



Kate and Madelyn Taylor of Brooklyn show off their harvest during Sunflowers for Kids.

Jason Bleau

Sunflowers for Kids marks 20th anniversary

BY JASON BLEAU
VILLAGER CORRESPONDENT

POMFRET — United Services of Connecticut celebrated a major milestone for one of its most popular annual fundraising events on Aug. 31 with the 20th annual Sunflower for Kids in Pomfret.

As the name implies, the day allows visitors to pick sunflowers with the pro-

ceeds from the harvest helping United Services in its mission to enhance community health and happiness. Lapsley Orchard has long been the home of this colorful community gathering which also serves as a welcome for the fall season for many in the region. Now two decades strong, the event is always a highlight of United Services' calendar as they bring together local organizations and their own staff to educate

visitors about their programs.

Cherie Poirier, Director of Development and Communications for United Services of Connecticut, called the twenty-year anniversary a special time for all offering a colorful and fun morning and afternoon for guests as United Services seeks to spread awareness of their programs. She also thanked

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Killingly officials respond to sign complaints near school

BY JASON BLEAU
VILLAGER CORRESPONDENT

KILLINGLY — Killingly town officials have responded to complaints regarding political signage on private property near one of the town's schools that concerned citizens feel contains language and content inappropriate for children.

The Killingly Police Department, Town Manager's Office, and Planning & Zoning Department released a joint statement on Aug. 28 addressing several complaints issued to these offices about signs referencing political figures in connection to the Jeffrey Epstein scandal, one of many controversies that have dominated the national political conversation in 2025. According to the release, the complaints allege the signs contain "offensive, vulgar," imagery and language "touching on sensitive topics." Killingly officials have made it clear they will not be seeking the removal of these signs as they are on private property and protected by free speech and did not directly identify the property where the sign is located or which school is nearby.

"We acknowledge the concerns raised by residents, particularly given the sign's location near public schools, and share the community's interest in maintaining respectful public discourse. However, after thorough review, we must clarify that the content of the sign is protected speech under the First Amendment of the United States Constitution. The First Amendment guarantees the right to free expression, including political speech, even when it is controversial or offensive to some," officials stated in their release.

Instances of vulgar or aggressive political messaging have become commonplace over the last decade during the administrations of Donald Trump and Joe Biden, with those for or against either president embracing questionable language and occasionally visual art containing what others may deem inappropriate content for a public setting. These have taken the form of yard signs, clothing, bumper stickers and other usually public forms of expression. With this most recent sign, the Epstein case was a factor in the presentation which involved the late Jeffrey Epstein, who was charged with sex trafficking and whose extensive social circle has caused many to question what politicians from either side of the aisle may have been involved. The fact that the sign is nearby a school also gives it an added point of contention, as it could potentially expose children to questionable language or topics.

However, the town's press release clarifies that local authorities can only police the size, placement, safety, or any zoning ordinance regarding signs and that they are limited in how they enforce content. The sign in question falls within the content-neutral regulations of the town and cannot be forcefully removed by local authorities as it would be perceived as a violation of Constitutional rights. Officials have encouraged citizens to engage in "constructive dialogue" to address their difference in opinions regarding the sign's visibility to students.

"The Killingly Police Department and Zoning Department remain committed to upholding the safety and rights of all individuals, including the right to free speech, while maintaining public order in our community. We will continue to monitor the situation and any developments that occur related to the same," officials concluded.

Thompson Historical Society to dedicate memorial plaque for Andrew Mamedoff

THOMPSON — The Thompson Historical Society will dedicate a memorial plaque in honor of Andrew Mamedoff Saturday, Sept. 13 at 11 a.m. at 270 County Home Rd., Thompson (Route 21).

Join us for the dedication of this special memorial with visiting dignitaries from the British government. Please carpool if possible due to limited parking. Program

begins at 11sharp at the site for approximately 30 minutes. Refreshments and a light luncheon following at a nearby location, along with a presentation by THS President Joseph Iamartino. The Remembrance Team will also share project details on their work, as Thompson is just one of several stops on their tour.

Who is Andrew Mamedoff, why is he worthy of a special

memorial and what's the significance of its location?

Andy was born in 1911, grew up in Thompson and died in service to the British Commonwealth as a Royal Air Force pilot on Oct. 8, 1941 - two months before the US joined the war. Andy's service and sacrifice was a unique and distinguished path. He made his way to Canada, then to Britain via a few other countries to fly

for them after the collapse of three countries by Germany's force. He died in a plane crash near the Isle of Man and is buried in Brookwood Cemetery, Surry UK.

The site of the memorial plaque is Andy's childhood home, and at one time the Russian Bear Tea House. To some, that may be an odd name

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Local songwriters to perform fundraising concert for music school at new brewery



Mark Mandeville and Raianne Richards

NORTH GROSVENORDALE — Sunday, Sept. 14 at 7 p.m., join us for a night of original songwriting, storytelling and great harmonies with multi-instrumentalists Mark Mandeville and Raianne Richards! Presenting a listening room/house concert style concert at Triple Raven Brewing in North Grosvenordale.

Prepare to be up close with the artists and hear every word and note! This concert is a fundraiser to directly benefit Blackstone Valley Music and Performing Arts Collaborative (a new 501(c)3 non-profit organization formed by Mark and Raianne in 2024) and will help support ongoing programs like rock band camp, student orchestra and community coffeehouse and also help to create a new musical theater program! Tickets are \$25 and must be purchased in advance. Seating is limited! More info and to buy tickets visit markandraianne.com/concerts or Follow them on social media @markandraianne

Little by little, you will get to know Mark Mandeville & Raianne Richards through their unmistakable vocal harmonies, poetic lyrics and down-to-earth personae. These prolific songwriters from central Massachusetts have recorded four eponymous studio albums in addition to thirteen live releases, touring regularly across the US and Canada.

Their song lyrics reflect personal experiences as factory workers, teachers, and natives of New England's post-industrial mill towns as well as address timeless quandaries of the human condition head on - themes of love, loss, desire and purpose. Having toured for over 20 years, Mandeville and Richards have mastered the art of folk music performance, cleverly weaving together stories and songs, seamlessly balancing serious subjects with humorous commentary. Concert goers will leave feeling a bit more human, as if they have experienced something genuine.

Accompanying themselves on guitar, mandolin, harmonica, ukulele, penny whistle, tenor guitar and clarinet, their live performances are musically captivating and skillfully blend a broad variety of influences from across folk music genres.

BVMPAC (Blackstone Valley Music and Performing Arts Collaborative) was formed in 2024 by Mark Mandeville and Raianne Richards to assume operations of Blackstone Valley Music in Uxbridge, MA and to continue to provide affordable and accessible individualized music lessons and performing arts education to the community, offering a wide variety of opportunities for students to showcase their abilities through live performance. BVMPAC strives to expand arts education to children, adults and senior citizens in our region, provide stable employment for music educators, and build community through a variety of live public performances. Current programs aside from lessons include the student orchestra, rock band camp, a monthly community coffeehouse and hopefully this year musical theater!

Triple Raven Brewing is a small family owned nano brewery focused on great beer! Usually three to five rotating drafts, plus hard cider and wines from Taylor Brook along with NA beers and moccails. BYO food. Mark and Raianne love the cozy pub-like atmosphere and are part of the Mug Club!

John Bell, Sr. named Thompson’s Veteran of the Month

THOMPSON — John L. Bell, Sr. of Pompeo Road has been selected by the nominating committee to be recognized and honored as the September 2025 Town of Thompson Veteran of the Month.

Iran Hostage War era veteran Petty Officer John Bell, Sr. enlisted in the United States Navy in 1976, and received his honorable discharge in 1982. His initial four-year enlistment was extended for 24 months in March 1980 at the request and convenience of the United States Government. Petty Officer Bell completed his basic training at the Orlando Training Center in Orlando Florida,

and subsequently was deployed to the Great Lakes Training Facility in Illinois for advanced weapons direction and equipment training. He was separated from his Military assignments from the Naval Station in Norfolk Virginia.

After completion of his training in Illinois, Petty Officer Bell was subsequently assigned to the USS Barney Guided Missile Destroyer DDG6 to begin a four-and a half year deployment that essentially sailed him around the world. Petty Officer Bell was in Bander Abbas, Iran when the Shah was in power and during the Iran Hostage Crisis. Other

operational deployments included an extended tour of duty to the Mediterranean/Indian Ocean as part of an assistant divisional Leading Petty Officer responsible for assignment of personnel to essential working parties, assignment of compartment and passageways and mustering the Division at Quarters. Additional collateral duties included divisional technical publications custodian, and duty section master at arms, standing watches at Anti Submarine rocket ASROC roving patrols both import and underway and completing qualifications as import Officer on Deck. Petty Officer Bell was part of a maintenance in MK 74 Tatar Missile Systems Weapons. Among the numerous ports of call during this deployment were Israel, Saudi Arabia, Bahrain, and Oman. Other deployments took Petty Officer Bell to Gitmo, Cuba, Greece, Djibouti, the Sudan, Kenya, Naples Italy and other remote ports of call. As part of his obligation and responsibilities at Sea, Petty Officer Bell trained for the

nuclear weapons security force, which included application of deadly force, and overview on the operation and instruction in the use of the FZ alarm and Duress System.

The Senior Officer W. L. Mcdow, LCDR, of the United States Navy stated that Petty Officer Bell was a highly capable and conscientious technician. His stamina, technical expertise and leadership capabilities were thoroughly tested in the high-pressure atmosphere of the Persian Gulf, where maintaining maximum weapons systems readiness was essential. It is to his great credit that his equipment did not suffer a single mission degrading casualty during his entire deployment. Additionally, Petty Officer Bell has a comprehensive knowledge of the entire MK 74 tatar missile system, and he coordinates and supervises all systems testing and preventive maintenance systems. Petty Officer Bell is well liked and respected by the Officers and Crew of Barney. He sets a personal example in his conduct and professionalism that most can only hope to match. As a technician, he is extremely competent and highly knowledgeable. He actively supports the Command’s

affirmative action goals and programs.

For his Service, Petty Officer Bell was awarded The Battle “E” Efficiency Ribbon, The Navy Expeditionary Medal, The Sea Service Deployment Ribbon, and The First Good Conduct Award.

John Bell was born in Texas, but has lived most of his life in Webster, Massachusetts and North Grosvenordale, Connecticut. He graduated from Bartlett High School in 1969, and went on to study at Quinsigamond Community College in Worcester and at Eastern Connecticut State University in Willimantic. Most of his professional life has been devoted to being a Corrections Officer as a Lieutenant for the State of Connecticut Prison System in Enfield, Somers, Brooklyn and Corrigan-Rogalski Correction Facilities. He has also been extremely active in Veterans Programs as a long-time member and two-term Past Commander of the Veterans of Foreign Wars Post 10088 in Quinebaug, and a member of the American Legion Post 67 in Grosvenordale. He is also a member of the Disabled American Veterans Chapter 10 in Norwich and the Polish

American Veterans in Webster, Mass. He has served his Community in a number of various capacities. Among those he has been a member of the Thompson Board of Selectman serving on its board from 2009 to 2011. He also was Chairman of the Thompson Zoning Board of Appeals, and is a state certified Justice of the Peace. John Bell has also been responsible for organizing the annual Thompson Memorial Day Parade for more than a quarter of a century. He is also the head mechanic in Thompson for all voting machines, and is responsible for their upkeep and maintenance for well over 30 years. John has also recently passed the State of Connecticut Moderator Examination, as a certified Moderator. John is also a proud owner of a lime green 2017 Dodge Challenger Sport Car.

John is married to his long-time wife, Kathy (Molinaro) Bell, and together, they have two sons, John, Jr. and Louis Bell and his Wife Erica. They are also proud grandparents of four grandchildren (Brendan, Brooke, Cali and Ashley).

A grateful community thanks John Bell for his service.

VILLAGER ALMANAC

At CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Aug. 25: Black and White Warbler, American Redstart, Black-throated Green Warbler, Red-eyed Vireo, Warbling Vireo, Yellow-throated Vireo, Wood Thrush, Red-shouldered Hawk, Bobolink, Eastern Meadowlark, Nothern Harrier, Catbird, Barred Owl, Pileated Woodpecker, Common Yellowthroat.

CLUES ACROSS

1. Fairly large

6. Barrels per day (abbr.)

9. Cover the entirety of

13. Leafy appetizer

14. Showy ornament

15. Norse personification of old age

16. Athletes

17. Closes tightly

18. Attack via hurling items

19. Where the reserves stand

21. Sword

22. Begat

23. Damage another’s reputation

24. Northeast

25. Turf

28. For each

29. Hours (Spanish)

31. Western state

33. One who offers help

36. Flanks

38. A woolen cap of Scottish origin

39. Free from drink or drugs

41. Tunnels

44. Mature

45. More dried-up

46. News organization

48. Steal something

49. Forms one’s public persona (abbr.)

51. Female fish eggs

52. Small petrel of southern seas

54. Edible starches

56. Historical

60. In a place to sleep

61. Horse grooms

62. Off-Broadway theater award

63. Chinese dynasty

64. Resembling a wing

65. Small projection on a bird’s wing

66. Of the Isle of Man

67. Derived unit of force (abbr.)

68. Plate for Eucharist

CLUES DOWN

1. Vipers

2. Ancient city in Syria

3. Slog

4. Emits coherent radiation

5. “Pollock” actor Harris

6. Bleated

7. Monetary units of Afghanistan

8. Tooth doctor

9. One who takes apart

10. Commoner

11. Beat poet Ginsberg

12. Cave deposit material

14. Home energy backup

17. Begets

20. Face part

21. Frocks

23. Hill or rocky peak

25. Giving the impression of dishonesty

26. About ear

27. Male parents

29. Popular grilled food

30. Vaccine developer

32. Not conforming

34. Polite address for women

35. 1970 U.S. environmental law

37. Astronomical period of 18 years

40. One who fights the government

42. Center for Excellence in Education

43. Watches discreetly

47. An electrically charged atom

49. Hymn

50. Arabic given name

52. Popular pie nut

53. City in Zambia

55. Species of cherry

56. John __, British writer

57. Be next to

58. Make angry

59. Give birth to a lamb or kid

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Quiet Corner Al-Anon group meets Wednesdays

WOODSTOCK — An open Al-Anon meeting meets at the East Woodstock Congregational Church every Wednesday from 7:30-8:30 p.m.

The Quiet Corner Al-Anon Family Group is open to anyone affected by alcoholism, family or friend. Any enquiries can be directed to 860-634-3271.

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10 ways millennials and Gen Z could benefit from the Big Beautiful Bill Act

The One Big Beautiful Bill Act (OBGBA), signed into law on July 4, is a comprehensive tax and spending package with broad implications for American households. While the legislation includes a variety of tax credits and program changes, it introduces several provisions that may be particularly impactful for younger generations — especially those in their “accumulator” years, when individuals are actively building careers, families, and wealth.

As a financial advisor who works with many clients in this stage of life, I’ve outlined several



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areas where the OBGBA may influence financial planning decisions. Here are some of the biggest impacts that the OBGBA may have for you if you’re in the “accumulator” years, too.

1. Targeted tax relief for earned income
- The OBBA eliminates federal income taxes on tip income and overtime income, with maximum annual deductions of \$25,000 for tips and \$12,500 for overtime compensation (\$25,000 for joint filers). For young professionals working in service industries or putting

- in extra hours to advance their careers, this translates to immediate take-home pay increases.
2. Vehicle loan interest deduction
- The act provides an itemized deduction of up to \$10,000 annually for interest paid on loans for U.S.-assembled vehicles. This deduction phases out beginning at a modified adjusted gross income (MAGI) of \$100,000 for single filers and \$200,000 for joint filers. Just bear in mind that it’s only in force through 2028.

3. Federal student loan repayment simplification
- OBGBA fundamentally restructures federal student loans. Starting July 1, 2026, borrowers will choose between just two options: a standard repayment plan or the income-driven RAP plan, which allows payments between 1 and 10 percent of borrower income for up to 30 years. This simplified system streamlines repayment options while maintaining income sensitivity.

4. Expanded employer student loan contributions
- The law also expands employer student loan payment benefits, excluding up to \$5,250 (per employee) in employer loan payments from taxable income, encouraging more companies to offer this valuable benefit to attract young talent.

5. Broader Use of 529 plans
- 529 Education Savings Accounts have been expanded beyond traditional college expenses, K-12 tuition, and some apprenticeship programs. Now these accounts can also be used to fund K-12 educational materials, testing fees, tutoring, and trade certifications.

6. Roth IRA rollovers from 529 accounts
- Up to \$35,000 in unused 529 funds can now be rolled over into Roth IRAs, eliminating the penalty for families who saved more than needed for education. This creates a powerful wealth-building strategy where education savings can seamlessly transition to retirement savings.

7. Tax-deferred accounts for newborns
- Children born between 2025 and 2028 are eligible for a government-seeded investment account, designed to promote early-stage wealth building. The account includes a \$1,000 initial deposit and allows for annual parental contributions of up to \$5,000. Earnings grow tax-deferred, but qualified withdrawals are taxed as long-term capital gains. Some media outlets have dubbed these “Trump Accounts,” though the official legislative language may differ.

8. SALT deduction cap temporarily increased
- The law temporarily raises the State and Local Tax (SALT) deduction cap from \$10,000 to \$40,000 for households earning under \$500,000, with annual 1% increases through 2029. For young professionals in high-cost, high-tax areas, this change could help to make homeownership more attainable.
9. Expanded HSA eligibility
- Starting Jan. 1, 2026, Americans enrolled in Bronze or Catastrophic Affordable Care Act plans may contribute to Health Savings Accounts, expanding access to these accounts to around 7.3 million more people and opening the door for them to take advantage of the triple tax advantages that HSAs offer.

10. Job creation and economic growth outlook
- The OBGBA includes provisions that support domestic manufacturing as well as simplified regulation for small businesses and expanded energy production, which could lead to more jobs. While economic impact forecasts vary, the Joint Committee on Taxation projects that households earning under \$50,000 are likely to see the most immediate net benefits. These households include a large portion of Millennial and Gen Z workers.

Practical steps to maximize benefits

For current students and recent graduates: review your student loan repayment options and consider the new RAP plan when available; explore expanded 529 Education Savings Account uses for professional development and certifications; and take advantage of employer student loan payment benefits.

For young professionals: track tips and overtime income to maximize new tax deductions; consider the vehicle loan interest deduction when purchasing American-made cars; and evaluate HSA opportunities if using high-deductible health plans.

For new parents: open “Trump Accounts” for children born after 2025, and plan 529 contributions with expanded usage flexibility in mind.

Looking forward

ward

The Big Beautiful Bill Act represents a significant shift toward policies that aim to simplify financial systems, reward work, and support wealth accumulation. For Millennials and Gen Z, these changes come at a crucial time when they’re making foundational financial decisions that will impact their long-term wealth building.

The combination of immediate tax relief, student loan reform, enhanced savings opportunities, and support for homeownership creates multiple pathways for younger Americans to build financial security. By understanding and strategically utilizing these benefits, Millennials and Gen Z can position themselves for greater financial success in the years ahead.

Get in touch with our team at WHZ Strategic Wealth Advisors at whzwealth.com or (860) 928-2341 for a complimentary discovery session to learn how we can help you to leverage these new opportunities and maximize your wealth-building potential

as part of a comprehensive and strategic financial plan.

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Word games

A year ago, I substituted for a professional music therapist who works with people with dementia and Alzheimer’s at my local library. As a mediocre poet, I decided that I’d share my love of poetry with the group by reading popular works that might spark good memories. The caregivers, who touched my heart for their patience and positive attitudes, seemed to enjoy hearing familiar works and “Casey at the Bat...” sparked lively conversation and responses from the folks with cognitive impairment. I drove home committed to trying to stave off my own decline through embracing words in games, poems, books and conversations. I’m not alone in my pursuit.



NANCY WEISS

In an article (New York Times, Oct. 30, 2024) writer Dana G. Smith and Katie Mogg examined the question: “Can Crosswords and Games Prevent Dementia?” The conclusion was ambiguous as there aren’t enough studies, but it seems that for adults who do crossword puzzles, board games, and the like there is some delay in cognitive decline. “One (study) found that among adults who developed dementia, those who regularly completed crossword puzzles delayed the onset of memory decline by more than two years compared to those who did not.”

Most morning begin for me with a quick spin through the Mini Crossword in the New York Times. I can almost measure the quality of the coming day by how quickly I finish. Meanwhile, my husband dives into Wordle, an online invention that many sources named the best overall game. He is among millions who love to play and compete against themselves and others to finish it quickly.

A friend told us about an engineer who found the four words that cover most letters of the alphabet. We were impressed until we saw how easy it is to just look them up. It’s not magic: they are fjord, waltz, nymph and quick. ChatGPT says the best words are crane, slate, audio, trace. Players cherish their starter words and are often reluctant to share them with others. In a world of secret passwords for our computers, playing it close to the vest on starter words is a natural extension of our need to have something private. I’m not sure my husband would tell me his starter words, but I don’t ask because I don’t play Wordle.

Crossword puzzle author, Will Shortz, keeps thousands of people like me engaged in word games. I can maneuver through much of the week doing the crosswords he edits, but I don’t attempt the puzzle on Saturday as I know I will be completely stumped. I like to see that crossword puzzles appear everywhere. There is no special background or educational level, although there may be a subtle age factor as I see life passing me by in technology words and music groups I don’t know.

Playing word games is a way to get to really know a person’s true temperament. A game of Scrabble inspires competition while Bananagrams gives children the fun of beating adults. A friend introduced us to Quiddler, a word game that we play often. Good old Mad Libs still makes people laugh. The most popular game in the world, I read, is Minecraft, a video game through which players build things in three dimensions and fight or cooperate with others. I’ll leave that to my grandchildren.

Pull up Wordle and enjoy a time of total engagement in something outside the damned dailiness of life. Sit down with the crossword and feel a tingle of reward similar to when you learned to read. Words and word games give us pleasure and if they help our brain, a five letter word, that’s grand.

Clarification

POMFRET — Following the recent publication of our front page rundown on local election races, it was brought to our attention that the following clarifications are needed to our look at Pomfret’s election.

Sara Garcia-Gomes is an unaffiliated voter who has been serving on the Board Education for the past year. Alan Chubbuck, also an unaffiliated voter, was approved to fill a vacancy created when Ellsworth Chase quit the board two and a half years ago. Both are filling Republican seats, and were not nominated by the Pomfret Republican Town Committee because they are registered unaffiliated. They have petitioned and been approved to be on the ballot in November on the third line as petitioning candidates.

It should also be noted that not all listed candidates will be elected to the Board of Education.

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Back to school, back to community

As the first yellow buses rumble down our roads and the leaves begin their slow turn toward autumn, families across the region are preparing for another school year. For some, it's the excitement of a child stepping into a kindergarten classroom for the first time. For others, it's the nervous pride of watching a senior set out on their last first day. Whatever the stage, the back-to-school season is more than a turning of the calendar—it's a reminder of how deeply education is woven into the fabric of community life.

Our schools are more than buildings where lessons are taught. They are living centers of connection, growth, and shared identity. Friday night football games bring neighbors together across generations. Elementary school art shows brighten the walls of libraries and town halls. School concerts, plays, and robotics competitions showcase not only student talent but also the quiet dedication of teachers, parents, and volunteers who make them possible.

In a time when rural towns across Massachusetts face tough questions about growth, development, and how to preserve their character, investing in our schools remains one of the surest ways to safeguard our future. A strong school system makes our towns more attractive to families, sustains property values, and—most importantly—gives our young people the skills and confidence to succeed, whether they stay here close to home or venture farther afield.

But education is not only the responsibility of educators and administrators. It is the work of an entire community. Parents can play a part by attending open houses, volunteering in classrooms, or joining booster clubs. Local businesses can help by offering internships, sponsoring youth programs, or donating expertise. Retirees, too, can lend their time and wisdom—whether tutoring, reading to young children, or serving on school committees.

And it isn't just about giving. It's about showing up. When we fill the bleachers at a game, clap at a school play, or stop to congratulate a student we know in the grocery store, we send a powerful message: You matter. What you do matters. We are proud of you. That encouragement shapes character just as surely as any textbook.

This year, as the school doors open once again, let's make a renewed commitment to support our students and those who guide them. Let's remember that every investment of time, energy, and attention we give to our schools is an investment in the long-term vitality of our local communities.

Back-to-school is not just about the children returning to class. It's about all of us returning—returning to a sense of shared purpose, shared responsibility, and shared pride in the place we call home.

Letter submission policy

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

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

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Let me help you

To the Editor:

Another voice from TrumpWorld, Mr. Flabonte, takes us to task for not spending more time agreeing with anything poor Trumpie does. I would have a better chance running a four-minute mile.

Mr. Flabonte gives us three paragraphs of absolutely nothing to sway us toward admiring anything Trump has accomplished, let alone soothe our nausea.

Let me help you, Mr. Flabonte: Did you enjoy Trump rolling out the red carpet for his idol Putin at that useless meeting in Anchorage? How about the military flyover he gave him? A murderer who bombed a Ukrainian hospital the following day.

How about 1,600 pardons for Capital rioters? Standing ovation?

Extorting universities and law firms sounds good to you?

If the liquidation of the federal government is a worthy plan, I'll give you just 1 example you may be applauding: FEMA.

Believe me, people are paying attention. You may get your information from far right outlets so, just in case, let me tell you Trump's popularity is dropping like a rock. His malevolent policy fiascos have thoroughly damaged our reputation.

Boots on the ground next in Chicago? Listen to the speech Gov. Pritzker gave about that idea. That is how a real leader speaks. Trump says he's «Big on crime.” He should know, but he defunds the police anyway.

Thousands will die because of Trump's insanity for choosing brain-worm addled

To the Editor:

My name is Nick Stellitano, and I'm honored to serve on the Pomfret Board of Education. Six years ago, my family chose Pomfret as our home, and I've been committed to giving back ever since. Many of you know me from my work on the Planning and Zoning Committee, as a volunteer EMT and firefighter with the Pomfret Fire Department, or as a coach for youth soccer. As a parent with two children at Pomfret Community School (PCS), I'm deeply invested in our school's success.

My background includes twelve years on active duty in the Marine Corps and a decade working in education. Five years ago, I co-founded a Connecticut-based nonprofit that helps schools use data to support student success. This experience has given me a unique perspective on the importance of clear communication, fiscal responsibility, and putting our mission first: ensuring every child has what they need to thrive.

As a board member, my priorities are clear. First, fiscal responsibility is essential. Every dollar must directly benefit our students. I'm committed to making data-driven

To the Editor:

Whenever Gov. Lamont proclaims the necessity for expanding methane gas in Connecticut, my first thought is, “What planet does he live on?” The planet I live on, our beautiful Earth, is surrounded by a blanket of pollution from burning coal, oil, and gas. This blanket traps heat, leading to increasingly extreme and disruptive weather events.

We are paying for this every day, in many ways. For instance, insurance costs have risen dramatically, due to all the billion dollar losses across the country to businesses, homes, and automobiles. Allianz SE, one of the world's biggest insurance companies, warns that the world is fast approaching temperature levels where insurers will no longer be able to offer cover for many climate risks. Without insurance, which is already being pulled in some places, many other financial services become unviable, from mortgages to investments. (The Guardian, April 3, 2025)

The list of losses goes on: crop failures, leading to some farmers going out of business and higher grocery prices; decreased productivity as damaged businesses are closed for repairs, lives disrupted by storm damage and power outages; and sadly, deaths due to heat, storms, and fires.

In addition, there is the negative effect of weather extremes on the plants and animals with whom we share this Earth. The ecosystem services they provide make the planet

To the Editor:

I read on these pages that I am accused of having Trump Derangement Syndrome. Not being able to find it in the psychiatric literature, I went to Oxford English Dictionary (the big one) to research the meaning of “derangement,” and found, as first definition: “To disturb or destroy the arrangement of; to throw into confusion, to disarrange.”

That certainly is what I'm experiencing, though not for myself, but for our national government. Any citizen paying attention to anything other than Fox News has noticed the following:

An unelected foreigner and other Trump appointees were given permission to dismantle and abolish my federal agencies and fire

Robert Kennedy to head the most important health organizations in the country.

Millions will die due to withholding of international food aid. I recently heard a Trumper say that enmity was demon work. Really.

I just could go on and on.

In seven short months, Trump has made America poorer, less secure, less healthy, and more isolated with his morally depraved policies. Disturbing to say that the world may celebrate his demise.

He smears people who disagree with his nonsense, but surrounds himself with boot lickers who tell him just what he wants to hear. The Bureau of Labor Statistics reports job growth has decreased in the last three months.

Trump fires the commissioner. He won't be able to fire his way out of the economic debacle that awaits us, of his own creation.

The cultivation of «American Exceptionalism» has been the envy of the world. Our national pride has been neutered by a Trump administration that has ground that concept into the dirt.

Please give us a break, Mr. Flabonte. The fact of Trump still being President for three and a half long years is still, like it or not, a disgrace.

I'll give Trump credit for only one thing that I agree with: He spoke the gold plated truth when he said, on camera, «I love the poorly educated.”

RICK ROCHELEAU
DANIELSON

My work is just getting started

budget decisions and was proud of how our board mobilized the community during the last town budget meeting, resulting in the largest-attended town event in years.

Second, we must continue to strengthen student supports. Every child learns differently, and we must ensure PCS has the academic and emotional resources to meet every student where they are.

Finally, transparent communication is crucial. Sara Garcia-Gomes and I have been working to rebuild trust by meeting with parents and improving the flow of information between the board, administration, and families.

PCS is the heart of our community, and I believe my work on the board is just getting started. I'm committed to continuing this collaborative approach and always putting our students first. I hope to earn your vote for the Board of Education this November so we can continue this important work together. Thank you for your support.

Sincerely,

NICK STELLITANO
POMFRET

Celebrate the power of the sun

habitable for us all.

The good news is that we have all the necessary technology to slow down this unfolding crisis. However, we must act quickly. According to Bill McKibben, author and founder of Third Act, the cheapest way to make electricity now is with solar. It can be installed rapidly at a scale that can make a difference to the planet. For example, California, the world's fourth largest economy, cut its use of gas by 40 percent in two years by investing in solar and batteries.

Here in Connecticut, People's Action for Clean Energy (PACE), published a study on solar canopies over parking lots. Using land that has already been developed, these canopies could produce 38% of the state's electricity. Add that to rooftop solar and we're well on our way to producing our electricity through clean, renewable energy. This has the added benefit of helping to reduce our electricity costs. It is only through renewables that costs will go down.

In an effort to promote the quick transition to solar power, Third Act CT is celebrating SUN DAY on Sunday, Sept. 21, from noon to 4 p.m. at Central Connecticut State University. There will be speakers, music, art, activities for all ages, exhibitors, and solar information. Come celebrate the power of the sun and the power of the people to make a difference.

SANDY TOSI
POMFRET

The derangement is Trump's

my government employees who care for my national parks, our veterans, our air and water quality, our healthcare support and research, our disaster-management teams, local schools and even the folks who collect the taxes that pay for it all. This certainly un-arranges our three-part system of government that delegates such authority only to the legislative branch, which has ceded all authority to Trump.

Now the executive branch is sending our military to engage in civilian law-enforcement, which certainly deranges the Posse Comitatus Act.

So, yes, I'm angry at Trump, but the derangement is all his.

G. LESLIE SWEETNAM
WOODSTOCK

Library Card Sign-Up Month brings local perks to Killingly

BY CLAUDETTE STOCKWELL
DIRECTOR
KILLINGLY PUBLIC LIBRARY

This September, the Killingly Public Library continues its annual collaboration with local businesses for Library Card Sign-Up Month—now a three-year tradition that rewards both readers and shoppers.

Throughout the month, anyone who shows their library card at participating businesses will receive a special perk—ranging from discounts to free treats—each chosen by the business itself.

Our library card is more than just a key to books, it's a passport to lifelong learning, digital resources, and now, local rewards. We're thrilled to partner with our town's small businesses to make literacy a community-wide celebration.

From cozy cafés to gift shops and restaurants, businesses across Killingly are joining the initiative. The campaign aims to highlight the value of libraries while supporting local commerce.

Residents who don't yet have a library card can sign up at 25 Westcott Rd. The process is quick, free, and open to all ages.

To see a full list of participating businesses and their perks, visit our website, www.killinglypl.org, or stop in at the library to pick up a special bookmark. Patrons are encouraged to share their visits on social media using the hashtag #LibraryPerksCT and tag both the library and the business.

To make the month even more special, Killingly Public Library invites patrons of all ages to take part in a Bookmark Design Contest—celebrating creativity inspired by a love of books, reading, and libraries. Entry forms will be available at the library starting September 2 and designs must be submitted in person by October 1, 2025. Categories include:

- Youth (Ages 3–12)
- Teens (Ages 13–18)
- Adults (18+)

Winning bookmarks will be proudly displayed in the library, and winners will be notified by Oct. 6.

Let your imagination shine and create something truly special!

Whether you're picking up a novel or a latte, your library card is your ticket to something extra this September. Let's read local, shop local, and celebrate together.

Connect with us at 25 Westcott Road, Killingly, online at killinglypl.org, or call 860-779-5383.

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LETTERS TO THE EDITOR

No farms, no food

To the Editor:

We need farms, and farms need us. Farms are the backbone of our food system. Without them, grocery store shelves would be empty and food scarce. Donald Trump campaigned on lowering grocery prices, but the reality is the opposite. Federal forecasts confirm what families already feel: prices are rising. Tariffs, mass deportations, and global supply issues are hurting farmers and American consumers.

Farmers and ranchers across the country are sounding the alarm. Tariffs and deportations are gutting the workforce that keeps America fed. In California, Texas, and Florida, crops are rotting in fields and livestock are left untended because there simply aren't enough workers. The Trump Administration has offered no solutions to address the workforce needs of America's farmers.

One Florida farmer has cut production by 65 percent because immigrant workers are not reporting to work. He cannot afford to hire more H2A visa workers due to increased fees. Economists warn that the ongoing deportation campaign will damage the U.S. economy, especially in sectors that depend on migrant labor. In just the last four months, agricultural employment has dropped by 155,000 workers, the largest decline in nearly a decade. Farmers say they pay above minimum wage, but almost no U.S. born citizens apply. By law, farmers must offer the jobs to American workers before hiring H2A visa holders, but American workers aren't taking the jobs.

"President Trump's immigration policies, including mass detentions and deportations, have dealt a crippling blow," said one farmer. "The government is killing farming," he says. "This is going to end us."

Even Trump has acknowledged the crisis. In June, he admitted: "Our farmers are being hurt badly... They have very good workers, they've worked for them for 20 years. They're not citizens, but they've turned out to be great. We

can't take farmers and take all their people." Yet his administration presses ahead. According to Agriculture Secretary Brooke Rollins, "Ultimately, the answer to this is automation. And then also when you think about it, there are 34 million able-bodied adults in our Medicaid program. There are plenty of workers in America." The Secretary's comments are not addressing the crisis facing farmers today.

So, get ready grocery shoppers to brace for higher bills in the coming months. The Budget Lab at Yale estimates tariffs will raise overall food costs another 3%. Fresh produce may jump nearly 7 percent. Rice, cereals, sugar, meat, dairy, even beer and wine are all expected to climb. The U.S. imported \$221 billion in food in 2024, much of it from countries now facing new tariffs. That food pipeline is also drying up.

According to the American Farm Bureau Federation the number of farms in the U.S. declined by 141,733 or 7 percent over the last five years. Farm bankruptcies have surged in 2025, a warning sign for rural America. With economic uncertainty and regulatory complexity making farming even harder, urgent action is needed. Bad policies are threatening our farms. Congress needs to do its job to protect our farms and the nation's food supply. Comprehensive legislation is necessary that supports our farms. Congress needs to reclaim its budgetary authority and stop Trump's illegal tariffs, and it needs to establish a path to legalization for migrant farm workers to work our farms.

The consequence of Congressional inaction means No farms, No food.

Contact your legislators today. Tell them to take back the power of the purse, save America's farms and protect our food supply.

Consider supporting local farms while we still have them. In northeast Connecticut we have several. You can find many represented at a farmer's market near you.

LISA ARENDS
BROOKLYN

Municipal elections are important — get involved in the decision making of your town

To the Editor:

Long ago, when our country was in its infancy, the citizens of a town would show up at meetings and make their voices heard regarding decisions that affected their community.

We are coming up on the 250th anniversary of our nation, and things have changed a lot. Everyone, then and now, is trying to do their best to support their family financially, making sure their kids are getting an education, and just spending time together. Still, there seemed to be a priority to get involved in what happened in their town. We don't do that anymore.

It is very important to know what is going on in your town so you can make good and thoughtful decisions regarding who is elected into a municipal office. Board of Ed., Board of Finance, Selectman, etc. Who we vote into these positions is very important and many people have no idea what these positions are really about. So I invite you

to a Meet and Greet that is being hosted by the Brooklyn Republican Town Committee to meet the local candidates who are running in the November 2025 election. The candidates will be there to answer any questions or concerns you may have. It will be at Hank's Restaurant in Brooklyn on Sept. 11 from 6-9 p.m. There will be pizza and a charcuterie board, cash bar and basket raffles. The suggested donation is \$20, which will go to the Republican Town Committee to help us in our mission to get people out to vote and of course to help our Republican candidates to get out their message to the public.

For more information on the Meet and Greet, please visit the website page for the Republican Town Committee of Brooklyn.

Remember to get out and vote!
God Bless the USA.

CINDY DEHNER
BROOKLYN

Emotional healing

It was a cold New England day 25 years ago, as I tried to maintain my perch on the roof. I clutched a board with my cold left hand and maneuvered the eight pound pneumatic nail gun with my right. Aiming carefully, I pulled the trigger. Unfortunately, the three-and-a-half-inch nail, that was driven by the nail gun, hit a knot in the board and deflected so that it penetrated the middle finger on my left hand. Ouch! Since the nail was driven by air compressed to 90 pounds per square inch, and since the nail was traveling 1,400 feet per second, it hit my knuckle and just bounced my hand away from the board.



BEYOND
THE PEWS
• • • • •
BY BISHOP
JOHN W.
HANSON
ACTS II
MINISTRIES

Psalm 147:2 tells us "He heals the brokenhearted and bandages their wounds."

In Matthew 11:28-29 Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."

Isaiah 9:6 refers to Jesus as "Wonderful counselor."

In Luke 5:32 he is called "the great physician."

In John 14:26, when Jesus promised the Holy Spirit, He used a word that the AMP defines as "The Comforter (Counselor, Helper, Intercessor, Advocate, Strengtheners, Standby)."

The National Council for Mental Wellbeing claims that 70 percent of adults in the U.S. have experienced some type of traumatic event at least once in their lives. The Domestic Violence Center of Chester reported that nearly half of all women (48.4 percent) and men (48.8 percent) in the United States experience psychological aggression by an intimate partner in their lifetime, and that 95 percent of perpetrators who physically abuse their intimate partners also psychologically abuse them.

Rather than lamenting the fact that we will all experience emotional pain, we should focus on the fact that God planned for emotional healing. God knew life would include all kinds of injury and pain. Like a good Shepherd, He leads us, but He does not shield us from all of life. When we need it, He leads us by still waters and anoints our head with oil.

When we have physical pain, we don't usually just stuff it, deny, talk to it or blame someone for it and then go on. We tend to it and nurse the wound. So, it is only reasonable to minister to our emotional wounds in the same way. The believer already has some direction for this:

Notice how much emphasis these scriptures put on emotional healing. While I know some people are not in touch with their emotions, and others think they are supposed to dismiss their feelings, we would all be wise to recognize that we all have emotional wounds or baggage that needs to be addressed. But this takes a little more humility and vulnerability than some other kinds of healing. It is a mountain that only the brave take on. But this kind of healing is clearly offered to those who believe.

Bishop John W. Hanson oversees Acts II Ministries in Thompson. For more resources or sermon videos please visit www.ActsII.org.

If local officials can handle crime, what were they waiting for?

To the Editor:

A recent mention in this paper was that "there is no level of crime that the local organizations can not handle." Really, now, and if that was true, well then, why haven't they already handled it? What were they waiting for — perhaps for President Trump to step in? It was reported that Maryland's Democratic Governor has invited President Donald Trump to send federal support to assist in cleaning up Baltimore. Also, Washington, D.C. Mayor Muriel Bowser publicly thanked President Donald Trump for his intervention in dealing with the city's crime crisis. I'd say that's a smart move on their part, like crime isn't a concern of the voters, or perhaps reelection time is nearing?

Even that numbskull Newsom has finally grown a pair and decided to fight crime in his state. Of that decision, Senator John Kennedy, Republican of Louisiana, in praising Newsom's decision to deploy state police to major cities across California (reportedly) said: "He has surprised all of us and done something intelligent." And to that, I'll add that doing something is better than doing nothing.

From what I've mentioned so far, it's apparent that some democrats aren't loving their criminals as

much as they used to, but then the real criminal loving dolts are right here in Connecticut. But before I get to that, perhaps you've heard about ICE's recent visit to Connecticut when 65 individuals in multiple Connecticut cities were arrested over the course of a four-day operation? According to ICE, all 65 people arrested were in the country illegally, and 29 of them have been either convicted or charged with other crimes, and among them were rapists, drug traffickers, child sex predators and members of violent transnational criminal gangs. An earlier report stated that ICE officers have arrested 247 people in Connecticut between Jan. 20 and mid-June. Anyhow, back to the dolts, it should come as no surprise that Lamont, Blumenthal, Murphy, and other Connecticut Democrat puppets have shed their tears over Trumps and ICE's actions. And then there's our AG, Tong. How many lawsuits has this twerp now filed against Trump? Any AG from any state could call that tool and ask if he wanted to sign on to another lawsuit, and he'd say yes even before knowing what it was about. But then maybe you also expected that these groveling little worms would handle it?

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Three ways to preserve the beauty of your summer garden



Melinda Myers

Lay flat-faced flowers, like these Shasta daisies, face down on a flat surface to dry.

Fall is quickly approaching and as you prepare for the change of seasons, consider preserving some of your summer garden’s beauty. Photograph, dry, or press a few of your favorite flowers to enjoy and share with others. Cell phone cameras have greatly improved and allow

even novice photographers the opportunity to capture the beauty of their gardens and favorite plants. Visit your garden in the early morning or evening when the light tends to be perfect for taking pictures. Try focusing on a favorite flower, bouquet or garden that you love. Watch how plant shapes,

colors and textures contrast and combine to create pockets of beauty in the garden. Harvest and dry some of your favorite flowers for dried arrangements and crafts. Pick the flowers when they are at peak bloom and dry them. Cut the flowers midday when they contain less moisture, reducing the dry time. Use a bypass pruner or garden scissors to cut the stems above a set of healthy leaves. Remove the foliage and gather them into small bundles. Secure the stems with rubber bands. They will contract when the stems shrink and continue to hold the stems tightly. Use a spring-loaded clothespin to hang the bundles from a hanger, clothesline or nail. Allow the flowers to dry in a warm, dark, dust-free location. Lay flat-faced flowers, like daisies, face down on a flat surface to dry since they tend to close a bit when hung upside down. Simply cut off the stem and place the flowers face down on newspaper or craft paper in a warm, dry location. Once dried, you can glue them in place or use florist wire to create stems for arranging. Be sure to pick a few seedpods and seedheads from



GARDEN
MOMENTS
.....
MELINDA
MYERS

perennials and ornamental grasses. Allow them to dry on the plants, harvest and use them to add interesting texture and form to your dried flower arrangements and projects. Try pressing a few flowers to use for making cards, gifts, and works of art. Just place the leaves and flowers between pieces of craft or similar paper in a flower press or heavy book. You can purchase or make your own flower press with wood, bolts, wing nuts, cardboard, and paper. Be sure to sandwich the flowers between sufficient layers of paper to protect the pages of your book. Use freshly picked flowers at their peak of beauty for best results. Arrange the leaves and petals as desired before pressing, since they will dry the way you place them.

Once your flowers are placed in between the paper and pages of the book, close it, and stack a few books on top for added weight. Or evenly tighten the flower press to apply needed pressure. Your dried flowers will be ready in about a month. Store pressed flowers in paper envelopes or between sheets of paper. Place them in cardboard boxes in a dry location until you are ready to create your pressed flower project. As your gardens transition into fall, look for other flowers, foliage and seed pods to add to your dried flower collection. Continue to photograph your garden and enjoy the beauty every change of season provides. Melinda Myers has written 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” instant video series and the nationally syndicated Melinda’s Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.

The Four Rules

Parents and students often wonder what the secret to academic success is. If you want to give your child a tactical advantage in school, provide them with a strategy, a game plan, and tips for becoming a champion (in school). My suggestion for creating a gold medal experience is to teach your children the four rules of concentration.



TIPS FOR
SUCCESS
.....
MIKE BOGDANSKI

Welcome back, students! As you settle into your new routines, remember that a new school year is a chance to learn incredible things. To do that, you’ll need one of your most powerful tools: your ability to concentrate.

Getting distracted is easy—a buzzing phone, a friend whispering, or just a wandering mind. But with a little practice, you can train yourself to stay focused. Here are four simple rules to help you master the art of concentration.

Rule 1: Focus Your Eyes
Your eyes are like a magnet for information. If they’re darting around the room, they’ll pick up on everything but what you need to learn. Whether you’re in the classroom, the library, or your bedroom, direct your gaze to the task at hand.

* In class: Look at the teacher when they are speaking. When you’re working, look at the page in your book or the screen in front of you.

* At home: Keep your work space free of distractions. Put away toys,

games, and anything else that might catch your eye, especially no TV.
Rule 2: Focus Your Ears
It’s distracting to listen to every little sound, but your ears can be trained to tune out the noise. Your brain can decide what to listen to and what to ignore. Always listen with the intent to learn.
* In class: Listen for keywords and essential instructions from your teacher. Practice “active listening” by thinking about what they’re saying instead of just hearing the words.
* At home: If your house is noisy, try using noise-canceling headphones. Ambient noise from the rest of the house may be very distracting and may even motivate you to leave your room to interact with brothers and sisters at play.
3. Focus Your Body
A fidgety body makes for a fidgety mind. When constantly shifting or wiggling, it’s hard for your brain to stay on track. Learning to keep your body calm and still helps your mind settle down, too.
* Find a comfortable, sturdy chair that allows you to sit straight up. Don’t study a book at home while lying down.

The only time you should lie down is if you want to take a nap.
* Before you start a task, take a few deep breaths. This simple action can help you relax, and extra oxygen fuels your body and mind for focus.
* If you feel antsy, try a quick stretch or take a short walk to reset before returning to your work. Getting up every twenty minutes at home gives you a small recharge (like plugging in your phone). Your body needs movement to offset extended sitting. If you need to take a longer break, drink some water and focus on something completely different. I call this rinsing out the sponge.
4. Focus Your Mind
Now, the most important rule of all is training your mind to have laser focus. Sometimes your mind is like a wild pony—it wants to run off in a million different directions. The other three rules are tools to help you bring it back. When your mind wanders, gently guide it back to what you must do.
* If you find yourself daydreaming, say to yourself, “Okay, back to work.” It’s also alright to get up and move. A

person’s mind and body don’t work independently; movement resets both.
* Break your big tasks into smaller, manageable chunks. This makes hard work seem less overwhelming and more straightforward when mastering new material.
* Reward yourself! After you’ve focused for a set amount of time, take a short break to do something you enjoy. I recommend staying away from your phone. Reading a message or a social media post may create anxiety and steal your focus. When I taught students how to spar against a big-

ger and stronger opponent, they had better not think about what they would wear to school the next day. One second of lost focus could be painful when a strong punch found its way into their stomachs. When you are in the zone, you are in the zone. Practicing these four rules will improve grades and build a skill that will help in every part of life. Good luck and have a great school year!

Mike Bogdanski is a martial arts Grandmaster and anti-bully activist.

From anger to strength

We’ve all had those moments—the ones where your blood goes from zero to boiling in two seconds flat. You’re cool, calm, and collected until you’re not. It could be the driver who cuts you off or the co-worker who sends a “quick email” at 4:59 p.m. Maybe it’s that person with a different political opinion than yours. It’s different for everyone, but sometimes we lose control!
There’s a part of your brain called the amygdala—two little almond-shaped clusters buried deep in your head, responsible for fight or flight mode. Whenever you lose control, the amygdala presses the panic button. Stress signals flood your body. Heart rate spikes. Cortisol surges. Rational thought goes out the window, and you’re in fight mode.
The amygdala is like a built-in alarm system, constantly scanning for threats. It’s the reason our ancestors ran from saber-toothed tigers instead of trying to pet them.
You’d think letting it all out would make you feel better, like releasing steam from a pressure valve—but it’s not really like that. After a moment of rage, your brain doesn’t just cool off. It can stay locked in fight mode for hours. During

that time, your logical thinking is foggy, you are emotionally reactive, and even your memory and ability to learn drop dramatically.
Why? Because when the amygdala floods your system with stress signals, it hijacks the prefrontal cortex—the part of your brain responsible for reasoning, planning, and impulse control. That’s why you say things you regret, or make decisions that feel smart in the moment but dumb five minutes later.
The brain is like clay—it reshapes itself based on what you do over and over. Every time you snap, you’re carving a deeper groove in that “anger pathway.” The more you use it, the stronger it gets. Which means the next outburst comes faster, with less provocation.
It’s like lifting weights for the wrong muscle. The more reps you put in, the bulkier that anger response becomes. Or like watering weeds instead of flowers—pretty soon the weeds take over, choking out everything else.
Over time, your fuse shortens. You become easier to trigger. People start tiptoeing around you, because they don’t know what version of you they’re going to get. To add insult to injury,

POSITIVELY
SPEAKING
.....
TOBY
MOORE

chronic anger literally weakens the brain circuits tied to empathy and self-control. The amygdala causes your fight response to grow more dominant, while the prefrontal cortex loses influence. The result? You become more impulsive, less compassionate, and stuck in a loop where anger trains the brain to get angrier.
But let’s look on the bright side! When you pause, take a breath, and decide not to blow your top, you’re doing more than just “holding it together”—you’re actually retraining your brain. That moment of restraint activates your prefrontal cortex—the part of your brain responsible for judgment, impulse control, and higher reasoning. At the same time, it signals the amygdala to calm down, which lowers stress hormones such as cortisol and adrenaline.
The more often you do this, the stronger those calm, rational circuits become. You’ll find yourself less over-reactive, more compassionate, and better at handling conflict. Neuroscientists refer to this as emotional regulation—your ability to feel the surge but not get swept up by it. It’s like building a stronger inner

pilot who can take back the wheel from that raging chimp in your head.
If the payoffs to restraint weren’t obvious, there are other benefits as well. People tend to trust and respect those who stay steady when others lose control. Cooler heads don’t just prevail—they lead.
Regulating your outbursts is essential, no matter what—but especially if you’re leading an organization or a family. Keeping calm isn’t just about appearances; it keeps your brain in an optimal state where you can make wise decisions, guide others with clarity, and earn respect that lasts. Have you noticed? The strongest leaders—the ones people trust most—are typically those who remain calm under pressure.
So next time your blood starts to boil, hit pause. Walk into the other room, close your eyes, and breathe for a few minutes. That’s how you train your brain for strength instead of weakness. Anyone can lose it—real power is staying calm.

Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream Inc.



Poet Laureate of Manchester to read at Vanilla Bean Café

POMFRET — Poets at Large will present the Poet Laureate of Manchester, Nadia Sims, on Sept. 20 at 7 p.m. at the Vanilla Bean Café, 450 Deerfield Rd., Pomfret. Sims has been writing for most of her life and began performing in 2020 at open mics. Her work is largely a message of grace and self-forgiveness. A graduate of Princeton, Sims is the author of “A Soft Place to Land,” “We Know the Dark,” and “Apostle Interrupted.” She was appointed poet laureate in 2024.

Reading with her will be emerging poet Joseph Adomavicia from Waterbury. He has written five collections of poetry and an educational journal: “A Step Into My Heart: Blackout Poetry Edition,” “Love Unbound: Blackout Poetry Edition,” “Sakura,” “The Foothold,” “Cerulean Wings: The Published Works,” and “Write to Me, Poetically.” He owns Cerulean Wings LLC, an editing and book creation company.

Poets at Large, presents spoken word readings of regional poets, and is now in its sixth year. PAL and is a part of Windham Arts. All events are ADA compliant. Admission to all Vanilla Bean events is \$15, which includes a raffle. All Poets at Large events are sponsored in part by Linemaster Switch, bankHometown, WHZ Financial Advisors, the Putnam Area Foundation and Charter Oak FCU. Contact karen.warinsky@gmail.com to sign up for the open mic which is recommended for ages 18 and up and has a five-minute max as time allows.

Latest auction news



It's been over a month since my last auction news update. As usual, there is a lot to catch up on beginning with some news from the United Kingdom.

Auction staffers found a rare book while appraising items in a Bristol, England estate. A book specialist was looking through a "run of the mill bookcase" when she spotted the rare

book, according to the Smithsonian Magazine. She recognized the pale green book with mountains and a dragon as "the Hobbit." When the book was first published in 1937 the author, J.R.R. Tolkien, designed the cover with eagles soaring over forests and mountains. Tolkien also created ten black and white illustrations. There were 1,500 copies of the first

edition printed with a few hundred now currently known. The book was missing the dust jacket and had faded over the years. Despite this, it sold for nearly \$57,000.

It seems like every year I write about a new sports memorabilia auction record. A new sports card auction record was set by the "2007-08 Upper Deck Exquisite Collection Dual Logoman Autographs Jordan & Bryant card, numbered 1-of-1" card. Collector Matt Allen and Canadian investor Kevin O'Leary (known as "Mr. Wonderful" on the "Shark Tank" television show) were the winning bidders. Upper Deck first issued "Exquisite" cards for \$500 for five cards



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

during their 2003-2004 release. This is one of the first times that patches and signatures were used with a card, according to ESPN. The card sold for \$12.932 million, eclipsing the \$12.6 million paid for a 1952 Topps Mickey Mantle card

in 2022.

In upcoming auction news, over 1,000 Hollywood props are hitting the auction block this week. One of the highlights of the auction is Tobey Maguire's Spider-Man costume from the 2002 movie that is estimated to bring between \$100,000 and

\$200,000. The Batman suit worn by Michael Keaton in the 1989 Batman movie is expected to bring from \$250,000 to \$500,000. The bullwhip, belt, and whip holster used by Harrison Ford in "Indiana Jones and the Last Crusade" also has a \$250,000 to \$500,000 estimate. After some vetting, a lightsaber thought to have been used by Darth Vader was confirmed to be authentic. The lightsaber was created from a camera flash. Plastic strips were added, and it was modified to hold a blade, according to CBS. Estimated at \$3 million, the "Star Wars" saber is sure to be the highlight of the auction.

We are offering some film props and clothing in a one collector Laurel and Hardy memorabilia online auction that is currently running. The online

Pennsylvania transportation museum auction ends on September 9th. A one collector Civil War memorabilia auction will be online next month. Future auctions will include gold jewelry, sterling silver, art, and advertising signs, along with a wide variety of other items from multiple estates. We are always accepting valuable pieces and collections for upcoming sales. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@centralmassauctions.com or (508-612-6111).

Killingly's Kaleidoscope continues to twist and turn

It's a Bald Eagle! Saturday, Sept. 6, 1-2:30 p.m. Putnam Public Library, 200 School St. Join Ginny Apple, a Master Wildlife conservationist with the State Department of Energy & Environmental Protection, who will present a slide show and talk about the bald eagle and its resurging population in Connecticut. Open to the public.



KILLINGLY AT 300
MARGARET WEAVER

Author Talk & Book Signing sponsored by Putnam Public Library & the Aspinock Historical Society. Wednesday, Sept. 10, 6-7:30 p.m. Author Karen Warfield and "the Emancipation of Hannah Faythe Winslow: A Woman's Journey in Colonial America. Historical fiction about the fate of a 12 year old orphaned girl in Connecticut after the Pequot-Mohegan War of 1637.

Author Talk and Book Signing sponsored by Putnam Public Library and the Aspinock Historical Society. Wednesday, Sept. 17, 6-7:30 p.m. Major General Israel Putnam, Hero of the Revolution by Robert Ernest Hubbard. Putnam Public Library, 200 School St.

This week, I'll continue with more of Killingly's history. Following the Revolution, Killingly's northern church society, which had been seeking incorporation as a separate town, finally had its wish granted. In 1785, Thompson was incorporated, and the northern boundary of the town was thus altered and came a little south of Route 44 in present-day Putnam. A marker on Upper Walnut St. near its junction with Pitkin and Tourtellotte Roads, marks this old boundary. Church societies were still the hub around which the town revolved and three were established: North (the Killingly Hill/Putnam Heights area), Middle (around route 101 and East Killingly), and South. In addition to a meetinghouse, each was still responsible for its small schools and its militia company.

The late 18th century was a time of northern and westward migration in the young United States. Killingly native Manassah Cutler, later a minister in Hamilton, Massachusetts, was one of the co-authors of the

Northwest Ordinance of 1787 which opened up the present states of Ohio, Indiana, Illinois, Michigan, Wisconsin, and part of Minnesota to settlement. Many young men and their families left Killingly and the area for parts unknown.

The minister's home in which Cutler was tutored for Yale by Reverend Aaron Brown is still standing on present-day Putnam Heights (then Killingly Hill). Called the Cady-Copp Cottage, it is owned by Putnam's Aspinock Historical Society and is on the National Register of Historic Places

The population in the southern section of Killingly had continued to increase, so in 1796 a meetinghouse was built in what came to be called the Westfield section of Killingly (Killingly Memorial School and vicinity). Thus, an additional church society came into being, and a small village soon sprang up near the meetinghouse. Lawyer and Judge Ebenezer Young (also a millowner), was one of its early residents. His son, John B. Young, was a co-founder with Charles L. Tiffany, of what is now Tiffany's in New York City. Tiffany, born in 1812, was also a Killingly native and soon became Young's brother-in-law. Although Tiffany's house is no longer standing, four dwellings associated with the Young family are still extant in this Westfield section of Killingly. Tiffany's parents and other family members are buried in Old Westfield Cemetery.

The Revolution had fostered a sense of "home grown/made" as imports from England ceased. This continued after the War and led to altered activity at early millsites. In 1787 William Cundall, Sr. and Jr. established a woolen mill in present-day Danielson which was one of only four in Connecticut (near the present Friends of Assisi Food Pantry on Water St., across from the Danielson Post Office).

Within a few years cotton would begin to become a viable alternative to wool. Two significant events happened in 1793. Eli Whitney invented the cotton gin which made separating the seeds much more efficient. Secondly, in nearby Pawtucket, RI Samuel

Slater and others opened the first cotton mill in the United States. Soon Rhode Island entrepreneurs were seeking additional water-powered sites. Many in Killingly and other Northeastern Connecticut towns were perfect!

In 1807, the Wilkinsons, relatives of Samuel Slater, opened the first cotton mill in Windham County on the Pomfret side of the Quinebaug River near Cargill Falls in present-day Putnam (across from WINY Radio Station). Of course, this impacted Killingly on the eastern bank of the river. However, by 1810 Killingly had two cotton mills of its own: one owned by James Danielson, Comfort Tiffany and others not far from Cundall's woolen mill and Stone Chapel in present-day Attawaugan. By 1819, the Danielson site included two cotton mills; the Chestnut Hill mill had been opened on the Whetstone Brook in East Killingly, and the Killingly Manufacturing Company was operating a mill at what was later called Daniels Village (in northern Killingly). The latter is on the National Register of Historic Places as an archaeological site. Numerous other mill sites soon were utilized along the Whetstone Brook, Five Mile River and Quinebaug River, and in 1836, Killingly was the greatest cotton manufacturing town in Connecticut. Small mill villages sprang up around each of these little mills. Killingly's Kaleidoscope had again turned. The Church society/meetinghouse was no longer the central hub of the community. Now the mills and their villages had ascended to that spot. (The Killingly-Thompson panel of William Lester, Jr.'s 1833 map of New London and Windham Counties, CT shows these millsites).

It should be noted that in 1809 a Killingly woman, Mary Dixon Pike Kies, was granted a patent for a loom and weaving of straw with silk. Many consider her the first female to be granted a U.S. patent in her own right. It is believed that a small cottage industry developed, but according to Windham County history Ellen D. Larned, it soon failed. There were a number of deaths in Mary's family between 1809 and 1814, including two sons, a daughter, and her husband. That certainly must have contributed to the end of the experiment. The competition for labor from the Danielson mills would

not have helped.

In 1818, Connecticut passed a new Constitution. The following year a county courthouse and jail were constructed in neighboring Brooklyn, near the meetinghouse and very close to the intersection of two main roads, a north-south one from Norwich to Massachusetts (now Route 169) and an east-west one from Hartford to Providence (now Route 6). This section rapidly developed into a commercial hub for the entire area.

Industrially Killingly began to form a close economic relationship with the Brooklyn side of the Quinebaug River. About 1827, Comfort Tiffany, a shareholder in the Danielson mills, erected his own textile mill on that side, and the site continued to be utilized well into the 20th century. By the early 1850's the Quinebaug Company had expanded the site. When the present Borough of Danielson was established in 1854, it included

this Brooklyn side of the river so close were the connections.

1840 brought yet another twist and turn of the kaleidoscope, an even more earth-shattering change for the entire region--the opening of the railroad from Norwich to Worcester. This is the perfect example of the impact of a transportation network on a community, and the surrounding area. At that time in present-day Danielson, a small mill village existed near the junction of the Quinebaug and Five Mile Rivers and another little village was situated near the Westfield meetinghouse. A vacant field about mid-way between was chosen for the railroad depot, and numerous businesses quickly gravitated to that area (the vicinity of Commerce Avenue and the parking lot of Hometown Bank). Its influence quickly replaced the other villages.

A railroad depot

was also constructed at Dayville which served the mills in the outlying towns and fostered growth in that area. The northern section of Killingly was impacted by the Pomfret Depot station, not far from the early Wilkinson mill on the Quinebaug River. Killingly Hill lost its pre-eminence as that depot village grew. Soon the town would lose that territory for Putnam was incorporated in 1855, taking part of Killingly. Another era had ended. Killingly's Kaleidoscope had again twisted.

Margaret M. Weaver Killingly Municipal Historian, August 2025. For additional information email me at margaretmweaver@gmail.com or visit the Killingly Historical Center at 196 Main St., Danielson, Wednesday or Saturday 10 a.m.-4 p.m. or call 860-779-7250. Like us at Facebook: www.facebook.com/killinglyhistoricalsociety.



Courtesy

On Thursday, Aug. 21, Ed DeLuca presented the Aspinock Historical Society with the latest edition of the "Shoreliner" magazine, a quarterly publication of the New Haven Railroad's Historical and Technical Society (NHRHTA), to Director and Historian, William "Bill" Pearsall. It featured an article written by Mr. DeLuca about the freight train movements of the "Putnam Local" from 1945 up until the early 1950's as remembered by the conductor who worked on that job, and it included his recollections of the railroad's transition from steam powered to the diesel engine locomotives. That local was based in, and it operated from the once busy freight yard at May Street Crossing, and it serviced customers both north and south of Putnam on the Norwich and Worcester branch. That edition is now the fourth Shoreliner magazine containing Mr. DeLuca's writings that he's donated to the Aspinock Historical Society, and others are now among the archives of both the Thompson and the Pomfret Historical Societies.

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Body
FACT:

This item should only weigh about 10 to 15 percent of a child’s body weight.

Answer: Backpack

Math Blocks

Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

9		20	31
	10		22
3		15	36
17	30	42	

15	18	3
7	01	5
20	2	9
Solution		

Get Scrambled

Unscramble the words to determine the phrase.

AKCB OT HSLOOC

Answer: Back to school

THIS
DAY IN
HISTORY

SEP

4

1781: Los Angeles is founded as El Pueblo de Nuestra Señora La Reina de los Ángeles.

1812: The Siege of Fort Harrison begins during the War of 1812.

1972: “The Price is Right” premieres. It is the longest-running game show on American television.

NEW
WORD

LOAD

a heavy or bulky thing being carried

How they say that in...

English: Carry
Spanish: Llevar
Italian: Portare
French: Porter
German: Tragen

Did You Know?

Backpacks aren’t just for school. They are important gear when hiking or camping, and should be packed so they are not too heavy.

Get the PICTURE?

Can you guess what the bigger picture is?

Answer: Backpack

CRYPTO FUN

Solve the code to discover words related to hiking.
Each number corresponds to a letter.
(Hint: 15 = o)

A. 1 15 15 14 22

Clue: Footwear

B. 14 3 20 10 5

Clue: Path

C. 11 3 6 11 20 3 6

Clue: Get ready

D. 15 25 14 8 15 15 3 22

Clue: Nature

Answers: A. boots B. trail C. prepare D. outdoors

SUDOKU

				5	1	8		
5		2	9	8			7	6
	3	8	7				9	
2	4	5					1	
	7			9			6	8
	6		1					4
	5	3						7
1		4	6		7			2
		7	5					

Fun By The Numbers

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

Here's How It Works:

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

ANSWER:

1	8	3	9	4	5	7	2	6
1	9	6	7	3	9	4	8	1
9	5	3	8	1	2	6	4	7
8	6	9	1	7	5	2	3	4
8	9	5	4	5	6	8	3	7
2	4	5	3	6	8	7	1	9
4	3	8	7	2	6	1	9	5
5	1	2	9	8	3	4	7	6
7	9	6	4	5	1	8	2	3

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Apple picking pointers

Visiting a local apple orchard and picking one's fill of apples is a quintessential fall activity. Apple picking is an ideal way to spend time outdoors when the weather tends to be cool and pleasant. Gathering fresh-from-the-tree fruit to turn into favorite fall desserts like cobblers and pies is irresistible.

According to the Economic Research Service, Washington state is the leading apple producer in the United States. It is followed very distantly by New York and Michigan. Apples were first cultivated in Canada by early French settlers, with the first trees planted in Nova Scotia's Annapolis Valley around 1633. Today, New Brunswick, Quebec, Ontario, and British Columbia have become strong players in the apple business. While other areas may not be apple meccas, those looking to pick their own have plenty of options across North America to enjoy this pastime.

Prior to an apple picking adventure, people can



do a little preparation to ensure the afternoon is fun and fruitful.

- Do some research. Before individuals head out, they should do research into the available orchards and which

apple varieties they specialize in. Ripening seasons vary, so certain varieties may not be available at all times. Call ahead to learn which apples are ripe and when.

- Visit early. The best

apples are often available early in the season before the trees have been heavily picked over. It's also a good idea to visit the orchard early in the day, which means cooler tem-

peratures and smaller crowds.

- Dress appropriately. Orchards can be dusty, muddy and buggy. The ground also may be uneven. Individuals can

wear comfortable clothes and closed-toed shoes that can get dirty. Also, they should dress in layers, as it can be chilly early in the day and then warmer later on.

- Pick correctly. Instead of yanking on the apples, which can damage the tree and apples, people should gently roll or twist the apple upwards from the branch. If the apple is ripe it will detach easily with stem intact.
- Avoid bruising. It's wise to inspect the apples to make sure they are firm and brightly colored. Those with bruising or insect damage should be left behind.
- Don't overload. Only pick what you need. Apples are delicate, and overloading the apples into bags can crush or bruise the ones on the bottom. Plus, over-picking means that the apples may spoil before they can be eaten.

After a day at the orchard, apples can be stored unwashed in a cool, dark place, which will help them stay fresher, longer.

Fall is loaded with opportunities to have fun



It can be bittersweet to say farewell to summer. Months of warm weather and sunshine are hard to beat and provide plenty of opportunities to rest and relax.

Just because summer has come and gone doesn't mean the opportunity to enjoy recreation is in the rearview mirror. Fall is awash in opportunities to enjoy the fresh, inviting air and take part in the various activities that go hand-in-hand with this time of year.

Apple and pumpkin picking

Heading to a nearby orchard or farm and choosing fresh fruit is a hallmark of fall. In fact, these are some of the most popular places to visit on the weekends, as crowds of people clamor to grab their Granny Smith or Cortland apples. Call ahead to learn which varieties are ripe and plan to arrive early before the trees are picked clean.

Apple orchards and pumpkin patches can be dusty, muddy or messy, so dress accordingly for the environment, including closed-toe shoes you don't mind getting dirty. Keep in mind that many

of these establishments are cash-only. Bring cash and expect to have your bounty weighed upon checkout.

Wine tasting

September and October are prime months for grape harvesting, which means local vineyards may host special tours and events to take advantage of their growing season.

Fall also is a great time to visit a vineyard that offers tastings, as you can sit out in the sun and cool weather and enjoy a glass or two of the latest vintage. Follow local vineyards on social media or get on their email lists to stay on top of upcoming events.

Leaf peeping

The gradual depletion of chlorophyll in tree leaves is responsible for the amazing and colorful display Mother Nature puts on each fall. Everyone is treated to vivid panoramas of reds, oranges, purples, and yellows, making them ideal all-natural photo backdrops.

Plenty of people travel to more rural areas to witness leaves change

color, and that means that country areas can get crowded. It always pays to plan a leaf-peeping excursion for early in the day to account for the possibility of traffic along the route. Make an entire day of it by seeing the sights, grabbing lunch, and hitting a farmer's market while out and about.

Fall fair

Many towns hold off on their annual fairs and carnivals until the cooler months of the year. These are entertaining and boisterous events that can include everything from food and livestock contests to rides and amusements to musical performances.

As these fairs tend to last a couple of days to a week, it could be fruitful to look into whether they sell multi-day passes at a discount, particularly if you plan to attend a few times and maximize the fun.

Opportunities for fun abound each fall. With inviting weather and calendars full of seasonal offerings, now is an ideal time to enjoy the great outdoors.



Fall hiking can be a unique and exciting experience. Thanks to the vibrant foliage, crisp air and smaller crowds than might be around during summer, fall is a prime time to lace up one's boots and hit the trails.

Beyond the opportunity to check out the amazing foliage displays synonymous with this time of year, spending time outdoors in fall provides various health benefits. According to UAB Medical West, some benefits of hiking include improved mental well-being, enhanced balance and improved muscle strength.

As with any hiking trip, it is key to plan ahead to enjoy a safe and enjoyable adventure this fall.

- Layer your clothing. Fall weather can be unpredictable and dramatic temperature fluctuations can occur between morning and afternoon. The trick is layering clothing to provide comfort and safety. Start with a moisture-wicking base layer, add an insulating layer like fleece for warmth, and top it with

a waterproof and windproof outer shell. Then you can adjust your clothing as conditions change.

- Wear proper footwear to ensure ample traction. Opt for sturdy hiking shoes or boots with significant ankle support and excellent traction. Fallen leaves and rain or early-season ice can make paths slippery. Waterproof footwear is highly recommended, especially if damp conditions are expected. Wool socks (not cotton) will wick away moisture and provide warmth even when damp. According to a study on mountain hiking in the Austrian Alps, 75 percent of fall accidents occur on descents, so having extra traction can help.
- Mind the daylight. As fall inches closer to winter, daylight hours diminish rapidly. It's easy to underestimate how quickly dusk will arrive. Plan your route to account for your pace so you can be off the trail well before sunset. Pack a flashlight or headlamp just in case.
- Mind the habitat.

Anytime you hike you should be mindful of the natural settings around you. Stick to the trails so you do not disturb delicate vegetation. Also, never feed wild animals. They can grow accustomed to an easy hand-out and lose their fear of humans, putting themselves at risk of harm. Remember to dispose of trash properly and always take out what you bring in.

- Stay fueled and hydrated. Despite the cooler temperatures of fall, dehydration may occur as the body loses fluid through exertion and respiration. Pack plenty of water and take sips regularly. Bring along energy-rich snacks like protein bars, trail mix and dried fruit to maintain energy levels throughout the excursion.

Fall hiking trips enable people to immerse themselves in the stunning beauty of the season while also getting some exercise and enjoying ample fresh air.

Hiring?

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Help

Wanted

SUNFLOWERS

continued from page A1
Lapsley Orchard for their longstanding partnership with the agency.
“Twenty years means so much. This community has grown overwhelmingly during that time; To be able to pull everyone together and do some art, some wonderful flower picking, and enjoying this transition from summer to fall, I think it’s the most beautiful time of year to build awareness of the most important things, taking care of our kids and those that take care of them,” said Poirier. “(Lapsley Orchard’s) dedication is beyond words. They allow us to use this beautiful space, smell these beautiful smells, and it’s unbelievable. It’s just so energizing to see what they are able to do all summer long and all year round and then to be able to let us come in, pick the flowers, and to share then with our community members is a wonderful opportunity. We thank them very much from the bottom of our hearts.”
Julia Resener, an Assistant Development and Prevention Coordinator with United Services, called Sunflowers for Kids a true

community event that brings many together at the same time every year for a unified cause.
“It really shows our community can come together. It’s fun, we provide resources and hand out activities for the kids. We try to make it a fun family day. It’s a great milestone that this event has grown so much that we can still do it 20 years later,” Resener said. “A lot of people that come and stop by learn that we’re a resource for them and they learn that if they do need anything from any of our services, we have that for them and they can call any time they’re in need.”
United Services has two local locations, one in Moosup and another in Dayville. Their services include counselling for youth and adults, substance abuse treatment, supportive housing, case management, primary care, and an in-house pharmacy. They also provide the regions only domestic violence programs.
Those looking to learn more about the organization or to find a way to volunteer or donation can visit unitedservicesct.org for more information.

Students named to Western New England University’s Spring Dean’s List

SPRINGFIELD, Mass. — Western New England University (WNE) takes immense pride in recognizing the outstanding academic achievements of more than 790 students who have been named to the Dean’s List for the Spring 2025 semester.
Morgan Bonin of Woodstock
Hannah Wotton of Pomfret Center
Matthew Lauria of Brooklyn
Western New England University (WNE) is a private, nationally ranked, comprehensive institution with a focus on preparing work-ready and world-ready graduates. Founded in 1919 in Springfield, Massachusetts as a division of Northeastern College, WNE’s 215-acre suburban campus serves more than 3,700 students, including over 2,500 full-time undergraduates. More than 47,000 alumni have earned degrees through its more than 90 undergraduate, graduate, and professional programs at Colleges of Arts and Sciences, Business, Engineering, and Pharmacy and Health Sciences, and School of Law. Students come from 39 U.S. states and territories and 23 countries. Of 45,104 living alumni, 30% remain within the region, residing in the four Western Massachusetts counties and northern Connecticut.
WNE is classified among nationally ranked universities in US News and World Report, and among the Top 100 Undergraduate Engineering programs, and in the Doctoral/Professional Universities category in the Carnegie Classification of Institutions of Higher Education.

Clean energy events planned in Pomfret

POMFRET — The official SUN DAY celebration is Sept. 21 at Central Connecticut State University from noon to 4 p.m., as part of a nationwide celebration of solar and wind power. (<https://www.climateactionct.org/sun-day>) The Pomfret Green Team is getting a head start. Visit our booth at the Pomfret Fall Festival on Sept. 13. Experts from CET/Energize CT will be there to answer your questions about upgrading to air-source heat pumps, which heat and cool very efficiently, and solar arrays.
Walk, bike, or drive the self-guided Abington Solar Tour: It runs from Sept. 1 through the 21st. The four solar systems offer a look at a variety of methods for installing solar panels: on the roof, on the ground, and on a pole which allows the array to track the sun. See what arrangement might fit your lifestyle. Visit the Pomfret Green Team page on the town Web site (<https://www.pomfretct.gov/green-team>) for details.

PLAQUE

continued from page A1
for our region, but Andy’s lineage does shed light on it. His parents were refugees of the Russian Revolution. They chose Thompson to be near family - his uncle was ‘Count’ Vonsiatsky.
Author Alex Kershaw memorialized Andy’s story in “The Few: The American ‘Knights of the Air’ Who Risked Everything to Fight in the Battle of Britain,” and Winston Churchill’s famous quote: “Never in the field of human conflict, was so much owed by so many to so few” referenced those who understood the urgency for action. The United States was neutral before the Pearl Harbor attack. Andy Mamedoff and oth-

ers broke those neutrality laws to help Britain defend itself. Many of those who circumvented the US system to serve and returned alive were forgiven, but the dead were forgotten. We are righting that wrong here in Thompson.
THS extends much appreciation to the current owners of the old Russian Bear site for allowing this marker to be placed honoring a war hero. Also, special thanks to the British & Commonwealth Remembrance Project whose mission is to remember the service and sacrifice made by British and Commonwealth service personnel in times of war. Visit their website at www.bcrpusa.org to learn more about their work and ways to support them.

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

Celebrating the life of
DONALD L BROWN
SATURDAY- SEPTEMBER 27, 2025
at 11 AM
SERVICE TO BE HELD AT
East Woodstock Cemetery
Military Salute
Interment of Donald and Patricia Brown
FOLLOWED BY A CELEBRATION OF LIFE
East Woodstock Church and Common
220 Woodstock Road, Woodstock, CT 06281

SMITH AND WALKER
Funeral Home and Cremation Service
148 Grove Street, Putnam, CT 860-928-2442
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~ ~ ~
GAGNON AND COSTELLO
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“Living Up to a Tradition Started 100 Years Ago”
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LEGALS

LEGAL NOTICE
WOODSTOCK PLANNING AND ZONING COMMISSION
The Woodstock PZC will hold a Public Hearing on Thursday, September 18, 2025 at 7:45 p.m. at Woodstock Town Hall, 415 Route 169, Woodstock, for the following:
1. Application #666-07-25 Text Amendment to Zoning Regulations, Adding Definition and Regulations for “Managed Residential Communities.” Applicant: Kenneth Pelc/KM Villa State, LLC.
The public may speak and submit written communications until the close of the public hearing. Details of the application are available from the Town Planner, landuse@woodstockct.gov or available in the Land Use Office.
David Morse
Chairman
September 5, 2025
September 12, 2025

LEGAL NOTICE
WOODSTOCK PLANNING AND ZONING COMMISSION
At its regular meeting of August 21, 2025, the Woodstock Planning & Zoning Commission heard, considered and acted on the following application:
1. APPROVED, Application #665-07-25, Special Permit for Change of Use at 326 Route 169 (MBL #5779/64/22A). Applicant: Anthony Chabot.
Details of the Commission action are available from the Town Planner, landuse@woodstockct.gov or

available in the Land Use Office.
David Morse
Chairman
September 5, 2025
NOTICE TO CREDITORS
ESTATE OF
Mary Louise Rumrill (25-00324)
The Hon. Gabrielle Labonte, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated August 22, 2025, 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:
Angela Authier,
1448 Riverside Drive,
N. Grosvenordale, CT 06255
September 5, 2025

NOTICE TO CREDITORS
ESTATE OF
Claire R LeBeau (25-00312)
The Hon. Gabrielle Labonte, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated August 26, 2025, 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:
David Morrell
c/o MARK R BROUILLARD,

ST ONGE & BROUILLARD,
50 ROUTE 171,
WOODSTOCK, CT 06281
September 5, 2025
TOWN OF KILLINGLY
METERED USE
LEGAL NOTICE
Payments will be received in the Revenue Office, 172 Main Street Killingly CT 06239, as follows: Monday, Wednesday, Thursday 8-4:30pm, Tuesday 8-5:30pm, and Friday 8-11:30am. By mail, online, or in our drop box.
The first installment of metered use is due September 1, 2025. If payment is not received on or before October 1, 2025 the installment becomes delinquent and subject to interest at the rate of 18% per annum, 1.5% per month, or any fraction of a month, from the due date. A minimum of \$2.00 interest will be charged for each delinquent tax bill and installment. Please visit our website for full details and online payments www.killingly.org.
April Lamothe, CCMC
Revenue Collector
Town of Killingly
August 29, 2025
September 5, 2025
September 26, 2025
TOWN OF KILLINGLY
METERED USE
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April Lamothe, CCMC
Revenue Collector
Town of Killingly
August 29, 2025
September 5, 2025
September 26, 2025

NOTICE TO CREDITORS
ESTATE OF
Jeanne E Ellis (25-00292)
The Hon. Gabrielle Labonte, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated August 26, 2025, 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, Chief Clerk
The fiduciary is:
Jerome E Ellis,
44 Juliette Ave.,
N. Grosvenordale, CY 06255
September 5, 2025

MOTHER OF ALL

WINDOW & DOOR SALES



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NO interest for 1 Year²

Interest is billed during promo period but will be waived if the amount financed is paid in full before 12-month promo period expires.

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¹Actual savings will vary depending on the quantity of purchased windows, with a required minimum purchase of 6 professionally installed windows to qualify for promotion. Purchase must occur on or before 9/30/25. Promotion is available during first in-home appointment only. Cannot be combined with other offers. Products are marketed, sold and installed (but not manufactured) by Renewal by Andersen-retailers, which are independently owned and operated under C7 INC. 0034655. MA 073345. R 38079. Southern New England Windows, LLC, d/b/a Renewal by Andersen of Southern New England. All residents of islands will be subject to an island surcharge. See complete information and entity identification at www.renewalbyandersen.com. ©2025 Andersen Corporation. 02025 Lead Surge-LLC. All rights reserved.
²Plan #621. Subject to credit approval. Renewal by Andersen Retailer is neither a broker nor a lender. Loans for the GreenSky® consumer loan program are provided by Synovus Bank, Member FDIC, NMLS #4006403, without regard to age, race, color, religion, national origin, gender, disability, or familial status. Rates range from 14.26% - 21.99% APR (interest rates range from 15.99% - 24.99%). Loan amount and rate will vary based on your income and creditworthiness. Monthly payments are not required during the Promo Period. GreenSky Servicing, LLC services the loans on behalf of your lender, NMLS #1460302. www.nmlsconsumeraccess.org. GreenSky® is a registered trademark of GreenSky, LLC and is licensed to banks and other financial institutions for their use in connection with that consumer loan program. GreenSky Servicing, LLC is a financial technology company that manages the GreenSky® consumer loan program by providing origination and servicing support to banks and other financial institutions that make or hold program loans. GreenSky, LLC and GreenSky Servicing, LLC are not lenders. All credit decisions and loan terms are determined by program lenders. *2024 Andersen brand surveys of U.S. builders, homeowners & visitors.