finch. Visit [ctaudubon.org/Pomfret](http://ctaudubon.org/Pomfret).

**News**

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**TOWN OF POMFRET  
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The Town of Pomfret Department of Public Works and the Department of Parks and Recreation are seeking a part-time (20 hours per week) motivated individual. Must perform all maintenance duties at Recreation Park during park season and general maintenance at Town owned buildings. Must perform snow removal of Town owned buildings during the winter season.

Must have general knowledge of mowing and landscaping equipment, snow plowing, and basic hand tools. Must be able to lift 50 lbs. and be available to work nights and weekends as needed.

Submit application to Office of the First Selectman, 5 Haven Road, Pomfret Center, CT 06259. Applications and job description available at [www.pomfretct.gov/first-selectmans-office](http://www.pomfretct.gov/first-selectmans-office).

EEO/AA.

**Woodstock • Public Schools**

**Child Find  
Developmental Preschool Screenings**

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

Screenings are held on Friday mornings.

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

**Woodstock • Public Schools**

**Pre-K Lottery Selection**

Woodstock Elementary School is accepting applications for our PreK lottery selection for the 2022-2023 school year. Applications are open to all Woodstock children with birthdates between September 1, 2017 and December 31, 2018. Applications are due to the main office no later than April 29, 2022.

For an application please visit:  
<https://www.woodstockschoools.net/o/elementary-school/page/pre-k>

Lottery selection to occur in June at a special Board of Education Academic Subcommittee meeting.

# Fred Inman named Employee of the Month at Westview Commons

DAYVILLE — Fred Inman, RN was heralded as the January 2022 Employee of the Month for Country Living at Westview Commons.

As Westview Commons' Assistant Nursing Supervisor, Inman is an integral member of the team aiding the accommodations and abilities provided to residents through assisted living care. As one of the primary registered nurses on Westview Commons' staff, he helps those in need to make plans for their wellness and directly assists them with their activities of daily living. Throughout his life, he finds that he has always held compassion for the seniors in our communities. His position at Westview Commons generates an opportunity for him to combine this passion along with his many years of training and experiences in pursuit of solutions to challenging scenarios.

Inman grew up in Glocester, R.I. and graduated from Ponaganset High School in North Scituate, R.I. Shortly after, he joined the United States Air Force and served between 1991 and 1995. Fred spent those years posted at Rammstein Air Base in Germany; serving dutifully and enjoying travels through Europe when he had time off-base. After returning home, Inman earned an Associate Degree in criminal justice and initially intended to pursue a career in law enforcement. His first position in such a role came with his hiring as a security guard at the Omni Hotel in Providence, R.I. He then made a lateral move within the hotel organization for a job in their accounting department and worked his way up to the title of Assistant Controller. After a few years in this role, he changed careers once more—but this time for his ultimate passion as a healthcare provider. He trained as soon as possible to become a Certified Nursing Assistant; studying simultaneously to satisfy the prerequisites for nursing school while working as a CNA.

There is also a family legacy that Inman tributes through his career in nursing. His mother worked as a nurse, and he appreciates being able to carry on the caregiving tradition as her son. He achieved his goals and his degree as a Registered Nurse in 2010 from the Community College of Rhode Island. Beyond this achievement, he worked in various rehabilitation centers (including hospital and acute care settings) in Rhode Island and in Florida, but in all of these medical destinations, he maintained the greatest appreciation for providing skilled care in nursing homes. His current role as the Assistant Nursing Supervisor of Westview Commons integrates the best qualities of all the skills that Fred possesses. With his strong understand-



Fred Inman

ing of military responsibility, corporate hospitality, and nursing proficiency, he is celebrated by colleagues and clients alike at Westview Commons.

As the son of Fred Inman III and Carolyn Inman, and as the father to his son, Fred Inman V, and daughter Briana, Fred values family time together whenever possible. Although he hung up his own hockey skates a while ago, he remains on the active roster of devoted Boston Bruins fans. He is an avid golfer and makes an effort to hit the links wherever and whenever he can. Traveling is another engaging pastime for Fred; this interest beginning through his excursions to other European locations while stationed in Germany with the United States Air Force. He enjoys his adventures in the mountainous regions of Maine and New Hampshire for whitewater rafting, and he has his sights set on traveling to a few key destinations in the domestic United States in the future such as the Alaskan wilderness and California coastline.

It's clear that Fred loves his daily mix of responsibilities at Westview Commons. He feels right at home helping the assisted living residents with any of their clinical needs and also maintaining his necessary documentation, office responsibilities, and lifestyle accommodations for residents at every moment in-between. In the best of ways, Fred was surprised to be awarded the Employee of the Month distinction from Westview Commons.

"It's humbling! I benefit as much from the enjoyment working with the older population as they benefit from

my help," he said. "I can build a lot of personal connections with our residents here, and that's what draws me to this type of environment. I love getting to know all of the people and personalities at Westview Commons!"

The dedication that Fred displays in his position at Westview Commons is noticeable to the residence's Executive Vice President David T. Panteleakos. Mr. Panteleakos commented: "Fred continues his lifelong devotion to care for seniors with great enthusiasm here at Westview Commons, and we greatly appreciate knowing that our residents benefit from his knowledge and experience. Fred is especially detailed when discussing and developing the protocol for Westview Commons' assisted living services agency with our team of caregivers. He excels in all of his roles, and we are proud to have him as a part of our organization. Congratulations to Fred!"

Country Living at Westview Commons is a 75-unit independent and assisted living community conveniently located in picturesque Northeastern Connecticut. Affiliated with Westview Health Care Center, a nationally-ranked nursing facility according to CMS and U.S. News and World Report for the past 14 years consecutively, Westview Commons is a catered living facility dedicated to a genuine 5-star experience including outstanding service, culinary expertise, and professional in-house entertainment. Located in Dayville, Westview Commons combines convenience, tranquility and comfort; providing a lifestyle that seniors deserve.



## 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.

## PARK

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improve our state's incredible trail system, which benefits our residents and our state's outdoor economy, and makes our state such an attractive place to live."

Thompson Director of Planning & Development Tyra Penn-Gesek release statements following the grant announcement details the significance of the funding to help continuing the work the work on the park.

"Feedback from technical advisors from CT DEEP, CT DOT and others also helped guide design decisions. The projects all tie into larger regional efforts spearheaded by non-profit Connecticut Rural Conservation & Development, to promote the Air Line State Park Trail as a tourism asset," said. Gesek. "The funds from CT DEEP will supplement \$157,144.10 set aside by the Town from its American Rescue Plan Act allotment, to be directed toward the construction of traffic-calming elements on the local road in the vicinity of the trailhead; the construction of a picnic pavilion on the trail; and the recreation of the historic railroad turntable in its original location. A donation of historically contemporaneous stones for the construction of the turntable was made by Thompson Historical Society. Work on the site will begin in spring-summer of this year and is anticipated for completion within two years."

While the commemorative park still has a long way to go, visitors can experience the history of the Great East Thompson Train Wreck today thanks to special signs and transparent photos places along the site in 2021 giving a perspective of what the site looked like in its heyday as a major railway more than 130 years ago.

# International Women's Day panel planned at QVCC

DANIELSON — Quinebaug Valley Community College will host a panel discussion, "International Women's Day 2022: #BreaktheBias" from 5 to 6:20 p.m. on Tuesday, March 8 in the Fireside Lounge on QVCC's Danielson campus, located at 742 Upper Maple St., Danielson. The event will also be livestreamed to our Willimantic Center at 729 Main Street, Willimantic. The event, organized by the QVCC Cultural Programming Committee, will feature three guest speakers: New London City Councilwoman Reona Dyess, singer-songwriter Lara Herscovitch, and QVCC student Yasmin Garcia-Juárez. Student Government Association President Dana Normandie will facilitate.

Reona Dyess, Councilwoman and President Pro Tempore of New London City Council is a member of the National Association for the Advance of Color People, The National Council of Negroes Woman, the League of Women Voters, the Lion Club and the Kiwanis Club of New London. Dyess also serves as executive director of The Center: A Drop-In Community Learning and Resource Center Inc., as a member of the Board of Directors of Connecticut Storytelling, Expressiones, and St. Francis House, and as a youth advisor for the New London Linwood Bland NAACP Youth Council. Dyess is a founding member of the Steering

Community of the Community Land Trust. Known as "Ms. D," she enjoys being a grandmother to Rishad and a voice for families and children in her community.

Lara Herscovitch is a singer-songwriter-poet-performer gem, leading with authenticity, integrity, humor, and heart. As The Boston Globedescribes, she brings "a luminous voice and a buoyant stage presence... big-hearted lyrics embrace the sum of life..." Former Connecticut State Troubadour, Sound Waves Magazine called her work "expertly written prose... songwriting at its best... good for your ears AND your soul." Find out more about her at www.LaraHerscovitch.com.

Yasmin Garcia-Juárez came from Mexico when she was 15 years old. She is a mother of three, a full-time worker, and a part-time college student. She began taking classes at QVCC in 2016 and earned her ESL (English as Second Language) Proficiency Certificate in 2020. She is now focusing on completing her medical assisting degree and expects to graduate in 2023.

International Women's Day (March 8) has been observed annually across the globe for over a century to "celebrate the social, economic, cultural and political achievements of women" and to "accelerate women's equality." The theme for this year's day is #BreaktheBias. More information can be found at www.inter-

nationalwomensday.com.

The panel discussion is sponsored by the Quinebaug Valley Community College Cultural Programming Committee.

For more information contact Jon Andersen at jandersen@qvcc.edu or Norly Germain at jandersen@qvcc.edu.



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## Local residents named to Clark University's Fall 2021 Dean's List

WORCESTER, Mass. — The following local residents were named to Clark University's Fall Dean's List:

Hannah N. Dean, of Brooklyn was named to first honors.

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

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

Meg E. Gohn, of Woodstock was named to second honors.

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

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

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# In the Studio



CYNTHIA SAARI

“In the Studio” features artists from the Quiet Corner—home to many artists and makers, some of whom have national or international recognition for their work in fine art, handcraft, performing art, art education, and graphic art. In this semi-weekly series, we’ll talk with our artist neighbors and learn about their careers, current projects, and connections to our towns. We’ll also learn some “artspeak” terms in our conversations, demystifying some of those “artist words”.

This week, we’re meeting with award-winning painter, Barbara Lussier, of Pomfret. Some of you may have noticed Barbara setting up her easel outdoors, capturing the beauty and color in our local landscape, or seen her work at the CR Properties Lussier Gallery. Barbara’s oils frequently portray area farms, emanating light falling on streams and placid cows. And, yes, those are her paintings at the Farm to Table Market in Woodstock. She is an elected member of the Hudson Valley Art Association, Rockport Art Association, Connecticut Academy of Fine Arts, the Lyme Art Association, and the Copley Society of Art among other honors.

**Barbara, your love for this part of the country is beautifully expressed in the scenes you’ve painted. What can you tell us about this**



All that Glitters does not Stay

**image and its title, “All that Glitters does not Stay”?**

*I painted this work in East Woodstock at the Eddy Farm. It is a perfect place because there is a painting on both sides of the street. I began with a small study that I used to draw and block in this large piece. I returned to the location several times at the golden hour and finished it in the studio. That is my way of working when the temperature is low so I do the initial drawing inside.*

*While on location for many days, I experienced many light and color changes, some lasting a very brief time. The location reminds me of the poet, Robert Frost, whose work I know and love. As the sun was setting, it briefly lit the grasses turning them to a brilliant gold, reminding me of his poem. The title is really a metaphor for life, nothing*

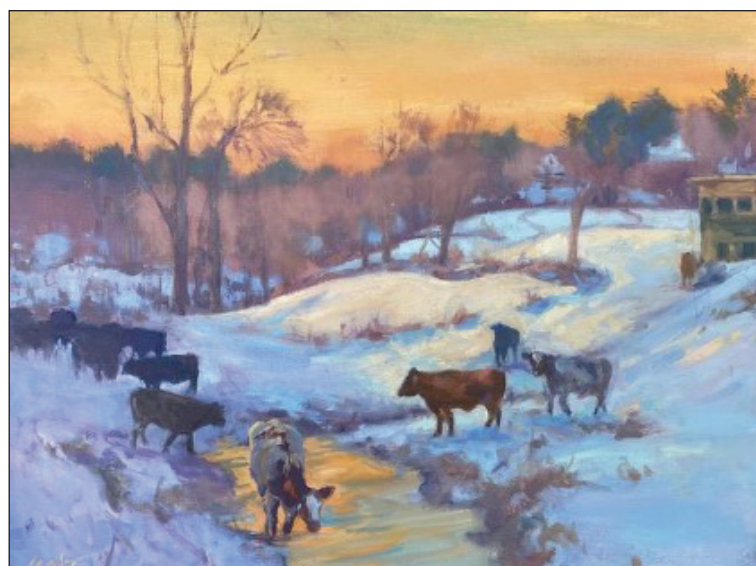
*good or bad remains forever. We are always becoming, but can catch those few fleeting moments of “glitter” and savor them.*

*It was awarded the gold medal from the Rockport Art Association and Museum.*

*The title comes from Robert Frost’s poem “Nothing Gold Can Stay.” The poem resonates with me—watching the light change, bringing the natural world through the cycle of a day. I seek moments that occur in the sky or in a field when light causes a heart to beat faster. The landscape represents an emotional element, and paintings are symbols of that emotion. Light does not stay in one place for long; color and form changes with it. I spent that Winter working at the Eddy Farm and Elm Farm across the street where the cows kept an eye on me.*



Sunset



Cows

**Knowing other master artists, I appreciate how much time, experience, and thought is behind that “spontaneity.” “Sunset” (below) won a 1st prize award from the Rockport Art Association. What did this mean to you?**

*I learned about the Rockport Art Association from Life Magazine as a kid, and vowed I’d be there someday, so being acknowledged there was very meaningful to me.*

**You like—correction—love cows, which started in spending time at your grandfather’s farm. Tell us about this painting and what time of day you’ve caught here.**

*Cows are gentle, curious animals that have a peaceful quality they display. They drape themselves all over each other and huddle close in all weather. They are obviously well cared for and live in harmony with us.*

*Local farmers have been so gracious about letting me on their properties to paint (you’ve got to set up where you’re out of the way of any road traffic). I’ve gone back to the Rowley farm a number of times. It’s very endearing to watch cows trek back and forth on their paths—sometimes leisurely, sometimes hustling—to see what’s going on in their world. (A plein air painter is something meriting immediate inspection!) These cows were winding down the day and I loved the light around their loose formation here. It is important to dress for the weather: I wear an arctic suit for winter work.*

**It’s been a pleasure talking with you. I encourage our readers to learn more by clicking on the link to your recent talk at the Lyme Art Association <https://youtu.be/CDhXcvCAA18>. They**

**can also visit your website to read about events, shows, commissions, studio visits, and more at [www.barbaralussiergallery.com](http://www.barbaralussiergallery.com). Any final thoughts for us, Barbara?**

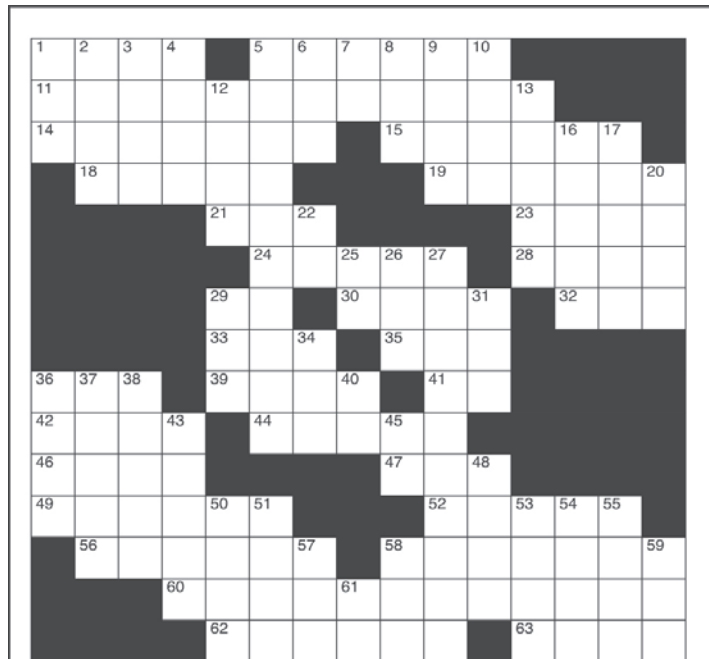
*Nothing replaces working from life. It is the best teacher.*

**Word of the day**  
Plein Air Of or being a style of painting produced out of doors in natural light. [From French (en) plein air, (in) the open air. (freedictionary.com)]

Old Lyme (CT) was one of the art colonies in America originating between 1890 and 1910 whose members focused on landscape painting and created a new awareness among Americans of the beauty of their land. (freedictionary.com) Painters boarded at the home of Miss Florence Griswold; now the house is a museum dedicated to the work of its former occupants. (askart.com)

Hudson River School, represents a large group of American landscape painters of several generations who worked between about 1825 and 1870. (Britannica.com). Breaking from European tradition, they are considered the first American school of painting. Largely from NYC, these painters focused on the area surrounding the Hudson River.

*About the writer: Cynthia Saari (Woodstock) is a nationally recognized framework glass artist. She has exhibited her work & taught for over 20 years; her glass beads have been included in numerous publications & invitations. Significant projects include costume work for the Santa Fe Opera, and framework demonstrator at the Peabody Essex Museum. Cynthia offers talks & workshops in the Quiet Corner; she is an adjunct professor of art at a local college.*



**CLUES ACROSS**

- 1. Constrictors
- 5. Abounding in rocks
- 11. Speed
- 14. German city
- 15. Lacking sympathy
- 18. Visionaries
- 19. Wastes away
- 21. One precursor to the EU
- 23. Nursemaid
- 24. Unconsciousnesses
- 28. Baby’s word for father
- 29. Equal to 64 US pints (abbr.)
- 30. Senses of self-importance
- 32. Midway between south and southwest
- 33. When you hope to get there
- 35. Electronic data processing
- 36. Passports and drivers’ licences are two
- 39. Fishes
- 41. Air Force
- 42. Personal computers
- 44. Ecological community
- 46. Wings
- 47. Halfway
- 49. Cool, calm and collected
- 52. Jewelled headdress
- 56. Musical composition
- 58. \_\_\_ Falls
- 60. Repeating remarks
- 62. Periods in one’s life
- 63. Hyphen

**CLUES DOWN**

- 1. \_\_\_ Humbug!
- 2. Devices that alert pilots (abbr.)
- 3. Grocer
- 4. One point east of southeast
- 5. Subjects to hostility
- 6. Work unit
- 7. Atomic #56
- 8. British thermal unit
- 9. “Elusive Butterfly” singer
- 10. Egg part
- 12. Device
- 13. Rechargeable power source
- 16. Ancient sage
- 17. Consist of two elements
- 20. “Pygmalion” writer
- 22. “The Centennial State” (abbr.)
- 25. Of I
- 26. Get older
- 27. Brotherhoods
- 29. Buzzing insect
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Junior’s dad
- 43. Horse mackerels genus
- 45. Morning
- 48. Unit of linear measurement (abbr.)
- 50. Double curve
- 51. Small, twisted bunch
- 53. Developed
- 54. Mars crater
- 55. Humanistic discipline
- 57. Word element meaning ear
- 58. Last or greatest in an indefinitely large series
- 59. Wood residue
- 61. It cools your home



**As I understand your process, you paint a smaller “study” en plein air; then take it to your studio for work on a larger painting. Why paint (rather than photograph) that initial image?**

*A photograph will record a specific instant in time. Working outdoors affords me the opportunity to experience a range of color and light. One minute, a tuft of grass may be glowing and the next, a pool of water will gleam as the sun travels overhead. Light reveals a special relationship of emotion, passion and intensity. I anticipate and know the magic will happen and that is why I work from life.*

*Working from direct observation relates to the Old Lyme and American Hudson River School painters. You could say that I am philosophically a direct descendant of these artists and they are my heroes.*

**You mentioned that these small studies, focusing more on form than detail, are done directly from the brush in loose blocks; your work is very emotive from the beginning, yes?**

*Yes. I don’t do pencil sketches before painting. There is a spontaneity in portraying a landscape and my response to it. Once I am back in the studio, I can work into a larger piece from the study and take time to explore the formal elements of the painting. It is not simply copying what I see, but responding to the subject with all I have in my soul. It is also a pensive endeavor.*

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# WOODSTOCK ACADEMY HONOR ROLL

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Grade 11: Aaron Allard, Ella Anderson, Brooke Arpin, Vicente Bastura, Morgan Bonin, Kayanna Bourassa, Carah Bruce, Lauren Brule, Sophia Bulan, Delaney Canty, Gabrielle Couture, Shannon Cunniff, James D'Alleva-Bochain, Alexis Danila, Taylor Danner, Carolina DaSilva, Gavin Driscoll, Connor Dunkley, Braedon Emerson, Lennon Favreau, Louella Flanagan, Katie Fortin, Zachary Gessner, Jaydon Gormley, Hadley Grether, Cameron Heath, Jeong Hwang, Aleena Jafar-DeCesare, Brian Jameson, Olivia Jendrewski, Nathan Joseph, Emma Korsu, Ava Lanoue, Khang Le, Curtis Lefebvre, Rain Lin, Xiaohan Lin, Alexis Lisee, Rori Mackenzie, Carter MacNeil, Abigail Morin, Carter Morissette, Ella Musumeci, Matthew Myslenski, Lindsay Nuttall, Maya Orbegozo, Paige Owens, Noah Page, Olabegoya Pinol, Sophia Quinn, Jenna Robbie, Aubrey Rumrill, Barbancho Saiz, Jonathan Sebastian, Lillian Sharpe, Isabel Sumner, Linzhuoran Sun, Xin Sun, Allison Surprenant, Angela Tellatin, Owen Tracy

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**Honors**

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# Day Kimball Hospital designated ACR Breast Imaging Center of Excellence

PUTNAM — Day Kimball Hospital, a part of the Day Kimball Healthcare (DKH) integrated network, has been designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR). Day Kimball Hospital is the only hospital in the region to hold this designation.

By awarding facilities the status of a Breast Imaging Center of Excellence, the ACR recognizes breast imaging centers that have earned accreditation in mammography, breast MRI, stereotactic breast biopsy, and breast ultrasound, including ultrasound-guided breast biopsy.

“We are incredibly proud to be the only hospital in the region to have received this designation, and this recognition is a testament to the collaborative spirit of our entire team of physicians, imaging professionals and administration,” said Kyle Kramer, chief executive officer, Day Kimball Healthcare.

“We take great pride in the services we provide to the community, and this prestigious honor underscores our commitment to providing the highest quality comprehensive breast imaging and state-of-the-art technology to patients in Northeast Connecticut and beyond,” Kramer said.

Peer-review evaluations, conducted in each breast imaging modality by board-certified physicians and medical physicists who are experts in the field, have determined that Day Kimball



Photo Courtesy

Left to right: Randy Paquette, DKH Manager of Diagnostic Imaging; Gwen Lucci, DKH Lead Mammographer/Radiographer; Dr. David Blonder, DKH Diagnostic Radiologist and Medical Director of Diagnostic Imaging; Alyssa Riel, DKH Mammographer; and Kyle Kramer, DKH Chief Executive Officer.

Hospital has achieved high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance programs.

“The entire team here at Day Kimball Hospital’s Diagnostic Imaging Center has worked diligently to become a Breast Imaging Center of Excellence,” said Dr. David Blonder, diagnostic radiologist and medical director of Diagnostic Imaging at Day Kimball Hospital.

“I am extremely proud of what our team has accomplished to bring high-quality care to our community. It is because of their outstanding patient care and dedication to imaging that Day Kimball Hospital has earned this honor,” Dr. Blonder said.

The ACR is a national professional organization serving more than 36,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

For more information about diagnostic imaging at DKH visit [www.daykimball.org/diagnostics](http://www.daykimball.org/diagnostics).

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

## Lawmakers applaud investment in EV charging stations

BY JASON BLEAU  
CONTRIBUTING WRITER

REGION — Congressman Joe Courtney and Senators Chris Murphy and Richard Blumenthal joined their constituents in applauding an announcement from the U.S. Departments of Transportation and Energy that the state will receive \$7,771,342 million to invest in creating an electric vehicle

(EV) charging network.

On Feb. 11, federal lawmakers from throughout the state praised the investment in making EV charging accessible to a larger group of Americans as many car manufacturers, and even states and cities, have begun to make significant changes pushing for a shift to electrical vehicles as opposed to the primarily gas-powered ones currently on the road. The funding is being provided

through the National Electric Vehicle Infrastructure Formula Program which was created through a bipartisan law. Congressman Joe Courtney called the funding a “turbocharge” to developing a new reliable and accessible system of the future.

“It’s particularly exciting for eastern Connecticut, home to innovative companies like Control Module in Enfield and Earthlight in Ellington who are poised to be big players in this effort,” Congressman Courtney said. “I’m proud to have worked to pass the bipartisan infrastructure law to ensure that we can help accelerate the development and deployment of this network while supporting and creating good jobs.”

Senators Chris Murphy and Richard Blumenthal both complimented the increased investment in EV charging stations as a game changer and a step in the right direction to fighting the effects current vehicles have had on climate change.

“This funding from the bipartisan infrastructure bill will help expand the electric vehicle charging network across our state, so that electric vehicle charging is accessible and convenient for all communities,” said Murphy.

“Access to EV chargers is a game-changer in our fight to tackle the climate crisis and ensure Americans have energy to go the distance,” added Blumenthal. “This historic federal investment incentivizes more residents to drive electric by eliminating range anxiety – a significant obstacle to increasing sales of electric vehicles.”

The National Electric Vehicle Infrastructure Formula Program will provide nearly \$5 billion nationally over five years to help states create a network of EV charging stations along designated Alternative Fuel Corridors. States are required to submit an EV Infrastructure Deployment Plan before they can access the funds.

## THOMPSON MIDDLE SCHOOL HONOR ROLL

THOMPSON — Thompson Middle School has released its honor roll for the second quarter of the 2021-2022 school year.

Grade 5  
High Honors: Shyla Beckett, Deegan Bryniarski, Timothy Charbonneau, Hazel Clavette, Emma Fournier, Sydney Jacobson, Sophia Kus, Laurelyn Laporte, Andrew Marquette, Nicholas Marrie

Honors: Renji Bailey, Laylanie Benitez, Payton Bolte, Adeline Brousseau, Braeden Carlson, Abriana Cogoli, Bryce Davidson, Logan Delicata, Jeylia Denham, Samantha Fafard, Amilia Fraser, Brendalis Labonte, Alexis Light, Jacob McHugh, Danika Minarik, Kellan Mrozinski, Gia Reynolds-Rankin, Jacob Saad, Shawn Sinni, Parker Smith, Cameron Snow, Emmalyn Soullier, Jayden Watkins, Mason Wolf

Recognition: Logan Bigness, Isabella Giacomuzzi, Christopher Herlihy, Jacey Kigar, John Lowe, Trinadaya Muhammad, Lilah Spearin

Grade 6  
High Honors: Evelyn Dos Santos, Camdyn Foster, Madison Marchitelli, Chloe McDonald, Jon Palmer, Madison Perry, Gabriella Santos, Joey Sweeney

Honors: Graciella Baublitz, Danika

Beliveau, Ashley Boudreau, Payton Butler, Ake Cruz, Jeremi Helwig, Sophia Lepino, Parker Leveille, Rafaella Mondarte, Brookelynn Pearson, Ayden Perry, Aiden Rafferty, Noelle Smith, Stanley Ten Eyck, Brody Vincent

Recognition: Xavier Bilodeau, Parker Ring, Shane Somers, Aleck Thurber

Grade 7  
High Honors: Christopher Boss, Maddison Carlson, Ella Davies, Andrew DiCicco, Estela Freitas, Samuel Hachigian, Brighton Keegan, Calleigh Levesque, Kennedy McCooney, Riley Nolin, Mabel Perreault, Samantha Poddgorni, Jordyn Poplawski, Ella Sousa, Sophia St. Germain

Honors: Julyanna Barrows, Aubri Bonin, Gabriel Bourget, Amelia Brousseau, Jordan Burns, Nicko Casto, Billie Lewis, Kaeden Mayo, Madison McHugh, Ellah Monahan, Alexia Munsch, Luke Olszta, Nina Poplawski, Kaydyn Racca, Amaya Sagastivelza-Muniz, Tessa Sheldon, Christian Tremblay

Recognition: Kalintria Bailey, Garrett Belleville, Coleton Davis, Brayden Forcier, Nicholas Lavallee, Jade McCarthy, Olivia Mead, Noah Pillsbury, Gregory Racicot, Chyanne Rock, Jeylexiel Rosario, Tristchion Speight

Grade 8  
High Honors: Connor Dawe, Kaydence Foster, Katherine Gates, Lacie Keegan, Julia Lewis, Briana Martin, Ember Merrill, Sahara Moore, Lily Peckham

Honors: Darcy Billings, Dylan Bryniarski, Hailey Collins, Alex Davis, Amelia Duquette, Viviana Hill, Tianna Ortiz, Elizabeth Poplawski, Gaige Smith, Cooper Sweeney, Sophia Tomany, Kevin Vescera

Recognition: Bailey Benton, Isabella Bonin, Caitlyn L’Heureux, Ava McClure, Alexis Phav

## TOURTELLOTTA MEMORIAL HIGH SCHOOL HONOR ROLL

NORTH GROSVENORDALE — Tourtellotta Memorial High School has released its honor roll for the second quarter of the 2021-2022 school year.

Grade 9  
High Honors: Megan Nachtigall, Jackson Santos, Serena Smith, Sofia Thurber

Honors: Grace Akana, Aaron Bickelhaupt, Aiden Bourget, June Ferraro, Nicholas Ruggieri, Luke Senosk

Recognition: Ashley Birch, Gianna Brinson, Jinalyse Denham, Lucas Gillon, Olivia Martocci, Pavanny Phav, Angel Sherpa

Grade 10  
High Honors: Kaylee Beck, Avery Butler, Jordyn Butler, Audrey Defilippo, James Julian, Eric Levesque, Melanie Noonan, Patricia Peterson

Honors: Landon Corriveau, Elizabeth Davis, Tara Heffernan, Madyson Koziak, Gabriella Lubomirski, Isabella Nieves, Connor Pederson, Jacob Perry, Richard Peyton

Recognition: Darryel Duquesnay, Maxine Hazard, Alianya Lopez

Guadalupe, Joel Majorowski, Louis Ochoa, Noel Racicot, Neveihah Richardson, Aleix Starr

Grade 11  
High Honors: Chloe Manzo, Alexander Nachtigall

Honors: Taylor Annis, Evan Antonson, Kayla Botelho, Javier DeJesus, Deidrea Hanshaw, Dylan Johnson, Matthew Lavallee, Hanna LeClaire, Allison Thebeau

Recognition: Mateo Alvarez, Jaycee Castano, Madelynn Copley, Shawn Gauthier, Taylor Morales

Grade 12  
High Honors: Kaylin Grigs, Kylee Smith

Honors: Zeynep Acun, Brayden Akana, Kyle Cournoyer, Alivia Dalpe, Leah Demers, Sarah Duquette, Kaylin Kochinskas, Ariel Kopas, Zaria Pokropowicz, Jady Tretheway

Recognition: Alysha Bugbee, Kyle Busha, James DiNoia, Brooke Fetting, Olivia Lubomirski, Lemell Marshall, Mackenzie Minarik, Ysabella Rocca, Cheyann Tiffany, Michaela Vandt, Shane Yurkevicius

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**Insightful**

# Connecticut Water supports United Services' Dayville Clinic through Neighborhood Assistance Act



Photo Courtesy

**Diane Manning, president/CEO of United Services; Todd Lepine, lead field service representative for Connecticut Water, and Emily Morrison, director of development at United Services.**

KILLINGLY — United Services is the recipient of a \$2,500 grant from Connecticut Water Company's Charitable Giving Committee. The grant was made through Connecticut's Neighborhood Assistance Act (NAA) and

will be used toward an HVAC upgrade at the organization's Dayville Clinic in Killingly. United Services is a private, nonprofit behavioral health center serving Northeastern Connecticut.

"United Services is grateful for the support of Connecticut Water," said United Services President/CEO Diane Manning. "We have seen record increases in the use of our services over the last two years, and community partnerships such as these help to reduce the stigma around seeking help."

Maureen P. Westbrook, president of Connecticut Water, noted, "Connecticut Water is a group of over 200 employees who live and work across the state and we're a part of each community we serve. In addition to serving the public health by providing for clean, reliable drinking water service throughout the state, we're also proud to be enthusiastic

stewards of the environment. Efficiency upgrades such as this HVAC upgrade help us lower our collective impact on the planet for the benefit of future generations."

Awards made by Connecticut Water through the Neighborhood Assistance Act are funded by the company and are not recovered in rates charged to customers.

About Connecticut Water Company

Connecticut Water Company provides water service to nearly 350,000 people in 60 Connecticut communities and wastewater service to 10,000 people in Southbury, Connecticut.

The towns served are Ashford, Avon, Beacon Falls, Bethany, Bolton, Brooklyn, Burlington, Canton, Chester, Clinton, Colchester, Columbia, Coventry, Deep River, Durham, East Granby, East Haddam, East Hampton, East Windsor, Ellington, Enfield, Essex,

Farmington, Griswold, Guilford, Haddam, Hebron, Killingly, Killingworth, Lebanon, Madison, Manchester, Mansfield, Marlborough, Middlebury, Naugatuck, Old Lyme, Old Saybrook, Oxford, Plainfield, Plymouth, Portland, Prospect, Simsbury, Somers, South Windsor, Southbury, Stafford, Stonington, Suffield, Thomaston, Thompson, Tolland, Vernon, Voluntown, Waterbury, Westbrook, Willington, Windsor Locks and Woodstock.

About United Services  
United Services is a non-profit community behavioral health center providing more than 30 programs for adults, children and families in 21 towns in northeastern Connecticut, including outpatient mental health and addiction services, crisis services, parenting programs, prevention programs and the region's only domestic violence program.

## Openings remain for 2022-23 at ACT Performing Arts Magnet School

WILLIMANTIC — EASTCONN's Arts at the Capitol Theater (ACT) magnet high school has a limited number of seats remaining for academically motivated, grade 9-12 students seeking intensive study in the performing arts.

For more information, to download an application or to schedule a Shadow Day, visit [www.eastconn.org/act](http://www.eastconn.org/act) or call ACT's main office at 860-465-5636.

ACT, housed in Willimantic's historic Capitol Theater, enrolls approximately 135 students from 48 towns in its NEASC-accredited, interdisciplinary and arts-infused academic program. Each grade consists of approximately 30 students, making ACT an intimate, highly focused learning environment.

ACT students select a focus area from among seven arts pathways that include acting, creative writing, dance, media arts, technical theater (set design, lighting design and costuming) and two brand new pathways: integrated arts and management and music.

Students have daily creative experiences in ACT's state-of-the-art facility that features a fully equipped theater, a set shop, audio/video editing suites, dance studios and a costume shop.

A partnership with Eastern Connecticut State University (ECSU) allows qualified ACT upperclassmen to enroll in college classes and earn free college credits through the state university system, while still attending ACT.

Students in all grade levels have the



opportunity to participate in numerous professional-quality performances, and showcase their artistic talents throughout the year.

ACT's school hours are a plus for many students, with its later start time of 8:30 a.m., and its extended-day schedule, ending at 3:30 p.m., Monday, Tuesday, Thursday and Friday. On Wednesdays, classes run from 8:30 a.m. to 12:30 p.m.

EASTCONN, which administers ACT, is a public, non-profit Regional Educational Service Center that has been serving the education needs of northeastern Connecticut's schools and communities since 1980. Learn more at [www.eastconn.org](http://www.eastconn.org).

## Windham County Lions support local shelters



Photo Courtesy

**David Shadbegian (with Mask) and Zone Chair Bernie Gilbert.**

DANIELSON — On Feb. 12, the Lions Clubs of Windham County did a collection for the Danielson Emergency Shelter and the No Freeze Shelter. The Emergency Shelter in Danielson is a 40-bed year round facility and the No Freeze Shelter is a 10 bed facility opened from December thru March in Danielson. Both of these shelters are under the umbrella of the Access Agency. This was part of a district wide service project for all of the Lions Clubs in Connecticut.

The Lions reached out to Mr. David Shadbegian of the Access Agency to know what the needs of the shelters were currently. He requested twin sheets, twin blankets, towels and snacks

for the residents. The Lions responded by collecting, 33 sets of twin sheets, 14 twin blankets, 74 towels, 1 pack of socks, and 4 full boxes of assorted snacks. In addition, 24 drawstring bags were donated to the No Freeze Shelter with the following inside, fleece Blanket, winter hat, thermal gloves, socks, hand sanitizer. Another 24 drawstring bags had hand warmers, granola bars, sewing kit, mirror, toothbrush, toothpaste, deodorant, wash wipes and band aids. In addition, the Putnam Lions made a monetary donation of \$500 for the Emergency Shelter.

This effort was led by Lions Zone Chairs Bernie Gilbert and Greg King.

## Natural horsemanship demonstration at Stargazer Farm

WOODSTOCK — On a snowy, February day, over fifty horse lovers braved the cold to watch a natural horsemanship demonstration at Stargazer Farm in Woodstock. Natural horsemanship emphasizes body language to affect horse behavior. Pomfret Horse and Trail Association sponsored the clinic with trainer Danielle Rigby. She began her study of natural horsemanship while working on the film "The Horse Whisperer" and meeting horse expert Buck Brannaman. She now specializes in starting young horses or retraining troubled horses.

In a large indoor ring, Danielle demonstrated groundwork exercises for safety and confidence in the saddle. Maintaining a "bubble" of space between trainer and horse was key to teaching respect. Reviewers commented that Danielle inspired them "to return to groundwork" and that "she was clear, encouraging and very knowledgeable." Long after the demonstration was over, Danielle answered questions about training with patience and thoroughness in the 20-degree weather.

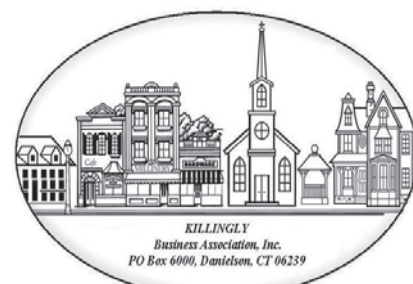
Pomfret Horse and Trail Association sponsors clinics and trail rides to promote education and trail preservation in the Pomfret area. On March 2, 2022, PHTA will sponsor Dr. Lauren Bookbinder from Tufts veterinary school for a presentation on equine supplements. For more information go to: [www.pomfrethorseandtrail.com](http://www.pomfrethorseandtrail.com).

Photo Courtesy  
**Clinic organizer Dr. Jane Toomey introducing trainer Danielle Rigby in the indoor ring at Stargazer Farm.**



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**BRENDAN BERUBE**

EDITOR

# Leave the phone 'til last in the morning

Most weeks, our Editorial space is typically something our staff is curious about. While the subject of cell phone and screen addiction comes up often, this week, there was a noticeable shift in our view on the topic after receiving a wise tip.

That tip was to ignore your phone, don't even look at it, until 30 minutes after you wake up. In that time, sit down, have your morning coffee and read a book. When you start to scroll on your phone just after waking up, you put yourself into what's called a passive scrolling phase, which can derail your entire day and ward off productivity.

A few days into following this new advice, and there is a noticeable sense of comfort and relaxation that can carry you throughout your day. It's like taking 30 minutes every morning to get back to the basics and recall simpler times.

Most people feel like they are in control of their phone use, but are you? How can you determine if you have a phone addiction, or are just part of the modern era grind? We've said it before, and we'll say it again, nothing beats the days of watching Jeopardy uninterrupted, without the pressure of responding to a ding from your phone.

In 2011, only 35 percent of the population owned smartphones, now 81 percent do. It is our main form of communication, so much so that now there is a term called nomophobia, or the fear of going without your phone.

Excessive cell phone use is a huge problem for many. As far as addiction goes, some experts say the dopamine connection the phone offers can be linked to something akin to a drug addiction. The triggering of that chemical in your brain, reinforces compulsive behavior. When we can't predict when we will receive a text or a "like" on social media, we check our phones more often.

Adolescents are more vulnerable to this problem than any other age group. Excessive use in that age group is such an issue that most teenagers never turn off their phones. Experts say that the younger a child has access to a phone, the sooner the problems begin. Problematic cell phone use is linked to low self esteem, low impulse control, depression and anxiety.

Signs you may have a phone addiction could be that you reach for your phone if you're bored, you feel anxious or upset if you can't get to your phone, you wake throughout the night to check it, or your phone has caused you to get into an accident. Other signs could be that you spend most of your waking hours on your phone, and that it interferes with personal relationships or work.

When trying to focus on work, or any task, you are significantly disrupted and your concentration is thrown off.

Ways to break the addiction in order to fix your relationships, your health and other responsibilities include figuring out if there is a larger issue as to why you're using your phone so much. Are you avoiding something else bigger? Resolving the larger issue at hand, could cause a decrease in phone use.

Change your settings to remove notifications and other alerts, set your screen to dark mode at night, keep your phone out of sight and never charge it in your bedroom. After a certain time, set your phone up so that only emergency contacts can get through to you, everyone else can wait. Try replacing games on your phone with real in person games, or develop a hobby you've been wanting to try. Too much cell phone use can develop into a loss of control.

There have been some experiments where people have gone two days without their phones. Some people choose to give up their phones all together, while others make significant changes to reduce use.

The potential risk of depression, insomnia and lack of productivity just isn't worth it. Think back to pre cell phone times. While there are safety benefits to having a phone, we don't need to be connected 24/7, and we don't NEED to respond or answer our phones just because they ding.

Your responsibility is to yourself and it's wild how much you can get done if you just unplug. Take a breather, shut your phone completely off for 15 minutes and see how you feel. If you do try this trick, send us an email and let us know what you find.

# OPINION

Opinion and commentary from the Quiet Corner

## LETTERS TO THE EDITOR

### Covid observations

To the Editor:

It's been a couple of years now since Covid first struck. I had it over a year ago, and have since had my vaccine shots. Well, it's not really a vaccine, it is an experimental drug, but we all feel more comfortable if we think it's a real vaccine.

We have had varied responses from individual states on how to manage this scourge. Former Democrat Governor Andrew Cuomo in New York opted to forcibly ship hospital Covid patients to nursing homes which ironically hold our most vulnerable age class. When nursing home deaths skyrocketed, he simply lied about the level of deaths and had fake death reports fabricated. He was lauded by the press and the Biden administration as a leader in the Covid fight.

In Florida, Republican Governor Ron DeSantis refused to lock his state down and took a more laissez-faire approach to Covid. Leave decisions up to local authorities and individual citizens. He was derided in the press as an anti-vaxxer.

At the federal level, Democrat President Biden favored lockdowns, shots for all, and illegally decreed companies with over 100 people to require mandatory vaccination of every employee or else. Armed forces personnel are currently being terminated for refusal to get the shots.

As the Covid threat and its mutations have waned, the Covid die hard enforcers are still using draconian measures against the American people. Hospital workers and others, many of whom worked tirelessly throughout the pandemic, are now being fired for refusing to take the shots. Municipal

employees in New York City are being fired for refusal to take the shots. Our kids, the least vulnerable to Covid, are still being forced to wear masks in school, and advised to get the shots down to age five.

In Canada, Liberal Prime Minister Trudeau just recently passed a measure requiring cross border truckers to get their shots or require a two-week quarantine upon coming back to Canada. This action takes the cake for closing the barn door after the horses have escaped.

It's mostly about politics. Always follow the money — who is financially benefiting? Lobbyists, drug companies, Dr. Fauci? Democrats seem to favor tyrannical rule in the name of settled science, as they often like to say. There is no such thing as settled science. Republicans seem to favor freedom, sensible precautions, and mostly make up your own mind as to how you want to cope with Covid and return to a normal life.

Our economy has been dealt a very harsh blow due to governmental edicts related to Covid. We are told supply chain constraints are the problem. Just try substituting the word "economy" every place you read "supply chain" and you will better understand that it's our economy that is in trouble, not merely some supply chain.

It all reminds me of something George Orwell wrote: "All tyrannies rule through fraud and force, but once the fraud is exposed, they must rely exclusively on force."

WILLIAM B. HULL  
POMFRET CENTER

### Woodstock finance

To the Editor:

Over the last several years, I have written many times about the antics of the Woodstock Board of Finance and town finance management, the threats to Prop 46, and Woodstock's long term financial outlook. This year a number of issues are coming to a head.

Being a "reval" year one key issue is the impact of reassessments; another is the limit on spending under Prop 46. On the assessment side, after a number of tries I was finally able to get some numbers out of the assessor's office. Overall real estate assessments are up 29.96 percent. What does this mean to you? Well, if your assessment went up more than this, you get a tax increase. Actually, even if you're a bit under, you'll still get an increase, as the adjustment of the mil rate has to take into consideration the impact of personal property and auto assessments as well as any new construction when the mil rate is reset to compensate for the reval. The adjusted rate should be roughly 20 mils so you can figure your new tax base and get an idea of how you fared relative to the rest of the community. For example, if your assessment went up 40 percent, you start with about an 8.5 percent tax increase. But that is just the beginning. The preliminary Prop 46 spending limit is an increase of \$590,000 which based on the new Grand List should be about 0.65 mils, or another 3.25 percent for all. If there is any question about going to the limit, watch the last ten minutes of the Feb. 9th BOF meeting — you can find it here [https://www.youtube.com/watch?v=Qp\\_dUX2h6qo](https://www.youtube.com/watch?v=Qp_dUX2h6qo) or get to it from the town website, just look for video's and just skip to the 120 minute mark. The BOF makes it quite clear that many, if not most of them, think that Prop 46 limits spending too much and needs to be repealed or at least amended. They seem to be completely oblivious to the fact that the financial problems Woodstock faces going forward are not due to the limits

### Loffredo uses the same "alternative facts" he decries

To the Editor:

Brian Loffredo mentioned the belief in, and the use of, "alternate" and "alternative facts" in his (Feb. 18) letter as being something questionable; however, he himself uses them "tons of times" in his responses to both Mr. Douglas and myself. (Perhaps his dictionary has a different meaning of the words "alternate, alternative" and "fact" than mine does?) I will now cite only two of them, which are his bringing up of Chuck Grassley and the Mar-a-lago mention. I'm not saying that you're wrong about any of that, but until someone can prove me to be wrong, aren't those indeed alternate/alternative facts that you believe in? In all fairness though, the use of them, as well as making accusations, are all part of any debate, and it's something that we all are guilty of doing. I'll even bet that Billy G. Taylor, who certainly doesn't take the same "refrain" approach that you do, would admit to using them in his reply to Mr. Douglas, as well as in his past replies to mine. After all,

on spending from Prop 46, but that the BOF has for the last several years, and especially last couple of years, been spending way above revenue flow; by as much as \$750,000 a year. And in addition their spending has gone beyond the Prop 46 limits on operational spending through the use of bogus capital funding for things like Woodstock Academy tuition and dead trees (try depreciating that asset), and the transfer/use of funds from Town accounts for spending that was not in the budget — hundreds of thousands of dollars more; all depleting the general fund account. So their solution, amend or repeal Prop 46 so we can spend even more, forgetting that means higher taxes that will need voter approval. Budgets are so bloated now that the town has excesses every year (hundreds of thousands of dollars). And where do those funds go? Right into the CNR (Capital Non-Recurring) account and are then immediately spent, sometimes without the special town meetings or referendum votes required by state statute and town ordinance. And speaking of bloat, we have the BOE budget where we spend more to educate a second grader than a high school senior — I addressed that and more in my last letter.

I have warned many times that Woodstock taxpayers/voters need to start paying attention to the goings on at town hall which will be tough to do as town hall has been doing its best to keep the public eye blind to their shenanigans with meeting legal notices (barely) providing as little notice and as little information as possible. Barring a surprise gift of many hundreds of thousands of dollars in additional state funding, primarily through ECS funds, Woodstock taxpayers are about to get a real surprise this June by the way of their tax bills. Budget meetings start March 8.

DAVE RICHARDSON  
WOODSTOCK

# Regret is part of a complete life

An old friend of ours used to tell us that he never met a problem he couldn't sweep under one of his oriental rugs. We always laughed and nodded in polite agreement. I've got a number of those rugs and in a metaphoric way I've used them just as our friend said I should. Sweep. Sweep. The number of problems, regrets, missed moments of reflection that are buried in the thick fibers is huge, but author Daniel H. Pink tells us how to look at it in a new light.

My husband and I are talking about topics that are on the post-pandemic, or perhaps endemic, hit parade. We are interested in the social commentary of writer Daniel Pink, especially a recent article in the Wall Street Journal entitled: "No Regrets Is No Way To Live."

Daniel Pink set out to study the science of regret. According to the article, he collected and reviewed 16,000 responses from people

in 105 countries who participated in an online survey he created called the World Regret Survey. In 2020, he did something similar called the American Regret

Project. Here is what he concluded: "Regret is not dangerous or abnormal. It is healthy and universal, an integral part of being human. Equally important, regret is valuable. It clarifies. It instructs."

The research indicated that we don't feel regret until we are seven or eight, and that it is the second most common emotion after love. People who don't feel it are on track for mental illness or disease. I've known people who don't feel regret or at least can't identify it, but I also wonder if the core beliefs of our upbringing have an effect.

We were discussing whether or not belonging to religious traditions that focus on guilt in the present and punishment in the after-life lead to more feelings of regret. My husband and I come from different backgrounds. His Catholic training focused more on those aspects than my Protestant upbringing did. Our early world views were fundamentally different and perhaps remain that way. However, the majority of people may not come out of any religious tradition and feel regret anyway, so perhaps that is really a complicating factor not one that explains anything.

We also wondered about highly moralistic types. When they fail in some way, do they feel more regret?

No good study of the self is worth reading without a prescription as to what to do. Daniel Pink says we need to reframe our regrets and treat ourselves with the same compassion we extend to a friend asking for advice. "Self-compassion" is more likely to lead to behavioral change. Next, we need to discuss our regrets or write them down. Revealing our failures doesn't make people dislike us. People like others who share personal things. Finally, we need to look back at our regrets and create new behaviors that won't lead to new regrets.

I don't want to ever stop learning and trying to make better decisions. All of us want lives that are filled with purpose and meaning. Naming our regrets, facing them and changing as a result is a good way forward. My old rug allow me the illusion that I have no regrets, or that I dealt with them by denying them. A good sweep is useful, but regret is part of a complete life.



NANCY WEISS

Letters to the editor may be e-mailed to  
[brendan@villagernewspapers.com](mailto:brendan@villagernewspapers.com)

Please include your place of residence and phone number for verification, not publication. Letters must be received by noon on Tuesdays.

Turn To **DELUCA** page **A9**

## LETTERS TO THE EDITOR

### Where have the dear hearts and gentle people gone?

To the Editor:  
My memories of growing up in South Killingly are of “dear hearts and gentle people,” many of whom have passed away during the past five or so years. Yes, old age is a victory, but we see more and more loved ones leave us. Thus, the value of always making new friends and adding in-laws to our families.

When I read some of the letters in this publication, those childhood perceptions of what people are really like seem really far away. Did I dream it? No, but back then, our family didn't have TV until I was ten years old, let alone instant access to internet definitions and information, social media opinions masquerading as fact, or texting to let a loved one know our estimated time of arrival. The pace of living in rural northeast Connecticut was more in tune with nature, animals, gardens and small children learning about the world around them.

Was that better? Well, certainly less informed, more insulated, vulnerable to stereotypes because our neighbors looked so much alike—and looked like us. So we looked to the little church on the hill for a bigger picture of our world. We learned about God, the Bible, the life of Jesus and His guidance of the best way to live: “Help me to be such a person and live such a life that if every life were a life like mine, this world would be a better world. And may the beauty of Jesus be seen in me.” I learned that prayer when I was three years old, and somehow it has remained in my memory for these seventy-three years since. It seems way too high a standard, but always worth aiming toward.

So now, when I hear the strife of public discourse, it appears many of us have abandoned the pronouncement of my grand-uncle if the tone of a church meeting became tense: “Let's remem-

ber that we can disagree without being disagreeable.” I am so grateful that I heard him say that when I was teenager. The adults around us listened to that guideline and remembered our connection to each other in the face of deeply-held beliefs that one person was right and the other person was surely completely wrong! Strongly believing you are right does not make you right. But it apparently can bring deep separation from each other, which is not only heart-breaking, but anti-survival to our species.

Everyone has their story, which, if communicated to others, would explain a lot about their beliefs and behaviors. That is why truly and open-

heartedly and respectfully listening to each other, and being honest with each other changes everything. But what I want to point out is that emotion and behavior are two separate things. We can hate our neighbor with-

out acting out those feelings on him or her. Unfortunately, we see and hear of hateful actions every day, fed by hateful words and a total lack of compassion or understanding. I miss those dear hearts and gentle people with whom I could disagree without our becoming disagreeable. Because I've seen what is possible when people make those agreements.

Finally, so much of our strife and tiptoeing around certain conversations seems to be about who you support—or apparently hate—in our country's leadership. These are people—each with their own story that we will never hear—whom we will never meet, who literally do not know that Claudia Allen and family or our readers and their families exist. So, I'm supposed to hate someone who supports a leader whose behavior or opinion I despise? How does that help to make the world better? I know we can do better. Just

because our foremothers and forefathers fought for our right to have free speech doesn't mean it makes sense to vilify, disrespect or humiliate those with whom we disagree. Most people stop listening when they feel like they are under attack and go into defense mode. So then our opinions are not considered and the opportunity for communication and understanding is lost. Being gentle is not the same as being weak.

We all have something worthwhile to say. Let's remember the best way to say it is with respect, as well as with conviction, which is more likely to lead to true human connection.

Respectfully,

CLAUDIA ALLEN  
THOMPSON

### DELUCA

continued from page A8

use their proper titles is a rather petty and thin-skinned gripe. Maybe there are «alternate facts» to show that some republicans are failed leaders as well, but I'll leave that for somebody else to prove. Yes, I admit to name calling, and so what! However, that's just another picayune sob story, and am I really the only person who's guilty of that here?

So now Mr. L, it's indeed my pleasure to torture you with more alternate facts. A recent poll taken by the left leaning Los Angeles Times showed that 38 percent of Californians approve of Kamala Harris while 46 percent disapprove of her. Say what you want about polls, but apparently the majority of people - in her own home state yet - also see her as a failure. I could care less

if Pelosi's done any good in the past because her neglect for the people in her voting district, that's been going on for years, is now what's relevant. Pelosi's primary challenger is Shahid Buttar (another democrat) who is “waging war on the democratic party's corruption.” In that action, he called out both Biden and Pelosi, maybe he's speaking truth to power? Waters is in the same neglect boat, and her encouragement that people push back on Trump supporters is only justified in certain biased puppet minds. Waters is being challenged by Joe Collins - a black man by the way - whose (Navy) service record she blatantly lied about in her puny attempt to smear him. Where's the outrage? And with Californians turning against Harris, could Pelosi and Waters be next?

I agree that Chuck Grassley is a good candidate for the poster child for

term limits award, but then, so isn't Mitch McConnell, and also Joe Biden who cares more about the border of Ukraine than he does about his own. The aforementioned LA Times poll also showed that more Californians now disapprove of Joe Biden than approve of him, granted though it's only by a slight margin. A Civiq poll showed that Biden's ratings are above water in only four states. So now I've also singled out white men, republicans, and (well, mostly) avoided name calling if that makes you feel any better? Anyhow, thanks there, Brian, for considering me to be somewhat “sane,” and if you'd like to see me write less letters, don't give me the fuel, or a reason, to do so.

ED DELUCA  
NORTH GROSVENORDALE

# Need to reduce your small business tax bill? Try this

If you've gotten an unpleasant surprise while preparing your business taxes, don't panic. Here are five things you can still do now to try and reduce what you owe before you file.

**Contribute to a retirement account**  
Just like a retirement plan at a regular job, contributing to a small business retirement account can help lower your tax bill. After the calendar year has ended and before your tax filing deadline, you have two options.

One is to contribute to a Traditional IRA and the other is to contribute to a SEP IRA. Both provide a deduction against your taxable income to reduce income taxes. With a Traditional IRA, you are allowed to contribute up to \$6,000 per year, while a SEP IRA allows you to contribute up to 20 percent of your business profits. In both situations, your deduction is typically equal to your contribution.

Make sure to take the Qualified Business Income Deduction if you're eligible

The Qualified Business Income Deduction is worth up to 20 percent of your business profits. Unlike other deductions, you don't need to spend anything or otherwise qualify. The point of this deduction is to match the tax cut that businesses organized as

corporations receive.

However, there are limits on who can claim it. If your total taxable income (including your business income as well as other income) is at or below \$164,900 for single filers or \$329,800 for joint filers, you may qualify for the 20% deduction on your taxable business income in 2021. If your income is above these limits there are additional restrictions on eligibility and you may not be able to receive the full 20% deduction. You should talk with your tax professional to see where you stand.

**Check for missed expenses**  
It's important to go back through your records and make sure you didn't miss any business expenses. This might include things like travel expenses that got mixed in with your personal vacation budget. If an expense was an ordinary business expense and necessary to conduct your business, this is a cost that can generally be deducted.

Don't skip expenses because you're afraid of an audit, either. If you do get audited the IRS will simply ask for your receipts and documentation showing



FINANCIAL  
FOCUS  
.....  
JIM ZAHANSKY  
INVESTMENT  
ADVISER

that the expense was for your business. As long as you kept the appropriate records during the year, you should have nothing to worry about.

**Request a payment plan**

If you are out of options to reduce your tax bill but still can't pay it, request a payment plan. The IRS offers installment agreements to let you pay off your tax bill at a relatively low interest rate. You will have to pay interest and late payment penalties, but they're not as expensive as the penalties you'd incur for not making any payment at all. An added benefit is that there is no credit application or credit reporting.

Before you request an installment agreement, you may want to double check that you can't get a cheaper loan or take advantage of a credit card promotional rate. These will affect your credit, but the cost could be lower.

**Plan for next year**  
Once you've done all you can to lower your tax bill for this year, don't stop there. Avoid more unpleasant surprises next year and in the future by creating a holistic financial strategy that will best

serve both your business and your personal finances (and not just at tax time).

At Weiss, Hale and Zahansky, we guide business owners through our strategic Plan Well, Invest Well, Live Well™ process to help make their businesses thrive and their personal financial and life goals a reality. To see how we can partner to benefit you and your business, contact us at (860) 928-2341 or visit our website at whzwealth.com to set up a time that's convenient for you to connect in person, by phone or by video conference.

*Presented by Principal/Managing Partner James Zahansky, AWMA®. 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 Street, Pomfret Center, 06259, 860-928-2341. <http://www.whzwealth.com>.*

# Should you restore your antiques?

Most clients I meet are aware that they shouldn't try to clean, polish, shine or refinish antiques and collectibles. However, there are times when this typically taboo antique practice is actually acceptable, and even encouraged.



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

Despite a recent drop in antique furniture prices, period pieces from the early 1800s and prior, mid-century modern furniture and Mission oak are three types that still sell well. As you might expect, there are often issues with old furniture from the late 1700s or early 1880s. Many years of use, along with the natural drying of the wood, can cause cracks, breaks and splitting. With valuable pieces, it is best to hire a restoration company that specializes in restoring antiques. With other less valuable pieces, people often repair, restore or modify them to suit their taste. If you have furniture where a piece has broken off and you want to repair it, wood glue is preferable to Gorilla glue, especially if there's a chance you may resell it in the future.

When refinishing, it's best not to

strip the piece so much that you've gone through all the layers and it looks like new wood. Unless you plan to paint it, that is. Once again, you should confirm that pieces aren't valuable before you make any of these changes.

Antique paintings are another item that often need restoration. If you like the painting and are keeping it for yourself, it may not matter to you whether it's valuable or not. But if you have a valuable painting by a listed artist, you may want to have it relined, a process where a second canvas is attached to a weak, old canvas. It is used when the painting is deteriorating or damaged. Some restorers prefer not to reline paintings though and instead try to only repair tears or other damage. Inpainting is another method used by restorers to paint the areas where paint is missing. If you are planning to sell your painting, my advice is to sell it as is and let the buyer do whatever restoration they'd like.

While some people suggest using various cleaning methods to clean coins, they are the one collectible I always



suggest leaving as is. If you decide to sell them, the buyer will probably leave them alone, but can clean them with a method of their choosing if they want. It's also important to note that oils from skin can damage coins, so it's best to hold them by the edges. Gloves can also be used for added protection. Coins that haven't been cleaned will put more change in your pocket when you sell them.

We are still accepting consignments for our spring multi-estate auction. Registration is currently underway for my “Evaluating your antiques” class

at Bay Path's adult evening school on Wednesday, March 23. More auctions and other events are also being planned. Please see our website <https://centralmassauctions.com> to join our email list or follow us on Facebook to keep up to date on auctions and other events.

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

# OBITUARIES

## Mark W. Dyer, Jr., 40

Moosup – Mark W. Dyer, Jr., 40, of Prospect St., died Thursday, February 10, 2022, at the Wm. W. Backus Hospital. He was the loving companion of



Jessica Roberge. Born in Willimantic, he was the son of Gail Louise (Swann) Dyer of Willimantic and the late Mark W. Dyer, Sr.

Mark worked hard as a home healthcare worker for Sunrise Northeast and as a chef at Bill's Bread and Breakfast in Putnam.

Mark enjoyed spending quality time with his family and friends. He loved to make jokes and see everyone smile.

He is survived by his companion, Jessica Roberge of Moosup; his children, Megan Dyer of Moosup, Gavin Dyer of Moosup, and Amayah Dyer of Norwich;

his step children, Dylan Cayouette of Putnam, Kylee McCartney of Oakdale, Hunter McCartney of ME, Natalie McCartney of Brooklyn, Faith Roberge of Norwich, and Devin Roberge of Moosup; His sisters, Catherine Murphy of Willimantic and Scarlet O'Brien of Ireland; Mother of children, Jennifer Dyer; and his grandchildren, Ezra Lee McCartney, Sophia Cayouette, Averi Cayouette, Kayden Lajeunesse, Duncan Mohan Jr., and Maxson Jacobowitz. He was predeceased by his brother, Shane Signorino.

A graveside service in St. Mary Cemetery in Lisbon is being planned for the near future. Funeral arrangements have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St., Putnam, CT 06260. For memorial guestbook visit [www.GilmanAndValade.com](http://www.GilmanAndValade.com).

## Rene Bates, Sr., 74

Rene Bates, Sr., 74, of Danielson died February 16, 2022 at Hartford Hospital. Beloved husband of the late Linda Bates. He was born February 21, 1947 in Putnam, CT, son of the late Richard and Mary (Michon) Bates.



Rene served his community through the Fire Service, serving West Thompson, East Putnam and Retiring from Danielson. He liked to do word searches and loved to work on cars with his sons, loved NASCAR and enjoyed car and tractor trailer truck models. Rene was a hands-on kind of guy and taught his sons how to fix cars that way. He enjoyed watching his grandchildren and great grandchildren play sports they were in, he always

cheered for them. Rene was proud of his family and enjoyed spending time with them. Renes one true love of his life was his wife Linda Bates married 56 years. It was a love we kids knew was true love.

He leaves six children, Richard Bates of Plainfield, CT, Mary Bates of Danielson, CT, Michael Bates and his wife Lisa Bates of Tennessee, Rene Bates and his wife Elizabeth of Putnam, CT, Randy Bates of Danielson, CT and Robert Bates of Chaplin, CT, brother Anthony Bates and his wife Gloria of Woodstock, CT, 17 grandchildren and 19 great grandchildren.

A calling hour was held Wednesday, February 23, 2022 from 11:00 to 12:00 at Smith and Walker Funeral Home, 148 Grove Street, Putnam, CT, followed by burial in Westfield Cemetery, Danielson, CT. Share a memory at [SmithandWalkerfh.com](http://SmithandWalkerfh.com)

## George I. Walling, 79

George I. Walling, 79, of Brooklyn passed away peacefully Wednesday, February 16, 2022 at Westview Healthcare in Dayville. Beloved husband of Janet (Bernier) Walling, they were married February 8, 1964. He was born October 18, 1942 in Putnam, son of the late Irvin and Lydia (Taber) Walling.



George was a CNC Programmer at United Nuclear was a family man and loved spending time with his grandchildren. He loved NASCAR, Science and Technology books, and traveling with his wife on their trips to Kennebunk and Ogunquit Maine.

Besides his wife of 58 years Janet, he leaves his children Alan Walling and his wife Ann of Plantsville, CT, David Walling and his wife April of Shrewsbury, MA, Jennifer Maurello and her husband Tony of Auburn, MA, Siblings Lloyd Walling and his wife Sandra of Woodstock, CT, Ann Slater of Andover, CT, grandchildren Cole, Olivia, Tanner, Matthew Walling, Sophia and Hannah Maurello.

Services will be private. In lieu of flowers donations maybe made to ST Jude Children's Research Hospital, PO Box 1000, Memphis, TN 38101-9908 or Donation Processing, The Michael J. Fox Foundation, PO Box 5014, Hagerstown, MD 21741-5014. Share a memory at [GagnonandCostellofh.com](http://GagnonandCostellofh.com)

## Barbara M. Adamuska, 82

Barbara M. Adamuska, 82, of Quinebaug died February 13, 2022 at Hartford Hospital with her son Russell and his wife Debra by her side. She was the beloved wife of the late Frank Adamuska. Born in Pomfret on May 13, 1939, daughter of the late Clarence and Ethel (McFall) Bromley.



Barbara lived in Thompson for most of her life. She worked at the Killingly Big Y for 26 years and recently retired as price scanning coordinator. She was a devoted wife and mother who loved spending time with her family especially during holidays and birthdays. She enjoyed many wonderful family vacations in NH and Maine, travels to the RI shore, bird watching, cooking, gardening,

country music, and a Red Sox fan.

She leaves her son Russell Reynolds and his wife Debra of Eastford, grandchildren Heather Burns and her husband Andrew of Ashford, Andrew Reynolds and his wife Jamie of Eastford, great-grandchildren Brody and Rylee Burns, Tristan, Layla, Harlee and Savanna Reynolds, along with many nieces and nephews. She was predeceased by her sister Beverly Gleason, brothers William Bromley and Clarence Bromley Jr.

Calling hours will be March 5, 2022 from 10:00 to 11:00 AM, followed by service at Smith and Walker Funeral Home, 148 Grove Street, Putnam, CT, burial will be at the convenience of the family. In lieu of flowers consider a memorial donation to the American Lung Association, 55 W. Wacker Drive, Suite 1150, Chicago, IL 60601. Share a memory at [SmithandWalkerfh.com](http://SmithandWalkerfh.com)

# Switch your focus



POSITIVELY SPEAKING  
**TOBY MOORE**

I talked to a close friend the other day, and when I asked him how he was doing, he declared, "I'm terrible." He went on to say how awful his life was. It didn't matter what he talked about; he had a negative take on it. I asked him if he was pursuing his dreams, and his response was, "I don't have time." he proceeded to give me a list of excuses as to why he wasn't able to follow his dreams and pursue anything worthwhile. He felt trapped; he felt like he was going nowhere.

I just listened and tried to share a few laughs. I've learned that people don't always want a pep talk; some people want

to be in a dark place, and any positive thought to the contrary seems like a fairy tale.

When he described his life, I saw all the reasons why his situation was perfect to follow his dreams, but he could only see why it wasn't. Granted, I'm not in his shoes, and I'll never know what he's going through. While that is true, we only need to look at history to see that people have lived in much worse situations than most modern-day Americans and still have gone on to achieve unbelievable victories.

It boils down to what you concentrate on and what you think about most.

When you see a giant standing in your path and want to defeat it, do you focus on how big and strong it is? Or do you focus on how slow it is and how hard it's going to fall?

So many of us overlook the good stuff and only see the bad. We only see the evil in

the world, and we rarely recognize the good.

If all you think about is the problems, the obstacles, the barriers, the stumbling blocks, and why you cannot overcome them, then you never will; you won't even try.

On the contrary, if you think of victory and why you can rise above circumstances, new possibilities will emerge, and opportunities will arise that you otherwise wouldn't have noticed. What you choose to focus on is probably the most crucial factor in accomplishing your dreams.

What you believe about your future is everything. What you think about your future usually results from focusing on victory or defeat.

Some would argue that our thoughts have nothing to do with the outcome of a situation. It seems to me they have everything to do with it. If you don't believe you can accomplish what you want. You'll

become a victim of circumstance and be blown by whichever direction the wind blows.

When you go through your day feeling frustrated, stressed out, constantly complaining, and thinking about all your problems, you won't imagine the possibilities. If all you do is amplify the negative, you'll never live with faith. When you cannot live in faith, you aren't living up to your potential.

When you're having trouble believing, think of this quote by Napoleon Hill, "What the human mind can conceive and believe, it can achieve."

When you begin to believe, motivation will come, inspiration will take hold, you'll become a more dynamic person, you'll start to realize all the reasons why you can, and you'll begin to move towards the life you want.

When you venture into the land of giants intending to take their land, you must only

focus on all the reasons why you can defeat them. Never think of why you cannot. Your mind is where you'll fight the most significant battle.

Although it can be difficult to stop focusing on the negative in your life, it's not as difficult as you think. It's as easy as changing your mind. We all change our minds every day. When you change your mind to the positive and leave the negative life behind, you've changed; you've changed the structure of your brain and have started to walk down the path of becoming a different person.

When the sun rises again tomorrow, you have the chance to change your expectations and the way you think. You'll have the opportunity to think of all the reasons you can. When you do that, you will be moving in the right direction.



**Say it in living color!**  
The world isn't black and white.  
So, why is your ad?

### SPEECH

continued from page A1

panel of judges with his knowledge of the topic and his poise and speaking skills.

"District #4 is proud to have Lucas represent our area once again in the Department contest. He's a fine young man who possesses maturity beyond his years. He's a solid citizen with a great future," said Charles Crowley Contest Chairman and Commander of Post #21.

Owen Bland, a junior at The Woodstock Academy, was the runner-up and received a \$100 award. The other participants were Guinevere Weiker a junior at Putnam High School and

Connor Sebastian a senior at Plainfield High School, who each received a \$75 award.

"All of the participants represented themselves and their schools very well with their presentations. They all demonstrated a great knowledge of the Constitution," noted Chairman Crowley.

The Contest, which has been in existence since 1938, is designed to encourage high school students to develop a knowledge of the United States Constitution while honing their public speaking and leadership skills.

Assisting Chairman Crowley was Everett G. Shepard III, Past Department Commander and Past Department Adjutant, who served as the program modera-

tor. The panel of judges included Nelson King of Danielson, Susan Hatfield of Pomfret, Joseph McIlrath of Somers, Scott Pempke of Putnam and Jennifer Hegedus of Danielson. District #4 Commander Antonio "Tony" Rendon and Department of Connecticut Commander Jeffrey DeClerck presented congratulatory remarks and were on hand for the award's presentation.

The top three finishers in the National Contest will be awarded college scholarships. All National participants receive a \$1,500 scholarship. Each first round winner who advances to the second round receives an additional \$1,500 scholarship.

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~ ~ ~

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GARDEN  
MOMENTSMELINDA  
MYERS

Raise your garden to new heights for easier access and greater productivity. Raised beds allow you to overcome poor soil by creating the ideal growing mix. They also make gardening more comfortable thanks to less bending and kneeling.

Whether you purchase a kit or build your own, there are a few things to consider when creating a raised bed garden.

Locate the garden in a sunny area if possible. Most plants require at least six hours of sun, and vegetables like tomatoes, peppers and melons produce best with a full day of sunlight.

Select a long-lasting material such as interlocking block, fieldstone, plastic lumber or naturally long-lasting wood like cedar. The material selected will influence the shape and size of your garden. Some materials allow for curved beds while others are limited to squares, rectangles, and other angular shapes.

Design your raised bed to fit your space and your needs. A three- or four-foot width makes it easy to reach all parts of the garden for planting, weeding, and harvesting. Raising your

planting bed at least eight to twelve inches improves drainage and provides an adequate space for most plants to root and grow. If you want to minimize bending, go higher. Add benches to increase your gardening comfort and ease.

Roughen or loosen the existing soil surface if your bed is built on compact, slow-draining soil. This will allow water to readily move from the raised bed into the soil below. Cover the bottom of the bed with newspaper or cardboard, if needed, to suffocate existing weeds and grass.

Line the bottom of your raised bed with hardware cloth to reduce the risk of animals burrowing into your garden. Lay the hardware cloth over the ground and bend it up along the inside of the raised bed walls.

Fill the bed with a quality growing mix that is well drained but also able to retain moisture and nutrients. This may be a mixture of quality topsoil and compost, a high-quality potting mix, or a planting mix designed specifically for raised bed gardens.

Grow any plants that you normally would grow in ground. Just make sure the

plants are suited to the growing conditions – sunlight, heat, and wind – in your area. Since the soil mix and drainage is ideal in a raised garden, you will be able to grow more plants per square foot. Just be sure to leave sufficient room for plants to reach their mature size.

Keep your plants healthy and productive with proper watering. This is critical for growing any garden, but even more crucial in a fast draining raised bed. The simple act of raising the garden height increases drainage, and a raised bed filled with planting mix means more frequent watering. Consider using drip irrigation or soaker hoses for watering ease. Always water thoroughly when the top inch of soil is dry.

Add some mulch to help reduce watering and the need for other garden maintenance. Spread a layer of evergreen needles, pine straw, shredded leaves, or other organic matter over the soil surface. This helps conserve moisture, suppresses weeds and adds nutrients and organic matter to the soil as it decomposes. You'll spend less time watering and weeding throughout the season.

Add an organic fertilizer at



Photo Melinda Myers

**Raised beds provide gardeners the opportunity to overcome poor soil, resulting in more productive gardens.**

planting if your planting mix does not already contain one. Apply again mid-season if the plants need a nutrient boost. Always follow the label directions on the fertilizer container. The time and effort invested in creating raised beds will be returned many times over with years of healthy and productive gardens.

Melinda Myers has writ-

ten more than 20 gardening books, including *The Midwest Gardener's Handbook, 2nd Edition and 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. Her Web site is [www.melindamyers.com](http://www.melindamyers.com).

## LEGALS

### TOWN OF THOMPSON PLANNING AND ZONING COMMISSION LEGAL NOTICE

**The Thompson Planning and Zoning Commission will hold a Public Hearing on Monday, February 28, 2022, at 7:00 PM in the Merrill Seney Community Room in the Thompson Town Hall, 815 Riverside Drive, North Grosvenordale, CT on the following application.**

PZC #22-02 applicant Danielle J. Robbins, property owner 0 Thompson Rd, Map 87, Block 37, Lot 2C, Zone RRAD, amended subdivision.

File may be reviewed online, Town of Thompson website, Planning and Zoning Commission. Written communication will be accepted prior to the meeting

Respectfully submitted,  
Joseph Parodi-Brown, Chairman  
February 18, 2022  
February 25, 2022

### Notice of Application

This is to give notice that I,  
SARA E ALERS  
1009 ROUTE 169  
WOODSTOCK, CT 06281-1723  
Have filed an application placarded 02/14/2022 with the Department of Consumer Protection for a RESTAURANT LIQUOR PERMIT for the sale of alcoholic liquor on the premises at 142 OLD TURNPIKE RD QUINEBAUG CT 06262-7717  
State of Connecticut  
Department of Consumer Protection  
LIQUOR PERMIT REQUESTED FOR THESE PREMISES  
Posting Date: 02/14/2022  
Type of Permit: RESTAURANT LIQUOR  
Permittee: SARA E ALERS  
Backer-Owner: PIT STOP PUB LLC  
Entertainment, If Any: Disc Jockeys, Live Bands  
Objections must be received to DCP – Liquor Control Division by: 03-28-2022  
Mail: 450 Columbus Blvd. Suite 901 Hartford, CT 06103  
E-mail: [DCP.LiquorRemonstrance@ct.gov](mailto:DCP.LiquorRemonstrance@ct.gov)  
February 18, 2022  
February 25, 2022

### Legal Notice

#### LIQUOR PERMIT Notice of Application

This is to give notice that I,  
Kirankumar N. Patel  
6 Glen Meadow  
Franklin, MA 02038  
Have filed an application placard 02/16/2022 with Department of Consumer Protection for a Package Store LIQUOR PERMIT for the sale of alcoholic liquor on the premises at: 520 Riverside Dr. N. Grosvenordale CT, 06255  
The Business will be owned by: MAHAKALI INC.  
Objections must be filed by 3-30-2022  
February 18, 2022

### Town of Thompson Board of Assessment Appeals LEGAL NOTICE

Citizens of Thompson are hereby informed that the Board of Assessment Appeals for the Town of Thompson will hold its sessions for appeals for the 2021 grand list on real estate, personal property and motor vehicles on the following dates:

March 17th 2022, 6:00 PM 2nd Floor Town Hall

March 24th, 2022, 6:00 PM 2nd Floor Town Hall

The appeal forms are available on the Town of Thompson's website under the Assessor's office. The deadline for appeals is a postmarked date of February 20th, 2022.

Notice of given sessions to conform to Section 12-110 of the General Statutes of the State of CT.

Board of Assessment Appeals  
Erica Groh, Chair  
Dan Santerre  
Bob Pederson  
February 25, 2022

### TOWN OF THOMPSON

On February 15, 2022 the following wetlands agent approval was issued: Application # WAA22007 approved with conditions, Connecticut Superior Stone, LLC, 0 New Road (Assessor's Map 154, Block 3, Lot 2A) - Removal of stone walls internal to the property and to make improvements to the access way as needed based on conditions to facilitate stone removal.  
Marla Butts, Wetlands Agent  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Sandra E. Beauregard (22-00027) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 14, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:  
John M. Leake, Jr.  
c/o ERNEST J COTNOIR, MAHER AND COTNOIR, 163 PROVIDENCE STREET, P.O. BOX 187, PUTNAM, CT 06260  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Robert L Gomes (22-00029) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 14, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:  
NICHOLAS A LONGO, BACHAND, LONGO & HIGGINS • 168 MAIN ST., P O, BOX 528, PUTNAM, CT 06260  
Donna Marie Gilbert  
c/o EDWIN C HIGGINS, BACHAND, LONGO & HIGGINS, HIGGINS • 168 MAIN ST., P.O. BOX 528, PUTNAM, CT 06260  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Joseph E. McCarthy (22-00008) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 7, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Jeanne Barnard  
c/o JOSEPH A O'BRIEN, ATTORNEY JOSEPH A. O'BRIEN, 41 NORTH MAIN STREET, SUITE 303, WEST HARTFORD, CT 06107  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Mark Timothy Lambert (22-00058) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 10, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Sandra Walmsley,  
109 Ware Road, Dayville, CT 06241  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Louise A Mack (22-00052) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 14, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Joseph O, Mack, Jr, and Lucy P, Slatery  
c/o CHRISTIAN GEORGE SARANTOPOULOS, SARANTOPOULOS & SARANTOPOULOS, LLC, 143 SCHOOL STREET, DANIELSON, CT 06239  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Thure M Oja (21-00461) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 7, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Sheila C Dillion and Irene M Reidemeister,  
c/o MATTHEW JONES CURTISS, BLOCK JANNEY SISLEY, MYSTIC PACKER BUILDING, 12 ROOSEVELT AVENUE, MYSTIC, CT 06355  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Leona M. Real (22-00061) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 14, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Susan R Rioux and Raymond V. Real  
c/o MATTHEW J LEFEVRE, LAW OFFICES OF, MATTHEW LEFEVRE, ESQ PC, 38 WOODLAND STREET, HARTFORD, CT 06105  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Lewis c. Shamback, III (22-00032) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 11, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Juli May Shamback  
c/o DENNIS R POITRAS,  
LAW OFFICE OF DENNIS R. POITRAS, 1733 STORRS RD, STORRS, CT, PO BOX 275, ASHFORD, CT 06278  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Juanita Helen Smith (22-00059) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 10, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Gail Ann Smith,  
c/o THERESA IMPERATO MADONNA LAW OFFICE OF THERESA L MADONNA, LLC, 110 MAIN STREET, JEWETT CITY, CT 06351  
February 25, 2022

### NOTICE TO CREDITORS

ESTATE OF Jane J Staveski (22-00024) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated February 11, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:  
Evelyn Kullas  
c/o WILLIAM J MONTY, LAW OFFICE W MONTY, 930 ROUTE 169, PO BOX 266, WOODSTOCK, CT 06281  
February 25, 2022

### TOWN OF THOMPSON ZONING BOARD OF APPEALS LEGAL NOTICE

**The Thompson Zoning Board of Appeals held a Public Hearing on Monday, February 14, 2022, beginning at 7:00 PM in the Merrill Seney Community Room in the Thompson Town Hall, 815 Riverside Drive, North Grosvenordale, CT 06255 and took the following action:**

ZBA #21-08 applicant Joseph Blanchard, property owner 353 Pasay Rd, Map 79 Block 47, Lot 10K, Zone RRAD, applying for a 10' front variance to build a 18' x 24' Accessory building. RRAD front setback is 40 feet. Amend application from 10' to 15 1/2' front setback. Approved  
**File may be reviewed online, Town of Thompson website, Zoning Board of Appeals, or in the Zoning Office.**  
Respectfully submitted,  
Kevin Beno, Chairman  
February 25, 2022

# SPORTS

## Tourtellotte shows true resiliency during trying season

BY KEN POWERS  
SPORTS CORRESPONDENT

THOMPSON — The Merriam-Webster online dictionary defines the commonly used phrase “missing the forest for the trees,” this way: “to not understand or appreciate a larger situation, problem, etc., because one is only considering a few parts of it.”

For someone to judge the Tourtellotte High girls’ basketball team’s recently-completed season solely on its 3-17 record would certainly be a prime example of “missing the forest for the trees.”

Basketball, especially high school basketball, is about so much more than points and rebounds, and baskets made and shots missed. If you don’t believe that, read the response below that Tigers’ coach Carla Faucher gave when asked about the bigger picture of the sport.

“It’s not all about wins and losses; it’s about teaching your players life lessons and how to stay resilient,” said Faucher, who has served as Tourtellotte girls’ basketball coach twice and been affiliated with the team since the mid-1990s.

“I always tell my players, ‘what you’re going through now, especially in athletics, is going to help you in life. At some point you’re going to go for that promotion and you’re going to realize that there is a resiliency you need to go for that promotion and that resiliency will come from the lessons learned in the high school sports that you played,’” Faucher said.

Yes, Tourtellotte won just three games during the 2021-2022 season. But, included in that total was a 36-22 road win over Ellis Tech, a 10-win team headed to the Connecticut

Class S Tournament. The Tigers also enjoyed home wins over Norwich Tech (24-21) and Putnam High (35-31).

Tourtellotte needed the resiliency Faucher spoke about not only to achieve those wins but to navigate through a season that was impacted by COVID protocols that, at times, reduced the Tigers’ roster of available players to six. And that’s in a sport where you need five players to start the game.

“The girls worked hard all season,” said Faucher, whose husband, Paul Faucher, serves as her assistant. “Dealing with all the COVID protocols was tough at times but the girls kept fighting and did the best they could. They gave us the best they could. Unfortunately, they got worn down at the end.”

Faucher’s roster consisted of 13 players — four seniors, four sophomores and five freshmen. Seniors on the team were Alysha Bugbee, Alivia Dalpe, Zeynep Acun and Olivia Lubomirski. Sophomores on the team were twin sisters Avery and Jordyn Butler, Tara Heffernan, and Alianys Lopez. Freshmen seeing playing time were Sophia Thurber, Isabelle McGlynn, Olivia Martocci, Keira Cotter and Avianna Blair. A few of the freshmen were temporary mid-season call-ups from the junior varsity team due to the COVID issues the team dealt with.

Regular starters for the Tigers were: Bugbee, at point guard; Dalpe, at shooting guard; and Acun, Heffernan, and Avery Butler at forward positions. Lubomirski, Lopez and Jordyn Butler rounded out Tourtellotte’s — when possible — eight-player rotation.

“Four players on last year’s team transferred



Photos Jason McKay

Tourtellotte’s Alivia Dalpe follows through upon the release of a 3-pointer in a recent game versus Wheeler.

to the Putnam Science Academy,” Faucher explained. “That changed our program a lot. That left us with three players with strong varsity experience.”

It was a development that also moved Bugbee from shooting guard to point guard.

“Alysha stepped up a lot for us this year by taking on the role of point guard this year. She probably was the player who developed the most from last year to this year,” Faucher said. “Unfortunately, we didn’t have her for several games due to the COVID protocols.”

The silver lining to the COVID protocols for the Tigers was increased playing time for the reserves.

“Everybody got a lot of playing time this year,” said Faucher, who took special care regarding

where and when she put some of her younger players in games. “I tried to put the kids into the games in appropriate moments; situations where they were going to be able to compete and build some confidence through playing in varsity games. Alivia and Alysha really never came off the floor. By the end of the season they were pretty worn out.”

Dalpe led the team in scoring

“Alivia started slowly, scoring-wise, but when she got going she was a prolific scorer for us,” Faucher said. “Alivia really stepped up for us in all areas. She was a key component in the win against Putnam. Her foul shooting was a key all year. During one stretch of the season she was 28-of-32 from the foul line. That was important.”

Heffernan seems to be



Versus Wheeler, Jordyn Butler of Tourtellotte drives toward the basket.



Tourtellotte’s Tara Heffernan gets open for a midrange jump shot versus Wheeler.

a player on the rise for Tourtellotte.

“Last year Tara broke her wrist in the second game of the season and was unable to get the experience as a freshman we had hoped she would,” Faucher said. “She has a lot of athleticism; she really gets after it. For Tara it’s just a matter of working on her skills and developing more body control. I think that will come. We saw improvement in her game toward the end of the season, just by getting more playing

time. I’m confident that will keep improving.”

Despite this year’s struggles, the future looks brighter for the Tigers.

“After the delay from COVID we only had 13 girls return to the program so we went with seven on varsity and six on JV. That’s challenging, but they stuck it out for the sake of the program,” Faucher said. “Hopefully they will all come back next year and will continue to improve their skills.”

## HIGH SCHOOL NOTEBOOK

### Ware, Richardson of Killingly win state wrestling championships

BY KEN POWERS  
SPORTS CORRESPONDENT

KILLINGLY — Killingly High juniors Kaden Ware and Jack Richardson continued their undefeated seasons at the Connecticut Interscholastic Athletic Conference (CIAC) Class S state wrestling championships, held Friday, Feb. 18, and Saturday, Feb. 19, at Killingly High School.

On the strength of the efforts of Ware and Richardson — and five other wrestlers who earned top-six finishes — Killingly finished second in the tournament, rolling up 184-1/2 points. Haddam-Killingworth won the team competition (267-1/2) while Windham finished third (171-1/2), New Fairfield fourth (137), and Montville fifth (125). Also competing in the Class S tournament was nearby Putnam High, who finished 17th (35 points).

Ware (34-0) won the 126-pound division, defeating Montville’s James Linder Jr., 5-0, in the final. It was the fifth time Linder and Ware wrestled each other this year. Ware won all five matches, but the last three were much tougher than the first two, including Saturday, which was a scoreless match heading into the third period. Saturday’s title was Ware’s second state crown; he won the 106-pound weight class in 2020.

Richardson (35-0) jumped out to a 2-0 lead in the 145-pound final against Haddam-Killingworth’s Cavin Napoletano, and proceeded to



Photos Courtesy

Killingly High wrestler Kaden Ware stands on the podium with the team’s Golden Hammer in one hand and his winning 126-pound bracket in the other. Killingly gives out the Golden Hammer after every competition to the team’s outstanding wrestler of that meet.

pin Napoletano with 54 seconds remaining in the first period. Richardson, in fact, pinned every wrestler he faced in the tournament, a feat which earned him the CIAC Class S Outstanding Wrestler Trophy.

Other Killingly High wrestlers with top-six finishes were freshman Brady Zadora (106-pound weight class), sophomore Ian Cathell (113), junior Soren Reif (195), and sophomore twin brothers Devin Exarhoulias (220) and Darin Exarhoulias (285). Zadora, Cathell and Reif wrestled their

way to second-place finishes while Darin Exarhoulias finished third in his weight class and Devin Exarhoulias finished fifth in his weight class.

With just two seniors on this year’s roster, the Killingly High wrestling team should be in the state title hunt again next season.

Girls’ Basketball  
Ellis Tech finished the regular-season portion of its schedule with a 10-10 record. In the final week of the season the Golden Eagles defeated visiting



Killingly High wrestler Jack Richardson, winning bracket in hand, stands atop the podium after another first-place tournament finish.

Vinal Tech, 28-17, on Tuesday, Feb. 15, but lost on the road to Windham Tech (68-32, Monday, Feb. 14) and Fisher Tech (41-31, Thursday, Feb. 17), before finishing the regular season with a 43-20 home loss to Griswold Tech (Friday, Feb. 18).

In its win over the Hawks, Ellis Tech was led by sophomore Kylie Damble (13 points, 10 rebounds, three blocks) and senior Jordan Daoust (six points, 10 rebounds, three blocks).

The Golden Eagles, who will play in the Connecticut Class S Tournament — which begins Friday, Feb. 25 — was seeded eighth in the Connecticut Technical Conference (CTC) Tournament. Ellis Tech opened its CTC play at top-seeded

Abbott Tech on Monday, Feb. 21. Ellis Tech and Abbott Tech did not face each other during the regular season.

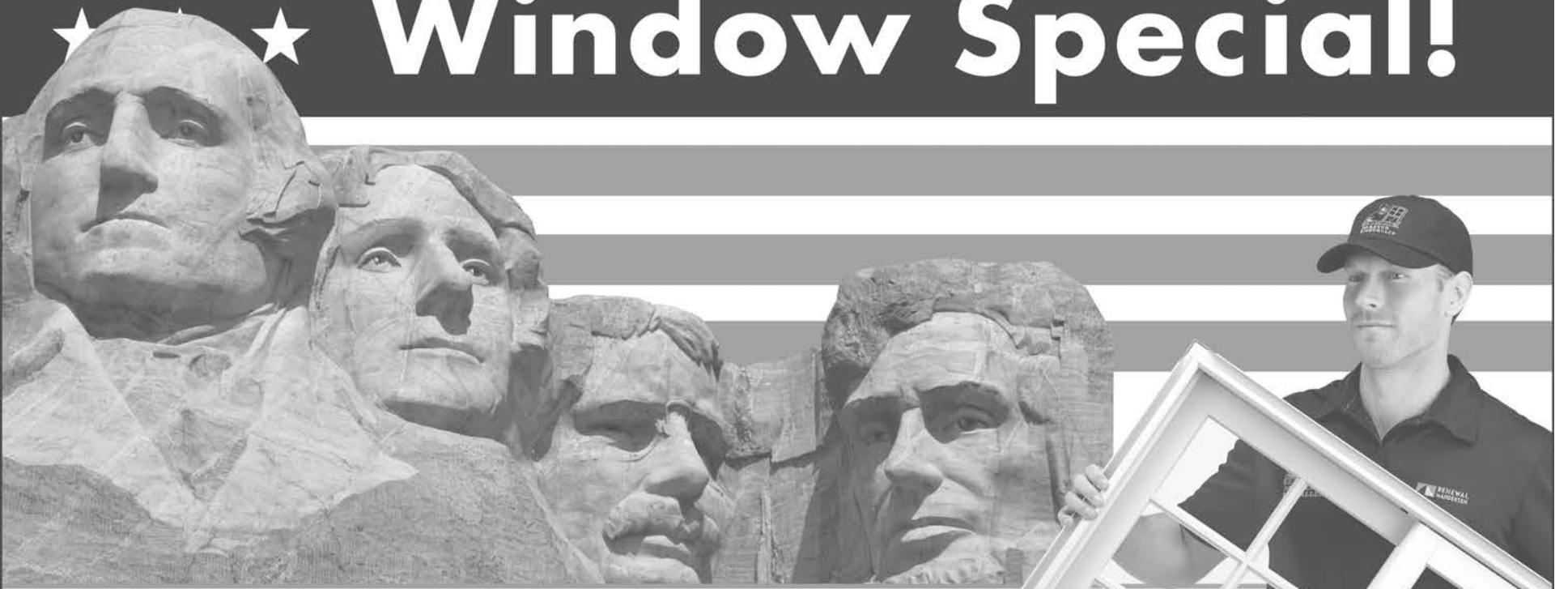
Elsewhere:  
Woodstock Academy and Killingly, Putnam, and Tourtellotte high schools all lost their first-round games in the Eastern Connecticut Conference Tournament.

In Division I, ninth-seeded Woodstock lost on the road to Norwich Free Academy, the No. 8 seed, 32-17, on Wednesday, Feb. 16, while sixth-seeded Killingly lost at Ledyard, the No. 3 seed, 57-33, on Thursday, Feb. 17.

In Division II, 10th-seeded Putnam lost at Griswold,



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**DANG**  
continued from page A1

as other girls who play in net with her speed and quickness.”  
Make no mistake, Dang is not some kind of novelty show on ice. She’s a legit high school goalie and she has the stats to prove it. Dang, Roy said, makes “an average” of 30 saves per game and has made “well over” 300 saves this season for 4-7-2 Woodstock Academy.  
“I’m pretty sore the day after we have a game,” Dang acknowledged, a grimace crossing her face. “But I work with my trainers and do what I need to do to be ready for the next game.”

This season Dang has recorded three shutouts, has allowed a single goal in three other games, and two goals in another. Lots of Dang’s saves this year have left opposing forwards shaking their head as they skated behind the net having been denied on what they believe was a sure, goal-scoring shot.  
“About twice a game Mia will make saves I’ve never seen another goalie make,” Roy said. “I don’t know of a goalie that uses her stick to make saves as often as Mia. She’ll use the butt end of her stick to make a save as much, if not more than any other goalie. I can’t tell you how many times the puck has hit that big lump of tape at the

end of her stick and not gone in the goal. Mia just knows; she knows her angles and she knows where she is in net and how those two things relate to each other.”  
In the Centaurs’ Jan. 19 game against a co-op team from Hopkinton, Mass., Dang allowed four goals (on 37 shots, many from point-blank range) in a 5-2 loss in the championship game of the Kelly O’Leary Tournament, played at Horgan Arena in Auburn, Mass. Roy said it was the first time all season Dang allowed four goals in a single game.  
Dang is in her second year as WA’s starting goalie after transferring in from St. Peter-Marian High School in Worcester after the school shut its doors in June of 2020. Her answer was succinct when she was asked what she likes about playing goalie.  
“The adrenaline,” said Dang, who was a member of the boys’ ice hockey team at St. Peter-Marian. “The feeling you get when there is a breakaway coming and you make the stop and that stop could change the final outcome of the game.”

Hockey is most definitely a team sport but there is individuality to it when an opponent gets behind the defense and the only thing preventing the attacker from lighting the lamp is the heavily-padded goaltender trying to take up as much space as possible between the pipes.  
“It’s just me and the girl with the puck,” Dang said. “She wants to score and you want to keep her from scoring. I’m going to make the stop or I’m not. In those moments, when it goes my way, I really like that feeling.”  
Roy said he knew of Dang before he became the Woodstock Academy head coach prior to this season, but had never seen her play in person until the first day of preseason practice.

“I had heard about her and I’d seen video of her, but that first day of practice when I was actually on the ice with her, watching her do her thing, that’s when I realized, first hand, what all the fuss was about,” Roy said. “That’s when I knew what I was getting myself into, and that we were solid back there.”

“Mia’s our rock; her compete level is fantastic,” Roy added. “She competes in practice just like she does in games. Her head is always thinking about hockey. She’ll call me after practices and games and say, ‘Coach, we can do this better. Coach, what can I do better?’ She’s always willing to learn and get better.”

Roy said Dang is totally committed to Woodstock Academy hockey, on and off the ice.  
“From Day 1 I knew she was going to be my captain and I’ve leaned on her as my captain. Early in the season she called me every day and said, ‘coach, we did this at practice today. This is what went well at practice and this is what we need to work on.’ She was like a third coach,” Roy said. “And her teammates, they love her. They all gravitate toward her.”

Dang, not surprisingly, is not just a hockey player; she is also an excellent golfer.  
Last spring Dang led Woodstock to the inaugural Connecticut Interscholastic Athletic Conference (CIAC) Division II girls’ golf championship, and finished as CIAC Division II individual state champion, earning medalist honors with an 8-over par 80 the day of the championship tournament. Dang finished the regular season ranked No. 10 in the state.  
Dang will play golf — a sport she has played longer than hockey — at the collegiate level. “I’m thinking about Occidental College in [Los Angeles] California. It’s a D3 school but they do have a good golf program. And it’s in Cali,” said Dang.



Woodstock Academy's Mia Dang takes a water break during a recent game.



Mia Dang of Woodstock Academy covers the side of the net in hopes of keeping the puck out.

led by senior Jackson Goetz, who scored 10 points, and classmate Parker Anderson, who added nine to the winning effort for WA (2-15). Every Woodstock player who played in the game scored. The Golden Eagles (2-16) were led by junior Caleb Evans (seven points).  
Elsewhere:  
Killingly High School improved to 10-9 on Friday, Feb. 18, defeating Putnam High, 41-36, on the road. Junior Yianni Baribeau led Killingly to the victory by scoring 10 points, grabbing

15 rebounds and making seven steals. Classmate Thomas Dreiholz added nine points and 10 rebounds to the winning effort, while senior Trevin Russ chipped in with nine points as well. Junior Alonzo Henries led 6-12 Putnam with 13 points.  
Killingly’s win over Putnam came three days after a road loss to Windham High, 56-39. Against the Whippets Baribeau finished with 18 points and 18 rebounds, while freshman Johnny Kazantzis added nine points.

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Johnson & Johnson	18+	1	Ages 18+ At least 2 months after a J & J vaccine

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State mask mandates may end soon but IT'S STILL OKAY TO WEAR THEM... and still recommended by the CDC to reduce risk. Federal mask mandates remain in place and must be worn on public transit including school buses. Many people continue to be at risk for COVID-19, so respect mask choices for those who must still mask or who choose to wear them.

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<https://www.nddh.org/>

This message is grant-funded by the CT Department of Public Health

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**NOTEBOOK**  
continued from page A12

the No. 7 seed, 50-22, on Tuesday, Feb. 15, the same day that ninth-seeded Tourtelotte lost at Wheeler; the No. 8 seed, 42-20.

Boys’ Basketball  
Woodstock Academy rolled past visiting Ellis Tech, 62-26, on Senior Night (Monday, Feb. 14), jumping out to a 23-1 lead to start the game. The Centaurs, who lost to visiting Ledyard, 56-50, the next night, were

led by senior Jackson Goetz, who scored 10 points, and classmate Parker Anderson, who added nine to the winning effort for WA (2-15). Every Woodstock player who played in the game scored. The Golden Eagles (2-16) were led by junior Caleb Evans (seven points).  
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Killingly’s win over Putnam came three days after a road loss to Windham High, 56-39. Against the Whippets Baribeau finished with 18 points and 18 rebounds, while freshman Johnny Kazantzis added nine points.

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