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Friday, January 15, 2021

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On Saturday, Dec. 19, TEEG held their annual Christmas gift distribution, but with a new twist for 2020. TEEG staff, board members and volunteers came together to be part of a new program, the TEEG Winter Wonderland.

TEEG holds first holiday giving event

THOMPSON – On Saturday, Dec. 19, TEEG held their annual Christmas gift distribution, but with a new twist for 2020. TEEG staff, board members and volunteers came together to be part of a new program, the TEEG Winter Wonderland.

Each year, TEEG serves hundreds of children and families from Pomfret. Thompson and Woodstock by providing access to food and gifts for the holiday season. In 2020 the organization served 257 families in December, a sharp increase over past years, with around 280 children benefit-

ing from program. In order to serve those clients while maintaining social distancing practices TEEG took a new approach by moving its distribution outdoors for the first time and welcoming local volunteers and community groups to set up holiday-themed floats where gifts ranging from toys to cloths, sporting good, footwear and hygiene items were made available.

Twelve floats in total were set up in the parking lot adjacent to TEEG's building at 15 Thatcher Rd., where clients

were greeted by "elves" who assisted them in picking out gifts for their children. Each float was assigned a different age group of gift category and had its own theme ranging from Snoopy's doghouse to Christmas trees, Santa's reindeer and more. The gifts were provided through generous donations from local communities collected through the months of November and December. In addition to the gifts on the floats, each family was provided a specific

Please Read **TEEG**, page **A4**

Connecticut legislators condemn Capitol violence

BY JASON BLEAU
CONTRIBUTING WRITER

WASHINGTON, D.C. — Connecticut State Senators Richard Blumenthal and Chris Murphy have joined the throngs of other lawmakers condemning the actions of protestors on Wednesday, Jan. 6.

All eyes were on the Capitol that afternoon as Congress met for what is traditionally considered a housekeeping measure to certify the electoral votes in favor of incoming Democratic President Joe Biden. The proceedings were halted, however, after what has been described as a mob of protestors stormed the Capital Building, some even entering the building, in what many have deemed an attempted insurrection by supporters of outgoing President Donald Trump.

Murphy and Blumenthal were, of course, in the Capitol for the proceedings that day and used their platforms to condemn the incident as an attack on democracy.

"I'm absolutely sickened by scenes of anarchist mobs violently swarming the Capitol. It's not a protest—it's armed insurrection. This is an assault on the heart of our democracy incited & fueled by the President of the U.S. & his enablers," Blumenthal wrote

on Twitter following the incident.

The Senator's comments refer to accusations against President Trump who was accused in inciting the protest during a rally that same day. The senator later followed up his comments a day later by himself accusing President Trump of instigating the events calling him "unfit" to hold office and calling for invoking the 25th Amendment to remove Trump from power as well as a second attempt to impeach the outgoing president.

Murphy took to Twitter to call the protestors "a violent fringe group of traitors to our nation" and joined other Democrats in saying that President Trump "lit the match" that led to the incident. Murphy officially addressed the incident press released the day of and the day after the event.

"Peaceful protest is deeply patriotic. Insurrection is sedition, and those that are taking part today in the attempted takeover of the Capitol, including the destruction and desecration of our nation's temple of democracy, will be held accountable," Murphy said the day of the protests.

He followed it up with comments on Jan. 7 where he

Please Read **REACTIONS**, page **A5**

ECSU Foundation awards more than \$500,000 in 2020-21

WILLIMANTIC — The ECSU Foundation, Inc., Eastern Connecticut State University's philanthropic arm, has awarded more than \$500,000 in scholarships to more than 450 students in the 2020-21 academic year. Created and sustained by the generous donations of alumni and friends of Eastern, as well as private foundations and community organizations, the ECSU Foundation manages more than 100 endowed scholarship funds for students with academic promise and financial need.

"We continue to be heartened by the generosity and commitment to Eastern students shown by alumni and other donors," said Ken DeLisa, vice president for institutional advancement. "Through their gifts, Eastern donors are providing funds

for endowed and other scholarships that can mean the difference in a student's ability to afford a college education. Even in this very challenging time, the ECSU Foundation will be able to provide more than \$500,000 to more than 450 students due to the private philanthropy of our faithful donors."

Created in 1971, the ECSU Foundation, Inc. is a non-profit organization dedicated to growing the institution's endowment, with an emphasis on scholarships, special programs, faculty development and classroom resources. Directed by a volunteer board of business leaders and civic-minded supporters of the university, the foundation relies heavily on charitable donations to support the academic quality, reputation and

Please Read **ECSU**, page **A3**

NEW BLACK BELTS



Photos Courtesy

Congratulations to Quest martial arts' new second degree black belts, Ela Gadoury and Lucien Frechette. Quest martial arts in Thompson is owned by Master Mike Bogdanski and Master Kristin Duethorn.

Dayville resident facing drug charges

BY JASON BLEAU
CONTRIBUTING WRITER

PLAINFIELD – Plainfield police have arrested a Dayville man for the second time in four months on charges of speeding and narcotics.

At around 7:52 p.m. on Dec. 31, Plainfield Police were conducting a patrol check of the Citgo gas station at 65 East Main St. in Central Village when an officer observed a car exiting the parking lot at

a high rate of speed. According to a release from the Plainfield Police Department a traffic stop was attempted but unsuccessful and the vehicle operator proceeded to drive recklessly and violate numerous motor vehicle laws as a high rate of speed onto Interstate 395 heading northbound towards the Killingly area. The officer observed the operator throwing an object from the vehicle as well.

Shortly after, a second motor

vehicle stop was successful, with police identifying the suspect as David Demuth, a 29-year-old Dayville resident who Plainfield Police had dealt with several months before. On Sept. 19, Demuth was arrested after a stop sign violation in Wauregan after a search of his vehicle revealed he was in possession of narcotics with intent to sell. During the Dec. 31 traffic stop, police once again found narcotics in the form of a large quantity of a

controlled substance with help from K. Vail, a Plainfield narcotics detection Labrador.

Police stated that Demuth had fled from police because they had interrupted an attempted drug deal. The item that was thrown from his vehicle during the chase was revealed to had been a large quantity of Fentanyl that Demuth was attempting to destroy.

Police arrested Demuth and charges him with failure to

give proper signal, disobeying the signal of an officer, interfering with a police investigation, reckless driving, destruction of evidence, possession of narcotics with intent to sell, and possession of a controlled substance with intent to sell. Demuth was released on a \$25,000 bond and will appear in Danielson Superior Court in March.

One dark moment in history recalls another



KILLINGLY
AT 300
.....
MARGARET
WEAVER

I'm beginning this article on Jan. 7, the day after the nightmarish breaching of the U.S. Capitol building in Washington, D. C. and the attempt to disrupt the certification of the Electoral College ballots confirming Joe Biden as the president-elect. It's hard to find the right words to describe how I feel. Dismayed and saddened quickly come to mind. Also, horrified that this could come to pass in our supposedly more modern age. I guess I'm challenged to pray harder than ever for a peaceful and safe transition to Biden's presidency and for the safety of all involved.

I must admit that the "historian" in me recognizes that the event was significant in our country's history. Therefore, this morning, I went out searching for newspapers to archive at the Killingly Historical Center for posterity. I was hoping for a New York Times, but couldn't find one. Instead, I have four others; four with very different headlines describing the tense and frightening situation. The Bulletin reads as follows: "Capitol Chaos. Trump supporters storm chambers; lawmakers evacuated." The Day's headline read, "Chaos at the Capitol. Pro-Trump Mob storms building amid election certification; rioters egged on by the president; one person is shot dead." From the Hartford Courant it was, "Democracy Attacked. Lawmakers resume Electoral College count after rioters storm US Capitol." For The Providence Journal it

was, "'Attempted Coup' Trump Supporters riot in Washington." Of course, much more information is now available.

Even before it was mentioned on the various newscasts, I knew that this was not the first time that the Capitol had been breached. However, before, it was the British, not Americans, that did the damage. "On August 24, 1814, as the War of 1812 raged on, invading British troops marched into Washington and set fire to the U.S. Capitol, the President's Mansion, and other local landmarks. The ensuing fire reduced all but one of the capital city's major public buildings to smoking rubble, and only a torrential rainstorm saved the Capitol from complete destruction." (senate.gov)

"Dolley Madison chose to have his (George Washington's) portrait rescued from the presidential mansion just before the building went up in flames. In a letter to her sister the First Lady wrote, 'Our kind friend, Mr. Carroll, has come to hasten my departure, and is in a very bad humor with me because I insist on waiting until the large picture of Gen. Washington is secured, and it requires to be unscrewed from the wall. This process was found to be too tedious for these perilous moments; I have ordered the frame to be broken, and the canvass taken out; it is done, and the precious portrait placed in the hands of two gentlemen of New York for safe keeping.' "... "(The) painting of George Washington (is) known as Gilbert Stuart's Lansdowne Portrait. Today it is one of the most iconic representations of Washington."

(www.mountvernon.org/george-washington/artwork/dolley-madison-comes-to-the-rescue/). There are many images of this famous painting avail-

able online if you care to read more.

Despite the pandemonium of this past week, I choose to believe that 2021 holds bright promise. Despite the challenge to Democracy, we look forward to a new administration later this month. Despite the continued rise in Covid-19 cases and deaths, hope is on the horizon with the recent release of several vaccines, which are now being administered. 2021 will be better than 2020, especially if we all do our parts to make it that way.

If you grew up here in Killingly, you might recall when recreational events were held in the Killingly Town Hall. (Please feel free to email memories of some of them to me). I came across the following when I was searching for tidbits for the next Killingly Historical Society newsletter. "In the January 25, 1921 Norwich Bulletin, p.6 at newspapers.com, I read: "Basketball fans are on tiptoe with excitement over the coming visit of a team that will star Rabbit Maranville, formerly a star of the Boston National league baseball team. Maranville is an expert basketball player and has surrounded himself with a team of sterling performers, thus guaranteeing a high class game for the local fans who will be present in droves to cheer the Connecticut Mills team on to victory." "Basketball. Special engagement. Rabbitt Maranville's All Stars of Springfield vs. Connecticut Mills. Town Hall, Danielson. Saturday Evening, January 29. Preliminary Game American Legion vs. K. of C.". (Norwich Bulletin, Jan. 27, 1921, p. 6; newspapers.com).

Hmm! A major league baseball player with a basketball team! Of course, my curiosity was peaked so I turned to the internet. Wikipedia had the following: "Walter

James Vincent "Rabbit" Maranville (Nov. 11, 1891 – Jan. 6, 1954) was an American professional baseball shortstop, second baseman and manager. He played in Major League Baseball (MLB) for the Boston Braves, Pittsburgh Pirates, Chicago Cubs, Brooklyn Robins, and St. Louis Cardinals between 1912 and 1934. At the time of his retirement in 1935, he had played in a record 23 seasons in the National League, a mark which wasn't broken until 1986 by Pete Rose...Maranville was known as one of 'baseball's most famous clowns' due to his practical jokes and lack of inhibitions. When he was appointed manager of the Chicago Cubs in 1925—one of their worst seasons ever—he did not change his behavior. One night he went through a Pullman car dumping water on sleeping players' heads, saying, 'No sleeping under Maranville management, especially at night.' Not long after that, he was out on the street outside Ebbets Field in Brooklyn mimicking a newsboy hawking papers. He cried out, 'Read all about it! Maranville fired!' And so he was—the next day...Rabbit Maranville died of a heart attack shortly after midnight on January 6, 1954 at his home in Woodside, New York.[Death was nearly instantaneous. He was 62 years old. Maranville was inducted into the Baseball Hall of Fame in 1954, just months after his death, along with Bill Terry and Bill Dickey, in his 14th year of eligibility."

Did you know that Connecticut has a State Historian (Walter Woodward) and a Connecticut History website? I had time to do a little exploring on it this past

week and have been enjoying Today in Connecticut's History. Topics have included Connecticut Votes to Join the United States (Jan. 9), Eli Whitney's Best Idea Comes Home (Jan. 8), The Explorer Who Became Connecticut's Governor For Exactly One Day (Jan. 7), The Inaugural Ball That Didn't Happen (Jan. 6), Ezra Warner Invents the Can Opener (Jan. 5), Interstate 95, "The Connecticut Turnpike," Opens--& the Headaches Begin (Jan. 2-- 1958), and March 25th Is No Longer New Year's Day (Jan. 1--1752). The link is <https://cthistory.org/>. The site also offers podcasts entitled Grating the Nutmeg and much more. Do check it out. I'm sure you'll find it quite interesting.

The mail and answering machine are being checked on a regular basis although the Killingly Historical and Genealogical Center is closed to the public. Please send an email to the director or leave a message on the answering machine if you would like to donate items or if you have research questions.

Margaret M. Weaver Killingly Municipal Historian, January, 2021. For additional information email me at margaretmweaver@gmail.com or visit the Killingly Historical & Genealogical Center Wed. or Sat. 10-4 (when it reopens) or www.killinglyhistorical.org. or call 860-779-7250 (when the Historical Center reopens). Like us at Facebook at www.facebook.com/killinglyhistoricalsociety. Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical and Genealogical Center should be sent to PO Box 265, Danielson, Connecticut 06329

Hailey R. Messier named to Dean's List at University of New Haven

WEST HAVEN — Hailey R. Messier of Brooklyn, a student in the Henry C. Lee College of Criminal Justice and Forensic Sciences at the University of New Haven, has been named to the Dean's List for the Fall 2020 semester.

Messier is working on a Bachelor of Science degree in Criminal Justice

About the University of New Haven The University of New Haven, founded on the Yale University campus in 1920, is a private, coeducational university situated on the coast of southern New England. It is a comprehensive, diverse,

and vibrant community of more than 6,800 undergraduate and graduate students on campuses in West Haven and Orange, Connecticut, and Tuscany, Italy.

Within our colleges and schools, students immerse themselves in a transformative, career-focused education across the liberal arts and sciences, fine arts, business, engineering, healthcare, public safety, and public service. We offer more than 100 academic programs, all grounded in a long-standing commitment to collaborative, interdisciplinary, project-based learning.

Killingly Public Library to host virtual songwriting program

KILLINGLY — The Killingly Public Library will host a special virtual songwriting event on Feb. 6 at 10 a.m. for ages six to 11.

"Sing Your Story" creator Michele Urban is an Early Childhood Music specialist, songwriter and vocal performer. She combines music and language instruction to help kids tell their story through song lyrics

and then brings their imagination to the microphone. Registration for this special event is limited so register early! We will send you a Zoom link to attend this virtual program.

We also have a variety of virtual programs for kids, tweens, teens and adults. To register and for full descriptions go to the Killingly Public Library's website at www.killinglypl.org. For additional information, call the Killingly Library at 860-779-5383. For library updates make sure to follow us on Facebook and Instagram.



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VILLAGER ALMANAC

At CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Jan. 4: Great-horned Owl, Barred Owl, Bluebird, American Tree Sparrow, Red-tailed Hawk, Junco, Song Sparrow, House Finch, Flicker, Hairy Woodpecker, Red-winged Blackbird, Mockingbird, Cedar Waxwing, Red-bellied Woodpecker. Visit ctaudubon.org/pomfret-home.

READING NEWSPAPERS IS A QUEST LIKE NO OTHER

Does the COVID-19 Economic Relief Bill impact you?



FINANCIAL
FOCUS
.....
JIM ZAHANSKY
INVESTMENT
ADVISER

We have been patiently waiting for the U.S House and Senate to come to an agreement pass a second relief bill to help the American people from the hardships they have faced throughout the pandemic. Dec. 21, Congress passed a \$900 billion COVID Economic Relief Bill that will extend and modify several provisions first enacted in the CARES Act. The bill itself is over 5000 pages, so we have gathered information from the bill that we felt will have the most pertinent information for you to have as it could relate to your personal financial structures.

Direct Payments to Individuals
Good news is the legislation has authorized a second round of economic impact payments, but it was modified from the first round of \$1,200 per adult, to \$600 per adult in the household. The allowance for child dependents will be \$600 per child dependents under the age of 17 with no limit on how many children you legally claim. The bill excluded roughly 13.5 million adult dependents who rely on their parents' support. Similar to the CARES Act there are limitations to who will receive a stimulus check, that is based on your income from 2019 and begin to phase out for individuals with Adjusted Growth Income (AGI) over \$75,000 and married couples over \$150,000. This stimulus package will hopefully help you catch up on late payments, or supply well needed nourishment for your household.

Unemployment Aid

One of the provisions within the CARES Act provided \$600 for those who qualified for unemployment benefits due to job loss. The COVID Relief Bill will provide unemployed workers an extra 11 weeks of jobless benefits and \$300 weekly enhancement to aid payments. Self-employed and gig workers would also get an additional \$100 a week.

Rental & Mortgage Assistance
The bill will provide \$25 billion of assistance to tenant in arrears on their rent. This federal eviction prohibition will extend to the end of January 2021, which incoming Biden administration may extend again. Landlords and building owners can apply for this aid on behalf of their tenants that meet the eligibility requirements, which are, those who make less than 80 percent of median income in their area. The Treasury department is responsible for dispersing these funds, and will be based on a formula based on population. If you are still having difficulties keeping up with your mortgage payments, we recommend reaching out to your loan provider for any assistance they may be able to offer. It is best to be transparent with you mortgage loan provider of any hardship you are facing through the pandemic, so that you do not face any legal repercussions.

The Continued Support for Small Business
Small business will hopefully have the chance to keep their doors open as they continue to provide services to the communities they serve with the new COVID Relief Bill. The bill has designated \$284 billion more for first- and second-time loans through the Paycheck Protection Program (PPP). This program provides forgivable loans to small business to help them, provide salary for employees and to keep up with the overhead that comes with owning a business. Business that have

received the PPP loans will be able to take tax deductions for expenses covered by the forgiven loans. The COVID-19 Economic Relief Bill will also expand the program to include nonprofits and local news organizations, and there is an additional \$20 billion in grant for businesses in low-income communities.

What Does this Mean for Your Taxes?

Aside from being able receive the deduction form the PPP break. This bill will extend a tax credit for struggling employers who are trying to keep work-er on their payroll. The bill will temporarily extend tax breaks for renewable energy, including incentives for wind energy and carbon capture. We would recommend reaching out to your tax advisor on how to effectively capture these breaks in the 2021 tax year.

Schools & Child Care
We are still in the middle of the pan-demic and millions of students continue to learn remotely. The COVID-19 Economic Relief Bill's will include \$54.3 billion for K-12, and the other \$22.7 billion will go to public and private higher education, and \$1.7 billion set aside for historically Black, Tribal and Hispanic-serving colleges and universities. Funds allocated to these schools would go towards preparing schools for reopening (not limited to in person), personal protection equipment, fixing of ventilation systems, enhancing internet connections, and providing computers to students.

Keep in Mind
We are still in the midst of the pandemic and the COVID-19 Economic Relief Bill may help reduce the burden you have endured throughout the pandemic temporarily. With this timely information we hope that you may utilize to help you have a better understanding how to continue to maneuver through the times. We encourage you to visit our Web site

for more information regarding the COVID-19 Economic Relief Bill at www.whzwealth.com/covid19-resources.

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Villager Newspapers

ACCURACY WATCH

The *Villager Newspapers* is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page A3 in a timely manner. If you find a mistake call (860) 928-1818 or e-mail charlie@villager-newspapers.com.

ECSU

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fiscal health of the institution. Under the leadership of its independent board of directors, the ECSU Foundation receives gifts on behalf of the university, solicits donations, manages assets and distributes monies in accordance with prescribed procedures. For more information, visit <https://www.easternct.edu/scholarships/index.html>.

POLICE LOGS

Putnam police log

PUTNAM — The Putnam Police Department reports the following arrests.
Jenna Stebbins, age 18, of Putnam was arrested on Jan. 5 for Criminal Mischief in the Third Degree and Disorderly Conduct.
Herbert E. Long III, age 39, of New London was arrested on Jan. 8 for Failure to Appear in the Second Degree.

Courtney comments on D.C. protests

BY JASON BLEAU
CONTRIBUTING WRITER

WASHINGTON, D.C. — Congressman Joe Courtney has responded to the events that erupted on Capital Hill on Wednesday, Jan. 6, when a group of supporters of President Donald Trump stormed the Capital Building in protest of the 2020 Presidential Election results, entering the facility and halting the vote to certify the electoral votes in favor of Democrat Joe Biden. Congressman Courtney joined many other lawmakers both Democrat and Republican in condemning the protests, which many have termed as a riot, and calling the event an insurrection attempting to prevent the democratic process in the nation's capital. Courtney releaseD statements on Jan. 7, following

the official certification of the electoral votes later that day.
“While the whole world watched, early this morning the House and Senate voted in bipartisan fashion to emphatically certify the election of Joe Biden as the 46th President of the United States of America,” said Congressman Courtney in a press release. “I’m proud of all of my colleagues, on both sides of the aisle, who banded together to follow our Constitutional duty and uphold the voters’ decision on November 3rd, and who resisted the preposterous notion that Congress, not the people, has the power to select a president.”
Congressman Courtney continued, addressing the protests and calling it an eye opening to how delicate democracy is in the United States.
“The Constitution isn’t a self-actuat-

ing document—our democracy requires participation, attention, and for the Congress to fulfill its Constitutional duties even when it’s hard, or when it’s not politically convenient,” Courtney said. “Congress’s job, as outlined in the Constitution, is to count the electoral ballots delivered to us by the states, and to certify that each vote was cast by an electoral college voter. That’s what we did, and I was proud to join my colleagues in fulfilling our Constitutional duty today and upholding the will of American voters.”
The Congressman also released a statement on Twitter joining his fellow Democrats in calling for the activation of the 25th Amendment, which allows the Vice President and cabinet to relieve the president of his or her powers and duties of their office.



Deadline for applications to Quinebaug Middle College is Jan. 29

DANIELSON — EASTCONN’s Quinebaug Middle College (QMC), a regional magnet high school, is currently recruiting academically motivated students who will enter grades 9-12 in 2021-2022. Students seeking a more independent learning environment, tailored to their academic and career goals, are welcome to apply. The application deadline is Fri., Jan. 29, 2021. For more information or to download an application, visit www.eastconn.org/qmc.
QMC is located on the campus of Quinebaug Valley Community College (QVCC), at 742 Upper Maple St., Danielson.
QMC offers high school students the unique middle college experience, which enables them to earn a high school degree, while also earning college cred-

its from QVCC at no additional cost. Once enrolled at QMC, students will have access to high-tech laboratories, career and vocational resources, and other college amenities.
Students who successfully complete QVCC courses have an advantage when applying to college or any post-secondary program, not only because they’ve earned free, transferrable college credits, but because they’ve demonstrated their ability to succeed in a college environment. Highly motivated students can graduate from high school with enough credits to earn an Associate’s degree.
Areas of study at QMC include STEM (science, technology, engineering and math), liberal arts, the humanities, allied health or advanced manufacturing.

To learn more, call QMC Interim Principal David Howes at 860-455-3997, or reach him at dhowes@eastconn.org.
QMC is operated by EASTCONN as part of a partnership that includes QVCC, Brooklyn, Franklin, Killingly, Plainfield, Pomfret, Thompson, Voluntown, Windham and Woodstock. Enrollment is not limited to students who live in partner towns; students from across the region are welcome to apply.
EASTCONN is a public, non-profit, Regional Educational Service Center that has been serving the education needs of schools and communities in northeastern Connecticut since 1980. Learn more at www.eastconn.org.

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2021 Tri-Town American Legion Baseball

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Support the Red Cross Mission of
Collecting Life-Saving Blood

The American Red Cross of Connecticut is looking for volunteers to support our blood drives in Windham County. Our blood drive volunteers serve as the face of the Red Cross, check-in blood donors, and help with other tasks. If you have free time and enjoy meeting new people, this is a great opportunity!
The time commitment is one shift per month and you can pick the shifts that work best for your availability. The Red Cross provides all necessary training and you must be 18 years or older. If you would like to volunteer or have any questions, please reach out to Mar Parsaye at mar.parsaye@redcross.org, 860-480-5338.

Save time and increase success by creating a garden calendar



GARDEN
MOMENTS
• • • • •
MELINDA
MYERS

Ring in the New Year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish those two resolutions, while also improving your mood, reducing blood pressure, managing anger, maintaining flexibility and much more.

So, gather anyone that shares in your gardening efforts and landscape projects. Grab a calendar and make some gardening plans for the year ahead. Consider including a monthly project that you all can share and one that moves you closer to your long-term gardening and landscaping goals.

Start the year right by growing some microgreens. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients as the leaves of the full-grown plant.

Take some time to inventory your current seed collection. Decide what seeds you want to keep and grow this season and those you want to pass along to gardening friends. You may choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

Once you complete your inventory, review new catalogs, and make a list

of seeds and plants you want to include this year. Order early for the greatest selection and availability. A recent increase in gardeners means more people shopping for the seeds and plants you want to buy.

While you wait for your seed order to arrive, prepare a space and organize supplies for starting any seeds indoors as needed. Clear a space, check your grow lights, and gather the needed seed starting mix and clean containers. Soak used containers in a one-part bleach and 9-parts water solution for ten minutes. Then rinse with clear water before reusing them this year.

Once you know what you want to grow, it is time to create a seed starting calendar. Check the catalogue, University Extension recommendations, and back of the packet to determine when you need to start the seeds indoors or out. Include dates for starting seeds indoors and directly in the garden. Note the recommended date for moving transplants into the garden. Add in time as needed to harden off transplants. Gradually introducing plants to the garden environment over a two-week period reduces transplant shock and increases your success.

Mark your calendar for peak harvest times in your region. Make sure to allow sufficient time for harvesting and preserving. Supplement your own harvest with produce from farmer's markets and pick-your-own farms. Most post expected picking and produce availability dates on their website, so you can plan ahead. As the season begins, confirm picking times and invite family and friends

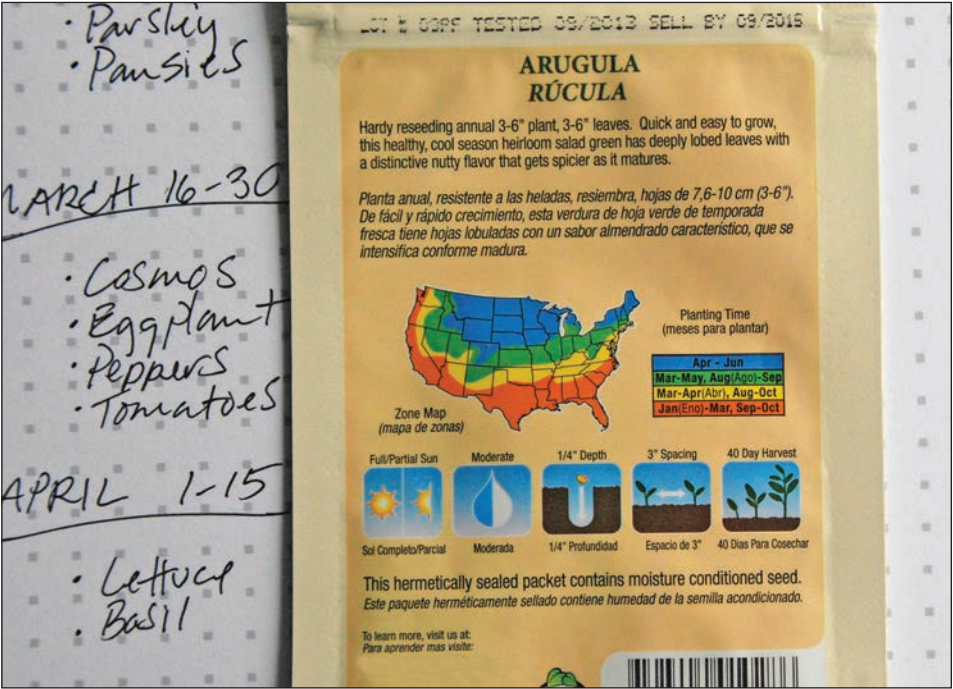


Photo Melinda Myers

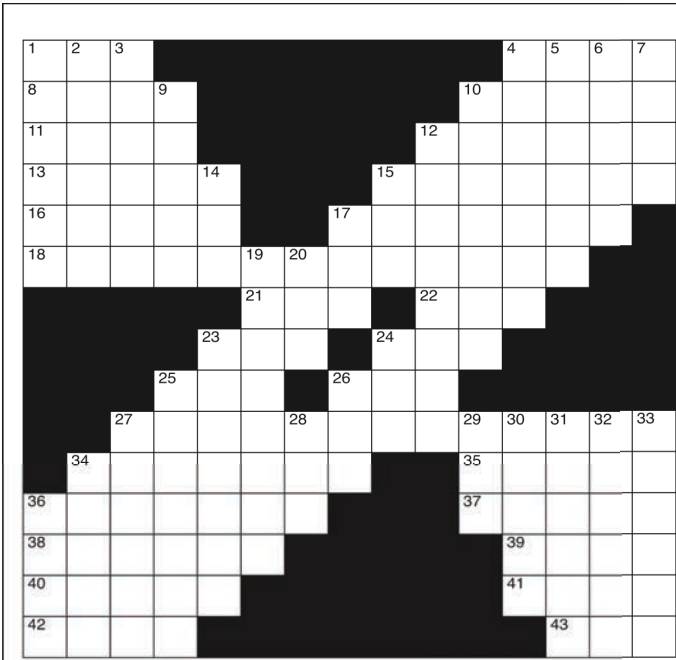
Check the back of the seed packet to determine when to start seeds indoors and when to move the transplants into the garden.

for a harvest and preservation party. Record all this information on your calendar, garden chart or a spreadsheet to help keep your gardening efforts on track. This will also help you identify the best time to embark on larger landscaping projects or hire a plant sitter when you are away from the garden.

Make this the year you resolve to accomplish your gardening goals in a timely manner. You'll maximize your harvest, enjoyment, and other garden-

ing benefits.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is www.MelindaMyers.com.



CLUES ACROSS

1. Adequate yearly progress (abbr.)
4. Silicon Valley's specialty
8. Gather a harvest
10. Famed mathematician
11. No (slang)
12. Students use one
13. Type of molecule
15. Play make-believe
16. Large barrel-like containers
17. Touching
18. Treats allergies
21. Calendar month
22. Single
23. Cease to live
24. Brew
25. What ghosts say
26. Geological time
27. Focus
34. Discomfort
35. A citizen of Iran
36. Trip
37. Imitate
38. Makes happy
39. Double-reed instrument
40. Body parts
41. Transgressions
42. One-time emperor of Russia
43. Time zone

CLUES DOWN

1. Used in treating bruises
2. One who cultivates a small estate
3. One who supports the Pope
4. Annuity
5. Geological period
6. Grab onto tightly
7. Kept
9. Chinese city
10. The most direct route
12. Type of tooth
14. ___ kosh, near Lake Winnebago
15. Popular veggie
17. Supervises interstate commerce
19. Foolish behaviors
20. Witness
23. Gives
24. Expression of creative skill
25. A way to prop up
26. Midway between northeast and east
27. Winter melon
28. Supernatural power
29. Target
30. Threes
31. A type of poetic verse
32. They make some people cry
33. Kindest
34. Forman and Ventimiglia are two
36. A way to liquefy



Deadline for applying to ACT Performing Arts Magnet High School is Jan. 29

WILLIMANTIC — EASTCONN's Arts at the Capitol Theater (ACT) magnet high school is currently accepting academically motivated, grade 9-12 students seeking intensive study in the performing arts.

The application deadline for 2021-2022 school year is Friday, Jan. 29. For more information or to download an application, visit www.eastconn.org/act.

As part of National School Choice Week, ACT Principal Sarah Mallory will host a Virtual Q&A event Monday, Jan. 25 from 6-7 p.m. To participate, visit www.eastconn.org/act for the Zoom link.

Housed in Willimantic's historic Capitol Theater, ACT enrolls students from 37 towns in its NEASC-accredited, interdisciplinary and arts-infused academic program. Each grade is limited to approximately 35 students, making ACT an intimate,

highly focused artistic learning environment.

ACT students select a major focus area from among five arts disciplines that include acting/vocal performance, audio/video production, creative writing, dance and theater production (set design, lighting design and costuming).

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

Partnerships with Eastern Connecticut State University (ECSU) and Quinebaug Valley Community College (QVCC) allow qualified ACT upperclassmen to enroll in college classes and earn free college credits through the state university system, while still attending ACT.

Students in all grade levels

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

In recent years, many ACT students have been recognized for their participation and excellence in Scholastic's Art & Writing Awards contest, UCONN's Connecticut Writing Project, DMV-Travelers' Teen Safe Driving Video Contest, the Quiet Corner Film Festival, the national Future of Technology Essay Competition and other state and nation-wide contests and competitions.

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

TEEG continued from page A1

requested gift which was donated through TEEG's annual gift tag program.

"This pandemic changed the way we had to run so many of our programs," said Chelsea French, Community Development Coordinator for TEEG. "It was truly inspiring to see the amount of support that we received from our community who made sure that we were able to meet the needs of the families we served. From donating necessary items, to filling tags, to helping our vision of a Winter Wonderland come to life, it was truly amazing and helped make a difficult time magical."

Pre-packaged meals were also provided out of the TEEG food pantry including holiday essentials like stuffing, drinks, produce and frozen turkeys. These boxes were custom built

to the specifications of each family thanks to a new menu system adopted by TEEG for both Thanksgiving and Christmas.

"We want to make sure people have what they need for the holidays and while we aren't letting clients into the pantry, we still wanted them to choose what food they wanted or needed. Our clients are accustomed to the client choice model, but since this pandemic has prevented them from hand picking their holiday needs, we provided a menu allowing clients to customize and personalize their boxes," said TEEG Food Service Coordinator Jason Bleau. "It was really efficient. We're glad we were able to bring great meals to our clients and we thank all our volunteers and donors for helping make this program such a great success."

TEEG would like to thank Creation Church, CR Premier Properties LLC, The Woodstock Academy F.R.E.S.H. Dolores Werge and Family, Quinebaug Valley Regional Rotaract Club, Putnam Interact Club, Pomfret School,

The McNally Family, The Enderle Family, The Bourbeau Family, The Delpapa Family, The Santos Family, TEEG Board of Directors, Lorrie Adams, Michael Kingman, Deb Walkowiak, Erin Spillance-Darcy, Donna Fontaine, and Members of the Thompson Lions Club for their support of the TEEG Winter Wonderland. In addition, TEEGS sends its thanks to Creation Church, First Congregational Church of Woodstock, Linemaster Switch Corp., Rectory School, The Strand Hair Salon, Thompson Congregational, United Church of Christ, Thompson Historical Society, W.T. Rich Company, Woodstock Evangelical Covenant Church, Hale YMCA Youth and Family Center, St. Joseph's, St. Mary's, St. Steven's, Holy Trinity, and East Woodstock Congregational Church, Bungay Fire Brigade, Woodstock Volunteer Fire Association, Muddy Brook Fire Department, Thompson Dollar General, Thompson Town Hall, and others for their support of the agency's annual holiday giving fundraisers and campaign.



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Will you choose to be a victor or victim in 2021?

Last week we spoke of the choice to make 2021 a better year and not remain stuck in our past. To act as if you have no power to change the course of your life only becomes a self-fulfilling prophecy. If we want 2021 to be a better year, we must do something to make it so.

In other words, in this new year, will you choose to be a victim or a victor?

As I've said, maybe hundreds of times in this column, it is a choice we make. We can choose to remain (or become) a victim of circumstances or choose to create a happy, hope-filled life. Which will you choose?

I was CEO of a business with a distribution center in New Orleans when Hurricane Katrina hit. It was a devastating event to the entire region and our business, creating losses that could never be recovered. I visited New Orleans several times afterwards, and even though time had passed, and life moved on, there was a minority of the population who chose to remain living in emotional devastation. Some call it "victim syndrome." I understand that



POSITIVELY
SPEAKING

GARY W.
MOORE

loss of loved ones, property and lifestyle is devastating. I also suffered through it. However, there is a choice to be made. You can live in the past negativity or choose to positively move forward. I'm not making

light of tragedy and loss. I am, however, encouraging those who have suffered to positively move on. Rather than choosing to remain in the sorrow and pain of these past events, make a conscious and active decision to put your eyes on a brighter future. Allow optimism to give you hope.

Apply the same logic to 2020, our year of pandemic, creating tragic loss and brutal politics. Our citizens have lost loved ones. We've endured the loss of businesses and careers, while suffering through financial hardships, the likes of the Great Recession and maybe the Great Depression. 2020 has passed. We now have three vaccines and more on the way. What will you choose for you and your family?

Victim or Victor?

For you "nattering naybobs of negativity," I can see you rolling your eyes

and hear you shaking your heads, saying, "Just making a choice solves nothing," and you are right. The keyword is "just." If you choose to move forward in optimism, you also must move your mind and body in the positive direction. Making the choice is only the first step, but a big one. Taking positive action is also required.

I'll leave you this week with these two truths.

Make the choice to move forward in optimism. Do not look to our government to solve your problems. Regardless of who sits in the Oval Office, they are incapable of doing for you what needs to be done. Become more self-reliant. Your heart, mind and soul feel more optimistic when you realize you have the power to build your own reality. Create the future you wish in your mind, engage the passions of your heart, and physically act to make your vision of a positive future come true. And ...

Do not look to the government to bring us back together. There is more benefit in the minds of both red and blue leadership to keep us divided. If we are to come together to create a better nation and world, it's up to us, and it

begins with creating a better personal life. We can't help others if we can't help ourselves first.

Focus this year on what you care about and feel is profoundly important. Be optimistic and stay focused. Believe this new year will be better. Not by magic but by an optimistic look forward and positive actions to make your new vision of the future, real. And remember ... success is often just a matter of hanging on after others have let go.

Optimists are happier, healthier, and more active than pessimists. Optimists positively impact those they touch and make a positive, and often profound, difference in the world.

I'm extremely optimistic about our future. You can, and should be too.

Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMOore721 and at www.garywmoore.com.

CHAMPAGNE SWORN IN AT HOME



Photo Courtesy

State Sen. Dan Champagne (R-Vernon) is sworn in for his second term in the state senate at his home in Vernon on Weds., Jan. 6. Senator Champagne is currently quarantining in accordance with the state's COVID-19 exposure protocols. "I would much rather prefer to have been at the Capitol with my colleagues for this honor, and I am quarantining for the safety of them and the public. Nonetheless, this remains a tremendous honor and I am grateful for the opportunity to once again represent the hardworking people of the 35th District. Thank you to the voters that have placed their trust in me and I look forward to continuing to be your voice in Hartford," said Champagne.

Olivia Braithwaite named to Curry College Dean's List

MILTON, Mass. — Curry College is proud to announce that Olivia Braithwaite of Putnam has been named to the Dean's List for the Fall 2020 semester. Braithwaite majoring in Business Management, is among the roughly 1,000 students that have received the distinction, a marker of academic excellence and high achievement.

To earn a place on the list, full-time undergraduate students - those who carry 12 or more graded credits per semester - must earn a 3.3 grade-point-average (GPA) or higher.

About Curry College

Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass.

Curry offers 28 undergraduate majors, as well as graduate degrees in business, accounting, education, criminal justice, and nursing, with a combined enrollment of over 3,700 students. The student body consists of approximately 2,000 traditional undergraduate students, and 1,700 continuing education and graduate students. Approximately 1,575 of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education, and the college is also internationally known for its Program for the Advancement of Learning (PAL). The College offers a wide array of extra-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the Web at www.curry.edu.

REACTIONS

continued from page A1

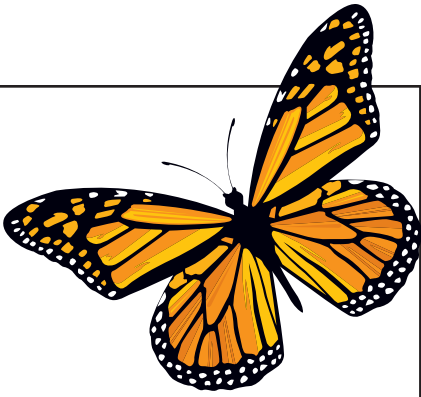
joined others in labeling the incident an insurrection, adding "What happened at the Capitol yesterday was an abomination. It was no less than an insurrection mounted against our federal government inspired and egged on by the President of the United States and his enablers in Congress."

Murphy also serves as the top Democrat on the U.S. Senate Appropriation Subcommittee on the Legislative Branch, which oversees the United States Capital Police. In his Jan. 7 press release, the Senator commented on the failure of security officials to be prepared for the events that unfolded.

"I have had, now, two separate fairly long conversations with the chief of Capitol Police and then another long conversation with the Secretary of the Army. I've been in contact with Chairman Ryan in the House, Senator Schumer and Senator Schumer's office. I don't know exactly what a full investigative process will look like, but clearly, we need to make serious changes to the way that our Capitol is defended and we need to start implementing those changes now. The primary responsibility for (the insurrection and breach of the Capitol) lies with the perpetrators, Donald Trump, and his enablers in Congress," Murphy said.

Murphy joined Blumenthal in supporting the use of the 25th Amendment to remove President Trump from power prior to his official departure from office calling the President "unhinged" and "unstable."

"He is angry. And we can't assume that he isn't going to try to find new ways to rally his supporters in another insurrection against the government, whether it be in Washington or in our state capitals. I think this is an incredibly perilous moment for democracy," Murphy said.



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Back Row: Andrew MacKenzie, MD; Julie Van Saun, PA-C; Devon Jacobson, MD; Erica Kesselman, MD

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Latest antique, collectibles, and auction news

For my first column of 2021, I thought it would be fitting to recap and wrap up the antique news from 2020 and share exciting news that has already happened this year.

Some advertising pieces and slot machines brought strong results at an October auction, according to an Antiques and Arts Weekly report. A triangular shaped 1935 Coca Cola sign was one of the items in the auction. The double-sided hanging enamel sign brought \$21,600. An 1870s Proctor and Gamble advertising sign for Amber Soap was said to be historically significant, because it predated the company's production of Ivory soap. It sold for \$28,800. A Pepsi Cola syrup dispenser went for \$39,975. A five cent "Little Rip" baseball themed trade stimulator (similar to a slot machine) sold for \$132,000. A "Triple Centaur Jackpot" slot machine that accepted nickels and quarters in three separate sections reached \$240,000.

An upcoming auction expects even better results.



ANTIQUES,
COLLECTIBLES
& ESTATES
• • • • •
WAYNE TUISKULA

Coin News reports that several coins in a January 20th-24th auction are estimated to bring seven-figure sums. A 1796 No pole cent is one of the valuable coins. 1796 was the first year that the United States produced every denomination of coin from the half cent to gold Eagle \$10 coin. Other coins that may hit the million-dollar mark are an 1838 Liberty Gold Eagle, 1796 Quarter Eagle \$2 ½ coin, 1885 silver Trade Dollar and a 1792 Silver Center Cent. A little silver was added to the center of the copper 1792 cent to make the intrinsic value of the coin worth one cent when the copper alone would have been worth less than that. An 1804 Proof Eagle and "1787 New York-Style Brasher Doubloon" are two of the other ultra-valuable coins. The Doubloon will be coming to auction for only the third time since 1848. The previous two times it set a world record for any coin ever auctioned. As of Jan. 9, online bidding was already at \$3.6 million.

There was news that offers

hope for those of you hunting for that big estate sale or thrift shop find. The Lewiston, Maine Sun Journal reported that a Norway, Maine man made a thrift shop find that netted him a nice sum. Like most of us, 2020 was a difficult year for the antique dealer who discovered the painting at a thrift shop. His antique shop was shuttered from March through May because of the pandemic. In October, he purchased the painting by Austrian-born artist Josef Floch. According to the Sun Journal, "after the upheaval of World War I, Floch left Austria for Paris where he joined the popular avant-garde movement. As World War II raged in France, he immigrated to the United States about 1941, permanently settling in New York." The exact amount he received wasn't listed, other than that it was five figures. When asked where he bought the painting, the dealer stated, "I can't divulge all the details. That would be like a fisherman telling where his best spot is."

Our online auction of paintings and other artwork from the estate of artist Fay Moore will be running soon. Bidding ends Feb. 17. We are planning



a vintage and antique toy auction soon after. We have been acquiring some consignments of gold jewelry, 1960s and earlier baseball cards and other antiques and collectibles for our next multi-estate auction. We are still accepting quality consignments for that sale. You can sign-up for email updates on future events on our homepage: www.centralmassauctions.com.

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

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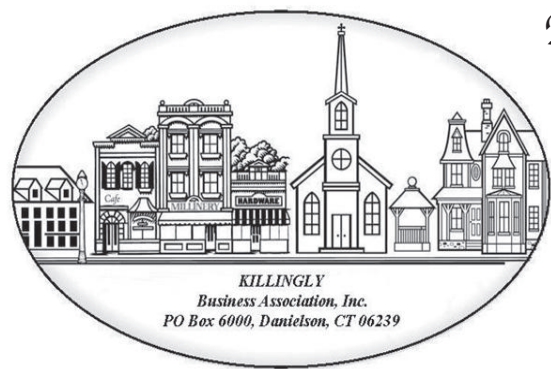
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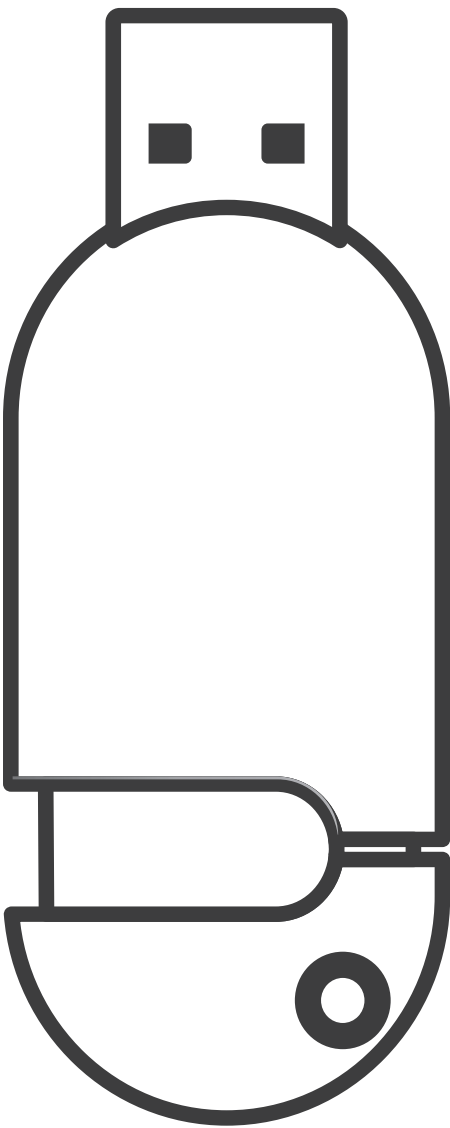
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THIS DAY IN...



HISTORY

- **1776:** THOMAS PAINE'S "COMMON SENSE," A PAMPHLET, WHICH PUSHED FOR AMERICAN INDEPENDENCE, IS PUBLISHED.
- **1901:** THE FIRST GREAT TEXAS OIL GUSHER IS DISCOVERED IN BEAUMONT, TEXAS.
- **1982:** DWIGHT CLARK MAKES A FINGERTIP TOUCHDOWN CATCH ON 3RD AND 3 TO SEND THE SAN FRANCISCO 49ERS TO THE SUPER BOWL.



THIS TYPE OF MEMORY ALLOWS
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QUICKLY AND EFFICIENTLY AND TO
RUN APPLICATIONS EASILY.

ANSWER: RAM (RANDOM-ACCESS MEMORY)



DATA

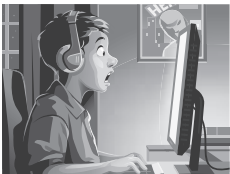
characters or
symbols involved in
operations performed
by a computer

How they
SAY that in...

- ENGLISH:** Keyboard
- SPANISH:** Teclado
- ITALIAN:** Tastiera
- FRENCH:** Clavier
- GERMAN:** Tastatur

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GET THE
PICTURE?



Can you guess what
the bigger picture is?

ANSWER: HEADPHONES

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to gifting.
Each number corresponds to a letter.
(Hint: 16 = E)

A. 23 9 16 13 16 8 25

Clue: A gift

B. 6 9 11 23 23 16 10

Clue: Covered in paper

C. 16 2 16 8 25

Clue: An occurrence

D. 25 22 24 14 5 22 25 20 14 4

Clue: Showing consideration

Answers: A. present B. wrapped C. event D. thoughtful

SUDOKU

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


Level: Intermediate

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!

6	9	5	7	3	4	8	2	1
3	8	1	9	6	2	5	7	4
2	1	7	8	5	6	4	9	3
4	9	3	6	8	1	2	7	5
5	7	6	2	4	3	9	1	8
4	6	3	5	7	9	2	8	1
9	8	1	5	2	8	7	4	6
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FRANK G. CHILINSKI
PRESIDENT/PUBLISHER

BRENDAN BERUBE
EDITOR

A firsthand COVID experience

One of our local correspondents, Jason Bleau, submitted the following reflection on his personal encounter with the COVID-19 virus in the hope that it might prove helpful to others.

I remember when I first heard about COVID-19. I was sitting in a hotel room on Daytona Beach. I had just returned from watching the Daytona 500, and in between stories about the status of Ryan Newman following a horrific crash, details about a pandemic surging in China caught my eye. Less than a month later, everything shut down. The COVID-19 pandemic had gone global.

All throughout 2020, I found myself concerned about getting the virus. I quarantined, wore my mask, took every precaution I could. My goal was to make it through the holidays and reassess in 2021. I almost made it.

New Year's Eve, I felt what I can only describe as a "cloud in my lungs." I knew something was wrong. New Year's Day, a fever of just over 100 degrees struck me. I knew I had it. I didn't know how I got it, where I got it or who I may have infected, but I knew in my heart what it was. A day later, I took a test, and several more days later, my fears were confirmed, it was positive. After working so hard to avoid it in 2020, I had COVID-19.

The revelation wasn't as scary as I thought. I couldn't change what I had contracted, I could only wait it out. I isolated myself in my apartment and began the slow process of waiting... just waiting. By day three, my fever broke, and in the week that followed, my body experienced different symptoms almost daily. One day, it would be headaches and body aches. The next day, my energy was so sapped I could barely get out of bed. One day, it felt like just a bad cold. Some days, it was all of the above. For more than a week, I underwent a sickness I can only describe as an amalgamation of every cold and flu symptom you could think of, changing out the results on a daily basis.

But it wasn't the isolation or the sickness that weighed on me. It was the how, and who, I might have impacted without even knowing it. Symptoms of COVID show up days after infection, and in the days prior to New Year's Eve I had been around numerous people, family, friends, shopping plazas. Who did I infect? Whose lives did I complicate? Who infected me? These questions worried me more than the illness itself. The scariest part of COVID for me wasn't getting it, but who may have gotten it from me, and how easy it was to contract it without ever even knowing it was there.

I was lucky enough to survive COVID with minimal repercussions. Nobody I had been around tested positive, and to this moment I still don't know exactly how I was exposed. I did all the right things, and still I found myself dealing with the virus. While my experience may not have been deadly, I went through enough to understand that this virus is relentless, and the wrong immune system can be severely compromised by the variety of symptoms the virus employs, almost as if it is looking for the weakest point of your body's defenses to take permanent hold. If you're not fit enough to face even one kind of disease, this virus will exploit that.

Even having gone through the experience of COVID-19, I will continue to wear my mask and continue to take precautions although it might appear as though these efforts didn't keep me from being exposed. I will do this because to me, the worst part of being infected wasn't my own wellbeing — it was the wellbeing of those who may have innocently been exposed before I even knew what I had inside me. I was always confident my body could beat it, but my decisions could have inadvertently compromised someone else who would not be so fortunate. I would have had a hard time knowing I was responsible for someone losing their livelihood, precious moments with loved ones, or, God forbid, their life. This virus might seem like a small, inconvenient thing to a lot of people, but I can say from experience it's very real and it's nothing I would want anyone to have to experience firsthand.

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

It is sad

To the Editor:
When I read things like this — "In 2016, a little less than half the electorate decided to bring in an outsider to blow up the system, both the bad and the good. Unfortunately, the outsider mostly blew up the good and is only interest-ed in what's good for himself. He lies with impunity, cozies up to dictators and unjustly impugns everyone he disagrees with. The result has been enormous harm to our institutions, our health and

safety, the social fabric and to our status in the world, and the unnecessary deaths of tens of thousands of Americans. This year, in spite of the coup being attempted by Trump and his followers, a slim majority of voters rejected the last four disastrous years" — I know for certain that Liberalism is a mental disorder.

ROD BEDARD
POMFRET

Trump must answer for his actions

To the Editor:
At this dangerous time in our democracy, and after careful and deliberate thought, we urge you to encourage the Cabinet of the United States to remove Donald Trump from the presidency of our country. Time and again, he has shown an unfit temperament and lack of competence for the job. As you know, Trump incited (via social media and then in-person) his followers to descend on the Capitol en masse, resulting in an all-out assault designed to foster a coup so

Trump could remain in office. As citizens, we are afraid of unforeseen events that could happen in these last days before the inauguration of President-elect Joe Biden. Please encourage the Cabinet and VP Pence to remove Trump for the protection of our institutions and the rule of law that we live by, and because he is not fit to serve. Thank you,

GREG KLINE AND CHARLES SUPER
WOODSTOCK

Trump should face consequences

To the Editor:
The insurrection at the Capitol Building in Washington, D.C. should convince all Trump supporters of the evil and false intent behind Trump's lies and social media lies about conspiracy and a rigged election. The thugs and extremists who stormed the Capitol and trashed it should be jailed and forced to pay for the damage they did. There is no justification for trying to intimidate lawful proceedings, and for stealing artifacts and documents from senators and representatives. Mob violence is out of control, and causes deaths.

Donald Trump should be removed from office, stripped of all his benefits such as Secret Service protection, and denied a pension for his evil part in inciting these people to take over the Capitol. He should face criminal charges for all he has done to undermine our democracy. Resign or be impeached again. He has been a disaster from day one of his presidency, and an embarrassment to our country.

ANN C. ROSEBROOKS
THOMPSON

Cause and effect

To the Editor:
Ms. Ryker is concerned that the burden on swing-vote senators is too great because Congresspeople should vote according to their conscience, and not blindly along party lines. This reverses the relationship between cause and effect. Senators are subject to pressure from their party precisely because they do vote their conscience. With the Georgia Senate election in the rearview, "the fate of legislation for the next four years" doesn't depend on two senators from Georgia but on Joe Manchin (D — West Virginia), Jon Tester (D — Montana), and Krysten Sinema (D — Arizona). But Lisa Murkowski (R — Alaska) and Susan Collins (R — Maine) are also members of that "swing block" of the Senate. There'll no doubt be pressure on that group when big-ticket legislation is on the Senate Floor. The pressure,

though, is a result of the Senators' steadfast conviction in their respective beliefs. For example, Sen. Manchin has already vocalized his opposition to packing the court and abolishing the filibuster. Because he recognizes the Supreme Court's institutional value and the Senate's deliberative function, he will face pressure from Democrats. Likewise, Lisa Murkowski, who has now called for President Trump's resignation, will find little support from her Republican colleagues. Our concern over legislation at the federal level wouldn't be so important if the federal government was shrunk down to size, but that seems like an evanescent hope of small "L" libertarians.

NIKO DIMOPOULOS
POMFRET

Republicans need to search their souls

To the Editor:
The Republican Party has a lot of damage control and soul searching to do. The party of Abraham Lincoln spent the last four years coddling, enabling, and making excuses for Donald Trump, and on Wednesday, Jan. 6, it blew up in their face. Now, in the 11th hour, the Republican leadership finally "grow a set" and speak up — too little, too late. I'm not sure what they gained by appeasing such a dangerous clown, but it cost them the presidency and control of the Senate. Back in 2016, when Republicans "hitched their wagon" to a lying con-artist, they knew what they were getting, but chose to hold their noses and sell their souls to win an election. That stupid and misguided decision has caused so much pain and suffering for the American people. It's now up to a new administration to start the long, hard repair process (at home and abroad), and bring our country out of the chaos Trump created.

Regarding the terrorist attack on our nation's Capitol — obviously, all the violent perpetrators should be prosecuted and punished for their crimes. Trump and Giuliani should also end up in orange jump suits for orchestrating the deadly attack, along with the members of Congress who were complicit. It's unlikely that will happen, and we'll see if all the talk about impeachment and the 25th Amendment goes anywhere, but at the very least, the "Law and Order President" should be banned from ever holding public office again. Donald Trump's legacy will be as the most incompetent, most corrupt, and most mentally unstable president in our nation's history. For his fragile and inflated ego, that may be the worst life-long punishment he could receive.

TODD PATRIE
POMFRET CENTER

Finding hope in nature

The last time I remember seeing billowing smoke around the US Capitol was April 4, 1968. I was in a small motel room near Heathrow airport, and my father was lying in the twin bed next to me gasping for breath, while I watched the blurry black and white television coverage of the aftermath of the assassination of Martin Luther King, Jr. A National Health Service doctor had told me that my father might not live through the night. We weren't given any medicine or instructions. I'd bought a bottle of Scotch on the ferry from France, where I was attending school. It seemed to help my father fall into a deep sleep, but being vigilant, I stayed up watching the news coverage, feeling very anxious. I'd visited Washington, D.C. several times, and I couldn't believe it was under siege. As the images flooded back and mixed with the news of today, I recalled feeling frightened and, later, hopeful. It's difficult to imagine what needs to happen in our country to feel less divided, but leadership and good intentions will help. The road toward normal life after the ravages of the pandemic seems incredibly long and uncharted, but



NANCY WEISS

I'm certain it will happen. Emily Dickinson said: "Hope is a thing with feathers/that perches in the soul/ And sings the tune without the words/And never stops/at all." Poets often write about hope, but bird imagery is something we all can relate to and find comforting.

Many of us are finding solace in nature, but this winter is giving us a gift by showering us with remarkable sunrises and sunsets. The colors are brilliant and hang in the sky far longer than I recall in other years. My friend, Mary Ellen, takes photos and writes haikus that capture the essence of being in the presence of natural beauty that eclipses imagination. As we are all look at the same remarkable skies, how can we disagree so vehemently?

As we spend yet more days largely alone, my husband and I are enjoying a remarkable number of surprise gifts of food, face masks and wine from our friends and neighbors. A short visit, masked, can turn into longer conversations as we all want to chat face-to-face with each other. We need to catchup, even though life is fairly boring. The walkers and cyclists I pass on the Air Line Trail nod or murmur greetings. Zoom cocktails can last for an hour or more. Zoom meetings can bounce in to marathons if the group wanders too far from the agenda. Even the most introverted among us want to connect and enjoy the comfort of being with other humans.

This morning, I found a male cardinal dead beneath one of our bird feeders. He may have broken his neck by crashing into the window, as there seems to be no other possible reason. His feathers are intensely red and then move to near orange with black on his wings. He is breathtakingly beautiful. As the hours pass since he died, his colors fade. I buried him in the garden so that the cat can't get him. Because he is a cardinal, his death seems like a bigger loss than that of a small, brown bird, but each of the birds, just like us, has its place and its value.

My father recovered long ago and together we had the trip of his lifetime. Washington, D.C. was restored to its glory. Our country moved along. Science, health care workers and common sense will get us through the pandemic. Hope will never stop at all.

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



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LETTERS TO THE EDITOR

Impeachment again?

To the Editor:
Of course Congress is working on Articles of Impeachment once again to get rid of their self appointed boogeyman, Donald Trump.
Do they not understand that the wasted legislative time over the last four years with the time spent on the first impeachment and the efforts to overturn the last election is part of the reason that events this past week happened? There is great frustration out here that no one man can be completely responsible for.
The citizens of this country have watched for four years how members of Congress, with the “news” stations and media outlets have demonized any and all actions by the President and have spent time bad-mouthing him for the cameras.
Half the citizens of this country believe that the integrity of the 2020 election has been compromised by the acceptance of mail-in balloting. Half the citizens of this country want the

Trump must be held accountable

To the Editor:
Let there be no doubt. Donald J. Trump is a brazen criminal. He crossed the line into that category when he addressed his acolytes at the Ellipse on Jan. 6. Unlike the law breaking that he has engaged in behind closed doors (e.g., tax fraud and pressuring election officials to “find” votes), this was boldly executed in the public domain and covered in real time by the media.
Stoking the anger of the crowd, of whom he was aware included extremists, he clearly and knowingly encouraged violence on the members of Congress he disdains. Of course, this put others in harm’s way such as the vice president and the Capitol police charged with protecting the building and its occupants. So much for his claims to prize law and order. Apparently, that only counts when it benefits him and his aims. His statement “We fight like hell and if you don’t fight like hell, you’re not going to have a country anymore” was obviously intended to promote taking violent action against those he perceives to be robbing the citizenry of our country. He knew he was lighting the wick to the powder keg of hatred and delusion among those present.
Aiding and abetting the president were his crony Rudy Giuliani and son Donald J. Trump Jr. Giuliani’s state-

The evolution of a demagogue

To the Editor:
The start of a Trump lie: Oct. 17, 2016: “Of course there is large scale voter fraud happening on and before election day.” The lie persists: Nov. 27, 2016: “In addition to winning the Electoral College in a landslide, I won the popular vote if you deduct the millions of people who voted illegally.”
Then. Jan. 6, 2021: The big lie: “Our country has had enough. We will not take it anymore, and that is what this is all about. And to use a favorite term that all of you people really came up with, we will stop the steal. Today I will lay out just some of the evidence proving that we won this election and we won it by a landslide. This was not a close election. You know I say sometimes jokingly, but there’s no joke about it. I have been into elections. I won them both and the second one I won much bigger than the first, okay?”
Was there evidence of this? No. There were allegations. And there were allegations of allegations. Yet numerous investigations and some 60 court cases yielded no sign of anything other than incidental voting errors.
But, given what was emanating from the Oval Office over the past two

Heads in the sand

To the Editor:
Unsurprisingly, a group of armed protesters has stormed the Capitol demanding that the election which was won fair and square by President Elect Biden be overturned. Egged on by the dog whistles of a sitting President who will not accept that he lost the election, the worst of the worst and the most deplorable of our citizenry – the ignorant fools, white supremacists, white nationalists, and Trump Zombies who have been duped by his rhetoric are acting out his megalomaniac fantasy of a coup. If ever there were a time for the National Guard to intervene, this would be it. Unlike the peaceful protests of the Black Lives Matter movement in the summer, when the wannabe dictator in the White House called for teargas and the Army to intervene, this is insurrection. Treason. And the maniac Tweeting behind his iron clad curtain should be immediately impeached and thrown in jail, if not worse.
The writing has been on the wall from the beginning of this presidency. Yet many of his supporters, including some white evangelic and conservative republicans who should have known better, were caught up in the national-

government to fix the system and rules that for the last several decades have led to porous borders and a massive debt. Half the citizens in this country want smaller government because the one we have is too inefficient.
Now, because of the events of last Wednesday, they will waste more time trying to impeach instead of working to fix the problems that have been decades in the making. All that will do is increase the divide and contribute to the next “mob.”
Oh, and by the standards of the reporting of the riots last summer, it should be called a ‘mostly peaceful protest,’ and the death of one of the ‘Capitol rioters’ should be called a death of ‘an unarmed protester.’ Again, using the standards of reporting last summer... the double standard of reporting is not lost on half the citizens of this country either.

TERESA MITUS
THOMPSON

ment “So let’s have trial by combat” and Trump Jr.’s “If you’re going to be the zero and not the hero, we’re coming for you” are evidence of this. Trump’s duplicitous nature was again demonstrated when he told the crowd that he would march with them down Pennsylvania Avenue to the Capitol building. That didn’t happen. It was just another lie and act of control to get his mob to respond to his manic self-interest. Unfortunately, he got what he wanted and enjoyed the view from safely afar, waiting until the pressure to call the insurgents down became too great to ignore. What more do we need to hear and witness to conclude that the president will do anything to satisfy his ego and need for power? What more do we need to recognize that these people are guilty of sedition and treason? We must hold them accountable for their crimes and show the world that this country and its law-abiding citizens will not tolerate these acts.
Five people lost their lives as a result of this insanity. Let us hope that no more will perish due to the reckless, criminal acts of these power-hungry, delusional individuals.

PATRICIA SUSLA
WOODSTOCK

months, was anyone surprised by the events of January 6th? Helmeted thugs scaling the walls around the Capitol. Congresspersons wearing gas masks cowering on the floor. Confederate flags paraded through the halls of Congress, surrounded by “Trump 2020” flags. Senator Josh Hawley’s raised fist. “Bigo” Barnett leaning back in a chair, feet on Nancy Pelosi’s desk: “I wrote her a nasty note, put my feet up on her desk, and scratched my ____.” A gallows and noose with the Capitol in the background. Associated Press video equipment battered by flagpoles. A gray-bearded man wearing a “Camp Auschwitz” T-shirt. Other T-shirts: “MAGA Civil War, Jan 6, 2021.” This was nothing less than an American Kristallnacht. It was a violent, hate-filled attack on the beating heart of our democracy.
A reminder, courtesy of Wikipedia: “A demagogue is a political leader in a democracy who gains popularity by arousing the common people against elites, especially through oratory that whips up the passions of crowds, appealing to emotion by scapegoating outgroups, exaggerating dangers to stoke

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The day that Congress quivered

To the Editor:
Does anybody remember the movie “The Day the Earth Stood Still?” Well, we recently witnessed “the day that Congress quivered.” Anyhow, my take on what happened follows, and it will no doubt be offensive to some.
I watched an ABC news segment called «Chaos at the Capitol,» where Congressman Paul Ruiz recalled his experience inside the Capitol’s chamber as those events unfolded. During the interview, he mentioned the time when they were told to plan to take cover. He said that at that point, the tension was high, everybody was on edge, people were tearful, nervous and fearing for their lives.
Mr. Ruiz also mentioned that during that time, some “finger-pointing” went on. Imagine that — members of our Congress finger-pointing, and is it any surprise that even in the face of fear, they managed to do what they are best at?
Further into the video, it showed a bunch of obviously frightened people wearing gas masks while others were cringing on the floor, hiding behind chairs. Another news article mentioned that “lawmakers hid under desks.” People say that Donald Trump is responsible for this, but please let me know who is responsible for the rioters

Unity through truth

To the Editor:
Most Americans want unity. But we will never have it as long as our systems distort the truth. Substantial numbers of Americans believe President Trump’s claim that the election was stolen from him. The majority believe the election was entirely legitimate. Who is right?
In small precincts throughout the country, Republican and Democratic citizens, in a balanced way, managed their local elections, and those results were certified all the way up through all levels of governments: 81.3 million votes for Biden versus 74.2 for Trump, 306 to 232 in the Electoral College. Trump contested the election in 60 cases and lost 59 of them, and his one win was for a technical reason. None of the claims of fraud has been proven to be true by real evidence. Large numbers of Trump supporters, like Attorney General Barr, have acknowledged the results.
So why do some people continue to believe that Trump won? It is partly because there is a fundamental cognitive flaw in all humans: we like to hear things that confirm our existing bias. We need to feel we are right. So, if I am already a Trump supporter and I hear claims for and against Trump, my brain tends to believe Trump and not his opponents. That process often overrules my attention to facts and reason.
There is another human need at play in this story: the need for power. That is clearly at work for Donald Trump, for many people who run for high office, and for those who barged into the

The cult has left a large stain

To the Editor:
The cult has left a very large stain. It is what will be remembered about this period of history.
What we all witnessed on Wednesday, Jan. 6, will live in the history of this country by leaving a big stain due to the cult leader.
Lies and more lies on top of a few more lies does eventually have and leave consequences. The fault lies, no pun intended, at the feet of the cult leader and his enablers. The followers just follow the Cult leader and those help spread the disinformation for the financial benefit of the Cult leader.
At first, all the lies about the election were done for a money grab to benefit Trump. The more you tell lies and

Accountability must come before unity

To the Editor:
I’m proud of my parents. Joseph Dlugosz and Rosemary Vrooman, one from Middletown, Conn. and the other from San Antonio, Texas, volunteered to serve our country in World War II, to sacrifice their youth and their safety, in order to rid the world of tyranny and fascism. They met during basic training at Fort Sam Houston in Texas, from wince my Dad was sent to serve in Europe, my Mom to the Pacific as a nurse in the Philippines, and on a hospital ship off the coast of Japan. Their roles may have been small, just two individuals in a global conflict, but they were both willing to offer their lives if necessary and were both changed by the atrocities they saw.
Dad and Mom corresponded during their service. After the war ended and they both returned home, Dad drove down to Texas for a visit and proposed. They would settle in Middletown and begin long careers in the Postal Service and medicine, welcoming my big sister and, quite a while later, me to the family. Dad was active in the community and the reserves, and was recruited by the Republican Party for

who burned down our cities in states run by spineless Democrats? (I’ll wait.)
I want it to be known that I do not agree with the actions of those who did this, but can I get away with quoting a certain member of our Congress and say that «some people did something?» But what «some people» did was give our self-serving, puppet members of Congress the shock of their lives and send them a definite wakeup call! I truly hope that while all of this madness was going on that the lot of them - especially Pelosi, Schumer and McConnell - soiled their pants, and now realize that they are not as high and mighty that they think they are!
Last week on the Jordan Levy Show, he referred to our Congress as «a bunch of whores that go where the money is,» and said that «their number one goal was to seek re-election» before serving the voters. Is there anybody out there that doesn’t know this by now? But yet, we keep re-electing them.
And so, you “whores,” maybe after this most humbling experience, you’ll now remember who it is that you are sworn to serve and you’ll actually start working together for a change?

ED DELUCA
NORTH GROSVENORDALE

Capitol. And power is fed with money. Money is streaming in to Trump and his supporting politicians as they rake in money from people who fervently believe that the election was stolen.
Money is what determines the content of our corporate media. The Murdoch family realized there was money to be made in feeding the confirmation biases of a conservative audience. But they recently began to lose money when they acknowledged Biden’s victory and when viewers turned to other channels like Newsmax. So Fox is now doing a U-turn, perpetuating viewers’ belief in Trump.
We sometimes measure our power by the power of people who look like us. If I am white and realize that my country is beginning to be shared with non-white people, I may feel that my power is threatened. Of course, the promise of America is that power to the people means power to all people. A true American knows that we have rights equally.
Realistically, people who believe President Trump’s lies about the election are unlikely to change their beliefs. Therefore, it is very important for the majority of Americans who do not believe the lies to speak up loudly to counter the loud insurrection at the Capitol.
Eventually, most people will acknowledge the truth. Only then will we have a stable unity.

JOCK MCCLELLAN
WOODSTOCK

proven false information in an echo chamber, the followers
believe it to be true. The longer they hear the lies more the intensity/hate grows. They should find those that did the carnage to the Capitol and arrest them and put them in jail, save some room for the Cult leader and RudyG, Don Jr., Cruz, Hawley and others who have fed the lie for their own benefit. What they have done just since the lawful election is criminal. States ratify the votes, courts ruled against them including the Supreme Court, it was time to move on. The cult leader cannot accept losing, like a baby, he has cried and whined about it to the

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local office. He declined and remained unaffiliated. He said he could never forget the memories of the folks he encountered in the late days of the war who fought on the other side. Most of them regretted putting the needs of a party and a dictator before their own ability to think clearly and critically.
My Mom named me, in part, for John Kennedy. She had great admiration for the men who were elected to our highest office, from FDR, Truman, Eisenhower, on to Kennedy and even Carter. As a kid, I remember watching the Watergate hearings and I started using the phrase I heard so often: “to the best of my recollection.” I received quite the lecture from Mom on the importance of honesty, clarity, and on how awful it was to break trust with folks who count on your good judgment. My Dad respected the Republican Party, and was hurt deeply by the bad faith of the Nixon administration. I assume it was largely their experience in the war that led Dad and Mom to always remind me to stand up to bullies and be on the lookout for those who choose ignorance and

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OBITUARIES

David E Dufault, 69

BALLOUVILLE- David E Dufault 69 of Ballouville passe= d away @ home on Dec 14th 2020. He was born on Feb 1st 1951. David is the son of the late Arthur Duffy and Ruth Dufault. He was the husband of Cheryl (Lussier) Dufault. They were married on April 7th of 1973.

David is Survived by his three children: Chad Dufault and his wife Danielle of Sterling, Sean Dufault and his husband David Miller of Ballouville, and daughter Danielle of Preston City.

David was predeceased by an Infant Daughter Jill.

He leaves his Twin Brother John of Rogers and his sister Patricia of Moosup.

He leaves his Precious and loving Granddaughter☐s Madison and Gracie of Sterling.

David Enlisted in the Marines where he served two years in the Vietnam War. After the Service David was Employed by American Standard, Johnson Corrugated and his last employer was Day Kimball Hospital where he worked in the Maintenance Dept. for 20 years. David was member of Saint Anne's Church in= Ballouville. He enjoyed Classic Cars and going to different swap meets. He also coached boys and girls Little League. David was a = former member of the Attawaugan Fire Dept. where he was the Fire Police Captain. David was very proud of Achieving his GED which he obtained in 1996. David was loved dearly by his fur baby kitty's Max and Millie.

A celebration of Life will be held = in the Spring

Marilyn Potvin

PLAINFIELD- Marilyn (Lannon) Potvin, a longtime Plainfield resident, died on December 30, 2020 at the William Backus Hospital in Norwich, CT. She had been a current resident of Norwichtown Rehabilitation and Care. Marilyn was born July 11, 1935 in Woonsocket, Rhode Island the daughter of the late John Allen Lannon and Doris McCoy Lannon. She is survived by two daughters, Denise Potvin, and Kerry Schreier, son Richard Potvin; three grandchildren, Anissa (James) Conner, Jillian Schreier, and

Stephen Schreier; two great grandsons; sisters Kathleen Berk and Maureen Lannon and many nieces, nephews and cousins. Marilyn grew up in Killingly, CT and was a 1953 graduate of Killingly High School. After raising her children, she worked for the State of Connecticut. Upon retiring she loved traveling in the U.S., Canada, and Ireland. Her family would like to extend a special thanks to Hospice, Backus Hospital nurses, Dr S. Rodrigues for their care and kindness in her final days. Donations in her memory may be made to St Andre Bessette Parish, 10 Railroad Ave, Plainfield, CT for the celebration of Masses. Funeral arrangements were private



Mary A. Bukowski, 85

WEBSTER - Mary A. (MacInnes) Bukowski, 85, died Thursday, December 31, 2020 in Webster Manor in the presence of her family.

She leaves 2 sons, Anthony J. Bukowski of Ellsworth, Maine and William J. Bukowski of Worcester; 2 daughters, Catherine M. Sweet and her husband Bryan of Woodstock, CT, and Elizabeth A. Jones of Webster; 9 grandchildren, Megan, Joel, Mason, Joseph, Sarah, Anne, Emily, Catherine and Peter; 8 great-grandchildren, Brooke, Julia, Brayden, Brynn, Logan, Nolan, Alexandria and Louis; a brother, Earl R. MacInnes, Jr. and his wife Dian of New Hartford, CT; a best friend, Diane Levenson of Manchester, CT; nieces and nephews.

She was born on February 14, 1935 in Medford and raised in Oxford, the daughter of Earl R. MacInnes, Sr. and Sarah (Chisholm) MacInnes. She lived in Webster most of her life and graduated from Saint Louis High School in 1953.

Mrs. Bukowski was a legal secretary for Ellis and Ellis Law Firm in Worcester for many years before retiring in 2000.

She was an active member of Saint Joseph Basilica and belonged to the Saint Joseph Women's Club, the Holy Rosary Sodality and the Sacred Heart Society. She was one of the founders of the Friends of Saint Joseph School. She enjoyed reading and traveling. She shared her retirement years with her grandchildren.

Her funeral will be held on Friday, January 15, 2021 from Scanlon Funeral Service, 38 East Main Street, with a Mass at 11:00 AM Saint Joseph Basilica, 53 Whitcomb Street. Visitation will be held from 9:00 to 10:30 AM in the funeral home, prior to the Mass. Burial will be at the convenience of the family in Warren Village Cemetery, Warren, VT. Donations in her name may be made to either St. Joseph Elementary School, 47 Whitcomb St., Webster, MA 01570 or to Hospice of Western & Central Mass, 1325 Springfield Street, Suite 12, Feeding Hills, MA 01030.

www.websterfunerals.com

David Allen Reynolds aka “Stovepipe”, 76

David Allen Reynolds aka “Stovepipe” of Thompson CT. passed away on January 3, 2021at the age of 76.

David was born in Putnam CT. to Allen “Sonny”and Minnie (Bennett) Reynolds on August 2, 1944.

He graduated from Tourtellotte Memorial High School in conjunction with Harvard H. Ellis Tech for Tool and Die in 1963. David joined the Connecticut National Guard in 1965 where he served for 6 years. He married the love of his life Kathryn (Burgess) on April 2, 1966 in Putnam CT.

David was a jack of all trades master of many. To those who knew him, there wasn't anything Dave couldn't fix.

He retired from American Optical where he was a Tool and Die maker, working his way up to Supervisor of the Tool room. Through the years he also worked at O'Leary Construction and Fort Hill Farm.

He joined Thompson Hill Fire Department in 1962 to serve his community and is a Life Member.

David also spent many years as the local Gunsmith and maker of the infamous “Reynolds Stoves”

“Big Dave” was a Father and Friend to many. He generously opened his home to anyone in need and was always will-



ing to lend a helping hand. He will be remembered and celebrated in the little things...a country song, the smell of gunpowder and metal, a dirty joke, a cold beer on a warm day (or a warm beer on a warm day)...but mostly he'll be remembered by looking to his sons & grandchildren. The best parts of David live on through his sons & grandchildren as they are his greatest legacy.

David is preceded in death by his Father Allen Reynolds, Mother Minnie(Bennett) Reynolds, Daughter Amy Reynolds and Sister Judy (Reynolds) Bousquette.

David is survived by his wife of 54 years Kathryn, son Scott Reynolds and wife Dawn of Thompson, son Michael Reynolds and wife Jennifer of Woodstock, Son Nathan Reynolds and wife Jennifer of North Carolina, son Matthew Reynolds and wife Crickett of Thompson, Brother Warren Reynolds of Thompson, sister Laura Reynolds of Thompson.He also leaves his grandchildren: Christopher Haach, Corey Reynolds, Thomas Reynolds, Kathryn Woodhouse, Tyler Rulli, James Hebert, Eric Ramsey, Kora Mae Reynolds and Gunner Reynolds as well as 6 Great-Grandchildren

Dave also leaves his nephews Jody Reynolds and Robby Bousquette and his niece Mary Cotnoir.

The Reynolds Family would like to send a special Thank You to Dr. Sullivan, The Day Kimball Hospice & Palliative Care Nurses, as well as The DKH Home Makers.

A Celebration of his life will be coordinated by the family in the warmer weather with details to follow.

Norma A. Jordan, 92

PUTNAM – Norma A. (Beliveau) Jordan, 92, of Perry St., passed away on Thursday, January 7, 2021 at Apple Rehabilitation Center in Uncasville, CT.

She was the beloved wife of 40 years to the late Raymond H. Jordan. Born in Coventry, RI, she was the daughter of the late Peter and Blanche (Truchon) Beliveau.

Norma was a visiting CNA and home maker who enjoyed cooking, caring for her family, crocheting, western genre films and gardening.

She is best described by her late grandson, Brian R. Kallio who wrote; “You're the center piece of our family, the gravity that holds us down; you make everyday a holiday, just by being



around. Your family is your world, the backbone to your life; a mother and grandmother, an inspiration in our life.”

Norma is survived by her daughters, Cynthia Peterson of Putnam, Sandra Kallio of Putnam, Susan Jordan of Clairmont NH, and son, Peter Jordan of Putnam. She was predeceased by all of her siblings. She has nine grandchildren, Meaghan Plaza, Brian Kallio, Brittany Kallio, Raymond Jordan, Ashley Jordan, Lori, Rebecca, Justin and Jennifer and two great-grandchildren, Chase David Plaza and Skyla Marie Paquette.

Norma's funeral arrangements are private and have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St., Putnam. For memorial guestbook visit [www. GilmanAndValade.com](http://www.GilmanAndValade.com).

Rita R. Spraske, 77

Rita R. Spraske, 77, of Killingly passed away peacefully December 17, 2020. She was born November 15, 1943 daughter of the late Raymond and Eldora (Rainey) Verreanault. Rita attended schools in Killingly and worked at her father's gas station Ray's Texaco in Attawaugan. After her marriage to Walter, she worked for 20 years at the American Optical Co. in Putnam and in Southbridge. In 1983 she began a career at Frito-Lay Co. in Dayville from which she retired in 2005. Always the live-wire Rita enjoyed auto racing and fishing. Unable to stay in one place for long Rita kept moving the boat in pursuit of the best spot. In the 60's and 70's her favorite driver was Richard Petty, and she bought a Plymouth Road Runner in 1968 to prove her allegiance

to the Mopar family. Later in life she became a Patriots fan and proudly wore her Vince Wilfork jersey. She is survived by her son Ronald A. Spraske and his wife Michelle of Petersham MA. Her daughter Barbara Duhamel of Danielson and son and care-giver Norman A. Spraske of Killingly. Rita had 5 grandchildren and 5 great-grandchildren. She was pre-deceased by her husband of 57 years Walter A. Spraske on September 17, 2017. Rita was a loving wife, mother, grandmother and great-grandmother. She will be greatly missed by her friends and family. Due to current conditions in our world the family is going to postpone her services until we can be together to celebrate a life well lived. tillinghastfh.com

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GOOD



NEWS

OBITUARIES

George Randolph Daggett, 71

POMFRET— George Randolph “Randy” Daggett, 71, of Fay Road, died on December 30, 2020 at home after a brief illness. Born in Patterson, New Jersey, he was the son of the late George Randolph Daggett, Sr. and Fern (Lewis) Daggett. After his mother’s untimely death when he was a teenager, Randy moved to Webster, Massachusetts to live with his uncle and aunt John and Evelyn Lewis and their family. He graduated from Bartlett High School, where he played varsity basketball and football and sang in the choir.



Randy wed Judith St. Germain in 1969, and soon afterwards they welcomed first a son Christopher and one year later, a daughter Dawn. While supporting his young family with multiple jobs, Randy attended Worcester Junior College before earning bachelor’s degrees in management and secondary education from Nichols College in 1973.

Randy travelled throughout Massachusetts as an account executive for Hallmark Cards from 1977 until 1987 when he purchased Dowe’s Hallmark on Main Street in Danielson. He was a leader in the local business community, where he sold greeting cards, gifts, baseball cards, candy, newspapers and magazines, greeting residents daily with a smile, a piece of news, a joke or a retort until 2004.

After moving to Connecticut, Randy found his true calling as a first responder, serving first as a volunteer fire fighter for the Danielson Fire Department and later South Killingly and Pomfret Fire Departments. He became certified as an E.M.T. and was a member of the Board of Directors of K.B. Ambulance Corps for seven years before being hired as the Administrator and Chief of Service in 2004. Randy was famous for his ability to stretch a dollar. During his tenure as Chief, he grew the non-profit from a small, volunteer operation with just two ambulances, into a thriving, essential service provider with 26 paid staff and 28 volunteers, that responds to more than 5,000 emergency calls every year for Killingly, Pomfret, Hampton, and Eastford. Since 2018, K.B. paramedics have also annually provided Advanced Life Support to thousands

of additional residents of seven towns in the “Quiet Corner.”

One job was never enough for Randy; he always had at least two, a tradition that began in his youth when he held two newspaper delivery routes. In addition to serving the community as a first responder, Randy was a fixture in his adopted hometown of Pomfret. As a part-time member of the Pomfret Parks and Recreation and Public Works staff for than 10 years, he tended to the town’s green spaces atop a tractor on hot summer days and plowed miles of town roads through snowy winter nights.

Randy is survived by his son Christopher and his wife Shannon of Webster; daughter Dawn and her partner Angela Boone, of Cheverly, Maryland; and grandson Benjamin Daggett, also of Webster. He leaves behind his lifelong friends and fellow Nobles, including his cousin James Lewis, Peter Bolduc and Jay Lamy, and Stanley Ciesla, who remained a trusted and stalwart friend until the end of his life.

Randy is remembered for his dry wit and love of a good joke, especially if it was making fun of his family,

friends, co-workers, or politicians. He is also remembered as a tireless worker and a firm leader with a kind heart who through his professional and volunteer service saved many lives, and privately helped countless other people in need. He also leaves behind his beloved family of dedicated staff and volunteer E.M.T.s and paramedics of K. B. Ambulance Corps, many of whom he trained, mentored and nurtured, who will continue his legacy of service and care by responding every day to people in crisis in the Quiet Corner.

To protect the health and safety of the community, Randy requested that no services be held at this time. Please check www.facebook.com/KB.Ambulance/ for details of a safe, socially distant memorial parade in late January. In lieu of flowers, please consider contributing in memory of George “Randy” Daggett to K.B. Ambulance Corps, P.O. Box 209, Danielson, CT, 06239

Arrangements have been entrusted to the Gilman Funeral Home & Crematory. For memorial guestbook visit www.GilmanAndValade.com.

Learn more about the effects of pandemics

Much of the globe was introduced to an assortment of new terms throughout 2020. Phrases like “social distancing” or “flatten the curve” were commonly used, but these were all preceded by the utterance of the word “pandemic.”

What is a pandemic?
The World Health Organization defines a pandemic as a “worldwide spread of a new disease.” The word pandemic comes from the Greek words “pan” (meaning “all”) and “demos” (“people”). When a new disease emerges, most people lack the natural immunity to fight off illness, so the disease can spread rapidly between communities — and eventually around the world.

A pandemic differs from an epidemic in that an epidemic is the spread of disease in a community or region over a specific amount of time. Epidemics often grow into pandemics.

Facts and figures about pandemics
According to HealthCareers.com, the most lethal pandemics in history were the Spanish flu of 1918 and the Black Death. The Spanish flu lasted two years and claimed 50 million lives, according to the United States National Archives. In the 14th century, a bubonic plague pandemic referred to as “The Black



Death” caused the deaths of between 75 and 200 million people over a period of five years. In comparison, as of October 2020, more than 1.1 million people have died of the COVID-19 disease

worldwide, according to NBC News and Johns Hopkins University Coronavirus Resource Center. Prior to COVID-19, the most recent pandemics occurred with the outbreak of the Hong Kong flu

in 1968-69, the H1N1 Swine flu of 2009-2010, and the Ebola outbreak of 2014-2016. The WHO says that most viral pandemics have been caused by influenza viruses.

Addressing pandemics
The National Center for Biotechnology Information indicates that globalization increases the probability of a pandemic. Urbanization, travel, trade, and human-animal interaction all lead to elevated pandemic risk. However, thanks to the science of epidemiology and the development of new medicines and therapies, professionals have helped to reduce death rates due to pandemics.

Health experts say one of the most efficient measures to help reduce the risk of pandemic infection is the simplest — the practice of social distancing. The Centers for Disease Control and Prevention says social distancing means keeping a safe distance between oneself and others who are not from the same household. Many diseases spread among people who are in close contact (within about six feet) for prolonged periods.

Global pandemics are nothing new, but the public still needs to be vigilant and do their part to help reduce the spread of infectious diseases.

LEGALS

NOTICE TO CREDITORS

ESTATE OF Rene L Ferland, Sr. (20-00411) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated, January S, 202, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:
Helen R Ferland
clo THERESA IMPERATO MADONNA, LAW OFFICE OF THERESA I. MADONNA, LLC, 110 MAIN STREET, JEWETT CITY, CT 06351
January 15, 2021

TOWN OF THOMPSON

On January 4, 2021 the following wetlands agent approval was issued: Application # WAA20009 approved with conditions, Hallet T. Merrick, III, 0 Plum Road (Assessor’s Map 85, Block 51, Lot 12) - Construction of a new single family home and septic system in the 100-foot upland review.
Marla Butts, Wetlands Agent
January 15, 2021

TOWN OF WOODSTOCK

On January 5, 2021, Woodstock Inland Wetlands Agent granted wetlands approval for application #01-21-03 – Dave

& Monica Pietrowski, 230 Coatney Hill Road – 16x24 shed in upland review area. On January 7, 2021, Woodstock Inland Wetlands Agent granted wetlands approval for application #01-21-04 – Matt & Melissa Gantias, 41 Deer Meadow Lane – inground pool installation in upland review area.
January 15, 2021

NOTICE TO CREDITORS

ESTATE OF Janice A Ducharme (20-00414) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated, January 6, 2021 ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:
Jody T Johnson
c/o NICHOLAS A LONGO, BACHAND, LONGO&. HIGGINS- 168 MAIN ST., P.O. BOX 528, PUTNAM, CT06260
January 15, 2021

NOTICE TO CREDITORS

ESTATE OF Joseph Paul Drobot, AKA Joseph P Drobot (20-00425) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated, December 30, 2020 ordered that all claims must be

presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:
Geraldine Drobot, 27 Meadow Drive, Thompson, CT 06277
January 15, 2021

NOTICE TO CREDITORS

ESTATE OF Roger Herriman (20-00415) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated, January 5, 2021 ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:
Carol Sue Mac Williams
c/o ALAN SCOTT HERMAN, LAW OFFICE OF ALAN SCOTT HERMAN, 16 SO. MAIN STREET, P. O. BOX 663, PUTNAM, CT 06260
January 15, 2021

NOTICE TO CREDITORS

ESTATE OF Barbara A Koza (20-00405) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated, January 4, 2021 ordered that all

claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Brenda Duquette, Clerk

The fiduciary is:
ALYSON R ALEMAN, BORNER SMITH ALEMAN HERZOG & CERRONE, LLC, 155 PROVIDENCE STREET, PO BOX 166, PUTNAM, CT 06260
January 15, 2021

NOTICE TO CREDITORS

ESTATE OF Tracy L. Sormanti (20-00432) The Hon. Leah P. Schad, Judge of the Court of Probate, District of Northeast probate Court, by decree dated, December 30, 2020 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.

Alysia Casiano, Clerk

The fiduciary is:
Dennis Brolin,
c/o EDWIN C HIGGINS (attorney for Dennis Brolin), BACHAND, LONGO & HIGGINS, HIGGINS - 168 MAIN ST., PO. BOX 528, PUTNAM, CT 06260, (860)928-6549.
January 15, 2021



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DLUGOSZ

continued from page A9

craven loyalty over truth, whatever the context. Not always an easy lesson to follow or even understand when you're a kid. My parents are long passed, but over the past four years--and especially in recent days--I have thought of them often. What would they think were they alive to see the desecration of our highest office by an abomination who can be called, at best, a grifter? What would they think of American communities infested with folks who put the needs of a party and a would-be dictator before their own ability to think clearly and critically? Their generation sacrificed and lost so much. Now, we have witnessed the head of our Executive branch and his Republican cronies incite a group of armed supporters to attack the Legislative branch and march the flag of treason through our Capitol's halls. It is beyond reason that good souls can defend those who attacked the Capitol, or those who instigated the attack. It is beyond reason that decent American citizens will stay in a Republican party whose leadership continues to foist The Big Lie on America, claiming that an election that has been certified and survived dozens of baseless challenges is somehow still not legitimate simply because it does not match

CASSETTARI

continued from page A9

point of neglecting his duties as president, last time i checked there is a pandemic raging that could use his attention. He has checked out of that months ago. The cult followers who had been given the Kool Aid for the months leading up to the rally and drank it without reservation stormed the Capitol. It was not Antifa or members of BLM, that lie is being spun out now by the Cult and his enablers like Fox news. Some people will never learn. If the marchers were BLM members do you think the National Guard and who knows

their petty desires. Not only those who desecrated the people's house, but the selfish officials who betrayed our country and incited violence against our democracy need to be condemned in the clearest fashion by all who consider themselves Americans. Long ago, Mom and Dad taught me that words matter, and that we can, and should, be held accountable for our actions. Unity is lovely, but is it to be the reward for treason? The roots of evil we are now encountering in America go deep, and are present in communities like Woodstock. My children were taught to be proud that Woodstock played an important role in the founding of the party of abolition. How tragic that at this moment in history, it is the Republican Party that is on the side of tyranny. Is there a line that cannot be crossed lest our country be lost? I feel we have found it. I ask all elected officials in Woodstock who are members of the Republican party to denounce the behavior of their group, and to leave what is a now-seditious organization. For those who refuse, I ask that they resign from their office immediately. I ask elected officials on our boards, be they Democratic or unaffiliated, to question in public whether their Republican colleagues serve the people of Woodstock or the desires of their party. There is no special "Woodstock

the military would have been their defending that threat. Will leave that for another day. Where the Capitol Police were taken by surprise, with all that was going on in social media by many including the cult leader about plans for that day, they should not have been. The readiness may have depended on who was marching. We should now worry or concern ourselves with preparing for the inauguration and preventing a repeat performance. The cult leader will not be there. yeah, but my guess he will have some sort of alternative TV production going on at the same time. We know where Fox will

Republican" apart from the state or national party. As members of a group responsible for putting in office a chief executive who has attempted to overthrow our democracy, it is hard to see Republicans who remain in their party as anything but a clear danger to our town, our state, and our country. Yes, we are better than this, but we can have unity after we have accountability. My parents were so very proud of America. My Dad was a first-generation American, the firstborn of his parents who settled in Connecticut after fleeing a repressive regime in eastern Europe. Mom's family traced its roots to early Dutch settlers in what would become New York. I hope that my children can have such pride in their country. Not the pride of nationalism, not shallow loyalty to an authoritarian strong man, or some prideful ignorance based on the fear of a perceived "other," but pride that we are a nation where intelligence, courage, and compassion are the cornerstones of our freedom. My parents volunteered to serve to protect this freedom. I fear we have waited too long to take on this responsibility ourselves, right here at home. We let a small-brained dictator wrap himself in our flag and settle in the White House. It's time to grow up and think.

JOHN DLUGOSZ
EAST WOODSTOCK

be. We all should wish Godspeed and Hope that the 46th president can bring this country together. He is going to need it. The cult leader is not going to go away quietly. Maybe he and his enablers can go to jail and spend time in cages like they put kids into and see what it feels like. You can try to wash your hands of this CULT leader but the stain of this will live with you, if you have conscience and a sense of morality. A disgusting four years of him is over. Thank God for that.

DAVID CASSETTARI
KILLINGLY

DUFRESNE

continued from page A9

States of America and demand that the founding pillar of democracy, free elections, be overturned. Yet for four years, impotent republicans and the state propaganda of Fox "news" have allowed Trump to continue his Hitler-like rhetoric while systematically eroding the democratic principles and rule of law on which this country has stood. Shame on you America! However, it's all too convenient to blame Trump and his regime. As history has always revealed, dictators and fascism don't just happen out of the blue. The people have brought it upon themselves. Fascists and extremists sup upon ignorance and unrest driven by conspiracy theories and the cultivation of culture wars husbanded by the likes of Alex Jones and Rosh Limbaugh. If you have succumbed to the opiate stupor of right-wing conspiracy rhetoric, you have been deliberately duped by those who would rather foster fascist corporatism than nurture democracy. I have seen and heard enough foolishness perpetuated on social media to know that America is in deep trouble. Our canyon-like partisanship has been deliberately manipulated by those who would rather divide us than unite. I've listened to raving maniacs fret about California being a communist state or

DAY

continued from page A9

fears, lying for emotional effect, or other rhetoric that tends to drown out reasoned deliberation and encourage fanatical popularity. Demagogues overturn established norms of political conduct, or promise or threaten to do so...Many demagogues elected to high executive office have unraveled constitutional limits on executive power and tried to convert their democracy into a dictatorship, sometimes success-

that Biden will somehow put heads on pikes as Pol Pot did in Cambodia. During the primaries, the rhetoric was that the democrats were socialists (Thanks to Fox propaganda), and that we will be paying 70 percent in taxes. A local proprietor bent my ear during the summer about how Black Lives Matter was taking over Willimantic and that they are run by Antifa. Such crazy, dumb-ass, fearmongering can only happen within an atmosphere of ignorance. Jefferson was right in suggesting that democracy cannot function without literacy and education. It is appalling that most Americans can't tell the difference between democracy, socialism, communism, and fascism. I taught my fifth graders that lesson back in the '90's, for God's sake! But alas, that was when we were "allowed" to teach civics and American History (and, God forbid, science) before high stakes testing eroded and stupefied public America. After all, one of the goals of public education used to be to teach citizenry, and we have spent decades testing and collecting data rather than teaching. Now the jury is out and it goes to show that we have reaped what we have sown. By not teaching citizenry and citizenship, we are now harvesting ignorance. God help America.

DONNA DUFRESNE
POMFRET

fully." There can be absolutely no doubt about the true meaning and danger of Trumpism. Likewise, there should be no illusions about the cowardice of its enabler, the Republican Party. All Americans who care about the future of our country need to make it absolutely clear that we will not stand for lies, demagoguery, and violence. This was a shameful episode in our nation's history which should be condemned by all.

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The many ways walking benefits your body

Life changed dramatically in 2020. When the World Health Organization declared a COVID-19 pandemic in March 2020, hundreds of millions of people across the globe were forced to change how they go about their daily lives, including how they exercise.

Health-conscious adults accustomed to exercising at local gyms had to find new ways to exercise in the wake of the pandemic. Many gyms were forced to close in areas hit hard by COVID-19, and that left many people without access to fitness equipment like weights and cardiovascular machines. Resilient men and women soon found ways to exercise, and many of them embraced walking.

Though walking might not provide the same level of intensity that fitness enthusiasts are accustomed to, the Arthritis Foundation® notes the various ways walking benefits the body.

- Walking protects against heart disease and stroke. Walking strengthens the heart and protects it against heart disease. The AF also notes that walking lowers blood pressure. In fact, post-menopausal women who walk just one to two miles per day can lower their blood pressure by nearly 11 points in 24 weeks, while women who walk for 30 minutes a day can reduce their risk of stroke by 20 percent.

- Walking strengthens the bones.

New York-based Plancher Orthopedics and Sports Medicine notes that walking can stop the loss of bone mass for people with osteoporosis. In addition, post-menopausal women who incorporate 30 minutes of walking into their daily fitness regimens can reduce their risk of hip fractures by 40 percent.

- Walking can extend your life. The AF notes that one study linked walking to longer life expectancy, finding that people who exercise regularly in their fifties and sixties were 35 percent less likely to die over the next eight years than people who never walked.

- Walking can improve mood. One study from researchers at California State University, Long Beach, found that the more steps people taking during the day, the better their moods were.

- Walking can lower risk for cognitive decline. Walking also has been linked to a lower risk for age-related cognitive decline. A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease compared to men who walked less. In addition, a study from researchers at the University of California, San Francisco, found that age-related memory decline was lower among women ages 65 and older who walked 2.5 miles per day than



it was among women who walked less than half a mile per week.

Foot traffic increased as people were forced to find new ways to exercise during the COVID-19 pandemic. Walking is a great way to stay in shape and even provides some lesser known benefits for people who walk each day.

- Walking can lower risk for cognitive

decline. Walking also has been linked to a lower risk for age-related cognitive decline. A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease compared to men who walked less.

Factors that may affect your eligibility to donate blood



Blood donations are vital to many people's survival. Whether someone has lost blood after a car accident or as the result of a chronic disease, without the selfless decision by millions of blood donors to donate blood, people in need may not be able to overcome their injuries and illnesses.

The H. Lee Moffitt Cancer Center & Research Institute notes that it conducted 15,699 red blood cell transfusions and 11,621 platelet transfusions in 2019. Cancer patients may need transfusions for a variety of reasons. Some may have lost a significant amount of blood during surgery, while others may experience a low blood count due to their treatments. Cancers in the blood and bone marrow do not allow the body to produce normal blood-making cells, thereby creating the need for transfusions.

Prospective donors recognize the need for blood, which may be even greater as a result of the COVID-19 pandemic. Though the Centers for Disease Control and Prevention note that it's safe to

donate blood during the pandemic, social distancing guidelines and nervousness about donating adversely affected the blood supply in the United States and other nations in 2020. However, the American Red Cross notes that only a handful of factors may affect prospective donors' eligibility to donate blood.

Cold, flu and other illnesses

The Red Cross urges prospective donors to wait to donate blood if they:

- have a fever or a productive cough (one that brings up phlegm)
- do not feel well on the day of their scheduled donation

Donors also are urged to wait to donate until they have completed antibiotic treatment for sinus, throat or lung infections.

Additional requirements regarding donors' height and weight as well as donation intervals can be found at www.redcrossblood.org.

Medications

The Red Cross says that most medications will not disqualify

prospective donors from being able to donate. However, the Red Cross also notes that some medications may require a waiting period after patients take their final dose before they are eligible to donate. Donors can contact their local blood donation center as well as their physicians to determine if any medications they're currently taking or have taken recently will affect their eligibility to donate.

Low iron

Some donors are ineligible to donate because of low iron. Donation center staff conduct screening tests to measure the amount of hemoglobin present in potential donors' blood. Hemoglobin is a protein in the body that contains iron and carries oxygen to the tissues in the body. If the hemoglobin count is too low, donors will be asked to wait to donate. The body needs iron to make new red blood cells and can help to replace those lost through blood donations. Thankfully, donors whose hemoglobin levels are low can take steps, such as eating foods that are rich in iron, to improve their hemoglobin levels so they can donate blood in the future.

Travel

Potential donors may be ineligible to donate blood if they lived in or traveled to a malaria-risk country in the past three years. Travel destinations will be reviewed at the time of donation, so donors should be ready to answer questions about their travels during their donation appointment.

Donating blood saves lives. To ensure the safety of donors and donation recipients, prospective donors may need to wait to donate until they meet certain eligibility requirements.



Learn to steep tea for ideal flavor



Tea is an ancient beverage enjoyed for millenia. It is derived from the leaves of a plant called *camellia sinensis*. One theory regarding the origins of tea suggests it was accidentally discovered in China when tea leaves from a wild tree blew into Emperor Shen Nung's pot of boiling water in 2732 B.C. and he drank the brew.

The tea information site Tea How says tea is the second most consumed beverage on the planet behind water. People throughout much of the Middle East and Asia have been drinking tea as a key component of their cultures for thousands of years. The Dutch East India Company first introduced tea to western countries, but tea remains more integral to eastern cultures than it is in the western hemisphere.

Cultures have embraced different ways of brewing and serving tea. For example, English afternoon tea is a tradition in Great Britain and is served between 3 p.m. and 6 p.m. If it is served any later than that, it is called "high tea" and more substantial food should be offered with the beverage. Butter tea is a popular tea in Tibet that is made using black tea, salt and yak butter. Some Japanese enjoy genmaicha, which is roasted brown rice and green tea mixed together.

All tea starts with water

and tea leaves. How tea is steeped can affect how the finished product tastes. The Republic of Tea, a company that offers more than 300 premium teas, says that fine tea should be steeped with care. Here are some steps to follow.

- Start with fresh water, preferably filtered, spring or bottled.
- Fill a tea kettle with cold water and heat to a rolling boil for black teas. If making green or 100 percent white tea, stop just short of boiling to avoid "cooking" the delicate tea leaves.
- Use roughly one teaspoon of tea leaves per six-ounce cup. Six ounces is the size of a traditional tea cup. Coffee mugs tend to be larger than six ounces.
- If using full loose tea, place tea in an infuser into a teapot or cup; otherwise, you will later need to strain tea leaves if loose leaves are placed directly in the vessel.
- Pour the heated water from the kettle over the tea leaves. Cover and allow to steep to taste. Black tea should be steeped for three to five minutes. The time required to steep tea may change depending on the tea variety. Do not over-infuse or the tea may taste bitter.

Tea is one of the most popular beverages in the world. Learning how to brew a perfect cup can make tea even more enjoyable.



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A man with dark hair, wearing a dark suit, white shirt, and a blue and white striped tie. He is looking directly at the camera. A US \$10 bill is held over his mouth, with the words "Talk Is Cheap." printed in a large, bold, white font across it. The background is a solid dark grey.

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