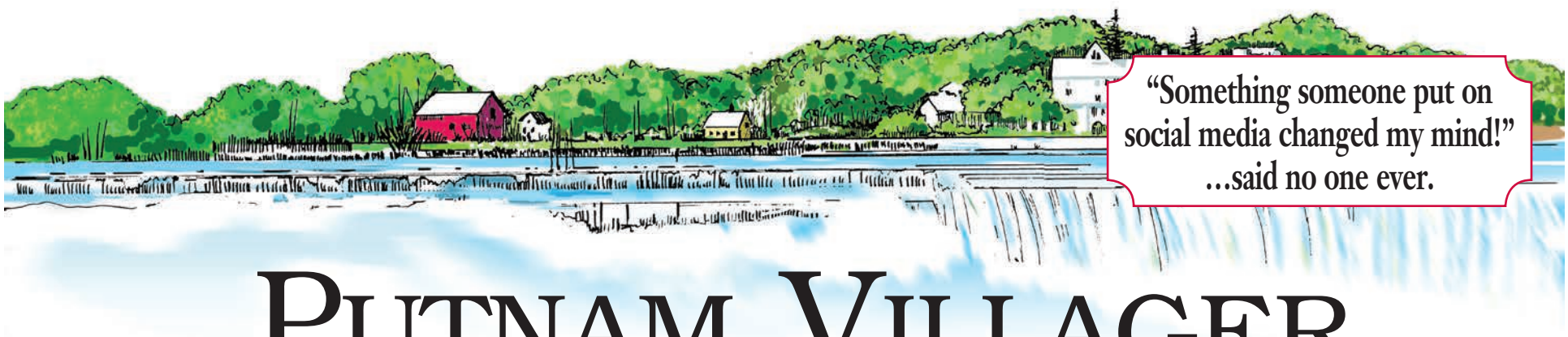

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Presenting the Directors Award is Michelle Salvas, President, Woodstock Education Foundation, Mia Ruggeri and Vice President, Dena Cocozza O'Hara, Vice President.

Woodstock Education Foundation announces winner of Director's Award

WOODSTOCK — The Woodstock Academy Class of 2022 graduate Mia Ruggeri is the winner of the Woodstock Education Foundation Director's Award for 2022. Her essay was selected above other submissions in a competitive review process.

"It is an honor to acknowledge Mia for articulating how her participation in WEF-sponsored activities, specifically Public Speaking, and events during her tenure as a student in Woodstock Public Schools contributed to her personal and academic growth throughout her high school years," said Michelle Salvas, President of the Woodstock Education Foundation.

In addition to a certificate, Ms. Ruggeri received a monetary award to be used to further her education.

The Woodstock Education Foundation (WEF) is a non-member, volunteer organization formed in 2005 by parents and community members concerned about preserving important school programs and enriching the public K-8 education experience for Woodstock children. The WEF is a 501©3 non-profit corporation governed by a Board of Directors. As of June 2022, the Board has distributed over $325,000 for educational enrichment programs supporting the students attending Woodstock Public Schools, Woodstock.

Day Kimball Healthcare receives USDA emergency rural healthcare grant

PUTNAM — Day Kimball Healthcare (DKH) received a $580,400 grant from the U.S. Department of Agriculture (USDA) to upgrade the facility's telemedicine network infrastructure through the Emergency Rural Health Care Grants Program. This program made possible by the American Rescue Plan Act under the leadership of President Biden, Vice President Harris, and Agriculture Secretary Vilsack, is intended to expand critical services in 143 rural health care originations. $32 million of the total $74 million investments are earmarked for 67 rural health care organizations to help more than 1 million people living in socially vulnerable communities.

DKH will use the funds to upgrade telemedicine services which offer cost savings to the hospital, medical practices, and patients by reducing no-show appointments and increasing provider productivity. It also allows DKH to modernize capabilities and ensure that residents of Northeast Connecticut continue to have clear, seamless, and stable access to their physicians and providers. The total investment for this project is $1,055,342, with the remainder being contributed by DKH.

Photo Courtesy

State Director, USDA-RD Scott Soares (right) and Congressman Joe Courtney (center right) present $580,400 grant from the U.S. Department of Agriculture (USDA) to Day Kimball Healthcare CEO, Kyle Kramer (center left) and Putnam Mayor, Barney Seney (left), on Monday, Aug. 15 at Day Kimball Hospital.

"Day Kimball Hospital plays an absolutely vital role in the safety and security of Connecticut's rural communities and this investment in the telemedicine network is critical to increasing patient access to the service the hospital provides," said Scott Soares, director USDA Rural Development Southern New England. "By way of increasing access to healthcare, telehealth is an important opportunity for our rural neighbors as well as an important tool that allows healthcare providers to extend smart innovative care to the communities they serve."

"On behalf of Day Kimball Healthcare, we would like to extend our sincerest thanks to Congressman Joe Courtney and his staff, as well as the USDA, for their support in advancing our information

Turn To ***GRANT*** *page* ***A2***

Celebrate Killingly fast approaching

BY JASON BLEAU
CONTRIBUTING WRITER

KILLINGLY — Each year, Killingly holds a special festival at David Park as the unofficial closing out of summer and a welcome to fall. Once known as the Great Tomato Festival, the town has made it official that the old moniker has been retired as of 2022 with the event rebranded to Celebrate Killingly, a more widespread tribute to everything that makes the town great.

While the rebranding was made official in July, Town Manager Mary Calorio made the public announcement before the Town Council on Aug. 9 acknowledging the event's new name and identity while promising that it will be the same fun-filled celebration many have come to enjoy each fall.

"As with every event, we look at them and determine what's our mission and goal with it and we have kind of had already begun to segway away from celebrating tomatoes for quite some time now. We really want to call it what it is, so we're looking at how we celebrate Killingly," said Calorio.

In the grand scheme of things, Calorio said the change is merely in the name and that, if anything, the event will be bigger than ever before. Many, if not all, of the same features people have grown to appreciate about the Tomato Festival will remain, just with less emphasis on the plant itself and more emphasis on all things Killingly.

"It's going to look the same. We'll still have the non-profits and the farmers market and the craft venders. We're hoping to be able to have more of our boards and commissions have booths there so that maybe we can get some more word out about what they do. We're really trying to make it about all things Killingly," said Calorio.

The event has been scheduled for 10 a.m. until 2 p.m. on Saturday, Sept. 10. The town is currently seeking venders, volunteers, and nonprofits that would like to be involved with Celebrate Killingly. Information on the event can be found at www.celebratekillingly.org.

New support group benefits LGBTQ+ teens

BY JASON BLEAU
CONTRIBUTING WRITER

THOMPSON — The conversation about LGBTQ+ youth in the United States has resulted in countless debates nationwide over the past few years, but with all the talk few programs have been established to help young members of that community to drown out the noise and discuss the challenges they face in school and beyond.

A new weekly support group is hoping to give young LGBTQ+ individuals that very opportunity, to escape the judgement of the world around them and to discuss their challenges and how to cope with them in a healthy way. Led by yoga instructor and LGBTQ+ ally Aubrey Waz-Grant in partnership with the Thompson Ecumenical Empowerment Group (TEEG), the new Queer Youth Support Group and Yoga program meets virtually every Monday to provide a safe space for LGBTQ+ youth to speak their minds and help manage the stresses that come with their stories of self-discovery.

"This program is geared towards helping provide support for those kids and just a safe space to have some of these conversations and safely explore topics they might not otherwise have a lot of access to," Waz-Grant said of the program. "The yoga component helps to allow kids who specifically often become disconnected from their bodies through the trauma of not being accepted and being bullied, and teaches them to connect with their body and help calm anxiety, depression, and deepen that connection with themselves so they can experience less internal volatility as a result of what happens around them."

Waz-Grant said she has been a strong partner of the LQBTQ+ community helping lead in corporate queer advocacy on the national level and said she realized the need for a support system for kids who don't fit in throughout the region commenting on how few resources already existed. She is also the daughter-in-law of former TEEG Director Donna Grant and, understanding the agency's long history helping local youth, felt it was a perfect partnership.

"I think that it's incredibly important across the country for these programs to exist. Study after study is showing the trauma that not being accepted causes people. It's not just the kids are sad for a little while. There are lasting ramifications both in the physical body and in one's mental health for not being accepted." Waz-Grant said. "I think the most impressive statistic is that having one supportive adult in a queer youth's life reduces the instances of suicidal ideation by, I think, around 80 percent. Creating that safe space has the potential to save hundreds or thousands of lives and if we can, in tandem, provide any resources for the parents or caregivers of the queer youth that just adds to the rank of supportive adults that will surround these kids."

The Queer Youth Support Group and Yoga program is free and open to anyone 12 to 18 years old starting at 4 p.m. every Monday online. Information on the program can be found by visiting www.aubreyauthentically.com and clicking the queer youth support group tab.

Blumenthal's Bargain Supply

KILLINGLY AT 300

MARGARET WEAVER

Do you remember when Ralph Brundage ran a Sportsmen's Shop featuring hunting supplies on the second floor of Blumenthal's Bargain Supply? Bob Dragon stopped in the Killingly Historical Center recently and reminisced about that and other stores in the vicinity. A check of Natalie Coolidge's Killingly Business Encyclopedia placed Brundage in the store beginning in 1954.

Of course, many of you recall Bargain Supply. For those of you who are new to the area or are a little younger, it was located in what is now a vacant lot across from the Killingly Town Hall. The business was owned by Harold Blumenthal and featured plumbing, heating, and electrical supplies. Unfortunately, it was ravaged twice by fire. The 1957 Danielson-Brooklyn Directory lists his business at the southern end of Main Street on the lot now occupied by George's Galley. A fire on Jan. 9, 1970 destroyed that building; Bargain Supply then moved to the northerly part of the business district, across from the Killingly Town Hall. Disaster struck again, this time on March 7, 1980 when it was consumed by fire. An extract from the Norwich Bulletin said that the flames jumped from the White Tower Package Store and "engulfed seven businesses in three buildings." The article continued, "Losses due to the fire, which has been termed the worst in the history of the Borough, are estimated at close to $500,000. Nearly 150 firefighters from 12 departments in the 10-town region responded to the call for mutual aid to the Danielson Fire Department and battled the flames for almost 18 hours." (Natalie Coolidge, Killingly Business Encyclopedia).

Lynn LaBerge was busy looking in the Borough of Danielson minutes, which are stored at the Center, and came across the following interesting agenda items in the warning of a Borough meeting to be held Friday, Aug. 18, 1854 (the year the Borough was chartered). "Relative to fines imposed on those who refuse to serve after having been chosen to Offices in said Borough. Relative to restraining of Horses, Cattle, Asses, Mules Sheep, Geese and Swine from going at large in the streets and highways. Relative to Nuisances and obstructions upon sidewalks. Relative to health. Relative to the mode and manner of taxation and the Collection of taxes and the election of assessors, Board of Relief, Haywards and Pound Keepers and the erection of a Pound…" I didn't realize that the Borough once had a pound. I wonder where it was located. Signed by Amasa Dow, clerk. (p. 14).

Lynn mentioned that one of the reasons the Borough was formed was so that the Danielson section of Killingly might have a fire department. The Friday, August 4, 1922 Norwich Bulletin carried an article about an early piece of fire fighting equipment that was still in service. "After a layoff of more than two years, the General Putnam Steamer, a fixture in the fire department for the past 44 years, demonstrated that it continues to be capable of being a big asset in fighting fire in case in emergency calling for its use occurs. While it may not match the modern motor driven pumper for efficiency, it really remains a very valuable piece of apparatus. Chief A. P. Woodward declared himself well satisfied on Thursday with the test given the big machine Wednesday night, when it was run for nearly 45 minutes, forcing two powerful streams of water through nozzles at the end of lines of hose 500 feet in length. It was also demonstrated that the motor that hauls the hook and ladder outfit is capable of hauling the steamer at least about the central portions of the borough, where it is most apt to be needed in case of emergency, and that establishes the fact that the fire department is now entirely independent of horses in getting all of its apparatus to fires. There is satisfaction in this, for, it will be recalled, there have been times since horses became fewer about the borough when it has been difficult to get the necessary number to make a quick response to alarms." (newspapers.com, p.6)

Baseball continued to be a popular pastime in the summer of 1922 and many local mills fielded teams. "The tightest game of the season was played on the Elmville grounds, Sunday, between the Whitetone A. A. of Elmville and the Manhasset Mfg Co. of Putnam. The game stretched to 15 innings without a tally and was filled with thrills and spectacular plays to satisfy the most critical. In the last half of the 15th with one down and one man on base, Caffrey lined a single over second which brought in the run needed to close the game. The feature playing by McGorty and the work of Birkby on first bag averted many chances for the visitors. Kent twirled perfect ball for 12 innings when he was retired with a split finger. The balance of the game was pitched by Craven who held the visitors with one hit. The pitching of D. Beausoleil for the visitors was excellent, holding the local boys to 11 hits." (Norwich Bulletin, Tuesday, Aug. 8, 1922, p. 6; newspapers.com).

Another sport was also becoming popular one hundred years ago. "Danielson fans are going to see boxing and wrestling exhibitions this fall. Frank Barber, who has established a reputation for fairness and square dealing in his operations along sport lines, is the promoter and already has obtained the necessary permit for conducting bouts and wrestling matches. Mr. Barber says that he plans nothing but clean sport and all matches will be held under such regulations as to exclude all possibility of anything improper occurring. Boxing and wrestling, now permitted by the state under certain restrictions are gaining popularity so rapidly that there has been a demand for events here so Mr. Barber is to stage them." (Norwich Bulletin, Saturday, Aug. 12, 1922, p. 6; newspapers. com.)

Hmmm! It didn't sound as though legalized boxing had been in existence very long. An internet search revealed that although boxing had been popular even in the 19th century, it wasn't until New York State passed the Walker Law in 1920 that everyone involved in the boxing match had to be licensed and a commission to regulate the sport was established. Prior to this law, the police could be called in to stop a match, and a boxer whose opponent died could be charged with manslaughter. That changed with the Walker Law. Other states soon followed in New York's footsteps. (tss.ib.tv)

Boxing fever hit Killingly in a very big way. Some of you who are long-time readers of this column may remember that Killingly had its own world class boxing champion in the next decade — "Larraping Lou Brouillard." On Oct. 23, 1931, he won the World Welterweight title in Boston by beating Jack Thompson in 15 rounds. Rebounding from losing that title to Jackie Fields on Jan. 28, 1932, on Aug. 9, 1933 "Larruping Lou" won a second title, this time as a middleweight, when he knocked out heavily favored Ben Jeby in New York in the 10th round. After losing that title Brouillard continued to box in various venues and tried several times to regain the title against Marcel Thil in Paris in 1936 and 1937. Both times he was declared the loser on a foul although the films did not necessarily confirm that. Despite all his fame he never took home a purse which was larger than $3,100. Lou continued to box until 1941 when he retired. Lou and Minnie had six children and numerous grandchildren and great-grandchildren. He died in Taunton, Massachusetts on September 14, 1984. A little more than four years later he was inducted into the World Boxing Hall of Fame in ceremonies in Los Angeles. (Taken from my files from Walktober Walks, etc.).

Margaret M. Weaver Killingly Municipal Historian August 2022. Special thanks to Bob Dragon and Lynn LaBerge. 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.

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GRANT

continued from page A1

technology infrastructure and telehealth platforms," said Kyle Kramer, Chief Executive Officer, Day Kimball Healthcare.

"The COVID-19 pandemic has taught us that there is more that we can do to engage with our patients through virtual care platforms and telemedicine, and this funding will allow us to modernize our capabilities and ensure that the residents of Northeastern Connecticut continue to have clear, seamless, and stable access to their physicians and providers," Kramer said.

Rep. Courtney voted to pass the American Rescue Plan Act in 2021 to provide immediate relief to workers, and families in eastern Connecticut, to keep essential services and important economic development projects online through the recovery, and to provide support to our communities as global supply chains and economies get back to full speed.

"There's really a big need out there for reliable telehealth services, especially in rural areas like Windham County, and particularly while there's such high demand nationwide for things like mental health services," said Rep. Joe Courtney. "We've got a serious need for this kind of support in eastern Connecticut—rural health centers like Day Kimball provide a critically essential service for many of our Quiet Corner communities, but they and our towns often simply don't have the resources coming out of COVID to make these sorts of major investments, which are essential to the future of our public health, our quality of life, the strength of our workforce, and more. That's exactly why we passed the American Rescue Plan, so that these sorts of critical investments aren't delayed, and so that we can keep doing the work today to prepare our region for success tomorrow and in the future. It's great to see this federal support coming home to improve health care for people throughout Windham County."

About Day Kimball Healthcare

Day Kimball Healthcare is a non-profit, integrated medical services provider comprised of Day Kimball Hospital, healthcare centers in Danielson, Dayville, Plainfield and Putnam, Day Kimball HomeCare, Hospice & Palliative Care of Northeastern Conn., Day Kimball HomeMakers, and Day Kimball Medical Group. Its service area includes Northeast Connecticut as well as nearby Massachusetts and Rhode Island communities. Day Kimball Healthcare's comprehensive network offers more than 1,100 employees including nearly 300 associated, highly-skilled physicians, surgeons and specialists. Its Web site iswww.daykimball.org.

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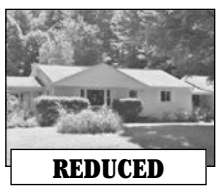
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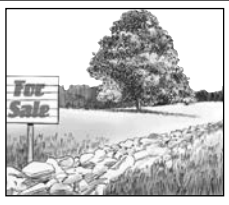

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Decisiveness

Positively Speaking

TOBY MOORE

Over the last several weeks, I've discussed five traits you need to develop to accomplish your dream. Today, I will write about the sixth most crucial quality. None of these necessarily have to be in a particular order. Everybody's dream is different, and so is how you will accomplish it. Desire, Faith, Specialized Knowledge, Imagination, and Organized Planning are a requirement in whatever order. The sixth is decision.

I have read that a lack of decision is one of the most significant factors that lead to failure in accomplishing dreams. The opposite of decision is procrastination. I've written about procrastination before; we've all done it. It's a dream killer. With so many distractions at our fingertips, putting off your dream day after day is easy until you lose all motivation and eventually convince yourself it wasn't meant to be. Some say procrastination is the number one reason people fail to accomplish what they want.

There is much written about successful people. If you read about them, you'll notice at least one similarity: once they've considered all the relevant information, they make a decision quickly, and they're slow to change their mind. On the other end of the spectrum, people who fail are often prolonged to make decisions and change their minds frequently.

When you do make a decision, you must act! Once you decide, you will discover those around you who try to convince you that it's a bad idea, that you're too late, or that it's been done before. You may experience the judgment of family or friends. You could open the newspaper and read an opinion piece that makes you wonder if you should change your mind.

There are over nine billion people in the world, which means there are unlimited opinions. If you open up to your driver on the way to the airport about what you've decided to do, they'll probably tell you how you're doing it wrong or how you shouldn't do it at all.

When you begin to feel yourself persuaded by the opinions of others, consider this: do they have the desire, faith, specialized knowledge, imagination, and organized planning that you have? If the answer is yes, then you should listen! If it isn't, stay the course, and become hardened in your determination.

It's good to be open-minded and hear the opinions of others but don't act on them. Don't be easily moved by someone who knows nothing of what you're trying to accomplish. Stay the course, follow through, and be strong. If you've done the work and put in the time, why would you allow your dream to be toppled by those who don't have the knowledge or desire you have?

Has it been done before? Maybe you've decided to do it differently. Perhaps you're going to do it better. Possibly you'll be the one to change an entire industry and how it works. The six qualities I'm writing about are so powerful that the opinions of a trillion people couldn't prevail against just one person who carries them out diligently. Take special care to keep quiet about what you're doing. Don't tell anyone except those on your team, people you've entrusted to help accomplish your dream, and those who have complete sympathy and agree on what you plan to do. Those are the people whose opinions you might consider. Telling anyone else will only expose you to ridicule, sarcasm, eye-rolling, jealousy, envy, and naysaying, even from those you thought were on your side.

Some might say that if you do this, you're just putting yourself into an echo chamber of people who will echo back to you what you want to hear.

Suppose you have the desire, faith, specialized knowledge, and imagination and have worked to create an organized plan. In that case, it means you've already considered the opinions of others and have decided to move forward anyway. You don't need to hear their opinion anymore.

Once you've decided, keep your eyes fixed ahead of you, don't look back; run the race to the end. Never give up; never give in because you have put yourself in a special class of people who have made the decision.

Local lawmakers applaud Inflation Reduction Act

BY JASON BLEAU
CONTRIBUTING WRITER

WASHINGTON, D.C. — Federal lawmakers are applauding the passage of the Inflation Reduction Act geared toward reducing health care and prescription drug expenses, energy costs, and lower carbon emissions on a national level.

The long-discussed House Bill, which received amendments in the Senate, was passed in early August by both the Senate and the House in Washington and includes provisions that will lower healthcare costs for families and seniors through a variety of measures. This includes empowering Medicare to negotiate the prices for prescription drugs, creating an $2,000 out-of-pocket cap on Part D Drugs, placing a price cap on insulin costs for Medicare beneficiaries, and implementing inflation rebates for seniors on Medicare. The Act also includes a variety of rebate and tax credit programs to help lower energy costs for consumers and investments in enhancing clean domestic energy productions. Finally, the Act also includes provisions to lower carbon emissions through grants and tax credits.

The Inflation Reduction Act received great praise from Connecticut representatives in both the House and the Senate. Congressman Joe Courtney applauded the Act as a great step forward for the nation that will significantly benefit the citizens of Eastern Connecticut.

"The Inflation Reduction Act is going to benefit seniors, families, farmers, and so many of our small businesses and communities across eastern Connecticut," said Courtney in a statement. "It lowers drug costs for seniors by finally giving Medicare the authority to negotiate lower costs from drug manufacturers—a proven policy used for decades in the VA that will strengthen the solvency of the Medicare Trust Fund. It invests in new incentives for farmers, homeowners, and small businesses to cut energy costs and carbon emissions. All of these reforms are paid for, and the bill cuts the federal deficit—that has been verified by the non-partisan Congressional Budget Office, the highly respected Committee for a Responsible Budget, and by multiple former Treasury Secretaries from both Republican and Democratic Administrations."

Sen. Chris Murphy also praised the plan as a long-awaited relief on families across the nation.

"For decades, Big Pharma and the fossil fuel lobby blocked every effort in Congress to shift power from these corporate elites to struggling Americans," said Murphy. "The Inflation Reduction Act will lower drug prices for seniors, cut health care costs, invest in clean energy, cut electricity costs, all while creating millions of jobs and making sure big corporations and the wealthy finally pay their fair share. Like the gun safety bill represented a fundamental break from the era of gun industry control of Washington, this bill marks a break from decades of oil industry and drug company ownership of federal policy. This bill will make life better and cheaper for regular Americans, and it stands as part of an unprecedented string of legislative successes by this Congress."

The $430 billion package was passed through the Senate through the reconciliation process, with Vice President Kamala Harris casting the deciding vote before House Representatives approved the measure 220-207 along party lines. The Act is considered a major piece of President Joe Biden's "Build Back Better" agenda for a post-pandemic economy in the United States.

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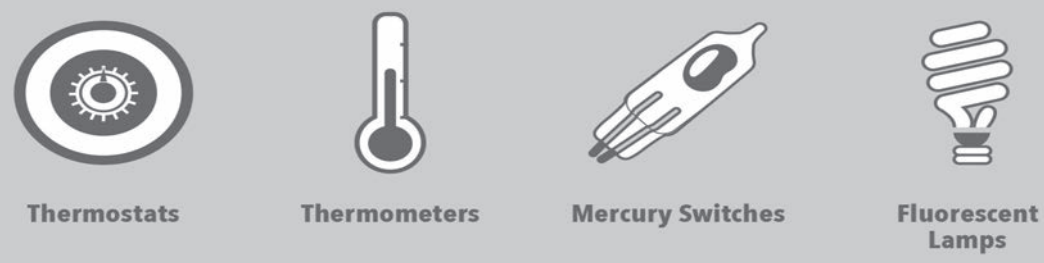

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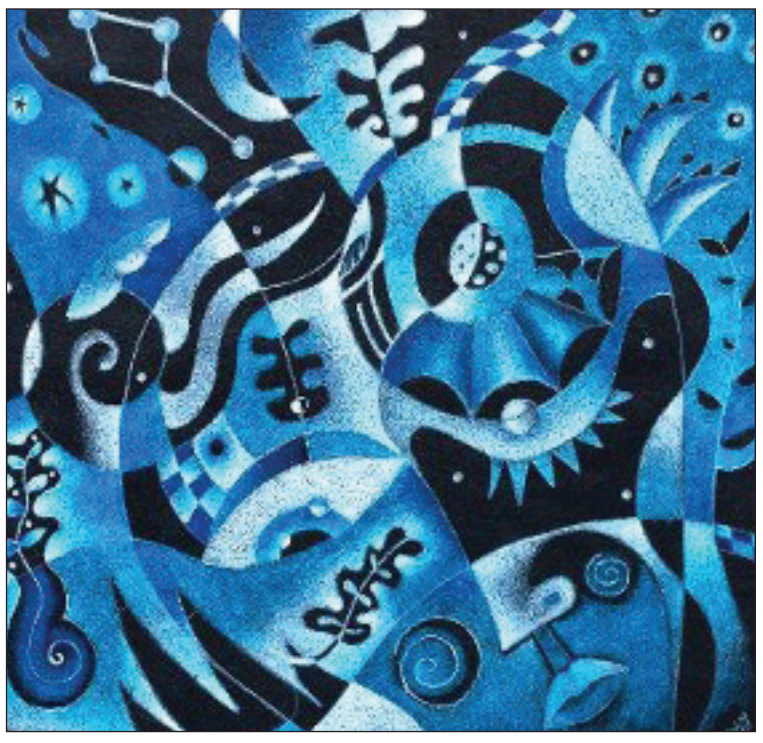
In the Studio

CYNTHIA SAARI

"Corkey" collage (paper, 8"x9")



Who Are You Really, colored pencil on paper 9" x 9

"In the Studio" features artists from the Quiet Corner--home to many artists and makers, some of whom have national or international recognition for their work in fine art, handcraft, performing art, art education, and graphic art. In this series, we'll talk with our artist neighbors and learn about their careers, current projects, and connections to our towns. We'll also learn some "artspeak" terms in our conversations, demystifying some of those "artist words".

In this interview, we're meeting with Putnam artist Annie Gusman Joly, who some of you may have studied with at Quinebaug Valley Community College, The Art Institute of Boston, or The University of Hartford. Most recently Annie, and husband Dave Joly, exhibited drawings, paintings, collage work, and photographs at the Putnam Public Library (April 1-June 30).

Thank you for spending some time with us, Annie. I've been looking at your website (www.anniejoly.com) and found so many wonderful images, as well as information about the materials you use and personal process. You work in numerous mediums—acrylics, colored pencil, mono prints, digital art, water and oil sticks, for example. What determines which material you'll choose when starting a new piece?

That's a great question Cynthia. Since I enjoy working in different mediums it can depend on several factors. I think medium dictates style and, in my case as an artist, style is about abstract vs. recognizable imagery. I would consider most of my work to be illustrative in style where objects are recognizable, yet not realistic. Since my mono prints are generally abstract, water-based oil paints and foam rollers with sponges work best.

My paintings are more detailed and require imagery that needs to be painted slowly with a brush using a layered dry brush technique. Acrylic works best for this technique. The paintings take weeks to create, as opposed to the mono prints which are very quick. The mood I'm in on any particular day often also dictates the medium, as well as where I feel like working in the house as I don't always work in my studio. For example, I love working on our porch in the summer creating colored pencil drawings. The light is wonderful and my cats like to nap there!

Your work flows from the subconscious, with imagery coming together organically and color adding to the story. Correct?

Yes, most of my work comes from an internal place. Over the years I've created landscapes and practiced creating representational imagery. However, it's the inner landscape that interests me the most and drives me to create art. This way of working has developed over time. I was trained as an illustrator where everything had to be sketched out and approved by the client prior to the creation of the finished art. Over the years, I've gone on to create personal work using my experience as an illustrator to illustrate my own inner 'story'.

I often start with a blank piece of paper or canvas and just see where it goes. This used to be scary but over time I've been able to let go of that fear and just see what happens. This is the most satisfying way of working for me. However, sometimes I do start with a tiny, loose pencil drawing if something pops into my head. While creating a piece I usually go through a 'hate phase' and know that I just need to keep going until it's resolved. One of my favorite paintings is one I tore up and then re-assembled into a completely different image that had so much more meaning for me.

I love the animal images in your artwork as well as some of the stories about them in your blog. What can you tell us about the use of animals in "The Caged Bird" or "Lady of the Clay"?

Lady of the Clay has particular significance as it features a cat that I befriended on a beach in Mexico. Since he was particularly skinny, I went out every morning to feed him scrambled eggs from the hotel dining room. We became friends and I was sad to leave him. Animals (especially cats) have particular significance to me. The woman in the piece was a clay brick maker and we visited her work space. I was so taken with her family and way of life. Traveling ignites the creative spirit.

The Caged Bird is a scene from an old fairy Tale. It's about a bird that outsmarts an evil hunter. It's a wonderful story about courage and grit.

You've shared that making art can be meditative and healing. What would you tell us about that?

Nothing feels better to me than to be working on a piece while fully engaged. That means being totally focused on the process of creating rather than the outcome. Time flies by and the inner disruptive brain dialogue that usually happens while doing other activities fade and a calming feeling takes over. It feels like being in a 'zone.' I'm always amazed at what comes out when I don't plan a piece. It's like something else is at work and it's just coming through.

Do you have anything on the easel right now?

Yes, I'm working on several things. This summer I've got several colored pencil drawings going and one large acrylic that I'm actually struggling with. As with all artists, sometimes this happens. Often, I can easily complete a piece in a fluid manner and it just works, but other times it's really difficult. I see the struggle now as an opportunity to go somewhere I've never been. The other day I made a huge change on the painting I'm currently working on. I don't really like it yet, but will go on to resolve it.

Can you think of any teaching experiences which have been particularly meaningful?

There have been many meaningful moments. Over the years I've learned so much from my students and I am grateful for the many years I've had in the classroom. Teaching for me isn't so much about the subject matter, but trying to guide, inspire and instill self -confidence. This can be difficult in art, as it's easy to be judgmental and hard on oneself. Guiding students to go on to pursue their field of interest and helping them with their portfolios has particular significance for me as well as working with beginning art students who are excited when they finally take an art class and say, "I can do this!" There are also students who stay in touch over the years after they graduate and it's wonderful to see them develop and thrive.

Thank you so much, Annie, for this conversation. Can we close with a favorite art quote?

Every child is an artist. The problem is to remain an artist once they grow up.

- Pablo Picasso

Nina's Dream, acrylic on paper 22" x 23"

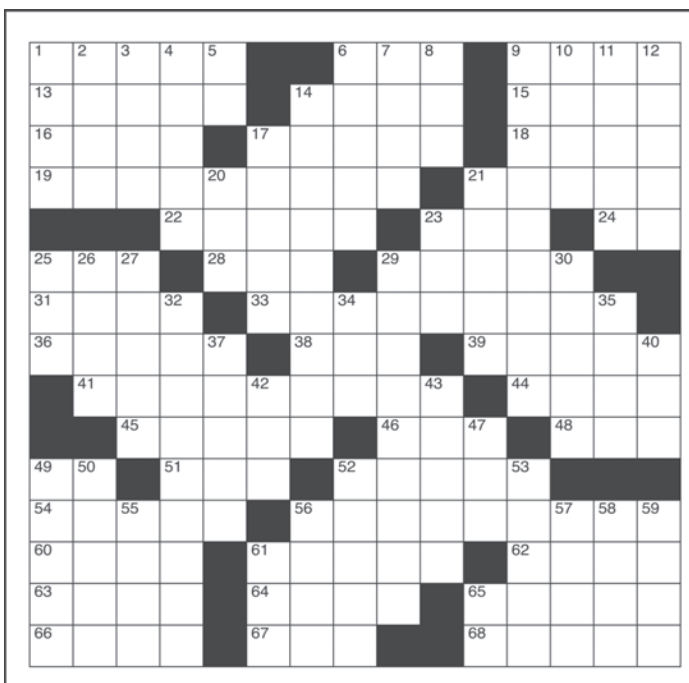
"The Caged Bird" Adobe Illustrator

"Lady of the Clay" acrylic on canvas 24"x30"

Word of the day:

Mono print--A form of **printmaking** where the image can only be made once, unlike most **printmaking** which allows for multiple originals. [tate.org.uk.)

About the writer: Cynthia Saari (Woodstock) is a nationally recognized flamework glass artist. She has exhibited her work & taught for over 20 years; her glass beads have been included in numerous publications & invitationals. Significant projects include costume work for the Santa Fe Opera, and flamework demonstrator at the Peabody Essex Museum. Cynthia offers talks & workshops in the Quiet Corner; she is an adjunct professor of art at a local college.



CLUES ACROSS

1. Influential Swedish, Belgian clan
6. Swiss river
9. Nocturnal S. American rodent
13. Like coagulated milk
14. Lima is its capital
15. Lying down
16. Jai __, sport
17. Egyptian statesman
18. Napoleon Dynamite's uncle
19. Renovated
21. Chadic language
22. 18-year period
23. Beverage container
24. Natural logarithm
25. The "mecca" of basketball
28. A way to darken
29. Mackerels
31. Actor Pitt
33. Places to buy seafood
36. True firs
38. Neither
39. Fencing sword
41. Italian pastas
44. Island nation close to the U.S.
45. Begets
46. Resembles a pouch
48. __ student, learns healing
49. Sodium
51. Indicates position
52. The world has one
54. Partner to pains
56. Photographer
60. Chew the fat
61. Culture of the British Iron Age
62. Weaverbird
63. Advice or counsel
64. Asian nation
65. Brought on board
66. German river
67. Airborne (abbr.)
68. Leaf-footed bug genus

CLUES DOWN

1. Mark left behind
2. Cry weakly
3. Ancient region in modern Syria
4. Farewell
5. Blue grass state
6. Genus of mosquitoes
7. S. Israeli city
8. You can get stuck in one
9. One who mistrusts others unjustifiably
10. First month of ancient Hebrew calendar
11. Tigers legend Fielder
12. Make more attractive
14. Horses
17. Slight projection in typefaces
20. Male parent
21. Jack and Jill are two
23. After B
25. Licensed for Wall Street
26. Missile with about 600-mile range
27. Goddesses
29. A day kids love
30. Oily secretion
32. One-tenth of a meter
34. A father's male child
35. One point east of southeast
37. Silk garments
40. Cool!
42. The color of anger
43. Trade profession
47. It can get you around
49. Mother-of-pearl
50. Hurt
52. Legendary slugger Hank
53. Polio vaccine developer
55. Incline from vertical
56. Sea creature
57. Actress Kate
58. Affirmative votes
59. Nothing
61. Pie _ __ mode
65. Expresses surprise

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Killingly Public Schools announces meal program eligibility requirements

KILLINGLY — The Killingly Public Schools announced today its policy for determining eligibility of children who may receive free or reduced-price meals served under the National School Lunch Program (NSLP) and School Breakfast Program (SBP), or free milk served under the Special Milk Program (SMP).

Local school officials have adopted the United States Department of Agriculture's (USDA) Income Eligibility Guidelines (IEGs) for family size and income criteria for determining eligibility. The following income guidelines will be used in Connecticut from July 1, 2022, to June 30, 2023, for determining eligibility of participants for free and reduced-price meals and free milk in the Child Nutrition Programs.

Income Guidelines for Child Nutrition Programs: July 1, 2022, to June 30, 2023*

Free meals						Reduced-price meals					
Household size	Annual - gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income	Household Size	Annual gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income
1	17,667	1,473	737	680	340	1	25,142	2,096	1,048	967	484
2	23,803	1,984	992	916	458	2	33,874	2,823	1,412	1,303	652
3	29,939	2,495	1,248	1,152	576	3	42,606	3,551	1,776	1,639	820
4	36,075	3,007	1,504	1,388	694	4	51,338	4,279	2,140	1,975	988
5	42,211	3,518	1,759	1,624	812	5	60,070	5,006	2,503	2,331	1,156
6	48,347	4,029	2,015	1,860	930	6	68,802	5,734	2,867	2,647	1,324
7	54,483	4,541	2,271	2,096	1,048	7	77,534	6,462	3,231	2,983	1,492
8	60,619	5,052	2,526	2,332	1,166	8	86,266	7,189	3,595	3,318	1,659
Each additional family member	+ 6,136	+ 512	+ 256	+ 236	+ 118	Each additional family member	+ 8,732	+ 728	+ 364	+ 336	+ 168

The income calculations above are based on the following formulas:

- monthly income is calculated by dividing the annual income by 12;
- twice monthly income is computed by dividing annual income by 24;
- income received every two weeks is calculated by dividing annual income by 26; and
- weekly income is computed by dividing annual income by 52.

All numbers are rounded upward to the next whole dollar.

Students residing in households with income at or below the levels shown in the chart above are eligible for free or reduced-price meals or free milk. To apply for free or reduced-price meals or free milk, households should fill out the application and return it to the school. Applications will be sent home with students on the first day of school. Only one application is required per household and an application for free or reduced-price benefits cannot be approved unless it contains complete eligibility information as indicated on the application and instructions.

The information provided on the application is confidential and will be used only for the purposes of determining eligibility and for administration and enforcement of the lunch, breakfast, milk, and P-EBT programs. Additionally, all school-aged students in income-eligible households can receive school meal benefits regardless of a student's immigration status, and the district/school does not release information for immigration-related purposes in the usual course of operating the CNPs. Note that the district may share your eligibility information with education, health, social service, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules. This information may also be verified at any time during the school year by school or other program officials. Applications may be submitted at any time during the year.

- Waiver Flexibility for Carryover of Eligibility for SY 2022-23): For up to 30 operating days into the new school year, eligibility from the most recently approved application on file or direct certification determination made between SY 2019-20 and SY 2020-21 will continue with the same LEA. When the carry-over period ends, unless the household was notified that the student is directly certified or the household submits an application that is approved for free or reduced-price meals, the students must pay full price for SBP and NSLP school meals during SY 2022-23.

Special notice: During the transition back to normal school operations in school year 2022-23, the Killingly Public Schools has opted in to the School Meals Assistance Revenue for Transition (SMART) funds providing meals (breakfast and lunch) at no cost for all students at the beginning of the school year. Please note that meals at no cost to all students are unlikely to last all year and are subject to the availability of district funds. Since the availability of meals at no cost will expire when all funds have been expended, it is critical that households submit a free and reduced-price meal application as soon as possible to determine a student's eligibility for this school year and avoid unpaid meal charges.

No application is required if the district directly certifies a student based on a household member receiving assistance from the Supplemental Nutrition Assistance Program (SNAP) or the Temporary Family Assistance (TFA) program. All students in these households are eligible for free meal benefits. Households receiving assistance under the SNAP/TFA programs will be notified of their eligibility and students residing in the household will be provided free benefits unless the household notifies the determining official that it chooses to decline benefits. If any students were not listed on the eligibility notice, the household should contact the district or school to have free meal benefits extended to those students.

Some students may be directly certified for free or reduced-price meals based on Medicaid (HUSKY A). No application is required if the district directly certifies a student based on Medicaid (HUSKY A). All students in these households are eligible for free or reduced-priced meal benefits. Households receiving assistance under Medicaid (HUSKY A) will be notified of their eligibility and their children will be provided free or reduced-price benefits accordingly, unless the household notifies the determining official that it chooses to decline benefits. If any students were not listed on the eligibility notice, the household should contact the district or school to have free or reduced-price meal benefits extended to those students.

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CT poet laureate to appear at next spoken word event

WOODSTOCK, Conn. — Connecticut's most recent poet laureate, Margaret Gibson (2019-2022) will be among the readers at the next Poet's at Large spoken word/poetry event at Roseland Park in the barn. This will be held on Sept. 11 from 2-4 p.m. at 205 Roseland Park Rd., Woodstock. Recommended for ages 14 and up.

Besides Ms. Gibson who just finished her two-year term in April, former National Beat Poet Laureate Paul Richmond (2020), Montreal International Poetry Contest Finalist Karen Warinsky and Pomfret co-Poet Laureate Nancy Weiss will also read. Open mic will be held after intermission and sign-ups are at the event. Poets will be held to a five-minute limit.

Gibson has a wealth of awards and writing credits. She has authored 13 books of poems, all from LSU Press, most recently The Glass Globe, 2021. She has published her poems widely in journals such as Georgia Review, Gettysburg Review, Southern Review, and Image Journal. Her most recent awards include being named a Finalist for the 2016 Poets' Prize for her book "Broken Cup," and the title poem from that book won a Pushcart Prize. Her poem "Passage," was included in The Best American Poetry in 2017, and previously she received the Melville Kane Award, the Connecticut Book Award, and she was a Finalist for the National Book Award in Poetry in 1993 for her book The Vigil. Ms. Gibson is Professor Emerita at the University of Connecticut.

Richmond hosts monthly readings and organizes yearly Word Festivals, including, The Turner Falls Annual Word Festival, and he has a stage at the Garlic & Arts Festival each fall. He has published several books including "Living in the Breakdown Lane, You Might Need a Bigger Hammer" and "Quadrillions Down the Pentagon Drain." His newest work is "Swimming on the Titanic." He is also a member of the Funkadelic band "Do It Now."

Warinsky, the coordinator of Poets at Large, has published poetry since 2011. Her work appears in several anthologies including the 2017 release, "Nuclear Impact: Broken Atoms in Our Hands," the 2019 "Mizmor Anthology," "Honoring Nature," released in 2020, as well as pieces in lit magazines including Blue Heron, Circumference, and most recently, Consilience, published in the U.K., an effort that combines science and poetry. Her debut collection, "Gold in Autumn," was released in 2020 and her new book is titled "Sunrise Ruby," both from Human Error Publishing.

Weiss is serving as the first co-Poet Laureate for Pomfret. For more than 15 years she has written a weekly column for the Villager newspapers. She wrote for the Putnam Traveler, Edible Nutmeg and Naturally at UConn for many years as well.

This year's free word/poetry series is being held in conjunction with readings at the G.B. & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. There will be one remaining reading in the series from 2-4 p.m. on October 23 at the Singh Center. 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, MA. 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.

Photo Margaret Gibson

bankHometown donates $6,500 to Day Kimball Healthcare Junior Volunteer Program

PUTNAM — bankHometown recently donated $6,500 to Day Kimball Healthcare in support of its Junior Volunteer Program at Day Kimball Hospital.

The hospital's seven-week summer program is open to area high school students interested in gaining first-hand experience working in the healthcare field while providing a valuable service to the community. Volunteers work a minimum of eight hours per week and are responsible for a variety of tasks including assisting with transporting patients, mail delivery, running errands, providing companionship and a comfort cart service to patients, and assisting staff in numerous departments. They also participate in several career exploration workshops provided by hospital staff across a variety of healthcare disciplines. In 2019, when the program was last held, students in the program contributed over 3,900 hours of volunteer service across 27 hospital departments.

Photo Courtesy

Left to right: bankHometown President and CEO Robert J. Morton; DKH Volunteer Coordinator Janet Johnson; bankHometown and DKH Board Member Peter Deary; DKH CEO Kyle Kramer; DKH Jr. Volunteer Coordinator Morgan Basset; and DKH Director of Development Kristen Willis.

"We truly missed our junior volunteers during the height of the pandemic and were so thrilled to welcome them back to Day Kimball Hospital this year with support from our friends at bankHometown," said Kyle Kramer, CEO of Day Kimball Healthcare. "bankHometown's ongoing commitment to our Junior Volunteer program is a wonderful partnership and better allows us to promote health care careers to a new generation, strengthening the future workforce of our community. bankHometown's support enables us to continue this program, which has a huge impact across the board, particularly on the students who participate, as well as on the patients and staff that interact with them throughout their time here during the summer."

"The Day Kimball Junior Volunteer Program is a great way for high school students to explore careers in healthcare while also providing invaluable community service hours," said bankHometown President and CEO Robert J. Morton. "bankHometown is committed to helping young people unlock their potential and we're proud to continue supporting Day Kimball Healthcare and this program for the third year."

The donation was made as part of the bank's charitable giving program, The Giving Tree, which reflects the roots the bank has in its communities, its commitment to making a real difference in the neighborhoods it serves, and the belief that everyone's quality of life is enhanced when we work together to solve our communities' biggest problems.

About bankHometown

Founded in 1889, bankHometown is headquartered in Oxford, Massachusetts and has $1.3 billion in assets and 16 branches located throughout Central Massachusetts and northeast Connecticut. Through its sponsorship and charitable giving program, The Giving Tree, bankHometown and the Hometown Bank Community Foundation support non-profit organizations and causes throughout Worcester and Windham Counties. In 2021, The Giving Tree donated nearly $288,000 and over the last decade has donated more than $2.3 million. For more information, visit bankhometown.com.

Day Kimball Healthcare now participating provider with Wellcare

PUTNAM — Wellcare Medicare Advantage members in Northeast Connecticut, Massachusetts, and Rhode Island now have in-network access to Day Kimball Healthcare (DKH) providers and facilities under a new agreement with Wellcare, effective April 4.

This agreement provides new and existing Wellcare Medicare Advantage members access to Day Kimball Hospital and Day Kimball Healthcare's network of physicians, specialists, patient care services, ancillary care services, and our medical group.

"Day Kimball Healthcare is the largest and most comprehensive provider of healthcare in the region, and we are committed to expanding access to our healthcare services," said Paul Beaudoin, Chief Financial Officer for Day Kimball Healthcare. "Our new partnership with Wellcare enables us to provide more members of our community with access to high-quality, affordable healthcare services, close to home.

"We are pleased to partner with Day Kimball Healthcare, which extends our footprint across Connecticut and further supports our efforts to partner with high-performing providers and health systems, so our members have access to the highest quality care and services across the state," said Rich Fisher, SVP and CEO of Medicare for Centene, Wellcare's parent company.

For a complete list of insurance companies we participate with, please visit https://www.daykimball.org/insurance.

About Wellcare

For more than 20 years, Wellcare has offered a range of Medicare products, including Medicare Advantage and Medicare Prescription Drug Plans (PDP), which offer affordable coverage beyond Original Medicare. Today, the company offers benefits with every Medicare beneficiary in mind, such as dental, hearing and vision services; Flex cards to assist with co-pays; transportation services; telehealth visits; wellness and fitness programs; in-home support services; and special supplemental benefits for the chronically ill. Wellcare is a wholly owned subsidiary of Centene Corporation, a leading healthcare enterprise committed to transforming the health of the community, one person at a time. Beginning Jan. 1, 2022, Centene's Medicare brands, including Allwell, Health Net, Fidelis Care, Trillium Advantage, 'Ohana Health Plan, and TexanPlus transitioned to the Wellcare brand. For more information about Wellcare, visit www.wellcare.com.

About Day Kimball Healthcare

Day Kimball Healthcare (DKH) is a non-profit, community hospital and integrated medical services and healthcare system serving Northeast Connecticut and nearby Massachusetts and Rhode Island communities for 127 years. Day Kimball Healthcare's comprehensive network includes Day Kimball Hospital, Day Kimball Medical Group, four healthcare centers in Danielson, Dayville, Plainfield and Putnam, Day Kimball HomeMakers, Day Kimball HomeCare, and Hospice & Palliative Care of Northeastern Connecticut. Approximately 1,100 personnel including nearly 300 highly-skilled physicians, surgeons and specialists are employed by Day Kimball Healthcare. Its Web site is www.daykimball.org.

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How the arts benefit academic performance

The cost of products and services continues to rise and organizations everywhere have increasingly been feeling the pressure to reevaluate budgets. It's no different in school districts nationwide, with school boards making difficult decisions about which programs to keep and which will have to go in order to save money.

Music and arts programs often are the first to be cut when school budgets are tightened. The organization Save the Music says that, during the Great Recession in 2008 and 2009, per-pupil spending in public schools decreased by approximately 7 percent across the country. This led to a trickle-down effect that resulted in the cancellation of art and music programs. Since then, many districts have continued to cut arts programs due to budget limitations. COVID-19 also did little to help the situation.

Art program cutbacks are rarely met with open arms, and that resistance has a lot to do with the positive effects such offerings have on students' academic performance.

Better test performance

Numerous studies have found a correlation between early introduction

to music education and a number of benefits for children. Music education can help develop communication skills, brain plasticity, language, and motor skills. A study conducted by the University of California, Los Angeles used a database of more than 25,000 middle and high school students. The researchers found that students involved in arts performed better on standardized achievement tests than students with lower arts involvement. Furthermore, data from 2015 from The College Board, which produces the SAT, found students who took four years of arts and music classes while in high school scored an average of 92 points higher on their SATs than students who only took one-half year or less.

Improved emotional states

In addition to better performance on tests, a review in Frontiers in Psychology examined several studies linking arts and aesthetic experiences with "broad improvements" in people's emotional states. Those improvements included greater psychological and physical well-being.

Community involvement

Participation and even appreciation of the arts can have an impact as well. Researchers from the Department of Public Administration at the University of Illinois Chicago found that being an art curator or audience member leads to high levels of civic engagement and social tolerance.

The support and therapy company Evolve Treatment Centers reports that involvement in music and arts leads to overall higher GPAs, higher scores in math and reading and a reduced risk of behavioral problems and suspensions.

Music and arts education are important to students' development. Keeping these programs alive in schools can benefit students in many ways.

Create restaurant quality meals at home

Few pleasures are as enjoyable as a delicious meal at a restaurant. However, in recent years, pandemic-related safety measures and widespread inflation have led many people to cook at home with greater frequency.

Cooking meals at home enables individuals to customize ingredients according to their dietary preferences. But some home cooks wonder if they can replicate the type of fine dining they enjoy at their favorite restaurants in a home kitchen without having the skills of a professional. The answer is "yes," especially for people willing to follow some simple suggestions.

Start with a favorite restaurant meal

Mastering one favorite dish from a restaurant can be the starting point for developing a passion for replicating even more recipes. Figure out where you love to eat and then zero in on that one dish that has you salivating even before you've sat down at the table. Pay attention to the types of ingredients that went into the meal so you can search for a recipe that comes close.

Upgrade your equipment

If you plan to be cooking more fine meals at home, it may be worth it to invest in some new cooking gear. Trying to hammer in a nail with a screwdriver doesn't work well in construction, and a stir-fry may not come out the same without a wok. Learn about the basic equipment to have in a kitchen, or seek the advice of a retailer like Bed, Bath & Beyond, Le Creuset or Williams Sonoma.

Use quality ingredients

Be sure to use quality ingredients when preparing meals. For some this means spending extra on organic foods or choosing a better grade of meat, such as choice beef over select. Using fresh produce and herbs also may produce more flavor than packaged or dried varieties.

Mise en place is key

"Mise en place" is a French phrase meaning "putting in place" or "gathering." This refers to sorting, chopping and measuring out all ingredients for a recipe in advance. By organizing what is needed, you can use ingredients in a timely manner and everything will be accessible. This can limit distractions during cooking and reduce risk of overcooking. Mise en place also ensures all ingredients are used.

Complicated is not necessarily better

A recipe doesn't have to be complicated to qualify as fine dining. Some of the most delicious meals are those that use minimal ingredients but are cooked to perfection. Mastering a meal like a simple pasta dish could give you the confidence to try something more complex the next time.

Ask questions

Friends, family members and even culinary professionals may be willing to share their tips for success. The worst thing that can happen by asking for advice is the person says, "no." The best that can happen is learning techniques that enable you to whip up more restaurant-worthy meals.

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FRANK G. CHILINSKI
PRESIDENT/PUBLISHER

BRENDAN BERUBE
EDITOR

Still "Hopelessly Devoted"

There was more sad news this past week, when we learned that Olivia Newton-John passed away at the age of 73 from breast cancer. Her husband, John Easterling, told reporters that she passed peacefully in her California ranch.

Newton-John, born in Cambridge, England, rose to fame after getting her start as a country singer, and appeared in many commercials. When she was just five years old, her family moved to Australia. A few years later, Newton-John won her first talent contest. At the age of 15, she formed an all girl band with her friend Pat Carroll, called Pat and Olivia.

Her big break, however, was when she landed the role as Sandy in the movie "Grease" in 1978, starring along side John Travolta. Newton-John was 27, yet easily passed for a 17 year old high school student!

In prior interviews, Travolta noted that their chemistry was indisputable.

Newton-John herself said, "When we walked inside the room together, it was magic, everyone saw it."

Years later, Newton-John said of Travolta, "I had a great love and support from him and the feeling was mutual. We were attracted to each other however we never would date because we were both involved with other people at the time and both of us have a loyalty streak that runs deep."

Other unforgettable roles include the cult classic "Xanadu," a 1980 musical starring Newton-John, Gene Kelly and Michael Beck. The title Xanadu is the name of the nightclub highlighted in the film. One of our reporters, on hearing of Newton-John's death said, "We must go buy roller skates, stat." The disco themed film is now a cult classic.

Her father was a World War II veteran with British Military intelligence, and a professor of German literature. Her mother Irene's father was a physicist who won a Nobel Prize. Newton-John was the first in her family to be involved in theatre and entertainment.

In 1981, her hit "Physical" became the number one single of the decade. She has sold over 100 million records.

After three decades of battling cancer, Newton-John funded research for plant based medicine and created the Olivia Newton-John Foundation Fund.

From her indelible film performances to the soothing vocals on her numerous albums, we salute the spirit of this singular artist, and will always remain "Hopelessly Devoted" to her.

LETTERS POLICY

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.

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

Lisa Thomas is the advocate our students need

To the Editor:

I am a teacher from Coventry who would like to submit the following Letter to the Editor about Education Policy and the 35th state senate race:

Lisa Thomas, Democratic candidate for Connecticut's 35th State Senate District, is the advocate students in our district need to ensure that our schools are fully funded and attract a diverse array of talented teachers and staff.

Lisa has spent 37 years teaching in Connecticut's public schools, and has a deep and personal understanding of the challenges students and staff encounter. Lisa knows that the more resources a school has, the more opportunities there are for students to succeed and develop their unique talents. Because of this, she is committed to ensuring effective student-social worker ratios at the pre-K to 3rd grade level so that children are given the support they need during their most critical developmental years. This commitment to students will extend from pre-K to the postgraduate level where Lisa plans to strengthen our vocational-agricultural-technical programs at all grade levels as well as establishing debt free community college.

Whether you are a parent with children in our schools or a resident looking for Eastern Connecticut to stay economically competitive with a skilled and thriving workforce, Lisa's insight, expertise, and integrity will be a benefit to our students and our district.

Sincerely,

KEITH CONROY
COVENTRY

We need Jeff for the 35th State Senate District.

Having gotten to know Jeff Gordon, I've come to appreciate his values and his work ethic. Jeff believes in upholding individual and parental rights, something Democrats continue to strip away. Jeff will work diligently to ensure the towns he represents are able to keep decision-making local, where it belongs, with you. We don't need more bureaucrats in Hartford who don't know your towns needs telling you what to do and how to do it. Jeff is the kind of fighter who stands up for my values and those of my family. Jeff has been a strong voice working with us for our shared values and communities during his many years as an elected official in Woodstock (Chair of the Planning & Zoning Commission). Jeff works hard, listens to people, uses common sense, and works with people to get good things done. As our next State Senator, Jeff Gordon will continue to fight for us.

Jeff understands that high taxes hurt hard-working people and their families, as well as the small businesses that provide jobs in our towns. If you elect Jeff Gordon, he will fight to make our communities more affordable. Jeff is in favor of sales tax relief, decreasing the tax on food and meals, and suspending the diesel tax. Connecticut Democrats just raised the diesel tax by over 20 percent this month, despite historic inflation. This tax hike directly impacts you and your family because it increases the price of food, clothes, medicine, and supplies. Every necessity we need to sustain life is moved by trucks that use diesel. Can you continue to pay more and more due to bad policies implemented by Democrats who continue to ignore you because your values and beliefs are not in line with their political agendas? We need someone like Jeff on our side more now than ever before.

I ask that you send Jeff Gordon to Hartford this November as the next State Senator for the 35th District.

ALAN BARKER
WOODSTOCK

Signs of a cult

To the Editor:

Following the court-ordered search of former president Donald Trump›s private Florida residence recently, I am astounded by the reaction of some of my fellow citizens who claim to love our country. Elected officials, talk show hosts, and even some local residents here in northeast Connecticut are expressing outrage and attempting to target those FBI agents who executed the search as "rogue" and calling the search a "raid."

From what I can gather, evidence was presented to a judge who determined this search was justified on the grounds of possible risk to the national security of the United States. If you love our country, why would you not want this possible threat to be investigated by the Department of Justice? Does adoration for the previous president take precedence over our own security?

Best case scenario, Mr. Trump, with decades of experience as a private sector businessman and having absolutely no previous experience as a public servant, may have not understood the gravity of the mishandling of sensitive national security documents. He now should know that he made a mistake removing these hard copy secrets from the White House. He may not understand that those documents do not belong to him, but are the property of our National Archives. Such sensitive information is handled differently in corporate America, and not kept in trust for our country's historical record.

So, maybe he needs to be informed or reminded of that difference. But what about my fellow Americans who are openly ranting about civil war, and about how persecuted Mr. Trump has been?

According to The Cult Education Institute, a nonprofit library founded in 1996, here are five warning signs of cult involvement: 1) The leader is always right. 2) Criticism of the leader or questioning the leader is considered persecution. 3) Anything the leader does is justified, no matter how harmful it may be. 4) The leader is the only source of truth, everybody else is lying. 5) Disciples must be devoted to the leader and never question him.

Now, I am not accusing anyone of cult involvement just because they talk about potential violence because they believe Mr. Trump is being persecuted; but I ask readers to examine the facts of this situation--not just a commentator›s opinion--and consider whether any of these cult «rules» seem to resonate, especially the characterization of the leader as the only source of truth. No one is always right. We all make mistakes of judgment, which may have happened in the former president›s decisions around removing classified information from the White House. But it has been my experience that the best way to handle a mistake is to admit wrongdoing, apologize, make amends where possible, and take steps to make sure the mistake is not repeated. Instead of stirring up people who are already angry to move toward a second Civil War.

Respectfully,

CLAUDIA ALLEN THOMPSON

The right to choose is also moral

To the Editor:

Abortion has long been a contentious issue, not only in America, but worldwide. Having attended a Catholic college and taking courses in bioethics and religion, I had the opportunity to learn firsthand the rationales behind the arguments on both sides. It is not an easy decision, and I respect Ms. Emerson-Hill and others who believe that life begins at conception and deserves a chance for birth and life. They are not wrong. But there is another moral reasoning that life comes with free will, and that would include a woman's right to choose what is good or bad for her body.

In addition, not all people in America are religious; in fact, the majority are not. Therefore, one person's beliefs do not always equate with someone else's, and therefore each should be allowed to follow their own sentiments. This is one of the cornerstones of the First Amendment.

Ms. Emerson-Hill cites an article which showed that in Finland, the rate of maternal mortality is four times higher for women who underwent an induced abortion compared with cohorts who delivered. However, when scrutinizing this article, it is somewhat misleading. First, maternal mortality was defined as a death within a year of the procedure or birth. Second was that the risk of death for a non-pregnant woman was over 50 percent higher than a pregnant woman who completed labor. (Indeed, the risk of death was also lower in woman who had a spontaneous miscarriage.) This would argue that pregnancy itself is protective and not necessarily that an abortion procedure is dangerous. The same study showed a significantly increased risk of death from cerebrovascular diseases after delivery among women aged 15-24 years. This would suggest that women should not become pregnant until their late 20's. And of course, these are not American statistics nor do they take into account current nonsurgical options. They also do not consider the many deaths from illegal back alley abortions that regularly occurred prior to Roe v. Wade.

And the thought that there is "big money money to be made" or even that an "abortion industry" exists is silly. Most woman are poor and procedures and medication are cheap. Clinics are simple. There are certainly far more lucrative medical specialties.

We all have a right to our own personal beliefs whether they are based on religion or not. As the father of two adopted girls, I thank their birth mothers each and every day for not choosing abortion. However, if either one of them became pregnant and did not want to proceed with pregnancy, I would without any reservation support that decision. I would also take issue with anyone who would want to deny them the opportunity to determine their own future.

Ms. Emerson-Hill and others (Covenant Health, for that matter) have an absolute duty to share their view. Again, it is based on sound ethical reasoning. What they don't have, though, is the right ignore or impede another side whose belief in an individual's free will is an equally rational conviction. We all must wrestle with an impossible subject that has two equally moral stands. We all should respect and abide by a complicated but private choice.

LEE WESLER
WOODSTOCK

All we need to do is trust

BEYOND THE PEWS

BISHOP JOHN W. HANSON

There is a video on my hard drive that documents four and a half minutes of my life. I was flying, like a bird. Well, more like a bird in a hurricane. It was my long-awaited attempt at indoor skydiving. The advertisements were so appealing, and it looked like a lot of fun - and not all that hard.

Having arrived a few minutes early I had an opportunity to watch a few preteens take flight toward the end of their session. A small, lithe instructor was gripping one leg and one arm of one of his students, as they soared above the ginormous fan, twirling, screaming and laughing. I was ready.

After several minutes of instruction concerning hand signs and safety practices and a video in which indoor skydivers were flying high, doing summersaults and other stunts, we were asked to sign a release form, just in case things did not go well. Then we suited up. This meant removing my glasses and finagling into gloves, special shoes, oversized coveralls, and a helmet. I then put on special goggles and inserted ear plugs. With a limited field of vision, limited hearing, and no personal experience, the instructor and I stepped into the famous wind tunnel where astronauts once trained.

My instructor rehearsed a few hand signals and had me practice crash landing, then he had me step back as the operator put the fan into full mode. He threw himself, face-first, toward the center of the ring and was instantly airborne, flying above my head with his legs and arms sprawling forward and aft in a half-bent formation. Again, he made it look easy.

Now it was my turn. He motioned form me to fall face-first toward the center of the fan. As I did so, I did not immediately soar. But neither did I hit the wire floor below. My instructor was gripping my overalls, in an attempt to keep me in the center of the wind tunnel. Once centered, I rose six or eight feet into the air. The wind was noisy and beat at my whole body making me feel like I used to feel as a child when my family drove down the highway at high speeds with all the windows down.

I was trying to remember all the tips. Relax. Bend your arms and legs. Let the wind carry you. I thought I was complying, but my instructor seemed to be struggling to keep me in the air. Then he threw me to the edge of the circle where I tucked and rolled onto the padded seating area.

After helping me to my feet, he signed to me that I should be more relaxed and not so stiff. I later learned that I was inadvertently pushing against the wind with my hands and feet, causing my body to veer off course. My second attempt may have been even worse. I could tell my instructor, who was not as heavy as I am, was earning his wages that day.

Four flights in less than five minutes, and both myself and my instructor were ready for someone else to try. My problem was that I had a very difficult time relaxing, as it was not normal for me to be flying, face down over a wire floor. If I had the time and money to pursue the sport, I might eventually gain enough trust and confidence to keep myself centered and even do a few summersaults. But for now, trust is counter-intuitive.

Come to think of it, trusting God can be just as challenging. But flying with Him will be worth the time and effort.

Bishop John W Hanson oversees Acts II Ministries in Thompson. For more information or materials, please visit www.ActsII.org.

LETTERS TO THE EDITOR

Save Day Kimball Health Care

To the Editor:

Day Kimball Health Care has been a part of our community for over 127 years. For many, three or four generations of families have been born here, have been brought up under their care, and have passed away in the hospital or at home with dignity and compassionate assistance from Day Kimball Health Care and the associated physicians. We have, in many cases, been able to receive end-to-end health care from a single physician or physician's group, rarely needing to travel outside of the local area for routine matters. In the rare instances when a doctor has been unable to provide a specific care regimen due to a special circumstance, they have been able to freely refer their patient to a secondary care option. Reproductive health care options have never been called into question, nor have gender-affirming health care, mental health services, or end-of-life advance directive wishes. Day Kimball Health Care is also the largest single employer in the area.

Day Kimball Health Care is now faced with being absorbed by an out-of-state, religion-based, medical conglomerate. This takeover is being proposed based on a loose and somewhat cloudy interpretation of the financial situation of the hospital and associated health group. While it is true that Day Kimball's pension plan is in arrears, this situation can and is being mitigated in part by the Pension Benefit Guaranty Corporation as well as a grant from the State of Connecticut. While it is also true that the group's cash flow suffered during the height of the pandemic; that situation is now improving. Covenant Health, the organization proposing the takeover of Day Kimball Health Care, will change much of what we have come to know and love and rely upon in our local health care system. Because Covenant is a Catholic organization, they are bound by the limitations to care imposed by the Ethical and Religious Directives for Catholic Health Care Services (ERDs). These have a heavy impact on reproductive health care services, gender identity care, and end-of-life care. Further, they restrict a physician's ability to refer patients to providers outside of the system; even if the physician is able to make a referral, it does mean that the patient will need to travel to another, possibly out-of-network provider for needed care. The added expense and inconvenience this imposes may cause some to neglect seeking the care they need. Employees of Day Kimball Health Care should also be aware that when other hospital systems have been acquired by Catholic-based systems, the employee's health care coverage has been diminished as well because the new system will not cover nor provide reimbursement for procedures that are prohibited by the ERDs. Please take the time to become fully informed about this proposed upcoming change to your local health care system. It is not minor and should not be ignored. For more information, please visit www.SaveDKH.org or write to info@ SaveDKH.org. If you are a Day Kimball Hospital Corporator, we especially need to hear from you.

Save Day Kimball Hospital (SaveDKH.org) is a diverse group of concerned citizens of NE Connecticut who bring a variety of experiences, perspectives and talents to this cause. Our group comprises healthcare providers, educators, attorneys, IT executives, social workers, public office holders, members of local town and state committees, counselors, pastors, business persons, consultants, artists and more. We are members of many faith communities and organizations. We share common values that healthcare should be available to everyone in our community and shaped by this community. We welcome all those who want to assist in achieving our mission.

Ramon Canning
Pomfret

Four steps to help your business survive (and thrive) during high inflation

Financial Focus

Jim Zahansky
Investment Adviser

If you're a business owner you know that the effects of high inflation and increasing interest rates aren't only being felt by consumers. They're very likely taking a big chunk out of your profit margin, too.

If that's the case, there are generally only two ways to make it up – raise prices or cut costs (or both). Both can be effective tactics, but only if they're carried out strategically, with consideration of not just the effects on your business and livelihood today but in the future as well.

You might be tempted to borrow in order to bridge the gap, but right now that may be a bad strategy. With interest rates at the highest they've been in quite some time, even debt costs much more than it did before, and you could end up digging your business into a deeper financial hole.

Instead, follow these four steps to get your business operating at maximum efficiency. They'll help you to not only weather the temporary (though tough) storm of high inflation, when carried out as part of a strategic, long-term plan they could even help you to grow your business in the long run.

1. DO A DEEP DIVE ANALYSIS OF YOUR SPENDING

Having a good grasp on your company's spending is always important, but especially when profit margins get tighter. Analyze your spending by cost category and business unit to see where there may be opportunities to tighten up operations or adjust purchasing to cut costs without compromising quality. The key here is to view the process as not just "cutting costs" but finding new cost efficiencies. Which brings us to step number two.

2. FIND NEW EFFICIENCES

Can you renegotiate prices with some vendors? Are there items you can purchase in bulk? Can you switch to less costly materials without affecting product quality? (Packaging is a good example.) Are there opportunities to implement technology to automate tasks and improve workflow? Use the learnings from your budget analysis to determine which tactics are likely to make the biggest impact on your bottom line, and then investigate the possibilities.

3. ANALYZE YOUR PRICING, AND PRIORITIZE HIGH-RETURN PRODUCTS

Review your pricing and consider if it makes sense to raise some of them based on the cost of goods and competitor pricing. Particularly if your business relies on supplies that have been hard-hit by inflation, your customers will understand (and your competitors are likely having to do the same. Just be careful not to overdo it – you want to still remain competitive. You should also do an analysis of the profitability of each of your products or services. Are there any that are expensive to produce and yet have a small return on investment? Consider if those should be eliminated.

4. PRIORITIZE STRATEGIC COSTS, TOO

If you're thinking about laying off employees, do so cautiously and with serious consideration. While it may help in the short-term, when the economy normalizes and business picks back up, you may have difficulty filling those positions again in order to keep up with the competition – and that could cost you much more in the long run.

The same goes for marketing and advertising dollars. Although it's an easy cut to make now, it could cost you much more in the long run. And in fact, staying steady with your advertising strategy when many other businesses may be pulling back presents a unique opportunity to grab more attention, and market share.

At Weiss, Hale and Zahansky Strategic Wealth Advisors, we help to guide business owners through volatile times like these through our strategic Plan Well, Invest Well, Live Well process. Our goal is to help make our clients' businesses thrive while also leveraging that success to also make their personal financial and life goals a reality. To see how we can partner to benefit you and your business, contact us now to set up a time that's convenient for you to connect in person, by phone or by video conference.

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Design a bird-friendly landscape

Garden Moments

Melinda Myers

Photo Melinda Myers

Evergreens, like this yew, provide year-round appeal and shelter for birds.

Temperature extremes, drought and storms take a toll on our landscapes. Sometimes a bit of pruning, proper care and patience is all that is needed to help plants recover. Other times, plants need replacing. It is always sad to lose a favorite plant. The memories, time and money invested are lost, but it presents an opportunity to grow something new.

Consider creating a bird-friendly landscape when selecting replacements for failing and dead plants. Working with nature is a great way to support birds without the use of feeders.

Look for seed, berry and nectar producing plants that attract songbirds. You will enjoy the color and motion these birds add to your landscape. Plus, 96 percent of terrestrial North American birds feed upon insects, helping you manage garden pests.

Plant bird-friendly flowers, shrubs, and trees in clusters whenever possible. This creates an impressive display in the landscape and allows birds to gather food more efficiently and waste less energy traveling between plants.

Select a variety of plants to ensure both seasonal and year-round birds have plenty of food. Include a mixture of plants that provide seeds, berries, or nectar from spring through fall. These plants are nature's birdfeeders, eliminating the need to clean and fill traditional feeders.

Include native trees, shrubs, and flowers whenever they are suited to the growing conditions in your yard. Native plants, birds and insects have co-evolved over time, making them a great source of food and shelter for native birds. Audubon's Native Plant Database provides lists of plants suited to your location.

Consider plants with year-round appeal. Evergreens provide screening and a backdrop for other plants and shelter for the birds. Junipers come in a variety of sizes and shapes and tolerate hot dry conditions once established. Choose hemlocks for those shadier locations. They require moist well-drained soil and shelter from winter wind and sun.

Deciduous trees and shrubs – those that lose their leaves in winter – can provide multiple seasons of beauty with flowers, fruit, fall color and interesting bark. Many of these also provide shelter and food for songbirds. Serviceberries have multiple seasons of beauty and produce edible fruit you and the birds will enjoy in June. Dogwoods, including red twig and pagoda, have flowers for pollinators and late summer fruit for the songbirds. Winterberry is an excellent source of winter food. You will need at least one male for every one to five female plants for pollination and fruit to form. Grow these in full sun to light shade and moist acidic soil.

Reduce the risk of injury and the inconvenience of accidentally knocking out power, cable or other utilities while making bird-friendly additions to the landscape. Contact Diggers Hotline at least three business days before you get started planting. Just call 811 or file a request online at https://call811.com/811-In-Your-State. They will contact all the appropriate companies who will mark the location of their underground utilities in the designated work area. August 11 has been declared 811 Day to remind everyone to call 811 prior to any digging project.

Your efforts now to welcome birds into your landscape are sure to provide much beauty and enjoyment for years to come.

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" DVD 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 her Web site **is www.MelindaMyers.com.**

Without continual growth and progress, such words as improvement, achievement, and success have no meaning.
– *Benjamin Franklin*
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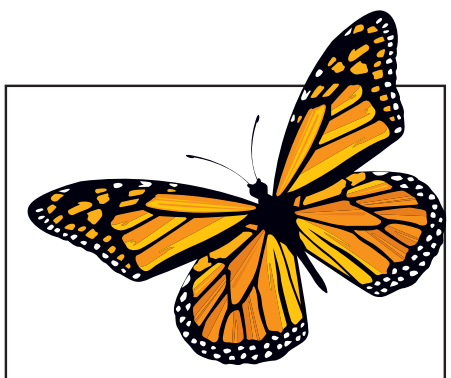

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OBITUARIES

Joseph J. Posiadala, 76

Joseph J. Posiadala, 76, of Brooklyn passed away at his home on Wednesday August 10, 2022. He was born in Bad Kohlgrub Germany on May 30, 1946, son of the late Josef and Mary (Grost) Posiadala. Joe was married to Cheryl (Bernier) Posiadala for over 30 years and they had two daughters together. He was also the loving companion of Linda Harkins for the last twelve years though they've known each other for over 50 years. Joe graduated from Killingly High School and later attended Dudley Hall. He worked for many years as an accountant for Millstone until his retirement. He later went to work at Pomfret Community School before working at Cargill Chevrolet as a delivery driver which he enjoyed very much. Joe was an honorary life member of the Knights of Columbus, he was an avid golfer and he loved muscle cars. Joe is survived by his daughters Jo-Ann Posiadala of Putnam and Lynn Posiadala and her partner Pearl Stubbs of Dayville and 2 grandchildren Anthony Posiadala of Dayville and Ashley Chauvin of Danielson. He also leaves behind his partner Linda Harkins, his brother in law Wayne Logee nephew Jeff Logee and his wife Tanya and their 2 boys and many cousins. Besides his parents, Joe was predeceased by his sister Ana Logee.

Calling hours will be held on Saturday August 27, 2022, from 11AM-1PM at Tillinghast Funeral Home 433 Main St. Danielson with a memorial service taking place at the funeral home at 1PM. Burial will follow in Holy Cross Cemetery, Danielson. tillinghastfh.com

Robert D. Hayes, 73

Danielson – Robert D. Hayes, 73, of Reynolds St., formerly of Quaddick Lake, died Friday, August 12, 2022, at the Wm. W. Backus Hospital. Born in Putnam, he was the son of the late Almeron and Alice (Dolan) Hayes.

Mr. Hayes began his working career working in the local mills and retired from the Danielson Post Office as a Postal Worker.

He enjoyed boating on Quaddick Lake, fish, hunting, and his Camaros. Mr. Hayes was also a member of the VFW Post 01523.

Robert is survived by his nieces and nephews, Rebecca Holden and her husband Edward of Sterling, Kevin Hayes and his companion Tammy Verge of Newport, VT, William Hayes, Jr. of Sterling, Lisa Coe and her husband Steve of Albuquerque, NM, and Kelly Stotts and her husband Michael of Odessa, TX; his great nieces and nephews, Samantha Coe, Gabbie Thomas, Natasha Major, and Briteny Holden; his great great niece and nephew, Colt Thomas and Maddison Major, and numerous aunts, uncles, and cousins. He was predeceased by his brothers, Almeron "Tim Olin Hayes and his wife Katy and William Hayes, Sr. and his wife Phyllis.

Relatives and friends are respectfully invited to attend a Memorial Service on Saturday, August 20, 2022, at 10:00AM in the Gilman Funeral Home and Crematory, 104 Church St., Putnam, CT 06260. For memorial guestbook visit www.GilmanAndValade.com.

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Kathryn "Kay" Scanlon, 101

Brooklyn – Kathryn "Kay" Scanlon, 101, formerly of Vina Ln., died Wednesday, August 10, 2022, at Pierce Memorial Baptist Home. She was the loving wife of the late Thomas F. Scanlon, Jr. Born in Stamford, she was the only child of the late Winfield and Mary (O'Neill) Klingenberg.

Mrs. Scanlon was a graduate of Port Chester High School in New York and the Juilliard School of Music in New York City. She had performed as a church soloist and appeared on concert stages and in opera productions. Kay has also been a professional dancer and teacher of dance.

For many years, she Co-owned and operated the Norwalk Optical Company with her late husband.

She moved to Brooklyn in 2009 to be closer to her family after the passing of her husband.

Mrs. Scanlon was a former member of the Norwalk Hospital Women's Board, Shore & Country Club, Shorehaven Golf Club, and Silvermine Golf Club.

Kathryn is survived by her sons, Kevin Patrie and his wife Patricia of Glenmoore, PA and Todd Patrie and his wife Lorraine of Pomfret Center; her four grandchildren, Timothy Patrie and his wife Kristin of Hagerstown, MD, Kathleen Patrie of Glenmore, PA, Elizabeth Picard and her husband Jon of Waterford, and Katelyn Simpson and her husband Ben of Talbott, TN; and her six great grandchildren, Chayson and Isabel Patrie, Charlotte and Olivia Picard, and Rozlyn and Imogen Simpson.

Funeral arrangements are private and have been entrusted to the Gilman Funeral Home & Crematory, 104 Church St., Putnam, CT 06260. For memorial guestbook visit www.GilmanAndValade.com.

Marilyn G. Dauphinais, 79

DANIELSON –Marilyn G. Dauphinais, age 79, passed away on August 5, 2022, while under Hospice care after a recent hospital stay at Day Kimball Hospital. She was born in Putnam, CT on October 2, 1942, daughter of the late John L. Marcheterre and Eleanor (Bromley) Marcheterre.

Marilyn graduated from Killingly High School in 1960. While in High School, she began working as a Legal Secretary for Attorney Raymond Chabot at the law firm of Chabot, Kelleher, Arters & Veilleux, a position she proudly held for 33 years, working with numerous clients in the area and making lifelong friends. She continued as a Legal Secretary with the firm of Jackson, Harris, Burlingame & Hubert for 19 years, until her retirement in 2011.

Marilyn married J. Henry Dauphinais on October 7, 1961 at Our Lady of LaSalette Church in Brooklyn, and they shared their lives for almost 61 years. She is also survived by her devoted children - her daughter, Karen Dauphinais of Meriden; Mark Dauphinais and his wife Jennifer (Page) Dauphinais of Brooklyn; and Craig Dauphinais and his wife, Karen Houle of Danielson.

She was predeceased by her brothers John Marcheterre, Jr. (1983) and Gerald (Jerry) Marcheterre (2019). She is survived by her brother Michael Marcheterre and his wife Tracie, of Bradenton, FL, and her sister-in-law, Cynthia Marcheterre of Brooklyn.

She is also survived by her grandchildren: Danielle (Dauphinais) Noonan and her husband Jeff, of Thompson; Braeden Dauphinais; Evan Dauphinais, and Liliana Moran. She also leaves her 4 year old great grandson Jonathon Noonan, who brought her so much pleasure with his passion for play, his joyous laugh, and how he loved to "arrest" her while pretending to be a police officer!

She also leaves her nieces and nephews Allen and Marie Marcheterre; Sandra (Marcheterre) Rukstela and her husband Tom and great niece Jordan; Scott Marcheterre and wife Nikki; as well as Jonathan, Matthew and Michael Marcheterre.

Marilyn was an exceptional wife and mother, and was the foundation of our family, through and through. She had many great friends, was always the first to offer help and always knew the right thing to say. She was a compassionate spirit, as well as our constant cheerleader.

Her family wishes to thank all of you who visited and supported us during this heartbreaking time. We love you and are eternally grateful to you.

Special thanks go out to the entire medical staff at Day Kimball Hospital for their compassion and the exceptional care she received.

The family would also like to extend their gratitude to Day Kimball Homemakers for the wonderful care and attention they gave to Marilyn for the past 2 years, and especially the special friendships she developed with Cathy and Kim. We cannot thank you enough for all that you did to make her most recent difficult health issues easier to bear. Thank you to Bobbi and the staff of Home Instead for your kindness and compassion.

Finally, thank you to Day Kimball Hospice for making her final days so peaceful.

A Celebration of Life will be held at the family's home at 105 L'Homme St. in Danielson on Sunday, September 25, 2022 at 1PM. We hope you can join us at that time to honor this amazing woman who was the heart of our family.

Do you have a product or service to sell?

Contact Mikaela at 508-909-4126
mikaela@stonebridgepress.news for local advertising!

LEGALS

TOWN OF THOMPSON
PLANNING AND ZONING COMMISSION
LEGAL NOTICE

The Thompson Planning and Zoning Commission will hold a Public Hearing on Monday, August 22, 2022, at 7:00 PM in the Merrill Seney Community Room in the Thompson Town Hall, 815 Riverside Drive, North Grosvenordale, CT, and via Zoom on the following applications:

PZC #22-24 Applicant Lavallee Construction, LLC, 0 Donovan Drive, Map 3, Block 80, Lot 2D, Zone RRAD requesting re-subdivision from 1 lot to 2 lots, according to Town of Thompson Sub-division Regulations Article III, Section 4A-1.

PZC #22-25 Applicant Lavallee Construction, LLC, 0 Donovan Drive, Map 3, Block 80, Lot 2T, 2U,2W Zone RRAD requesting re-subdivision from 3 lots to 4 lots, 4.2 acres, according to Town of Thompson Sub-division Regulations Article III Section 4A-1.

PZC #22-27 Applicant Lavallee Construction, LLC, 0 Lavallee Lane Map 3, Block 80, Lots, 2AZ,2AA, 2AB, 2AD, 2AF, 2AG, 2AH, 2AE, 2AC,, Zone RRAD requesting subdivision for 9 lots according to Town of Thompson Sub-division Regulations Article III, Section 4A-1 and Article III Section 4

PZC #22-23 Applicant Cheryl Popiak property owner of 1267 Thompson Rd, Map 116, Block 24, Lot 16A, Zone LD, request to add 1 addition apartment for a total of 4 apartments, according to Town of Thompson Zoning Regulations Article 4G, Lake District, Section 2-8.

PZC #22-26 Applicant Neil P. LLC, owner of 520 Riverside Drive, Map 85, Block 95, Lot 10/A Zone DMRD requesting a Special permit, to operate a Car Wash (Motor Vehicle Services), Article 4F DMRD Section 2 #20.

Files may be reviewed online, Town of Thompson website, Planning and Zoning Commission or in the Planning and Zoning Office. Written communication will be accepted prior to the meeting.

Respectfully submitted,
Joseph Parodi-Brown, Chairman
August 12, 2022
August 19, 2022

TOWN OF THOMPSON

At the August 9, 2022 meeting of the Thompson Inland Wetlands Commission the following action was taken: Application #IWA22020, Lavallee Construction LLC, 0 Donovan Drive (Assessor's Map 3, Block 80, Lot 2D) - Fill 690 sq ft of wetlands and work in the 100-foot upland review area for the construction to 2 single family homes with wells & septic systems.

On August 10, 2022 the following wetlands agent approval was issued: Application # WAA22024, Thomas Shippee, 4 Logee Rd (Assessor's Map 141, Block 17, Lot 184AAC) - construct solar photovoltaic array on a single pole in the 100-foot upland review area for Quaddick Reservoir.

Marla Butts, Wetlands Agent
August 19, 2022

LIQUOR PERMIT
'Notice of Application

This is to give notice that I,
SUKPASEUTH PHONGSA
15 WOLF DEN DR
POMFRET CENTER, CT 06259-2117
Have filed an application placarded 08/09/2022 with the Department of Consumer Protection for a RESTAURANT WINE & BEER PERMIT for the sale of alcoholic liquor on the premises at 604 SCHOOL ST., PUTNAM CT 06260-2425
The business will be owned by by, K & S PHONGSA LLC
Entertainment will consisit of: No Live Entertainment
Objections must be filed by: 09-20-2022
SUKPASEUTH PHONGSA
August 12, 2022
August 19, 2022

NOTICE TO CREDITORS

ESTATE OF Gordon C. Mauer (22-00317) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated August 2, 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:
Jeanine C. Mauer
c/o MARK R BROUILLARD, ST ONGE & BROUILLARD, SO ROUTE 171, WOODSTOCK, CT 06281
August 19, 2022

NOTICE TO CREDITORS

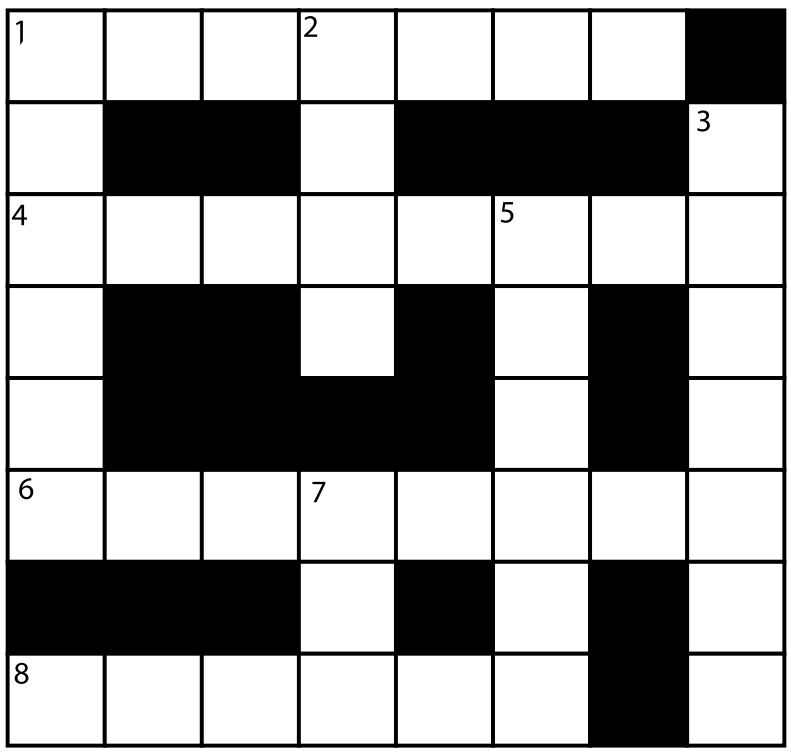
ESTATE OF Emily B. McMahon (22-00330) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated August 4, 2022, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

Elyssa A. Foley, Clerk
The fiduciary is:
Jessica Neumann Bradley
c/o STEPHEN J ADAMS,
STEPHEN J ADAMS, ESQ, 158 MAIN STREET, PO, BOX 682, PUTNAM, CT 06260
August 19, 2022

PARENTS WHO DO THIS WITH THEIR KIDS CAN MORE EFFECTIVELY COMMUNICATE ON CHILDREN'S LEVEL AND HELP CHILDREN FEEL LOVED.

ANSWER: PLAY

Crossword Puzzle



ACROSS

1. Water hobby
4. Type of flowering tree
6. National park
8. Takes pleasure in

DOWN

1. Related to one another
2. Seek out
3. Comes together
5. Women
7. Sense of self-importance

Answers:
Across
1. Fishing 4. Magnolia 6. Yosemite 8. Enjoys
Down
1. Family 2. Hunt 3. Gathers 5. Ladies 7. Ego

THIS DAY IN... HISTORY

• **1858:** CHARLES DARWIN PUBLISHES HIS THEORY OF EVOLUTION THROUGH NATURAL SELECTION.

• **1914:** BRUSSELS IS CAPTURED DURING THE GERMAN INVASION OF BELGIUM DURING WORLD WAR I.

• **2020:** JOE BIDEN ACCEPTS THE 2020 DEMOCRATIC PARTY NOMINATION FOR PRESIDENT VIA A VIRTUAL SPEECH.

New Word

BOND

a relationship based on shared feelings or experiences

How they SAY that in...

ENGLISH: Vacation

SPANISH: Vacaciones

ITALIAN: Vacanza

FRENCH: Vacances

GERMAN: Urlaub

Did You Know?

FAMILY RECREATION MAY PROVIDE PROTECTION AGAINST TEENS GETTING INVOLVED IN DANGEROUS ACTIVITIES AND ALSO MAY HELP BOOST SELF-ESTEEM.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: PERSON RIDING A COASTER

CRYPTO FUN

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to traffic.
Each number corresponds to a letter.
(Hint: 10 = **A**)

A. **11 10 22 21**

Clue: Automobiles

B. **13 19 8 19 21 15 22 9 10 5 21**

Clue: Persons walking

C. **21 10 7 19 15 12**

Clue: Condition of being protected

D. **22 3 10 8 17 10 12 21**

Clue: Places to drive

Answers: A. cars B. pedestrians C. safety D. roadways

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

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

ANSWER:

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

RENEWAL by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

AUGUST

is National Replacement Window Month at Renewal by Andersen*

Why did we declare August **National Replacement Window Month**? Because even though the summer is hot, that doesn't mean you have to live with the heat inside your home, too. Replacing just a few windows or a door now can help make your home cooler during the summer—and warmer in the winter.

Call before August 31st!

Get **$347 OFF** every window[1]

Get **$939 OFF** every patio door[1]

plus

Save an **EXTRA 5%** on your entire order[1]

with

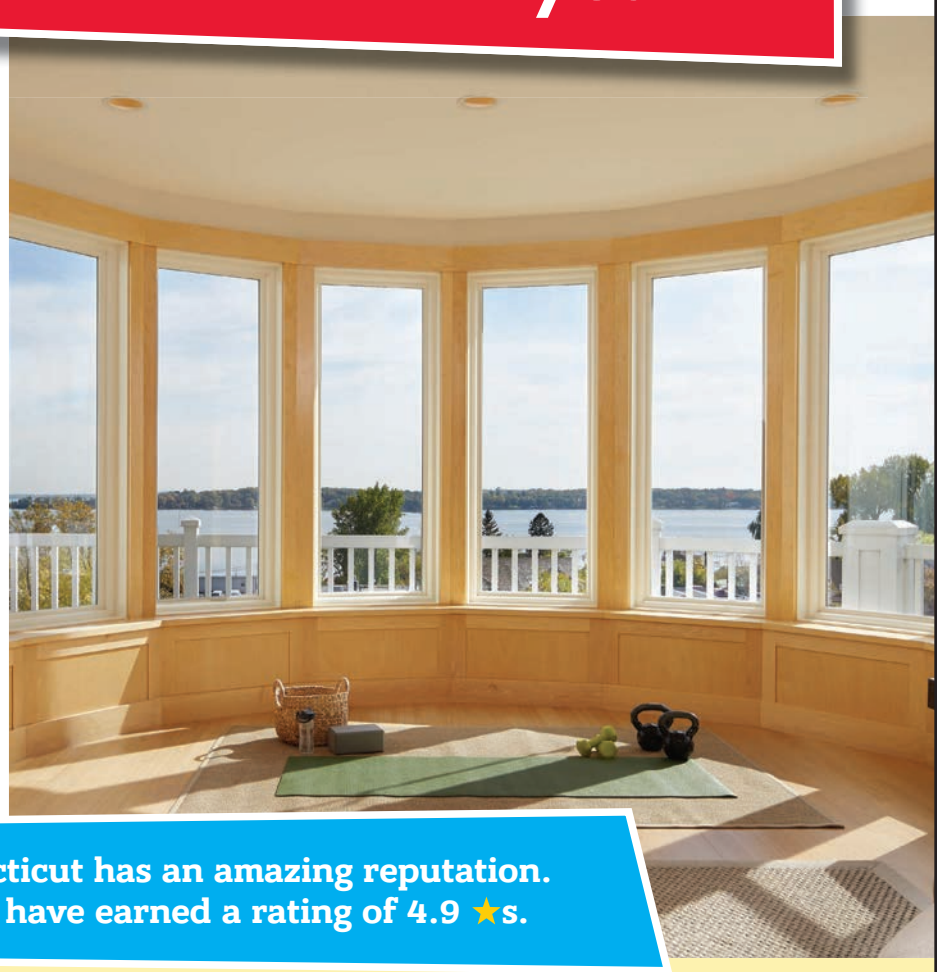
$0 Down

0 Payments

0% Interest for 1 year[2]

Why Renewal by Andersen?

- Renewal by Andersen is the full-service replacement window division of Andersen, a 119-year-old family-owned company with a **reputation for excellence in window and door craftsmanship.**
- **Our exclusive composite Fibrex® windows** are not only beautiful, they're remarkably strong, offer superior energy efficiency and require minimal maintenance.[3]
- Our factory-trained **Certified Master Installers have years of experience installing only windows and doors,** and they'll treat you and your home with the utmost respect.



Renewal by Andersen of Connecticut has an amazing reputation. With 1,758 Google reviews, we have earned a rating of 4.9 ★s.

Customer Review ★★★★★

"I've had a lot of work done in my home over the years but have never met such caring people as those who work for Renewal by Andersen. Everyone acted professionally throughout the process and never missed anything on the installation. The supervisor kept me informed and was as nice to me as he was to his crew. I highly recommend Renewal by Andersen windows. The windows are the best that I've ever seen."

– Michael S., Madison, CT

RENEWAL by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

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959-456-0067

[1]Subject to availability, on a total purchase of 3 or more. To qualify for discount offer, initial contact for an appointment must be made and documented on or before 8/31/22 with the purchase then occurring on or before 9/10/22. [2]No payments and deferred interest for 12 months available from third-party lenders to well qualified buyers on approved credit only. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Products are marketed, sold and installed (but not manufactured) by Renewal by Andersen retailers, which are independently owned and operated under CT HIC.0634555. MA 173245. RI 36079. Southern New England Windows, LLC, d/b/a Renewal by Andersen of Southern New England. Southern New England Windows LLC is the authorized representative of Renewal by Andersen and the registered Home Improvement Contractor. Renewal by Andersen does not hold this HIC number. All residents of islands including but not limited to Martha's Vineyard will be subject to an island surcharge. See complete information and entity identification at www.rbaguidelines.com. ©2022 Andersen Corporation. ©2022 Lead Surge LLC. All rights reserved. [3]See limited warranty for details at https://www.renewalbyandersen.com/homeowner-help/warranty. *National Replacement Window Month is not a Congressionally-approved designation.