



WOODSTOCK VILLAGER

Friday, December 2, 2022

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Thanksgiving Day aerial attack helps Killingly dispatch Centaurs



Photos Jason McKay

Woodstock Academy quarterback Teddy Richardson prepares to release the ball as Killingly defender Thomas Dreibold goes in for the tackle.

BY KEN POWERS
SPORTS CORRESPONDENT

DUDLEY, Mass. — For the second straight Thanksgiving Day football game, Woodstock Academy neutralized Killingly High's potent rushing attack. And, just like last year, Thomas Dreibold, Killingly's quarterback, made the Centaurs pay.

The senior completed 11-of-16 passes for 221 yards and three touchdowns, leading Killingly to a 35-0 victory over Woodstock on Thursday, Nov. 24, at Nichols College's Michael J. Vendetti Field. Last year Dreibold completed 10-of-13 passes for 265 yards and five touchdowns.

The Centaurs' defensive front of Evan Roy, Jared Eaton, Kenny Brown, Marcus McGregor, Seamus McDermott and Jacob Lizotte held Killingly to 112 total rushing yards.

"Woodstock did a great job stopping our run game, so we went to the air and beat them that way," Killingly coach Chad Neal said. "That's something we've been able to do all year. When teams decide to really gear up and stop our run game, we're able to throw the ball. We make (our opponents) pick their poison."

There was no stopping Dreibold and his senior receivers, Ben Jax and Noah Colangelo, however. Jax finished with five catches for 115 yards and a touchdown while Colangelo had five receptions for 82 yards and a touchdown. Dreibold's other TD toss was a 24-yard scoring strike to fullback Keith Perry, who finished the game as Killingly's leading rusher, gaining 58 yards on seven carries.

"For the second year in a row we did

Please Read **FOOTBALL**, page A6

Christ Church welcomes Bishop Jeffrey Mello

POMFRET — Join your neighbors and friends at Christ Church, Pomfret meeting the Rt. Rev. Jeffrey Mello, the new Bishop of the Episcopal Church in Connecticut, on Sunday, Dec. 11. Bishop Mello will preach at the 8 and 10 a.m. services and will be available for casual conversation at the 9 a.m. coffee hour.

Rev. Mello was consecrated the XVI Bishop Diocesan of the Episcopal Church in Connecticut on Oct. 15. Referring to this new ministry as "a new shoot off of ancient tree," Mello seeks to get to know the people of Connecticut better and deeper, and to serve all regardless of religious affiliation or lack thereof.

Mello served as a parish priest for 14 years, most recently as Rector at St. Paul's Episcopal Church in Brookline, Massachusetts. While serving in Brookline, he was also Co-Convenor of the Brookline Interfaith Clergy Association and a mentor in the diocesan program for newly ordained clergy.

Prior to St Paul's, Mello served as the Assistant Rector at Christ Church Cambridge, overseeing youth and young adult ministry, and as adjunct faculty of Episcopal Divinity



Bishop Jeffrey Mello

School. Before becoming ordained, Mello served as a Clinical Social Worker in the Addiction Psychiatry Unit at Massachusetts General Hospital. He earned a Master of Social Work degree from Simmons University following many years working with at-risk youth and young adults; and received his Master of Divinity degree from Episcopal Divinity School, with a concentration in Liturgics.

Born and raised in Cranston, Rhode Island, he spent 18 years at the Diocesan Camp and Conference Center; first as a camper and eventually as director of the day camp in downtown Providence.

Chance meeting makes Yankee Fantasy Camp special

BY RONALD P. CODERRE, COMMANDER,
AMERICAN LEGION POST 13 PUTNAM

PUTNAM — As a young adult, Putnam Police Chief Christopher Ferace dreamed of a career in law enforcement. Much like many young men of his time, he also dreamed of playing Major League baseball. For young Chris Ferace, living in New London, the dream was also being dressed in the pin stripes of the New York

Yankees.

Although one dream came true, a career in law enforcement; the second never materialized. But for the past 10 of 14 baseball seasons, Ferace has found a way of living his baseball dream as a Bronx Bomber by attending New York Yankees Fantasy Camp in Tampa, Fla.

This year, Ferace attended the camp from Nov. 7 through Nov. 13, but something occurred at this camp that had never

happened during the previous nine visits at the Steinbrenner Complex.

The Yankee Fantasy Camp attracts approximately 80 participants annually, ranging in age from 30 to 80 years old. The 80 aspiring players in camp are broken into six teams, with Ferace and some of his acquaintances playing for the Bambinos. The camp is "big

Please Read **FERACE**, page A7



Photo Courtesy

Al LeBoeuf (left), Yankees Fantasy Camp coach with his arm around his star centerfielder Chris Ferace, Putnam Police Chief.

Quinebaug FD holds annual holiday meal

BY JASON BLEAU
CONTRIBUTING WRITER

QUINEBAUG — The Quinebaug Volunteer Fire Department continued its decades-long tradition on Thanksgiving morning of providing meals to the community during their annual Thanksgiving Feast.

The event has been a community staple for more than 30 years since it was first started by Joe Donavan, a former Chief of the department for 23 years, who passed away in 2010. Today, the tradition continues thanks to the many volunteers and organizations that come together every Thanksgiving to keep it alive. Event Organizer Charlene Donovan Langlois, Joe Donavan's niece, helps lead the charge to keeping her uncle's event going and every year. She says she is constantly surprised by the amount of people who not only work to make the meal happen, but also those who take part to enjoy a bit of community during the holiday.

"It gets people together and I really feel

like more people come for the fellowship of it. We get more donations every year. I just think people like it. It's evolved into something that people embrace because they feel like they're part of something," said Langlois.

The Thompson Business Association serves as a primary volunteer group for the event accompanied by members of the department and the fellowships from local churches. Originally the event started as a way to help provide meals for struggling families in the center of town, but today it has become much more with more than 70 attending the meals itself and another 50 meals prepared for deliveries. Langlois said the event has truly evolved into something special and she hopes the tradition lives on for another thirty-plus years and beyond.

"I think this is what community is all about. People come together and that's really what's important," Langlois said. "I'm just thankful there are people willing to



Photos Jason Bleau

More than 70 individuals came out to be part of the annual Quinebaug tradition and experience community and togetherness on Thanksgiving morning.

Please Read **MEAL**, page A2

The Nipmuc presence in Northeast Connecticut



**KILLINGLY
AT 300**
.....
**MARGARET
WEAVER**

Inclement Weather: If the Killingly Historical & Genealogical Center is closed due to inclement weather, an announcement will be made on WINY. If you are not sure, call the Center at 860-779-7250 after 10:15 a.m. on a Wednesday or Saturday. If you get the answering machine, the Center is probably closed.

I hope everyone had a very happy Thanksgiving. In last week's column, I wrote about several of the Native American tribes frequenting Northeastern Connecticut in the 1600's and early 1700's. In addition to the Pequots and Mohegans, many of the Indigenous peoples belonged to the Nipmucs*, who had their main villages in Massachusetts. (*when I have quoted a text, I have kept the author's spelling of the name Nipmuc). Dennis A. Connoles "The Indians of the Nipmuck Country in Southern New England 1630-1750" (2001) contains several maps which gave me a much better understanding of their "territory." It can be found in the genealogical reference section at Killingly Public Library. Connoles speaks about four main bands in the Nipmuck Country: Nipmucks, Nashaways, Quabaugs, and Wabaquassetts. He wrote, "One of the major keys to the locations of the various Nipmuck subdivisions is the

watershed areas of the major river systems that drain the central upland region... The Wabaquassetts occupied land in the Quinebaug valley, west of the Quinebaug River, and also farther west in the adjacent watershed area of the major tributaries that flow south to form the Shetucket River. While the majority of the people belonging to the Nipmuck tribe inhabited sites in the Blackstone valley, there were a least two small settlements of these Indians to the west, in the adjoining French and Quinebaug River valleys at Quantisset and Maanexit. The Quinebaug River marked the western boundary of this group" (p. 10).

In Chapter I, Aboriginal Gleanings, in her "History of Windham County Connecticut, Vo. I, 1600-1760," Ellen D. Larned wrote, "A Boston News-Letter chronicle(d) the name and services of Acquittimaug, of Wabbaquasset, now Woodstock. Soon after the arrival of Winthrop's colony in Massachusetts, in 1630, tidings reached the distant Wabbaquassetts that a company of Englishmen had come to the Bay, were in great want of corn, and would pay a good price for it. The fertile hills of Wabbaquasset were famous even then for their bountiful yield of corn. Acquittimaug's father filled large sacks with the precious commodity, and with his son and other Indians bore the heavy burdens on their backs throughout the wilderness to the infant settlement at Boston...(Swordsmith edition, p. 2). Larned mentioned that later in the 1600's the Wabbaquassetts paid tribute to the Mohegans under Uncas (p. 3).

Other references to the Nipmucs in Northeastern Connecticut surface in the fall of 1674 when John Elliot, missionary to the "Praying Indians" visited villages at Wabbaquasset, and Myanexet, and learned of one containing about 100 souls at Quinntisset (now Thompson). See Larned pages 5-7 for much more on Elliot's travels.

Connoles described the lifestyle of the Nipmucs, "The Indians of the Nipmuck country were a seminomadic people, shifting about from one location to another within generally recognized tribal areas. Periodically, they would pack up their belonging and move to a new habitation site. This depended primarily upon their needs or the season of the year...During the years there were two principal migrations: the summer and winter removals. Prior to the onset of the winter season, the Indians set up residence in the 'thick woodie bottomes' (heavily forested low-lying areas) that provided both a measure of protection from the cold north winds as well as a plentiful supply of firewood. When spring arrived, the families relocated their wigwams to the area of the planting grounds...During the spring spawning run of anadromous fish species (salmon, shad, and alewives) many of the Algonquin families could be found camped near the cascades or waterfalls in the major rivers where the fish migrations were impeded and the fish could easily be caught. The runs usually peaked between mid-May and mid-June." (p.17) This was one reason why the falls in the present-day Danielson area were such an important Native site. "When the hot sultry days of summer arrived, large numbers of the Nipmucks would trek to the seashore to take advantage of the abundant seafood."

In the 1600's, the largest tribe in Southern New England was the Narragansett, based in Rhode Island. In the early 1600's they may have had as many as 5000 warriors, but this number dropped to about 1000 by 1674. An epidemic in 1634 had decimated them and many of the other tribes. The Narragansetts often dominated the Nipmucs and exacted tribute from them. (Connoles, p. 14).

Some of you may have heard of the battle between the Nipmucs and the Narragansetts along the Quinebaug River south of Danielson. Others may not have so I've included it in this column. Keep in mind that legends like this were related orally for many years before they were written down.

The following version is the oldest that I have located and is from John W. Barber's Connecticut Historical Collections that was published in the late 1830's.

"The Narragansetts residing near Stonington by the sea shore, invited the Nipmucks about Danielsonville, to 'come down' and attend a feast of 'shell fish.' The invitation was accepted, the latter partook of the fish, were highly pleased, and in return invited the former to 'come up' and attend a feast of 'lamprey eels,' which was to be ready after the lapse of two moons. The Nipmucks returned home and immediately busied themselves in catching fish for the occasion. At the appointed time, a considerable portion of the men belonging to the Narragansett tribe, leaving their squaws at home to cultivate the ground and prepare food for those of the warriors left behind to guard their possessions, proceeded on a journey of thirty miles through a wilderness, to share the hospitality of their friends in Killingly. They arrived in safety and found the feast all prepared. Both parties seated themselves on logs. The squaws were then ordered to bring forward the fish, in the kettles in which they had been cooked. A convenient supply was then provided for each of the guests, who perceiving that they were cooked without dressing, were disgusted and refused to partake. As it was too late to remedy the matter, there was a pause. Ashamed and vexed to think they had spent so much trouble inviting the Narragansetts to travel a distance of thirty miles to attend a feast which they could not relish, the Nipmucks proceeded to 'hard words', which their guests retorted with too much spirit to be borne. The Nipmucks seized their weapons and attacked their guests, who were unarmed. Many Nipmucks fell; but of the Narragansetts all per-

ished but two, who crossed the Quinebaug and fled to their tribe, bearing the news of the massacre.

"Not long after, the remaining portion of the tribe came up, armed with their bows and arrows, to avenge the slaughter of their countrymen. The march was on the western side of the Quinebaug in Brooklyn, till they arrived about half a mile below Danielsonville, where the Nipmucks were seen encamped on the east side in Killingly. The latter saw them coming, and hastened to give them battle; being warmly received, however, they dug a trench in the sandy soil on the bank of the river, and repelled the Narragansetts, who being unable to cross, entrenched themselves in the same manner on the opposite side. Both parties being greatly exasperated, continued fighting three days. The surviving Narragansetts at the end of the third day retreated, and left the Nipmucks to bury their dead. The entrenchments are still visible, as well as the skeletons of the Indians who perished. Both those who were slain at the massacre, and those who fell in battle, were buried in pits, which were filled with bodies almost to the surface of the ground. The space thus occupied is about a quarter of an acre. Many of their bones have been dug up and carried away by the curious. The tradition adds, that on account of the wickedness of this transaction, the earth around this spot was blasted by a curse, so that to this day not a blade of grass will grow over the bodies of those murdered Narragansetts."

Margaret M. Weaver Killingly Municipal Historian, November 2022. For additional information email me at margaretmweaver@gmail.com or visit the Killingly Historical & Genealogical Center Wednesday or Saturday, 10 a.m.-4 p.m. or www.killinglyhistorical.org. or call 860-779-7250. Like us at Facebook at www.facebook.com/killinglyhistoricalsociety. Mail for the Killingly Historical & Genealogical Society, Inc. or the Killingly Historical and Genealogical Center should be sent to PO Box 265, Danielson, Connecticut 06329.

When Jesus Came

Join us during advent as we celebrate the coming of Jesus Christ!

Adult Bible Study 9:15 Worship Service 10:30
Sunday School 10:30 Fellowship Time 11:45

December 11

Bonfire & Carolling 5:00
Come inside after for soup, bread & dessert!

Christmas Eve 5:00

The Dreamer
A drama with music by
Rev. Thomas Crumb

December 4

The Right Person

December 11

The Right Conditions

December 18

The Right Purpose

December 25

The Right Reason

First Congregational Church of Pomfret

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MEAL

continued from page A1

help carry on this tradition and that it's still going. When I'm done we'll pass the baton, and this tradition will keep going and never lose that community feeling."



Volunteers prepare a take-home meal during the Quinebaug Volunteer Fire Department's annual Thanksgiving meal event.



JOIN US FOR

Candlelight

A celebratory evening of readings and songs performed in Clark Memorial Chapel.

Pomfret School
Sunday, December 11
7:00 PM

Doors open at 6:30 p.m.

Parking is across the street from Clark Chapel.

Refreshments will follow in Hard Auditorium.

Watch the livestream at pomfret.org/live

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Antique photographs



ANTIQUES,
COLLECTIBLES
& ESTATES

WAYNE
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While cataloging photos for our ongoing auction of the Rotman family Worcester, New England and historical items collection, I was inspired to write about collecting and selling photos, specifically how to tell if the items you have in your home might be valuable.

First, a brief history of photography. The idea of capturing images dates back further than you might expect, beginning with the technique of “camera obscura,” which is now known as a precursor to modern cameras. Items were projected from the outside into a dark room or hall through a pinhole. Britannica writes that that the concept dates back more than 2,000 years with the Chinese and ancient Greeks such as Aristotle likely taking part.

On Jan. 7, 1839, members of the French Académie des Sciences first viewed images (daguerreotypes) by Louis-

Jacques-Mandé Daguerre (1787–1851). According to the Metropolitan Museum of Art, Daguerre wanted to develop a way to permanently capture the fleeting camera obscura images he viewed. Sadly, the “Diorama” where Daguerre kept his photographs burned to the ground.

Ambrotypes and tintypes (also known as ferrotypes) came into use during the 1850s. They were quicker and cheaper to use than daguerreotypes. The cost ranged from 25 cents to \$2.50 in the U.S.

Cartes de visite (commonly called CDVs) became popular in the late 1850s. A CDV is a small photograph on cardboard backing. Cabinet photos followed soon after and gradually replaced CDVs, coming into use during the 1860s. Cabinet cards are similar to CDVs, but larger and typically include the photographer’s name and location.

Here are some things to look for in your own photos. Most daguerreotypes were portraits of unidentified people and usually don’t have a lot of value. But a daguerreotype of a famous person can be very valuable. A daguerreotype of Sam Houston, who was an

important figure during the Texas Revolution from 1834 to 1836, sold for \$33,000 in 2018. A daguerreotype of an outdoor scene can be even more valuable. An image of a San Francisco building draped in bunting sold for over \$140,000 in 2008. Sometimes the cases can be worth more than the image inside it. The Vermont Journal writes that thermoplastic cases were made of shellac and sawdust that was mixed and colored with chemicals before being rolled to create a thin sheet of plastic. A thermoplastic case depicting Washington crossing the Delaware sold for \$2,600 in 2019.

There are also many examples of other types of photos fetching high prices. An ambrotype of a traveling photographer’s studio went for \$95,000 in 2010. A tintype of Buffalo Bill Cody posed with guns and game sold for \$36,000 in 2016. A CDV of Major Martin Delaney (who was one of the first African American men admitted to Harvard Medical School and a surgeon during the Civil War) in uniform sold for over \$59,000 in 2020.

Baseball player photos also sell very well. A Honus Wagner Sporting Life cabinet photo



brought \$264,000 in 2019. A picture is worth a thousand words, and sometimes even six figures.

There are many local photographs in the Rotman memorabilia online auction. We will be holding a preview on Saturday, Dec. 3 and Sunday, Dec. 4 from 9 a.m. to 3 p.m. Bidding ends on Wednesday, Dec. 7. We are cataloging items for another online auction featuring art, Civil War memorabilia, sam-

plers and other antiques, collectibles and memorabilia. It will start in December and end in early January. Please visit our Web site, <https://centralmassauctions.com>, for links to upcoming events.

Please contact us at www.centralmassauctions.com (508-612-6111) info@centralmassauctions.com for antiques and collectibles auction services.

First Congregational Church hosts Holiday Fair

WOODSTOCK — Members and friends of the Frist Congregational Church of Woodstock ushered in the holiday season with “Christmas on the Hill,” an indoor/outdoor bazaar on Nov. 19. The community was invited to shop for handcrafted and unique items, jewelry, toys, baked goods, wreaths, and greens. There was a take-out window for hot soup and chili, as well as chicken pot pies to go. An online auction was held in conjunction with the event and winning bidders picked up their items. Members of the Woodstock Volunteer Fire Department were also on hand to receive donations for their annual toy drive.

“It was a beautiful day and a joyful start to the season,” commented Rev. Dr. Kevin Downer,

pastor. “The monies raised help to fund church ministries, especially our support to non-profits such as Thompson Ecumenical Empowerment Group (TEEG), Community Kitchens of Northeastern CT, The Last Green Valley, Quiet Corner Cares, and the Quiet Corner Refugee Resettlement.”

During Advent, the church will host several special events, and all are welcome. There will be an outdoor carol sing with candles and cocoa on Sunday, Dec. 4 at 6 p.m. Sunday, Dec. 11 is the annual gift collection for TEEG. A Christmas Pageant for all ages will be offered on Dec. 18 at 10 a.m., followed by a Mediterranean buffet. The Christmas Eve Candlelight Service with carols and readings will be at 7:30 p.m. on

Photo Courtesy
Volunteers gather before the opening of Christmas on the Hill, the annual holiday bazaar.

Saturday, Dec. 24. All events and programs are open to the public.

The First Congregational Church of Woodstock is an Open and Affirming congregation of the United Church of Christ. The church is located at 543 Route 169, Woodstock, CT 06281, just south of the Woodstock Common. Sunday worship is at 10 a.m. in person and 7 p.m. on Facebook. For more information, go to www.firstchurchwoodstock.org or call the church office at 860-928-7405.



Marianapolis’ Rachel Morin signs with Stonehill College

THOMPSON — Rachel Morin, a senior from Chepachet, R.I., signed her National Letter of Intent to compete in track and field for Stonehill College on Friday, Nov. 18.

Over her time at Marianapolis, Morin has focused on the high jump as her main event. She currently holds the school record for the high jump at five feet, two inches. In addition to track and field, Morin also competes on the girls’ varsity soccer team, which recently reached the semi-finals of the NEPSAC Class C Tournament.

On signing with Stonehill, Morin said, “I am very excited to continue my track and field as well as my academic career at Stonehill College. I am very grateful to my coaches, Coach DiCicco and Coach Howard, for their constant support on and off the track. Lastly, I am thankful to the Marianapolis community for helping me reach my full potential.”

“Rachel is an accomplished and hardworking student-athlete and we are incredibly proud of her,” said Marianapolis track and field head coach David DiCicco. “Setting the school record last season, she has not only raised the bar in her event, but she has also contributed immensely to academic and community life at Marianapolis. We are excited for Rachel to continue to be a leader this spring and, after commencement, cheer on her success at Stonehill.”



Rachel Morin with parents Laura and Daniel and sister Rylee.

Marianapolis track and field assistant coach Wes Howard said, “In addition to her competitive success, Rachel has been the model of consistency and diligence since her first day on the track. She sets a positive example for her peers by approaching every workout and every competition like a seasoned professional. We’ve been truly blessed to have her in our program, couldn’t be prouder of

what she does and who she is, and are thrilled that she’s found the right fit for the next phase of her jumping career.” Stonehill College, located in North Easton, Mass., is a Division I school playing in the Northeast Conference (NEC).

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Benefits Local Outreach

Selecting and keeping your Christmas tree looking its best

The hunt for the perfect tree is oftentimes an important part of family tradition. Buy local whenever possible by supporting local Christmas tree growers. Purchasing locally grown trees also reduces the risk of spreading unwanted pests into your landscape. Your local University Extension Service and Department of Natural Resources provide updates on any threats.



GARDEN MOMENTS
.....
MELINDA MYERS

ornaments, but the soft needles have less bite than the popular Scots or Scotch pine. This evergreen has stiff branches that support heavier ornaments and its needles hold even when dry.

Check for freshness. A fresh tree will last throughout the holidays. Run your hand along the stem. The needles should be pliable yet firmly attached to the branch. Avoid trees with lots of moss, lichens, vines, broken branches, and other signs of poor care.

Look at the overall shape and size of the tree. Stand the tree upright to make sure it will fit in the allotted space. Check the trunk. It should be straight and the base small enough to fit in your tree stand.

Make a fresh cut, removing at least an

inch from the base of the trunk before setting it in the stand. Straight or diagonal cuts work equally well. A diagonal or V-shaped cut may make it difficult to properly support the tree in the stand.

Proper watering is key. Fill the stand with water and check it often. Fresh trees can absorb as much as 2 quarts of water in the first 24 hours. Keeping your tree stand filled with water is the best way to keep your tree looking its best throughout the season.

Once your tree is in place, you can add lights and decorations. Then take time throughout the busy holiday season to relax with your favorite winter beverage and enjoy the beauty of your Christmas tree.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great*



Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is www.MelindaMyers.com.

Year four brings Poets at Large to Webster

WEBSTER — Poets at Large will begin its fourth year in 2023 presenting free spoken word/poetry performances and appearing for the first time at The Rose Room Cafe, 4 E. Main St.

Coordinator Karen Warinsky said, "We are so pleased at the generosity of The Rose Room Cafe's willingness to host our readings."

Owner of The Rose Room Cafe Jessica Sabine said, "The Rose Room is absolutely thrilled to have an opportunity to work with Poets at Large and bring more cultural activities to Webster. If you are looking for a reason to get out, grab a local bite, and support your community look no further! Poets at Large is joining us five times in 2023 and we welcome

you to join us as well."

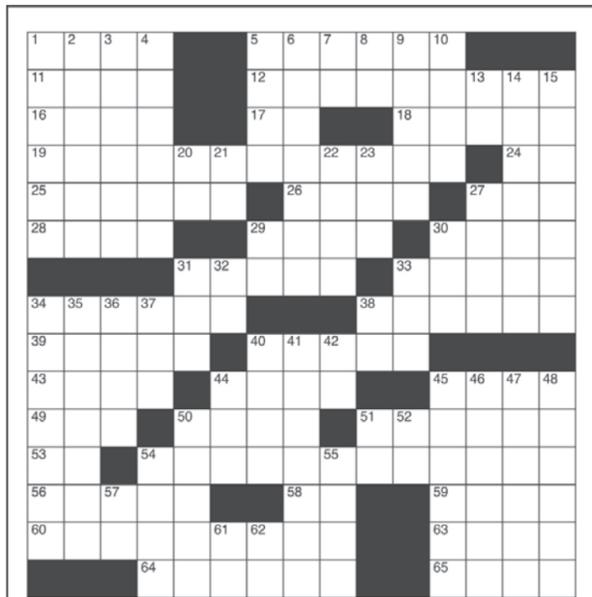
Poets at Large also performs at Roseland Park, 205 Roseland Park Road, in Woodstock, Conn. These free readings will be held on Sundays from 2-4 p.m. in the barn at Roseland Park, on June 4, Sept. 10 and Oct. 8. Readings at The Rose Room will be held on Feb. 26, March 26, May 28 and June 25, also from 2-4 p.m., as well as a special Thursday evening performance at the cafe on April 20 from 6-8 p.m. These events are recommended for ages 14

and up. Open mic segments happen after intermission and refreshments will be available at both locations.

Some of the poets who will be reading in 2023 include the current Connecticut State Poet Laureate, Antoinette Brim-Bell, as well as the current Massachusetts Beat Poet Laureate Tommy Twilight. Some of the other participants will be Poet Laureate of West Haven, Conn., Tony Fusco, Beat Poet Laureate for Life Paul Richmond, Pegi Deitz

Shea and T'Challa Williams, among many others.

Poets at Large performances are free to the public but the group is seeking sponsors. Sponsors get their names on all advertising and flyers and some categories of sponsorship include a signed book by one of the poets. Money is used to pay travel expenses for the poets and for advertising. Anyone interested in getting more information about sponsoring Poets at Large may inquire at karen.warinsky@gmail.com.



CLUES ACROSS

- 1. Clip a small piece
- 5. Enter forcibly
- 11. Southwestern Native American tribe
- 12. Helps you smell better
- 16. Sun or solar disk
- 17. Low frequency
- 18. Former Houston football player
- 19. Federal crime
- 24. Home to Boston (abbr.)
- 25. Approval
- 26. Those who fight an establishment (abbr.)
- 27. ___ student, learns healing
- 28. Indian groomer of horses
- 29. Line where two pieces meet
- 30. One might be brief
- 31. Type of sword
- 33. Knife for fruits or vegetables
- 34. Stinkhorns
- 38. Stroke
- 39. Industrial process for producing ammonia
- 40. Sir ___ Newton
- 43. Wild goat
- 44. Muslim ruler
- 45. Scottish ancestor
- 49. Hat
- 50. Horse mackerel
- 51. Alcoholic accompaniment
- 53. Tech department
- 54. Manifesting approval
- 56. Upper bract of grass
- 58. OFI
- 59. Large wading bird
- 60. Military prisons
- 63. Famed American cartoonist
- 64. Rise
- 65. Greek God of war and courage

CLUES DOWN

- 1. Sewing needles
- 2. Functionary
- 3. Induces vomiting
- 4. The finger farthest from the thumb
- 5. Not moving
- 6. Sports official
- 7. Water purification process (abbr.)
- 8. University of Dayton
- 9. Indo-Malaysian evergreens
- 10. High schoolers' math course
- 13. Yankovic is a weird one
- 14. Adversaries
- 15. Merchandisers
- 20. Radioactive metal (abbr.)
- 21. Atomic #52
- 22. The back
- 23. One-time computer giant
- 27. Female of a horse
- 29. Football's big game (abbr.)
- 30. Vehicle
- 31. Single Lens Reflex
- 32. It's becoming more prevalent
- 33. Political action committee
- 34. Makes lightbulbs
- 35. Natural home of an animal
- 36. In bed
- 37. Superman villain
- 38. The Golden State
- 40. One who leads prayers in a mosque
- 41. They accompany a leader
- 42. Atomic #18
- 44. Electronic countermeasures
- 45. The appearance of something
- 46. Connecting line on a map
- 47. Deep red color
- 48. Secret affairs
- 50. Drenches
- 51. Contains music
- 52. Expression of surprise
- 54. Intestinal pouches
- 55. Where birds are born
- 57. ___ and behold
- 61. Cools your home
- 62. The First State

PUTNAM HIGH SCHOOL HONOR ROLL

PUTNAM — Putnam High School has released its honor roll for the first quarter of the 2022-2023 school year.

Class of 2023
High Honors: Rafaela Araujo, Jenny Boriboun, Elyse Britt, Allyson DiNola, Kaylee Goding, Raymond Jordan, Cameron Lowell, Jacob Mailloux, Enrico Gabriel Ong, Angelina Porter, Daniel Pratt, Ella Schoppe, Emily St. Martin, Alishia Thompson, Eli Wagley, Guinevere Weiker, Colin Wojciechowski
Honors: Michael Ellis, Abigail Fitts, Jack Garcia, Alonzo Henries, Rylee Houle, Sara Lackey, Robert Leblanc, Cooper Livingston, Sullivan MacDonald, DeAnn Pringle, MacKenzie Reidy, Bailey Touchette, Jacob Tremblay, Jayden Walker, Vincent Young

Class of 2024

High Honors: Melodie Anderson, Aysaiah Chavez, CoraRose Desrosiers, Brady Devlin, Robert Dion, Lily Goyette, Kylie Howe-Barnett, Danielle Levesque, Draven Levesque, Savannah Loisselle, Pedro Ortiz, Kaya Pernini, Noah Rudman, Isabel Vergoni

Honors: Railey Anctil, Lucian Canova, Lucas Carita, Atiana Estes, Natalie Ferreira, Katelyn Fitzpatrick, Travis Fredette, Grant Hart, Gianni LaPorte, Nathaniel Lazarou, Brandon Marcelonis, Jonathan Plante, Jonathan Racine, Jack Seiffert, Kevin Sirois, Josephine Spalding, Jalcia Torres

Class of 2025
High Honors: Sawyer Britt, Anthony Cosentino, Aaliyah Daughenbaugh, Antonio Furtado, Melanie Garcia, Caden Gluck, Madison Lamothe, Isabelle Magalhaes, Kaylee Mayo, Isabel Porter, Justin Vukas

Honors: Yakelin Gomez, Diogo Gonzaga Andrade, Thiago Gonzaga Andrade, Logan LaFrance, Evan Mailloux, Edy Morente Mendez, Ava Morrison, Jacob Olson, Jamison Proulx, Hailey Summers

Class of 2026
High Honors: Talan Bellerose, Leah Benzie, Ella Carota, Alexa DeLeon, Nicholas Devlin, Devin Fleck, Joselin Garcia Osorio, Jayce Jodoin, Kaydence Morris, Damien Nicholas, Jacob Pedersen, Paige Perry, Kasyn Robillard, Kaylin Rodrigues, Nathaniel Sudol, Madison Thomas, Dante Thompson
Honors: Anthony Beaudette, Kaylee Borders, Brynn Dignam, Tyler Duquette, Kenneth Goloski, Benjamin Gustafson, Aiden Membreno, Genesis Morales, Miguel Morente Uz, Jordan Travisano, Joao Victor Vieira

VILLAGER ALMANAC AT CT AUDUBON

Bird sightings at the Connecticut Audubon Society Center at Pomfret and Wyndham Land Trust properties for the week of Nov. 21: Golden-crowned Kinglet, Robin, Cedar Waxwing, American Kestrel, Pheasant, Bobwhite, Saw-whet Owl, Barred Owl, Great Horned Owl, Black Vulture, Turkey Vulture, Junco, Brown Creeper, Carolina Wren, Purple Finch, White-throated Sparrow. Visit ctaclub.org/pomfret.

Pet Pals hosting pet food drive

DANIELSON — Pet Pals Northeast, a local animal welfare organization, is holding their annual Holiday Pet Food Drive on Saturday, Dec. 10 from 10 a.m. - noon at the Killingly Library on Westcott Road in Danielson. Cat food, dry and canned, most needed. Purina brands preferred. Cash donations always welcome. For more information, contact Pet Pals at 860-317-1720.

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Day Kimball food pantry receives support from Woodstock Academy's Medical Club



PUTNAM—Day Kimball Healthcare's hospital-based food pantry, Caitlyn's Cupboard, which was established in 2020 to support cancer patients struggling with food insecurity, was the recent recipient of a generous donation of shelf-stable food items from the Woodstock Academy Medical Club.

Lauren Brule, a senior at Woodstock Academy, as well as one of several DKH Junior Volunteers this past summer, delivered the donated food to the hospital on November 9. Brule explained the Woodstock Academy's Medical Club engages in various fundraising initia-

tives that involve healthcare in some way. This year, the club chose to support DKH by collecting non-perishable foods such as pasta, peanut butter, cereal, applesauce, and more to benefit the hospital-based food pantry, which addresses malnutrition and food insecurity among patients treated in Day Kimball Hospital's Rose Bove LaRose Cancer Center. In addition to food donations, patients also receive nutritional information, healthy recipes, and a comprehensive list of local food assistance programs and other community resources.

Photo Courtesy

Left to right: Lauren Brule, a senior at Woodstock Academy and former DKH Junior Volunteer, presents Caitlyn Sward, RDN, CSO, CNSC, Clinical Nutrition Manager, and Kristen Willis, DKH Director of Development, with the food collected by the Woodstock Academy Medical Club to support Day Kimball Hospital's food pantry, Caitlyn's Cupboard.

DAY KIMBALL'S CANCER FUND RECEIVES DONATION FROM NORTHEAST FLOORING & KITCHENS

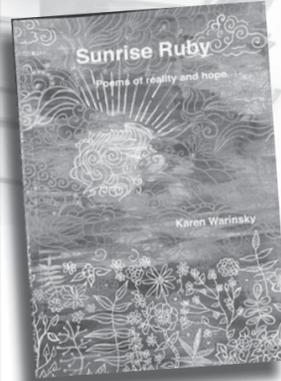
Photo Courtesy

The Northeast Connecticut Cancer Fund of Day Kimball Healthcare was the recent recipient of a \$2,500 donation from Northeast Flooring & Kitchens. Throughout the month of October, customers who shopped at Northeast Flooring & Kitchens, located in Putnam, were able to save up to 15 percent on select products, with 3 percent of every sale (up to \$2,500) earmarked to benefit the NECT Cancer Fund of DKH. On Nov. 17, George Amenabar, Vice President and Owner of Northeast Flooring & Kitchens presented Kristen Willis, DKH Director of Development, with a check for \$2,500 for the NECT Cancer Fund of DKH which provides financial assistance to residents of Northeast Connecticut who otherwise may not have the financial resources to access needed medical care. Pictured: George Amenabar, Vice President and Owner, Northeast Flooring and Kitchens, presents a check in the amount of \$2,500 to Kristen Willis, DKH Director of Development, in support of the NECT Cancer Fund of Day Kimball Healthcare.



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SPORTS

Killingly, Woodstock Academy come together for youth football remembrance

DUDLEY, Mass. — Some of the members of the Killingly High and Woodstock Academy football teams who played with and against each other in the Killingly-Brooklyn Midget Football (KBMF) program gathered together after the teams' Thanksgiving Day game on Thursday, Nov. 24 at Nichols College. Also in this photo are a few of the coaches, Matt O'Donnell (front row center), Billy Gallagher (back row, with sunglasses), and Eric Costa (back row, no sunglasses). The photo was a spur of the moment event. Not all the players on both teams that played with or against each other during their KBMF days are in the photo. Some had already left the playing field. Also in the photo are the majority of the seniors from both teams, including some who did not play in the KBMF program.



Photo Courtesy — Michelle Turchetti Gallagher

FOOTBALL

continued from page A1

a remarkable job against a strong running game with a big offensive line," Woodstock coach Sean Saucier said. "The problem is Killingly is multi-dimensional. They have a great quarterback and some talented receivers. That's what makes them good, they're not one-dimensional. We did our best to cover everything, but they have some real talent at the quarterback and receiver positions."

Killingly (9-1) jumped out to a 7-0 first quarter lead on the Dreiholz to Perry touchdown pass and increased that lead to 28-0 at halftime. Second quarter touchdowns for Killingly were scored by running back Soren Rief (17 carries, 57 yards) on a 5-yard run, Colangelo on a 65-yard pass from Dreiholz, and Jax on a 40-yard interception return.

Jax increased the Killingly lead to 35-0 in the third quarter, outrunning the Centaurs

defense and hauling in a 59-yard touchdown pass from Dreiholz.

"Thomas spread the ball around. Noah had a great game; I think he had five receptions, and Ben was Ben," Neal said. "They were doing a great job trying to take away Ben and we were able to move him around so they couldn't key on him as much."

"We are going to have to be able to throw the ball in the postseason, especially moving up to (Class MM) and having to face some of those larger schools that we haven't seen in the past," Neal said. "Those schools are going to be able to handle our run game."

Third-seeded Killingly hosted sixth-seeded Wethersfield on Tuesday, Nov. 29 (after press time), in the quarterfinal round of the Connecticut Class MM Football Tournament.

The shutout was the third this year for the Killingly defense. Leading the defensive charge was Perry, who was in

on nine tackles (six unassisted). Brady O'Donnell recorded eight tackles (three unassisted), while Alex Potapkiy was in on six tackles (three unassisted) and had Killingly's lone quarterback sack. Four of Colby Lopes' six tackles were unassisted.

"I thought our defense really set the tone in this game; they played tremendous," said Neal of the unit that held Woodstock to 133 total yards (106 passing, 27 rushing). "Keith Perry really got the defense going. As our middle linebacker he's making a lot of our calls and he had our guys lined up in the right positions and those guys made great plays. Our defense really shut them down. We really held them in check for the whole game."

Woodstock finished its season with a 4-6 mark.

"Throw the record out," Saucier said. "With what we have been through this year and the fact that the team never stopped competing and the attitude never wavered, I'm very happy."

Woodstock had possession of the ball on the final play of the game and coach Saucier inserted his son, senior Braiden Saucier, into the game to take

the final snap of the Centaurs' season. Braiden Saucier suffered a medical emergency in Woodstock's first game of the year and had to be taken by ambulance to Baystate Medical

Center in Springfield where he spent several days in the Intensive Care Unit before being transferred to Boston Children's Hospital.



Killingly's Keith Perry rushes the ball as Woodstock Academy defender Lucas Theriaque gives chase.



From left, Woodstock Academy defender Brandon Nagle and Killingly wide receiver Ben Jax both battle for the ball.



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Noah Colangelo of Killingly hauls in a long reception after getting behind Woodstock Academy defender Lucas Theriaque.



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SPORTS

Thames River too much for Quinebaug Valley Pride on Thanksgiving Eve

BY KEN POWERS
SPORTS CORRESPONDENT

The Quinebaug Valley Pride (QVP), a co-op football team that includes student-athletes from Ellis Tech (the host school), and Putnam and Tourtellotte high schools, finished its first season under the direction of coach Jim Edinger, with a 43-0 loss to the undefeated Thames River Crusaders on Wednesday, Nov. 23, in Groton.

Quinebaug Valley finished the season 5-5.

Thames River is also a co-op, with students from Norwich and Grasso technical schools, and St. Bernard High School. The 10-0 Crusaders, who scored 485 points during the regular season and only allowed 19, are the No. 4 seed in the Connecticut Class MM Football Tournament. They hosted fifth-seeded North Haven (8-2) in a quarterfinal round game on Tuesday, Nov. 29, after press time.

Thames River shut out eight of its 10 opponents this year.

"We have the distinction of being the team that was closest to them, score-wise, at halftime," said Edinger, whose team trailed Thames River, 14-0, at intermission. "Our kids gave an incredible effort and we game-planned to be competitive. We pulled out a lot of stops just to keep it that close at halftime."

"We drove on them a little during the first half. They scored on their first possession. Then we had a long drive, more than 10 plays, and got inside their 25-yard line and then we started to go backward," Edinger added. "That happened on two drives in the first half; we had 10-plus play drives, got inside their 25 and then the drives stalled. We were working the clock as much as we could in the first half."

In its previous game, played Saturday, Nov. 12, QVP lost to Bullard/Kolbe 32-18. Fullback Chris Daly and quarterback Sebastian Hanshaw both scored on 1-yard runs in the first half while



File Photo

Quinebaug Valley Pride quarterback Robbie Minior, who was injured and unable to play on Thanksgiving Eve against Thames River, will return next fall for his senior season.

Deven Lamothe scored on a 58-yard run in the third quarter. On two occasions the Pride cut the Bullard/Kolbe lead to eight points. Hanshaw's score tied the game, 6-6, in the first quarter.

The season was, essentially, a three-act play for Quinebaug Valley. The Pride won their first four games, then went 1-1, and then lost their final four games of the season.

"The game I would like to have back is the Platt Tech game," Edinger said about the 45-33 road loss to the Panthers on Saturday, Oct. 8. "I thought that was a winnable game. In the rest of our games I feel like the better team won."

The injury bug bit QVP at about the same time as the degree of difficulty of its opponents increased. Junior quarterback Robbie Minior was injured during the Pride's 34-7 loss to Cheney Tech. Minior was unable to play the

rest of the season. Other starters that missed time due to injury included Lamothe and senior fullback/linebacker Matt Siegmund.

"We were missing a few pieces down the stretch," Edinger said. "In our final game (against Thames River) we were healthier than we had been for much of the second half of the season."

Of the 11 seniors on the QVP roster, 10 saw significant minutes and eight were key starters, including Daly (fullback, outside linebacker); Siegmund (fullback, outside linebacker); Dan Boutin (wide receiver, outside linebacker); Samuel Scrapchansky (cornerback); Mateo Alvarez (wingback, defensive back); Devin Cornell (tight end); and Nick Boutot (tight end).

In addition, Jaidyn Dipasquale, Javier DeJesus, and Andrew Carlson all started on both the offensive and

from Boston.

His response was, "No, I come from a small town in Northeastern Connecticut."

Stunned by the response, Ferace countered, "I'm the Chief of Police in Putnam."

Now for the rest of the story. The coach said he was from Thompson, primarily the village of North Grosvenordale and that he graduated from Tourtellotte Memorial High School. Probing further, the Chief discovered he was speaking with and being coached by the former local baseball legend Al LeBoeuf, who is part of the camp support coaching staff, where he also throws BP to the teams.

LeBoeuf was a standout athlete at Tourtellotte who played at Eastern Connecticut State University for one year before being drafted by the Philadelphia Phillies. He was ticketed for the Major League Phillies when he ran into some bad luck. During a AAA game with the Portland Beavers, he was hit by a pitch

on the hip, disabling him for the remainder of his career. In 2012, LeBoeuf was diagnosed with a rare bone cancer of the hip, related to the hit-by-pitch, but due to early detection was able to make a long but successful recovery.

A trip to Yankee Fantasy Camp created by a young man's dream and a chance occurrence meeting at camp, brought Chief Ferace and Alan Leboeuf, two people with Northeastern Connecticut connections together.

"The Fantasy Camp has always been a great experience. This year was very special because the coach who went out of his way to make it great was none other than Al LeBoeuf," said Ferace.

FERACE

continued from page A1

league" all the way, including two games per day, beginning with workouts in the early morning, followed by batting practice prior to the game.

Players are attired in official Yankee uniforms, get full use of the clubhouse facilities, provided with Yankee SWAG and live in an upscale hotel nearby. The teams are coached by former New York Yankee players who are assisted by former players and coaches from other teams who reside in the Tampa area.

Ferace's coaches this year were former Yankee pitchers Jeff Nelson and Gil Patterson as well as a coach in the Milwaukee Brewers organization, who possessed a Boston/New England accent. And that's where this year's story begins.

Following batting practice one morning Ferace asked this coach if he was

defensive lines.

Key returnees for the Pride next year include Lamothe, a sophomore who led the team in rushing, gaining 595 yards and scoring eight touchdowns on 82 carries, and had 11 receptions for 114 yards.

"Deven was the best player on our team this year; he had an incredible season," Edinger said of the sophomore.

Minior will return at quarterback next season while fellow juniors Aidan DeFilippo (on the offensive line and at defensive end), and Cam Gaboury (wide receiver and outside linebacker) will be back as well.

"When Robbie was healthy we were averaging 25 points a game. When he was out we averaged 11 points a game," Edinger said. "Aidan is a true two-way starter, and Cam is a very good player, too."

Edinger said, overall, he was happy with the way his first year as a head coach went.

"I think it went well. There are things I wish I could do over, but there were a lot of positives that came out of this year with my staff and with the kids," Edinger said. "The goal at the beginning of every year is to give the seniors the best year possible and I think we did that and we're proud of that. We can't wait until next year."

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TOWN OF WOODSTOCK HOUSING REHABILITATION PROGRAM NOTICE OF PROPERTY OWNER MEETING

There will be a meeting for property owners interested in participating in the Town's Housing Rehabilitation Program. The Program is available to income-eligible property owners. Eligible work items may include, but is not limited to roofing, windows siding, heating system repair/replacement, electrical/plumbing repairs, ADA improvements, lead/radon remediation. The meeting will be held on Wednesday, December 7, 2022, at 7:00 p.m. in Room 1 (lower level), Woodstock Town Hall, 415 CT Route 169, Woodstock, Connecticut and will review the qualifications for participation and the program process.

Gross household income limits to apply:
1 person - \$62,600; 2 persons - \$71,550; 3 persons - 80,500;
4 persons - \$89,400; 5 persons - \$96,600; 6 persons - \$103,750.

If you would like to attend the meeting and require special assistance, or if you are non-English speaking and require an interpreter, please contact the Town's Selectman's Office at 860-928-0208 ext 310 to request accommodations.

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BRENDAN BERUBE
 EDITOR

May you never be too grown up to search the skies on Christmas Eve

It's official — the holiday season has arrived, with the first big one under our belts. Thanksgiving is the perfect segue into Christmas and Hanukkah. It's when all the fall decorations, and the dilapidated pumpkins get tossed and the candy canes and red and whites come out. Black Friday and Cyber Monday has passed, now it's time to put things into cruise control until the big day arrives.

When we were younger, the holidays were magical and fun for most of us (as embodied by the quote that headlines this Editorial), with a minimal amount of stress and an abundant number of gifts to those fortunate enough to receive any. As we get older and have families of our own, holidays remain fun, as we pour that magic into making our own children's holidays memorable.

However there comes a time when our children are grown, and the holidays can seem to be more of an obligation and a day to get through. Not only that, but we also long for the days when we had all our family members alive, when the holidays were the 'good old days'. Moving forward, for some, can be quite depressing. Hopefully, that isn't the case for many, but for those who feel that sense of Grinch-esque dread, we have some tips that can help put the spark back into your hot apple cider.

If you remember what it felt like to have an amazing holiday, use those memories to pass down the same magic onto someone else. Even if it's not a child. Do something creative to make someone's holiday one they can remember, something they don't expect. When you take the time to essentially play Santa Claus, the joy you get back is tenfold.

As for relieving stress, don't put too many expectations onto yourself and respect your own limits. You don't have to do everything, you can delegate. As for shopping, you can find just about anything online, even from local shops making gift buying easier. If shopping isn't your thing, hand out gift cards with a handwritten letter.

Throughout the season, take in the lights and remember to take in the holiday spirit of those around you. Go for a walk in the snow and listen to how quiet everything is. Begin and end each day with something you find enjoyable. We find that watching holiday movies, eating sugar cookies, and listening to Christmas music really can be uplifting. 'A Christmas Carol' does put things into perspective. If you haven't read the book in a while or watched the movie, now is the time.

The point of the holidays is to spend time with our favorite people. While we can't go back in time and re-live the days when trains circled our Christmas trees we can live in the present and create new adventures with memories that will put a smile on your face for years to come.



Insightful

Letter submission policy

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

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

OPINION

Opinion and commentary from the Quiet Corner

LETTERS TO THE EDITOR

We need to be wary of Republicans' intentions toward Social Security and Medicare

To the Editor:
 [The author of a previously published letter has] expressed views as facts, and statements that are at best disingenuous at worst, falsehoods. The tone of your letter is to disparage anyone who does not agree with your narrative. Your rhetoric is certainly not conducive to bipartisan efforts to solve our country's many problems.

Be that as it may, I need to correct your comments about Republican statements and proposals regarding Social Security and Medicare.

Republicans have repeatedly stated they would "reform our Social Security and

Medicare programs."

This would include proposed changes to our Social Security at five-year intervals. We can see the writing on the wall. Their mission is to lower these benefits, paid for by employees and their employers. Social Security is vital program designed to keep lower income American out of poverty in their later years.

Remember the Trump Tax Cut? The average American's tax cut has a sunset clause, but the rich have no such clause. We should be wary of Republicans' intentions regarding these programs.

TERRY GUERTIN
 PUTNAM

Wildlife habitat on the Airline Trail

To the Editor:
 Many of us who live in the "Quiet Corner" of Connecticut have come to love the accessibility to nature provided by the Airline Trail State Park. We have watched the steady improvements over the years and are thrilled with the quality and convenience of this setting which provides miles of easy walking with a variety of habitat ranging from wooded areas to open fields to fascinating ponds and wetlands. The Airline Trail has been a lifeline for my wife, Nancy, and me, especially in the early days of the Pandemic, often walking it twice a day throughout the year. At the peak of the Pandemic, it afforded us an opportunity to get out in the fresh air, possibly meet others on the trail, but always feeling secure with the ability to maintain a safe distance when there were so many unknowns at the time.

One of our favorite stretches of the trail begins near the Pomfret Town Hall and goes south towards Hampton. There are opportunities to exit and explore some of the well-maintained side trails that are being improved by various local groups and which include access for hikers and bicyclists. We often encounter a variety of wildlife during our walks — deer, the occasional fox, Scarlet Tanagers, a huge variety of other birds, and — obviously, squirrels and chipmunks. The highlight of our walks, however, is the beaver pond on the right, just south of Route 44. This is a local treasure of beavers, muskrats,

turtles, Great Blue- and Night Herons, geese, ducks, Kingfishers and so many other species. It has also been a favorite spot for local fishermen.

Unfortunately, earlier this year, it was felt that the dam that contains this valuable habitat should be destroyed due to "concerns about the dam and subsequent flooding." This particular dam was taken down twice over the year; in all of our walks along this specific section of the trail, we have never experienced "flooding" of the trail, nor does there appear to be any abutting property that would be severely impacted by the water levels. The destruction of this particular dam resulted in the departure of the beavers and much of the other wildlife as the pond dried up during this summer's drought, turning the pond into a fetid bog and breeding ground for mosquitos. It was a real tragedy for the wildlife, as well as those who enjoyed stopping and viewing the habitat. Fortunately, over the past two weeks, the beavers have returned and rebuilt the dam! Wildlife is slowly returning, and this local gem is being restored by nature herself. We hope that going forward, this habitat will be spared the destruction that seems to be happening more frequently, and with little apparent consideration of the impact to the overall environment as well as to the community that enjoys and relies on the accessibility to this.

BRUCE P. SHAY
 POMFRET CENTER

Lies and the truth

To the Editor:
 One morning, a very sick Hunter Biden walked into a repair shop for computers and handed his laptop to John Paul MacIssac, the repairman. Hunter, who reeked like alcohol, told John Paul what he wanted done to his laptop. He then left. During the repair, John Paul could not believe what was recorded. Seeing the importance of damning information of Hunter, his father Joe and Joe's brother Jim, he called the FBI. Remember, Hunter never came back to retrieve his laptop. The FBI refused to come and pick up the laptop. John Paul then called his father and gave him a copy of the hard drive. His father called the FBI, and they interviewed John Paul's father.

Just a note of what was on the laptop. This included Hunter with porn videos and prostitutes smoking crack and making porn films. I won't go into detail. There was evidence of Hunter's business dealings with pictures of Hunter's business partners with Joe Biden when Joe was Vice President. Joe flew him to Ukraine and China for more business dealings. Then in the 2020 election, Joe denied any involvement with Hunter, which was a pathetic lie. The laptop proves otherwise. Remember, now that the FBI has had a copy of the hard drive since 2019. Here again, the lies of the FBI and Joe Biden covered up the truth in the laptop as Joe was running for president. It was called Russian disinformation. All the major news outlets covered it up, the DOJ and the FBI. These are the wolves in sheep's clothing. You know, the fake media. Even Mark Zuckerberg mentioned that the FBI told him not to allow any information concerning the laptop and Hunter Biden. They called it Russian disinformation. Liars.

In an article written by Mr. Taylor in Oct. 28 to this paper, he asked a question: Would you prefer that your children emulate Trump or Biden? Well, Mr. Taylor, first, how about Hunter, Joe Biden's son? A crazed drug addict who spent thousands and thousands of dollars on drugs and prostitutes, even admitting that he left business meetings frequently to snort cocaine. Business deals with the help of Joe. He was paid millions by Ukraine, Russia, and China. The Secret Service hid that and bailed him out. He then lied on an application to get a gun. The FBI excused that. He failed your question, Mr. Taylor, and he is Joe's son. I've yet to find any information or evidence of the Trump children living a life like that. I won't get into the continued lies of Joe Biden, who has made racist comments, plagiarized, lied about his education and can't remember how his son Beau died. He has repeated that

he died in Iraq. Not true.

Then Mr. Taylor wrote another letter Nov. 4, "Political violence is on the ballot." Again, Mr. Taylor forgot to mention about the violence in 2020, when there was \$2 billion of damage in the riots from George Floyd's death that destroyed hundreds of businesses and property damage done by BLM, Antifa, and other rioters. Police officers were shot and killed as BLM posters hung in some schools and stadiums and the BLM letters were painted on streets covered across America as stores were being looted, as they lost thousands and thousands of dollars in merchandise. You don't remember the words from the BLM protestors? "Pigs in a blanket, fry them like bacon!" That was a reference to violence against police officers. As you were silent, the violence against police officers has increased all across the nation. The Democratic mayors did nothing and refused any help that Trump offered to send in, like the National Guard. The Mayor of Seattle called her riots a "summer of love." Antifa took over two squares of Seattle and took over a burnt out police station. After a few protestors killed each other, Democrat Mayor Jenny Durkin finally ended the takeover. She allowed those businesses to close down and be destroyed.

Mr. Taylor also forgot to mention that Kamala Harris encouraged her supporters to send money to a non-profit organization to bail out any crazed protester who was arrested. Thanks, Kamala. They were released and went out to cause more damage.

How about Republican Rand Paul, who received several broken ribs, attacked by a liberal activist, or Republican Steve Scalise, who was shot by a Bernie Sanders supporter or Republican Lee Zeldin, campaigning in New York when a man with a knife type weapon tried to cut him. How about Supreme Court Justice Brett Kavanaugh, when a man drove to his house with a gun and wanted to kill him? How about Democrat Chuck Schumer making threats on the Supreme Court stairs at Justices Gorsuch and Kavanaugh? Justice Roberts issued a rebuke calling Schumer's words dangerous. Maybe you, Mr. Taylor, did not think that was dangerous.

How about all the conservative justices that are threatened continually, and Merrick Garland, head of the DOJ, does nothing? How about Maxine Waters, who told her supporters to get in the face of any Trump supporter and tell them they are not welcome? Many

Turn To **MACK** page **A9**

What compels us to give?

There is a box by my desk that holds a growing pile of fundraising letters. Most are very well written. All tell stories of need, seasonal desperation and heartfelt arguments about the power of charity. I wish I could send a check to every organization. I think about the importance of keeping my contributions for local causes. I think about the need to support statewide, national and international appeals. I think about the people I see standing on the side of the road with cardboard signs asking for money for food. As I think of it all, I am grateful that at the moment, at least, I am on the uphill side of the requests and encounters. Imagine the alternative.

Our area is extraordinarily generous. An amazing amount of money is raised through golf tournaments, auctions, bar tender evenings, boots drives, special events, raffles, direct appeals, concerts and road races.

There are so many I am sure I have

forgotten a few. The first weekend in December heralds countless church fairs. Church members work for months creating and gathering items to sell and then really work hard in the days before the fair making baked goods and other delicious goodies. All of the funds go back into the community. We can fuss about materialism and despair about the insatiable appetite humans have for more, but we know that many people give a great deal to charity at the expense of their own time and resources.

But why do we do it?

There is a body of research on what motivates us to give. Why not? It is a huge business and it is important. I think it is one of the behaviors that makes us special as Americans. I read about one study in Alaska, where researchers found that appeals that focused on how much giving benefits one's self, the "warm glow" they called it, were more successful than appeals that were about benefits to others.

Affluent people, 90 percent of them, one study showed, gave plenty in 2020 and supported basic needs, religious organizations and education.

A Wharton study addressed a paradox we all see: people want credit for giving but found that others see them as insincere if they boast about it. I can't help but read the list of donors when I look at a charity roster. In local giving, I like to see my friends and neighbors supporting causes I endorse too.

One new wrinkle caught my eye. It is called Effective Altruism. It says that one should give not based on what one cares about, but based on where the money will go the furthest. That may be correct, but it is a bit too cold blooded for my taste.

My husband and I share some charitable interests and diverge on others...just like everything else. While he cares deeply about certain causes, he also insists that people get going early in December to avoid unfortunate delays in the systems respond and record the gifts. The IRS likes that, too.

I am as apt to give cash to the woman standing in the medium by Killingly Commons as I am to organized causes. I need to give because I want to ease her pain and when I do, I feel better myself. When I examine it, my gifts go to basic needs, Day Kimball Hospital and TEEG, to a religious organization, Christ Church, and to education, QVCC and UConn.

Welcome to the holiday season, which is always full of paradoxes.



NANCY WEISS

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.

Digital deals: The four best coupon & comparison shopping ap



FINANCIAL FOCUS
MICHAEL BAUM
INVESTMENT ADVISER

Everyone loves a good deal, from a sale at the grocery store to a clearance event at a favorite clothing store. That's because people who are savvy shoppers know that saving a few dollars here and there can really add up. But people who are also savvy with their finances know how much those savings can do for their future when harnessed as part of a strategic financial plan. More on that later.

But first, here are four of the best coupon and comparison shopping apps to save you time and money that could better be spent elsewhere.

1. Rakuten (formerly eBates)
Rakuten has continued to lead the space regarding digital money-saving hacks. This app is so easy to use because it saves you money on things you're already buying. The app is full of coupons, but best of all, you earn cash back on all your purchases by depositing money into your PayPal account or receiving a check in the mail. Some of their top retailers include Target, Walmart, Sephora, and Macy's, and they offer discounts from many smaller retailers as well. Also, they often run

promo events where you can earn up to 10% cash back on select purchases. You can use Rakuten on your mobile device or browser with its Google Chrome extension.

2. Honey
Gone are the days of visiting multiple coupon code websites only to discover that none of them are valid anymore. Honey does the legwork for you by automatically checking different promo codes when you're about to check out. The app pulls its codes from all over the internet and will automatically apply the ones that work. Honey is best used when shopping online through its browser extension.

3. Drop
Drop is a super handy phone app that will earn you cash back on items you're already buying. All you have to do is link your credit or debit card, and Drop gives you reward points by shopping at top retailers like Walmart, Amazon, Lyft, Uber, and Trader Joe's. Once you have a certain number of points, you can redeem them for gift cards at places like Amazon, Starbucks, and Walmart, which are as good as cash. If you don't want to link your payment card, you can also shop within the app and earn points.

Another Drop benefit is that it can work simultaneously with other coupon apps like Rakuten or Honey and works with your existing credit card rewards. So, realistically, you could save on the item's price in the first place (win),

then you could earn points on Drop to accumulate in your account (win), and then you could receive 5% cash back through your credit card (win). It's a win-win-win!

4. SnipSnap
If you're a lifetime couponer, you know how rewarding it is to save money by presenting a stack of coupons at checkout. Luckily, SnipSnap makes it easy to bring that couponing experience to the digital age. Using the phone app, you can scan a product while in the store, and SnipSnap will pull up all available coupons and even tell you if it's better to buy the product online or in the store. SnipSnap will also let you scan in any physical coupons you have lying around and keep them organized in the app for you. SnipSnap is perfect for people who do more shopping in person and want to present their coupons at checkout.

Here's Where the Real Magic Happens
Couponing and finding the best deals doesn't have to feel like a full-time job with all the technology at your fingertips. Keep these apps in mind the next time you shop. But think beyond that, too.

Let's say you save just \$20 per week through thrifty shopping. If you invest that \$20 as part of a long-term financial strategy, you'll have accumulated more than \$18,600 after 10 years (according to the S&P 500® average annual compounded rate of return from Jan. 1, 1970 to December 31st 2021 of approximately

11.3 percent).

This is just one example of why strategic financial planning is so important. Just like planning ahead for a purchase can help you buy what you want for less, having a financial plan in place will help you identify, prioritize, and achieve the most important goals you have for you and your family.

Ready to create your strategic financial plan? Get in touch with us at Weiss, Hale & Zahansky Strategic Wealth Advisors, and we'll show you how our Plan Well, Invest Well, Live Well™ strategic process can work for you. Learn more at our website, www.whzwealth.com, or contact us at (860) 928-2341 or info@whzwealth.com to get started.

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Juggling your holiday commitments



POSITIVELY SPEAKING
TOBY MOORE

We are deep into the holiday season, and almost all of us are busier during the holidays than during the rest of the year: parties to attend, gifts to buy, and people to visit. With all the tasks we're already juggling, the holiday season can make it extra tricky to keep all the balls in the air!

If you look around this holiday season, you'll notice some people can handle the extra workload with a smile, and others grit their teeth every step of the way.

Can we learn to become more graceful under pressure?

There's a thing called "Living in the Moment." I'm

sure you've heard of it. I've heard the phrase a few million times, but I've only recently paid attention to what it means.

Living in the moment sounds so simple I thought I was naturally doing it all along. How could we do anything but live in the moment? After all, we all live through a series of moments every day!

In the last couple of years, I took on a lot more responsibility than I was used to. As my workload increased, I reacted less gracefully than I would have liked. Although I was getting most everything done, I was constantly worried about what to do next. Always so afraid of not getting everything done that I couldn't properly focus on the task at hand.

I was rushing through each task as fast as possible, unable to perform at my best, and simultaneously feeling stressed and anxious about everything and everyone else.

My fearful thoughts turned to bitter thoughts as I mentally complained about those who I thought should be helping me but were not.

If you have a lot to accomplish, it's only natural to plan, have a list of to-do's, and try to accomplish as much as possible. If you are on a deadline and have commitments, you must follow through with; it's almost impossible not to nervously anticipate each moment and how it will all get done. It comes with the territory.

I used to think that Living in the moment was the same as Living for the moment. Living in the moment and living for the moment aren't exactly the same, but they do share some qualities. Living for the moment is simply enjoying your life without caring about the future.

How is that different than Living In the Moment?

Living in the moment is

accepting where you are, being aware of your emotions and thoughts, and allowing yourself to fully engage in the present moment without anticipation and worry for the next.

Eckhart Tolle said, "Are you able to be present in what you're doing, or is what you're doing no more than a means to an end? And approaching every moment with the hurried attitude of just needing to get this moment out of the way so you can get to a better one?"

If you're living in the moment, your focus is on what's happening now. You aren't thinking about what is for dinner or what you'll wear to work tomorrow. You aren't reliving moments from the past or being distracted and concerned about future events - you're focused on what you should be doing in the present moment.

Some have asked if you can live in the moment and be a

long-term planner? Is it ok to multitask and live in the moment? The answer is yes and yes!

If you have to multitask and perform several jobs simultaneously, you can do all that while staying in the moment. If you're a long-term planner with a big vision, it can sometimes be a distraction to dream about the future. Staying in the moment can help you get the daily chores finished.

Living in the moment is especially useful when dealing with people during the holidays, helping you to treat everybody with dignity and respect.

Living in the moment is associated with less stress and better decision-making, especially when combined with an attitude of acceptance and gratitude. Rather than letting the season's stress ruin your holiday cheer, take a breath, accept, be thankful, and live in the moment.

Standing out from the crowd

He wasn't trying to be better than everyone else. It wasn't an ego trip or a "privilege thing." He simply recognized that his mother was right when she said, "you don't jump off a bridge just because everybody is doing it." So, he didn't drink and drive or experiment with the drugs. He didn't jump on every bandwagon or chase every new band or movie star. As a result - even as a teenager - he stood out from the crowd. In spite of an average IQ, his grades were higher. In spite of average health, he was a better athlete. In spite of an average personality, people trusted him and loved to be around him.

When someone asked him how he managed to stay out of trouble and do so well in college, he told them, "It's pretty simple, I just take good advice to heart. Sometimes it takes a little courage, or some extra discipline, but taking advice is actually less stressful and

more productive, in the long run. It's not so much about what I do; it's about who I am."

Richard A. Bennett, a former basketball coach for Wisconsin-Green Bay and father of a son and daughter who also became successful college coaches, explained how he helped college students stand out from the crowd and become successful athletes:

"I concluded some time ago that a major part of success of a team, or of an individual, has a great deal to do with the intangible qualities possessed. The real key is how a person sees himself [humility], how he feels about what he does [passion], how he works with oth-



BEYOND THE PEWS
BISHOP JOHN W. HANSON

ers [unity], how he makes others better [servanthood], and how he deals with frustration and success, truly learning from each situation [thankfulness], I believe those concepts are the essence of a good player, team, coach, or individual in any capacity in life."

Here's some advice given several thousand years ago by another "coach."

And so I insist—and God backs me up on this—that there be no going along with the crowd, the empty-headed, mindless crowd. They've refused for so long to deal with God that they've lost touch not only with God but with reality itself. They can't think straight any-

more. Feeling no pain, they let themselves go in sexual obsession, addicted to every sort of perversion. But that's no life for you. You learned Christ! (Ephesians 4:17-20 MSG)

God has been coaching mankind since the first couple was created. Most people have ignored his advice and chased temporal and unimportant things. Turns out, God wants people to live the best life possible. Turns out God's advice benefits those who take it to heart. It may mean work, discipline, or saying no to some things, but it always makes for a more abundant life. Jesus summarized His goal like this, "My purpose is to give them a rich and satisfying life." (John 10:10b nlt)

Bishop John W. Hanson oversees Acts II Ministries in Thompson. For information and resources, or to watch recent sermons, please visit www.ActsII.org.

MACK

continued from page A8

Americans with MAGA hats were beaten or threatened. Is that not violence? How about the pro-life workers threatened and scared that was done by liberal activists? Again, the Democrats and Garland did not say a word. According to some of the writers here, that gets a pass because it's only Republicans or conservatives who are dangerous, so the Trump haters become silent.

Mr. Taylor and others have mentioned repeatedly about Jan. 6, but you never mention that not one Capitol police officer was killed on Jan. 6. But of course, the media has lied and lied about that, and they still do, including Joe Biden. Ray Epps, who encouraged protesters that they must go into the Capitol, has not one charge against him. Several videos were shown of him telling protesters to riot, to storm

in. Amazing how he was just let go. Why is it that many were sent to jail for lesser infractions, such as trespassing? To me, anyone who participated on Jan. 6 and who fought and assaulted any police officer or damaged any part of the Capitol should be prosecuted.

Why was Ray Epps let go? Also, Mr. Taylor and others who constantly call Trump a liar seemed to forget the pathetic lies of Hillary Clinton with Russian collusion and the dossier, with the help of Obama, Comey, Brennan, and the one who had the most evidence of all, Adam Schiff, all pathetic liars. The FBI offered up to \$1 million to Christopher Steel (former British spy) to find any truth written about Trump in the dossier, and he could not find any. All the above knew it was not true, and led America into a lie and cost the taxpayers millions of dollars for nothing.

As much as I do not agree with Biden and the Democratic Party, I will never bow down to the hatred fueled by the lies of any party, and especially the cult leading media outlets. ABC, NBC, CBS, MSNBC, CNN, NPR, YouTube, META, and Twitter, who puked up the

same lies day after day. Fox is the only real conservative news program. The leading cult news outlets just written here. Looks like there are more liberal cult followers, 9 against 1 conservative. Then Mr. Taylor, you only mention Trump supporters' violence.

Wake up.
KEVIN MACK
NORTH GROSVENORDALE

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Santa makes annual Putnam visit

PUTNAM — Santa Claus made his annual visit to Putnam on Friday, Nov. 25 to officially kick off the holiday season in Northeastern Connecticut. Santa was joined by Mrs. Claus as they two holiday icons met countless local children and families to wish them a Merry Christmas and hand out candy canes. Santa also helped light the holiday

lights at Rotary Park. The event was originally planned for Rotary Park but was moved to the Riverfront Commons outside of Jewett City Savings Bank due to rain. But that didn't dampen anyone's enjoyment of this fun and festive holiday tradition.

Photos Jason Bleau



Karen Osbrey of WINY 1350 AM and 91.1 FM, Putnam's local radio station, provided hot cocoa and treats during Santa's annual visit to Putnam. Her husband Gary O was the emcee for the event.



A large crowd lines up outside of Jewett City Savings Bank for the arrival of Santa Claus.



Santa arrives courtesy of the Putnam Fire Department.



Santa and a young helper officially light the Putnam town Christmas lights at Rotary Park.



The Hamblin family of Putnam wait for their turn to meet Santa.

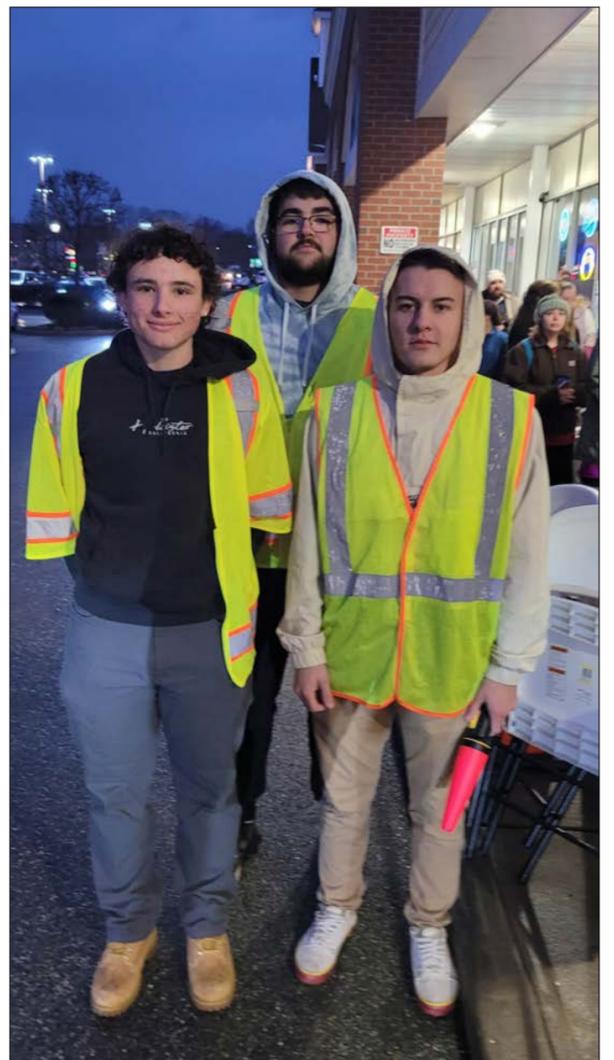


Robbie and Mason of Wauregan and Danielson were the first to meet with Mr. and Mrs. Claus.



The Hamonds of Putnam smile for a photo as they wait their turn to meet Jolly Ol' St. Nick.

Many times the behind-the-scenes crew is overlooked in Putnam, but it takes helpful volunteers like these individuals to help make things happen as they kept the line clean and organized during Santa's visit.



LEFT: As part of Santa's arrival, Putnam officially lit up Rotary Park for the season including the return of the famed giant ornament.

Why law enforcement is essential for the community



Much of 2020 has been dominated by newsmaking events that have made the year one few people will soon forget. Unprecedented and stressful circumstances can contribute to spirited debates and uncertainty about the future. Complicated situations can affect people in many ways, but the public may be wise to take some cues on how to navigate challenging situations from the professionals who routinely find themselves confronting adversity. Law enforcement officers who don the uniform each and every day routinely put

others first in the name of public safety. According to the National Law Enforcement Memorial Fund, there are now more than 800,000 sworn law enforcement officers serving in the United States, which is the highest figure ever. Officers often step up to serve despite the risks associated with working in law enforcement. A total of 1,627 law enforcement officers died in the line of duty over the past 10 years. There were 135 law enforcement officers killed in the line

of duty in 2019 alone. Law enforcement personnel serve many important roles in the communities they serve. Here's a closer look at the integral roles of police and other law enforcement personnel.

- Maintain law and order: The police force is made up of many different departments with the collective goal of maintaining law and order. Traffic police are responsible for enforcing the rules of the road and minimizing the chance of accidents. Other departments canvas the streets ensuring that residents' civil liberties are not being compromised.
- Save lives: Whether they're preventing a life-threatening crime or administering emergency medical care at a car accident until an ambulance can arrive, law enforcement officers save lives every day.
- Assist in adverse situations and provide crisis support: Police officers often fill the role of counselor or friend to people who find themselves in difficult situations. An officer can play a part in helping people make better life choices in the future. Training in situational de-escalation also means police officers are capable of defusing difficult situations before they snowball into serious, potentially

Turn To **LAW** page **A12**

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OBITUARIES

Ann Marie Tarantino, 70

Ann Marie Tarantino, 70, of Laurel St., passed away on Thursday, Nov. 24th, in the Hartford Hospital, Hartford, after a sudden illness.



She leaves her brother, Vito J. Tarantino and his wife Lisa of Southbridge; her nephew, Anthony Tarantino and his wife Katie of Worcester; her niece Stephanie Tarantino and her partner

Carrille Dionne of Spencer; and her close friends Crystal and Connie of Putnam. She was born in Webster the daughter of the late Giuseppe and Hilda (Paglione) Tarantino.

Ann Marie worked for the Rite Aide Corporation in Danielson, CT for many years, retiring several years ago. In her younger days Ann Marie was an avid bowler. During her retirement, Ann Marie loved to go to family get togethers, picnics, and holidays. She loved to visit the casinos and take care of her pet cats.

Ann Marie's funeral service and burial in Calvary Cemetery, Dudley, will be private. There are no calling hours.

Ann Marie was a lover of animals and the family requests in lieu of flowers donations may be made to the ASPCA by donating online at secure.aspc.org/donate.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.

www.morrillfuneralhome.com

Arlene E. Morkis, 87

North Grosvenordale - Arlene E. Morkis, 87, of North Grosvenordale, peacefully passed away on November 24, 2022, at Matulaitis Nursing Home, where she had been a resident since August 2022.



Arlene was born on July 3, 1935, in Moosup to the late Rachel (Dragon) and Alcidas Vandale.

Arlene married Charles J. Morkis, Jr. on December 31, 1977. He predeceased her on March 9, 2002.

Arlene attended schools in Killingly, then worked in local textile mills and waitressed in local restaurants. In 1972, she worked at the DKH coffee shop for 9 years, then at DKH Nutritional Services for 14 years, until her retirement in 1995. She had been a breast cancer survivor since 1994.

Arlene was predeceased by two sisters, Doris Vandale and Theresa Allan; and four brothers, Raynold, Lionel, Norman, and Wilfred; two nephews, Bernard Allan and Robert McFarlane;

one niece, Sandra Bouvier; and one sister in law, Mae Vandale.

Arlene leaves a special nephew, Edward Allan, and his wife, Marcy Allan, who were a great help and comfort to her; a grand-niece, Lisa bates; and a great grand-niece, Alexis McFarlane. She also leaves sister-in-law, Lucille Vandale; and two step daughters, Christine (Raymond) Williams and their family and Susan Parker and her family. She leaves a special thank you to Raymond Williams for all his help. Arlene is also survived by several nieces and nephews.

Arlene's favorite things were the ocean at Cape Cod, her pets, and watching her birds at the feeders from her little house in North Grosvenordale.

Services for Arlene have been respectfully omitted. Cremation services have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St, Putnam.

In lieu of flowers, donations in Arlene's name may be made to St. Joseph's Indian School, PO Box 326, Chamberlain, SD 57326, or to the American Cancer Society.

Clifford E. Heimall, Jr. 1947 - 2022

Putnam - On November 20, 2022, Cliff entered into his eternal home after fighting a courageous battle with cancer. He was born in Newark, NJ and served in the U.S. Navy as a Seabee from 1968 -1974. His early employment began as a meat cutter in many local supermarkets and a European Company in Plainfield. He had a brief ownership of "Cliff's Home Improvements" until being employed at Home Depot for 19 years from which he retired. He served as an Assistant Scout Master for Troop 25 in Putnam. Cliff was a loyal member of the Putnam Baptist Church where he served on many boards and committees throughout the years. Most importantly, he was a devoted family man who loved his family beyond measure. He was a kind, loving, peaceful man of God knowing how to display wisdom in a very quiet



manner that was all his own. Cliff loved all the peace the ocean could hold. He enjoyed a stroll, fishing and boating. He was a "Mr. Fix It" for many! There was always a project to be accomplished with his knowledge and skill. He will remain in the hearts of all those he loved and who loved him. He leaves behind his wife, Veronica F. Heimall, of 51 years; his sons, Lance E. Heimall (Michelle) and Anthony F. Heimall (Jennifer Light); sister, Carolyn Otto (Jeffrey); grandson, Seth A. Heimall; and granddaughter, Rosalyn M. Heimall; many in-laws; cousins; nieces; nephews and very dear friends. He was predeceased by his parents Clifford and Doris Heimall, Sr. and his precious granddaughter, Emalyn D. Heimall, who was truly a song within his heart!

A "Celebration of Life" will be held at Putnam Baptist Church, 170 Church St, Putnam, CT 06260, on Saturday, December 3, 2022, at 12 noon. Interment will be private. Donations in his memory may be made to St. Jude's Children's Hospital or Putnam Baptist Church. Cremation services have been entrusted to the Gilman Funeral Home, 104 Church St., Putnam.

Elizabeth Corbett and her husband Bill; daughter-in-law, Jacki Budd; 17 grandchildren; one great grandchild; and several nieces and nephews. She was predeceased by her beloved husband, John S. Budd; and her son, Howard Budd. A memorial service will be held on Friday, December 2, 2022 at 2 P.M. at the Congregational Church of Eastford, Church Rd., Eastford, CT. Burial in Grove Cemetery, Eastford, CT will be private. Memorial donations may be made to the Congregational Church of Eastford, P.O. Box 177, Eastford, CT 06242. Introvigne Funeral Home, Inc., Stafford Springs, CT has care of the arrangements. To leave a message of sympathy for her family, please visit: www.introvignefuneralhome.com

He was a quiet man never looking for accolades. He enjoyed cooking and having family gatherings at his home. He was a member of the American Legion, VFW, Destroyer Escort Sailors Association, Thompson Senior Citizens, Indianapolis Sailors Association, Eastern Board of Approved Umpires, and one of the first umpires for the Thompson Little League where he was active until 1989. He then umpired middle school, high school, American Legion Ball, Softball and the Jack Benny League in town. He was an avid skier, runner and annually participated in the Deary Road Race from its start. In his later years he continued his passion for exercise and could be seen walking through

Constantino "Connie" Lippiello, 97

N. Grosvenordale - Constantino "Connie" Lippiello, age 97, of Riverside Dr., passed Friday November 25, 2022 at Davis Place Nursing Home. He was the loving husband of the late Ruth (Ferko) Lippiello. Born in Thompson, he was the son of the late Bartolomeo and Maria (Trama) Lippiello. On November 30, 1946, in Jersey City, New Jersey he was united in marriage to the former Ruth Ferko.



Connie was a proud World War II United States Navy veteran. He served on the destroyer escort USS Duffillo, which was one of the vessels that took part in the retrieval of survivors from the USS Indianapolis sinking.

Mr. Lippiello worked for many years as a laborer in the area mills retiring from shipping at US Button.

He was a quiet man never looking for accolades. He enjoyed cooking and having family gatherings at his home. He was a member of the American Legion, VFW, Destroyer Escort Sailors Association, Thompson Senior Citizens, Indianapolis Sailors Association, Eastern Board of Approved Umpires, and one of the first umpires for the Thompson Little League where he was active until 1989. He then umpired middle school, high school, American Legion Ball, Softball and the Jack Benny League in town. He was an avid skier, runner and annually participated in the Deary Road Race from its start. In his later years he continued his passion for exercise and could be seen walking through

the town he grew up in. Connie and Ruth ran the Royal Travelers Club in town for many years and enjoyed many excursions around the world with that group of friends. Connie's true passion was his woodworking. He continued to produce and sell picnic tables & Adirondack chairs out of his home until his 90's. All the members of his family are blessed to have some of his precious creations in their own homes. Connie was also an usher and an active member at St. Joseph Church in North Grosvenordale throughout his entire 97 years.

Connie is survived by two sons Lawrence Lippiello and his wife Cheryl of Putnam and Daniel Lippiello and his wife Jayne of Tamarac, FL; daughter, Theresa Blain of N. Grosvenordale; a sister, Matilda "Tillie" Deotte of N. Grosvenordale; six grandchildren Donald, Derek, Jodi, Todd, Michael, and Meghan.; six great grandchildren Charlee, Bodie, Colton, Lincoln, Riley, and Jacob; and numerous nieces, nephews, and cousins. He was predeceased by two brothers, Victor Lippiello and Louis Lippiello; and four sisters, Lisa Pope, Carmela Czechowski, Lydia Cutter, and Virginia Lippiello and his son-in-law Bob Blain and his daughter-in-law Shelly Lippiello.

Relatives and friends are invited to visit with Connie's family from 9:00 am to 10:45 am on Monday, December 5, 2022, in the Valade Funeral Home and Crematory, 23 Main St., N. Grosvenordale, followed by a Mass of Christian Burial at 11:00 a.m. in St. Joseph Church, 18 Main St., N. Grosvenordale, CT. Burial will follow in St. Joseph Cemetery. Memorial donations may be made to St. Joseph Church, PO Box 897, North Grosvenordale, CT. For memorial guestbook visit www.GilmanAndValade.com.

Jane N. Budd, 93

Eastford, CT- Jane N. Budd, 93, of Eastford, CT passed away on Sunday, November 27, 2022 in the comfort of her home. She was born in Guilford, CT, daughter of the late Philip and Ethel (Candee) Norton. She was active in Eastford throughout her life, including having a natural food store, and leading 4H and home economics groups. She was also an artist, and loved reading books, gardening, and spending time outdoors. Jane is survived by three children, Jonathan Budd and his wife Kirstin; Lincoln Budd and his wife Rachel; and



Elizabeth Corbett and her husband Bill; daughter-in-law, Jacki Budd; 17 grandchildren; one great grandchild; and several nieces and nephews. She was predeceased by her beloved husband, John S. Budd; and her son, Howard Budd. A memorial service will be held on Friday, December 2, 2022 at 2 P.M. at the Congregational Church of Eastford, Church Rd., Eastford, CT. Burial in Grove Cemetery, Eastford, CT will be private. Memorial donations may be made to the Congregational Church of Eastford, P.O. Box 177, Eastford, CT 06242. Introvigne Funeral Home, Inc., Stafford Springs, CT has care of the arrangements. To leave a message of sympathy for her family, please visit: www.introvignefuneralhome.com

Elizabeth Corbett and her husband Bill; daughter-in-law, Jacki Budd; 17 grandchildren; one great grandchild; and several nieces and nephews. She was predeceased by her beloved husband, John S. Budd; and her son, Howard Budd. A memorial service will be held on Friday, December 2, 2022 at 2 P.M. at the Congregational Church of Eastford, Church Rd., Eastford, CT. Burial in Grove Cemetery, Eastford, CT will be private. Memorial donations may be made to the Congregational Church of Eastford, P.O. Box 177, Eastford, CT 06242. Introvigne Funeral Home, Inc., Stafford Springs, CT has care of the arrangements. To leave a message of sympathy for her family, please visit: www.introvignefuneralhome.com

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LAW
continued from page A11

life-threatening confrontations.

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- Foster strong communities: Law enforcement officers share a unique solidarity with other officers, peers, community leaders, and even medical professionals, which helps to create a strong fabric for a community. Officers frequently have each other's backs as well as the respect and support of the public for putting their lives on the line.

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OBITUARIES

Gloria E. Long, 92

Gloria E. Long, 92, of Danielson passed away peacefully on Monday November 14, 2022, at Davis Place in Danielson. She was born in Milo, ME on January 25, 1930, daughter of the late Rev. George Emery Pratt and Rosamond Elizabeth Rolfe. Gloria was the wife of the late Earl Long Sr. She was a graduate of Richmond High School in Maine and went on to work for Aero-Hart and Crabtree and Evelyn for many years. Gloria enjoyed quilting, knitting, crocheting, embroidery and ceramics. She along with her sisters, were known for many years to display their crafts at the Better Living building at the Brooklyn Fair. She also enjoyed camping with extended family at Damiscotta Lake in Maine and travelling to the Amish Country frequently. She was a member of the Danielson Church of the Nazarene and the Christian Women's Club. Gloria is survived by her sister Annie Swayzee, sons Daniel (Ruth)

Richardson, David (MJ) Richardson, daughter-in-law Marcia Richardson, and daughter Cindy Long. As well as grandchildren Jason, Allan, Mark, Adam, Wayne, Karla, Shauna, Amber, and Melanie. Great grandchildren Kylie, Conner; Emily, Paxton, Chance, Josslyn and Julio Jr. She also leaves her beloved cat Tommy. Besides her husband, Gloria was predeceased by her sons Earl Long Jr., Emery Richardson, Andrew Richardson, Michael Long and Todd Long. Sisters Alice Deery and Anne Latford. A memorial service will be held on Tuesday December 13, 2022, at 10AM at the Danielson Church of the Nazarene. Burial will follow in Westfield Cemetery, Danielson. Donations in her memory can be made to Danielson Church of the Nazarene 440 Westcott Road Danielson, CT 06239 or Paws Cat Shelter 240 Woodstock Ave Woodstock CT, 06281. tillinghastfh.com

Sr. Anita Paul, DHS, 1930 – 2022

Sr. Anita Paul, DHS, 92, a member of the Daughters of the Holy Spirit, died on November 23, 2022 at St. Joseph Living Center in Windham, CT.



Born on December 31, 1930, in Washington, VT, the daughter of the late Felix and Antoinette (Roberge) Paul, Sr. Anita entered religious life in 1949 and made her religious profession on August 23, 1950 at the Motherhouse in Saint Brieuc, France. She was then known as Sr. Jeanne Benigna. She earned a B.A. in education from Diocesan Sisters' College, South Woodstock, CT and a M.A. in religious education from St. Michael's College in Winooski, VT.

She taught in Chicopee, MA and Fitchburg, MA before being named Directress of Novices in St. Hubert, Canada in 1967. Returning to the US in 1973, she was principal in Tupper Lake, NY and of St. Anne School in Waterbury, CT before ministering to migrants in Maryland and Virginia for 13 years. Within the congregation, Sr. Anita served as Provincial Councilor, Director of Continuing Education for the US DHS Province, Coordinator of

the Provincial House community in Putnam and then Administrator of Holy Spirit Health Care Center also in Putnam. In 2008, she moved to The Card Home for the Aged in Willimantic, CT, recently moving to St. Joseph Living Center as her health failed.

Sr. Anita is survived by the Daughters of the Holy Spirit spiritual family – her Sisters in community, the Consecrated Seculars and the Associates. She is also survived by her sister Georgette Duval and many nieces and nephews, grandnieces and grandnephews. She was predeceased by her brother Arthur Paul and her sisters Bernande Auzer; Sr. Collette Paul, DHS, Olivette Kozey, Jeanne Sellers and Lauraine Paul.

Calling hours will be on Friday December 2, 2022, at 10:00 AM at Corpus Christi Parish/St. Joseph Church, 99 Jackson St., Willimantic, CT with a prayer service at 10:15 AM. A Mass of Christian burial will be held at 11:00 AM followed by burial in St. Mary Cemetery, 355 Providence St., Putnam, Ct at 2:30 PM.

In lieu of flowers donations may be made to DHS Retirement Fund, P.O. Box 497, Putnam, CT 06260. Arrangements have been entrusted to the Gilman Funeral Home and Crematory, 104 Church St., Putnam, CT

Robert "Bob" Gaumont, 11/28/56-11/18/22

Pomfret Center, CT
Bob passed away November 18th in his beloved Pomfret home, with his wife Pamela by his side, after a valiant, 21-year battle with a brain tumor.



Bob was born in North Grosvenordale, CT. Bob attended St. Joseph's School and later graduated with an automotive degree from the Tourtellotte/Ellis Technical School joint program. As a child, Bob and his family spent summers in their Airstream Trailer at Rawson's Campground on Quaddick Lake and traveling cross country.

Bob's first job was at Gaumont Brother's Concrete in North Grosvenordale which his father Lucien and Uncle Clarence owned and operated. Bob later opened his own business, Bob's Mobile Repair, a mobile automotive repair business out of a large red and black van. Bob eventually forwent self-employment and went to work for LaFramboise Well Drilling where he worked for over 30 years. While Shop Foreman at LaFramboise, he engineered and built several special use drill rigs from the ground up. He was immensely proud of these builds.

Bob built his first home in Thompson, in his early twenties. This home was very unique, entirely made out of concrete, built underground, into the side of a hill. Many individuals have fond memories of swimming in the indoor pool and working in his expansive garage.

Bob was a keen craftsman; there was nothing he could not build or fix. He had a particular love for building racers. He started building and racing Late Model Stock Cars at the Thompson Speedway and was fondly known as Bobby G. Racing was a family sport. He and his son Cliff built Mini Stocks and Strickly Stocks together. Bob later stepped away from racing himself and had several drivers, but none so loved as Robert Palmer who started with him as a crew member at the age of 21. Rob drove Strickly Stocks, Late Models and Sunoco Modifieds for Bob. This part-

nership resulted in a special friendship, many wins and a lifetime of treasured memories.

Bob stopped racing soon after his diagnosis. He focused his time working at LaFramboise and on building a new home, set on a serene, wildlife filled property in Pomfret. This home was intricately designed and even included hardwood floors made from lumber from the property. Bob took great pride in his yard. He particularly loved his vegetable gardens and his beautiful goldfish ponds. Bob enjoyed watching the wildlife that surrounded his home. He enjoyed spending cold days sitting by the woodstove he designed and built. Bob also took great pride in restoring a 1931 Ford 5 Window Coupe. He designed and manufactured many of the components himself on his prized Bridgeport. Many will miss seeing the familiar yellow Coupe driving around town.

Bob was fortunate enough to travel and enjoyed cruises and trips with his wife to Cape Cod and the Caribbean. In addition to his wife Pamela, he leaves his children, Dr. Gwenn Gaumont and her husband Sean Fitzmaurice of Woodstock, CT, his son Clifford Gaumont of Midland, NC and their mother Diane Gaumont of New London, NC, his stepchildren Benjamin Zern and his wife Nicole of Brooklyn, CT, Jennifer Zern and her husband Seavor Skinner of Plainfield, CT and his sisters Rachel Fortin of Brooklyn, CT and Anita Wells of North Fort Myers, FL. Additionally, he leaves behind grandchildren Boston, Lucien, Jackson, Noah, Emmitt and Selena. Bob was predeceased by his parents Lucien and Dorothy Gaumont of Cape Coral, FL. Bob will be dearly missed by all that knew him.

A celebration of life will be held Saturday, January 14, 2023 at 10 AM – 12 noon in the Shaw-Majercik Funeral Home, 48 School St., Webster, MA. Bob will be buried at a later date at the East Thompson Cemetery in the perfect spot surrounded by many close friends and overlooking the Thompson Speedway. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle. Donations can be made in Bob's memory to the Connecticut Brain Tumor Alliance at: <https://ctbta.org/support-fight/how-give>

Thomas J. Hayden, 66

Thomas J. Hayden [Woodstock] died on November 21 of congestive heart failure. He was the son of Thomas J. and Kathleen M. Hayden of Brooklyn, CT.



Born in the Bronx, NY in 1956, Tom's family moved to Brooklyn in 1961. He attended Killingly High School and enrolled in the US Marine Corps in 1973. After serving honorably in Okinawa and other locations in Japan, Tom returned to the Quiet Corner. He met Pauline "Polly" Berris at the Juniper Hill Golf Course in Brooklyn, and they were married on the ninth hole on September 15, 1979.

Tom worked as a delivery driver for Frito Lay for 17 years. He and Polly raised their two sons, Harley and Elliott, in Pomfret where he coached Little League and served as the Commissioner of Frog Rock Basketball. Tom is fondly remembered for starting Frog Rock's basketball program for high school students.

Tom and Polly opened Sweet Evalina's Stand in 2000 and moved to Woodstock the following year. Together, they operated a successful restaurant for more than 20 years. Tom was widely known for his infectious smile, sense of humor, good nature, and, of course, his pizzas—for which he won numerous accolades. No matter how busy he was at the pizza oven, Tom would always look up with a smile and wave to his customers. Nicknamed "Uncle Pepperoni" by his great-nephews, Tom was adored by children, whom he would often invite behind the counter for a chance to try their hands at his

craft.

Tom was a generous community partner—donating freely to local fundraisers and athletic teams and employing scores of high school and college students. Many graduates of Woodstock Academy got their first job at Sweet Evalina's, where they became skilled at deciphering Tom's mumbling while learning the importance of hard work and responsibility through his example.

In his free time, Tom enjoyed refereeing and umpiring local sports, smoking cigars, playing outside with his grandchildren, and golfing with close friends. Tom loved to travel. His favorite destinations were Maine, Florida, and various National Parks. He was an avid fan of Two Roads IPA, the music of Rory Gallagher, and Harley Davidson motorcycles. Tom's life was also marked by a love for good food. He especially enjoyed Italian dishes, tacos, and his annual 3-pound lobster in Ogunquit, ME.

Tom is survived by Polly; his sons and daughters-in-law—Harley and Emily of Woodstock, and Elliott and Hollie of Hampton; his grandchildren—Oliver, Willa, Waylon, and Stetson; his siblings and their spouses—Darlene and Don Taylor of Brooklyn, Holly and Butch Smith of Brooklyn, and Patrick Hayden and Gisele Murphy of Cambridge, MA; and many cherished cousins, nieces, and nephews.

Tom's smile, charisma, and generosity of spirit touched many lives. A Celebration of Life will take place on Sunday, December 18th from 1-4 pm at Loos Center for the Arts on the South Campus of The Woodstock Academy. In lieu of flowers, donations may be made in Tom's memory to Woodstock Little League (P.O. Box 94, Woodstock, CT 06281) or SkillsUSA at Ellis Technical High School (c/o Ellis Tech PFO, 613 Upper Maple Street Danielson, CT 06239, Memo Line: SkillsUSA).

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LEGALS

TOWN OF WOODSTOCK

At the October 24th, 2022, Special Meeting of the Woodstock Inland Wetlands & Watercourses Agency, the following application was approved: 09-22-06 – Ross and Kathleen Ellison, 123 Laurel Hill Road – Remove and replace retaining wall and add beach area. On October 27th, 2022, the Woodstock Wetlands Agent granted agent approval for application: 10-22-01 – Lian Properties, 239 Barlow Cemetery Road – Proposed Single-Family Home. Mark Parker, Chairman
December 2, 2022

NOTICE TO CREDITORS

ESTATE OF Michael Robert Gallo-way (22-00246) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated July 11, 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.

Brenda Duquette, Clerk

The fiduciary is:
Mariah Chapman, 173 Butts Road,
Woodstock, CT 06281
December 2, 2022

NOTICE TO CREDITORS

ESTATE OF Madelyn E Grzesiak (22-00480) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated November 21, 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.

Brenda Duquette, Clerk

The fiduciary is:
Hope Sayles-Smith,
326 Allen Hill Rd., Brooklyn, CT 06234
December 2, 2022

NOTICE TO CREDITORS

ESTATE OF Robert L. Hunter (22-00431) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District

of Northeast Probate Court, by decree dated October 24, 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.

Brenda Duquette, Clerk

The fiduciary is:
Andrew R. Fredette
c/o CHRISTIAN GEORGE SARANTOPOULOS, SARANTOPOULOS & SARANTOPOULOS, LLC, 143 SCHOOL STREET, DANIELSON, CT 06239
December 2, 2022

NOTICE TO CREDITORS

ESTATE OF Bernard R. Tyczy, AKA Bernard Richard Tyczy (22-00445) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated November 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:
John Tyczy,
1244 Thompson Road, Thompson, CT 06277
December 2, 2022

NOTICE TO CREDITORS

ESTATE OF Marjorie M Harrison (22-00448) The Hon. Leah Pollard Schad, Judge of the Court of Probate, District of Northeast Probate Court, by decree dated November 21, 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.

Brenda Duquette, Clerk

The fiduciary is:
Donna M Barry, 17 Old Cook Hill Rd., Griswold, CT 06351
December 2, 2022

Tree Jubilee returns to The Bradley

PUTNAM – The Bradley Playhouse hosted the second annual Tree Jubilee & Wreath Extravaganza, a collaboration with local businesses and donors to help spread some Christmas cheer during the holiday season. The two-day event in the post-Thanksgiving weekend showcased numerous trees and wreaths sponsored by local businesses, organizations, agencies, and families. While the displays were set up to add some visual flair to The Bradley ahead of their annual production of “A Christmas Carol”, it also included an appearance by Santa and Mrs. Claus and all of the trees and wreaths were raffled off to add some extra holiday cheer to the homes of the lucky winners.

Photos Jason Bleau



This colorful tree by the Sadosky family was one of the first greeting guests in the entryway to the Bradley Playhouse.



Christine Crugnoia and Wlad Pertuniw sponsored this Patriots themed tree.



Trees by Paws Cat Shelter in Woodstock and The Retirement Program at the Arc of Eastern CT themed their trees around “all about cats” and “coffee & tea.”



Creation Church created this fun wreath out of ribbons and inspired by everyone’s favorite holiday treat, candy canes.

Santa and Mrs. Claus were on hand the entire event to meet with and take pictures with visitors to The Bradley and the Tree Jamboree.



This pair of wreaths, by Woolworks, L.T.C. Yarn Shop and the Thompson family create a frame effect with Santa Claus in the background.



Volunteers and employees of The Bradley Playhouse helped make the Tree Jamboree a huge success!



Centreville Bank set up several trees, included these two delightfully decorated displays, at the Tree Jubilee.



TEEG’s 2022 wreath was inspired by a winter classic, the snowman.



Jean Mountford created this wreath inspired by the popular gnome decorations that have taken the world by storm in recent years.

KILLINGLY RESIDENT PLACES AT PICKLEBALL COMPETITION

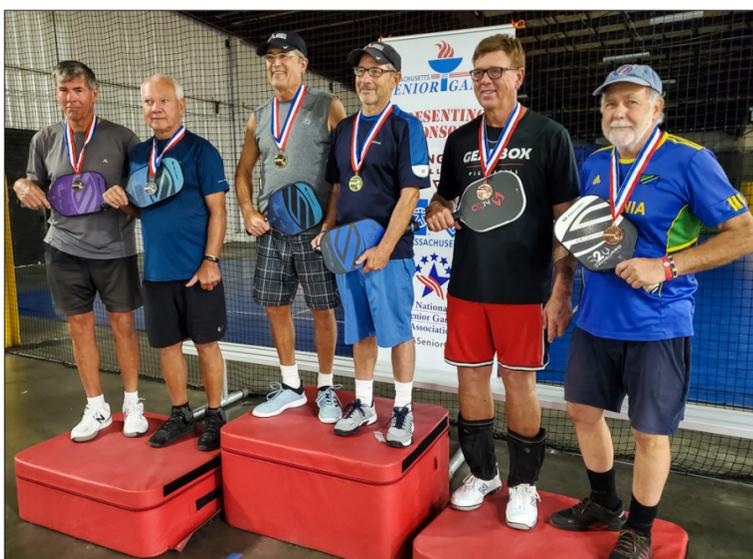


Photo Courtesy

On Aug. 27, Mike Cristina (far right) of Killingly and Bob Stone (second from right) of Preston dinked their way to a third Place Bronze Medal in their division of the Massachusetts Pickleball Senior Games.

POMFRET SCHOOL FIELD HOCKEY TEAM SUPPORTS DAY KIMBALL CANCER FUND



Photo Courtesy

The Northeast Connecticut Cancer Fund of Day Kimball Healthcare was the recent recipient of a generous donation of \$1,408 by the Pomfret School’s Field Hockey Team in honor and recognition of Breast Cancer Awareness Month. The team, coached by Louisa Jones, held a week-long fundraiser during the month of October, and, for the third year in a row, dedicated the funds raised to the NECT Cancer Fund of DKH. The Fund provides financial assistance to residents of Northeast Connecticut who otherwise may not have the financial resources to access needed medical care.



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- Custom-Build**
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- Jeff S., Mystic, CT

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Quitting vaping may be a life-saving resolution

Electronic cigarettes and other vaping devices were once described as potentially “safer” and “healthier” methods of smoking, even by leading health organizations. Many former tobacco smokers even turned to e-cigarettes as a method to quitting traditional cigarettes. However, recent research into vaping and a rash of mysterious lung illnesses and deaths recently linked to vaping has led many to question if vaping is safe. Those who suspect it’s not may be wise to quit.

The illness toll rises
The Centers for Disease Control and Prevention says that, as of September 2019, there were 530 cases of vaping-related lung illnesses. Eight people also died in six states, with the first confirmed death occurring in April. The first known vaping-related illness in Canada was documented on September 18, 2019, when a youth from Ontario was put into intensive care for respiratory illness. While federal and state investigators are largely focusing their

investigations on vape cartridges that likely contained tetrahydrocannabinol (THC), the psychoactive component linked to marijuana, as a potential source of these illnesses, all electronic cigarette devices are now under scrutiny.

A school epidemic
Vaping has quickly become an epidemic in schools. More than 3.6 million American middle and high school students currently use e-cigarettes, according to the latest National Youth Tobacco Study. Teen nicotine vaping rates in 2019 were double those of 2017, the National Institute on Drug Abuse says.

Despite the installation of vaping detectors, and some schools going so far as to remove doors from bathroom stalls, opportunities to vape still abound. Older students may leave campus to vape in their cars during lunch breaks. Laws restricting sales of e-cigarettes to youth in certain states have already been implemented. Lawmakers also plan to ban most flavored e-cigarettes and nicotine pods in an attempt

to curtail their use among teenagers.

Mystery ingredients
Many adults look to e-cigarettes to reduce their dependence on tobacco products. However, Johns Hopkins Medical Center warns e-cigarettes are just as addictive. Also, many e-cigarette users get even more nicotine through extra-strength cartridges or by increasing the voltage to get a greater hit of the addictive substance. The Food and Drug Administration has not approved vaping as a smoking cessation method.

People never can be certain about the ingredients in vaping liquids. And as the popularity of e-cigarettes grows, newer, cheaper, and poorly regulated products are being imported from all over the world to meet the demand. According to the CDC, exposure to such products may cause a range of symptoms, including cough, chest pain, shortness of breath, fatigue, vomiting, diarrhea, and fever. There also have been cases of “popcorn lung,” which derived



its name from a former chemical flavoring (diacetyl) used in microwave popcorn linked to scarring of the tiny air sacs in the lungs, resulting in suffocation. Popcorn lung also has been

linked to vaping use. More evidence continues to point to vaping as an unsafe practice. Quitting the habit now can have profound, potentially life-saving effects.

5 weight loss myths debunked

Losing weight is a popular New Year’s resolution every year. Roughly 50 percent of people age 20 and older acknowledge they tried to lose weight over the past 12 months, according to the Centers for Disease Control and Prevention.

Successful weight loss requires hard work and patience. Still, many myths abound, and people may think there are quick fixes to shedding a few extra pounds. Debunking some of those myths can help people adopt more realistic weight loss strategies.

Myth #1: Avoid carbs to lose weight. A healthy diet is comprised of a mix of foods that include carbohydrates. The U.S. Department of Agriculture’s 2015 Dietary Guidelines for Americans indicate that carbohydrates, such as those found in vegetables, fruits and whole grains, are a foundation of healthy eating. Carbs also provide much-needed fiber.

Myth #2: You can target specific fat loss. Exercising and eating healthy can produce overall weight loss and diminish fat concentrations in certain parts of the body, indicates the healthy eating source Eat This, Not That. But each body is unique, and where people lose fat varies. Gender is one factor that can affect people’s figures. Exercise can tone muscles in key areas to help make a person appear thinner in those regions, but it will not necessarily make fat go away in one place over another.

Myth #3: Eating fat makes you fat. Fat is very calorie-dense and common in junk foods, which is why it can get a bad rap. However, as long as calorie intake is within a healthy range — even if some calories are from fat — weight gain will not occur from fat alone, says Healthline. The body needs healthy fats to function properly.

Myth #4: Crash diets will make weight fall off. Dramatically cutting calories



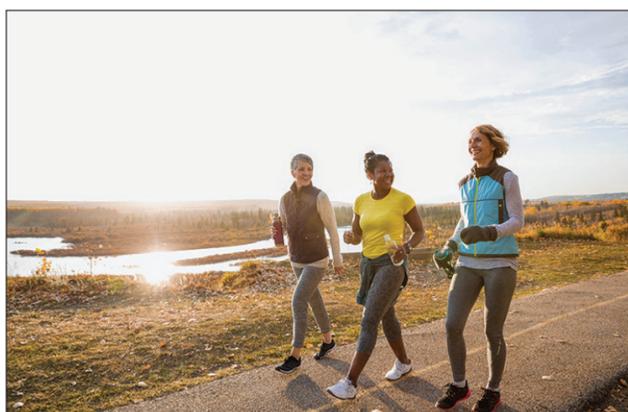
can lead to nutritional deficiencies and have an adverse effect on weight loss. The body may slow its rate of metabolism to conserve calories, as a crash diet may fool your body into thinking you are starving. It’s better to stick to a gradual decrease in calories while still consuming the daily recommended amounts based on your age and other factors.

Myth #5: Tons of exercise will make the pounds disappear. Research has repeatedly indicated that exercise can

help boost weight loss. However, the real way to shed pounds is primarily linked to diet. According to Shawn M. Talbott, Ph.D., a nutritional biochemist and former director of the University of Utah Nutrition Clinic, weight loss is generally 75 percent diet and 25 percent exercise. People see the biggest short-term results when they eat smart.

If losing weight is your New Year’s resolution, get the facts before adopting a weight loss regimen.

It’s okay if walkers miss the 10,000-step standard



Over the last several years, many people have embraced the notion that 10,000 daily steps are the way to being physically fit. Health experts espouse that notion and trainers endorse it, but is there sci-

entific proof behind the recommendation?

The 10,000-step standard — which equates to roughly five miles, depending on a person’s stride length and speed — has some surprising origins that

are not necessarily rooted in medical science. I-Min Lee, a professor of epidemiology at the Harvard University T. H. Chan School of Public Health and the lead author of a new study published in May 2019 in The Journal of the American Medical Association wanted to explore the origins of the 10,000-step recommendation. She discovered the guideline evolved from a marketing strategy devised by a Japanese company called Yamasa Toki. That firm introduced its new step-counter in 1965, naming it Manpo-Kei, which translated into “10,000 steps meter.” They marketed the meter using the Japanese character for “10,000,” which resembles a man walking. The character and round number proved memorable and the slogan, “Let’s walk 10,000 steps a day”

was catchy. As a result, many people adopted the 10,000-step approach, even though its medical benefits might not have been proven.

But this isn’t to suggest that taking 10,000 steps per day cannot be part of a healthy living plan. In fact, such a goal promotes physical activity, which is a key component of a healthy lifestyle. However, simply taking 10,000 steps per day might not be enough to achieve long-term health.

Lee conducted her own research to test if the Japanese were on to something by inadvertently setting the 10,000-step standard. She found that an increase in walking correlated to lower mortality rates among more than 16,000 elderly American women. However, when these women reached about 7,500 steps the mortal-

ity rates leveled out, suggesting that those extra 2,500 steps might not be necessary.

Even the manufacturer of one of the most popular fitness trackers, Fitbit, says that users’ step goals can vary depending on need, and that goals may even shift over time. People who are looking to lose weight and maintain their existing health will need to modify their step count accordingly. Working with a qualified trainer or using a medically sanctioned training program can help people exercise safely and effectively.

Taking 10,000 steps per day may help people achieve their health-related goals. But 10,000 steps alone likely won’t be enough to achieve optimal health.

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