

WHAT?

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Killingly plans ceremony to retire "Redmen" Mascot

BY JASON BLEAU
VILLAGER CORRESPONDENT

KILLINGLY — After the Board of Education voted to once again retire the "Redmen" mascot over the summer, plans are taking shape for officially move on from the moniker as the search for a new name continues.

The mascot has long been a contentious issue for Killingly with the Board of Education initially retiring the name in 2019 amid national movements to retire Native American labels for both municipal and national sports teams. Voters elected a Republican majority who swiftly reinstated the "Redmen" label. The use of the name has cost the town more than \$94,000 in state grant funding for violating a state law prohibiting the use of Native American mascots. The name became a talking point once again earlier this year after voters elected a Democratic majority in 2023. An ad-hoc committee was established at the start of the year to discuss the transition and in June the Board of Education officially voted to retire the mascot again, this time deciding to bring members of the public and stakeholders into the fold to be a part of the decision.

After months of discussion, it appears plans are now in motion to finally bid the "Redmen" farewell. Kevin Marcoux, a Board of Education member, former Athletic Director for Killingly High School, and Chair of the mascot ad-hoc committee, updated the School Committee on Sept. 23, revealing that at the recommendation of Superintendent Dr. Susan Nash-Ditzel the committee will be turning to Killingly's historic roots to seek a new team name.

"Dr. Nash shared an idea to arrange a meeting with the Killingly Town Historian and stakeholders from town. The objective of the meeting or meetings would be to learn more about the history of Killingly and possibly identify potential mascot ideas. Those ideas would then be vetted at a later date," said Marcoux.

Stakeholders receiving invitations for that meeting will include coaches, teachers, student athletes, Board

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Siblings launch Neighbors Against Cancer initiative

BY JASON BLEAU
VILLAGER CORRESPONDENT

DANIELSON — A new group is making its mark in the Quiet Corner to help ease the financial burden of those with cancer with a few familiar names leading the charge.

Neighbors Against Cancer (NAC) is a relatively new organization working to create a fund to offset expenses that insurance or larger fundraising organization can't cover for those recovering from or receiving treatment for different cancers. The group is led by sisters Patty and Gail Erskine known for their years of service as co-chairs for Relay for Life of Northeastern Connecticut. The long-time advocates of cancer research and fundraising have started their new initiative to focus on the hidden expenses of recovery.

"These big organizations do fabulous work, but even with insurance and these companies there are so many holes to fill, and we want to help with that," said Patty Erskine. "We spoke with someone at Day Kimball who told us some of the things insurance doesn't cover like a wig could cost anywhere between a few hundred to a few thousand dollars or someone who had breast cancer and had both breasts removed, they don't cover the prosthet-



Courtesy

Sisters Parry and Gail Erskine have launched a new cancer relief organization called Neighbors Against Cancer (NAC).

ics, and they could cost up to \$10,000. We want to be the people that help that person."

Erskine added that for many cancer patients these expenses can interrupt their ability to pay for everyday expenses like food or gas, so providing a fund to help pay for these hidden costs can be an essential tool to preserving these patients' abilities to live a normal and functional life.

NAC recently held a fundraiser at 4G's Pizza in Danielson, a craft fair inspired by similar events the sisters led when they worked with Relay for Life. The group is planning future events as well including holiday giftwrapping, a medium at Westfield Church in Danielson in December, and a Halloween party on Oct. 26 at 4G's Pizza. All the money raised from these events is being kept in a trust while NAC is working towards being certified as a non-profit. The funding will be made available to qualified applicants who reside in Windham County. However, applicants do not need to receive their treatment in Windham County. The organization is also establishing their social media presence and website as they finalize their non-profit status. Information regarding their funding and events will be made available through these channels.

Day Kimball Hospital Centreville Bank Golf Classic raises more than \$126,000



PUTNAM — The 40th Annual Day Kimball Hospital (DKH) Centreville Bank Golf Classic, held at the Connecticut National Golf Club on Friday, Sept. 13 raised more than \$126,000 with over 260 participants and volunteers in attendance. Net proceeds benefit DKH's efforts in enhancing critical patient care initiatives focused on cardiology, orthopedics, and diagnostic imaging services.

More than 125 local and regional businesses and organizations, as well as individual community members and families, participated in sponsoring the event to support expanding access to healthcare in Northeast Connecticut. This is the eighth consecutive year that Centreville Bank has partnered with DKH as the title sponsor, contributing \$25,000 toward Day

Kimball Hospital initiatives throughout the year.

Other major sponsors of the event included Gold Sponsors Ensemble Health Partners, Garfunkel Wild, P.C., and WIN Waste Innovations; and Silver Sponsors America's First Network Credit Union Northeastern CT Healthcare Division, Arthur J. Gallagher & Co., Colonial Health & Rehab Center of Plainfield, LLC, Downes Construction Co., LLC, Linemaster Switch Corp., NES Health, Pinnacle Healthcare Consulting, Putnam Plastics Corporation, Reid & Riege, P.C., The Wagner Law Group, and Weiss, Hale & Zahansky Strategic Wealth Advisors.

"Centreville Bank is a committed partner of community events like

Day Kimball Hospital's Golf Classic," said Harold M. Horvat, president, CEO, and chairman of the board, Centreville Bank. "As a community bank, we know how important Day Kimball Hospital is to the people of northeast Connecticut, and we are proud of what we've been able to help accomplish through our long-standing partnership."

Kyle Kramer, CEO of Day Kimball Health, underscored the importance of Centreville's commitment and thanked all who participated: "We couldn't have asked for a more successful turnout to celebrate our event's 40th year. The generosity and dedication of our sponsors, golfers, and volunteers make all the difference in our ability to expand access to care in the community. Events

Thompson concludes 65 Main public workshop series

BY JASON BLEAU
VILLAGER CORRESPONDENT

THOMPSON — After a year of discussion and presentations Thompson's 65 Main St. project is ready to move into its next phase which involves seeking grant funding and continuing the physical renovations of the facility.

Thompson officials and project stakeholders have hosted twelve informational sessions over the last year as part of the requirements of a USDA Urban Agriculture and Innovative Production (UAIP) grant allowing Thompson to garner feedback from members of the community and better inform them on multiple aspects of the project. The end result will see 65 Main St., the former home of the town's Superintendent of Schools and TEEG, repurposed as a Small Business Support Center with a permaculture food forest and education elements on site. Thompson Director of Planning & Development Tyra Penn-Gesek said the workshops have been a vital part of the long-term planning and execution of the initiative.

"Getting direct feedback from Thompson residents, business owners and officials regarding the future function of the facility at 65 Main helped to narrow down our areas of focus and create an 'order of action' for bringing programming for the facility to life. For example: feedback from the planning games, both in the regular workshop and at an abbreviated version for the Tourtellotte Memorial High School leadership students, and from the survey to farmers clarified that local businesses owner and farmers all believe they would benefit from access to marketing services and internships through the high school career pathways. That is just one example of many that arose through the year, where the discussion in the monthly workshops led to a refinement of the plans to launch the facility after renovations are complete," Penn-Gesek said.

Now the project enters two different phases that will unfold simultaneously. The first is the town's USDA Urban Agriculture and Innovative Production Grant which will span the next six months incorporating writing the full master and business plans. The master plan will include a breakdown of how the different elements of the project will be prioritized and brought online. The second element is renovations and building around the 65 Main project which has already begun.

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like these exemplify the spirit of collaboration and commitment that fuels our mission to deliver high-quality care, close to home. It's more than just a golf tournament—it's an investment in the health and well-being of our region."

Tournament highlights included several hole-in-one contests, a mid-day presentation and salute by the American Legion L'Homme Burdick Post 21 Danielson Color Guard escorted by the Manchester Pipe Band, and a special performance of the National Anthem by Kathryn Bargnesi, Corporate Admissions & Marketing Director, Davis Place Healthcare Center.

"We are incredibly grateful to have such a generous community of individuals and businesses who come together each year to support our hospital and its mission," said Kristen Willis, director of development, Day Kimball Health. "It was a phenomenal day of fabulous weather, great course conditions, and most importantly, an atmosphere filled with excitement and a level of community support and spirit that makes us extremely proud and privileged to be Northeastern Connecticut's community hospital."

From its modest beginnings 40 years ago at Harrisville Golf Course sponsored by Steve Bousquet and Jumbo

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Thompson teachers earn multiple professional recognitions

THOMPSON — Tucked away in the upmost northeastern corner of Connecticut, several teachers in Thompson Public Schools have earned national and state recognition for their high teaching talent. It is no secret that all Thompson teachers are skillfully dedicated to the students in our school system, but it is exciting that teachers are now being recognized statewide and nationally.

With great Tiger pride, we wish to highlight the following teachers for their accomplishments:

Awards

Lindsey-Ann Calarco
Lindsey Ann Calarco, Thompson Public School's Literacy Coordinator, was nominated by Dr. Sandra Donah to receive the prestigious Innovator Award from the International Structured Language Education Council. This award will be presented to Ms. Calarco at the International Dyslexia 2024 Annual Reading, Literacy, and Learning

Conference in Dallas, Texas on October 24-26.

Lindsey has been leading the development of the reading language-based classrooms at Mary R. Fisher Elementary School to best support students with dyslexia. Four K-3 classrooms have been established to provide classroom-embedded intensive reading instruction for students from certified Orton Gillingham-trained teachers.

Michael Joyce
Michael Joyce, Tourtellotte Memorial High School's Technology Education Teacher, received the 2024 Pathway Award for Excellence in Manufacturing presented by TD Bank at the CT Manufacturing Summit held on Oct. 2. Michele Walworth nominated Mr. Joyce from ReadyCT.

The recipient of this award is an educator who has displayed a commitment to advancing students in the K-12 system for careers in manufac-

turing. Mr. Joyce has created unique pathways for students to pursue continuing education opportunities beyond the scope of the classroom.

ReadyCT has only been working in eastern Connecticut, including at Tourtellotte Memorial High School, for a year or so, yet in that short amount of time, their team has singled Michael Joyce out for excellence in this field.

In addition to manufacturing, Mr. Joyce is spearheading the new welding program at TMHS in partnership with Electric Boat, SENEDIA, and the American Welding Society.

Professional Presentations:

Patricia Chenail:
Patricia Chenail, Thompson Public School's Mathematics Curriculum Leader, has been asked by the Connecticut Department of Education (CSDE) to lead two workshops at Performance Matters

Forum 2024, held on October 10th in collaboration with CSDE and other districts. Ms. Chenail shared her expertise in two workshop sessions: Harnessing Interim Data to Elevate Classroom Instruction CSDE and The Promise of High Dosage Tutoring.

Ms. Chenail has been instrumental in working with teachers to improve mathematics instruction, revise the curriculum, integrate interim assessments into daily classroom practice, and coordinate the high dose tutoring program in grades six through nine.

Photo: Patricia Chenail

Courtney Sobanski:
Ms. Sobanski is in year four of a five-year professional study with nineteen other teachers across the state to enhance her knowledge of secondary mathematics instruction. Connecticut NOYCE Math Teacher Leaders engages effective secondary math teachers

in Alliance districts by developing professional learning units, implementing the practice of "Building Thinking Classrooms," and attending and presenting at national conferences. Ms. Sobanski was selected in a competitive process to participate in the NOYCE program.

Ms. Sobanski will present at the 2025 Teacher Conference CPM Educational Program in February 2025. Ms. Sobanski will share her knowledge in secondary math instruction by presenting two workshops, Creating Professional Learning Collaborative Groups in Small Districts and Enhance Student Understanding of

Mathematical Topics by Providing Fun Real-Life Experiences for Students.

Ms. Sobanski has taken on the Secondary Mathematics Curriculum Leader role and will work closely with Patricia Chenail to improve math instruction district wide.

Photo: Courtney Sobanski

Thompson Public Schools may be in the "quiet corner" of Connecticut, but our teachers are making an impact nationally and statewide. We could not be prouder of our educators!

Quiet Corner Garden Club to take part in Walktober event

REGION — Save the dates! Oct. 12 & 13 and 19 & 20, there are more than 250 Walktober programs for you to explore along Connecticut's Heritage Corridor.

With the help of more than 130 partner organizations and countless volunteers, this Walktober has an amazing lineup of hikes, bikes and paddles for you to enjoy in the Quiet Corner.

The Quiet Corner Garden Club will be participating in The Last Green Valley's Walktober Event this year on Oct. 12-13 and Oct. 19-20, coordinating with the Palmer Arboretum and the Center for Woodstock History.

Multiple displays highlighting the accomplishments and presence in the Quiet Corner Garden Club (originally called the Woodstock Area Garden

Club) will be featured, covering the garden club's beginning activities from 1978 and continuing for 45 years up to 2023. Fourteen volumes of the garden club's historical Archi vArxchuv Aarchives will be on display.

Visitors can have a guided tour of the Palmer Arboretum and visit the Center for Woodstock History, located in Palmer Memorial Hall, to view the

garden club's display and see a pictorial display of Woodstock History. Check us out at <https://quietcorner-gardenclub.com/> for more information on the club. Also visit www.thelastgreenvalley.org for more information about their fall calendar and activities. Those who use Facebook can view the Quiet Corner Garden Club and Palmer Arboretum as well.

Dylan Lawson named to Dean's List at University of Maryland Global Campus

ADELPHI, Md. — Dylan Lawson of Brooklyn was named to the Dean's List for the summer 2024 term at University of Maryland Global Campus. To be eligible for the honor, a student must complete at least six credits during the term, earned a grade point average of at least 3.5 for the term, and maintained a cumulative GPA of 3.5 at UMGC.

University of Maryland Global Campus was founded more than 75 years ago specifically to serve the higher education needs of working adults and military servicemembers. Today, UMGC is the largest provider of post-secondary education in Maryland and continues its global tradition with online and hybrid courses, more than 175 classroom and service locations worldwide, and more than 125 degrees and certificates backed by the reputation of a state university and the University System of Maryland. For more information, visit umgc.edu.

Windham-Tolland 4-H Camp to hold tag sale

POMFRET — On Nov. 9 from 9 a.m. to 3 p.m., a tag sale will be held at the Horse Barn at Windham-Tolland 4-H Camp. Gently used furniture items (large and small), glassware, dishes, lamps, electronics, records, books, toys, lots of bicycles, holiday decorations, antiques and collectibles. Cash only. Horse barn entrance, not main camp entrance. Watch for signs.

The barn is located at 326 Taft Pond Rd., Pomfret Center.

Pet Pals holding low cost rabies clinic

DANIELSON — Pet Pals Northeast, a local animal welfare organization, is holding a low cost rabies clinic at the Quinebaug Valley Veterinary Hospital, Route 12, Danielson/Plainfield town line on Oct. 19 from 2 to 3 p.m.

Cost is \$15 cash per animal. Pre-registration and appointment is required. No walk-ins, please.

This is the last clinic for this year. For information, registration and appointment contact PET PALS at 860-317-1720.

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Blood rain

While I focus on the positive, I'm a fan of the Strange, Dark, and Mysterious. Who doesn't love a good mystery? I'm dedicating a series to some unsettling tales for this year's spooky season. There's no better way to start than with the chilling phenomenon of blood rains, documented by the legendary Charles Fort.

Fort once wrote, "There have been red rains that, in the Middle Ages, were called 'rains of blood.' Such rains terrified many persons and were so unsettling to large populations that Science has sought to prove that 'rains of blood' do not exist."

Scientists have documented red rains caused by sand and dust particles from the Sahara Desert. When strong winds sweep the desert,

POSITIVELY
SPEAKING

TOBY
MOORE

red sands mix with rain clouds, creating a reddish downpour. This phenomenon, known as "blood rain," is fairly common and has been analyzed to show high iron oxide concentrations, giving it a rusty hue. But what Charles Fort documented is far stranger. We're not talking about dusty rain, but actual blood-like rains—thicker, darker, and containing organic matter that defies simple explanations.

One of the most unsettling accounts of red rain comes from Fort's research on an incident in France on October 16 and 17, 1846. During this period, a vivid, crimson rain fell across several towns, staining the streets, rooftops, and fields in a disturbing shade of red. Locals were terrified, describing it

as if the sky itself were bleeding.

Scientific journals of the time, such as Comptes Rendus, noted that the rain was so vividly colored that it looked more like fresh blood than mud or dust.

Two separate chemical analyses were conducted to determine the nature of the strange rain. One scientist reported the presence of "blood-like corpuscles" in the samples, while another confirmed that up to 35 percent of the rain's composition was made up of organic matter—substances usually associated with living organisms. This appeared to be no ordinary storm.

Despite these findings, it was dismissed as a natural event, attributing it to dust swept up from the earth.

Was it really blood?

If so, where did it come from? No birds or other animals were found dead in the area, and no other plausible sources of organic material were identified. And eerily, this wouldn't be the last time such rains were reported in Europe, leaving a question mark that lingers to this day.

Take the terrifying incident on May 15, 1890, in Messignadi, Calabria, Italy. According to Professor Luigi Palazzo, head of the Italian Meteorological Bureau, something the color of fresh blood fell from the sky over this small town.

Naturally, the locals were horrified. Supposedly, this wasn't just a light drizzle—it soaked their homes, fields, and streets in thick, crimson droplets. Samples were quickly collected and sent to the public health laborato-

ries in Rome for analysis. The result? It was confirmed to be blood. Human? Animal? The scientists couldn't say.

What could cause blood to fall from the sky?

As documented in Popular Science News, the official explanation was that a flock of migratory birds—quails or swallows—had been caught and torn apart by a violent windstorm high above the town.

But here's where the story gets even stranger: Not a single feather was found. No bird remains were recovered, and no witness recalled seeing birds struggling in the sky. It was as if the blood had appeared in the clouds, only to rain down on the terrified townspeople.

This eerie event should have been a one-time occurrence, but Fort's

records show that blood rained again in the same town months later.

Twice, in the same location—each time with no sign of birds, storms, or any logical explanation.

Could some unknown atmospheric phenomenon cause these bloody downpours, or are they evidence of something much darker?

Whatever the cause, the tale of the blood rains remains one of the most disturbing and unexplainable mysteries in Fort's work. So, the next time you find yourself caught in a storm and notice something red in the raindrops—don't assume it's mud or dust. Look closer. You might be witnessing something that has terrified and baffled people for centuries: blood from the sky.

Day Kimball Health hosts Northeastern CT Chamber Business After Hours and Heart Group ribbon Cutting



PUTNAM — Day Kimball Health (DKH) marked two significant occasions on Thursday, Sept. 12 with the official ribbon cutting for its new Heart Group and a special tribute commemorating the organization's 130th anniversary.

The ribbon-cutting drew support from

Courtesy

Day Kimball Health CEO Kyle Kramer, center, cuts the ceremonial ribbon alongside members from the Northeast Chamber of Commerce, local legislators, community leaders, and hospital staff. To his left is Andrea Meyer, PA-C from The Heart Group.

the community with local legislators, community leaders, and hospital staff gathered as DKH's CEO Kyle Kramer and Board Chairman Peter Deary led the event, symbolizing a significant step forward in enhancing cardiac services for Northeast Connecticut.

The Heart Group, located across from Day Kimball Hospital at 309 Pomfret Street, offers a comprehensive range of cardiovascular services and treatments. The facility's opening allows patients to receive comprehensive, high-quality cardiac care without having to travel long distances, making it more convenient for those seeking early diagnosis, treatment, and preventive care.

"The Heart Group will provide comprehensive cardiovascular care right here in our community," said Kramer. "Heart disease remains one of the most critical health challenges we face, and this facility allows us to offer advanced diagnostics, treatments, and preventive care close to home. It's a major achievement in patient access and care Northeast Connecticut."

Following the ribbon-cutting ceremony, the celebration continued as DKH hosted more than 150 guests for the Northeastern Connecticut Chamber of Commerce Business After Hours, which also served to commemorate DKH's 130 years of service to the region. Guests enjoyed networking opportunities as well as reflections on DKH's journey highlighting its role as an essential part of the region's healthcare landscape and a special presentation of two Legislative Proclamations from the State of Connecticut given by State Sen. Mae Flexer from the 29th District.

In his remarks during the event, DKH Board Chairman Peter Deary reflected on the hospital's long-standing commitment to the community.

"For 130 years, Day Kimball Health has been a cornerstone of healthcare in Northeastern Connecticut, growing and evolving alongside our community," Deary said. "Today, as we celebrate the opening of our Heart Group and this milestone anniversary, we look forward to another 130 years of delivering on our promise to provide quality access to healthcare in Northeast Connecticut."

The event was a fitting tribute to the hospital's legacy of 130 years of growth, service, and community-focused healthcare and its ongoing commitment to access, innovation, and patient care.

For more information on The Heart Group, visit daykimball.org/heart-group

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

Thompson Warning of Election November 5, 2024, State Election

The Electors of the Town of Thompson are hereby warned to meet at their respective polling places in said town on Tuesday, November 5, 2024, for the following purposes:

- I. To cast their votes for Presidential and Vice-Presidential electors, United States Senator, Representative in Congress, State Senator, State Representative, and Registrar of Voters.
- II. To vote on the following question for the approval or disapproval of a proposed Amendment to the Constitution of Connecticut, a vote of "Yes" being a vote for approval, and a vote of "No" being a vote for disapproval:
 1. Shall the Constitution of the State be amended to permit the General Assembly to allow each voter to vote by absentee ballot?

The vote on the proposed question is taken pursuant to the Constitution of Connecticut.

Notice is hereby given that the location of the polling places on Election Day is as follows:

Election Day Voting District	Election Day Polling Place
District No. 1 — Thompson Library/Community Center, 934 Riverside Drive, North Grosvenordale	
District No. 2 — Town Hall Office Building, 815 Riverside Drive, North Grosvenordale	
District No. 3 — Quinebaug Fire Department, 720 Quinebaug Road, Quinebaug	
District No. 4 — East Thompson Fire Department, 530 East Thompson Road, Thompson	

Absentee Ballots will be counted at the following central location: Conference Room, Second Floor, Town Office Building, 815 Riverside Dr., North Grosvenordale. Voting tabulators will be used. The polls will be opened at six o'clock in the morning (6:00 a.m.) and will remain open until eight o'clock in the evening (8:00 p.m.). During the 14-day early voting period before said election, the hours and location of early voting will be as indicated below. Each early voting location will also offer Same-Day Registration (SDR).

Early Voting Day: Hours Early Voting / SDR Location

October 21-28 & 30, 2024: 10 a.m. to 6 p.m.	Merrill Seney Community Room,
October 29 & 31, 2024: 8 a.m. to 8 p.m.	Town Office Building,
November 1-3, 2024: 10 a.m. to 6 p.m.	815 Riverside Dr.
	N. Grosvenordale.

On Election Day, the hours and location of SDR will be as follows:

Election Day: Hours	SDR Location
November 5, 2024: 6 a.m. to 8 p.m.	Registrars' office, Town Office Building, 815 Riverside Dr., N. Grosvenordale

Dated at _____, Connecticut, this _____ day of _____, 20____.

Gail Livingstone, Assistant Town Clerk
Town of Thompson

www.ConnecticutQuietCorner.com

Teaching the difference between discipline and self-discipline

Thousands of books have been written on being the best parent ever. However, in my experience, teaching self-discipline is the foundation of building success in any person.

The dictionary defines discipline/self discipline as the ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it.

Discipline is the exerting of external control, like when you tell your kids to brush their teeth. This is how we as parents teach the littlest children the right and wrong ways to do things. Self-discipline is when children utilize an internal guide to direct them to do the right things. Self-discipline is the foundation of success in life and using character will give them a direction. In my years of working with

children I often asked if they made their own bed. Then I asked, did they do it on their own or after being told. Then I highlighted to them the difference between discipline and self-discipline.

Here are my top tips on teaching self-discipline.

One of the greatest well-known successes in athletics is Tom Brady. His recommendation is; "Quit focusing on all the things you can't control. Focus on being the best version of yourself. Work as hard as you can."

Succeeding with small goals eventually can turn into successes building great lifetime habits. Studies have shown that people with written goals have greater success on tasks. I also suggest posting them around your house so you can see them every single day. My suggestion is that the goals be very specific (I will do a future article on

S.M.A.R.T. Goals. You can google this if you are curious)

With the technology of today it would be easy to start with a video of how to brush with detailed cleaning of each tooth. Many electric toothbrushes have a handy 2-minute timer. When kids are done brushing, you can be their success coach and give your child feedback, finishing with a smile and praise. Create a routine (specific time of day) where you log your goals and build your habits.

Accountability and support.

If you want to succeed in a certain area, tell your everyone. Then every time you see your friends, they will check in on your progress and give you support. Your



LESSONS FOR LIFE
MIKE BOGDANSKI

friends and family want you to succeed, especially on tough, long term goals. Parents, if your child is not immediately good at developing self-discipline don't worry, it's a journey, not a destination. It is perfectly fine to fail as long as you take this as

a lesson in course correction.

Teach delayed gratification - I love the saying "Dig your well before you are thirsty". When I was in grammar school, the local bank got all the fourth graders to start a bank account. Each week, we brought in change to be deposited into our account. Week by week we could see the interest displayed on our passbook and watch our money grow. It was

very exciting. I am sure you can do a digital version today to help get the concept of waiting for rewards. (For teens or young adults, if you contribute \$135.00 a week, each year, to an IRA, it could take about 28 years to reach one million dollars)

Be consistent, and determined, and work for it. Don't sweat it if you fall back a little. Even elite athletes who eat right 6 days a week build in a cheat day where they can eat something not on their strict regimen.

I have learned that the difference between a dream and a goal is a timeline. When I was in college I knew the semester had a beginning and end and I needed to fulfill requirements week by week to succeed. I have met so many people that tell me "I should have started (their dream) twenty years ago". My response is, "then today

is the next best day!" I want to remind you that "someday" is not a day of the week.

Parents - reinforce and praise the behaviors you want to see. My recommendation is, If you can't praise the act, praise the effort. Highlight and recognize others you run into showing good self-discipline. It would be so great if you could model this skill with your own actions. How we conduct our lives will always speak louder than our words. In time all habits, good or bad, will be "built" in.

I will leave you with this thought written in the 6th century- "A journey of a thousand miles begins with the first step." (Lao Tzu)

Mike Bogdanski is a martial arts Grandmaster and Anti-bully activist. mikebogdanski.com.

Use fresh herbs to flavor holiday meals

Grow, harvest and season your holiday meals with fresh herbs grown indoors in a windowsill garden. Add to the experience by using potted herbs and a few holiday adornments to dress up the table. You and your family will enjoy snipping a few fresh herbal sprigs to season your meal to your own taste.

Include herbs your family likes, those that complement your menu and are easy to grow indoors like basil, oregano, parsley, chives, thyme, and sage. Purchase plants so they will be ready to harvest for the holidays. Many garden centers now carry herb plants year-round; some grocery stores sell them in their produce department.

Grow plants in individual containers or plant several in one larger decorative pot. Select a container with drainage holes and one that complements your table setting. Use a quality, well-draining potting mix when transplanting herbs into another container.

Place a saucer or tray under pots with drainage holes to protect your furniture. Or double pot plants when using a decorative container that lacks drainage holes. Plant herbs in a smaller pot with drainage holes or set several pots in a larger container. Place pebbles in the bottom of the decorative pot. This elevates the inner pots above any excess water that collects in the bottom of the decorative pot, helping avoid root rot and the need to empty the water in the saucer.

Dress up any meal by creating an edible centerpiece with your herb plants. Set them on a decorative placemat to protect the tabletop and add a few seasonal items to complete your display.

Grow herbs in a sunny window such as an unobstructed south-, east-, or west-facing window when they are not decorating the table. Consider adding artificial lights if sunlight is limited and the plants have leggy stems and pale leaves. Keep the lights about six to 12 inches above the tops of the plants and leave them on for six to eight hours if supplementing the natural light. Leave them on for 14 hours a day, if this is the only light source. Set the plants on a reflective surface to help shine light back up into the bottom of the plants.

Avoid drafts of hot and cold air and water thoroughly as needed. Some herbs like basil, oregano, parsley, and marjoram like soil to be slightly moist but not soggy while chives, thyme, and sage like it a bit drier.

Grow basil to dress up a pizza, salad, or soup with a few leaves. Add some oregano to season any tomato-based dish-

es such as pizza and pasta. Use fresh t h y m e to flavor c h e e s e , eggs, tomatoes, and lentils.



GARDEN MOMENTS
MELINDA MYERS

Chives' mild onion flavor is great on potatoes, but consider adding it to soups, dips, seafood dishes, and omelets. Just snip a few leaves and cut them into smaller pieces before adding them to your dish.

Parsley is high in Vitamin C, and is often added to soups, pasta, salads, and dressings. Harvest a sprig at the end of the meal to freshen your breath.

Add several pairs of snips and let everyone add their favorite herbal sea-

sonings to their meal. You may need to show your guests how to harvest and use the herbs to get them started. Let them know that harvesting the herbs encourages new growth for future use.

Make this year's holiday meals memorable. Invite your guest to enjoy the fresh flavor and fun of seasoning their meals right at the table.

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



Melinda Myers

Grow herbs that complement your family's favorite recipes and are easy to grow indoors.

OUR COMPREHENSIVE ORTHO CARE JUST GOT MORE COMPREHENSIVE.

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Michael P. Bradley, MD
Orthopedic Surgeon (Ortho RI)



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Grants available to Putnam businesses

PUTNAM — The Putnam Arts Council currently accepting applications for its first annual round of grants. Businesses located in the Putnam community are eligible for a grant of up to \$500. The grant will be awarded to one project for an art-related class, project, etc. that will benefit the Putnam community. Application deadline is Nov. 30. The grant will be awarded early January, 2025.

For more information, visit www.putnamartsandscouncil.com.

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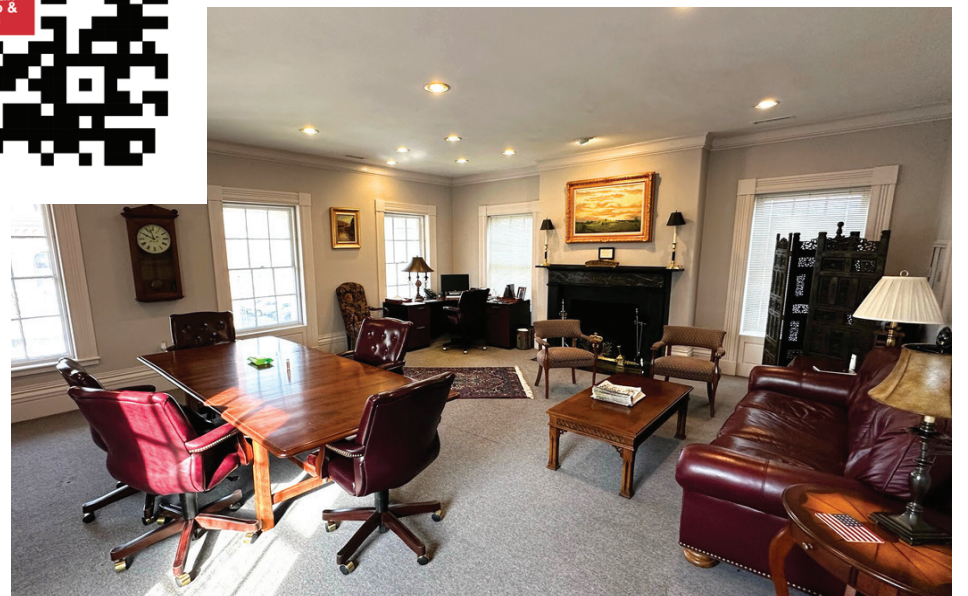


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MORE INFO:



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Principal

508-769-5007

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Vice President

508-868-3765

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Day Kimball Health names Linda Branch Employee of the Month for August



Linda Branch

Linda's hard work and dedication by naming her our August Employee of the Month."

Originally from Warwick, R.I., Branch lived in Killingly for 20 years before settling in Thompson with her family. Outside work, she enjoys gardening, spending time outdoors, and making cherished memories with her husband, sons, daughter-in-law, and grandson.

Day Kimball Health's employee of the month program is sponsored by Foxwoods Resort Casino and the Mashantucket (Western) Pequot Tribal Nation in appreciation of our healthcare workers and all they do for our community.

About Day Kimball Health
Day Kimball Health is a nonprofit community healthcare system composed of Day Kimball Hospital, Day Kimball Medical Group, Day Kimball Healthcare at Home, and healthcare centers in Danielson,

PUTNAM — Linda Branch, cashier and server for Day Kimball Hospital's nutritional services department, has been named employee of the month for August by Day Kimball Health (DKH).

Branch began her career with DKH in 1997 as a tray passer and morning cook. Today, she works as a cashier and server, providing exceptional service to employees and patients in the cafeteria and at catered events. She finds joy in

building meaningful personal and professional relationships through daily interactions.

"Linda brings such warmth and positivity to our Day Kimball family. Her friendly presence in the cafeteria creates an inviting environment for staff and patients," said Kyle Kramer, DKH chief executive officer. "She goes above and beyond to make every interaction memorable, and her contributions over the years have been invaluable. It's a pleasure to recognize

Dayville, Plainfield, and Putnam. Its service area includes Northeast Connecticut as well as nearby Massachusetts

and Rhode Island communities. Day Kimball Health's comprehensive network employs more than 1,000 staff includ-

ing nearly 300 associated, highly skilled physicians, surgeons and specialists. Its Web site is daykimball.org.

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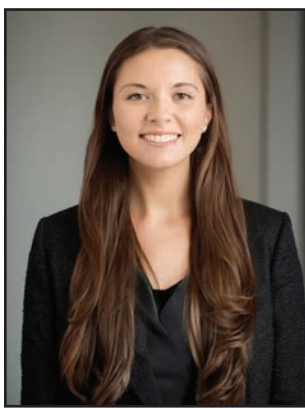
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Dunn Marketing welcomes Samantha Prario as Digital Marketing Specialist



Samantha Prario

KILLINGLY — Dunn Marketing, a fast-growing branding and omnichannel marketing agency based in northeastern Connecticut, has welcomed Samantha Prario to its team as Digital Marketing Specialist. Prario will assist in executing social media and paid digital campaigns as well as email marketing initiatives for the agency's clients.

Prario, a recent graduate of Assumption University with a Bachelor's degree in Marketing, brings a fresh perspective to the role. She also brings experience in B-to-B, B-to-C, and financial services marketing through prior internships at Cornerstone Bank, East Commerce Solutions, and Challenger Sports.

Dunn Marketing Founder, CEO, and Chief Brand Strategist Laura Dunn says that Prario's previous experience, positive energy, and focus on helping clients achieve success through person-centered marketing make her a perfect fit for the agency.

"We're thrilled to welcome Samantha to our team. Her passion for digital marketing and her collaborative personality align perfectly with our mission of fueling the success of good people doing great work. She will be a real asset to our team in delivering innovative, empathy-driven marketing campaigns that connect, inspire, and convert," Dunn said.

Prario's appointment extends Dunn Marketing's existing broad capabilities in digital marketing, a significant portion of the agency's comprehensive service offerings. The agen-

cy has developed its own 6-step Empathy-Driven Brand Building™ process, which underpins its strategic marketing services and tactical execution across both digital and traditional channels.

"I'm excited to join the Dunn Marketing team and contribute to their mission of empathy-driven brand building," said Prario. "I look forward to applying my skills and experiences to help our clients achieve their business goals while truly serving their clients, customers, and communities."

Prario is a native of Burrillville, R.I. When she's not working she enjoys traveling, outdoor activities, and spending time with family and friends.

For more information about Dunn Marketing and the agency's services, visit dunnmarketing.com.

Quiet Corner Al-Anon group meets Wednesdays

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

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

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FRANK G. CHILINSKI

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EDITOR

Why fall is the best season of all

Fall in New England is something else. It's the kind of season that makes you stop and take it all in—the crisp air, the explosion of colors, and the cozy feel of it all. After a busy summer, it's the perfect shift into a slower, more connected way of life.

There's just a lot to love about a New England fall. The trees light up with reds, oranges, and yellows, creating landscapes that look straight out of a postcard. And it's not just the scenery, it's the traditions, too. Fall is when small towns come alive with festivals, harvest fairs, porch concerts, and outdoor markets. It's an invitation to gather with neighbors, whether around a bonfire, at a farm stand, or during a weekend spent raking leaves and chatting over cider.

Fall in New England also has that perfect balance. The days are cool but not too cold, just right for a hike, a stroll through town, or picking apples in a local orchard. As the leaves change, they remind us that nothing stays the same forever, and that's okay. This season encourages us to embrace change while appreciating everything we've got right now.

It's also a time for reflection. With winter coming, fall feels like a last big celebration of the year before things quiet down. It's a chance to be thankful for what we have and to focus on what really matters, time spent with family, friends, and neighbors.

So, while the pumpkins, apple picking, and Halloween costumes are fun, the real magic of a New England fall is how it brings people together. It's about enjoying what's around us, building connections, and making the most of this cozy season before the snow flies. That's what makes fall in New England so special.

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OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Renee Waldron will fight for us in Hartford

To the Editor:

I write to endorse Renee LaPalme Waldron, running for State Representative in the 51st District. I know Renee to be a hard-working, intelligent, and compassionate person. Her life-long residence in Thompson, as well as her years spent as Thompson's Recreation Director, Town Clerk, and perennial volunteer have given her first-hand knowledge of the experiences and problems faced by local residents.

Even though I no longer have children in Thompson's schools, I am still concerned that we maintain well-funded schools that can offer modern educational and job training paths which will make our graduates more attractive to employers. To do this, we'll need the latest technology and adequately paid teachers in our schools. This cost is difficult for many taxpayers to bear because of the disparity in State funding allocation between rural and urban areas. We have many of the same problems of housing availability, pricey

utilities, and other high costs across the board as urban areas have, but this problem for rural towns gets less attention at the State level. Renee intends to fight to rectify this unfair allocation so that we can afford to improve upon our region's existing assets and our insufficiently funded school systems in order to attract more businesses and to give our residents a reason to want to stay and raise their families here.

Jobs, education, housing, and taxes are among the most critical issues of concern to our residents. As a senior citizen, I would add easy access to affordable and quality health care. Renee is sensitive to all of these problems, and I believe that she is well equipped to fight for us in Hartford. I urge you to vote for Renee LaPalme Waldron on Nov. 5.

Sincerely,

ELIZABETH GOLDSMITH
THOMPSON

I choose Harris/Walz

To the Editor:

I will vote for Harris/Walz. Not because I'm a Democrat (only since 2016), but because I believe strongly in two issues. I know they will work hard to support my values.

I normally would not be so public about my vote. I know people are worried about many things well worth considering in this election. But I think the big picture is more crucial than the details. If we get it wrong in 2024, we might suffer far more in the future.

On Nov. 5, I will vote based on

A woman's right to control her body and make choices about her own health and life. Our country supported this right for nearly 50 years. A minority group has taken away every woman's constitutional right to privacy and liberty. I want it back. Women deserve to be treated with trust, dignity and respect.

Democracy. I want our country to remain the most respected democracy on this earth. I do not want a small group of people with very specific values making decisions for the rest of us without rule of law, checks and balances and citizen participation.

These two things are more important to me than the price of eggs, gas, rent (which need addressing!) or the value of my retirement account (I feel lucky to have one!). They are more important than fear of our country shifting in color, gender, and language. They are more important to me than climate change, foreign wars or problems with crime, guns or drugs.

These are all problems that need solutions, but my decision in 2024 is simple. If we lose democracy and a woman's right to determine her own path in life, we lose something extraordinary. We lose basic values that have made our country admired and desired by the rest of the world. We lose principles people have fought and sacrificed for over generations and throughout history. We lose ourselves as Americans.

I choose democracy. I choose women's rights. I choose Harris/Walz.

CRIS CADIZ
POMFRET

We need to elect representatives who lead

To the Editor:

Killingly, Putnam, and Thompson's share of the Education Cost Sharing (ECS) grant from state funding for education has been held flat over the past five years!

How can that be when state Democrats are touting the single largest investment in public school education in state history, which adds up to hundreds of millions of dollars?

It is also true that all three towns did receive money for education from the state during COVID as did every town in Connecticut. However, Killingly, Putnam and Thompson are Alliance Districts (30 lowest performing districts in the state), the ECS grant for Alliance Districts has been frozen.

In 2024, the Connecticut General Assembly passed landmark legislation that — for the first time in state history — funds all public school students based on their individual learning needs, no matter where they live or the type of public school they attend.

Maybe it's not the fault of the Democrats in charge.

Maybe our problem is, we keep electing people like Rick Hayes who don't know how to advocate for their district. Rick Hayes has not been a vocal advocate for educations

funding for the three towns nor has he been promoting the needs that poorer, rural, and agricultural areas of our state have now.

People like Rick don't know how to work to bring back our fair share. Will electing another Republican to the State Legislature change anything? Do we really think electing his son-in-law is going to get us a different result? We aren't sure if Albert Einstein really came up with this definition of insanity, but it still works: "The definition of insanity is doing the same thing over and over again and expecting different results"

We need to give candidates like Renee LaPalme Waldron a chance to lead, because when we pick someone with no ability to get things done, we're the ones who get left out. Renee's 30 years of experience working for the people of Thompson, developing the first before and after school childcare programs, and establishing Summer Adventure Camp for affordable, high-quality childcare during school breaks demonstrates her ability to get the job done.

ARTHUR F. FAIRTHORNE
PUTNAM

The Quiet Corner needs problem solvers in the state legislature

To the Editor:

Killingly has a major problem with a maxed-out water treatment plant. The solution is going to be costly. The town, the state and the federal government will need to work together to expand the capacity as quickly as possible and maximize the state and federal share of the cost.

The question for voters is, who is best to work collaboratively to make these different entities work to benefit local taxpayers? There are those whose career is based on complaining about problems or those who will work to fix them. This is not an abstract question but one that will impact the finances of the town and the taxpayers.

Mae Flexer, our State Senator for the last 10 years. Mae Flexer is Deputy Pro Tem of the Connecticut Senate and Federal Relations Liaison. She serves as Senate Chair of the legislature's Government Administration & Elections committee and as Senate Vice-Chair of the Higher Education & Employment Advancement committee. She also serves as a member of the Appropriations, Judiciary, and Education committees. She is highly respected in Hartford and with 10 years of seniority has a voice that is heard. So when a town, like Killingly, has a major project, such as expanding

its sewer water treatment plant, Mae is going to get calls answered at the state and federal level to get aid for the town.

Visit <https://www.senatedems.ct.gov/senator/mae-flexer> to see the results Mae delivers for towns in her district.

In the 44th, Samantha (Sam) Derenthal is running for state rep. on a platform of collaboration to meet community needs. Sam's profession is in human resources, a job that requires working with various stakeholders in an organization to resolve obstacles, build a consensus and successfully move forward. Sam will be heard in the legislature, the Governor's office, and Federal officials which benefits each town in the 44th district.

Learn more about Sam at https://www.facebook.com/SamanthaforStateRep/?_rdr

In the 51st House district voters have an opportunity to elect a knowledgeable public servant with decades of experience in town government. Renee Waldron knows first hand what towns need from the state and who to reach out to to get it. Get to know Renee at: https://www.facebook.com/p/Renee-for-State-Rep-61559557103653/?_rdr.

DAVID SMITH
DANIELSON

Trump is mentally deficient

To the Editor:

The media obsessed about President Biden's signs of cognitive decline but mostly ignored Donald Trump's. Yet Trump's unscripted remarks at rallies and his answers to questions are increasingly incoherent and starkly reveal his severely declining mental fitness and narcissism.

Voters who still consider Trump fit to be president might want to consider his answer to a question he was asked recently in Michigan. When asked what he would do to keep autoworkers jobs in America, he began his response as follows:

"So pretty much, as we've been saying — and what I want to do is, I want to be able to — look your business. Years ago in this area, I was honored as the Man of the Year. Was maybe 20 years ago, and the fake news heard about it. They said, 'It never happened. It never happened.' And I didn't know who it was. It was a group that honored me as Man of the Year. The fakers back there — see the fake news — but they said, they said, Oh. And they looked at it you know, they said it never happened. But I said, 'I swear to you, it happened. It did happen.'

"I was Man of the Year, and I came and I made a speech and said, 'Why do you allow them to take your car business away? Why do you allow it to happen? They're taking your business away.' And I didn't know too much about — all I know is they

were taking your car industry away from you. They said it never happened, and lo and behold, somebody said, 'I remember the event,' and then we found out, and we had everything. We got the awards. We had everything. It did happen, but I gave a speech, which at the time was pretty controversial ..."

Wow. If a loved one rambled like that, you'd be scrambling to find their car keys and get them a mental health exam. Why would unquestionably follow such a person and vote for such an obviously diminished person for president? Hint — cultism.

When confronted with Trump's misogyny, cruelty, depravity, racism, lying, hate- and fear-mongering, and adulation of dictators, Trump apologists such as Ed DeLuca react just like Trump did when informed his Vice President was rushed out of the Capitol under threat of Trump's mob — "so what?" No doubt they will have the same reaction to Trump's increasing inability to think clearly and express a coherent thought. They don't care how many lives are lost or affected by Trump's and Vance's nonstop lies.

The constant lies, the childish insults, the refusal to acknowledge reality, the justification of violence against perceived enemies, and the parroting of the leader's every word are characteristics of cults. Mr. DeLuca's letters to you follow the pattern.

BILLY G. TAYLOR
KILLINGLY

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.

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