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PUTNAM VILLAGER

Friday, October 14, 2022

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Quinebaug Fire Department launches "File of Life" Initiative



Photo Jason Bleau

Members of the Quinebaug Volunteer Fire Department were on hand for Thompson Community Day handing out "File of Life" packets to citizens.

BY JASON BLEAU
CONTRIBUTING WRITER

THOMPSON — The Quinebaug Volunteer Fire Department has launched a new initiative to help locals better inform emergency responders in the case of a medical emergency.

Called the "File of Life," the concept is a familiar one but a new

offering all the same for the department nestled in the Quinebaug village of Thompson. Department Lt. Justine Gendreau was on hand to help inform locals about the program during the town's annuals Community Day on Oct. 8 and the Department's own Open House on Oct. 9 explaining that the "File of Life" is a simple document of details that EMS responders can utilize if

a patient is suffering for a medical situation that could impede their ability to provide accurate and swift information about their medical history.

"We've found that going into a lot of households for EMS calls a lot of people don't have all of their information readily available and depending on the circumstances they don't remember a lot of integral informa-

tion that we need, especially the medications, primary doctor and those kinds of things," said Gendreau. "What we've decided to do is provide a piece of paper printed on two sides that have all of the vital information we would need so the homeowner or the person the file is for and have it

Turn To **FILE**, page **A6**

Meghan Birquier named Employee of the Month at Westview Health Care



Meghan Birquier

DAYVILLE — Meghan Briquier, a proud member of Westview Health Care Center's team of Certified Nursing Assistants, earned the Employee of the Month award in August.

She started at Westview in October 2021 by entering the "Earn While You Learn" initiative operat-

Turn To **BIRQUIER**, page **A14**

'Part sports and part educational exercise' name of the game for Tourtellotte boys' soccer

BY KEN POWERS
SPORTS CORRESPONDENT

THOMPSON — Make no mistake, the 2022 boys' soccer season is not about wins and losses for Tourtellotte High, which has won one game and tied four others since the beginning of the 2019 season.

The Tigers' winless streak was extended to 32 games on Friday, Oct. 7, compliments of St. Bernard High of Uncasville, which defeated Tourtellotte, 4-1.

"This is a part sports and part educational exercise," said Tourtellotte coach Kenn Lussier, who has coached at many levels and in many places during his 43-year career. "We'll be fine. We'll continue to grow."

Tourtellotte's last victory came over neighboring rival Putnam High, 3-1, on the road on Oct. 3, 2020. Since that victory the Tigers have a 0-30-2 record. Tourtellotte, 0-8-1 this season (the non-loss being a 1-1 tie with Putnam on Saturday, Sept. 10), is 1-50-5 since the



Photos Jason McKay

Tourtellotte's Jacob Perry unloads a free kick down the field in front of an incoming player from St. Bernard.

Turn To **SOCCKER**, page **A10**

Beirut barracks bombing remembered

PUTNAM — In remembrance of the Beirut Barracks bombing, which occurred in the early morning of Sunday, Oct. 23, 1983, Michael S. Vassar, Commander of American Legion Post #13 of Putnam announced that the Post will conduct a remembrance ceremony again this year. Members of the community are encouraged to attend and share in the remembrance.

The local event, which started approximately seven years ago, was initiated by Brooklyn resident Kat Voght and American Legion Post #13 member, the late Donald Steinbrick.

This year's event, under the direction of Junior Vice Commander Christopher

Steinbrick, will take place at Noon on Sunday, Oct. 23 at Veterans Memorial Park in Putnam, located at the intersection of Church and Bridge streets.

"I'm honored to have been asked to chair this year's event. I am aware of all the work that my dad, Donald and Kat put into originally getting the remembrance started. This is an event, that as veterans and Americans, we can't let pass without pausing to remember," said Christopher Steinbrick.

The 1983 bombing occurred at 6:22 a.m., when two truck bombs, operated by suspected Hezbollah insurgents, struck the barracks housing American and French service members. The attack

killed a total of 307 people and injured an additional 150 individuals. Among the dead were 241 American Marines, six of whom hailed from Connecticut. During the commemoration ceremony, a rose will be placed in a wreath made by Kat Voght for each of the Connecticut Marines killed in the attack.

The program, which is open at no cost to the public, will begin promptly at Noon, and will include a prayer by Post Chaplain Pierre Desilets, presentation of the colors by the Post Honor Guard, greetings from the Town of Putnam by Mayor Norman "Barney" Seney, who is also a member of American Legion Post #13 and the reading of the names

of the 241 American service personnel who were killed in the attack. The names of the deceased will be read by Post members Elizabeth Buzalski, Ronald P. Coderre, Brian D. Maynard and Barbara Smith.

"Our Post is proud to present this remembrance. It's a significant event in the history of our country. Taking time to remember those whose lives were taken on that day is a small sacrifice to make in comparison to the lives we lost in 1983," said Post #13 Commander Vassar.

The program is being presented by Post #13 with the support of the Town of Putnam Recreation Department.

The Putnam Heights tower

Thanks to everyone who came to the Walktober Cady-Copp Anniversary walk on Putnam Heights/Killingly Hill on Oct. 8. I hope you found the walk interesting and enjoyable. We were blessed with a beautiful, but chilly, morning and gorgeous foliage. Special thanks to Putnam Municipal Historian Bill Pearsall and his wife Terri and Putnam Heights resident Linden Whipple for co-leading the walk.

Did you know that there was once a lookout tower on Putnam Heights? Built near the brow of the hill, south of the Atkins House, by a crew under the supervision of Frank Whipple for Charles J. Harris of North Carolina, the structure was fifty-five feet high. Charles was the son of Zilpah (Torrey) Harris and William Harris and the brother of former U. S. Commissioner of Education, William Torrey Harris. The Friday, June 10, 1927 Putnam Patriot noted that the tower collapsed

at 9:45 on Sunday morning leaving a ten-foot high pile of stone and cement. "Just what caused the tower to collapse in not known." On Friday morning Whipple had noticed that "the wall on the west side near the doorway was bulging slightly...and that there was a very small crack on the north side beginning about thirty feet up on the tower and extending to about four feet from the ground...Sunday morning he discovered that the small crack had widened. While sitting in his yard at 9:45 o'clock Mr. Whipple heard the cracking of timbers followed by a noise that told him immediately that the tower had fallen, and that his work of over a year was destroyed."



**KILLINGLY
AT 300
MARGARET
WEAVER**

The previous November, the tower stood at 40 feet tall... "In order to get above the surrounding tall pine trees it was decided to build an additional ten feet and on top of this the parapet was built. The tower was similar to one Mr. Harris had caused to be built in North Carolina. (This one) had been offered to the state as a fire look-out and a representative from the state fire warden's office "had been to the Heights recently and approved it. It was planned to have the tower open to the public and already many people had climbed the eighty steps with their five landings to the top to get the wonderful panoramic view of the surrounding country." In 2007, Linden Whipple noted this late father Ray Whipple had said that over 100 people had visited the tower. Family members feared that Ray, who had gone to check the tower earlier, had been buried

when it collapsed. Fortunately, he had fled to the woods. Frank Whipple was Linden's great-grandfather. At the Oct. 8 Walktober walk, Putnam Municipal Historian Bill Pearsall commented that when it was decided to add the additional fifteen feet at the top of the tower, larger stones had been used than those lower down. I guess that was a catastrophe waiting to happen.

William Torrey Harris, older brother of Charles Harris, was born Sept. 10, 1835 on the Harris

farm down the old Moffitt Road (off of Five Mile River Road). An educator and noted philosopher, he ended up in St. Louis, Missouri where he became superintendent of schools. With Susan Blow in 1873 he established the first permanent kindergarten in the United States. He became U.S. Commissioner of Education under President Benjamin Harrison and served from 1889 to 1906. William Torrey Harris died in 1909 in Providence, R.I., and was interred in the Putnam Heights Cemetery. (www.newworldencyclopedia.org/entry/William_Torrey.)

Aspinock Springs, "a spring of beautiful water" was located on the eastern slope of Putnam Heights and was discovered about the 1880's according to "The History of Windham County, Connecticut," edited by Richard Bayles. The pure water was later used by the Aspinock Mineral Springs Beverages. Ernest Perry and Albert Sochor were two individuals who engaged in manufacturing soda at Aspinock Springs on Putnam Heights. The early bottles had the insignia of a Native American but those bottles required a special machine. In later years bottles were used from other locations. The golden ginger ale really had a "kick" to it. (Linden Whipple, Oct. 17, 2012).

The Harris family owned several of the properties across from the Putnam Heights meetinghouse and the small house on the opposite side of Route 21. Charles Harris decided to have a deep well drilled with the hopes that it might hit the same source as the Aspinock Springs. It never did. However, the well ended up being 1000 feet deep and provided gravity-fed water to all three houses. There was a water tank in back of the house on Aspinock Road and someone would run the pump until the tank began to overflow, and they knew it was full. Then they could shut off the pump. According to Linden Whipple, at the time this was considered one of the deepest wells in the world. (Walktober, Oct. 8).

Putnam Heights/Killingly Hill was home to several noted artists and their families. The yellow house across from the common/training field was for many years the home of Thomas J. Thurber. The son of Henry and Mary Hope Jones Thurber, he was born in Chepachet, R.I. in 1831. The family moved to Putnam in 1846. As a young man Thomas spent some time in New York in the firm of woolen manufacturer Edward Harris. As an artist Thurber painted many scenes of "natural beauty and historical interest." He served as a representative from Putnam to the state legislature in 1882. On his many drives to Hartford, Thomas passed what is now known as Frog Rock. Its shape

inspired him to paint it so the public could also enjoy the image. He passed away at the age of 86 in January 1918, and is buried in the Putnam Heights Cemetery. (<https://www.wikitree.com/wiki/Thurber-346>).

Another noted artist lived on the adjacent property to the north--Rosa Peckham Danielson, widow of Killingly native Whitman Danielson, who owned the Providence Journal and died several years after their marriage. She was the daughter of Dr. Fenner Peckham and Catherine (Torrey) Peckham. Originally the home was used as a summer residence, but Rosa decided to move from the city to Putnam Heights. She eventually combined the three houses shown as Mrs. Harris, Dr. Peckham, and Mrs. King on Gray's 1869 map (Putnam insert) into the house that is now standing. According to Linden Whipple, Rosa also added the rounded sections at both ends. She studied art in Paris for a number of years. One of her portraits was that of Louisa May Alcott, author of "Little Women." Rosa died in 1922.

Rosa's daughter, Rosamund Danielson, born in 1884 in Providence after her father's demise, also lived in the house. Her love of botany inspired her to bring many exotic trees and plants to the gardens, a number of which can still be seen. Rosamund was also active in the women's suffrage movement of Connecticut, including at the State level, and was later recognized for her involvement by being elected to their role of honor in 1930. Rosamund passed away in Putnam in 1971. Both she and her mother are buried with Whitman Danielson at the Swan Point Cemetery in Providence.

It is impossible to do justice to the number of noted individuals connected with this part of Northeastern Connecticut in a column or two. At the end of October, I will be presenting a Learning in Retirement program at QVCC on this area and additional houses a little further north on the road so will continue to do research and compiling. If you have stories to share, please email me. The personal stories are what add that special flavor to the telling and retelling.

Margaret M. Weaver Killingly Municipal Historian October 2022. Special thanks to Bill Pearsall and Linden Whipple for sharing information. For additional information email me at margaretmweaver@gmail.com or contact the Killingly Historical Society at www.killinglyhistorical.org. Leave messages for the Killingly Historical Center at 860-779-7250. Visit the Killingly Historical & Genealogical Center Wednesday or Saturday from 10 a.m.-4 p.m. Like us on Facebook at www.facebook.com/killinglyhistoricalsociety. Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical & Genealogical Center should be sent to P.O. Box 265, Danielson, CT 06239.

Historic New England presents annual Fine Arts and Crafts Festival at Roseland Cottage

WOODSTOCK — Roseland Cottage holds its 40th annual Fine Arts and Crafts Festival on Saturday, Oct. 15 and Sunday, Oct. 16 from 10 a.m. to 4 p.m.

The festival is one of the leading juried fine arts and crafts shows in New England, showcasing more than 150 artisans and their wares. Craft lovers are invited to view hand-

crafted jewelry, glass, photography, pottery, paintings, clothing, metalwork, and much more.

The festival is a wonderful weekend outing to shop, sight-see, and enjoy a fall weekend in the beautiful Quiet Corner of Northeastern Connecticut. Daily activities also include live music, children's activities, and food concessions.

Admission for adults is \$5. Historic New England members and children under twelve are free. Parking is free. The event is held rain or shine. For more

information, call 860-928-4074 or 617-994-5924.

About Historic New England
Historic New England saves and shares New England's past to engage and inform present and future audiences. We engage audiences in developing a deeper understanding and enjoyment of New England life by being the national leader in collecting, preserving, and using significant buildings, landscapes, archives, stories, and objects from the past to today. Visit HistoricNewEngland.org.

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MONDAY, OCTOBER 17TH, 6:30PM - COMMUNITY ROOM AT CANTERBURY TOWN HALL

TUESDAY, OCTOBER 18TH, 6:30PM - ROOM 109 AT PUTNAM TOWN HALL

Zoom links for the meetings will be available on the NECCOG website:
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Five mistakes millennials are making with their retirement accounts



FINANCIAL FOCUS

MICHAEL BAUM
 INVESTMENT ADVISER

The word “Millennial” has been more descriptive of a culture rather than a well-defined group, but the Pew Research Center pegs it as anyone born between 1981 and 1996.1 By that measure, in 2022, the eldest Millennials are 41 years old. They grew up during the dot-com boom where it seemed that technology drove the economy to new heights and likely heard how important it is to invest to get wealthy. They also lived through the financial crisis and may have had a hard time finding work after incurring huge amounts of student debt.

These experiences may have colored their view of the economy and how best to negotiate it. And perhaps that’s why there are certain investment behaviors that, while not unique to Millennials, seem to be more prevalent among them – and unfortunately, most of those behaviors can do more harm than good.

Here are five of those mistakes to avoid when it comes to investing and saving for retirement, whether you’re a Millennial, Gen Z, or even part of the Gen X or Boomer generations.

Mistake 1: You’re cash heavy
 The biggest mistake may be not having a retirement account at all. A study from Bankrate, a financial services company, finds that many Millennials

are heavily invested in cash. That means they have lots of money in savings accounts and CDs, not so much in investments.2 The strategy is understandable given how the markets rocked the economy in 2007. Yet, having a more diverse portfolio that earns more interest than a savings account may be best, and in fact history has proven it.

Mistake 2: You have a fear of the markets

The fear of stock market volatility may be a rational fear. However, it may be counterproductive; erring on the side of stability and it may prevent Millennials from creating a robust retirement fund. While a short-term hiccup can cause havoc with an investment portfolio, stocks can produce a good return over the long-term if the investor has a goal in mind and a plan to reach that goal.

Mistake 3: You make investments blindly

Other research from financial services companies shows that Millennials are less likely to review investment portfolios or their 401(k) after they’ve initiated them. They don’t look to review and readjust portfolios for market changes. Because they’re relatively young, Millennials have the time to do more with their money. They can take more risks, which could mean market investments instead of cash. They can reallocate funds annually or when they start to earn more money. A diverse portfolio can help mitigate risk so that one wrong move won’t ruin plans. The relative youth of Millennials also gives them time to make a plan and invest towards a goal, whether it’s college or retirement. A

plan is something that someone who does blind investment hasn’t created.

Mistake 4: You’re not taking full advantage of your benefits

If you’re not part of the freelance economy as many Millennials are, you likely have an employer who will contribute to your 401(k), matching your contribution up to a preset maximum. Some employers will match your entire contribution or just a percentage of it. However, some Millennials aren’t taking full advantage of the employer’s matching contribution. If the employer matches your contribution to your retirement account at 100% and you aren’t contributing as much as possible, you could be missing out on thousands of dollars over time.

Mistake 5: You’re not strategizing with a financial advisor

Over a short period of time, the Millennial generation has seen great turmoil in the economy and in the world. They have seen more changes than their boomer predecessors have, and they continue to experience some uncertainty. Having a sound financial plan for retirement may help ease some concerns. Whether you’re starting out in the job market or have a strong career going full steam, it helps to discuss investment strategies and retirement plans with a financial advisor.

Don’t have a strategy in place yet? We can help you build and manage one so that you can always be sure you’re maximizing your finances to their greatest potential. Get in touch with us at Weiss, Hale & Zahansky Strategic Wealth Advisors and see how our Plan Well, Invest Well, Live Well process can help. Learn more at our website, www.whzwealth.com, or contact us at (860) 928-2341 or info@whzwealth.com to get started.

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1. <http://www.pewresearch.org/fact-tank/2018/03/01/defining-generations-where-millennials-end-and-post-millennials-begin/>
 2. <https://www.bankrate.com/investing/financial-security-july-2018/>

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Israeli emissaries to visit Congregation B’nai Shalom

PUTNAM — The Eastern CT young Israeli emissaries who are spending the year in the New London area will be having a meet & greet at Congregation B’nai Shalom, 125 Church St., Putnam, at 7:30 p.m. on Oct. 19, followed by light refreshments.

This year’s emissaries are Uma Fruchman Roth & Omer Zohar. Join the congregation in welcoming these young emissaries to our community.

All students graduating from high school are required to enter the Israeli Defense Forces.

However, they can defer their service for a year by undergoing training to enter the Young emissary program. They live with host families in a town in the United State or Europe & visit schools, synagogues, Jewish community centers & senior housing in their host communities, discussing Israeli life, culture & ideals. Uma & Omer are living with host families near New London & sponsored by the Jewish Federation of Eastern Connecticut.

Congregation B’nai Shalom is a conservative synagogue affiliated with

United Synagogue of Conservative Judaism. Our sabbath services are Friday evening 7PM virtually via zoom [to obtain zoom links contact Sue (603) 918-6730], & Sat. morning at 9AM at the synagogue, followed by a kiddush

luncheon. All services are open to the public. For more information, contact president, Dr. Gail Dickinson, at (860) 377-4558.

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Give the gift of life in Dayville

DAYVILLE — The community is encouraged to take part in an American Red Cross blood drive sponsored by American Legion Post 21 of Danielson Friday, Oct. 28, from 8:30 a.m.-6 p.m. at Dayville Fire Company 63, 465 Hartford Pike.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter DayvilleFire to schedule an appointment.

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GARDEN MOMENTS

MELINDA MYERS

Boost your indoor garden's beauty

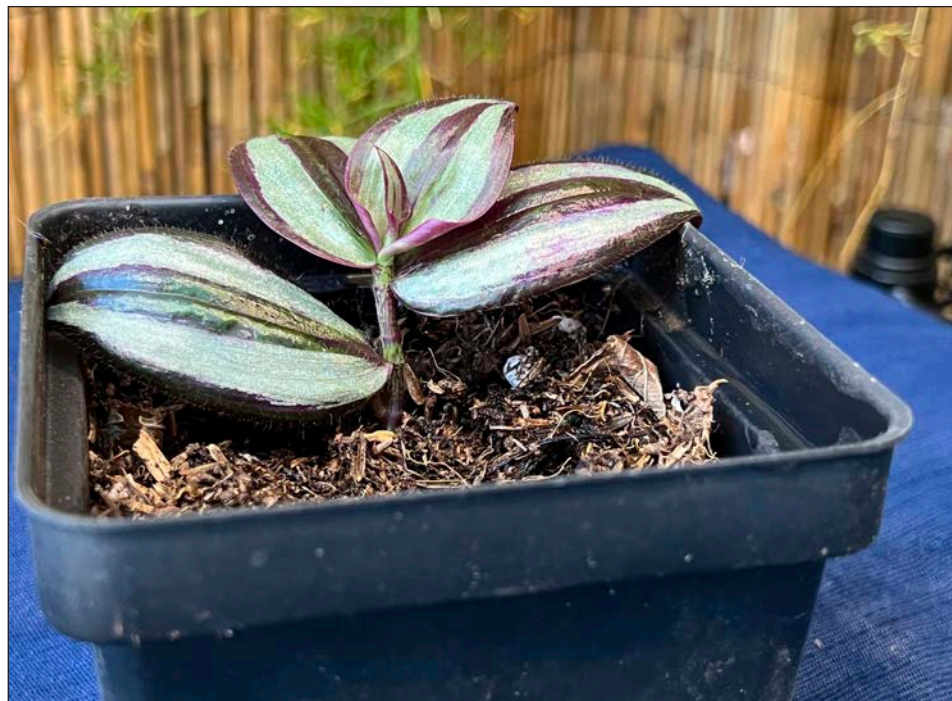


Photo Melinda Myers

Tradescantia plant being started from a leaf stem cutting.

Whether your indoor garden has outgrown its location or you are looking to expand your garden, a bit of pinching, pruning or propagating may be the answer. Grooming houseplants keeps your indoor garden looking its best and plants contained to the available space. You can use some of the trimmings to start new plants.

Give plants with long, leggy stems a pinch. Removing a small or large portion of the growing tip encourages the plant to form more branches and compact growth. Pinching removes a growth hormone produced in the stem tip called auxin. This hormone encourages upward growth of the stem. Removing the stem tip reduces the auxin and allows more branches to develop along the stem.

A soft pinch removes just the uppermost portion of the stem with developing leaves and the stem tip. A hard pinch, more like pruning, removes the tip and several inches of the leafy stem. These stem pieces can be used to start new plants.

Some gardeners pinch with their fingers, but I prefer using sharp snips like Corona Tools ComfortGEL® micro snips with stainless steel blades that resist the buildup of plant residue or Corona bypass pruners that make a clean cut that closes quickly and looks better.

When pinching and pruning your houseplants make the cuts just above a set of leaves. The plant remains relatively attractive while you wait for new

leaves and stems to grow. Avoid leaving stubs by making cuts elsewhere as these detract from the plant's appearance and can create entryways for insects and disease.

Houseplants can be propagated in several different ways. Avoid propagating patented plants protected by patent laws. These laws are designed to protect the investment of the plant breeder. Respecting patent laws allows companies to continue breeding improvements into plants for all of us to enjoy in the future.

Use leaf stem cuttings to start a vari-

ety of houseplants like inch plants, philodendron, pothos, dieffenbachias, dracaenas, jade plants and many more. Use a sharp knife, snips or bypass pruner to cut three- to six-inch-long pieces from firm, mature, non-woody stems. Remove the lowest leaf or two that will be buried in the potting mix. This is where new roots will form. If you have had trouble rooting cuttings in the past, try using rooting hormone labeled for use on houseplants. It contains fungicides to fight disease and hormones to encourage root development.

Root cuttings in a small contain-

er filled with vermiculate or a well-drained potting mix. Make a hole in the mix, insert the cut end, and gently push the potting mix around the stem. Loosely cover the potted cutting with a plastic bag left open at the top. This increases the humidity around the cutting to compensate for the lack of roots. Set the container in a bright location out of direct sun for several weeks as roots develop. Give the stem a gentle tug to see if roots have formed. Move the rooted cutting into a container filled with well-drained potting mix, place it in a location with the proper amount of sunlight and water as needed.

You'll be amazed at how a bit of grooming and propagating can perk up a tired indoor garden. Share or trade extra rooted cuttings with family and friends so each of you can grow your indoor garden and memories.

For more ways to start new plants and answers to your indoor gardening questions, join Melinda for her Webinar on Nov. 2 at 6:30 p.m. Central Time. The Webinar is free, but registration is required. Register at <https://bit.ly/3vDVRr5> or www.MelindaMyers.com.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video series and the nationally-syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Corona Tools* for her expertise to write this article. Myers' Web site is www.MelindaMyers.com.

Some much needed help



BEYOND THE PEWS
BISHOP JOHN W. HANSON

Jerry slumped over his desk in the corner of the small office, just a few feet from the coffee counter where he spent most of his time making customers happy. The numbers didn't add up. He wasn't turning enough of

a profit to keep his coffee shop a viable business. His product was good, his location was ideal, but he just wasn't pulling in enough people.

As he pondered his situation, he took stock of his own strengths and weakness. He was a good businessman, in that he was frugal, prompt and diligent. He was friendly and seemed to make a great impression on those he served. He was honest and thorough, and he wasn't afraid of hard work. But evidently that was not enough.

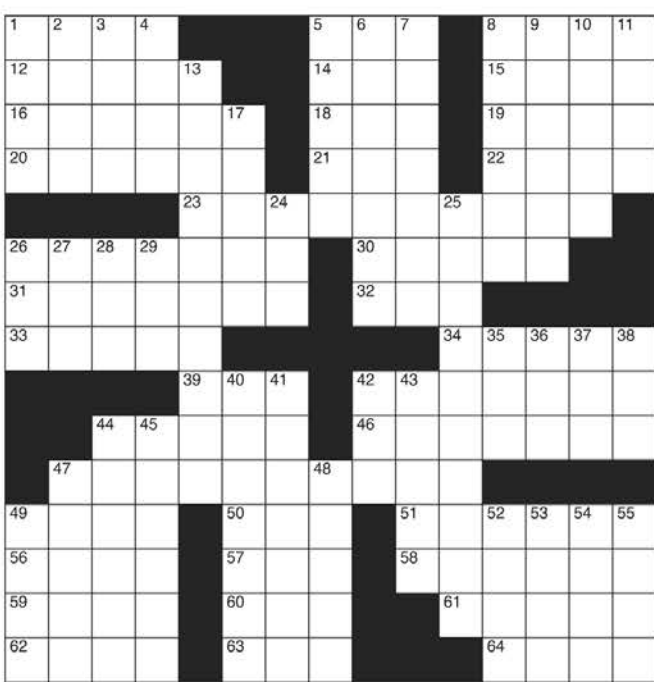
Then he remembered Jade. In fact, he wondered why he had not

sooner; Jade was a guy who could probably help. Jerry was a franchise owner. The franchise had provided training at their headquarters six months earlier when he had begun this venture. While at headquarters, Jade, a marketing expert had introduced himself, and told them he was available to help them at any time. Jerry rifled through his drawer until he located the business card the expert had handed him. He breathed a sigh of relief and dialed the number.

One month later Jerry had more business than he could handle. He marveled at how one, well-placed call could make such a difference. The marketing expert had given him tips and resources he didn't realize existed. Then there were the links to pep talks and testimonials that gave him courage to press on. It made him grateful that someone who was gifted in marketing was part of the franchise team, and that he was willing to share his expertise so that Jerry's business could prosper. Eventually, the whole franchise would benefit from Jade's shared advice.

Have you ever considered that you might have some gifts and abilities that, when shared, could make a huge difference in someone else's life? St. Paul, writing to some first century Christians put it this way:

Turn To **HANSON** page **A16**



CLUES ACROSS

- 1. Towards the mouth or oral region
- 5. A way to season
- 8. North-central Indian city
- 12. Emaciation
- 14. Actress de Armas
- 15. A way to score in basketball
- 16. Odd
- 18. Scripting languages on IBM machines
- 19. A right of local jurisdiction
- 20. Hard, colorless compound
- 21. Diving seabird
- 22. Wild goat of the mountains
- 23. Not shortened
- 26. Someone who learns from a teacher
- 30. Is inclined
- 31. Still asleep
- 32. Antidepressants (abbr.)
- 33. Town in Surrey, England
- 34. Indian music patterns
- 39. Birth control means
- 42. People tend to be on one
- 44. A way to keep meat moist
- 46. Home of the Crimson Tide
- 47. Pasta type
- 49. Late 1990s rapper
- 50. One circuit of a track
- 51. Surrounded by water
- 56. Late "Growing Pains" actor
- 57. Married couples say it
- 58. Drool
- 59. Sicilian city
- 60. Airline worker perk (abbr.)
- 61. Grayish-black mixture
- 62. Systems, doctrines, theories
- 63. Midway between east and southeast
- 64. Athletes who get paid

CLUES DOWN

- 1. Genus of owls
- 2. Hindu queen
- 3. Cain and
- 4. Hindu female deity
- 5. Islamic calendar month
- 6. Changes posture
- 7. More stubborn
- 8. Give work to
- 9. Round maps of the Earth
- 10. Gathered fallen leaves
- 11. Popular credit card
- 13. Separation of church and state
- 17. Founder of Sikhism
- 24. They
- 25. Where you find the milk
- 26. Institute legal proceedings against
- 27. The neural structure consisting of the brain and spinal cord
- 28. Expresses surprise
- 29. Have a debt to
- 35. Businessman
- 36. State on India's western coast
- 37. Practice of managing financial risks (abbr.)
- 38. Patty Hearst's captors
- 40. Put into service
- 41. 10-year periods
- 42. Crony
- 43. Surgical clamp
- 44. Leave unable to move due to lack of wind
- 45. Where rockers work
- 47. Valleys
- 48. Ancient lyric poem
- 49. Wise men
- 52. It lights a room
- 53. Assert
- 54. Fifth Roman Emperor
- 55. Ancient Greek city in Thrace

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Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Oct. 3: Swamp Sparrow, Chipping Sparrow, Song Sparrow, Blackpoll Warbler, Yellow-rumped Blackbird, Carolina Wren, House Wren, American Kestrel, Turkey Vulture, Catbird, Cooper's Hawk, Ruby-crowned Kinglet, Bluebird. Visit ctaclub.org/pomfret.



POSITIVELY
SPEAKING

**TOBY
MOORE**

Some rejections cause us to feel temporary feelings of worthlessness, self-consciousness, and doubt; other times, the rejection we suffer is so severe that we carry those feelings around for decades.

If you were adopted, it's possible you felt the pain of rejection when you found out; perhaps someone you loved broke your heart or ghosted you; maybe you interviewed for a job and didn't get hired.

Sometimes our ideas and visions are rejected; maybe you were told you aren't talented and should give up on your dreams, or perhaps someone is ignoring you or treating you disrespectfully.

Everyone processes rejection differently, yet, you ultimately get to choose how you respond,

and your response is a significant factor that will shape your future.

Unfortunately, I am familiar with self-destructive responses to rejection. When I was younger and didn't book an audition I worked hard on, I'd fall into depression, letting my insecurities run wild in my mind, inhibiting my ability to focus on the next opportunity.

Once a girl broke my heart, and my response was to convince myself that I would never find love and wasn't cut out for relationships.

In retrospect, this thinking led me into a downward spiral of despair, grief, and rage that only worsened as I focused on the rejection.

Dealing with rejection negatively can cause you to believe in a false narrative and interpret events through the lens of a lie.

For example: When I was unlucky in love and had my

heart broken, I told myself that I would never find true love. Why would I tell myself that? First, it wasn't true, and second, it was more a statement of faith rather than a fact. I was choosing to believe I would never find love.

Dealing with rejection negatively can also cause you to put up walls. It makes sense to protect yourself and put up barriers to a degree. It's wise to ensure it's the right thing before becoming vulnerable again, but the walls can easily make you behave in a manner inconsistent with what you want. You may be blocking the other person from getting in, but you're also keeping yourself from getting out. The walls can become a prison.

We will never be able to take away the sting of rejection. It's always going to be painful to some extent. Maybe if we deal with enough rejection, the pain begins to dull, but if you ever

get to where you have concluded that rejection is all you will ever face, you're no longer open to the possibilities.

How should we respond to rejection?

Allow yourself to grieve, give yourself time, and let it go.

When someone leaves you: Don't blame yourself; it could be true that you made many mistakes, said the wrong things, and did the wrong things; it's also helpful to realize:

"You cannot say anything right to the wrong person, and you cannot say anything wrong to the right person."

Some people will never accept you, some will always accept you, and some need to be convinced. Don't beat yourself up. Often, rejection is a blessing in disguise.

Acknowledge your mistakes, learn from them, view them as necessary steps on the road to success, have a sense of humor, and return stronger than ever!

Focus on resiliency; you do have the ability to bounce back.

Successful people usually see rejection as a minor road bump. They typically see success as inevitable and don't think about rejection; sometimes, they see rejection as a numbers game.

For the salesman who cannot seem to get a sale, you can make a lot more sales by increasing the number of people you see.

If you're not getting the job you want, apply at as many places as possible. If you don't get the job, no big deal cause you'll have another interview right around the corner!

Lastly, don't become a hermit. Put yourself back out there. It doesn't matter who you are or what you're trying to do; if you keep trying with an open mind and heart, you will get to where you need to be and have the life you truly want.

Eastern announces fall music events

WILLIMANTIC — Eastern Connecticut State University will present a number of musical events throughout the fall semester. Unless otherwise noted, all events will take place in the Fine Arts Instructional Center (FAIC)'s Concert Hall and are free and open to the public.

October
On Friday, Oct. 14, at 7:30 p.m., The Thread City Jazz Trio, Eastern's resident faculty jazz group, will perform. As a part of the Faculty Recital Series, Anthony Cornicello (piano), Rick O'Neal (bass) and Matt Bronson (drums) will play material from the jazz standards repertoire in an expressive, adventurous and visceral manner.

November
On Friday, Nov. 4, at 7:30 p.m., the Percussion Ensemble Concert will take place, featuring works for large percussion ensemble, chamber percussion group, world percussion ensemble and steel band.

On Friday, Nov. 18, at 7:30 p.m., Eastern's Opera workshop will present "An Evening with Kurt Weill," in the FAIC lobby. Scenes and arias from the operas of Kurt Weill including "Street Scene", "Knickerbocker Holiday" and "The Threepenny Opera" will be performed.

On Sunday, Nov. 20, at 2:30 p.m., Eastern's Concert Chorale and Chamber Singers' will perform their "Postcard Concert," featuring music through a global lens. This performance will require tickets in order to attend. To purchase tickets, visit [http:// easternct.showare.com/choralefall22](http://easternct.showare.com/choralefall22). Tickets are \$10 for the general public; \$7 for faculty, staff and alumni; \$5 for seniors (62+); and free for Eastern students, students at other universities and all guests under the age of 18.

On Monday, Nov. 21, at 3 p.m., the piano studio recital will take place. The performance will highlight student pianists to celebrate their progress and mark their pianistic journeys.

On Monday, Nov. 28, at 7:30 p.m., Jazz Ensemble & Jazz Combo Concert will highlight student performance. Eastern's Jazz Combo will play their own interpretations of jazz standards and is a student-led ensemble that is led by two student directors - Evan Wood '25 and Evan Gianfriddo '25. Eastern's Jazz Ensemble, a Jazz big band, is

directed by faculty Professor Dr. Anthony Cornicello.

December
On Monday, Dec. 5, at 7:30 p.m. the Student Chamber Music Recital will take place, with student chamber ensembles performing a repertoire from the Baroque period to the present.

On Wednesday, Dec. 7, at 7:30 p.m. the Eastern Concert Band will perform exciting music by contemporary composers Kevin Day, Omar Thomas, and David Maslanka. Students, faculty, staff and community musicians from across the region will reunite for the first full band performance in over two years.

On Sunday, Dec. 11, at 5 p.m. the Willimantic Orchestra will present their fall concert. For more information, visit: www.willimanticorchestra.org.

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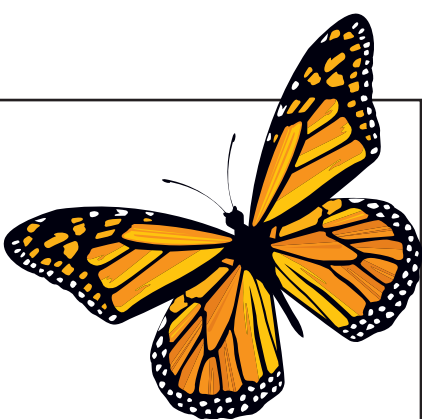
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Thompson holds annual Community Day



Photos Jason Bleau

Thompson Town Historian Joe Iamartino, 2021's Volunteer of the Year honoree, greets a guest at his station during Community Day.

THOMPSON — After being postponed a week due to rain, Thompson Community Day finally took place on Saturday, Oct. 8, celebrating all that makes the town of Thompson, the Quiet Corner's most northern town, great. The event featured a variety of activities including vendors, food, a car show, a kids' corner, and booths where visitors

could learn about numerous programs, departments, and businesses throughout the town. Music from local grounds and artists serves as entertainment for the day and the event kicked off with the annual reveal of the Volunteer and Business of the year honorees which in 2022 were John Kochinskas and Carignan Tax Services, respectively.



The 2022 Business of the Year Award was presented to Carignan Tax Services.



A puppeteer brings a unique creature to life representing the Thompson Public Library and its popular puppetry program.




Representatives of Thompson Together post for a photo in between greeting guests.



Community Day played host to a small but impressive car show featuring some of the most gorgeous classic cars in the area.

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Thompson's 2022 Volunteer of the Year John Kochinskas.



Local scouts present the flags for the singing of the National Anthem.



Visitors to Community Day take the time to say hi to a few tiny friends during a petting zoo experience.

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FILE
continued from page A1

placed in a pouch marked as the 'File of Life.' It's on the refrigerator and if an EMS member goes into the house, they can find it and have that information."

The initiative replaces the fire department's annual calendar and is paid for through department funds. Lt. Gendreau said the concept isn't anything new as they were inspired by a

similar program in Massachusetts. "One of our members is a director of a senior center in Massachusetts and they do this, so we've basically gone off of their lead and decided to do this in our area," said the Lieutenant. Information on how to obtain a "File of Life" can be found on the Quinebaug Volunteer Fire Department Facebook page. The department also have "Files" available on Monday nights at the department.

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Zombies invade Putnam for annual fashion show

PUTNAM — Putnam rang in the spookiest time of the year on Friday, Oct 7 with the town's annual Zombie Fashion Show in Rotary Park. The modern Halloween tradition sees everyone from kids and adults or families and business owners dress to impress as their own interpretation of the classic

zombie. The event saw a panel of judges determine winners from several categories while a large crowd cheered on the participants who walked, ran, and, in many cases, shuffled their way down the stage to scare the masses as night fell on the town.



Photos Jason Bleau A scary zombie bride roars at the crowd.

A spooky medical patient is escorted down the stage.



Guests at Rotary Park were greeted by a modified hand heart model fitting of the Zombie Fashion Show theme.



The Complex Performing Arts Center performs a rendition of "The Rocky Horror Picture Show."



A zombified Cruella struts down the stage.



One of the winners for best costume was Laura Moorehead's "Long Live Queen Zombie."



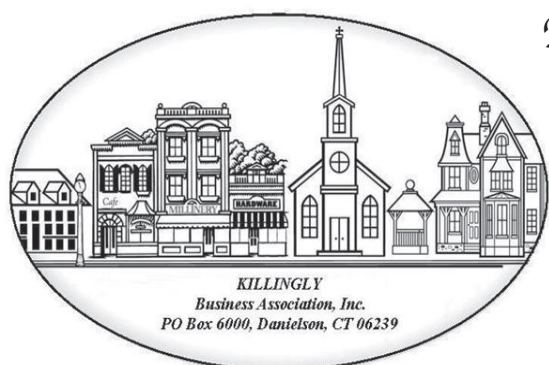
A pair of zombies, including one who lost its head, crack a smile as they walk the stage.



Irene the zombie got a huge round of applause as she made her way down the stage.



Spooky version of Disney princesses show the scarier side of the famed family-friendly studio.



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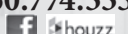
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A problematic legacy

No one here wants to rewrite history or change long standing traditions; however, with Columbus Day, the chatter about coffee shops and around the workplace has been regarding why we in fact, celebrate the life of a man who many consider to be one of the great villains of history. We all know at this point that Columbus did not discover America, never set foot on North American soil, and did not set out to prove that the world was round. According to history, Leif Ericson discovered Newfoundland roughly 500 years prior to Columbus' voyage. In addition, DNA has proven that Polynesian adventurers landed in South America prior to the Vikings, and certainly prior to Columbus. On his various journeys, Columbus brought technology and trade from the Old World to the New; however, the spread of diseases such as smallpox was devastating to those already living on the islands Columbus claimed to have "discovered." Regarding discovering that the earth is a sphere, that knowledge was already widely known to the people of Columbus' time long before his excursions at sea. In fact, the first globes appeared in 1492, the year he set sail to find what he hoped would be a shorter route to Asia and its riches.

The myth that his intention was to disprove the folk belief that the earth was flat was born in the mind of American writer Washington Irving (of "Sleepy Hollow" fame), who penned a highly fictionalized biography of Columbus in the early 19th Century that became the nation's first literary blockbuster. Columbus' reign over the Caribbean islands resulted in brutal deaths and gross mistreatment of their native peoples. In 1492, Columbus was marked on the Bahamas where a people known as the Arawaks, Tainos and Lucayans lived. Columbus described these people in his diary as handsome, smart and kind. His diary also revealed that these people had no weapons, nor did they have any criminals amongst them. In return for their graciousness in welcoming his expedition, Columbus seized land from the indigenous people and forced them to mine for gold to make his venture profitable for the Spanish monarchy which financed it. In just two years, Columbus killed off half of the original indigenous population. He sold young girls as young as nine into slavery. In his diary, he wrote, "A hundred castellanos are as easily obtained for a woman as for a farm, and it is very general and there are plenty of dealers who go about looking for girls; those from nine to ten are now in demand." The punishment for failing to meet the arbitrary daily quotas of gold imposed by Columbus and his administrators was the loss of a hand, which the victim was then forced to wear around their neck as a warning to their fellow laborers. The treatment of these peaceful people was so brutal that a group of 100 men performed a mass suicide. The torture continued with Columbus at the helm. Men that resisted slavery would lose a nose or an ear or were burned alive. Attack dogs were also used on the men if they did not follow suit. Some of the torture is too gruesome to be mentioned in print. Bartolome De Las Casas, a Spanish friar who accompanied Columbus on one of his voyages to the New World and was appalled at the barbarity he witnessed, "Such inhumanities and barbarisms were committed in my sight as no age can parallel, my eyes have seen these acts so foreign to human nature that now I tremble as I write." Fifty years later, not one native was left on the island.

Turn To **EDITORIAL** page **A14**

Letter submission policy

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

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

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Re-elect Anne Dauphinais

To the Editor:
 It is my opinion that the citizens of this area must re-elect Anne Dauphinais to the Connecticut House of Representatives. Anne has worked diligently for all citizens in her district. She is a dedicated representative. I have witnessed this firsthand. She is always accessible to her constituents. That is the type of representative you want in the Connecticut State Legislature for the 44th district. This state has been on the decline

due to the policies of the governor and the Democrats. It is imperative that you re-elect Anne to represent us in this northeast corner of the state. She has lived here all her life and has an extreme desire to serve the 44th district.

I say, be wise and vote to re-elect Anne Dauphinais!

DIANE SUMMA
 MOOSUP



NANCY WEISS

Anne Dauphinais — a champion for veterans

To the Editor:
 Born to and raised by a career military veteran, married to a veteran, and with a veteran son, State Rep. Anne Dauphinais understands the challenges military life brings to our veterans and their families. She has been an active supporter of the local Veterans Coffeehouse which originated in Danielson. She participates in fundraising events and partners with the veterans to help supply local food pantries. And she has helped dozens of veterans with their issues.

When I first met Anne, I noted her active participation in ceremonial events which

were held to honor veterans, and that she held local "town hall" meetings to speak and answer questions about the bills being passed in Hartford. Being available to the veterans, as well as all of her constituents, Anne is representing District 44 by understanding the needs here and how decisions in Hartford may affect us all. As veterans, we are fortunate to have her, and I urge you to vote Nov. 8 to keep her in office.

ART GAGNE
 PLAINFIELD

Republic vs. democracy

To the Editor:
 I thoroughly enjoyed the Editorial entitled "An epidemic of ignorance" (published in last week's paper) regarding the fact that we are guaranteed a "republican form of government" by the U.S. Constitution. Democracy is never mentioned in the U.S. Constitution.

I agree with the writer that it is a shame that most people don't know this and keep talking about our «democracy being destroyed.» If Democrats don't know what kind of government we have, it's no wonder the country is suffering under their control.

The United States was founded as a Constitutional Republic. Our founding fathers had nothing good to say about

a pure democracy because in this type of government, the majority rules. Thus, the minority could find themselves with no rights at all.

When exiting the Constitutional Convention in 1787, Ben Franklin was asked what sort of government the delegates had created. He replied, «A republic, if you can keep it.»

Seemingly, most Democratic «leaders» don't know what type of government we have. Vote Republican!

BARBARA HUGUENIN
 THOMPSON

I support Judge Leah Schad

To the Editor:
 When Leah Schad was elected as the first Probate Judge of the Northeast region in 2010, she faced the daunting task of coordinating and consolidating seven part-time courts into one cohesive full-time court. Her commitment to this process was enhanced by her law background in family law, real estate, and will and trusts.

In 2013, Leah was appointed by the Probate Court Administrator as Administrative Judge of the Northeast Childrens Regional Probate Court, overseeing 4 judges and the needs of 22 towns. During the pandemic, Leah and her staff began an outreach program to

address the needs of seniors. Her interest in the welfare of the young and elderly, our most fragile citizenry, is evidenced by this and her volunteer endeavors.

In her tenure as probate judge, she has met the needs of her community with compassion and understanding, and earned a reputation as a consummate professional.

Leah Schad has met the challenges of the Probate system in exemplary fashion. We need to keep her there, working for us.

BEV MALONEY
 WOODSTOCK

Lisa Thomas is the leader we need

To the Editor:
 Our General Assembly needs legislators with experience working on local budget issues and responding to the fiscal needs of our small towns. To achieve this, we need leaders that understand how to navigate budgets and advocate for state grants in a way that targets our public works and essential services without giving into wasteful spending. That is why we need Lisa Thomas as our next state senator for Connecticut's 35th district to provide fiscal leadership and responsibility in our region.

During her seven terms on the Coventry Town Council, Lisa has consistently advo-

cated for responsible budgets that balance the needs of the community with residents' ability to pay. Her record as Council woman includes passing bipartisan budgets that reduce or have no mil rate. Most importantly, Lisa has kept these budgets balanced while maintaining essential services and a school district recognized for its excellence. This mix of fiscal discipline and support for our schools and public services is exactly the kind of leadership we need in the state Senate.

CLAIRE C. TWERDY
 COVENTRY

Anne Dauphinais is our greatest fighter for freedom

To the Editor:
 My name is Brendan Grant, and I am a constituent. I am writing this letter in full support of Anne Dauphinais. Considering the blatant erosion over the last two years on our Constitutional freedoms, bodily autonomy, and basic human rights carried out by our own state and federal government, I am a one issue voter at this point. I am voting for the protection and upholding of the Connecticut and US constitution. I believe Anne is that person.

We need someone who will uphold the Constitution and value traditional family morals. She already proved a fighter for basic and essential freedom when she fought last

year to preserve the religious exemption. If we don't protect the constitution, we don't have our freedom. And if we don't have our freedom, America ceases to be America. Anne has my vote. I value freedom over everything else. If we don't have freedom, we have nothing. Our freedoms are not there to trade in for safety or convenience. I am tired of our state representatives consistently voting to trade away our freedoms one bill at a time. Anne Dauphinais is our greatest fighter for freedom.

BRENDAN GRANT
 DANIELSON

Letters to the editor may be e-mailed to brendan@villagernewspapers.com

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

Hanging on to the good

I finished a novel in a couple of days. In two gulps, I read "Lucy by the Sea" by Elizabeth Strout. I'm a Strout fan, having loved "Olive Kitteridge," "The Burgess Boys" and "My Name is Lucy Barton," among others. This book takes place over the course of the pandemic, when Lucy

moves to a small town in Maine with her ex-husband to wait it out. Two members of my family, who avoided Covid during the worst of times, have just contract-

ed it, so I know it is not over, but as I zipped through the effortless prose, I wondered if I really want to read about the past few years and how we coped or didn't.

So far, my husband and I have avoided contracting the disease, although I know that is no guarantee. We got the shots and the boosters. We wear masks in crowded places. We are attending small events at private homes, going to meetings and eating inside restaurants. I took a dear friend, who is older than I, to lunch recently, and then worried that perhaps I exposed her to disease. So far, so good, but what happened to us as individuals and as a community?

I gained a deeper appreciation for my husband's sense of humor. We needed laughter as the lonely days rolled by. He made me chuckle about my own foibles while also being open about his. We expanded our cooking skills and learned how much work it is to keep our home clean and organized when occupied 24/7. We saw the resilience of our children and grandchildren as they spent months away from the outside world. We enjoyed the key friends who reached out to us on Zoom, by mail or with visits on the porch. These memories will remain as the better parts.

Things have changed in big and small ways. I think that strangers are less likely to look me in the eye, although I also notice that people often hold doors open for other. Handshakes, kisses on the cheek and embraces from casual friends are down. Impatience from other drivers if I stop just as the light goes from yellow to red is extreme as noted by honking horns and finger gestures. Speeding is rampant, especially on the interstate, but also on our backroads.

The Airline Trail, state parks and walking paths are busy with bikers, walkers, single people, families with small children and groups. People are enjoying nature in greater numbers. The pandemic drew us outside. I walk five days a week, with a different friend each day. We see beautiful things, although drivers on backroads don't see us at all. The woods are safer. I wish bikers would announce their presence before blowing by me on trails, but they are locked into their own worlds.

The bubble in which we live has grown. I bought AirPods and I listen to books and poems when I garden or walk alone. I frequently communicate with my family and friends by text or email. I rarely call, because our home phone service is bad, but it is quicker to send a text. I facetime with my grandchildren and my brother. I attend in-person meetings, but I like the option that I can return to remote if I wish.

Let's hope pandemic times are in the rearview mirror, but let's hang on to what was good and mitigate the problems. Perhaps we will see the humanity in the eyes of the fellow holding the door, feel gratitude for the glory of nature and wave at other drivers.

Scoop! **If it's important to you, It's important to us.**
ConnecticutQuietCorner.com

LETTERS TO THE EDITOR

I wish I had a representative like Anne Dauphinais

To the Editor:

As we start to approach election season, it is important that we start to learn more about the candidates.

Even though Rep. Anne Dauphinais is not in my district, I find her to be a great resource when I need to know more about the process or certain bills they are voting on in Connecticut. She does a great job explaining in detail

what they are and the other hidden bills that are stuffed in there that we may not be aware of. We can always find Anne Dauphinais engaged in her community and it was at event last year that I reached out to her personally. She was very knowledgeable and eager to teach us what we needed to know so

Turn To **MATTOS** page **A12**

Leah Schad has earned re-election

To the Editor:

This year, like all election years in Connecticut, most media is paying attention to the top of the ticket: the races for Governor and United States Senator. But down ballot state and local races can be more important to the daily lives of our citizens and deserve close scrutiny.

Probate judges play a vital role in local Connecticut communities. They oversee trusts and estates, determine

title to property, and interpret wills. They are often required to resolve disputes in which feelings among family members run high. To resolve these matters fairly, the judge must have strong personal and legal skills. The judge must also be unbiased and decide each case on the merits, without regard to the judge's non-judicial monetary interests or professional activities.

Turn To **REINGOLD** page **A13**

Daphinais will bring the change we need to Hartford

To the Editor:

I will proudly be casting my vote for Anne Dauphinais again this November. She shares my belief that Constitutionally protected individual rights and freedoms should never be infringed. She is a strong advocate for law and order and our Second Amendment.

Violent crime has skyrocketed across our state and country. We have Democrats continuing to push woke liberal soft on crime policies. The Democrats can deny this all

they want, but they are pushing to defund the police, no cash bail, turning violent crime into non-detainable offenses, and allowing violent criminals back on the street to re-offend, empowering them, with near no fear of persecution. At the same time, Democrats continue to push more gun control that will do nothing to prevent crime, because criminals do not obey the law, but will only infringe on our Constitutionally protected

Turn To **DANIELSON** page **A12**

Democrat shell game

To the Editor:

What are the Killingly Democrats trying to pull in Connecticut House District 44? Their perennial candidate for the seat has recently become an activist for state controlled mental health of our children. Despite this timely crusade, she is not a candidate this election cycle. Instead – a new candidate emerges...

Enter Mr. Randall, a new and seemingly middle-of-the road Democrat politician. But things are often not all as they appear with this party. No matter the candidate's claims to be independent, there is a partisan, activist, life partner waiting in the wings that will influence and guide his votes and the policies that

Turn To **REILLY** page **A12**

We have exchanged the truth for a lie

To the Editor:

I would like to briefly reply to some of the points made by Donna Dufresne in her letter in the Sept. 30 issue of Villager.

The comparison of the US to Iran is disingenuous and disappointing. We all understand that women are treated badly in Iran, as well as in other Muslim countries. In contrast, women in the US have the same legal rights as men have, including but not limited to the right to choose education, career,

domicile, property, who to marry, health care, becoming president, picking friends, and on and on.

The only "right to choose" that is controversial is the one that is never stated fully. Why? Is there something to hide or be ashamed of? The full statement is, of course: "a woman's right to choose to murder her baby."

How can it be that anyone who objects to child sacrifice is labeled "extreme" or "fascist" while supporters of abortion

Turn To **EISELE** page **A13**

What will the voters choose?

To the Editor:

In his last letter, Mr. Cassettari again avoids answering a simple question as to what his boy has actually accomplished, and as a diversion, he went on a TDS flag-waving "answer a question by proposing another one" offense. Yeah, yeah, yeah, and so what about my boy? Do I have to again remind you that my boy isn't the President anymore? Yes, Donald Trump is far from perfect, but I'd take his economy over Biden's every

day of the week and twice on Sundays.

The GOP has nothing to offer, really? Who are the candidates that are talking about crime, the border debacle, the high cost of living, and inflation? It appears that the only issue that the democrats can fall back on is abortion. I totally get it that abortion is an important issue for some, but it's far from the number one concern on

Turn To **DELUCA** page **A12**

I try to get out and they pull me back in

To the Editor:

Like Michael Corleone says in "The Godfather," I try to get out and they pull me back in. For someone to say that Nancy Pelosi is a favorite of mine is just plain wrong; I have never mentioned Pelosi in my writings in this paper. Stop making things up. My disdain for her, McConnell, McCarthy, Schumer, Grassley, MTG and many like them is real. These people need to be changed; term limits and restructuring the money in politics would go a long way

to solving some of the problems in this country. Please tell the truth and stop lying and/or making it up.

Just a little thing about the Federal Reserve, or as it is known by, The Fed — they are responsible for money supply in this country. After years of free money in the economy which caused problems, as it allowed many to prosper without risk, 12-15 months ago, the Fed did not see inflation coming, doing nothing at a time when action could have

Turn To **CASSETTARI** page **A13**

Anne knows what's best for your health!

To the Editor:

On Nov. 8, we have two choices for State Representative, 44th House District, serving Killingly, Plainfield and Sterling. Our current State Representative, Anne Dauphinais, is a career politician, seeking a fourth term, when she has not done anything in our best interests during her first three terms. In fact, Anne has actively worked against us, voting no to a majority of bills that would benefit all of us. We can't keep doing the same thing and expect different results. We need change. We need Dave Randall to represent our forgotten corner of the State.

For three terms, Anne Dauphinais has continually voted no to bills that would help our children, families and seniors in Northeast Connecticut. Do

you have a mom, wife and/or daughter? If so, then you might be outraged to learn that just last year, Anne was the only legislator to vote no on HB 6626: Health Insurance Coverage for Early Breast Cancer Detection & Screenings. Breast Cancer is the second most common cancer in women and Anne voted no! One hundred and forty-five State Representatives voted yes. Only one voted no, and that was Anne! When you read this bill in its entirety, you would see there would be no reason for any reasonable person to vote against this life saving legislation. It seems clear to me that Anne Dauphinais is acting in the best interest of the insurance industry and not the vulnerable members of her district that rely on her.

Turn To **DRISCOLL** page **A13**

Time for a legislator who's serious about the job

To the Editor:

Has anyone noticed that letters supporting Anne Dauphinais lack highlighting specific legislation she worked diligently to craft, built support and got passed for the benefit of her district and the state? Why is that? After three terms, a reasonable person would expect there would be a ready list of such examples, but nobody seems to be

able to throw a spotlight on any.

It is all fine to say she supports children and families, the police, veterans but without a trail of legislation with her fingerprints on as proof all of that is just talk. A legislator without legislative success is like a salesperson without sales - both are failures at the

Turn To **SMITH** page **A12**

Dauphinais has been an exemplary defender of our rights

To the Editor:

For the past six years, Anne Dauphinais has represented the towns of Plainfield and Killingly in the 44th district. Some may ponder what she has accomplished in her three terms, and I will clear that up for you.

Anne has tirelessly defended our US Constitution and the First and Second Amendment rights that our forefathers

worked so hard to establish and protect. I never imagined a time would come that we needed to stand up for these basic rights, but over the past years, it has become evident that these principles must be guarded, and Anne has done an exemplary job advocating for and defending these liberties.

Turn To **KAPSZUKIEWICZ** page **A13**

Probate Judge Leah Schad willing to debate; her opponent a no show

To the Editor:

Both Woodstock Academy and WINY are offering candidates in the Nov. 8 election an opportunity to debate their opponents. These are an excellent public service and great opportunity for voters to hear directly from the candidates about their qualifications for election and reasons for running.

Judge of Probate Leah Schad has agreed to debate her opponent, candidate Gabrielle Labonte, at both debate opportunities. Candidate Labonte will

not agree to either debate, and has stated she has no interest in debating Judge Schad. She will not directly address voters from whom she is asking a vote. A debate is a great chance for citizens to hear valuable information on which to base their vote and confidence that they are electing the best person to this important position. A candidate who refuses to debate speaks volumes by their silence.

Turn To **NICHOLSON** page **A12**

Soucy dares to challenge one-party rule In Hartford

To the Editor:

Voters of the new 50th District, which includes Ashford, Brooklyn, Eastford, Hampton, Mansfield, Pomfret, and Woodstock, can now take an important step to have their voices heard.

Aaron Soucy is the most fearless and determined individual I've met in the Northeast corner. He is dedicated to principled, representative governance,

which is uncommon in Hartford.

Aaron inspires a hope for tomorrow and the future, and his commitment to winning is a testament to the energy he will bring in representing our towns. When Aaron announced his candidacy for the 50th District he achieved the requirements for the SEC Grant earlier

Turn To **DUNNING** page **A13**

Vote for democracy

To the Editor:

Do you love democracy? Then please do not vote for any Republican this election.

The party is now under the complete control of Trump and his anti-democratic followers. Yes, a poll shows that one in four Republicans say Trump's "Make America Great Again" movement threatens America's democratic foundations, but that quarter has no voice in the party.

Trump keeps repeating the Big Lie

that Biden stole the election, despite more than 60 court cases rejecting the claim, and a number of impartial investigations finding no fraud that would have influenced the outcome of the election. But the billionaires running social media and cable news spread the lie, profiting from humans' confirmation bias and belief in what their tribe believes.

But the brute truth is that it is Trump who tried to steal an election. He

Turn To **MCCLELLAN** page **A13**

You won't regret voting for Lisa Thomas

To the Editor:

I'm writing today in enthusiastic support of Lisa Thomas' candidacy for State Senate in the 35th District.

As Chair of the Coventry Town Council, Lisa has firsthand experience and a strong understanding of the challenges our local towns face. She has led the way in passing multiple budgets that held the line on taxes and maintained essential town services. Among many other accomplishments, she led

the way in develop a multi-town self-insurance pool that has dramatically reduced health insurance premiums by tens of thousands of dollars. After dealing with the state for years on behalf of her town, Lisa will go to Hartford knowing what our towns need, and how to get those things accomplished.

As both a lifelong educator and an attorney, Lisa's background is

Turn To **BRODERICK** page **A13**

Vote for Judge Leah Schad

To the Editor:

There is an important election coming up on Nov. 8 for the position of Judge of Probate for the Northeast Regional Probate Court. Leah Schad has served the people of Northeast Connecticut for the past 12 years with compassion and integrity. She is committed to our community and I encourage people to reelect her so she can continue her important work.

When Leah began serving the people of Northeast Connecticut as Judge of

Probate, she did so at a time when the probate court system was undergoing a major reform, resulting in the consolidation of 117 smaller courts into 54 larger district courts. At that time, her dedication and knowledge helped her serve and shape the current district court which includes the towns of Ashford, Brooklyn, Eastford, Pomfret, Putnam, Thompson, and Woodstock. For the past 12 years, she has proven herself to be an invaluable member of

Turn To **ARCHAMBAULT** page **A13**

The choice is autocracy vs. democracy

To the Editor:

I'm willing to bet that Ed DeLuca was brought up to understand the difference between right and wrong, to tell the truth, admit and apologize for misdeeds and believe that the ends don't justify the means. I'll even go out on a limb and guess that he learned respect, empathy, and, if Christian, that Jesus said to welcome strangers, love them and care for them. I would guess that most of the Trump Republicans had similar upbringings.

Then why do they constantly lie, encourage violence, and demonize immigrants? Most of them call themselves "Christians." Did they forget the difference between right and wrong, believe that lying is okay, and reject the teachings of Jesus regarding strangers

and charity?

If you listen to most of the Trump apologists, Trump, Cruz, Scott, Graham, Boebert, Taylor-Greene, Gaetz, Rubio, Desantis, Abbott, et al., you might conclude that the answer to those questions is, "yes."

I don't personally know any of those national figures but I do know a few Trump sycophants. Most of them clearly know that lying is wrong, display empathy and do charitable deeds. But when it comes to politics, they're willing to lie, exaggerate, condone violence and celebrate inhumane and illegal kidnapping of asylum seekers. (By the way Mr. DeLuca, it's just another one of your endless lies to label them "illegal.")

Turn To **TAYLOR** page **A13**

SPORTS

HIGH SCHOOL NOTEBOOK

Killingly girls' soccer edges Woodstock Academy

BY KEN POWERS
SPORTS CORRESPONDENT

Spencer Chviek scored off a rebound of a teammate's shot on goal with 16 minutes remaining in regulation to lift the Killingly High girls' soccer team to a 1-0 victory over neighboring rival Woodstock Academy on Monday, Oct. 3, at Morgan Field.

Chviek's shot, a hard, line-drive just under the crossbar, came from outside the 18-yard box. The initial shot on the scoring play came off a corner kick. Goalkeeper Aryn Nisbet recorded nine saves to post the shutout for Killingly, which snapped a four-game losing streak with the win. Fiona Rigney made five saves in net for the Centaurs.

Casey Beauregard (two goals, one assist) led Killingly to a second win last week — a come-from-behind road victory over Fitch, 3-1, on Thursday, Oct. 6.

After spotting the Falcons an early 1-0, lead, Laura Farquhar tied the game for Killingly, 1-1, midway through the first half scoring off an assist from Beauregard. With five minutes remaining in the first half Beauregard staked Killingly to a lead it would not relinquish, 2-1, scoring off an assist from Farquhar. Beauregard pushed the Killingly lead to 3-1, three minutes into the second half. Nisbet (six saves) posted the win in net for Killingly.

Unfortunately, Killingly (3-7-1) closed the week with a tough-luck loss, 2-0 to Berlin High on Saturday, Oct. 8, at Morgan Field.

Woodstock Academy rebounded successfully from its loss to Killingly, defeating visiting Waterford, 2-0, on Thursday, Oct. 6. After a scoreless first half Leah Costa put the Centaurs ahead, 1-0, in the sixth minute of the second half, scoring off an assist from Grace Gelhaus. Gelhaus also assisted on WA's insurance goal, scored by Bella Mawson, which gave the Centaurs a 2-0 lead with five minutes remaining in regulation. Woodstock Academy improved to 4-4-1 with their win in Waterford.

Elsewhere:

Tori Izzi scored seven goals as Ellis Tech (4-3-1) went 1-1 last week, defeat-



Photo Courtesy

Woodstock Academy's Gabrielle Couture attempts to control a pass from a teammate in the Centaurs' 2-0 win over Waterford on Thursday, Oct. 6, at the Bentley Athletic Complex.

ing Bullard Havens on the road, 5-4, on Tuesday, Oct. 4, before losing at home to Windham Tech, 7-2, on Thursday, Oct. 6. In the win over Bullard Havens goalkeeper Julie MacCracken made 17 saves to preserve the victory.

Boys' Soccer

Killingly High (6-3-1) won both its games last week, defeating Griswold, 2-1, on Saturday, Oct. 8, and New London, 4-1, on Tuesday, Oct. 4. Both games were played at Morgan Field.

In the victory over Griswold, Joe Cozza netted the game-winning goal four minutes remaining in regulation. Harry Giambattista scored the team's first goal, off an assist from Ethan Lackner. Trent Pichie earned the win in goal, finishing with six saves. In the win over New London, Lackner scored a pair of goals and Giambattista and John Fitzgibbons also found the back of the net while Pichie picked up the win in net, making 13 saves.

Elsewhere:

Woodstock Academy won a pair of games last week, defeating visiting Valley Regional, 3-1, on Monday, Oct. 3, and visiting Windham High, 2-1, on Wednesday, Oct. 5. With the victories the Centaurs improved to 4-4-2. In the win over Valley Regional Woodstock scored three goals in a game for the first time all season. Austin Byer, Noah Page, and Quintavanh Sangasy, all scored for WA in the game. Page and teammate John Bennett scored in the win over the previously undefeated Whippets (6-1-1).

Ellis Tech went 2-1 last week, defeating visiting Plainfield (2-0, Monday, Oct. 3) and host Grasso Tech (5-0, Wednesday, Oct. 5) before losing to host Norwich Tech (2-1, Friday, Oct. 7).

Hunter Giovanni and Cody Cramer both scored against Plainfield while Jake Pichie and Cam Fulone both recorded assists. Mason Carney (13 saves) posted the shutout in net for

the Golden Eagles. In the win over Grasso Tech Giovanni scored twice and Cramer (two assists), Pichie, and Casey Persson all found the back of the net as well. Carney made six saves to post his second consecutive shutout. Cramer scored the 5-3-1 Golden Eagles' lone goal in the loss to Norwich Tech.

Girls' Volleyball

Hailey Merritt blocked eight shots, Chloe Yip served seven aces, Shanaya Brown slammed home seven kills, and Addison Montville assisted on 10 points during Killingly High's 3-1 win over host Montville on Monday, Oct. 3. Set scores in the victory were 25-11, 25-20, 21-25, and 25-13. Later in the week Killingly (3-9) suffered losses to Norwich Free Academy (3-1, on Wednesday, Oct. 5) and Ledyard (3-0, on Friday, Oct. 7).

Elsewhere:

Morgan Bonin recorded eight kills and 17 digs and Sophie Gronski added 21 assists, but their efforts were not enough for Woodstock Academy, which lost, 3-1, on the road to Waterford on Monday, Oct. 3. The Centaurs won the first set of the match, 25-23, but the Lancers (8-3) took the next three, closing out the match with a tense, 26-24 fourth-set victory. Woodstock (8-4) also lost to visiting Newton last week, 3-0, on Saturday, Oct. 8. After starting the season 6-0, The Centaurs have now lost three straight matches.

Field Hockey

After posting four wins in 10 days, Killingly High lost three straight road games: 4-0, to Stonington on Thursday, Sept. 29; 2-0 to East Lyme on Tuesday, Oct. 4; and 5-0 to Fitch on Friday, Oct. 7. Killingly's record was 4-5 heading into its road game at E.O. Smith on Monday, Oct. 10.

Football

Quinebaug Valley saw its season-opening, four-game winning streak come to an end on Saturday, Oct. 8, the Pride losing to Platt Tech, 45-33, in Milford. Platt Tech improved to 2-2 with the win.

Tom Carey III dominates ACT Sunoco World Series 75

THOMPSON — The epic Saturday portion of the 60th Sunoco World Series presented by Budweiser featured all important end-of-year action for the divisions present with championship implications laying in every corner. Deserving winners across the board made their mark in World Series victory lane Saturday all in preparation for bigger and better things to come.

To start the afternoon's action, the NASCAR Whelen Modified Tour used two-lap time trials to determine the starting line-up of tomorrow's Phoenix Communications 150. After 24 drivers took to the Thompson highbanks, Ronnie Williams prevailed over Ron Silk to earn the Mayhew Tools Pole Award with his 19.073-second lap. Both will lead the Phoenix Communications 150 field down to take the NASCAR Whelen Modified Tour green flag tomorrow afternoon to round out the 60th Sunoco World Series presented by Budweiser.

Frequent hard-luck driver Bill Schoeler led the Thompson Mini Stocks to green for their 2022 championship ending 20 lap main event. Point leader Kevin Moore drove up through the back of the field and began to eye the leaders early before the first caution would come out on lap 9 for the spinning and stopped #9 of Dave Trudeau, Jr. in turn four. Schoeler would defend his lead against the challenging Dave Trudeau Sr. on the restart, both drivers' neck-and-neck for multiple laps before Trudeau bested the #84RI.

The final caution on lap 18 found Schoeler made contact with point leader Moore, cutting a tire and ending his night as Moore returned to the tail of the field ready for the restart. In the final two laps, Kevin Moore charged into a fifth-place finish and clenched the 2022 Thompson Mini Stock championship. Dave Trudeau



would take down his second win of the season followed by Jarred Roy and John Bovolacco.

Next on the field, Scarborough, Maine's Garrett Hall and Rehoboth, Massachusetts' Jake Johnson lead the Pro All Stars Series Super Late Models to green in their 75 lap main event on Sunoco World Series Saturday presented by Budweiser. Hall led the early paces with former Oxford 250 winner Wayne Helliwell Jr. moving swiftly through the field, setting his sights on Hall and the first place position by lap 6. After stalking the young hot-shoe, Helliwell moved around to take the lead on lap 12 with Johnson moving into second shortly after.

By lap 25, D.J. Shaw entered the top-5 mix as Hall began to rebound ahead of him. Hall caught up to the rear bumper of Johnson and used the slingshot move to jump underneath and claim second back at the line before setting his sights on Helliwell. Garrett Hall would take the lead from inside Helliwell to take the lead and never looked back in the green-to-checkers 75 lap sprint for the

PASS Super Late Models. Hall would take his first Thompson win since 2016 followed by Wayne Helliwell Jr. and D.J. Shaw to round out the podium after just barely motoring around Jake Johnson.

Defending Weston's Automotive Triple Crown champion Todd Owen started off the Sunoco Modified feature by quickly taking the lead from RJ Marcotte at the start with Mike Christopher Jr. in tow. The first caution flag would come down for the stopped Adam Gada in the backstretch grass, just an inkling of what was to come. Following the successful restart, a massive melee across the start/finish line included multiple drivers including point leader Stephen Kopcik, Troy Talman, Jon Puleo and others.

With Kopcik's team slamming wrenches in the infield pit area, the race resumed following the lengthy clean-up with Christopher Jr. leading Owen into turn one under the return to green. After stalking behind them, Keith Rocco made his presence known with a dive-bomb move into second under

Todd Owen in turn three. At the halfway point Christopher Jr. held steadfast to a ten-car-length advantage over the bumper-to-bumper-to-bumper threesome of Rocco, Owen and Cory DiMatteo laying in wait.

Stephen Kopcik would return to take two laps with crucial championship points on the line while DiMatteo tried to move all around Keith Rocco for third. Mike Christopher Jr. would break Kopcik's four-win streak by taking Round #2 of the Weston's Automotive Triple Crown Series for the Sunoco Modifieds. Todd Owen would take second with Cory DiMatteo coming home third over Keith Rocco and RJ Marcotte.

The New England Supermodified Series held their penultimate event as part of the 60th Sunoco World Series presented by Budweiser led to point by Thunder Road winner Ben Seitz and Massachusetts standout Matt Swanson. After five side-by-side laps, Swanson took the commanding lead over Seitz and Rob Summers and never looked back. Matt Swanson would take down his first Supermodified win in only

his second start followed by Ben Seitz and Russ Wood after mechanical issues took out Summers and Derek Ranstrom.

The American-Canadian Tour took the field as the fifth feature event of the evening. By virtue of his +5, longtime Thompson Speedway stand-out Tom Carey III took off at the front of the pack followed by former ACT Rookie of the Year Erick Sands. As Carey began to pull away, a three way battle for second between Alexandre Tardif, Sands and 2022 Thompson Speedway champion Ryan Morgan drew the fans' attention. Sooner still, point leader D.J. Shaw jumped into the top-5 before the first caution flew on lap 18 for the spinning Jacob 'Rowdy' Burns in turn two.

Carey and Tardif would muscle each other at the front under the restart before Sands smashed into the turn four wall with a flat right front with junked suspension ending his night. On the restart part-two, Carey and Tardif came across the line even until Carey pulled away as they drove out of turn two. The big caution of the night came soon after with John Lowinski-Low ending up on top of Joey Parker's hood along the frontstretch. Now up against D.J. Shaw, Carey once again held his own under the return to green. As the race played out till the end, Derek Gluchacki gathered up a full head of steam to come within inches of Carey's back bumper but time simply ran out. Tom Carey III would earn his second career American-Canadian Tour win followed by Gluchacki and Alexandre Tardif to round out the podium.

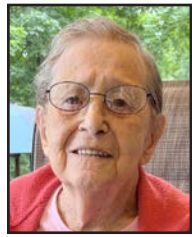
The New England Pro-4 Modifieds returned to the Sunoco World Series presented by Budweiser for their annual Harry Kourafas Memorial event. From the beginning it was all the Brett Merservey

Turn To **SPEEDWAY** page **A12**

OBITUARIES

Lorraine R. Shugart, 90

FISKDALE – Lorraine R. (Picard) Shugart, 90, died Thursday, September 29, 2022, in her home. She is survived



by seven children, Raymond Shugart and his wife Barbara of Granby, Debra Bigness of Charlton, and Lisa Tremblay and her husband Roland of Southbridge; a brother, Donald Picard of Colorado; a sister, Beatrice Harvey of Maine; 16 grandchildren, Jackie Bombard, Kelly Ashford, Donnie Ashford, Paul Ashford, Missy Pardee, Karen Lefave, Amy Wood, Megan Johnson, David Green, Carrie Wass, Jarred Bigness, Hayley Bigness, Christina Tremblay, Erica Bouchard, and Jennifer Tremblay; and many great-grandchildren, nephews,

and nieces. She was predeceased by a daughter, Janet Gallo; a sister, Muriel Strickland; a grandson, Ryan Shugart; her stepmother, Stella Picard; and her longtime companion, Peter Vavolakis. She was born in Putnam, CT, daughter of the late Adrien and Antoinette (Joly) Picard, and lived in Brimfield before moving to Fiskdale in 1970, then Southbridge in 2020 to live with her daughter, Lisa.

Ms. Shugart worked for S.W.E.C. and worked at their programs at Burgess Elementary School in the Learning Center and Project Grow in Dudley. Previously, she performed respite care for disabled children, which she truly loved. She was a member of St. Anne-St. Patrick Parish in Fiskdale. She enjoyed crossword puzzles, jigsaw puzzles, going on rides, shopping, and cooking for her family. Most of all, she loved spending time with her family.

A graveside service was held privately at Brimfield Cemetery in Brimfield. Paradis-Givner Funeral Home in Oxford is directing the arrangements.

Normand J. Jacques, 88

Southbridge: Normand J. Jacques, 88, passed away on Friday, Oct. 7th, in his home after a brief illness.



His wife of 63 years, Anita A. (Denno) Jacques, passed away on March 2, 2019. He leaves his four daughters, Carol A. Worth and her husband Brian of Southbridge, Debra A. Jacques of Plainfield, CT, Nancy M. Comeau of Dudley and Peggy A. Harrington of Woodstock, CT; 9 grandchildren; 10 great grandchildren; and nieces and nephews. He also leaves his beloved cat, 'Meow Meow'. He was predeceased by his grandson, Nicholas Worth and by his two brothers, George Jacques and Roger Jacques. Normand was born in Spencer the son of Edmond and Diana (Piche) Jacques. He served in the US Army.

Normand worked as a plumber and oil burner technician for Vincent Oil Co. in Southbridge for 25 years before retiring many years ago. He previously worked for Tasse Oil in Southbridge,

McKinstry Oil in Southbridge and Pratt and Whitney in East Hartford, CT. He was also a call fireman with the Southbridge Fire Department for 10 years. He was a member of the Knights of Columbus Detriana Council 199 in Southbridge. He was an avid bowler and belonged to the Southbridge Bowling League. Normand enjoyed riding motorcycles and was a member of the Red Knights Motorcycle Club. He enjoyed camping, loved animals and was an avid card player. Most of all he loved spending time with his family.

The family would like to thank Summit Elder Care for the care they gave to Normand.

His funeral will be held on Tuesday, Oct. 18th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 11:00am in Notre Dame Church of the St. John Paul II Parish, 446 Main St., Southbridge. Burial will follow in New Notre Dame Cemetery, Southbridge. Calling hours in the funeral home will be held on Monday, Oct. 17th, from 6:00 to 8:00pm.

In lieu of flowers the family asked to please perform a random act of kindness in memory of Normand.

www.morrillfuneralhome.com

SMITH

continued from page A9

task they are hired to do.

I really don't care that she has passion for the job, has perfect attendance, speaks at rallies or whatever. I want a legislator who is engaged in legislating and there is very small evidence Anne does any of that.

Time for a change, time for someone who walks the walk when it comes to doing those things that benefit district 44. Time for a Representative who is serious about the job; Dave Randall.

DAVID SMITH
DANIELSON

MATTOS

continued from page A9

that we could make better choices in our candidates based on the things that are most important to me and my family. I wish I had a Representative in my area that has the drive and willingness to serve her constituents, like they do in District 44. She can be found in her community throughout the years, and not only during election season. Be like Anne, I always say!

Regards,

DAWN MATTOS
GRISWOLD

REILLY

continued from page A9

impact our communities as well as our individual liberties. Mr. Randall makes bold promises that may shrink in the light of scrutiny and disappear altogether when the Connecticut Democrat Party – the party of defund the police and the party that removed qualified immunity that protects our law enforcement officers – calls on him.

Anne Dauphinais has been an integral part of the bulwark that shields the small towns of eastern Connecticut

DELUCA

continued from page A9

the minds of voters, and much to the chagrin of CNN, it doesn't even rank among the top five. Statistician Harry Enten appeared on CNN's "New Day" to discuss the numbers and cited a recently released Monmouth University poll which showed 82 percent of respondents felt inflation was the most important issue for the federal government to address while 72 percent thought crime was the most important issue. Those issues were followed by elections/voting (70 percent), jobs/unemployment

from further State and Federal control. As Americans we have fought and sacrificed for the Protections established in our State and National Constitutions. We have a fighter in Anne! She and other eastern Connecticut Republicans will continue to offer solutions that benefit and keep in mind our businesses as well as taxpayers and their families here in the 44th District. Please consider voting for Anne Dauphinais- the best and proven Representative for our district!

TRACY REILLY
PLAINFIELD

(68 percent), immigration (57 percent), infrastructure (57 percent) and finally abortion, at (56 percent). (Maybe Mr. Cassettari can find evidence proving me wrong? And if he can, he'll no doubt do it quicker than he'll mention any of Biden's accomplishments.)

With the midterm elections closing in, the voters definitely have choices to make. They can either go with the single issue party, or go with the one having broader and more important concerns. It's going to be interesting to find which one they will choose.

ED DELUCA
NORTH GROSVENORDALE

SPEEDWAY

continued from page A11

show out front, leaving the rest of the fifteen car field to sort themselves out. Even after the lone caution for Jack Dumas heading the wrong direction in turn four, Brett Merservey found himself at the front when it counted most. Merservey would win the 2022 Harry Kourafas Memorial race followed by Rob Richardi Jr. and Doug Merservey Jr.

To round out the epic Saturday night of the 60th Sunoco World Series presented by Budweiser, the much-anticipated Sunoco 100 for the Outlaw Open Modified Series. The \$10,000 to win spectacle began with Craig Lutz and Eric Goodale at the lead before Keith Rocco shot himself into the lead by lap three in turn three. Just as fast, Ryan Preece made it seem like child's play as he joined the top-5 in just ten laps. Just to add in a little more drama, Friday night Modified Racing Series winner Ronnie Williams entered the early mix at the front as the field spread further apart. For what seemed like eternity Rocco and Williams exchanged the lead in and out of each corner with a dangerous foe making the most of it.

Woody Pitkat grew ever closer to the front in each corner. 'The Sultan of Stafford' finally drove into the lead using a clus-

ter of lap traffic and set off like a rocket until Houston had a problem on lap 82 with the first caution of the event for a frontstretch spinner. The entire field came down pit road during the caution period with adjustments and tires going on nearly every one of them before Pitkat, Mike Christopher Jr. and Preece won the race off pit road. Pitkat also got the jump on Christopher Jr. under the green flag as Keith Rocco went backwards fast. Two more cautions would stack up the field allowing multiple show-downs between Ryan Preece and Woody Pitkat ultimately Preece would get it done. Woody Pitkat would take a hard earned second-place followed by Matt Swanson in the second Gary Casella ride.

The 60th Sunoco World Series presented by Budweiser wraps up with the NASCAR Whelen Modified Tour Sunoco World Series 150 presented by Phoenix Communications tomorrow, Sunday, October 9th. Alongside NASCAR's oldest touring division will be Thompson Speedway track championship events for the Sunoco Modifieds, Limited Sportsman and SK Lite Modifieds as well as the Weston's Automotive Triple Crown Series for the Sunoco Mods. NEMA Lites and the EXIT Reality Pro Truck Series will also be featured on the Sunday schedule.

The 60th Sunoco World Series presented by Budweiser bookend Sunday is \$45 for adults and \$10 for kids aged 12-6 with Grandstand Gates opening promptly at 10:00am. The 60th Sunoco World Series presented by Budweiser will be broadcast live on Racing America pay-per-view, all except for the NASCAR Whelen Modified Tour portion of Sunday's program which will be shown exclusively on FloRacing.

For more information about the American-Canadian Tour, contact the ACT offices at (802) 244-6963, media@acttour.com, or visit www.acttour.com. You can also get updates on Facebook and Twitter at @ACTTour.

For technical information concerning all PASS divisions, and for media or marketing questions, please contact passrac@roadrunner.com or visit www.proallstars-series.com. Don't forget to "Like" the Pro All Stars Series on Facebook or follow on Twitter @PASSSLM14 to keep up with breaking news as it happens.

For general Thompson Speedway inquiries, call (860) 923-2280, email oval@thompsonspeedway.com or visit www.thompsonspeedway.com. You can follow Thompson Speedway on Facebook and Instagram at @ThompsonSpeedway or on Twitter at @ThompsonSpdwy.

DANIELSON

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Second Amendment right of law-abiding people to protect ourselves, our families and our communities. Anne's opponent is running an "it's time for change" campaign. We have a Democrat governor and a Democrat majority in both House and Senate here in Connecticut, so

where is the change? The change is to vote Republican so we can start seeing change here in Connecticut and stop with the radical left agenda plaguing our state and our country. Vote to re-elect Anne Dauphinais and that will be the vote for change we need in Hartford. Sincerely,

JEFF CHARTIER
DANIELSON

NICHOLSON

continued from page A9

Judge Schad was hoping and willing to have a live discussion and answer questions regarding the Probate Court she has overseen very successfully for over 17 years. Ms. Labonte has denied voters an opportunity to learn about the Probate Court and hear from her directly. Instead, she has shown that she

is not interested in having voters know more about her and wants to remain in the shadows.

I encourage voters to vote for Judge Schad. She has done an excellent job for 17 years, has a proven track record, experience, is highly regarded, and is not afraid to talk about it.

MAUREEN NICHOLSON
POMFRET CENTER

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~ ~ ~

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DUNNING

continued from page A9

than anyone. Aaron started knocking on doors and talking to voters earlier than anyone. His competitive nature earned him a Division 1 College scholarship to Boston College and he is just as determined and competitive to overcome any challenge and outperform any foe!

Embedded, incumbent politicians use State money to brag about distributing our tax money such as \$100,000 counseling service for Woodstock Academy. This is not leadership but single party

MCCLELLAN

continued from page A9

fomented a violent insurrection on Jan. 6 to overcome the will of the people.

And now Trumpists have introduced 400 bills to suppress voting. They are running candidates as secretaries of state who say they will overturn a 2024 election if the Republicans lose. Poll workers are being harassed, forced to leave, replaced by right-wing activists. And a poll shows less than half of Republicans say political candidates who receive fewer votes than their opponent should concede the race. This could head us to a constitutional crisis.

In Connecticut, the Republican can-

BRODERICK

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unique and well suited to the task at hand. She is a fierce advocate of quality education for our children, including vocational-agricultural-technical education at all grade levels. And she is committed to finding ways to fund quality local education that is less dependent on the property tax.

As a forester and a tree farmer, I know Lisa to be a knowledgeable and an ardent supporter of environmental quality and the preservation of our rural character.

Lisa is open minded, and someone who will truly listen to her constituents.

TAYLOR

continued from page A9

Therefore, the inescapable conclusion is that these people are willing to put truth, morality, charity, and decency aside in their lust for power so they can impose their radical, minority views on all of us. Donald J. Trump normalized lying, hate, profanity, hypocrisy and indecency, and most of his party has followed his lead.

Republican apologists will probably counter that their party has no monopoly on lies and hypocrisy. This is certainly true. Presidents including Johnson, Nixon and Bush II told lies to start or expand unnecessary wars and many people died as a result. But the Trump GOP has reached new lows. Trump is the most prolific liar ever and lies about almost everything. The cowardly Republicans listed above lie routinely and often. Keeping their jobs is more important to them than upholding their oaths and doing the right thing.

For the approximately 20 percent of the electorate that is persuadable, I hope it realizes that inflation and the high cost of gasoline and groceries is a worldwide problem caused by the pandemic, supply chain problems, labor shortage and the unexpectedly rapid recovery, none of which was caused by Joe Biden. Things will not magically get better by electing to Congress liars and election deniers who have proposed no solutions. I hope voters can resist the urge to punish Mr. Biden and, in the process, elect an anti-democratic, authoritarian GOP majority that will roll back the rights of women, increase economic inequality, and accelerate the backslide of our democracy.

Do you really want immoral liars representing you in Congress? Do you want 11-year-old rape victims to be forced to give birth against their will? Would

distributorship. The fact is that our State remains one of the least attractive for business startups, near the top of the list in taxes, stifling regulations and a structural deficit that legislatures like Pat Boyd avoid, instead voting for more spending and State control.

Please join me and send a fighter to Hartford with values, principles, and most of all a fearless and determined attitude to ensure all voters voices are heard and restore "Hartford" to a civil and representative body.

DONALD DUNNING
POMFRET CENTER

didate for Secretary of State, Dominic Rapini, is an election denier who sent many tweets calling the election a fraud. Of course, there are good individual Republicans in the local elections, but I know of none who have publicly and vigorously countered the Big Lie. This is a tipping-point year in which we must vote against an entire party because they have let themselves be run by anti-democratic forces.

Are the Democrats perfect? No. But they want to continue America as a democratic country, and need your full support.

JOCK MCCLELLAN
WOODSTOCK

She can't be pigeonholed into any one end of a political spectrum. Perhaps most importantly, she is a person who entered politics for all the right reasons. Not for power or name recognition or to inflate her ego, but because she truly wants to make things better here and knows how to do it. If I don't manage to stay informed on a given issue, I can be confident that she will have thoroughly researched it and can trust her to make an informed decision that is in our best interests.

If you live in the 35th Senate District, please vote for Lisa Thomas this November. You won't regret it.

STEVE BRODERICK
EASTFORD

you prefer that Congress outlaw abortion for any reason even to save the life of the mother? Do you want political violence to increase? Do you want election deniers to overturn the results of free and fair elections? Do you like law enforcement officers being attacked by right wing insurrectionists? Do you want Senator Scott's plan to destroy Social Security and Medicare to become law? Do you want asylum seekers treated like animals and separated from their children? Do you want tax cuts to go predominately to large corporations and the super-wealthy? Do you prefer to live under an autocracy instead of the present nominally democratic system? If your answer to these questions is "yes," vote Republican.

Or are you pleased that Congress and President Biden limited out of pocket drug costs for seniors and reduced their insulin cost to \$35 per month? Or maybe you think reducing family health care premiums by an average of \$2,400 for families will help your budget. Do you think President Biden's bill to invest \$1.2 trillion in badly needed infrastructure improvements was long overdue? How about Biden's success in getting the biggest increase in veterans benefits in 30 years to address the effects of toxins that our veterans were unknowingly exposed to while serving our country? Do you appreciate Joe Biden's restoration of ethics and dignity to the office of President and his rallying NATO to help Ukraine repel Russia's unprovoked, illegal invasion? How about legislation to require corporations and the ultra wealthy pay a fairer share of taxes? If so, you may just want to vote Democratic. (There, Mr. Deluca. You have a partial list of President Biden's and the Democratic Congress's accomplishments.)

BILLY G. TAYLOR
KILLINGLY

REINGOLD

continued from page A9

Since 2010, Leah Schad has served as Probate Judge for Connecticut's Northeastern Probate District. She gave up a busy private law practice to serve the citizens of this community on a full-time basis. The lawyers and citizens who have appeared before her over the past 12 years universally describe her as fair, careful, and hardworking, available to litigants and their lawyers at all times. She has also traveled to towns in her district to explain the workings of the Court and to make the Court accessible to the citizens she serves.

Leah has done a superb job, and should be reelected.

BARRY REINGOLD
POMFRET CENTER

EISELE

continued from page A9

are labeled "good" and "moral?" This is turning morality on its head.

I know of no pro-life person, male or female, who, if mother and baby were dying, would not want to at least save the mother. This is a red herring argument used as a scare tactic.

Regarding the comment that being pro-capital punishment and pro-life is inconsistent. No! One kills the guilty while the other kills the innocent. Big

CASSETTARI

continued from page A9

slowed down the Inflation problem. Now, with inflation running hot they are trying, at the moment, in vain in slowing inflation. Due to this policy it may cause a recession next year, long term it may work but a lot of pain for the average American is ahead. Geopolitics and war are not helping the outlook for the next few months. As they said in "The Game of Thrones," winter is coming.

There are two bigger issues facing

ARCHAMBAULT

continued from page A9

the community which she has served with compassion and integrity. She has made the Probate Court her primary responsibility. While not expressly prohibited from practicing law while serving as probate judge, doing so can be ethically challenging. When Leah first ran, she promised that she would be available to the people of our district when needed, giving up her law practice to do so. She has honored that promise and remained faithful to the people of Northeast Connecticut while serving full time as Probate Judge.

The responsibilities of probate judges are weighty. Not only do judges probate wills and estates, but they have the power to remove a child from his or her home if that home is found to be unsafe. They can commit someone suffering from mental illness, drug addiction, or alcoholism to an appropriate facility. They can grant adoptions, change names, and establish guardianship for

DRISCOLL

continued from page A9

One might wonder if Anne is listening to the paid insurance lobbyist all while ignoring the facts, data and public testimony that is presented to her.

This October, Anne Dauphinais went on the SNSN talk show and complained that people are calling her out on all her no votes. She stated, I quote "I read the bills, understand the bills and vote accordingly," she then went on to say "I vote more against my own party than anybody up in Hartford and I have the record of being the most independent voter." So, tell me this, why would we want a legislator who feels that she needs to prove a point by being the only legislator to continually vote no on bills that will benefit us? How can we trust

KAPSZUKIEWICZ

continued from page A9

Regardless of your political affiliation, you should be concerned about your rights, and Anne has a proven record of voting in Hartford to defend these rights. Whether it was voting to allow parents the right to choose vaccinations for their children through religious exemptions or voting to stop the mandate madness during the pandemic, Anne will always vote to uphold the Liberties our Constitution established for us. I challenge each of you to look within and vote for Anne who will continue to protect your rights as a United States Citizen.

JENNIE KAPSZUKIEWICZ
PLAINFIELD

difference.

Traditionally, we have accepted the idea that all humans are sacred: "created in the image of God," as the Bible puts it. However, our new religion, evolution, means that humans are simply "overgrown pond scum" or "a big meaningless zero." Guns are not the problem. Abortion is not the problem. "We the people" have exchanged the truth for a lie. That is the problem.

HELMUT EISELE
POMFRET CENTER

this country; with the interest rates rising, so goes the federal deficit, just crossed the \$31 billion mark, and will rise faster since the price of borrowing rise. Next is income inequality for the middle and lower income people of this country. Rich get richer, and most people in the country suffer making ends meet. Remember when Republicans believed in fiscal restraint.

Happy Holidays, and hope that things do not get out of hand when....

DAVID CASSETTARI
KILLINGLY

the developmentally disabled. These are weighty responsibilities that need to be handled by someone who not only has a strong understanding of the law, but also the wisdom and compassion to handle each case with the import it deserves.

With almost twenty years of experience, twelve of them as Judge of Probate for the Northeast District Court, Leah Schad has a proven track record of consistency and fairness. She has the experience, wisdom and clarity to handle the responsibilities of Probate Court with confidence and compassion. She is clear headed, has a strong moral compass, and has the ability to carefully gather information and consider all sides of an issue before making decisions.

Any one of us may find ourselves in Probate Court one day, either for ourselves or a loved one. With Leah Schad sitting as judge, we'll be in good hands. I urge you to join me in voting for Leah for Judge of Probate on Nov. 8.

MARY ARCHAMBAULT
POMFRET

the judgement of someone who continually votes against the best interest of the members of our district and then is proud of it? Anne relies on the fact that some people may not know how to research a bill themselves and tells them it was bad for them when it really isn't. If you have not already, I would encourage you to check out the bill yourself on cga.ct.gov, bill search.

I would also encourage you to learn more about Dave Randall. He is a veteran, retired law enforcement, small business owner, father, grandfather and has the life experience to work with both sides of the aisle to deliver for our district. I encourage you to check out his Facebook page, www.facebook.com/electdaverandall.

HEIDI DRISCOLL
KILLINGLY

LEGALS

TOWN OF WOODSTOCK

The Planning & Zoning Commission has scheduled a Public Hearing for Thursday, October 20, 2022, at 7:45 p.m. to be held at the Woodstock Town office, 415 Route 169, Lower level, Meeting Room 1, for application #655-09-22 Woodstock Inn Assoc. – 94 Plaine Hill Rd (5781-50-4B) – 3-lot subdivision. Dr. Jeffrey Gordon, Chairman
September 29, 2022
October 7, 2022
October 14, 2022

Public Notice

Notice is hereby given that at its regular meeting on September 27, 2022 the Woodstock Water Pollution Control Authority denied a request by Woodstock Inn Assoc. LP, 94 Plaine Hill Road, Woodstock CT, to connect a proposed two lot subdivision to the Woodstock Sewer Collection System.
Roger Gale, Chairman
Woodstock Water Pollution Control Authority
October 14, 2022

**TOWN OF THOMPSON
PROFESSIONAL SERVICES****PROCUREMENT NOTICE
REQUEST FOR PROPOSAL
THOMPSON PUBLIC SCHOOLS
ENTRANCES PROJECT
DESIGN SERVICES**

The Town of Thompson will be accepting proposals from qualified individuals or firms to provide a complete Evaluation and Overall New Design for all of the School Entrances for the Thompson Public Schools, North Grosvenordale. Interested individuals and firms should obtain the complete RFP and related information from the Board of Education website at www.thompsonpublicschools.org or via the Town's website at www.thompsonct.org
Proposals must be submitted to Melinda Smith, Superintendent of Schools, 785 Riverside Drive, North Grosvenordale, CT 06255 no later than **2:00 PM November 10, 2022**

**LATE PROPOSALS WILL NOT BE
CONSIDERED.**

An Affirmative Action/Equal Opportunity Employer. Minority/Women /Disadvantaged Business Enterprises are encouraged to bid.
October 14, 2022

NOTICE TO CREDITORS

ESTATE OF Sharon L. Clancy (22-00405) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated October 3, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:
Debra Charland,
MATTHEW-ALAN HERMAN LAW
OFFICE OF ALAN SCOTT HERMAN,
16 SOUTH MAIN STREET,
P.O. BOX 663, PUTNAM, CT 06260,
(860)928-0406.
October 14, 2022

NOTICE TO CREDITORS

ESTATE OF Jordan Thomas Elliott (22-00400) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated September 29, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may

result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:
Marlys Elliott,
74 County Home Road, Thompson,
CT 06277
Brian Elliott, 74 County Home Road,
Thompson, CT 06277
October 14, 2022

NOTICE TO CREDITORS

ESTATE OF Paul Bryan Thompson (22-00365) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated September 29, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk

The fiduciary is:
Ian Gold, c/o CONRADO SEIFERT,
SEIFERT & HOGAN, HALLS ROAD,
P. O. BOX 576, OLD LYME, CT 06371,
(860)434-2097
October 14, 2022

Final Poets at Large event to feature Brad Davis



Brad Davis

WHITINSVILLE — This year's final poetry/spoken word event by Poets at Large and hosted by Valley Cast/Open

Skies will be on Sunday, Oct. 23 from 2-4 p.m. in the theater at the Singh Performance Center, 60 Douglas Rd., Whitinsville. This is the last in this year's series of free readings and is recommended for ages 14 and up. There will be an open mic segment after intermission and light refreshments will be served.

Performing will be poets Brad Davis, Elizabeth Thomas and Rebecca Olander. Featured open mic reader will be Susan Powers. Davis, a resident of Putnam, Conn., and his book *Trespassing on the Mount of Olives* was released in 2021. He runs a reading series at the new Putnam Public Library with four events each year. Davis has published pieces in a variety of journals, including *Poetry*, *Paris Review*, *Image*, *LETTERS*, and *Michigan Quarterly*, and some of his works have won awards including the AWP Intro Journal Award and the Sunken Garden Poetry Prize. He is the author of several collections of poems including *Though War Break Out*, *Song of the Drunkards*, and *Still Working It Out*.

Elizabeth Thomas is an arts educator from Columbia, Conn. who has taught all ages from pre-K to senior citizens. She has taught in most of the Hartford schools, and is a master teaching artist for the Connecticut Commission of the Arts and the Bushnell Center for the Performing Arts. She is the author of two poetry books: *"Full Circle"* and *"From the Front of the Classroom."* She has shared poetry all over the United States and in other parts of the world. Her work centers on teaching, family, politics and environmental concerns. She currently is the recreation coordinator for a local senior center where, she says, she "gets to play for work."

Rebecca Olander is a poet, teacher and editor based in Western Massachusetts. She is the editor/director of *Perugia Press*. Olander has been winning poetry awards since 2009 and her most recent accomplishments include the Straw Dogs Writers Guild Writing Residency in 2019, a Pushcart Prize nomination also in 2019, being named a finalist in the Two Sylvias Press Chapbook Prize contest, and her poem "Distanced" won

the Mass Poetry Ekphrastic Gallery Contest. Previously, she won first place in the Woman's National Book Association Poetry Award in 2013 for her poem "Late October Light."

Susan Powers lives in Woodstock, Conn., and is a retired English teacher. She is a published poet with works that include a chapbook, *Break the Spell*, and her poems have appeared in a few online venues, primarily in *The Sixfold Magazine*.

This year's free word/poetry series was held in conjunction with readings at Roseland Park in Woodstock, Conn. Sponsors of the Roseland Park readings include Charter Oak Federal Credit Union, Linemaster Switch, Atty Mark Brouillard, Ashford Xtra Mart, CR Premier Properties, WHZ Strategic Wealth Advisors, Bank Hometown & EA Custom Millwork of Northbridge. Sponsors of the Singh Center events include Webster First Bank, EA Custom Millwork and ValleyCast/Open Sky Community Services. Email karen.warinsky@gmail.com with questions.

TWO GENERATIONS OF MARTIAL ARTISTS



Photo Courtesy

Second degree black belt Sarah Carlson, and her daughter, 8 gup blue belt Lexi Carlson, recently competed in the Connecticut Yankee Nationals tournament in Waterbury. From Thompson, Sarah began her training in the Korean art of Tang Soo Do at the age of nine, and Lexi began at the age of four. Sarah competed in forms, weapons and sparring in the 18-34 year old black belt women's division. She won 1st place in forms, first place in weapons, and 3rd place in sparring. Lexi competed in the five-to-six-year-old division for forms and sparring. She placed third in sparring and 4th in forms. The Carlsons train at American Martial Arts Center, Foster, Rhode Island, under 9th degree Grandmaster Ken Saucier and 7th degree Senior Master belt Paula Saucier.

BIRQUIER

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ed within the Dayville skilled nursing facility. This health care career path at Westview educates and trains prospective CNAs while simultaneously providing them with employment—and Meghan is among the many proud alumni of this program working at Westview. She has wanted to enter the nursing field for a long time, and when she saw the opportunity available at Westview, she eagerly joined the CNA course to accomplish that first level of certification. Given that this was her first experience in health care, she reflects back on the combined educational and clinical environment at Westview helping her to understand the medical field.

"I'm really appreciative that I was able to earn my education by learning in both classroom and care settings. Coming to Westview for instruction and spending time with their residents before working with them benefits my role today," Birquier remarked.

She went on to describe her love for her residents, the joy they have together, and how she finds it so important to nurture patient and provider relationships during every shared shift. Meghan praises her colleagues at Westview and values their helpfulness and sweetness as they all accomplish patients' and residents' needs. They persevere together to keep spirits and smiles elevated while always maintaining a professional, care-driven atmosphere.

Birquier graduated from Killingly High School, and she looks forward to working towards a degree as a Licensed Practical Nurse and gaining employment in that role. She then hopes to earn a degree as a Registered Nurse and advance her professional abilities even further. Ultimately, she intends to have her impact providing nursing care in correctional settings when she rises to these additional responsibilities and ranks. During her time away from her present role as a CNA, she cherishes her time making memories with family and friends.

Westview Administrator David T. Panteleakos values Birquier's enthusiasm for gaining a role as a health care professional. "Meghan exhibits a commitment to compassionate care that is inspiring for all of

us at Westview," Mr. Panteleakos said. "I am delighted to know that our CNA education programs are places where ambitious health care providers like Meghan can begin their journey. I am especially pleased to know that Meghan has become such a strong member of our team at Westview; impressing all of us with her work ethic, joyfulness, compassion, dedication, and reliability. Congratulations to Meghan for this well-deserved distinction!"

Westview Health Care Center is a 103-bed inpatient skilled nursing facility, which includes a distinct and self-contained 28-bed sub-acute short term rehabilitation unit and outpatient physical, occupational and speech therapies including: Sports Medicine, Adolescent/Pediatric, Adult, and Aquatic Outpatient Centers, all dedicated to providing outstanding quality health care services. The Dayville, Connecticut facility is consistently ranked among the top nursing facilities in the nation, according to the Centers for Medicare and Medicaid Services as well as U.S. News and World Report, consecutively for the past 14 years.

EDITORIAL

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So, why do we celebrate Columbus even considering the atrocities committed under his administration? In 1792, in New York, Columbus was adopted by Italian emigrants as an example of their contribution to American history, and Oct. 12, the day that Columbus and his crew landed in the Caribbean, was selected as a day to honor his legacy. President Benjamin Harrison, in 1892, sought to have Americans celebrate the 400-year anniversary of the voyage. In 1937, Franklin Delano Roosevelt, after persuasion from the Knights of Columbus, proclaimed Oct. 12, be a national holiday. The day was switched

to the second Monday in October in 1971. In recent years, there have been protests at Columbus Day festivities. In 1992, in Berkeley, Calif., Columbus Day was renamed Indigenous Peoples Day. The state of Alabama celebrates a combination of Columbus Day and American Indian Heritage Day. In South Dakota, Columbus Day has been replaced by Native American Day, and in the Bahamas and Hawaii, it is called Discovery Day. Re-christening Columbus Day does not erase the fact that it was adopted in the first place as a celebration of a legacy that we now know to be a dark and troubling one, and there are many who continue to wonder whether it should remain a part of our yearly calendar at all.

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How to help student athletes navigate social media

Scholastic sports participation benefits student athletes in myriad ways. Competitive sports teaches students how to cope with the thrill of victory and the agony of defeat, while providing firsthand experience that emphasizes the value of working with others in pursuit of a common goal. Student athletes often apply these lessons long after their playing days have ended, benefitting from their experiences in competitive sports throughout their lives.

Athletes of all ages can relate to some of the common experiences of competitive sports. At one point or another, all competitive athletes must learn to handle losing. But modern student athletes have a relatively recent phenomenon to contend with that was not around when their parents played sports: social media. Social media can connect people in ways that were previously unimaginable, but it also poses unique challenges to modern student ath-

letes. Parents and coaches can help student athletes navigate social media so it does not adversely affect their scholastic sports experiences.

- Consider shuttering accounts during the season. In recent years, numerous professional athletes have bravely acknowledged their mental health struggles. For example, NBA All-Star Kevin Love has shared tales of his struggles with anxiety and depression. These issues confound many athletes and can be exacerbated by negative comments on social media, particularly after a loss. Student athletes can avoid the negative aspects of social media by avoiding it during the season.

- Emphasize the potential effects of athletes' own comments on social media. It's not just negative thoughts from disgruntled spectators that can make social media a minefield for young athletes. Student athletes' own negative comments can have some

lasting and unfortunate effects as well. A 2017 survey from the American Association of Collegiate Registrars found that 11 percent of respondents indicated they had denied admissions to an applicant based on social media content. Furthermore, an additional 7 percent acknowledged rescinding offers due to social media content. Fair or unfair, these decisions highlight the very real effects that comments made on social media can have on young people's futures. Sports often generates highly emotional responses, and parents and coaches can urge student athletes to avoid voicing negative or knee-jerk reactions about opponents, officials or even games they're not involved in via social media. Such commentary could have unforeseen consequences that adversely affect student athletes for years to come.

- Highlight how student athletes can use social media to their benefit. Social media



can be a minefield, but it also presents opportunities for student athletes to showcase themselves in a positive light. Parents and coaches can emphasize how student athletes can use social media to show good sportsmanship. Win or lose, urge athletes to praise their teammates and opponents after a big game. Positive commentary on social media can be just as beneficial to student

athletes as negative commentary can be harmful. Student athletes who showcase their maturity and sportsmanship on social media can improve their standing among college coaches and admissions officers.

Student athletes who learn to successfully navigate social media can reap the rewards of those efforts for years to come.

A look at the oldest Halloween traditions



As with many celebrations, Halloween is steeped in traditions — many of which can be traced back

quite some time. Since Halloween is believed to have originated from Celtic pagan, ancient Roman and early

Christian events, its traditions are varied. The following is a deep look at some old traditions associated with Halloween.

Bonfires

Historians trace many traditions of Halloween to a Celtic holiday known as Samhain (pronounced sow-in). The Celts lived 2,000 years ago in parts of what is now Northern France, Great Britain and Ireland.

During Samhain, people believed that the door between the worlds of the living and the dead was blurred. On Samhain, Celts believed the ghosts of the dead returned. Also, Druids made predictions about the future at this time of year. It was customary to build large, sacred bonfires and burn crops and other sacrifices to the Celtic deities.

While large bonfires are not typically part of Halloween celebrations today, revelers can light fire pits in their yards that are reminiscent of ancient celebrations.

Trick-or-treating

Christianity spread throughout Celtic regions and blended with other rituals. Pope Gregory III expanded on a holiday Pope Boniface IV established to honor Christian martyrs to include all saints and martyrs. All Saints Day on November 1 commemorates the venerable saints, and All Souls Day on November 2 celebrates loved ones who went on to eternal rest. All-Hallows Eve (Halloween) was a time to pay homage to the dead. Poor children would go door to door in more affluent neighborhoods offering to say prayers for residents' deceased loved ones in exchange for some food or money. This was known as "souling," which became the basis for trick-or-treating.

Later the tradition became known as "guising" in areas of Scotland, where children would go around in costumes.

Witches

Images of witches riding broomsticks are everywhere come Halloween, and witch costumes remain a standard. Almanac.com indicates that, during the Middle Ages, women who practiced divination were dubbed "witches," from the Anglo-Saxon word "wicce," or "wise one." It was believed the witches could go into a trance-like state, and would do so in front of their fireplaces. Superstitious people believed the witches could fly out of their chimneys on broomsticks and terrorize others with magical deeds.

Bobbing for apples

Bobbing for apples is not quite as popular as it once was, as more people have become concerned about spreading germs. During the Roman festival for Pomona, which occurred around November 1, Pomona, the goddess of fruit and orchards, was celebrated. Romans believed the first person to catch a bobbing apple with his or her teeth would be the first to marry. It also was believed apple peels contained the secrets to true love.

Carving pumpkins

Removing the insides of pumpkins and carving them into funny or fearsome faces may be messy work, but it's tradition on Halloween. Turnips were the material of choice in ancient Ireland, but were replaced by pumpkins when immigrants came to America. The "lanterns" were made with scary faces and lit to frighten away spirits.

Halloween is full of traditions, many of which have lengthy histories.

HANSON

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If you preach, just preach God's Message, nothing else; if you help, just help, don't take over; if you teach, stick to your teaching; if you give encouraging guidance, be careful that you don't get bossy; if you're put in charge, don't manipulate; if you're called to give aid to people in distress, keep your eyes open and be quick to respond; if you work with the disadvantaged, don't let yourself get irritated with them or

depressed by them. Keep a smile on your face. Love from the center of who you are; don't fake it. Run for dear life from evil; hold on for dear life to good. Be good friends who love deeply; practice playing second fiddle. (Romans 12:8-10 MSG)

Bishop John W. Hanson oversees Acts II Ministries in Thompson. This article comes from series he has written for small groups that meet in area towns. For more information on small groups, please visit <https://www.actsii.org/ministries/hour-of-prayer-care-groups/>.



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