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Local students graduate from Eastern Connecticut State University

WILLIMANTIC — Hundreds of students graduated from Eastern Connecticut State University this spring 2020 semester. The University’s 130th annual Commencement Exercises occurred via YouTube on May 19 amid the COVID-19 pandemic on the same day the University had planned to hold its graduation ceremony at Hartford’s XL Center.

Among the graduates are:
Connor Corvello of Brooklyn, who graduated with a Bachelor of Arts in Art.
Jason Beauregard of Danielson, who graduated with a Bachelor of Arts in Criminology.
James Christopher of Brooklyn, who graduated Magna Cum Laude with a Bachelor of Arts in English.
Mia D’Amico of Brooklyn, who graduated Summa Cum Laude with a Bachelor of Arts in English.
Abigail Murren of Woodstock Valley, who graduated with a Bachelor of Arts in English.
Analia Correa of Danielson, who graduated Cum Laude with a Bachelor of Arts in Spanish.
Jennifer Beams of Woodstock Valley, who graduated with a Bachelor of General Studies in Professional Studies.
Katrina Zannini of Danielson, who graduated with a Bachelor of General Studies in Visual Arts.
Margalit Kaufman of Woodstock Valley, who graduated Cum Laude with a Bachelor of Science in Biology.
Mikko Koivisto of Brooklyn, who graduated Magna Cum Laude with a Bachelor of Science in Biology.
Cameron Schultz of Brooklyn, who graduated with a Bachelor of Science in Communication.
Timothy Matson of Brooklyn, who graduated Summa Cum Laude with a Bachelor of Science in Computer Science.
Samuel Skene of Brooklyn, who graduated with a Bachelor of Science in Computer Science.

Breanna Linnell of Danielson, who graduated with a Bachelor of Science in Labor Relations & Human Resource Management.
Chace Wood of Danielson, who graduated with a Bachelor of Science in Physical Education.
Ethan Berriault of Putnam, who graduated Cum Laude with a Bachelor of Arts in History.
Kaitlin Fafard of Putnam, who graduated Cum Laude with a Bachelor of Arts in Liberal Studies.
Mitchell Cristofori of Putnam, who graduated with a Bachelor of Science in Biology.
Ashley Lafortune of Putnam, who graduated with a Bachelor of Science in Psychology.
Sarah Langlois of Quinebaug, who graduated with a Bachelor of Science in Psychology.
Amanda Jarmolowicz of North Grosvenordale, who graduated with a Bachelor of Arts in Art.
Nickolas Graham of North Grosvenordale, who graduated with a Bachelor of Science in Business Administration.
Sarah Langlois of Quinebaug, who graduated with a Bachelor of Science in Psychology.
Joslyn Tellier of North Grosvenordale, who graduated Magna Cum Laude with a Bachelor of Science in Psychology.
The Class of 2020 was addressed via YouTube by Commencement speaker Mark Boxer, former executive vice president and chief information officer of Cigna. Boxer joined Eastern President Elsa Nunez and other university officials as well as Senior Class Vice President Emily Kerfoot on the same day the University had originally planned to hold its graduation ceremony at Hartford’s XL Center.
Boxer extolled the value of higher education, recounting his own journey and telling the graduates, “The knowledge

you gained here at Eastern is the fuel that will propel you to make a truly meaningful impact.”
Calling his college education “the right choice,” Boxer said, “It became the springboard for everything good in my life - personally and professionally.” He urged the graduates to continue their quest for knowledge, noting that he had continued learning in some educational setting each year since he first graduated from college more than three decades ago.
In her charge to the graduates, President Nunez said, “Since you arrived four years ago for summer orientation, the faculty and I have been telling you that the liberal arts skills you learn at Eastern will serve you well throughout your careers and your personal lives.”
She cited critical thinking, professional communications, ethics, collaboration as competencies highly sought by U.S. employers. “Those same skills are critically needed today as we seek to get beyond COVID-19. I know each of you has the skills and the courage to find your place in this new world, where you will keep your head on your shoulders, keep your chin up, and make a unique contribution to society . . . Go forth now with confidence, compassion, and commitment. Come back and visit us when it is safe to do so. In the meantime, let us know if we can help you in any way. God Speed!”
Senior Class Vice President Kerfoot gave President Nunez the class gift, a check to establish a scholarship in the name of the Class of 2020. Kerfoot told her classmates, “As you sit with your family at home, watching this commencement, tell yourself you did it. You made it. Through all the challenges you have faced, you can be proud to be an Eastern alumnus. Be proud that you will go on in life knowing that you are going to accomplish such amazing things.
“It was a challenge, and the Class of

2020 met that challenge with courage and determination. We learned we are capable of more than we might have realized. Resilience - the ability to survive and thrive during adversity - is something we all can be proud of. As the famous physicist Albert Einstein once said, ‘It’s not that I’m so smart, it’s just that I stay with problems longer.’ Let’s stick to it, Class of 2020!”
More than 40 percent of the Class of 2020 are the first in their families to earn a bachelor’s degree. Approximately 90 percent of Eastern students are from 162 of the state’s 169 towns, with more than 80 percent of graduates staying in Connecticut to launch their careers, contribute to their communities and raise their families. The University also draws students from 34 other states and 19 countries.
This year’s event was videotaped in Eastern’s otherwise empty Concert Hall in the Fine Arts Instructional Center, with each speaker taping their remarks separately in keeping with safety guidelines. Even as a virtual event, the graduation ceremony maintained an atmosphere of grace and dignity, with the stage a replica of the one used at the XL Center and “Pomp and Circumstance” and “America the Beautiful” played during the proceedings. At the end of the formal program, graduates watched as their names scrolled on the screen, sharing the celebration safely at home with their families.
Prior to Commencement, the university sent each graduate their diploma cover, two copies of the evening’s program, and their mortarboard and tassel to make their family’s festivities more complete.
People unable to view the graduation ceremony on May 19 may still watch it by visiting www.youtube.com/EasternConnecticutStateUniversityVideo.

Hannah Trudo of Pomfret Center earns degree from Springfield College

SPRINGFIELD, Mass. — Hannah Trudo of Pomfret Center has earned a Master of Science degree in Art Therapy Counseling from Springfield College for studies completed in 2020.
Springfield College saluted the Class of 2020 with an official Class of 2020 web page that included a special message from Springfield College President Mary-Beth Cooper.
On the Class of 2020 page, individuals can submit a message to the Class of 2020, Class of 2020 members can submit a short video highlighting their experiences at the college, viewers can take a look back at some events that welcomed the Class of

2020 to the campus, individuals can view recaps of the virtual senior week events, and viewers can find all the names of the Class of 2020 graduates.
Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanities philosophy - educating in spirit, mind, and body for leadership in service to others.

Nichols College congratulates local graduates

DUDLEY, Mass. — Nichols College graduated more than 300 students this spring. Virtual celebrations were held for both undergraduate and graduate recipients on May 2, with an in person commencement ceremony promised for a date to be determined.
Alexis Lapointe of Brooklyn receives Bachelor of Science in Business Administration degree with a major in Accounting.
Benjamin Carbone of Brooklyn receives Bachelor of Science in Business Administration degree with a major in Economics.
Cara Mayhew of Brooklyn receives Bachelor of Science in Business Administration degree with a major in Hospitality Management.
Zachary Goulette of Quinebaug receives Associate in Business Administration degree with a major in Business.
Grace Deneault of Thompson receives Bachelor of Science in Business Administration degree with a major in Finance.
David Dalpe of Thompson receives Bachelor of Science in Business Administration degree with a major in Marketing.
Julianne Brissette of Thompson receives Bachelor of Science in Business Administration degree with a major in Sports Management.
Jason Walker of North Grosvenordale receives Bachelor of Science in Business Administration degree with a major in Sports Management.
Emily Faist of Woodstock receives Bachelor of Science in Business Administration degree with a major in Accounting.
John Fox of Woodstock receives Bachelor of Science in Business Administration degree with a major in Finance.
Zachary Enderle of Woodstock receives Bachelor of


Science in Business Administration degree with a major in General Business.
About Nichols College
Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow’s leaders. Nichols also offers master’s degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today’s professionals.

VILLAGER ALMANAC

At CT Audubon

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of June 29: Wood Duck, Brown Creeper, American Kestrel, Black Vulture, Prairie Warbler, Yellow Warbler, Yellow-bellied Sapsucker, Wood Thrush, Chestnut-sided Warbler, American Redstart, Scarlet Tanager, Indigo Bunting, Orchard Oriole, Common Yellowthroat, Eastern Towhee, Veery, Yellow-throated Vireo. Visit ctaudubon.org/pomfret-home

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Woodstock man named first VP of Operations at Fuss & O’Neill

MANCHESTER — Civil and environmental engineering firm Fuss & O’Neill has named its first Executive Vice President of Operations, John Chambers, PG, LSP.

Chambers, a resident of Woodstock, has been with the company for more than 20 years, holding positions including Community Development Practice Team Leader, Environmental Practice Team Leader, and, most recently, Central Region Manager.



John Chambers

The role of Executive Vice President of Operations was created in response to the firm’s growth in recent years. Acquisitions and diversity of services have progressed to create a company of more than 330 employees throughout all six New England states and California. In his new role, Chambers will improve coordination and cohesion among regions, create opportunities for internal career advancement, and lead acquisitive growth initiatives.

Chambers welcomes this new challenge, noting “The thing I’ve always liked most about my job is working with people. This new position allows me to work with even more of our employees and clients and create positive change. I’m excited to listen to new perspectives and to implement strategies to make us a more streamlined, efficient, and productive firm.”

The position of Executive Vice

President of Operations reports directly to the CEO, Kevin Grigg, PE.

Grigg is looking forward to John’s expanding role, stating “John knows this company. He knows our philosophy, he knows our people, and he knows our objectives. This institutional knowledge, coupled with John’s drive for continuous improvement, make him the ideal candidate for this new position.”

Chambers’ 30-plus years of experience centered on community redevelopment because of its vital impact on the social, aesthetic, and economic value of communities. John holds a BS in Geology from Tufts University and an MS in Civil Engineering from Washington State University. He is a registered Professional Geologist in New Hampshire and a Licensed Site Professional in Massachusetts.

About Fuss & O’Neill, Inc. Established in 1924, Fuss & O’Neill is a full-service engineering firm with a depth of staff and experience to conquer any project – from initial design to final construction. An ENR Top 500 Design Firm, the company is headquartered in Manchester and supported by 8 regional offices throughout all 6 New England states. Our professional staff maintains licenses and certifications across a wide range of civil engineering, traffic/transportation, planning, landscape architecture, structural, survey, design build, MEP, facilities, water/wastewater, environmental, and manufacturing disciplines.

Bay Path announces Class of 2020

CHARLTON, Mass. — Bay Path RVTHS Practical Nursing Academy has announced the graduates of the Practical Nursing (PN) Class of 2020 and plans to honor them.

“The Bay Path Practical Nursing Academy Faculty and staff are extremely proud of the PN Class of 2020 graduating class. They have worked hard and contributed so much to their communities, and the Bay Path Community during this unprecedented time,” Academy Director Gretheline Bolandrina, MSN Ed, RN, CRRN said. “The PN Class of 2020 are a tremendously resilient and talented group of individuals and together, have formed an unforgettable class that is bound for greatness.

“Please join me in recognizing the PN Class of 2020 and their loving, supportive families and significant others who helped them achieve at such high levels,” Bolandrina said.

While the Academy honored its graduates June 19, 2020 with video tributes on Facebook, the official graduation and pinning ceremony will be held in a future date. Further details to follow.

Among this year’s graduates were Renee Welch of Dayville, Lauren Pellett of Norwich, Chelsea Still of Plainfield, and JoAnn Milford of Woodstock.



Photo Courtesy Kristin Bates of Charlton with Fjolla Shehu and Sampson Boateng, both of Worcester.

Putnam Knights of Columbus to hold memorial prayer service

PUTNAM — Everyone is invited to a short, public outdoor memorial prayer service, to celebrate the 128th anniversary of Cargill Council 64, Knights of Columbus.

The service will be held at St. Mary’s Cemetery, on Providence Street in Putnam, at 11 a.m. on Sunday, July 26, at the grave of Cargill Council’s first Grand Knight, Edward Mullan.

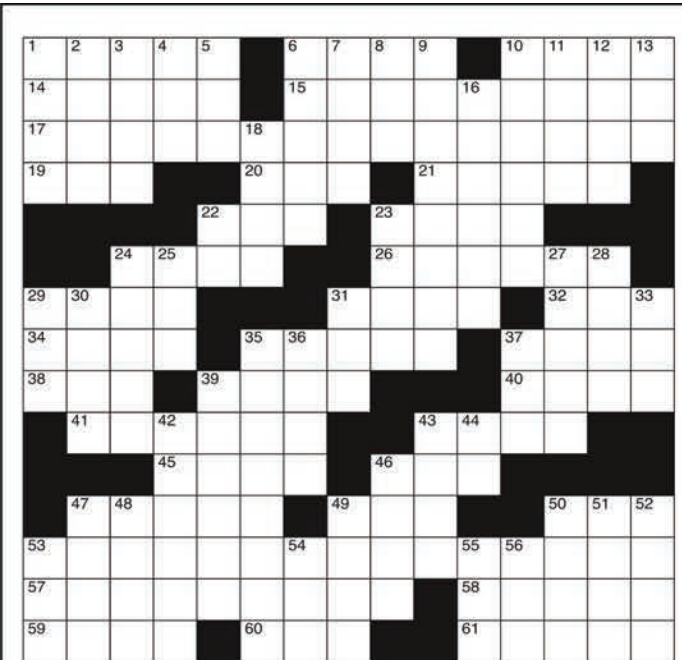
Mullan served as the Catholic family fraternal group’s first elected leader, starting from its founding exactly 128 years before, on July 26, 1892. He was elected to three one-year terms, from 1892 to 1895. Mullan died in 1916, at the age of 61.

With more than 200 members today, Cargill Council 64 serves the community in and around St. Mary Church of

the Visitation in Putnam and Most Holy Trinity Church in Pomfret.

Although this event may seem like an unusual way to celebrate, Cargill Council officials deliberately chose to hold a service at Mullan’s grave, to remember and pray for all the council’s deceased members who have served, and their families, down through the organization’s 128 years.

“Despite the location, this is a celebration,” said current Grand Knight John D. Ryan. “We’re so happy to have been here for all these years, and it all started with Edward Mullan and the other Catholic men from the Putnam area who were there at the very beginning. Praying at our first Grand Knight’s grave to celebrate our anniversary puts that right into focus.”



CLUES ACROSS

- 1. Cyprinids
- 6. Icelandic literary works
- 10. Break in half
- 14. Japanese mushroom
- 15. Have offspring
- 17. Not feeling well
- 19. A very large body of water
- 20. Witch
- 21. Behemoth
- 22. Speak negatively of
- 23. Absence of difficulty
- 24. Pampering places
- 26. Drives
- 29. Truck that delivers beer
- 31. Makes
- 32. A team’s best pitcher
- 34. ___ Carvey, comedian
- 35. Seas
- 37. S. American plants
- 38. Time zone
- 39. Deviate
- 40. No longer are
- 41. Moving in slowly
- 43. Patrick and Glover are two
- 45. Living quarters
- 46. Taxi
- 47. Pancake made of buckwheat flour
- 49. Swiss river
- 50. Not happy
- 53. Have surgery
- 57. Formal withdrawal
- 58. Give way to anxiety
- 59. Greek war god
- 60. 2K lbs.
- 61. Word of farewell

CLUES DOWN

- 1. ___ ex Machina
- 2. WWII diarist Frank
- 3. Concluding passage
- 4. Supplement with difficulty
- 5. Title of respect
- 6. Cubic measures
- 7. Remnant
- 8. ___ Jones
- 9. Salts of acetic acid
- 10. Long, upholstered seat
- 11. Capital of Okinawa Prefecture
- 12. A one-time aspect of Egyptian sun god Ra
- 13. Prefix denoting “in a”
- 16. Propels upward
- 18. What we are talking about
- 22. Prosecutor
- 23. Employee stock ownership plan
- 24. He brings kids presents
- 25. Burmese monetary unit
- 27. Hurries
- 28. Injury remnant
- 29. Tooth caregiver
- 30. Elvis backup singer Betty Jane
- 31. “The Partridge Family” actress Susan
- 33. Midway between east and southeast
- 35. Most excellent
- 36. Heat units
- 37. Possess legally
- 39. Food items
- 42. Skeletal structures
- 43. Challenge to do something bold
- 44. Blood type
- 46. Sammy ___, songwriter
- 47. Farmer (Dutch)
- 48. Clare Booth ___, American writer
- 49. Piers Anthony’s protagonist
- 50. Malaysian coastal city
- 51. Hairstyle
- 52. NY-based department store
- 53. Geosciences organization (abbr.)
- 54. Brazilian city
- 55. Niger-Congo languages
- 56. Gesture



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DANIELSON – Quinebaug Valley Community college is eager to share that PACT (Pledge to Advance Connecticut) – Connecticut’s solution to debt-free college – has been funded. Eligible Connecticut residents can earn a degree or certificate from a community college without incurring debt, but they must apply, complete the FASFA, and register full-time for classes by July 15 for the fall semester.

PACT provides free tuition and fees for first-time, full-time college students who are residents of Connecticut and have graduated from a Connecticut high school program including GRE or home schooling. The program covers


tuition and fees for three years or a maximum of 72 credits earned within those three years. By using PACT at QVCC, students can earn an Associate’s Degree and begin their careers or seamlessly move on to a Bachelor’s Degree program, all without incurring debt.

QVCC does not participate in Federal Student Loan programs and provides various course types (including fully online programs), career-focused programs, and transferrable credits. Located in the heart of the community, the College offers a welcoming campus equipped with outstanding faculty, several honor societies, more than 20 student clubs,

an active Student Government Association, and a variety of support and accessibility services. Students reap the benefits of a high-quality education at a fraction of the cost of a four-year college or university.

A debt-free education is even more attainable at QVCC thanks to the PACT program. For more information on the program and eligibility, visit www.QVCC.edu/pact. QVCC staff is available to assist you and answer questions. Contact the Admissions Department at admissions@qvcc.edu for help. For more information on Quinebaug Valley Community College, visit QVCC.edu.

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St. Mary’s Church to host blood drive

PUTNAM — There will be a Red Cross blood drive on Tuesday, July 28, in the basement of St. Mary’s Church, 218 Providence St. in Putnam, from 8:30 a.m. to 6 p.m., by appointment only.

To make an appointment, go to RedCrossBlood.org, or call 1-800-733-2767.

Covid Virus antibody testing will be done for every donor. All donors must wear a mask, but any donor without one will be given a free mask by the Red Cross.

Blood is always needed, particularly in the summertime, so please come and give blood.

The drive is sponsored by Cargill Council 64, Knights of Columbus, Putnam.



KILLINGLY
AT 300
.....
MARGARET
WEAVER

Part of my research for this article was done over the Fourth of July weekend, so I was curious to see what I could find about celebrations of the national holiday 100 years ago. Connecticut Mills, located beside the railroad tracks on Connecticut Mills Avenue, seemed to be the location for the festivities in the Danielson area. “Hurrah For the Glorious Fourth! Conn. Mills Ball Park, Danielson July 5th Two Games 10:30 and 3:30 (Standard Time). Crompton & Knowles of Worcester vs. Connecticut Mills. Clam Bake Old Rhode Island Style at 12:30 and 1:30. None Better, None So Good. Served by King George Jacques. Dinner \$1.25. Children under 10 half price. You are invited.” (Norwich Bulletin, July 3, 1920, p. 6; newspapers .com).

Most of you probably don’t remember King George but perhaps a few of you recall this 4th of July event from fifty years ago: “Block Dance Ellis Tech Parking Lot, Sat. July 4, 8:00-12. Featuring Direct from Hartford Phase II, Sponsored by Aristocrats Auto Club and the F. O. P. In case of rain Dance will be held inside airplane hanger---100 yards away. Also, preceding dance: A 15 minute show (by)Foster- Killingly Drum Corps presenting “The Spirit of 1776”; Donation 99 cents.” (Windham County Transcript, July 2, 1970).

During the summer of 1970 perhaps you were interested in attending local theater productions. The following small ad brought to light one such venue. “Trinity Players Drama Presentations Every Friday Evening 8:45 During July and August Drama Center Barn, Brooklyn (next to Trinity Episcopal Church Rectory) Donation

\$1.00 a performance; \$5.00 Season” (Windham County Transcript July 2, 1970).

Those of us who do the family shopping realize that the price of most groceries has continued to climb, especially with periodic shortages during this Pandemic. In 1970 there were still a number of smaller grocery stores in the area. I thought you’d enjoy comparing prices now with those of fifty years ago. The following prices are for an ad for Mickey’s Super IGA, which was located at the corner of Mechanic and Oak Streets. In an email from my files Dave Doiron wrote of being a stock boy for the store and of making home deliveries of groceries. Eze-Karv Half Hams 89 cents lb.; Jennie O’s turkeys (4-9 lbs. 39 cents lb.; top round steaks, \$1.39 lb.; Roessler’s skinless franks, all beef, 13 oz., 69 cents lb.; Extra lean ground round, 99 cenrts lb.; Hormel’s black label bacon, 89 cents lb., New Southern potatoes 10 lbs., 89 cents; large Bing cherries, 59 cents lb.; Birds Eye Frozen Green peas 10 oz. 2/39 cents; Maxwell House coffee, lb. 83 cents.” The grocery store was started in April 1935 by Theodore Haveles. By the 1950’s it was owned by James T. Haveles (“Mickey”) and Christy T. Haveles. The last entry from Natalie Coolidge’s Killingly Business Encyclopedia is from the 1983 Killonian.

While I was reading early July microfilms of the Windham County Transcript from fifty years ago, I came across an interesting sports article. If you played sports for St. James, perhaps you’ll see your name mentioned. “St. James QVJC Baseball Champs. In a playoff game played Monday June 16 St. James retained the QVJC championship for the second consecutive year as they defeated St. Mary’s of Putnam 9-2. Both teams had identical records of 7 wins and 1 loss in their divisions.” Players listed in the caption of the photo that accompanied the story: Gary Kumuda, John Rzepa,

Bruce Holt, Mike Ben, Mike Barry, Bruce Racicot, Joe Couture, Pete Jax, Roger Paquin, Germain Fortin (coach), Rick Ouelette, Mike Ungeheuer, Dave King, Rene Barbeau, Roger Pare, Bruce Stedman, Rev. William Fosse, M.S. (WCT 7/2/1970).

In 1970 there were regular weekly listings about the Danielson area churches and their services in the Transcript. You might recall some of the former pastors, and I’ve underlined a few houses of worship that are no longer in existence. Churches listing services: Church of the Nazarene, Arthur L. Allen, pastor; Baptist Church, Rev. Howard Foreman, pastor; United Methodist, Rev. George Gutekunst, pastor; Attawaugan Methodist, Rev George Gutekunst, morning worship; Holy Trinity, Rev. Elias Georges, pastor; St. James, Rev. Emile Dusseault, M.S., pastor; Westfield, Rev. J. Raymond Sikkell, minister; St. Alban’s, Rev. Christopher H. Sherrill, rector. ((WCT 7/2/1970).

The Coronavirus Pandemic has certainly changed the ways in which local residents worship. Yet modern technology has enabled many faith communities to hold virtual services. I’m happy to report that as of July 4th & 5th the Diocese of Norwich is now allowing St. James Church to hold weekend masses. Note that due to the 100 person limit in the church, two vigil masses have been added. The schedule is as follows: Saturday Vigil---12 Noon, 4 p.m., & 5:30 p.m. The Sunday mass schedule remains the same: 7 a.m., 9 a.m., & 11 a.m. FACE MASKS ARE REQUIRED!

REMEMBER WHEN! Several weeks ago in my listing of businesses from 1970, I mentioned Roy’s Fruit Stand and Dazi Dairy, both in the Dayville section of Killingly. Roy’s Fruit and Vegetable Stand, Roy Turcotte proprietor, was located at the corner of Route 12 and 101 in Dayville where Burger King now stands. I can remember going there when my older children were

little since there were certain things, like corn, that we didn’t grow in our garden. The first entry for the business in Natalie Coolidge’s Killingly Business Encyclopedia is taken from the 1961-1962 Danielson Telephone Directory. The last entry that has the Route 12 address is from the 1980 SNET Telephone Directory. The last entry, from the 1985 SNET Telephone Book, gives the address as 101. I vaguely remember the produce stand being located near the intersection of Lake Road and 101. (1985 is the first year that an entry for Burger King appears in the Killingly Business Encyclopedia).

Do any of you remember Dazi Dairy Bar? I hadn’t lived in Northeastern Connecticut very long in 1970 and had never been there. It was situated on Route 101 at the corner of Maple Street where Four G’s is now located. The first entry in the Killingly Business Encyclopedia is from a June 24, 1971 Windham County Transcript. In 1978 David Irish was listed as the proprietor. A December 28, 1981 Journal/ Transcript noted that owners had changed and the site was the location of Pappy’s Restaurant, owned by Trent Pappas. Please share your memories of either or both businesses by emailing me. (The Killingly Historical Center is still closed).

Margaret M. Weaver Killingly Municipal Historian, July 2020.. 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.

Johnson & Wales University names Woodstock student to Dean’s List

PROVIDENCE, R.I. —Johnson & Wales University (JWU) student, Tyler Lajoie of Woodstock, a Psychology major in the John Hazen White College of Arts & Sciences, has been named to the dean’s list for the Spring 2020 term. To receive dean’s list commendation,

students must achieve a term grade point average (GPA) of at 3.40 or above while also earning a minimum of 12 or more credit hours. Lajoie, a senior, is the son of Thomas and Patricia Lajoie and a 2017 graduate of Woodstock Academy.

MUSIC BOX

continued from page A1

service - who all need to be protected against the droplets that singing and some instruments produce. Because of this, the church is following the United Church of Christ's recommendations that there be no singing or playing of wind instruments during the pandemic. All forms of music, other than the organ, piano, or guitar instrumentals, have been absent during the past several months.

So, what does a church do in that situation, when singing and various instruments are traditionally such a crucial part of their services? Edward Bradley, Music Director, was thinking about it.

As he puts it, “I got this idea from seeing cashiers at the store. They have those plexiglass partitions to separate them from the customers at the checkout. I thought we could modify that to

separate singers from anyone else in the sanctuary.”

He got to work. The first model was a prototype made out of PVC pipe and a clear shower curtain. He named it the Music Box and set it up in the sanctuary at the church, and the first soloist in several months tried it out at the Sunday service on June 28. He began building the real model, custom designed to fit in and match the sanctuary, constructed out of wood and plexiglass, large enough for a soloist who is also playing an instrument, and able to be easily sanitized after each use. It was installed on July 6, and will be put into use on Sunday. It is expected to be utilized for singing safety even after in-person services are resumed.

Music will again ring out at the church, because of the ingenuity of Edward Bradley and his Music Box!

His reaction? “Now I just have to build one big enough for my whole choir.”



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Bold, beautiful, and healthful cabbage

Cleanse the toxins out of your body with the help of fresh vegetables. Cabbage, broccoli, and brussels sprouts are a few of nature's detoxifiers.

You can add variety to your garden and diet by including green, red or Savoy cabbage. It's fun and easy to grow in the garden or a container and can be used in a variety of healthful dishes.

There is still time to add cabbage to your garden. Cabbage grows best in cooler temperatures. Those in the northern half of the country can plant seeds directly in the garden in early July for a fall harvest. Those in hotter regions should wait another month. Simply check the number of days from seed to harvest and count backwards from the average first fall frost. That will be the time to plant. Those in the far south should plant seeds or transplants in fall or early winter for a winter harvest.

Be sure to allow enough room for the plants to grow to mature size. Space plants at least 12 inches apart in the garden and grow in a sunny to lightly shaded location.

Protect cabbage plantings from pests with floating row covers. Made of polypropylene spun material, the covers allow air, light, and water through while preventing cabbage worms from laying their eggs on the plants. This means no green worms eating holes in the leaves or ending up on your dinner plate.



GARDEN
MOMENTS
.....
MELINDA
MYERS

Loosely cover the planting with the fabric and anchor the edges with boards, pipes, stones, or wickets. Leave enough slack for the plants to grow. The plants support the fabric, so no frames or construction is needed.

Increase your garden's productivity by interplanting the cabbage with quick maturing radishes, beets and heat tolerant greens. You'll harvest these short season crops at about the time the cabbage needs the space

Harvest cabbage when the heads are firm and full size. Use a sharp knife to remove just the cabbage head, leaving the lower leaves and roots intact. Four to six new heads will arise from buds around the stem. These smaller heads can reach four or five inches in diameter.

Remove any wilted or damaged leaves before storing cabbage in a plastic bag in the refrigerator. If using only half a head of cabbage, wrap the cut end in plastic wrap.

A medium head of cabbage weighs about one and a half pounds and yields about five to six and a half cups of shredded cabbage. A few heads of cabbage can turn into lots of slaw, stuffed cabbage rolls and other tasty cabbage dishes.

Preserve some of your harvest for winter meals. Freeze cabbage by cutting it into coarse shreds, thin wedges or by separating the leaves. It can also be dehydrated and used as a base for casseroles or added to soups and stews.



Photo Melinda Myers

When harvesting cabbage, use a sharp knife, remove just the cabbage head, and leave the lower leaves and roots intact. Soon new cabbage heads will form.

Consider turning it into sauerkraut with simple fermentation. Make large batches in crocks then can or freeze when fermentation is complete. Smaller batches can be processed in mason jars and stored in the refrigerator.

No matter how you prepare it, cabbage makes a great addition to the garden and your meals.

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.

Choosing how you live ...

I came into this life without choice. I didn't decide to be conceived. Two people I didn't know decided that for me. I was carried for nine months, then pushed out with no consideration by my mother as to whether I wished to go or stay. I was suddenly and rudely squeezed out into a life that I didn't decide to live.

Then to add to the humiliation of coming into this world naked, a group of masked strangers examined my bare body, counting fingers and toes, as if they'd never seen a tiny human before. Embarrassingly, I cried like a little baby, when for no reason at all, one of the masked strangers grabbed my ankles, raised my naked body upside down, then slapped me on my bottom. These actions told me for the first time, life is unfair.

That's how it all began for me. Maybe you endured a similar experience?

We are given no choice. On one day we didn't exist and on the next, we are a human life beginning to form and grow. We enter an imperfect and broken world and are told at an early age, "Life isn't fair. Just deal with it."

How we deal with it ...

Even though we are forced into this world, we quickly establish how we'll live our lives. We are where we are at this very moment because of the choices we made along the way. We are who we are, where we are and what we are because of what we choose to let into our mind. It's those choices that determine the quality of the life we lead and our impact on those around us.

Don't blame your past. Yes,



POSITIVELY
SPEAKING
GARY W.
MOORE

some of us are born into loving families who nurture and teach us right from wrong, while others are brought into lives where they were never wanted and learn to live their lives without nurturing or instruction. Regardless of which, it is the choices that we make that determine how we live our lives. Blaming how we were raised is a waste of time and only keeps us from successfully moving forward. No, we didn't decide how to be born nor will we decide when or how we die, but we absolutely decide how we live our life. How we treat others and ourselves makes a lasting impact, not just in our lives but with everyone and everything we touch.

None of us are perfect. I have many regrets about choices I made earlier in life, but I can't change that. I can only move forward and do my best to make a positive difference.

The time to think about the impact we have on others is not on our deathbed while experiencing crushing regret, but while we are living our lives. As you read this, you can decide the difference you wish to make, the joy and happiness you bring to others or positive education you wish to share.

I have led a rich and joyful life, while also living a painful and stress-filled life. I've experienced both. Both were

by choices I made. As I aged and moved out of my business suit and into a life of organizing stories for others, I quickly realized the power of words and the impact I can have. Choose to speak only kind and supportive words into the world.

This column, Positively Speaking, was born in April 2017 and my focus has been to help and encourage others to lead a happier and joy-filled life ... a life led by optimism. I do my best to have a positive impact on the readers of this column and I always pray that my words will help others lead a happier and more fruitful life.

It's impossible not to recognize that our nation is in turmoil and divided in unhealthy ways. That does not mean that you are required to participate and contribute to the unhealthiness by being angry, offensive, and aggressive. Instead, you can be an example of integrity by being kind, humble and positive, while sharing words and actions of hope and optimism. We can choose to be part of the problem or proactively part of the solution.

This time of division and negativity will pass. Anger and yelling don't change hearts nor minds. Being an example kindness and dignity does.

Which will you choose?

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.

Joseph John Bogoslofski of Thompson named to Dean's List at Western New England University

SPRINGFIELD, Mass. — Western New England University is pleased to announce that Joseph Bogoslofski, of Thompson, CT has been named to the Spring Semester 2020 Dean's List. Bogoslofski is one of over 950 students to achieve this mark of academic excellence. Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

Bogoslofski is pursuing a BSBA in Business Analytics & Information Management.

Having just celebrated its

Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,825 students, including 2,580 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.

Alexander Hebert receives graduate degree from Nichols College

DUDLEY, Mass. — Nichols College graduated over 300 students this spring. Virtual celebrations were held for both undergraduate and graduate recipients on May 2 with an in person commencement ceremony promised for a date to be determined.

Alexander Hebert, of Thompson graduated with a Master of Business Administration from Nichols College.

About Nichols College Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and

leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.

The Quiet Corner Page

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Estimating your retirement income needs

As we continue the discussion of mid-year planning throughout the month of July, this week will focus on planning for retirement. You may know how important it is to plan for your retirement, but where do you begin? One of your first steps should be to estimate how much income you'll need to fund your retirement. That's not as easy as it sounds, because retirement planning is not an exact science. Your specific needs depend on your goals and many other factors. However, as you assess your finances at the mid-year, take some time to think about your future and the financial life goals you have for later on in life.

Use your current income as a starting point

It's common to discuss desired annual retirement income as a percentage of your current income. Depending on whom you're talking to, that percentage could be anywhere from 60 to 90 percent, or even more. The appeal of this approach lies in its simplicity, and the fact that there's a fairly common-sense analysis underlying it. Your current income sustains your present lifestyle, so taking that income and reducing it by a specific percentage to reflect the fact that there will be certain expenses you'll no longer be liable for (e.g., payroll taxes) will, theoretically, allow you to sustain your current lifestyle.

The problem with this approach is that it doesn't account for your specific situation. If you intend to travel extensively in retirement, for example, you might easily need 100 percent (or more) of your current income to get by. It's fine to use a percentage of your current income as a benchmark, but it's worth going through all of your current expenses in detail, and really thinking about how those expenses will change over time as you transition into retirement.

Project your retirement expenses
Your annual income during retirement should be enough (or more than enough) to meet your retirement expenses. That's why estimating those expenses is a big piece of the retirement planning puzzle. But you may have a hard time identifying all of your expenses and projecting how much you'll be spending in each area, especially if retirement is still far off. To help you get started, here are some common retirement expenses:

- Food and clothing

- Housing: rent or mortgage payments, property taxes, homeowner's insurance, property upkeep and repairs
- Utilities: gas, electric, water, telephone, cable TV
- Transportation: car payments, auto insurance, gas, maintenance and repairs, public transportation
- Insurance: medical, dental, life, disability, long-term care
- Health-care costs not covered by insurance: deductibles, co-payments, prescription drugs
- Taxes: federal and state income tax, capital gains tax
- Debts: personal loans, business loans, credit card payments
- Education: children's or grandchildren's college expenses
- Gifts: charitable and personal
- Savings and investments: contributions to IRAs, annuities, and other investment accounts
- Recreation: travel, dining out, hobbies, leisure activities
- Care for yourself, your parents, or others: costs for a nursing home, home health aide, or other type of assisted living
- Miscellaneous: personal grooming, pets, club memberships

Don't forget that the cost of living will go up over time. The average annual rate of inflation over the past 20 years has been approximately 2 percent. And keep in mind that your retirement expenses may change from year to year. For example, you may pay off your home mortgage or your children's education early in retirement. Other expenses, such as health care and insurance, may increase as you age. To protect against these variables, build a comfortable cushion into your estimates. Finally, have a financial professional help you with your estimates to make sure they're as accurate and realistic as possible.

Decide when you'll retire
To determine your total retirement needs, you can't just estimate how much annual income you need. You also have to estimate how long you'll be retired. Why? The longer your retirement, the more years of income you'll need to



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of your retirement. Maybe a booming stock market or a generous early retirement package will make that possible. Although it's great to have the flexibility to choose when you'll retire, it's important to remember that retiring at 50 will end up costing you a lot more than retiring at 65.

Estimate your life expectancy
The age at which you retire isn't the only factor that determines how long you'll be retired. The other important factor is your lifespan. We all hope to live to an old age, but a longer life means that you'll have even more years of retirement to fund. You may even run the risk of outliving your savings and other income sources. To guard against that risk, you'll need to estimate your life expectancy. You can use government statistics, life insurance tables, or a life expectancy calculator to get a reasonable estimate of how long you'll live. Experts base these estimates on your age, gender, race, health, lifestyle, occupation, and family history. But remember, these are just estimates. There's no way to predict how long you'll actually live, but with life expectancies on the rise, it's probably best to assume you'll live longer than you expect.

Identify your sources of retirement income

Once you have an idea of your retirement income needs, your next step is to assess how prepared you are to meet those needs. In other words, what sources of retirement income will be available to you? Your employer may offer a traditional pension that will pay you monthly benefits. In addition, you can likely count on Social Security to provide a portion of your retirement income. To get an estimate of your Social Security benefits, visit the Social Security Administration website, www.ssa.gov. Additional sources of retirement income may include a 401(k) or other retirement plan, IRAs, annuities, and other investments. The amount of income you receive from those sources

will depend on the amount you invest, the rate of investment return, and other factors. Finally, if you plan to work during retirement, your job earnings will be another source of income.

Make up any income shortfall
If you're lucky, your expected income sources will be more than enough to fund even a lengthy retirement. But what if it looks like you'll come up short? Don't panic — there are probably steps that you can take to bridge the gap. A financial professional can help you figure out the best ways to do that, but here are a few suggestions:

- Try to cut current expenses so you'll have more money to save for retirement
- Shift your assets to investments that have the potential to substantially outpace inflation (but keep in mind that investments that offer higher potential returns may involve greater risk of loss)
- Lower your expectations for retirement so you won't need as much money (no beach house on the Riviera, for example)
- Work part-time during retirement for extra income
- Consider delaying your retirement for a few years (or longer)

Your journey to Living Well
Estimating your retirement income needs may seem like a hefty job, but with the help of financial advisors, this brief outline, and proper planning, you can be on your way to achieving your financial life goals and Living Well. We all have our own trials and tribulations (like all of the effects of the COVID pandemic) and everyone's retirement goals, estimates, and dreams are different. But don't be afraid to take an in-depth look at estimating your retirement income needs. In the end, you'll be glad you did. If you need help from a financial advisor, please call us at 860-928-2341 or email us at info@whzwealth.com. For more information about retirement planning, visit our website www.whzwealth.com. For resources pertaining to COVID, including information about assistance programs, the CARES Act, and more, visit our Web site, www.whzwealth.com/covid19-resources.

¹. Calculated from Consumer Price Index (CPI-U) data published by the Bureau of Labor Statistics, January 2020

Cooper F. Mayo of Dayville named to Dean's List at Western New England University

SPRINGFIELD, Mass. — Western New England University is pleased to announce that Cooper Mayo, of Dayville, has been named to the Spring Semester 2020 Dean's List. Mayo is one of over 950 students to achieve this mark of academic excellence. Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

Mayo is graduating with a BS in Criminal Justice.

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Joseph Santese receives graduate degree from Nichols College

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Joseph Santese, of Danielson graduated with a Master of Business Administration from Nichols College.

About Nichols College
Nichols College is a college of choice for business and leadership education as a result of its distinctive career-


focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.



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EDITOR

Wondering about the weather

We've noticed, as of late, that weather forecasts have been more inaccurate than usual. In trying to figure out which weather app is the most accurate, we came up empty. There were several days we should have expected rain and thunderstorms but unfortunately came up short. After a dry spell and high temperatures last week, the thought of sitting on the front porch watching a thunderstorm seemed like a dream. This week, finally welcomed more rain making lawns and gardens across the region perk up.

After some digging, we found that it's the novel Coronavirus that has affected our weather forecasts. We could say that we're surprised, but this virus has affected every aspect of our daily lives, so why not weather forecasts too?

Experts say that the drop in airline travel has reduced the amount of data needed to make an accurate forecast. Typically, forecasts change by the hour. Aircrafts pick up wind, humidity and temperatures during flight. Data from weather balloons and satellites is still being used, however the accuracy comes from the planes. Of course, this affects weather being tracked by the Global Forecast system as well. Data taken from the ocean is also not being gathered at the rate it was prior to the COVID-19 outbreak.

So, with forecasts being in question every day, we figured we'd hop in the time machine, something we love to do on all occasions, and learn about some tips our ancestors used.

We've all heard the phrase, "Red sky at night, sailor's delight; red sky by morning, sailors take warning." This phrase dates back to Biblical times, and happens to be quite accurate. Weather in the north typically travels from west to east, so if you see a colorful sunrise, that means there are clouds to the west, which could bring bad weather. If the clouds grab hold of the sunset as they travel to the east, there is a high chance for calm weather the following day.

By the 1700's, modern thermometers were commonly used, with barometers stepping on to the scene in the next century. Thomas Jefferson used such tools to record the weather on a daily basis. Moving forward the telegraph allowed people to communicate the weather over long distances, which lead to weather maps. This allowed people to track patterns. Rising air pressure, meant calm weather while dipping pressures meant a storm was on the horizon.

Weather balloons were used in the 1900's to track moisture and winds, which lead to more research into just what makes weather tick. Weather radar was found by chance during WW II, when radar was used to try to track down enemy aircraft. While doing so, rain was found. Tools advanced rapidly into the 1950's through the 1980's.

The Old Farmer's Almanac shared some sayings that were used for some old fashioned forecasting. "The higher the clouds, the finer the weather," The Almanac says. "If you spot wispy, thin clouds up where jet airplanes fly, expect a spell of pleasant weather. Keep an eye, however, on the smaller puff clouds (cumulus), especially if it's in the morning or early afternoon. If the rounded tops of these clouds, which have flat bases, grow higher than the one cloud's width, then there's a chance of a thunderstorm forming."

"Clear moon, frost soon" means that a clear night, makes the Earth's surface cool at a faster rate, and with no cloud cover to keep the heat in, causes frost and a cold morning.

"When clouds appear like towers, the Earth is refreshed by frequent showers." If you see large, white clouds that resemble castles, there is likely a lot going on weather wise. If white clouds grow, and turn grey, a storm is coming.

"Rainbow in the morning gives you fair warning." Where there's a rainbow, there's a shower, and hopefully a pot of gold.

"Ring around the moon? Rain real soon." A ring around the moon means that warm weather is in the near future, with some rain. According to the Almanac, "High thin clouds get lower and thicker as they pass over the moon. Ice crystals are reflected by the moon's light, causing a halo to appear."

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

That old Dixie flag

To the Editor:
When asked to describe a racist, most Northerners conjure up the images of crosses burning, men in white robes, and some iconic redneck Southerner gleaned from imagery fed to us by films. We like to assume that it is not our problem. But make no mistake, racism is very much in our back yard.

A step in the right direction

To the Editor:
Many Brooklyn residents, out of town family members and friends of the beloved deceased in the South Cemetery, previously known as the Old Brooklyn Burying Ground (next to the Brooklyn Fairgrounds on Canterbury Road) are very happy and relieved to hear that our town has finally begun to mow and groom the grounds. The 3,610 graves, of which 93 percent are photographed, can be seen on www.findagrave.com.

Can all those who call Trump unfit be wrong?

To the Editor:
It is amazing how many articles and books are coming out authored by hundreds of mental health professionals, lawyers and legal bodies, ex-Trump associates and employees, family and those he's fired from government attesting to how unfit Trump is to be President. It is inconceivable that all these people can be wrong. It is also inconceivable that they comprise a massive conspiracy. The body of evidence is overwhelming.

The reasons are myriad and uncontestable. Dr. Lance Dodes, a former Harvard psychiatrist, has put it succinctly. "Trump is a psychopath who will destroy democracy. Donald Trump cares nothing about anyone else's life. Donald Trump is incapable of tolerating losing without withdrawing into delusional paranoid explanations of what happened. His fundamental need to be always right and an absolute ruler, a God above all criticism, is what has led to his inability to tolerate democracy, and his repeated efforts to destroy it with his attacks on Congress, the

We can do this! Stick with it!

To the Editor:
Despite the heartening numbers we see in the news, the virus that causes COVID-19 is still circulating in Connecticut. We continue to see new cases statewide and in Northeastern Connecticut, which tells us it is still around. And unfortunately, it is likely not going away anytime soon. We've been reading about the many areas of the country that let their guard down prematurely and are seeing massive outbreaks and resurgences as a result. Among all the recent bad news nationally about the renewed spread of the virus, Connecticut has been cited as one of few success stories in limiting the spread. Let's not squander all that hard work. We are all tired of this and want life to get back to normal. We need to work, our kids need to go to school, we need to shop, we miss our loved ones. But, allowing the virus to regain a foothold in Connecticut will only deprive us of those things for even longer. And rural areas like ours are not immune to outbreaks. One of my favorite "Old Yankee" sayings is "You'd be surprised what you can do without if you just decide that you can." We're New Englanders. We're tough. We handle Nor'easters. We can handle this. Let's continue doing what we need to do for a while longer. If you are confused about what that entails, call a healthcare provider and they can advise you.

A word on masks. Please, please, please consider wearing a mask every time you are out in public if you possibly can. If someone

The truth behind "Little white lies"

To the Editor:
In response to "Little white lies," in the June 26 issue of the Killingly Villager, I can only say that the writer may look back on her experience in this way, but for many of us, your perception of our "lily white lives" is a myth. Perhaps you experienced a "lily white life," but I assure you, many of us did not. We worked hard, and our parents worked hard to provide us with the best possible upbringing under difficult circumstances. When our parents were on strike (for a year!) with a local manufacturer in the '60's, they stood in line for eggs, bread, cereal and that yukky five pound block of orange cheese. The stress level was high for them to pay the bills and support their four children, but my parents and their hundreds of co-workers did their best and supported one another. Looking back, their behavior and fortitude has given us a humbling sense of pride in how they overcame difficult circumstances and came out of it with an attitude of gratitude to just get their jobs back and look to a brighter future for their families.

This kind of dialogue goes against everything you say that you stand for...particu-

Structural racism such as housing segregation, red-lining, inadequate public schools, and financial inequities have been operant since the industrial revolution. Wealth and power in the North are rooted in the cotton industry and slavery. Northerners talked a

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com.

Sadly, the tranquil setting and beautifully maintained cemetery has been neglected by the town since taking over that responsibility. At the time, a budget was approved, yet until last week, it was overgrown and in disrepair. The promise of perpetual care for the plots of those buried there has been met with a lack of action, answers and a lack of

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judiciary system and a free press."

That Trump lies every day cannot be refuted. One of Trump's great lies is that is that if you are not a member of Qanon or boogaloo, a white supremacist, an ultra-conservative, white evangelical Christian or a member of the 25 percent of the electorate that blindly follow him, you are an enemy of America. Of course, he has not said this in those words, but the sum of his tweets and speeches add up to the same thing. Of course this is a lie – a huge lie. Most of the other 75 percent of us are true patriots because we strongly support the rule of law, the Constitution and that a moderate view of the world provides more benefits to the majority than extremism can.

Now to broach a touchy subject. Many evangelical Christians deeply believe that Trump has been placed in the Presidency by divine intervention. They feel that he is there to preserve the white supremacist, evangelical Christian way of life. That may be, but I

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you know isn't wearing one, consider asking them to start. Unless you have a diagnosed health reason not to, it truly isn't that difficult or that much of an imposition. There are literally hundreds of different styles of masks available everywhere, many for just a couple of dollars. Find one you can tolerate that consistently covers your nose and mouth. But don't wear a mask because I said so, or because a business requests it, or because someone from the government tells you to. Wear a mask because you care about your fellow Americans. If you care about this country and consider yourself a patriot, wearing a mask is one way to show it. Americans are dying from COVID-19 and you can help stop that. If you have the virus but don't know it, by not wearing a mask you could be unknowingly infecting others, who could end up infecting someone vulnerable you love and possibly killing them. Most of us reading this newspaper live in small towns, so that scenario is well within the realm of possibility. Not wearing a mask can also increase the exposure for the essential workers, first responders, and healthcare workers who have been risking their lives keeping us safe for months. They certainly deserve our best efforts in return. Yes, this is America and yes, you (may) have a right to choose not to wear a mask. I hope you will choose to wear one anyway.

BOB LOFQUIST
DANIELSON

larly racial equality. Whites are a race, too. To lump us all into a "white supremacy category" is false and ignorant. You are certainly entitled to consider yourself a white supremacist, but do not project that designation on all of us. I refuse to apologize for my skin color. No one should. Isn't it really your point? This has been established and accepted for decades...until funded, political, radical groups have spread this false narrative in such a destructive way. And, I would challenge BLM and their supporters to explain why, if black lives matter so much - almost 250 black babies in America are aborted every day?

Educate yourself listening to successful black leaders like Ben Carson, Col. Allen West and Leo Terrell. They all agree that the "systemic racism," promoted and believed to exist by many, is a direct result of one party's poor leadership in their jurisdictions for decades and are in fact, broken systems. They are the ones responsible. Own it and fix it.

TAMI JO WYKES
BROOKLYN

Around the world from the living room

I feel I live in a small village in England where a remarkable number of murders happen every week. When I'm not in the village, I'm sitting on a beach staring out at the icy waters off of Denmark. Last weekend, I got to watch an American original that has me humming the only song I can remember all day.

During these isolating times, my husband and I have abandoned a lifelong rule. We now eat our evening meal at the coffee table in the living room watching TV. While I may be letting down my standards, we enjoy losing ourselves with familiar characters in charming places. At this time in history, we need to hang on to comforts wherever we find them.



NANCY WEISS

Some of the shows are "cozy" murders, where the actual crime is nearly bloodless and the perpetrator is caught by the end of the hour. Often, the case is solved by a bicycle riding priest, Father Brown, or a troubled Anglican in Grantchester. If all else fails, we tune in to Shakespeare and Hathaway, but I find that one a bit lame. Who knew that the clergy could be part-time sleuths?

The main characters are inextricably tied to their communities and know the other residents. They often have comic sidekicks. Forensic science, computer tracking, even fingerprints rarely play a role in the stories. Perhaps that is why they are so entertaining. We are up to our necks in science these days and we need a break from it. In these shows, simple human logic often holds the answer.

When we are not strolling the moors in our imagination, we are glued to a remarkable show, "Seaside Hotel." It is a Danish series with subtitles, and we can't get enough of it. Week after week we are drawn into the stories of diverse Danes who come every summer to a charming hotel and interact with each other.

The series begins in the 1920's, a perfect time for elegant clothes and lively music. Although it is supposed to be quite posh, there is only one bathroom for all the guests. The clothes, the food and the stories keep us entertained even if they are often predictable. As we read the subtitles and listen to the unfamiliar cadence of Danish, I'm mentally planning a trip to Copenhagen, if we ever get to travel again.

The 4th of July in our neighborhood featured some extraordinary fireworks, but before the clamor started, "Hamilton" aired. It was fantastic. Since its release, I've wanted to see it, but the high ticket price kept me away. I hoped that someday I'd see it in Boston or Providence with a touring company. Instead, for around \$7, we saw the original cast and set.

It wasn't easy to understand the fast paced rap lyrics, but my husband found the libretto on line. I listened to Ron Chernow's book, "Alexander Hamilton" ages ago, which gave me background to understand the musical, which stands on its own as a creative triumph.

We build our lives around stories. There are those we tell ourselves, those we tell others and those we use to escape, which we need right now. While a murder or two a week is not what I'd seek in a village, I'm comforted by the competence of Father Brown and the complexity of life in Grantchester. If I can't sit on the beach at Watch Hill, I can enjoy the swirl around the icy waters of Denmark. I can sing "The Room Where It Happens," from "Hamilton" even though I'm merely in my own living room.

Estate planning during a pandemic: Steps to take

The Coronavirus pandemic has certainly caused havoc and concern for many people, particularly in regard to their health and their finances – and these two areas intersect in estate planning. So, if you haven’t drawn up your estate plans yet, or you think they may need to be revised, now may be a good time to act.

This suggestion is not strictly based on issues of morbidity – after all, the vast majority of people who contract COVID-19 will survive. However, even if you never become ill or need to be hospitalized, wouldn’t you be glad to know your affairs are in order? If you already have estate plans, you may need to revisit them if your family situation has changed because of mar-



FINANCIAL
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DENNIS
ANTONPOULOS

riage, divorce, remarriage, new children, new financial goals, and so on.

Of course, estate planning can be complex, so there’s not a “one size fits all” approach. Nonetheless, here are some of the most commonly used documents and arrangements:

Financial power of attorney – A financial power of attorney is a legal document that gives someone the authority to conduct your financial affairs – pay bills, write checks, make deposits, sell or purchase assets – if you were unable to do so yourself. You can establish the financial power of attorney without giving your representative any ownership in your assets.

Last will and testament – With a last will and testa-

ment, you can choose how you want your assets distributed, appoint an executor to oversee the distribution and name a guardian to take care of minor children. If you don’t have a will, a court might assume these functions, with results you might not have wanted.

Living trust – A living trust allows you to leave assets to your heirs without going through the time-consuming, public and often expensive probate process. Also, a living trust gives you significant flexibility in dispersing your estate. You can direct your trust to pass your assets to your beneficiaries immediately upon your death or to distribute the assets over time and in amounts you specify.

Health care surrogate – A health care surrogate, sometimes known as a health care proxy or health care power of attorney, is a legal document

that appoints a person to act for you if you become incapacitated. Your surrogate has the authority to talk to your doctors, manage your medical care, and make medical decisions for you if you cannot do so.

Living Will – A living will, also known as an advance health care directive, lets you specify what end-of-life treatment you do or don’t want to receive if you become terminally ill or permanently unconscious.

All these estate planning tools can be complex, so before taking action, you’ll need to consult with an attorney and possibly your tax and financial advisors, too.

However, during a pandemic, you may encounter a special challenge: Documents such as wills and powers of attorney typically need to be notarized and witnessed – and

that may be difficult during a time of social distancing and self-imposed quarantines. But this problem may be solvable because many states have now enacted executive orders or passed laws that permit “virtual” notarization and witnessing of legal documents.

In any case, if the coronavirus pandemic has raised your concerns about the legacy you’d like to leave, take the time now to launch or update your estate plans – you’ll be glad you did.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com. Member SPIC.

How to conserve mobile data to save money

Anyone with a smartphone is familiar with data plans. In fact, data may be more important to consumers than their phone minutes, as making phone calls has taken a backseat to various other smartphone capabilities.

Deciphering data plans has become complicated. As major mobile carriers frequently jockey for position, the prices of plans change depending on various factors, including data. Short-term offers to lure in new customers can also complicate matters, as can deciding just how much data one person needs.

Consumer Reports has done the research and offers their comparison on the most promising data plans. However, people looking to maximize the data they have and not incur any overage charges can consider these tips to conserve data and save money.

- Restrict automatic downloads. Adjust phone settings to prevent operating systems from automatically downloading movies or apps or making phone updates when you are away from a Wi-Fi signal. This will cut down on data usage and improve the speed of downloads.
- Disable background app refresh. On

iOS systems, apps may update in the background to show new content when you return to them. To conserve data, select which apps to refresh in the background rather than having them all do so.

- Take note of data usage. Determine how much data you’re consuming by examining current and past statements. Some providers enable you to set limits on data usage and even alert you when you’re getting close.
- Connect to Wi-Fi whenever possible. Many public places now provide Wi-Fi access. As long as you are not sharing sensitive information, it can be safe to use public Wi-Fi, which should not count against your data consumption.
- Turn maps off. Navigation apps can draw a lot of data. Turning them off when they’re not being used can reduce data consumption. Some maps can be exported as PDFs, which can be referred to while maps are offline as well.
- Preserve your cache. Waiting for images from frequently visited websites to download each time you visit a site can drain data. Preserving your cache can reduce the amount of time it takes for websites to open.



- Use mobile websites. Many mobile versions of sites are optimized to condense images and other files, which can reduce data consumption.
- Opt for offline listening. The popular audio streaming apps have differ-

ent offline options where music can be downloaded and played without having to stream over a connection.

Smartphone users can reduce their data consumption in various ways, and doing so can help save money.

The delicious history of cheesecake



Cheesecake fans have ancient Greeks to thank for this beloved dessert.

Rich, creamy and decadent, cheesecake is enjoyed across the globe. There are many famous cheesecake bakeries in North America, and those who can’t resist digging their

forks into this beloved dessert may assume that cheesecake traces its origins there. In fact, cheesecake traces its origins to the ancient Greeks.

The first “cheesecake” is

believed to have been created from a ricotta-type cheese base on the Greek island of Samos. Excavated cheese molds were found there that dated to around 2,000 B.C. Cheesecake was considered a good source of energy and there is evidence that even Olympic athletes were fed cheesecake during the first games. Greek brides and grooms also were known to rely on cheesecake as their cake of choice for weddings. Original cheesecakes were made from flour, wheat, honey, and cheese, then formed and baked, according to Cheesecake.com.

After the Roman conquest of Greece, cheesecake was adopted by the Romans. Their name for this type of cake was “placenta” and it was baked on a pastry base or sometimes inside of a pastry case, advises What’s Cooking America.

Cheesecakes also were called “libum” by the Romans, and were used as an offering at the gods’ temples. Cheesecakes also were introduced to other areas of Europe thanks to conquering Roman armies. By 1,000 A.D., cheesecake could be found throughout northwestern Europe, England and Scandinavia.

Through the years, cheesecake’s popularity spread elsewhere. However, New Yorkers say that cheesecake was not really cheesecake until it got an Empire State makeover in the 1900s. Many New York restaurants have their own versions of cheesecake, with Turf Restaurant laying claim to the first cream cheese-based cheesecake recipe in 1929. New York dairy man William Lawrence accidentally invented cream cheese in 1872 while

trying to recreate a soft, French cheese known as Neufchâtel. Little did Lawrence know that this mistake would inadvertently revolutionize cheesecake recipes.

Cheesecake technically is a pie and not a cake, and there are versions that are baked and others that firm up in the refrigerator without having to cook a custard base. Many cheesecake aficionados have a favorite cheesecake recipe. However, this classic and iconic New York cheesecake, courtesy of Philadelphia Cream Cheese brand, is an ideal one to make your own.

New York Cheesecake

1 1/4 cups graham crumbs
1/4 cup butter, melted

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good game when it came to anti-slavery sentiment, but they had no interest in helping to facilitate racial equity. Still, it has been surprising and unsettling in the past two years to see the confederate flag emerge in our quiet little towns and rural neighborhoods. The teacher in me wants to presume that the flag bearers are good people who simply don’t know the confederate flag evolved from a symbol of heritage and remembrance into a symbol of terrorism, and racism. But unlike Donald Trump, I’m not willing to give them a pass for ignorance.

When Robert E. Lee instructed his soldiers to furl their flags at the end of the Civil War, he admitted that the Confederacy was over and its flag no longer relevant. Yet some folks continue to hold onto this relic of the past and defiantly flaunt it. Although the Sons of Confederate Veterans continue to argue the right to display the confederate flag in certain State Capitols, it has long outlived its place of valor and pride. In fact, the confederate flag didn’t reemerge from the attic until the mid-20th century. First, it was flown as an act of defiance by Southern Democrats who were unhappy with their progressive northern counterparts. The flag was later adopted by the KKK and other white supremacy groups as they pro-

tested civil rights.

Once the symbol of “heritage,” its darker side continued to grow throughout the 21st century. The confederate flag was unfurled during lynching’s and proudly hung as a warning to others who dared to vote. Every step forward in the “long arc toward justice,” that old flag emerged as a symbol of racial terrorism. The KKK wasn’t the only group who adopted the flag as a powerful statement. During the implementation of desegregation, the parents of white students used the flag to intimidate African American students while shouting racial slurs. I’m sure it festered in that unfortunate cesspool of hate so many white Americans harbored when Barack Obama was elected. That old flag pops up like a sinister Jack-in-the-box, after each small victory in the march toward equity and justice i.e. affirmative action, fair housing, Black Lives Matter...

It should be no surprise that the confederate flag has crawled out of the woodwork even in our Quiet Corner of the state. After all, racists, white supremacists and even the KKK have been emboldened by the current lack of leadership in the White House when it comes to calling out groups such as the Neo-Nazis who marched in Charlottesville. But we would be mistaken to assume that Mr. Trump is completely to blame. In fact, he has done us the favor of naming what we

suspected was true: The United States of America which holds the torch of freedom, equality and hope for the rest of the world is still roiling with racism and those who don’t want to give up their privilege. And the banner of their terrifying temper tantrum? It appears to be the confederate flag.

It doesn’t take much for racism to rear its ugly head. All it takes is a wink, a nod and a Tweet for that yellow light to turn green. And if you have accidentally found yourself in the company of those who think it’s cool, or some God-given Constitutional right to be flaunting the confederate flag around town, here is the hard truth you should know: The confederate flag is no longer the quaint relic of the Old Dixie South. It doesn’t make you a “good ole’ boy or give you status. It’s merely the identity badge for a defiant populace who just can’t get with the times and accept that justice and equity will prevail. If you are flaunting the flag on your porch, or truck, you may as well put up a big sign that says “Yep, I’m a racist, and proud of it.” You should know that for well over a century, it has been a symbol for racial terrorism.

Some of you will argue that flying the confederate flag is a constitutional right. But just as we should not tolerate hate speech, we shouldn’t condone the symbols of hate. Germany outlawed the Nazi flag and swastikas, a painful reminder of the holocaust

and their collaboration with Hitler. I’m sure that Homeland Security would have something to say if the Isis flag appeared on pick-up trucks, clothing and public buildings. Then why should we shake our heads in that “boys will be boys” condoning manner when a big mud-splattered truck drives around town with two confederate flags waving from its truck bed? While Americans are distracted by their cultural PTSD inherited after 9/11, the real enemy walks among us. Not the Muslims, Central American women and children, or the numerous “others” we’ve been told to fear, but our neighbors, our relatives, our friends, and the average white guy next door who doesn’t realize that when he hangs that flag on his porch, he’s aligning himself with a pedigree of terrorists, white supremacists, racists, and ignorance. Perhaps there are still a few pockets in the South, where little old ladies believe that the confederate flag stands for heritage and remembrance, but let’s face it, that flag has been tainted, and we all know what it means. It has an even more sinister meaning when flaunted by Northerners who haven’t the remotest historical connection to the flag. All I can say is, furl your flags, boys, and put your racism back in the closet where it belongs. You don’t get a free pass on this one.

DONNA DUFRESNE
POMFRET

Tips to grilling chicken

Cooking food over an open flame tends to produce unique flavors. But some people may avoid grilling certain foods because of the perceived difficulty of creating that distinctive grilled flavor. One such food is chicken. Some people have difficulty grilling flavorful chicken, while others cannot put chicken over an open flame without over- or undercooking it. The following tips for grilling chicken can help poultry lovers grill flavorful chicken.

- Cook to the appropriate temperature. Many cooks have conducted the eyeball test when grilling chicken, removing chicken that appears cooked from their grills only to cut the chicken open and see it's pink. Putting chicken that's been sliced open back on the grill can compromise its flavor once it's fully cooked. Guidelines established by the U.S. Food

and Drug Administration recommend cooking poultry, whether it's whole chickens, turkeys, poultry parts, or duck and goose, to 165 F. Measure the internal temperature using a food thermometer, only removing the chicken once it's reached 165 F.

- Employ two-zone cooking. Chicken cooks most evenly when grilled at a lower temperature. When the grill temperature is too high, the outside of the chicken may burn while the inside might still be pink. Grill chicken over a two-zone fire in which the heat source, whether it's charcoal briquets or propane gas, is on one side of the grill. Once the outside of the chicken has crisped over, it can be moved to the cool side of the grill. Shut the lid and allow the inside of the chicken to reach the recommended temperature.

- Wait to apply barbecue sauce. Barbecued chicken is a favorite food to grill, but it's important to apply barbecue sauce at the right time. Many barbecue sauces contain lots of sugar, which burns quickly over an open flame. That can give cooks the impression that their chicken is cooked, even if it needs significantly more time to reach the recommended temperature. Cooks should wait to apply barbecue sauce until right before the chicken is done cooking. This prevents the sauce from turning to char and ensures that the flavor of the barbecue sauce is preserved.
- Recognize not all chicken cooks at the same pace. Different parts of the chicken will cook more quickly than others. Chicken breasts may take the longest time to reach 165 F, while thighs might need only a few minutes to reach that temperature.



Nichols College congratulates local graduates

DUDLEY, Mass. — Nichols College graduated over 300 students this spring. Virtual celebrations were held for both undergraduate and graduate recipients on May 2 with an in person commencement ceremony promised for a date to be determined.

Thomas DiColella of Putnam graduated with a Master of Business Administration from Nichols College.

Holly Deparasis of Putnam graduated with a Master of Science in Accounting from Nichols College.

Elle-Jordyn Goslin of Putnam graduated with a Master of Science in Organizational Leadership from Nichols College.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.

ETZEL

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believe that if Trump has been put there by divine intervention, that there could be another reason. It could be that we are being given a warning of the threat of a fascist, one-man rule take-over of America. That we are being given time to stop and reverse this existential threat to our Republic and Constitution before it succeeds. I contest my interpretation has merit and not necessarily in conflict with the evangelicals' view. Oh, and one more thing – if Trump has been put into office by divine intervention, I posit that Obama, Bush, Clinton and all the others were put there in the same way.

And now Trump is threatening an apocalypse. Everything he's

said in the past three weeks has been aimed at creating dissention, dividing the country, fostering racism and creating fear. He is promising and abetting that there will be civil war if he is not re-elected. He is doing nothing to bring Americans together. His only agenda is to foment hatred and dissatisfaction. This is not what a President does to fulfill his oath of office. He is there to enforce the laws, not bring them down or advocate tyranny. And look at all the civil upheaval, marches and anger going on right now. We never saw this with Obama.

Unlike his first run, Trump has no message for his second term. He can't use "Make America Great Again." America has lost a lot of its greatness, both domestically and internationally. To

use this phrase would be a tacit admission that some greatness has been lost. He also can't use "Keep America Great" for the same reason. It would be an admission to keep America at its current diminished level of greatness. So far, his only message is blaming everyone else and inciting fear. Unfortunately, this has worked in the past too many times.

Did any of you see "A Capitol Fourth 2020" on PBS? It was amazing to see all the black entertainers singing patriotic songs and many interviews of Covid-19 medical workers. In this, it was a direct repudiation of Trump's racism and claims that the pandemic is a hoax. Subtle, but convincing.

STEPHEN ETZEL
PUTNAM

LOCAL STUDENT RECEIVES LEGION SCHOLARSHIP



Photo Courtesy

Justin St. Martin (center) was recently presented a \$1,000 scholarship and American Legion 100th Anniversary commemorative coin. He is pictured with his parents Michael and Amy Beth St. Martin (left) and Albert Cormier scholarship chairman and American Legion 4th District Commander Ronald P. Coderre (right).

BRADLEY

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ing hats to her community and donating the proceeds to The Bradley Playhouse. So far, she has knitted and sold dozens of hats. The hats, priced at \$20 each, come in a variety of colors and are detailed and well made. The work is tedious and long, but to Darius, every moment is worth it. Every strand is worth a mile.

Another way the Bradley Playhouse is recovering its losses is through the donations it receives during its weekly Virtual Variety Shows. Hosted live on Facebook every Friday, these shows offer comedy, music, and skits by The Bradley performers. These shows are free, but contributions can be made on The Bradley Playhouse Web site.

Though all indoor performances have been halted, The Bradley Playhouse is hosting an upcoming concert at Rotary Park. This high-energy show "Rave On" will give its audience members a chance to relive a night out in the '50's and expe-

rience the music of Buddy Holly and rock n' roll's classic stars including Jerry Lee, Patsy Cline, and much more. Tickets are available on their Web site.

These efforts are helping to support the playhouse and recover their losses after months of postponed performances. Even so, they need continuing support from their community to meet expenses and keep the 117-year-old playhouse operational.

The Bradley Playhouse has survived through fires, ceiling failures, and other challenges. It has remained dedicated to its goal of providing quality entertainment for the residents of Northeastern Connecticut and the surrounding areas. With more than 100 years of history, the playhouse is an important part of Putnam, and it would be an enormous pity to see its legacy come to an end.

Performers and board members are doing their part to keep the dream alive, and with help from the public, The Bradley Playhouse can make a full recovery and bounce back better than ever before.



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Safety first before mixing drugs

Billions of people across the globe take medications each day. Certain medications can help people with potentially debilitating or even deadly conditions live normal lives, while others can help people overcome relatively minor issues like muscle aches or seasonal allergies.

The American Heart Association notes that mixing drugs can produce unexpected side effects. This can make it dangerous for people already on prescription medications to use over-the-counter drugs for issues like headache or seasonal allergies. Understanding the potential interactions between their prescriptions and common prescription and over-the-counter medications can help people stay safe.

- **Antihistamines:** Antihistamines are widely used to alleviate symptoms of the common cold or seasonal allergies, such as runny nose, itchy eyes and sneezing. The AHA notes that, when taken along with blood pressure medication, antihistamines can contribute to an accelerated heart rate and cause blood pressure to spike. The AHA also cautions people taking sedatives, tranquilizers or prescriptions to treat high blood pressure or depression to consult their physicians before taking antihistamines.
- **Bronchodilators:** Bronchodilators relax and open the airways in the lungs and are used to treat various lung conditions, such as asthma and chronic obstructive pulmonary disease, or COPD. These drugs make it easier to breathe and are available via prescriptions. But patients with heart disease, high blood pressure, thyroid disease, and/or diabetes should discuss the potential interactions between bronchodilators and other medications they may be taking with their physicians.
- **Cordarone:** According to Drugs.com, Cordarone is used to treat potentially deadly abnormal heartbeats. Cordarone can cause severe problems that affect the lungs, thyroid or liver, and can be dangerous when combined with other drugs. For example, the AHA notes that patients who take more than 20 milligrams of Zocor, a drug used to lower “bad” cholesterol and potentially to lower the risk of stroke, heart attack and other conditions, while also taking Cordarone are at risk of developing rhabdomyolysis. Rhabdomyolysis is a condition marked by the breakdown of muscle tissue that can lead to kidney failure or death. The AHA also says that Cordarone can inhibit or reduce the effects of the blood thinner Coumadin.
- **Nicotine replacement products:** People taking prescriptions for depression or asthma should consult their physicians before taking any nicotine replacement products. The Federal Drug Administration notes that doctors may want to change dosages of patients’ current medications before recommending they take any nicotine replacement products. The FDA also advises people to speak with their physicians before trying these products if they have diabetes, heart disease, asthma or stomach ulcers; have had a recent heart attack; have high blood pressure but do not take any medication for it; or have a history of irregular heartbeat.

Drug interactions can complicate treatment of various conditions. People currently on medication are urged to speak with their physicians before taking any new medicines, including over-the-counter drugs. TF207100



Avoid painful ‘brain freeze’ when enjoying frosty desserts

“I scream, you scream, we all scream for ice cream!” When Howard Johnson, Billy Moll and Robert A. King penned this novelty song in the late 1920s, the screaming they referenced was a cheer among students at a fictional college in a “land of ice and snow, up among the Eskimo.” For anyone who has gobbled up an ice cream treat a little too quickly, those screams very well may speak to the sharp headache that often comes from consuming frozen foods too quickly.

Identifying “brain freeze/ice cream headache”

Wake Forest Baptist Medical Center neuroscientist Dwayne Goodwin, Ph.D., explained in a 2013 news release that the sudden, short headache that occurs when eating or drinking something very cold, which most people refer to as “brain freeze,” is actually called sphenopalatine ganglioneuralgia. There are several theories why brain freeze occurs. One theory suggests that when a person eats or drinks a large quantity of very cold food or liquid, the temperature of his or her palate decreases considerably. The blood vessels in this area automatically constrict to maintain the body’s core temperature before reopening quickly. This causes a rebound dilation that sends a pain signal to the brain through the trigeminal nerve, which is located in the middle of the face and forehead. Although the constriction and dilation of blood vessels occurs in the palate, the pain is felt elsewhere, a phenomenon known as “referred pain.”

Alleviating the shock

Now that people understand the starting point for brain freeze, and what causes it, they might want to make a few changes to how they consume cold foods and beverages. Eric Fredette, a long-time “Flavor Guru” for Ben and Jerry’s Ice Cream, says one way to stop brain freeze is to stir up the ice cream to warm it slightly.

Dr. Stephani Vertrees, a headache specialist and clinical assistant professor at Texas A&M College of Medicine, advises eating cold food much more slowly so that your mouth can warm it up as well. Another tip is to keep the food or beverage in the front of your mouth. Cold foods in the back of the mouth will stimulate brain freeze.

When consuming ice cream by spoon, Fredette further suggests flipping the spoon upside down so that the ice cream hits the tongue rather than the upper palate when spooned into the mouth.

Frosty treats do not have to cause painful headaches that have people screaming for the wrong reasons. A few tips can prevent brain freeze from happening.



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