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2020 Election Tuesday, November 3rd Polls Open 6:00 am to 8:00 pm



District 1 **Linden Street School** 

District 2 Our Lady of Mercy **Parish Center** 

**District 3 Toffolon School** 

**District 4 Wheeler School** 



If you have any questions regarding voting or registering to vote be sure to contact our Registrars

**Sue Abrams ~ Democrat Registrar** 860-793-0221 ext. 7161

Beth Gasparini ~ Republican Registrar 860-793-0221 ext. 7162

#### SAMPLE BALLOT FOR NOVEMBER 3rd 2020 ELECTION

State of Connecticut Official Ballot	Plainville Connecticut	State	Election N	ovember 3, 2020	
OFFICE PARTY	1 PRESIDENTIAL ELECTORS FOR VOTE FOR ONE	2 REPRESENTATIVE IN CONGRESS VOTE FOR ONE	3 STATE SENATOR VOTE FOR ONE	4 STATE REPRESENTATIVE VOTE FOR ONE	5 REGISTRAR OF VOTERS VOTE FOR ONE
DEMOCRATIC PARTY	1A Bioen AND Harris	2A JAHANA HAYES	3A MARY B. FORTIER	4A	SUSAN ABRAM
REPUBLICAN PARTY	1B Trump AND Pence	28 David X. Sullivan	3B HENRI MARTIN	WILLIAM A. PETIT JR.	5B BETH GASPARINI
INDEPENDENT PARTY	10	2C Bruce W. Walczak	3C Henri Martin	WILLIAM A. PETIT JR.	5C
Working Families Party	10	2D Jahana Hayes	30	4D	5D
LIBERTARIAN PARTY	1E Jorgensen And Cohen	<b>2</b> E	<b>3</b> E	<b>4</b> E	5E
GREEN PARTY	1F Hawkins And Walker	<b>2</b> F	3F	4F	5F
WRITE-IN VDTES	<u> </u>	<b>2</b> 2G	○ 3G	○ 4G	<u> </u>

ongressional District 5 Senatorial District 31 Assembly District 22



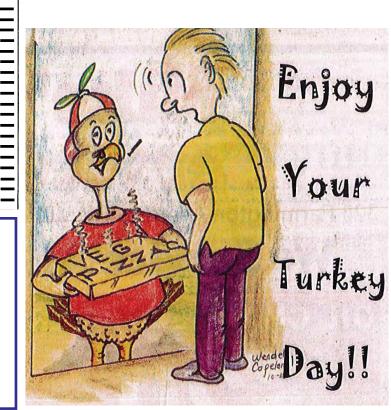


Be sure to read the instructions on the reverse side of this ballot.

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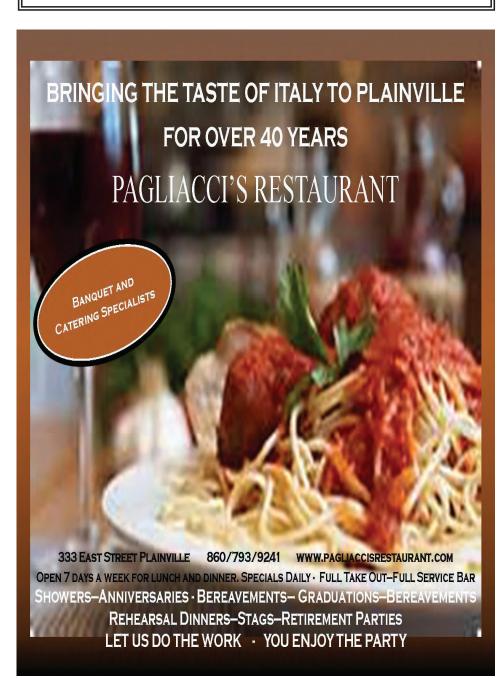
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This paper is published monthly as a service to the citizens of Plainville, Connecticut by Plainville Community News, Inc. It is a non-profit, 501C, all volunteer group of residents who are interested in informing our citizens of community activities and local news. All positive contributions are welcome and will be printed subject to the approval of the staff on a space available basis.

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To place your advertisement contact us: TEL: (860) 747-4119

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27 Sherman Street Plainville, CT 06062-0387

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**December/January** 

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#### **Dates to Remember in... NOVEMBER**

Election Day ~ Tuesday the 3rd Veterans Day ~ Wednesday the 11th Thanksgiving Day ~ Thursday the 26th

Always Remember..... Your Anniversary & Spouse's Birthday!!

#### Take a peek... 🍣 🍜 Property Transfers...... 3 Town Manager's Report..... 4 & 5 Schools in Review...... 16 & 17 Cross Word Puzzle..... 8 Cross Word Answers..... 24 Life With Wanda..... 12 Obits...... 20-22

Pet Page...... 27

#### **Plainville Property Tranfers**

10 Park St: Marion D. Virtue of Plainville to Simbsbury Investment LLC, \$225,000 on 9/1/2020

14 Park St: Marion D. Virtue of Plainville to Simsbury Investment LLC, \$225,000 on 9/1/2020

62 Plum Tree Rd: Radek and Paula Szatchelski of Plainville to Renato L. Gomes \$300,000 on 9/1/2020

7 Bradley St Unit 4: James L. and Marie M. Adams of Plainville to Stephen E. and Kimberly M. Csinsi, \$290,000 on 9/4/2020

5 Harvest Ln Unit 5: Michael C. and Jennifer A. Trinks of Plainville to Janet Yousefshirabad and Gilbert Davidson, \$369,000 on 9/8/2020 69 Northwest Dr Unit 57: Frederick

P. Haddad of Plainville to Kayley Carrier and David Gardner, \$120,000 on 9/10/2020

**12 Overlook Dr:** Reno C. Daigle of Plainville to Alexander and Vanessa L. Troche, \$230,500 on 9/8/2020

Samuels Xing Lot 94: Carrier Holdings LLC of Plainville to Thomas G. and Jennifer R. Dahlstorm, \$459,900 on 9/8/2020

190 Tomlinson Ave Unit 15d: Steele Leona T Est and Jeffrey D. Steele of Plainville to Christy L. Bosley, \$153, 250 on 9/10/2020

66 Atwood St Unit 7: Jennifer Carnes-Shorey and Kekey Carnes of Plainville to Ursula Gmeindi, \$108,100 on 9/17/2020

38 Broad St: Ylli Kello of Plainville to Monique Hayes, \$295,000 on 9/14/2020 21 Camp St: Michelle L. and Philip Brennan of Plainville to Brenda A. Reyes and Carlos M. Ruiz, \$263,000 on 9/17/2020

**492 Camp St:** Christopher and Susan A. Mitchell of Plainville to Matthew and Nina Stupienski, \$295,000 on 9/16/2020 535 Camp St: Gorneault Frances Est

and Dennis Gorneault of Plainville to Gena Sciaraffa, \$165,000 on 9/16/2020 **24 Cleveland St:** Stephen and Kimberly Csinsi of Plainville to Jeffrey Scallion, \$299,900 on 9/14/2020

97 Dallas Ave Unit B5: Mehvish Wahla-Femia of Plainville to Jacqueline Hernandez, \$164,000 on 9/16/2020 12 Dominics Ct Unit 12: Somkhith and

Tiffany Vannalith of Plainville to Renny Lora-Acosta, \$485,000 on 9/14/2020 20 Eastwood Dr: Agnieszka Stephens

and Jadwiga Wroblewska of Plainville to Kurt M. Stephens, \$187,000 on 9/15/2020 246 Farmington Ave: Renny Lora-

Acosta of Plainville to Maria Zapata, \$220,000 on 9/14/2020 33 Hardwood Rd: Melainie C. Scott

and James M. Crumbia of Plainville to Peter Hryniszyn and Lukasz Halas, \$55,000 on 9/17/2020 22 Lincoln St: Madore FT and Margo

T. Madore of Plainville to Douglas B. and Malorie A. Johnston, \$208,000 on 9/16 2020 40 Maple St: Carolyn J. Coughlin of

Plainville to Marilyn Cyprien, \$281,000 on 9/14/2020

1 Meadowlark Ln: Alexander D.

Smith of Plainville to George Young, \$164,900 on 9/11/2020

48 Milford St: Sara M. Lanza and Joyce A. Grem of Plainville to Mary Couture, \$238,000 on 9/16/2020

197 Red Stone Hi: Carol M. Vreeland of Plainville to Linwood H. and Janice V. Stetson, \$249,900 on 9/16/2020

55 Tomlinson Ave: Joseph R. Plourde T and Roger Plourde of Plainville to Keith R. Pearson, \$208,000 on 9/14/2020

15 W Pine Way Unit 36: Jadwiga Jessie Tanguay LT and William C. Vetre of Plainville to David B. and Ellen V. Cimadon, \$270,000 on 9/11/2020 341 Woodford Ave: 341 Woodford

Avenue LLC of Plainville to Frank Teti \$75,000 on 9/15/2020 **369 Woodford Ave:** Corrine M. Cobbol and Wendy D. Stauffer of Plainville to Gillette Place LLC

\$3,725,000 on 9/17/2020 309 East St Unit 16: Joseph Catlin of Plainville to Stacie StJarre, \$106,000

on 9/21/2020 21 Garden Hill Rd: Jennifer C.

Raspardo of Plainville to Lindsay Serow, \$270,000 on 9/23/2020

7 Great Plain Dr Unit 7: Michael P Bouchard of Plainville to Joseph and Alyssa Catlin, \$365,000 on 9/22/2020 **40 Macarthur Rd:** Roger R. Kidwell of Plainville to LE Prop Management LLC \$85,000 on 9/21/2020

266 N Washington St: Dreemr Realty LLC to Gateway Plainville LLC, \$300,000 on 9/23/2020

270 N. Washington St: Dreemr Realty LLC of Plainville to Gateway Plainville LLC \$300,000 on 9/23/2020 **46 Park St:** Thomas and Mary Delude of Plainville to Lisa Muraca and George Anastasas, \$235,000 on 9/21/2020

**5 Rosemont Dr:** Jason S. and Luciane Vandermark of Plainville to Tevor Coburn, \$190,000 9/22/2020

**190 Tomlinson Ave Unit 17d:** Mary Couture of Plainville to Stefanie M. Napoleon, \$165,000 on 9/18/2020

4 Beckwith Dr: Joshua R. Hall of Plainville to Jessica Goodwin, \$181,247 on 9/30/2020

60 Ivy Rd: Maryann Burns and Gregory E. Seledyn of Plainville to Mackenzie A. Macleod and Chelsey M. Tine, \$254,900 on 9/28/2020

135 New Britain Ave Unit 31 Jennifer Jaramillo of Plainville to Wendy B. Burns, \$212,000 on 9/30/2020

100 Northampton Ln Unit 36: Nancy Laliberte of Plainville to Steven R. and Eileen K. Carnein, \$165,000 on 9/30/2020

12 Pinecrest Dr: Edin Alagic of Plainville to Danielle Boehnert, \$210,000 on 9/28/ 2020

25 S Washington St: Beth Perri of Plainville to Donna L. Twiggs, \$187,000 on 9/30 2020

33 Spring St Unit B5: Chelsey M. Tine of Plainville to Linda and Amber Chadbourne \$108,000 on 9/28/2020

14 Sunrise Ter: Ericka Kapuscinski of Plainville to Rebecca Gonzalez-Quezada and Camilo Quezada, \$252,000 on 9/30/2020.

Send Letters, News & etc. to: plainvillehometown@gmail.com **Donations: Plainville Community News** 

> 27 Sherman St. Plainville, CT 06062 Thank You!

#### Robert E. Lee, Town Manager's Report to Town Council October 5th and October 19th, 2020 Meetings

#### October 5, 2020 Clean Earth Request Regarding PFAS

• The Clean Earth Request has been postponed for the time being in order for them to gather additional information for a future presentation.

#### November 2nd Town Council Meeting

• The first meeting in November is scheduled for the eve of Election Day. Historically the Town Council has cancelled this meeting. Unless there are objections, Town staff will prepare cancellation notices regarding the November 2nd meeting.

#### meeting. White Oak RFQ Update

- The Town received two proposals for the development of the White Oak property. One proposal was submitted by D'Amato Construction Company and Meyer Enterprises. Another proposal was submitted by Manafort Brothers Inc., Newport Realty and TWM Development LLC.
- Town staff has arranged for both developers to give presentations of their proposals and to answer questions regarding same.
- This is scheduled for Thursday, October 15, 2020 beginning at 6:00 pm in the Plainville High School Cafeteria. Each of the developers will be given approximately one hour with 30 minutes allocated for their presentation and 30 minutes for questions and comments from Town Council members and Town staff.
- The public is invited to attend the meeting to observe the presentations.

#### 2021 Revaluation

- Municipalities in Connecticut are required to perform revaluation of their real estate every five years. Plainville is scheduled to perform our revaluation as of the October 2021 Grand List.
- Two bids have been received to perform the 2021 revaluation. They were submitted by Vision Government Solutions and Tyler Technologies. Town staff has reviewed both proposals and is recommending that Tyler Technologies be chosen to perform the work.
- Tyler Technologies performed the last revaluation and the Town has already implemented their software system. Town staff is recommending that the services include performing the "sales only" comparison work which includes inspections of all residential and commercial properties that sold in the last two years and an additional 1,500 inspections of residential properties selected by the Assessor.
- The proposal includes what is known as Sketch verification. Sketch verification is a technology where aerial flight imagery is matched to all recorded property sketches. Any differences are flagged for further inspection.
- It is also recommended that the services include photographs of all properties which would be downloaded onto the property cards
- The cost for these services

- total \$195,900. The Capital Improvement Budget currently has \$140,896 appropriated for the revaluation. The remaining amount totaling \$55,004 will be included in the FY22 Capital Budget.
- There is an item under New Business that would award the revaluation bid to Tyler Technologies of Norwich, CT in the amount of \$195,900 as recommended by Town staff.

#### **Leaf Collection**

- Leaf collection will begin on Monday, October 26th and continue through Monday, November 30th. Due to COVID-19 and associated health concerns, the Town will not be utilizing temporary workers this leaf season. Given this, residents are asked for their assistance in getting leaves to the curbline as early as possible.
- Residents are reminded to place their leaves to the curbline and avoid blocking sidewalks or roadways. Additional information regarding leaf collection can be found on the Town website at www.plainvillect.com

#### **COVID-19 Update**

- Phase 3 per the Governor's Orders will begin on Thursday, October 8th. In response to the loosening of some restrictions, the Plainville Library will be re-instating socially distanced table seating only throughout the library and increase computer time limit to one hour.
- The library is requesting that patrons always limit their visits to one hour maximum and to wear masks while in the building.

#### October 19, 2020 White Oak Proposal Discussion

- The Town has received two proposals for the White Oak property on West Main Street. The White Oak property consists of two parcels totaling approximately 15 acres. It was formerly the headquarters and construction yard for the White Oak Corporation that went out of business over twenty years ago.
- The Town currently has an agreement with the current property owner to acquire the property for the value of the back taxes. The current amount of principal, delinquent interest and lien fees owed on the two parcels total approximately \$1M. This includes principal of \$496K, and interest and lien fees totaling \$523K.
- The two proposals received were submitted by D'Amato-Meyers and Manafort-Newport Realty et.al. Last Thursday evening both developers attended a Special Town Council meeting held at the High School Cafeteria to present their proposals.
- The D'Amato-Meyers proposal would relocate the D'Amato Construction Company from Bristol to Plainville. It would also relocate the Myers Enterprises business operations to the property as well. The proposal includes the construction of a 35,0000 sq. ft. addition to the back of the existing industrial building for servicing their equipment.
- The Manafort-Newport Realty proposal included a mixed-

use development consisting of a 25,000 sq. ft. medical office building, the construction of eight multi-family residential units consisting of 160 one and two bedroom apartments, a 4,000 sq. ft. community building, the creation of pedestrian walkways to the center of Town, the dedication of approximately 7 acres of land for public use and re-locate the westerly entranceway adjacent to the firehouse.

- Both proposals include the renovation of the existing office building and the accommodation of the Farmington Canal Heritage Trail.
- The next step if for the Town Council to determine how they would like to proceed with respect to the two proposals. One suggestion could be to consult with the Planning & Zoning Commission, Economic Development Commission, The Downtown Merchant's Association and the Chamber of Commerce to solicit their thoughts on both proposals.

#### Cooke Street/Pinnacle Road Crosswalk Discussion

- In mid-September a resident wrote a letter requesting that Town staff explore potential safety improvements to the crosswalk at the intersection of Cooke Street and Pinnacle Road. This crosswalk is used by children walking to and from Wheeler School as well as the general public at other hours of the day.
- The crossing guard for the Town at this location also expressed concern regarding the speed in this
- Town staff reviewed the area and noted that there are several trees that create shade during certain times of the day which can make it more difficult to determine whether there is someone looking to cross the street. Distracted drivers are a problem as well.
- After review, Town staff is proposing to install flashing warning lights that can be activated to warn drivers that someone is getting ready to use the crosswalk. These warning lights have been used in similar situations in Farmington and at bike trail crossings. While certainly not foolproof, the warning lights would create a much safer situation for both the driver and those crossing the street.
- The cost to install these warning lights are in the \$25K range. There are state monies in the Town Aid Road account that would be utilized. If there are no objections from the Town Council, Town staff will proceed with the installation.

#### 1-Ton Rack/Dump Truck - Roadways

- The Capital Improvement Plan includes an appropriation of \$60K to replace a 1998 rack body truck and snowplow combination.
- Town staff is recommending utilizing a state bid contract to purchase a 2021 truck with a plow from Northwest Hills Automotive LLC of Torrington in the amount of \$61,886.24. The additional

Business that would authorize the purchase of the 2021 GMC 3500 Crew Cab 4x4 truck from Northwest Hill Automotive, LLC of Torrington in the amount of \$61,886.24.

#### **COVID-19 Update**

- The Senior Center is planning to hold what they are calling their "gradual re-opening" beginning Thursday, November 5th. Safety is their number 1 priority as they service our most at-risk elderly population. The Senior Center must also abide by the state guidelines for three different sectors namely: Senior Centers, Indoor Recreation and Fitness
- Seniors will be required per state guidelines to make reservations to attend a program or service at the Senior Center. The wearing of masks will be mandatory for anyone entering the building. A listing the requirements for the Senior Center will be in the November Senior Newsletter and can also be found on the Town website at www.plainvillect.com
- The latest COVID-19 statistics for Connecticut indicate that over 62,000 residents have been infected and that 184 are currently hospitalized. There have also been over 4,500 COVID-19 associated deaths in CT. To date, Plainville has had 216 confirmed cases of COVID-1 as well. Residents are encouraged to stay diligent in their efforts to protect themselves and others as we enter the flu season and the colder weather.

#### **Financial Dashboard**

• The Dashboard was included in the meeting package information and has been posted on the Town website.

#### School Administrator's Contract

- A letter dated October 19, 2020 was received from Superintendent Steve LePage notifying the Town Council of a newly negotiated contract between the Plainville Association of School Administrators and the Plainville Board of Education. The contract is for the period beginning July 1, 2021 through June 30, 2022.
- The Agreement calls for a 2% wage increase, with a step increase and includes a \$500 increase to their tax-sheltered annuity. There would be no change to the premium cost share for health insurance. The employees would continue to pay 19% towards the health insurance premium cost share.
- The Town Council has 30 days to accept, reject or do nothing with regards to the one-year contract extension. This will be scheduled for consideration at the November 16th meeting.

Happenings on Page 5



UNABLE TO ATTEND TOWN COUNCIL MEETINGS? If you have an issue you would like to discuss with the Council or a Councilor? CALL: 860-793-0221 ext. 205 Leave your name and phone number and ask for a Councilor to contact you.

#### From the Desk of: Dominick Moschini, **Superintendent of** Roadways

#### **Leaf Collection**

The Town of Plainville announces leaf collection began on October 26, 2020 and will run through November 30, 2020 (Weather Permitting).

Due to the COVID-19 Pandemic and associated health concerns, the Town will not be utilizing temporary workers this leaf season. Given this, we are asking your assistance in getting leaves to the curbline as early as possible.

Leaves should be brought to the CURBLINE, and NOT PLACED IN WALKWAYS OR IN THE ROAD, in case of an early snowstorm. We understand not all trees shed their leaves early, but every leaf pile picked up early in the season helps us complete the season before the snow flies. Avoiding leaves in the road, and in particular snowy leaves, makes the road safer for you and your family.

Listed below is the scheduled order of areas to be covered on the first collection. Central Area

West Main Street Area Farmington Avenue Area South End/Redstone Area ShuttlemeadowArea Arcadia Avenue Area Metacomet Area Northwest Area Unionville Avenue Area Areas are subject to change.

Every effort will be made to keep you informed on the progress of leaf removal. Questions should be directed to the Public Works Office MONDAY-WEDNESDAY between the hours of 8:00a.m.-4:00 p.m. THURSDAYS 8:00 a.m.-7:00 p.m. and FRIDAYS 8:00 a.m.-12:00 p.m. The Public Works Office can be reached at 860-793-0221,

Please be sure to rake ONLY LEAVES to the curb. Grass clippings, sticks, and stone will not be taken. If you live on a street with an island, do not place leaves on the island. Leaves should be left on your curbline only. Drop-Off Center hours will be extended for the month of November for leaf disposal only. Hours for November will be Saturdays, 8:00 a.m. to 3:00 p.m. for leaf and regular debris disposal and Monday through Friday from 2:00 p.m. to 4:00 p.m. for LEAF DISPOSAL ONLY. Questions may be directed to 860-793-0221, ext. 7176.

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#### From the Desk of: Cal Hauburger **Economic Development & Special Projects Coordinator**

White Oak Developer RFQ: In the last update, I informed you of the impending deadline for RFQ responses for potential developers of the White Oak property. The Town received two responses, one from D'Amato Construction and Meyer Enterprises, and another from Manafort Brothers, Inc. The two submissions are of stark contrast - D'Amato/Meyer are proposing keeping the site zoned General Industrial and relocating each firm to the site as the primary operations and logistics center, while retrofitting existing buildings and constructing a single, 35,000 square foot building to house said operations. Manafort Brothers is proposing a mixed-use center featuring 160 apartments, retail and restaurant space, office space including a dedicated medical building - and open space towards the rear of the property. The Town Council will hold a Special Meeting on October 15th to interview each developer. The meeting will be recorded for those unable to attend.

Regarding State funding for the remediation of White Oak, the Bond Commission held a Special Meeting in which Brownfield funding was not part of the agenda. There is a Commission meeting scheduled for October 25th with no agenda set. The only other planned meeting is for the end of December. Between the upcoming election, holidays, and ongoing pandemic, it is unclear if State funding will be offered prior to the end of the

Phase 3: Last week, the State

entered Phase 3 of reopening, allowing for an increase to indoor dining, personal services, salons, and indoor and outdoor venues. Timing is concerning as the State has experienced a two-day trend of positive tests at 2% or higher, and an increase to Covidrelated hospitalizations across the State. From meetings I've had with State representatives, the intention as of now, is to continue forth with Phase 3 until the positivity rate reaches 4-5%. While this may change, it appears the State is willing to keep with their plan as long as possible.

Last month I mentioned Planning & Zoning approving a veterinary office at 62 West Main Street. Unfortunately, there was an issue in negotiations between the buyer and seller, and the deal fell through. The veterinary office is still interested in expanding to Plainville and we're working to try to find a suitable space.

The Stronghold has opened their doors on Whiting Street. The niche store offers retro videogames, tabletop board games, cards, movies, comics, and more. There are plans in the future to host board game tournaments, themed nights, and collaborations with Cortlandt Hull, who just reopened The Witch's Dungeon, for special movie screenings.

I hope you all are staying well. If you have any questions, please feel free to contact me.

P: (860)793-0221 x7178 hauburger@plainville-ct.gov Please note, my extension has changed to x 7178

Best, Cal Hauburger

regularly scheduled meeting which included a follow-up discussion regarding the two proposals received for the redevelopment of the White Oak property. At the conclusion of the discussion, the Council requested additional input be gathered from various Boards and Commissions with

the goal of receiving written opinions from each, with any additional concerns or questions that may arise. If necessary, an additional meeting between Board and Commission members with Town Staff and developers may be arranged.

**Update on White Oak Property:** 

The Town Council hosted a

As you may know, the Council hosted a special meeting last week in which both developers were provided the opportunity to give a presentation of their proposals and answer questions from the Council.

This meeting was recorded and can be seen in its entirety,

https://www.youtube.com/

#### **Plainville Town Council**

Members of the Plainville Town Council announced that there are openings on Town of Plainville's Boards and Commissions. To get information about the openings. Go to:

plainvillect.com

#### **Happenings** From page 4

Reported for the Town Council Meeting October 19, 2020

#### **Elections**

November 3, 2020 is Election Day. Don't forget to Vote!

Election polling locations will be open 6:00AM to 8:00PM. Due to the COVID-19 Pandemic the Secretary of the State is making it easier to vote by Absentee Ballot. Absentee Ballot APPLICATIONS were mailed to all registered Plainville voters. Absentee Ballot Applications can be returned either to Ballot Drop Box located outside the Municipal Center by the side entrance or to the Town's Clerk's Office in the postage free envelope provided.

#### **Absentee Ballots**

are currently being mailed to all applicants. To avoid postal delays voters are encouraged to use the Official Ballot Drop Box when returning their completed ballot.

#### **Leaf Collection:**

Leaf collection will begin on Monday, October 26th and continue through Monday, November 30th. Due to COVID-19 and associated health concerns, the Town will not be utilizing temporary workers this leaf season. Given this, residents are asked for their assistance in getting leaves to the curbline as early as possible.

Bulky Waste Curbside Collection: Bulk Waste Collection concludes Monday, October 26, 2020. Friday, October 23, 2020 is the last day for eligible residents to schedule their once annual bulk waste collection by calling Town hauler CWPM at (860) 793-6721. Residents are reminded that no bulk waste is to be placed at the curb more than 24 hours prior to your scheduled

collection. For further details

please visit the Town website at https://www.plainvillect.com/ public-works/pages/bulk-pickup. Residents are reminded to place

their leaves to the curbline and avoid blocking sidewalks or roadways. Additional information regarding leaf collection can be found on the Town website at www.plainvillect.

#### Plainville Family Resource Network Play and Learn Groups: [Tuesday/

Thursday in October, 9:30-11:00] Plainville Family Resource Network Play and Learn Groups continue Tuesday will Thursday mornings through October at Paderewski Park from 9:30-11:00am. Social distance recommendations are followed, and masks are required for anyone age 3 and over who attend the group. For any further questions please contact 860-793-6304 ext 0.

Plainville Family Resource Network Virtual Story Time: [Wednesdays 9:30AM) Wednesday mornings Plainville Family Resource network offers a virtual story time on Plainville Family Resource Network's Facebook page at 9:30am.

#### **Senior Center:**

For information on Senior Center programming call the Plainville Senior Center at 860-747-5728. While the doors aren't open, our programing is! Senior Center Virtual Programs:

Senior Centers from across the state are sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new!

If you wish to receive this statewide virtual program list, please Guberman@plainville-ct. gov. We will forward the list to you.

#### **COVID-19 Drive-through Testing** FREE [Friday, October 23 9:00 -

Testing is FREE. No need to get out of your car, just drive through. No insurance necessary. You can get tested even if you've been previously tested. Call the Community Health Center for an appointment, 475-241-0140 or on-line at www.chc1.com.

#### **Help With Zoom:**

Available by telephone through the Senior Center. More and more programming and classes are now being offered virtually. Let us help you navigate this new world. If you have a smart phone, tablet,

computer or even a regular phone, you can take advantage of so many programs on Zoom. Haven't tried Zoom? Have Questions? Call the Senior Center! We will schedule an individual telephone appointment for you to "meet" with Tammy to learn how to use Zoom. We even provide written step-by-step instructions prior to your telephone appointment. For details, call the Plainville Senior

#### Center at 860-747-5728. Cardio Chair Fitness: [Mondays & Wednesdays, 10:00 a.m.]

Call the Senior Center to register and receive Zoom link. Class includes marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home!

#### VirtualClasses.

Apple Square Cooking Class: [Wednesday, October 28th, 1:00 P.M.)

#### **Sewer Billing:**

2021 Sewer Use Tax Billing: 2021 Sewer Bills will be mailed in late October 2020. Keep an eye on your mailbox. Sewer use tax bills are due November 1, 2020 and the last day to pay without penalty is December 1, 2020

#### Facebook support group provides outlet to discuss caregiving challenges

Support groups can often provide the perfect venue for people who have concerns or wish to share useful insights and experiences. Hartford HealthCare Center for Healthy Aging, which previously offered in-person support groups, has transitioned to virtual and call-in groups.

However, there is another option now on Facebook: the Hartford HealthCare Center for Healthy Aging Support Group. This "page" is specifically for families and caregivers who have questions or comments pertaining to aging. Concerns might include behavior changes, transition of care to assisted living, home healthcare, community services or end of life planning. A Center for Healthy Aging professional will oversee the Facebook page to provide helpful answers and resources to support users in their caregiving roles.

"Facebook allows people to connect with others, share experiences and seek advice in a safe way. We offer virtual support groups, but a Facebook group allows people to ask questions, provide insight and share experiences in real time," said Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging.

"Caregivers don't have to wait for the next support group to talk about what is on their mind - they can share it in the moment."

To join the discussion, sign in to Facebook and search "Hartford HealthCare Center for Healthy Aging Support Group."

Established more than 15 years ago, Hartford HealthCare Center for Healthy Aging is a resource and assessment center designed to enhance access to services and information related to attaining an optimal quality of life for seniors and their caregivers. Services include free home safety assessments, care coordination, connection with dementia professionals and transitional care nurses, and free virtual classes as well as pay-for-service geriatric care management.

For more information about the Hartford HealthCare Center for Healthy Aging Support Group on Facebook or to connect with the Center for Healthy Aging in other ways, call 1.877.4AGJNG1 | 1.877.424.4641 or visit www.hhccenterforhealthyaging.org.

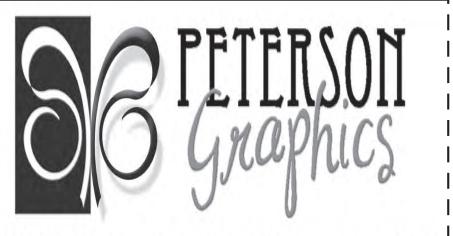
Robin L. Michel

Community Outreach Assistant Hartford HealthCare Senior Services 80 Meriden Ave.,

> Southington, CT 06489 w. 860.406.6864

Robinlee.michel@hhchealth.org

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or mail to: 27 Sherman St. Plainville, CT 06062

## Annual Liberty Bank & Rotary Turkey Drive

The annual Liberty Bank and Plainville Rotary Turkey Drive is underway to benefit the Plainville Community Food Pantry. For those of you that are not familiar with this event, Liberty Bank donates 25 cents for every dollar that is deposited in the Plainville Rotary Foundation account at Liberty Bank. The entire amount is then donated to the Plainville Community Food Pantry. Unlike previous years, we have no specific fundraiser to contribute to this account. Last year, the Club donated \$2,500 to this account and the Food Pantry received \$3,384.

Many Rotarians already donate to the Food Pantry. Would you consider donating through the Plainville Rotary Foundation so the Food Pantry would get an extra 25%? If you would like to make a personal contribution, you can make a check out to the Plainville Rotary Foundation and give it to me, mail it to PO Box 484, or take it to Liberty Bank and ask to have it deposited. You can also use Venmo or Paypal to plainvillerotary@gmail.com. The last day to deposit the funds in the Liberty Bank account to receive their match is November 21st. All proceeds will be donated to the Food Pantry by November 25th.

#### NOVEMBER BIRTHDAYS

"HAPPY & HEALTHY BIRTHDAY TO ALL!"

1ST REJEAN CARRIER
TYLER MANDEVILLE
2ND R. MIKE BERGENTY
3RD MARYANN WOVERS
5TH MICHAEL LOSTOCCO
4TH SUSAN BUDEN
12TH WILLIAM DAVISON
18TH KENNY GNAZZO
20TH CAROL STAUBLEY
21ST STEVEN GLOWIAK
22ND TROY MILLER
23RD FRED MILLER

LORRAINE DEMICCO
25TH REV. JOHN BRINSMADE
26TH LINDA MASSE
27TH DIANNE LEPORE

30TH GWEN LOSTOCCO DAVID MAZUREK

31ST HENRIETTA ZOOLECK

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PLAINVILLE POLICE
DEPARTMENT DRUG

DEPARTMENT DRUG
"TAKE BACK" EVENT

Wheeler's Connecticut Clearinghouse and the Plainville Police Department offered a drive-through drug Take Back event on Saturday, October 24, 2020, at the Plainville Police Department.

Acceptable items included expired solid prescription drugs; unwanted or unused prescription drugs; and over-the-counter drugs (pills). The following items were not accepted: liquid products; intravenous solutions; injectable drugs; and syringes.

"We are happy to work in partnership with the Plainville Police Department to give residents of this community and surrounding towns the opportunity to clear their homes and medicine cabinets of unwanted and unused prescription drugs," said Judith A. Stonger, MA, CPS, vice president of Wheeler Prevention,

#### **About Connecticut Clearinghouse**

Connecticut Clearinghouse is a statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics. Materials from our specialized library and resource center are available to Connecticut families, teachers, students, professionals, communities and children. A program of Wheeler Clinic's Connecticut Center for Prevention, Wellness and Recovery, the Connecticut Clearinghouse is funded by the Connecticut Department of Mental Health and Addiction Services. Learn

#### **About Wheeler Clinic:**

more: www.ctclearinghouse.org.

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages health, recovery, and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 30,000 individuals across Connecticut each year:

www.wheelerclinic.org

#### Steps to Be Taken by Property Owners When Sewage Back-up Occurs

If a back-up occurs during business hours call:

Normal Business Hours – Monday – Friday 7:00am – 3:00pm Water Pollution Control Department: (860)793-0221 Ext. 228

(800)/93-U221 EXT. 228
If a back-up occurs during non-business hours call:

Non-Business Hours – Nights, Weekends & Holiday Plainville Police Non-Emergency Line: (860)747-1616

## To Your Health

#### With Gratitude!

By: Linda Coveney

Thanksgiving is a time of gatherings and giving thanks. With all that has happened this year, we may struggle with this. Our lives have been turned upside down, many lost jobs, businesses and dreams. Fear is present, divisiveness is high.

Despite this and more, I'm guessing that things happen each day that bring some joy or peace into our lives. It can be a kind word, a surprise, or just a beautiful fall day with brilliant colors and fresh air. For me, visiting and buying in-season vegetables at an organic farm makes me very happy.

The change of season signals a slowdown. A time to rest, digest and repair. This shift in the seasons could also provide the perfect opportunity to focus on what's meaningful, important in your life and how you want to prioritize your time so that it better aligns with your heart. Recognize and appreciate the little things of life that we can hold onto that lift our spirits and give us hope for a better future.

Today, I saw out of the corner of my eye, a school bus in front of my house. That made me pause and smile. Grateful that this yellow bus gave me a sense that normalcy is returning. It made me think of a first grader I know in upstate NY, who just recently returned to school. While she wasn't a big fan of wearing a mask, she was extremely happy to be back in school, to be around friends and learning new things. She was genuinely happy.

Gratitude provides perspective. That despite how tiring, confusing or desperate things may feel, a little light shed on something that is good, surprising, interesting, healing or just plan fun can be as impactful, albeit briefly, as a vacation on an island with warm breezes, delicious food without a care in the world. Without this perspective, we can become dull, angry, stressed.

Stress and anger negatively impact our body and mind. This leads to emotional eating, sleepless nights, worry – all things that drain us and make things feel worse than they really are.

So when someone mentions a gratitude journal, don't fluff it off as a waste of time. If you are not quite ready to commit to writing, notice the one thing that made you smile or wiped away stress each day. Let the feeling stay with you as long as is possible. Feel how it lifts you up, no matter what else might be going on in your life. Be grateful for this moment.

One more thing - Seems as though lots of people are struggling to get a good night sleep. Maybe the time change, will help you get to bed earlier.

Ideally, you should wake up fully refreshed and ready to face the day. If you are like so many others and have trouble failing or staying asleep during the night, you might want to try a relaxing cup of tea such as chamomile. Recently I began drinking a combination of herbal Linden and Hibiscus tea. It doesn't necessary put you to sleep, but it helps me relax. A cup of warm milk (dairy or nut milk) with a ¼ tsp of turmeric power, 1 tsp ghee or coconut oil, and a pinch of ginger, nutmeg and cardamom powder topped with a little honey to taste can calm the mind.

Use the power of the lavender scent to help you sleep. Put a little lavender oil on a cloth or in mesh bag with lavender leaves and tuck into your pillowcase. Reading can help to calm the mind. Avoid scary or stressful content. This summer I got hooked on the Louise Penny series - wonderful books that introduce you to vibrant characters, poetry, human nature with an interesting twist on murder mysteries. I highly recommend this series. Interesting that the first book in this series is "Still Life". A good reminder to avoid a too busy life and take the time for stillness to recognize the gifts of the day.

#### HappyThanksgiving!

## Linda Coveney Integrative Nutrition H Expert | Speaker | Become

Integrative Nutrition Health Coach |Insights® Discovery Expert| Speaker | Become your most vital self at work and home!

Linda helps open-minded teams and determined individuals take control of their choices, and create the robust health, success and happiness they deserve. She is also a Licensed practitioner for Insights Discovery®—The direct route to healthy, effective teams. For more information about health coaching, wellness workshops or team and personal effectiveness, contact:

Linda at www.healthy-behaviors.com or lindacoveney@healthy-behaviors.com



#### **THE Central Connecticut Tea Party**

Southington, Cheshire, Plainville, Bristol and Meriden

Pd. for by: The members of the Tea Party

## Connecticut Institute of Head & Neck Surgery

Having a tumor or cancer of head and neck is challenging and scary.

Who you turn to for support, guidance and care is important. Dr. Kuwada and Dr. Patel are highly-trained Head and Neck Surgical Oncologists and Microvascular Reconstructive Surgeons.

They specialize in the complex care of patients with cancer and benign tumors of the head and neck, including: those involving the ears, mouth, nose, sinuses, throat salivary glands, thyroid gland, and skin of the head and neck.

They are dedicated to delivering the

comprehensive care and compassion you deserve.

"We are better when you are better"

we are better when you are better Meet Dr. Kuwada and Dr. Patel on page 13

## Below are Acronyms for the Senior Citizens

Technology has brought us a new way of communicating by way of texting. We now use acronyms as a way to text. Since we have a tendency of forgetting at times, you may want to cut the below out and keep them handy. Enjoy!

Senior Citizen Texting Code!!

ATD: At the doctors
BFF: Best friend fell
BTW: Bring the wheelchair
BYOT: Bring your own teeth
FWIW: Forgot where I was
GGPBL: Gotta go pacemaker battery

low

GHA: Got heartburn again
IMHO: Is my hearing aid on
LMDO: Laughing my dentures out
OMMR: On my massage recliner
OMSG: Oh my! Sorry gas
TTYL: Talk to you louder

Let's be safe and not sorry.

Remember to wear your mask!

John Gasparini

IGWFA: I got walking farts again

## From the Desk Of: Susie Woerz, Executive Director Plainville Food Pantry

Our fundraiser deficit is approximately \$49,000 this year due to COVID. Food drives, Wings and Wheels, J Timothy's golf tournament, 2nd Roaring 20,s dinner dance that is rescheduled for May 2021, another fabulous event!

The Pantry continues to remain open, we are up and running helping those in need in our community, we have had many challenges in 2020 as everyone has. We have not skipped a beat here at the Pantry touching many lives for those in need in and around our community. This community has always stayed by our side supporting all of our programs. We are grateful for that.

We have tackled many obstacles while trying to continue our mission as a outreach agency providing basic need to those less fortunate here in Plainville live a better quality of life.

We are open to feed those in need here in our community there is still no public access to our building protecting our elderly staff, volunteers and of course our community at large which is our priority.

We are accepting food and monetary donations from the community. If you want to donate food and non perishable items we welcome your donations. Please contact us for drop off and if you are in our parking lot please call us 860-747-1919 we will come out to you to bring your items into the Pantry between 9am-3pm. While dropping off your items please leave your name and address for a thank you letter.

Thank you in advance for all your support!!

GNAZZO FOOD DRIVE
FRIDAY NOV. 20
SATURDAY NOV. 21

SUNDAY NOV. 22 ~ 9:00 AM - 3:00 PM ~



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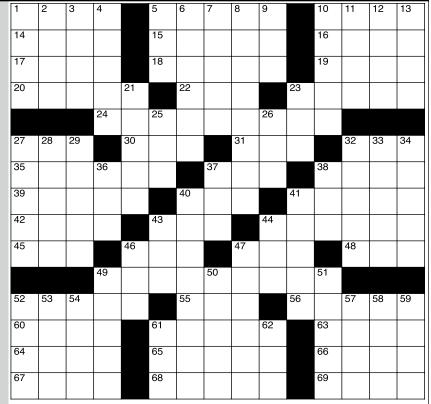
#### **Big Brothers-Big Sisters**

Welcome to the home of Hartsprings Foundation, Inc., a non-profit organization dedicated to supporting and raising funds for Big Brothers Big Sisters agencies in Western and Central Massachusetts, as well as Nutmeg Big Brothers Big Sisters in

For over a century, Big Brothers Big Sisters has been a leader in providing hope to children facing adversity hope through the power of one-to-one relationships. Hartsprings Foundation's goal is to support this mission via the collection and sale of used clothing and other items, providing all proceeds to Big Brothers Big Sisters. Imagine for a second, what if every child: Chose to stay in school~Chose NOT to do drugs.~Chose NOT to drink REACHED their full potential.

That's the Big Brothers Big Sisters Goal and it's OUR GOAL to help make that happen. Southington, & Plainville, you can donate and lend your support. Call now1-888-413-2227 for pick up at your home. OR YOU CAN BRING YOUR DONATIONS TO THE BIG BROTHERS-BIG SISTERS BOXES IN THE PARKING LOT BEHIND APPLEBEE'S ON NEW BRITAINAVE., PLAINVILLE





#### **CLUES ACROSS**

- 1. COLD WAR PLAYER
- 5. FLAT-BOTTOMED SAILBOAT 10. JAMAICAN TANGELO
- 14. DEBAUCHED MAN
- 15. LESS COVERED
- 16. REQUIRE TO LIVE
- 17. PATRICK AND AYKROYD ARE TWO AMERICAN RAIL
- 19. INSURANCE CLAIM EXPENSES 20. TRIES TO PERSUADE
- 22. EQUAL (PREFIX)
- 23. CZECH NAME FOR PRAGUE
- 24. LONDON SOCCER TEAM
- 27. GREEK LETTER
- 30. SMALL EURASIAN DEER 31. SWISS RIVER
- 32. MILLER BEER
- 35. LESS APPEALING
- 37.8TH MONTH (ABBR.)
- 38. \_\_\_ ALTO, CALIFORNIA CITY
- 39. GRANDMOTHERS
- 40. AMERICAN TIME
- 41 NW CHINESE PEOPLE
- 42. "WESTWORLD" ACTRESS \_
- **RACHEL WOOD**

- 43. NORTHEASTERN US UNIVERSITY 44. POPLAR TREES (SPANISH)
- 45. HIP HOP LEGEND KOOL MOE \_\_\_
- 46. NOT OR 47. CORPUSCLE COUNT (ABBR.)

- 48. COMEDIENNE GASTEYER 49. FONTS

- GLAND
- 56. SPIRITUAL LEADER

- 64. A LONG NARRATIVE POEM
- 65. OLD WORLD LIZARD
- 66. PRODUCT FOR SALE
- 67. SHUT YOUR PIE HOLE (ABBR.)
- 68. PACIFIC ISLAND COUNTRY
- 69. WHALE SHIP CAPTAIN
- **CLUES DOWN** 1. LANGUAGE
- 2. FLY HIGH IN THE AIR
- 3. MADE MUSICAL SOUNDS
- 5. TV CHANNEL
- 6. UNABLE TO FLY
- 7. GET UP

- 9 MARRIED WOMAN

21. INFECTIONS

- 12. ACTRESS REMINI
- 13. THOUGHT

- 23. GOLF SCORE 25. HILL OR ROCKY PEAK
- 52. FEMALE CATTLE MAMMARY
- 55. DOWN TIME
- 60. SMALL BROWN AND GRAY
- 61. TRIMMED BY CUTTING
- 63. NY GIANTS OWNER

- 4. ORGANIZED AGAIN

- 8. AIR TRAVELER

- 10. TAKE WEAPONS FROM
- 11. SICILIAN CITY

- 26 WITCH
  - 27. ADJUSTED

  - 28. SUCCULENT PLANT 29. FOREARM BONES
  - 32. HOT FLUID IN THE EARTH'S CRUST
  - 33. SUBATOMIC PARTICLE
  - 34. PART OF AN ORGANISM
  - 36. 007'S CREATOR
  - 37. BURNED MATERIAL RESIDUE
  - 38. BRAIN LAYER: \_\_\_ MATER
  - 40. UNABLE TO PARTAKE 41. LESION
  - 43. HISTORIC RAILROAD COMPANY
  - (ABBR.)
  - 44. BASICS 46. SCOTTISH PORT
  - 47 FLOWER CHISTER
  - 49. INSTRUCT
  - 50. UNTAMED
  - 51. MOTH GENUS
  - 52. UTILIZES 53. FOOLISH
  - 54. FALL IN SMALL DROPS
  - 57. A PLACE TO GET CLEAN
  - 58. LA TAR PITS 59. METRICAL FOOT
  - 61. SEMILIQUID FOOD 62. SMALL CROW

#### Answer on page 24

#### **Community Foundation Awards** 5 Grants Totaling \$7,000 from the Men & amp; Boys' Fund

Despite the uncertainty surrounding nonprofit organizations during the COVID-19 pandemic, most are still running vital programs. Main Street Community Foundation recently awarded grants totaling \$7,000 from the Men & Damp; Boys' Fund to support programs that are impacting the lives of men and boys in Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott. The grants awarded are:

- The Children's Law Center \$2,000 Legal representation for male children in family court from the communities served by the Fund
- City of Bristol Youth and Community Services \$2,000 Parent & Damp; Child Center's Full Circle program for fathers
- Environmental Learning Centers of CT \$1,000 Summer camperships for boys from the communities served by the Fund
- Shepard Meadows Therapeutic Riding Center \$1,000 -Equine Assisted Activities & Description and Boys

In addition, Main Street Community Foundation awarded a \$1,000 grant from the Men & Doys' Fund to the Boys & Dirls Club of Bristol for unrestricted operating support.

"The pandemic has brought significant challenges to many organizations," stated Rodger Stotz, the Men & Boys' Fund Advisory Board Chairperson.

"These grants will help to continue to provide supports and critical programs for local men and boys." Established in 2016 at Main Street Community Foundation, the Men & Samp;

Boys' Fund mission is to help men and boys improve the quality of their lives, increase self-sufficiency and make a positive difference in their communities. In the fall of each year, after a thorough grant review process, grants are awarded that align with the Fund's mission.

#### For more information about the Men and Boys' Fund, visit:

www.mainstreetfoundation.org/men-boys-fund The Main Street Community Foundation is dedicated to enhancing the quality of life for both present and future generations in the communities served by encouraging and promoting gift planning, prudent stewardship of assets, effective grant making and community leadership. A nonprofit public charity, created by private citizens, the foundation works with donors in Bristol,

Burlington, Plainville, Plymouth, Southington and Wolcott who wish to build permanent charitable endowments to support their communities. Since its founding in 1995, the foundation has provided over \$20.8 million in grants and

Dec. 13, 2020 Sunday 12:00 pm- 4:00 pm

scholarships.

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**To: All Civic & Religious Organization From:** 

~ The Editor ~ We would like to invite everyone to share your activities

with our readers. Please forward all news and pictures to: PLAINVILLEHOMETOWN@GMAIL.COM

Thanking you in advance!

#### **Letters to the Editor**

#### **Dear Editor:**

Jahana Hayes was elected twp years ago to represent the Fifth Congressional District She is the first African-American Congresswoman from Connecticut, and this is her first public office.

Jahana, as a High School Teacher, first gained widespread recognition when she was named National Teacher of the Year in 2016. In this role she traveled home and abroad to explore policies designed to improve the education of students.

Congresswoman Hayes currently sits on the full House committees of Education and Labor, and Health. As our Congresswoman her areas of legislative focus has been equitable access to quality education, affordable health care for everyone, food security, labor, agriculture and the environment. She has been a fierce advocate for immigration reform, gun violence prevention, veterans' issues, social justice and transformation while working in a bipartisan way.

She strongly believes all people have value and all people deserve a voice in Washington. In her first term she has proven that good

government works. Jahana Hayes deserves to be reelected to Congress this November.

Respectfully,

Mr. Val E. Dumais



#### **Dear Editor:**

I am urging my fellow residents of Plainville to support the re-election of both Henri Martin to represent us in the State Senate and Dr. William Petit to represent us in the State House of the General Assembly. Both have been effective legislators, both meet with and keep the residents of Plainville informed in person and since the Covid-19 shut down through a variety of social media and regular media, and both give back to the community through their support of a variety of local charities.

> Sincerely, Gayle Dennehy-Carrier



#### **Dear Editor:**

I am supporting David X. Sullivan to represent us in the United States Congress. David supports commonsense law and order, not anarchy. This is the kind of representation we need in Washington and is too often lacking. It is as simple as that.

Sincerely,

Helen Bergenty

#### 345 Year Old White Oak Tree



There has been a heretofore hidden treasure at our Norton Park. Until recently there has been an ancient White Oak tree (Quercus alba) hiding behind a lot of brush on the east end of the gravel parking lot by the new snack bar. Kudos to town manager Robert Lee and the town employees involved for recognizing this beautiful tree, clearing out the brush and seeding the area beneath it with grass. At 4 feet above ground level the tree's trunk measures about 18 feet in circumference and about 5 foot 9 inches in diameter. According to goodcalculator.com these measurements estimate the tree's age at 345 years, so it was a young tree in the late 1600s and is about 100 years older than our country. This magnificent tree still needs our help and care: the dead wood should be pruned out by a good tree man and I would like to see some kind of plaque placed in front of it recognizing it and showing some of its statistics. When visiting the park I hope all will take a few minutes to stand in front of this wonderful bit of God's creation and admire and enjoy it. Thank you! David Spencer

#### **Dear Editor:**

I am supporting the re-election of President Donald Trump. He turned the American economy around when the pundits said it couldn't be done. He has cut down on the number of illegal immigrants coming into the country, gotten peace deals signed between Israel and two Arab states, removed onerous regulations to get a possible vaccine against Covid-19 in record time. All the while fighting off the entrenched political and media establishment who were determined for him to fail. Donald Trump has shown in deeds he is the right person to be President and has made the case for his re-election.

> Sincerely, Cassandra Clark

#### **DENTAL HEALTH**

David R. Edelson, DMD





When your mouth hurts, even the simplest daily activities can feel challenging or impossible. Pain is a frequent symptom of a range of oral health conditions that can affect all aspects of your daily routine from eating and sleeping to social functioning. Whether your discomfort is due to sensitive teeth, a toothache, TMJ disorder, gum problems, impacted teeth, an infection, a mouth sore or ulceration, it's time to see your dentist for professional guidance and care.

Pain is your body's way of signaling that something is not quite right. Even though there are many reasons for oral pain, one of the most common complaints and motives for seeking urgent dental care is a toothache. While a toothache may be the result of a long simmering problem or develop suddenly with or without an obvious explanation, anyone who has suffered one can tell you, a toothache really hurts, and it's almost impossible to focus on anything else.

While the word, toothache itself seems like enough of an explanation for dental pain, a toothache can be indicative of a myriad of underlying problems and can manifest itself in many ways. The discomfort of a toothache can range from mild to severe with pain that may be momentary, comes and goes, or is ongoing and constant. You may feel a sharp pang when eating or drinking hot and cold food or beverages. In some cases, even the pressure of biting down or touching the affected tooth or area can cause exquisite discomfort. It can also be hard to decide if the pain is coming from your upper or lower tooth, or or if it is, in fact, a toothache or something else like a sinus problem or an earache.

Among the most common reasons for tooth sensitivity and pain are the following: Tooth Decay, Fractured Tooth, Dental Trauma, Broken Fillings, Bruxism, An abscessed Tooth, Erupting and Impacted teeth.

While acute dental problems cannot always be avoided, by taking some simple steps to prevent injury and dental disease, many oral health problems can be avoided.

Partrnering with your dentist is the best way to keep your smile healthy, beautiful and problem free.

#### ROARING 20'S HANGER PARTY

~ ROBERTSON AIRPORT ~ HANGER 1

RESECHEDULED TO MAY 2021

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Kristina (860) 916-1068 Jolyn (860) 869-7765

Tickets will also be available through the Plainville Community Food Pantry

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## From My Balcony By Jeannette Hinkson

Why when a man, of any party, is seeking office everyone and every news outlet digs into their past, no matter how far they have to go to dig up some woman who is willing to testify she had an affair with that person. No one seems to have delved into the background of Kamala Harris. We have a woman running for office and no one seems to check her background while she presents herself as being as pure as the driven snow.

When Brett Kavanaugh was questioned by Kamala Harris, during his Supreme Court hearings, she went into his background some thirty six years, when he was a seventeen year old high school student and accused him with any number of indiscretions fueled by women who now have changed their stories.

No one has looked at Kamala Harris and her indiscretions, after all who would dare question such a righteous woman, a woman that could question what a teenager might have done some thirty six years ago when she herself was so virtuous, as she would want the world to believe. (You can google her examination of Mr. Kavanaugh and witness her nasty questioning of this man.)

The facts of how Ms. Harris clawed her way up the ladder of success are easy to find. No one has asked her what was her connection with Willie Brown, former Mayor of San Francisco and California State Assembly Speaker. The fact he was married during the time of Ms. Harris and the Brown affair, didn't seem to bother Kamala Harris; she was on her way up. Mr. Brown had power and

appointed Ms. Harris to several posts and those in their circle expected them to marry but alas Mr. Brown, who was 60 years old and Harris was 29, decided after being estranged from his wife for some ten years he would reconcile with the wife.

After interviewing one woman she said in California they refer to Kamala Harris as a bicycle as she had been ridden into power by a man. This sounds like a Hollywood story where women would sleep their way to the top. As Ms. Harris story goes that was some 20 years ago but the accusations against Brett Kavanaugh were some 36 years ago and he was a teenager and she a grown woman and a member of the California bar but that meant nothing to Kamala Harris.

Could you trust this woman to be the Vice President of the United States of America and worst if Joe Biden wins the presidency it is predicted he will not serve out his full term and Kamala Harris will then become our president?

How do you feel foreign countries will receive a woman with such a sordid past when many Asian countries look down on women, in their culture, as third class citizens? For her affair with Willie Brown she would have been stoned in the streets of those counties. Brown, who passed away recently, stated he not only was instrumental in furthering the political career of Kamala Harris but that of Nancy Pelosi, Gov. Gavin Newsom, Sen. Dianne Feinstein plus a host of other politicians.

Isn't there a saying, those who live in glass houses shouldn't throw stones? Another old saying goes, "Birds of a feather flock together." Perhaps it's time we get the flock out of here! (You may google the facts of the Brown/Harris affair)







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## **Lighting Up Your Heart**

By: Laura Davis
Owner of The Light Hangar
Company, LLC in Plainville

Hello Plainville! I sincerely hope you've gained some lighting and design knowledge from my articles over the past year and a half. This month though, I had a lot in my heart that I wanted to say.

With everything we, as people, a community, and a nation, have been through over the past year, I think it's important to keep the light burning in our hearts too. In a time where it's easy to think only about ourselves, I feel it's even more important to remember and help each other. The effects of this pandemic have been widespread in the sense that everyone has been affected in one way or another. All of us have felt a sense of anxiety over the uncertainty of our lives. Many have had to face the physical symptoms and illness of the Coronavirus, while others have struggled mentally or financially. I too have had to make the hard decision to close my business temporarily based on what was best for my family. This has not been easy for any of us.

The light in all of this though, is that I've seen some really incredible people, businesses and non-profits rise to the challenge. Our state leaders have done a great job in doing what they think is right to protect us. On a local level, our Plainville Town Offices and Chamber of Commerce have gone above and beyond with limited staff to keep people and businesses informed. With the ever-changing state mandates and requirements, it's been difficult to keep abreast of the current protocol. These amazing staff members have been working around the clock to make

sure businesses can maintain jobs in our community. For grants and loans, our banks have been a great resource in providing funding to businesses in need. The restaurant community has also been trying to adapt to the changing times by offering family-style meals and free meals for our first responders. There has been A LOT OF GOOD happening right in our own town.

With the holidays coming up, we will inevitably start gearing up towards the gift giving that typically happens this time of year. I'm hoping though, that you've found a change in yourself as I have. I have this renewed light in my heart to GIVE to those who are still in need of support. I found a wonderful non-profit in Southington (after exhausting our Plainville ones) to donate an overstock of lighting fixtures to. Community Solutions, Inc. or LISA is a non-profit that helps youth whose parents are not able to care for them. The fixtures will hopefully make their program homes feel a little more welcoming.

I urge you to consider our town non-profits like For Goodness Sake, PARC, the Petit Family Foundation or the Wheeler Regional YMCA. These wonderful organizations are equipped to help people in need. Reach out to a non-profit and find out if they need donations (supplies or monetary) or perhaps volunteers. No matter your ability or skillset, you can make a difference. A colleague just said to me "Helping one person might not change the world, but it could change the world for one person." I urge you to take the time to help others in our community. Plainville is known for it's community spirit and I truly believe that having done business here for the past two years. It's a place where I want to make a difference and I hope you do as well. Keep the light on in your heart.

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## **All-Time** P.H.S. **Best Sports**

#### **Boys Soccer-Plainville 2018**

Let's conclude with a team that revealed the 2017 Berlin girls team as the most improbable local state finalist, though this Blue Devils team finished the job and won it all.

Plainville stacked its regular season schedule in 2018, finishing 8-7-1 against some of the best competition in the state, though it led to a No.23 seed in the Class M state tournament. There, the Blue Devils showed the benefit of their tough road to the postseason, winning 4-1 over 10th seeded Montville and 3-1 over Northwestern, the 26 seed, to reach the quarterfinals against second-seeded Granby, In one of the most thrilling matches of the season, Plainville won 5-4 in penalty kicks to claim a 2-1 win over the Bears, then carried that momentum into the semifinals with a 2-1 win over third-seeded Stonington to secure a trip to the state final, where top-seeded Ellington waited.

The Knights and Blue Devils were held scoreless until the final 12 minutes of the second half, when James Raucci took a feed from tournament. MVP Dane Stephens and found the back of the net for the lone goal in a 1-0 win and the first state title in program history. Goalkeeper Serfio Zaldivar pitched a shutout and was named All-State, as was Mike

#### Basketball-Plainville 1960-61

The Blue Devils' last state title before their magical 2006 run came in 1961, another season when Plainville had to overcome plenty of adversity to win a championship.

The team's star junior Bill Lasher who went on to play colegiately at Providence University, was injured early in the season to give the Blue Devils an immediate obstacle. After beginning the season 0-2, Plainville rallied to win eight straight and finished with an 18-6 record and earned the sixth seed in the Class B state tournament. In the first round against nearby rival Newington, the Blue Devils won 47-33 behind 20 points from Earle Jackson, who combined with a finally healthy Lasher for 37 points in a rout of Abbott Tech in the second round.

Simsbury, which beat Plainville twice earlier in the season, represented a tough test in the semifinals, but the Blue Devils came away with a 39-35 win and went on to dominate on defense again in the final, beating Lyman Hall 45-36 to seal the programs second state title in

Plainville didn't have any All-State talent on its roster that year, but collectively put together one of the most memorable seasons in school history.

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#### Baskletball-Plainville, 2005-06

This historic Blue Devils team may go down as the most improbable state champion in the history of local boys basketball Plainville finished 8-12 during the regular season for the 26th seed out of 28 teams in the Division IV state tournament, and things looked especially bleak after the Blue Devils dropped six of their last seven games in the regular season, picking up one win over St Paul to qualify for the tournament.

But Plainville turned it on at the right time, upsetting No.7 Portland 67-57 in the opening round before picking up a thrilling 49-46 victory over Plainfield in the second round. The nail-biters continued from there with a six point win over No.18 East Windsor in the quarterfinals, but behind 24 points and nine rebounds from Javon Mathis, the only soon-to-be graduate on the team, the Blue Devils ended the drama with a convincing 14 point win over No. 3 Morgan-Clinton to advance to the title game.

Plainville trailed by one midway through the fourth quarter in the championship against No.5 Putnam, but a jumper by Alex Bulger with 4:27 to go gave the Blue Devils the lead for good in a 64-61 win. Mathis had 22 points in the win, and A.J. Wilkerson led the way

Plainville's last game before the state tournament? A 34 -point loss in the conference tournament. Safe to say the Blue Devils put that one behind them in a hurry, winning its first state title in 45 years.

#### Girls Basketball-Plainville 2000-01

The Blue Devils were starved for state tournament success heading into the 2001 season, having never made it further than the second round in the program history. That thirst was quenched when Lisa Mandeville's crew made history.

After earning the eight seed in Class M state tournament thanks to 15-5 season, Plainville snuck by St. Joseph with a 35-27 win in the first-ever quarterfinal with a 51-44 victory over No. 9 Avon. The Blue Devils kept rolling from there, beating top-seeded North Branford by 10 to advance to the semifinals, where they held off Ellington to reach the state championship. Junior forward Shana Lucente was the hero in the semifinal matchup, which was tied heading into the fourth quarter. Lucente nailed a 3pointer to cap a fourth-quarter run to help Plainville build a late lead and hang on for a 52-46 win, its 20th win of the year.

Win No.21 came days later in the championship, and even after losing senior co-captain Shelley Everson to an ACL tear, the Blue Devils would not be denied, routing No.2 Bacon Academy 47-31 to claim its first state title. Plainville beat three of the top-four seeds in the tournament to claim what remains the programs lone state final appearance.

#### Baseball - Plainville 1983-1984

With eight state championships in baseball, Plainville has been one of the premier programs in the state over the past 35 years. The beginning of this prestigious baseball legacy came in 1983 when the Blue Devils put together an unforgettable year that ended with the first of two consecutive Class M championships.

Led by two-time All -State honorees Jeff Howes and Rick Ouellette, the Blue Devils went a perfect 23-0 in 1983 and out scored their opponents 194-58 in the process.

The top-seeded team in the East Region of the 1983 state tournament, Plainville needed four wins to hoist a state championship trophy. They closed it out with 5-1 over Sheehan in the Class M final to win the first state title in program history.

With expectations through the roof in 1984, the Blue Devils got off to a slow start following the 1983 championship. After starting the year 3-5, they rifled off 17 consecutive wins to qualify as the fourth-seeded team in the state tournament and outscored opposing

teams 195-42 in that span. Plainville batted a combined .320 while holding its opponents to a .167 batting average. The team posted

at leaset 10 runs in each of its first three postseason games and finished a repeat effort with a 7-5 win over

#### Baseball-Plainville 1994, 1995

After splitting the previous two state championship games, the 1995 Blue Devils baseball team had no intention of slowing down. Anchored by Earl Snyder, Jeff Sengle and Scott Redman, Plainville earned the ninth seed in 1994 Class L tournament and used its postseason experience to advantage. The Blue Devils got started with a 10-2 win over Guilford followed by 7-2 win over eighth-seeded Sheehan on the road. Their next task was to dispatch top-seeded Jonathan Law, which they did before beating St Joseph 8-5 to earn a spot in their third consecutive state championship game.

Facing Holy Cross, Snyder put Plainville on the board early with a monstrous home run rarely seen at the high school level.

However, the game needed 10 innings to be decided, and the Blue Devils took a 10-6 lead. Redmen took the mound in relief and pitched five innings to close out the win.

Snyder went on to the University of Hartford after that season, but Sengle and Redmen brought the Blue Devils back to the Class L championship game as the second-seeded team 1995. Sengle hit .340 as a senior captain and stole 25 bases over the season, he contributed to the 15-3 rout of Maloney with three stolen bases and three runs scored off of three walks.

The starting pitcher this time, Redmen pitched seven lights out innings en route to his second straight state title.

#### **Baseball- Plainville 2012**

The Blue Devils had already racked up seven titles in baseball by 2012 season, and No. 8 looked like a tough get, after finishing 13-07 in the regular season. But once the state tournament got underway, Plainville took off.

Operating as the 11th seed in Class M state tournament, the Blue Devils thrashed Windham Tech 17-2 in the first round and later thumped Goodwin Tech 10-0 in the quarterfinals. The destruction continued in the semifinals with an 11-4 win over Weston, where junior Matt Thomas laced a bases-clearing triple, one of his three hits on the day, to break the game open and secure a trip to the state final, where Plainville completed the run with a 3-1 victory over Haddam-Killingworth, which had taken out tip-seeded Montville earlier in the tournament.

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#### Life With Wanda

Everyone seems to be on edge and tempers are short, to put it mildly.

Kids home from school, groceries inshort supply, businesses closed and prices going up at stores and restaurants seem to be getting on everyone's nerves.

lately

Yesterday, I went to Wal-Mart and the parking lot was packed. After riding up and down the aisles looking for a parking space I decided to follow a woman to her car and take her spot. Believe me she was in no rush. After finding her car she took her time putting her groceries in the trunk, looking over every bag. Then she took her carriage and walked it back to the store. Well, I wasn't leaving, I could wait her out but you know I wasn't happy. She looked me right in the eye and got into her car, fluffed her hair and proceeded to look over her register slip. By this time I figured she was doing it on purpose. Then she got out of her car went around to her trunk and got a bottle of some type of drink out of one of her bags, got back in the car, uncapped the drink and took a sip, I think by that time steam was coming out of my ears.

I noticed a man walking to his car a couple of spots past her car so I pulled up behind her, blocking her exit and waited for him to exit his space. Now this woman put her car in reverse and blew her horn at me and yelled out the window for me to move. Believe me I took my time and I would still be sitting there if I wasn't afraid someone else would have taken his spot. Pay back is a bitch.

After this virus I find people seem to be ruder and tempers shorter. By the way, why is there still a toilet paper shortage? Everything has gone up in price at the grocery store as well as restaurants.

Loving thy neighbor is getting harder and harder but I think I'll just take a deep breath and have a glass of wine, things can't get any worse, or can it?

I just got a call from my cable network wanting to give me free movies such as the Wizard of Oz. I told her the Wizard of Oz was released before World War Two and I know the script by heart. Her answer was, "But, it's a classic." I told her I was born before WW II and I'm a classic also.

## VFW Bingo

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## "Young at Heart" Senior Center News **NOVEMBER EVENTS**

The Senior Center will be holding a "gradual reopening" beginning Thursday, November 5. Reservations for activities begin November 2nd. We are excited about welcoming people back into the building and we will be reopening slowly, with caution. The senior population is still the most at-risk group for contracting COVID-19 and complications arising out of being infected. Safety, for members and staff, will remain our highest priority. In order to reopen, the Senior Center must abide by state guidelines for three different sectors (per the Governor): Senior Centers, Indoor Recreation and Fitness Centers plus the Plainville-Southington Health District. Please check the Senior Center website for more details about the reopening and in-person activities https:// www.plainvillect.com/senior-center.

#### HELP WITH ZOOM AVAILABLE BY TELE-PHONE THROUGH THE SENIOR CENTER

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet, computer or even a regular phone, you can take advantage of so many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center! We will schedule an individual telephone appointment for you to "meet" with Tammy to learn how to use Zoom. We will provide you with written step-by-step instructions prior to your telephone appointment. Call 860-747-5728 for more info.

**Virtual Programs** 

SOUPER SOUPS COOKING CLASS WITH MARGARET (ON ZOOM), Wednesday, November 18th, 11:00 a.m.

Call the Senior Center by Monday, November 16th to have recipe emailed to you and to receive zoom link instructions. The café may be closed, but you can still enjoy the taste of the wonderful butternut squash soup made by Margaret Lemrise, one of our café volunteers. Margaret will be doing a live Zoom cooking class and, if you wish, you can actually cook along at

#### "Eating Out At Home" (on Zoom), Wednesday, November 18th, 3:00 p.m.

Here come the holidays and all the special fun, special foods, etc. But why just a few days a year? Take a page from French culture and make every meal a celebration - happy and healthful. Also get a better idea how to survive the holidays. Join Miles Everett RD RN virtually at home. Call the Senior Center to register and receive Zoom link.

**JUKE BOX BINGO** with DJ Keith Alan, Thursday, November 19th 1:00 P.M.

Call the Senior Center by November 16 to register and receive your bingo card and Zoom link. You will need Zoom video in order to play. Listen to the songs, find them on your card, mark them off and yell Bingo! No need to worry if you can't think of the name of the song, the song title will be displayed on the screen so you can mark it off on your Bingo card.

Don't miss out on the fun and the chance to win some cool prizes!!

#### **MY QUILT**



By: Sally Miller

When I was young, my mother made me a quilt out of all of the old clothes

I cherished as a child. Now that I am older, I have made a quilt of my cherished friends, family and the things that make me happy. The Pandemic has begun to destroy the wonderful quilt I have made. I realized today that the threads have been gradually unraveling and some of the squares are missing. Most of these beautiful squares are no longer being kept together by the once strong thread which kept this beautiful quilt of yellow, green and multicolored squares together for decades and it breaks my heart.

The yellow and multi-colored squares are made up of my friends and family. Since this pandemic, some of them are no longer part of the quilt, I miss them so much. The ones that are left don't seem the same since they all complimented each other and they made each other better. Some of them remain as part of the quilt and I will do everything I can to make sure that they remain as an integral part of this wonderful masterpiece.

The green squares and threads are the organizations which have been so supportive and have given me the warmth of friendships and given my friends and I a place to gather. These green squares and threads helped support and tie together all of the other squares of this lovely quilt. The green squares are slipping away as the threads slowly unravel.

The worse part about this pandemic is that I have to stay 6 feet away from this wonderful quilt with all of its beautiful squares. I can't hug it, hang out with it, and because of the loss of some of the squares, it seems to have lost its magnificence and warmth. I will continue to admire and love what it was and is. This virus has caused us all to create a new normal. I will begin my new normal by making new squares. I cannot replace the missing squares, the new ones they might be a different color and maybe a different size and may not have the same warmth that it took the other to gain over the years. I am sure that I will grow to love them just as much. Nothing is the same anymore. As I make my new squares and maybe my new quilt, I will remember and hold dear all of the pieces of the old one. I will be able to hug the material as I make it and I will fondly remember the warmth of the old one. When will you make yours? I am thankful for the old quilt and will be for the new one. There still is a lot to be thankful for this Thanksgiving. *Happy Thanksgiving!* 

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## Greyson Borra, MSP Student Named "Youth Live United" Award By United Way of West Central Connecticut

Middle School of Plainville 8th grader Greyson Borra was recently honored as one of four youth recipients of the United Way of West Central Connecticut's "Youth Live United" awards. Greyson was chosen to receive the award for his community volunteer efforts

as part of the Middle School of Plainville's Kids in the Middle (K.I.M.) Program. He was nominated by K.I.M. Coordinator Amy Kievit, and recognized virtually during the United Way Community Builders Reception event held on September 22nd.

## Super Hero Linden School Students Participate in Google Meet Reading Lesson



Linden Street School second graders in Joan Corey's class, Xavier and Zion Rivera, donned superhero costumes to take part in a recent Google Meet Reading mini lesson and Google Meet Writing mini lesson that they participated in as remote learners.

#### Wheeler Students Create Mural



Students at Frank T. Wheeler Elementary School, under the direction of Art Teacher Laura Reed, created a "Stronger Together" mural comprised of the students' mini self portraits created as their first art lesson this year!

#### Students in Mrs. Corey's Second Grade Class at Linden Street School are Busy Learning this Year!



Evan Papastamatiou



Rylee Nichisti and her work buddy.....Mr. Otis

#### MIDDLE SCHOOL STUDENTS CREATE ART PROJECTS

Middle School of Plainville students are back in art class this year expressing their creativity! "I really, really like being in art class, it boosts my creativity," said sixth grader, Jayden Molina. Middle School Art Teacher, Laura Meehan shares that students are telling her daily, how happy they are to be creating hands-on work in class. Sixth grader Kayleigh Matos said, "I like how when we are doing art projects we can show who we are, and express our creativity."

Middle School of Plainville students, whether remote, or in-person, are supplied with an art kit. They follow along in-person and online with virtual art instruction, demonstration videos, and live feedback from their art teachers. This allows every student the opportunity to create art at home or in school. "It is so wonderful to see the students expressing themselves and being able to share their art with each other," noted Ms. Meehan.



**"Landscape"** by Maryssa Nieves Grade 7



"Rabbit" Drawing by Jayden Monina Grade 6



"Name Stack" Design by Kayleigh Matos Grade 6



"Cat Drawing" by Cynthia McDermott Grade 6



**"Yellow Oil Pastel Flower"** by Shaelyn Kay Grade 8



**"Flower"** Sketching by Joey Esposito Grade 8



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#### **NEWS FROM PLAINVILLE POLICE ~ PROTECTING & SERVING**

OFFICER BLAKERSKI TRAFFIC ENFORCEMENT



Ofc. Roman Blajerski will be patrolling the town as a full time traffic enforcement officer in Car 88. Ofc. Blajerski's assignments will include speed enforcement, stopping aggressive drivers, motor vehicle noise complaints, and other traffic related details.

Ofc. Blajerski will use traffic data collection as well as citizen complaints to target specific areas of concern in our town. The assignment to this position also allows Ofc. Blajerski to patrol at various times when traffic congestion is at its highest levels and his presence can help to ensure drivers adhere to the rules of the road.

Further, Car 88 is equipped with a mobile License Plate Reader (LPR) which automatically scans marker plates and immediately alerts Ofc. Blajerski to expired registration, suspended operators and other violators.

Keep an eye out for Ofc. Blajerski in Car 88 and drive safe!

#### Town Clerk's Office Temporary Change in Hours of Operation

Beginning Monday, October 26, thru Wednesday, November 4, the Town Clerk's Office will be open for all transactions from 8:00am to 2:00pm and for ABSENTEE BALLOTS ONLY from 2:00pm to 4:00pm. Friday October 30 the office will be open from 8am to 12pm for all transactions.

NOVEMBER 3, ELECTION DAY, the Town Clerk's Office will be open for ABSENTEE BALLOTS ONLY.

DETECTIVE STEVE CHASE S.W.A.T.



Thank you to Det Steve Chase for serving on the S.W.A.T. from 2008-2020. Your years of dedication to the team and the town is greatly appreciated. SERGEANT RICHARD MARQUES CELEBRATES 25TH ANNIVERSARY



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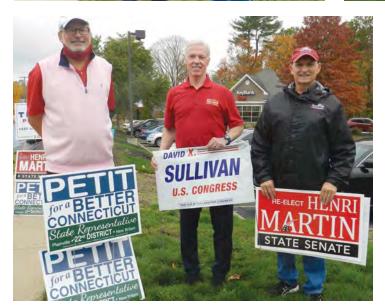
#### PLAINVILLE REPUBLICANS HOST THE "BIG RED WAVE"



















## MASK UP ~ SHOW UP ~ VOTE!!!

As of Friday, October 23rd, the Town of Plainville has shifted from YELLOW to ORANGE COVID alert level. Data suggests the increase spread can be linked to small group gatherings. Please be assured in person voting is safe as all precautions have been taken by Town officials to ensure a SAFE in person voting experience. If you are comfortable going to the grocery store, work or the pharmacy, you can be comfortable voting in person. Wear your mask, wash your hands ~ VOTE

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#### PT PRO TIPS:

## Exercises for Seniors to Stay Active During "Social Distancing"

Here at Physical Therapy & Sports Medicine Centers of the Plainville, our goal is to provide the Plainville community with the most up to date, cutting edge, effective, and safe treatment to return you to the activities that you love. The coronavirus outbreak has disrupted our lives and forced us to change our habits, including hindering most group fitness activities. Whether you like to do your own thing outside, take a class, or work one-on-one with a personal trainer, you might be feeling a little lost when it comes to staying active in your own home. Exercising is important to our health in a variety of ways. It can improve strength, improve balance, give you more energy, prevent or delay disease, improve mood, and improve cognitive function. As long as your doctor says it's safe for you to exercise, you should workout to improve the quality and increase the longevity of your life.

It may be daunting to start an exercise program at home, so we've broken down some exercises you can do with just one piece of equipment: a chair.

#### 1. Calf Raises

There are two ways to complete this exercise. First, you can sit upright in a chair with your feet flat on the floor hip-distance apart. Make sure you're looking straight ahead and engage your core. Start with your right foot and lift your heel as high as you can and raise up on your toes as high as you can. Complete ten reps on each side for three sets.

Another way to complete calf raises is to stand behind the chair and hold onto it for balance. Stand with your feet shoulder-width apart. Complete the same movement of putting your weight on your toes and lifting your heels as high as you can, but this time, do it on both legs at the same time. Complete ten reps for three sets.

#### 2. Modified Push Ups

Push-ups are an effective upper body exercise because they work so many muscles. By using a chair, you can decrease the difficulty of the exercise, decrease impact on your joints avoid getting all the way down on the ground.

To perform this move, place the chair so that the seat is up against a wall to make sure that it's not going to move while you complete the exercise. Stand behind the chair with your feet shoulder-width apart. You want to stand far enough away that you can extend your arms but close enough to feel comfortable and stable. Engage your core and keep your body as straight as possible. Slowly bend your elbows and lean your body forward to complete a push up. Complete ten reps for three sets. This can also be completed at the kitchen counter.

#### 3. Modified Planks

Planks are one of the best exercises to work your core. To complete it on the chair or counter, start in the same position as the push up. The seat of the chair should be against the wall, and you should stand behind the chair with your hands holding onto the top of the chair with your feet shoulder-width apart. Take a step back so your body is at a slight angle.

Make sure your hips are aligned with your knees and shoulders. Hold the position for 10 to 60 seconds – however long you feel comfortable, and then return to standing. Complete three sets.

# 4. Modified Squats Squats are an effective lower body exercise that work your quads, glutes, and core. Stand behind the chair with your hands holding onto the top of your chair. Your feet should be about shoulderwidth apart. Gently lower yourself down and imagine that you are

sitting into a chair. The

movement should be almost identical, but you can go however low you feel comfortable. Hold onto the chair for balance. Complete ten reps for three sets.

#### 5. Seated Leg Lifts

Seated leg lifts are a great exercise for your core and your legs. Sit at the edge of the chair with your back straight. Start with your legs shoulder width apart extended in front of you with just your heels on the ground. Hold onto the chair for balance, and slowly lift your right leg up as high as you can without moving your torso. Hold it at the top for a second and then slowly lower your right leg back to the starting position. Then complete the move with your left leg. Complete ten reps on each side for three sets.

#### 6. Seated Shoulder Press

If you have a pair of light dumbbells, you can use those. You can also use objects you might find around your house, such as cans of soup or bottles of water – just make sure the two items you choose are identical in weight. You can also complete this exercise without weights. Start in seated position with your back straight, with elbows out to the side of your body. Your elbows should start below your shoulders with your wrist directly above your elbows. Your palms should be facing forward. Slowly extend your arms above your head as high as you can. At the top of the movement, they should be fully extended, but do not lock your elbows. Slowly bring your elbows down keeping them facing out. Complete ten reps for three sets

Remember during this time that it is important to keep your body moving and also to keep yourself safe, but never attempt an exercise routine without confirming with your physical therapist or doctor that it's safe to do so. These chair exercises are a great way to strengthen your muscles and get your heart rate up in this time of "social distancing."

If you have any aches or pains or just want to be more active, please feel free to contact us at (860) 517-8885. Most insurances do not require a doctor's referral to come to physical therapy. If you decide to come into the office know that we are using the utmost care and caution in treating patients during this trying time. We have limited the number of patients in the office at one time and always maintain proper social distancing. Cleaning occurs constantly throughout the day and masks are required. If you do not feel comfortable coming to the office telehealth visits are also available.

#### Physical Therapy & Sports Medicine Centers

Kevin M. Connellan PT~Partner/Director

103 East Main St. Suite C, Plainville, CT 06062

(860) 517-8885

NOTARY PUBLIC \*\* KATHY PUGLIESE \*\* 50 West Broad Street ~ PLAINVILLE 860-681-2645



#### TEA PARTY PATRIOTS WAKE UP AMERICA

by Gene

The consequence of this election, will not be felt for a year or two (especially in the Courts).

When this is read you might think that you have all the full election results. The United States of America is enveloped in crisis. Not since the Civil War, have we faced an insurgency and resistance movement with the capacity, capability, and very real potential to fundamentally change the structure of our republic. All, without passing a law. We are near a tipping point of insurrection and un-legislated change, from which the nation thus changed, will cease to be recognized or function as a representative REPUBLIC. As you read about violent insurgent groups, and their goal to fundamentally change our form of Government.

It has a built in hidden infrastructure with a shadow government, financial structure, political operations, media outreach and international engagement. The Marxist/Liberal/Left will never give up to the will of the people the "Rule of Law".

N. A. I. S. (North America Insurgency Syndicated)

The purpose is propaganda, mob violence, etc. Beware of groups like Acorn, Black Lives Matter, Echo Warriors, New Black Panthers party, Islamic Extremists, and one of the worst ANTIFA.

This is not all rambling, look it up for yourself. They are all connected somehow with George Soros and the "Cancel Culture" groups.

Groups that support this vast socialist welfare state who see solutions to every problem by the redistribution of wealth through high taxation. Hundreds of radical Socialist left groups funded by Socialist George Soros "Open Society Foundation" which are very effective in politics and elections are "under the radar." Here's their plan to accomplish Barack Obama dream to "fundamentally transform" America, not into just a socialist state, but a tyrannical Marvist state.

America is at it's crossroads, "whoever controls the past history of the country, controls the future". (George Orwell)

No more shutouts or lockdowns.

Move forward and adapt.

(Herd mentality?)

HAPPY THANKSGIVING (Be Safe)

#### Ask the Brayne...

Q. I wanted to nominate the White Oak tree for inclusion in Connecticut's Notable Tree list. It seems that has already happened back in 1993 and it is already included as one of Connecticut's notable trees

There is also an American Elm listed in Plainville on that list, nominated in 1988. I'd love to know where it is located and if it has or hasn't been affected by the Dutch Elm disease. The catalogue doesn't list it's location. *Would appreciate your assistance*.

Deadline for submitting questions is the 15th of each month. Next issue of the Hometown will be December/January

Thank you for this months question.
Glad to be back. Please keep them coming!
Have a Safe and Wonderful Thanksgiving!!

## Welcome to United Way's 10th Annual Wine Tastingwith a new virtual twist! bout this Event:

**About this Event:**United Way has partnered with Worldwide Wine & Spirits of Southington to present a unique tasting

experience.
Visit our website for sponsorship details at:

www.uwwestcentralct.org
Online Galas Online Food & Drink Galas Share

With Friends
FacebookFacebookMessengerLinkedInTwitteremail

#### TASTE BUZZ....

#### THANKSGIVING SIDE.... SWEET POTATO CASSEROLE

Ingredients:

5 large sweet potatoes

1 tablespoon extra-virgin olive oil, more for drizzling

1 1/4 cup almond milk, more if necessary

1 teaspoon ground ginger

½ teaspoon sea salt 1/8 teaspoon black pepper

½ cup fresh sage leaves

#### **Crumble Topping**

½ cup whole rolled oats <sup>1</sup>/<sub>4</sub> cup pecans, more for garnish <sup>1</sup>/<sub>4</sub> cup walnuts, more for garnish

½ garlic clove

2 teaspoons maple syrup

1 tablespoon extra-virgin olive oil ½ teaspoon dried thyme leaves

1/4 teaspoon minced fresh rosemary

1 teaspoon sea salt

1/8 teaspoon black pepper

#### **Instructions**

Preheat the oven to 425°F. Line a baking sheet with foil and brush an 8x11-inch baking dish, or similar, with olive oil.

Use a fork to poke a few holes into the sweet potatoes. Place on the baking sheet and roast until very tender, about 60 minutes.

Make the crumble topping: In a food processor, place the oats, pecans, walnuts, garlic, maple syrup, olive oil, thyme, rosemary, and salt and pulse until just combined. Remove and set aside.

Scoop the cooked sweet potato flesh out of the skins and place in a food processor. Add the olive oil, almond milk, ginger, salt, and several grinds of pepper and process to combine. Spread the mixture into the baking dish.

Sprinkle with the crumble topping, additional nuts, and sage. Drizzle with olive oil and bake 20 minutes or until the topping is browned and crisp.



#### The Presidential Candidates and the Issues

By Francis Rexford Cooley

As the 2020 Presidential election draws near and voting has already begun a review of some of the major issues is in order. Much of the media focus has been centered around polls, personalities, and attacks on President Trump from a variety of angles. What has been ignored for the most part is former Vice President Biden's positions vis-à-vis President Trump on many of the major issues facing the country. Below is a short list of issues and the candidates' positions, stated and acted upon in the past, on those issues.

On the economy Joe Biden, as Vice President, was part of the Obama Administration which declared 2% GDP growth was the new normal and promoted a massive expansion of regulations on nearly all parts of the economy. President Trump rejected such pessimistic views on economic growth, cut back what he deemed excessive regulations and saw the American economy rebound surpassing 3% for a number of quarters in 2017, 2018, and 2019 until the Covid-19 crisis hit the U.S.

On Trade Joe Biden has supported multinational trade deals like the Trans-Pacific Trade deal and international organizations like the World Trade Organization (WTO) to referee trade disputes. President Trump has focused on direct deals with trading partners and pushed for settlement of disputes to be done by those involved directly in the trade deal rather than third parties. The President successfully renegotiated the NAFTA pact into the USMCA pact with both Canada and Mexico rather than going to the

On China Joe Biden has supported the quarter century view of Washington elites that bringing China into the WTO and other trade organizations would see China move towards policies more amenable to the West, and a more open democratic society. China's actions regarding Hong Kong, Taiwan, it's recent incursion into India, and its lack of transparency regarding Covid-19 have shown the failure of this policy viewpoint. President Trump has taken a harder stance on China regarding trade, including intellectual property theft, and has supported Taiwan, India, Australia and other nations in the region against Chinese aggressive policies.

On Immigration Joe Biden has supported amnesty for illegals as part of the Obama Administration and has not pushed back against those in his party promoting open borders which, to be blunt, has never worked as a policy in the course of human civilization for the host country. President Trump's immigration reform proposals are similar to those of

our neighbor to the north Canada.

On Energy Joe Biden has endorsed the Green New Deal as part of his party's platform which includes the elimination of all carbon-based fuels. California which is at the forefront among the states in pushing for the end of carbon-based energy has been forced to endure rolling blackouts as its energy policies cannot meet the state's current energy needs. President Trump is for energy independence and a broad-based energy policy using a variety of energy sources both carbon and non-carbon.

On Law and Order Joe Biden has not pressured any of the Democrat mayors nor governors who have allowed their cities to burn during the riots of 2020 to impose order and end those riots. Biden's VP nominee Senator Kamala Harris has actively supported the No Bail movement raising funds to spring violent rioters from jail this summer. President Trump has provided federal assets to help any city or state that wants them to combat the violence. While Joe Biden as Senator sponsored the 1994 Crime Bill which instituted the "3 Strike" rule imposing life sentences President Trump supported and signed the First Step Act in 2018 providing avenues for the incarcerated to re-enter society as productive citizens.

On "Cancel Culture" the Democratic Party has at worst actively supported and at best tacitly supported the cancelling of American history and culture including the tearing down of statues to President Lincoln, President Theodore Roosevelt, the censoring of free speech on college campuses, and the personal attacks on private citizens whom they view as insufficiently "woke." President Trump has opposed "cancel culture."

On Foreign Policy Joe Biden, as part of the Obama Administration saw American embassies attacked with no response, the growth of ISIS, an expansion of the war in Afghanistan and little progress benefiting the United States in any part of the world. Under President Trump three major peace deals involving Serbia-Kosovo, Israel-UAE, Israel-Bahrain were negotiated providing an increased degree of stability to the Balkans and Middle East. ISIS lost all of its territory. The U.S. has negotiated a number of successful trade deals.

On the physical health of the candidates this election is one between oldest candidates ever. Is Joe Biden mentally and physically up to the demands of the job. His campaign has been limited in the number of his appearances and the number of hours he actively campaigns a day if he campaigns. President Trump has been a flurry of activity as President putting forth policy and appointments while making more campaign appearances than Joe Biden, even after contracting and recovering from Covid-19.

Choosing a President is much like choosing a plumber. You want the best person for the job or you'll be knee deep in ....you know what.

#### Hartford Health Care Center for Healthy Aging, a not-for-profit member of Hartford HealthCare Senior Services, offers many educational events each year, often in conjunction with area senior centers. Observing current social guidelines and restrictions, the

Center for Healthy Aging is continuing to provide pertinent health information through webinars and video conferencing. For more information about Hartford HealthCare Center for Healthy Aging, visit http://hhccenterforhealthyaging.org or call 1.877.424.4641.

Virtual Class: Heart Healthy Behaviors

Heart disease is the leading cause of death worldwide in both men and women. Research has identified factors that increase a person's risk for coronary heart disease. The more risk factors you have the higher your chance of developing heart disease. A free virtual class, "Heart Healthy Behaviors," will be held Tuesday, Nov. 3, 1 to 2 p.m., with a focus on the risk factors that can be controlled to help lower the risk for developing heart disease. Registration is required; call 1.855.HHC.HERE/ 1.855.442.4373 or  $visit \quad www. Hartford Health Care. org/Virtual Classes.$ After registration, participants will receive an email with easy instructions on joining the webinar.

**Virtual Class: Keeping Memory Strong** 

As people age, they may notice that their mind may not be as sharp as it once was. A free virtual class, "Keeping Memory Strong," will be held Wednesday, Nov. 4, 10 to 11 a.m. This program will offer tips to keep the brain sharp and activities to challenge the mind, all while having fun. Presenter will be Michelle Wyman, CDP, dementia specialist with Hartford HealthCare Center for Healthy Aging. This program is sponsored by Hartford HealthCare Center for Healthy Aging and West Hartford Senior Center. Registration is required; call 1.855.HHC.HERE/ 1.855.442.4373 or visit www.HartfordHealthCare. org/VirtualClasses. After registration, participants

will receive an email with easy instructions on joining

Virtual Class: Home Safety and Fall Reduction for **Aging in Place** 

Many older adults value the comfort of living in their own home. From a clinician's perspective, there are some aging considerations worth knowing in terms of environmental modification, fall prevention, and polypharmacy dangers to make home even safer. A free virtual class, "Home Safety and Fall Reduction for Aging in Place," will be held Thursday, Nov. 5 from 10:45 to 11:45 a.m., presented by Hartford HealthCare Center for Healthy Aging. Registration is required; call Cheshire Senior Center at 203.272.8286. After registration, participants will receive an email with easy instructions on joining the virtual class.

Virtual Class: The Importance of Staying Hydrated Sometimes people associate dehydration with summer. However, with the body primarily composed of water, hydration is vital to maintaining optimum health year round. Water controls body temperature, heart rate and blood pressure as well as removes waste. Without adequate water, the body's organs can shut down and an individual can experience anxiety, confusion, sleepiness, rapid breathing and increased pulse among additional problems.

**Virtual Class: Storm Preparedness – Be Medically** Ready

Prevention and preparedness build the foundation to make a positive impact when it comes to a medical emergency during a storm. A free virtual class on Tuesday, Nov. 10, from 11:30 a.m. to 12:30 p.m., will include steps to prepare emergency plans, considerations for long-term health conditions and essential tips. Registration is required; call 1.855.HHC.HERE/ 1.855.442.4373 or visit www. HartfordHealthCare.org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar.

#### Virtual Class: The Benefits of Physical Therapy

and Exercise A free virtual class, "The Benefits of Physical Therapy and Exercise," on Wednesday, Nov. 11, from 10 to 11 a.m., will explore how older adults can benefit from movement. The event will also include a demonstration of exercise appropriate for seniors. Presenters will include Mitchell Nyser, exercise physiologist with the GoodLife Fitness program, and Sharon Treat, physical therapist, both with Hartford HealthCare. This program is sponsored by Cedar Mountain Commons and Jefferson House.

Registration is required; call 1.855.HHC.HERE/ 1.855.442.4373 or visit www.HartfordHealthCare. org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar. Call for more Classes.

#### Letter to the Editor

I am voting for David X. Sullivan to represent us in the United States Congress. David believes in commonsense law and order, not anarchy. We need more people in Congress that will work WITH our President to make America safer, to bring back our economy & its opportunities for all. David will give our President the support he needs to get it done. He will provide the kind of intelligent and competent representation we need in Washington, which is lacking from our current CT Representatives. It is as simple as that.

Sincerely, Robert Campochiaro.

P.S: On a personal note, my G-son Shane took a law course taught by Mr. Sullivan at WCSU. He describes David as intelligent, thorough & very knowledgeable. He's a nice guy as well.

## Hometown Religious Directory

#### THE CONGREGATIONAL CHURCH **OF PLAINVILLE**

A congregation of the United Church of Christ 130 West Main Street, Plainville Phone 860-747-1901

**ALL ARE WELCOME!** 

#### Rev. Don Erickson, Senior Minister

Email: revdon@cccplainvilleorg **CHURCH OFFICE EMAIL:** 

churchoffice@uccplainville.org WEBSITE: www.uccplainville.org

#### **WORSHIP SERVICE**

Every Sunday: 10:00 a.m.

Coffee Hour: 11:15 a.m.

The Sacrament of Holy Communion celebrated the first Sunday of each month

#### **WORSHIP SERVICES**

ALL SERVICES are Live Streamed via Facebook at uccplainville Sunday 10:00 a.m. Limited In-Person Worship (Reservations Required) Sunday 7:00 p.m.

Centering Prayer Service

Wednesday 7:00 p.m. Scripture Study

THE PLAINVILLE THRIFT SHOP Phone 860-747-2418 ~Closed~

#### REDEEMER'S AME ZION CHURCH

110 Whiting Stree, Plainville Phone: 860-747-1808

#### Worship Services - Rev. Dr. Shelley D. Best

Sunday School.... 9:00-9;40 a.m. Praise & Worship.....9:45-10:00 a.m.

Church Service.... 10:00 a.m. **Bible Study** Wednesday..11:00 a.m. & 7:00 p.m.

#### **Board Meetings**

Senior Ushers (1st Sat before 1st Sun) 11:00 a.m. Gladys Floyds Missionary Society (2nd Sun) Deaconess Board (3rd Sun)

Lay Council (1st & 3rd Sat) 9;30 a.m. Christian Education (3rd Tues.) 7:00 p.m. Men's Meeting (2nd/4th Sat 9:30 a.m. PEP (Every Sat) 1:00-4:00 p.m.

Trustee/Steward (2nd Sat of Aug, Oct, Dec, Feb, & Apr. at 9:30 a.m. & 2nd Mon. of Sept, Nov, Jan Mar & May)

#### **Choir Practice**

Senior (Sat before 1st Sun) 5: p.m. Jubilee (Sat before 2nd/4th Sun) 5:p.m. Mass/Youth choirs (Mon after 1st/2nd Sun 7 p.m.

#### NEW COVENANT APOSTOLIC CHURCH

139 New Britain Ave., Plainville P.O. Box 551 Plainville, CT 06062

Suffragan Bishop-George Knight, Pastor Elder Joseph Green, Associate Minister Phone 860-747-3128

> Residence & FAX 860-224-9409 Call for Schedule of Worship

Come, bring a friend and enjoy Jesus with us!

#### THE TABERNACLE

A Contemporary Christian Church

Sunday Church Services at 10:00 a.m.

#### "Come As You Are"

Worship & Healing Night the last Friday of Every month at 7 p.m.

#### All are Welcome, of course!

Visit our website at:

#### www.tabernacleonline.com

or see us on Facebook

1445 West Street (Route 229)

Southington, CT 860-276-0400

#### **OUR LADY OF MERCY CHURCH**

94 Broad Street, Plainville

Rev. Raymond Smialowski, Pastor Robert Berube, Deacon

Parish/Cemetery Office 19 S. Canal Street

Office Hours: Mon.to Fri. 9 am to 4 pm Phone 860-747-6825

#### **NOVEMBER Schedule**

Face Masks & Districting From Others **Everyone Look for Regulations** 

#### **Liturgy Schedule**

Saturday 4:00 P.M.

#### Sunday 8:30 A.M. & 10:30 A.M.

#### **Weekday Liturgy**

Mon., Tues., Thurs., Fri. & Sat 8:00 A.M. **Devotions** 

Rosary-Monday-Saturday before Morning Mass Sacrament of Reconciliation Saturday At Noon Sacrament of the Sick

Call the office for any sick person to receive the Holy Eucharist or to be anointed.

#### PLAINVILLE UNITED **METHODIST CHURCH**

56 Red Stone Hill, Plainville

#### **Rev. Stephen Volpe, Pastor**

Church (860) 747-2328-Parsonage (860)747-2592 Email: plainvilleunited@sbeglobal.net

Website: www.plainvilleume.org

#### **NOVEMBER SCHEDULE Sunday Services**

#### **WORSHIP TIME 10:00 AM**

#### **Regular Events**

AA......Sundays & Wednesdays, 7 PM

Al-Anon.....Mondays 7 PM Single Purpose Women's Group. Saturdays, 9:30 am

Boy Scouts..... Thurdays 7 PM

#### **Special Events**

ALL SAINTS SUNDAY WORSHIP WITH HOLY COMMUNION:

(Celebrated with Gluten Free Bread) Sunday, November 1, 10 AM

Watch Worship Live on Face Book

#### **GNAZZO'S FILL THE TRUCK FOOD COLLECTION:**

Call Church for More Information. All Donations go to the Plainville Food Pantry,



#### **FARMINGTON-**

#### **SPIRITUALIST CHURCH**

#### OF LOVE AND LIGHT

Meets every Sunday at 10:30 a.m. at

#### **Bridge Healing Arts Center** 304 Main Street, Farmington

Each Sunday offers Lectures, healings, and spirit

messages followed by coffee, light snacks and conversation with like-minded people. All are welcome. Mediums Days and special events listed on

#### our website as they are planned. For info please contact Pastor Andrea Osborn at

(860) 919-7470, ozzyunk@gmail.com

Visit our website: www.spiritualistloveandlight.org also on Facebook:

https:/www.facebook.com/CongregationSCLL/

#### The WELL

A Spirit-Filled Church 1 Northwest Drive~Plainville, CT

Join us Sunday mornings at 10:30 am for Worship and the Word of God Tuesdays at 7:00 pm for

#### FIRST BIBLE BAPTIST **CHURCH**

**Bible Study** 

12 Granger Lane, Plainville

"Where the Bible makes the Difference"

Sunday Morning Service- 10:30 AM Sunday Evening Service-6:00 PM Wednesday Evening Service- 7:00 PM

Wednesday Evening Children's "Glory Train"

Northwest Bible Institute (Sun. & Wed. PM) Nursery provided for all services www.firstbiblect.com

> Live Streaming Every Service 860-793-1155 **Brad Brandon- Senior Pastor**

#### PLAINVILLE SEVENTH DAY

#### **ADVENTIST CHURCH**

97 Broad Street, Plainville

Church Phone 860-747-5867 Pastor 1-646-522-3471

E-mail: plainvillesda@gmail.com jacksonsg5@sbcglobal.net

#### **Pastor Franklin Jackson Saturday Morning**

Bible School @ 9:30 a.m. Worship Service @ 11:00 am.

FREE lunch after service

Wednesday Evening ~

Family Prayer Meeting @ 6:30 p.m The Lord Jesus Christ loves you ... John 3:16

#### **CHURCH OF THE BIBLE**

160 West Main Street, Plainville An Independent Fundamental Bible Church "Where The Holy Bible Is Wholly Taught"

> Phone: 860-747-1691 Peter A. Stonis, Pastor

#### **WEEKLY WORSHIP SCHEDULE**

Nursery Care is provided for all Sunday Services Sunday 10:00 am

11:00 am Sunday School for All Ages Morning Worship Service 11:00 am Junior Church Ages 4-8 11:00 am **Evening Worship Service** 6:30 pm Bible Study & Prayer Wednesday 7:00 pm

For information about the church visit our website @cobplainville.org

#### GRACE LUTHERAN CHURCH

222 Farmington Ave., Plainville Phone 860-747-5191

#### Rev. Dr. Robert R. LaRochelle, Pastor

Worship: Sunday at 9:00 a.m. Visit us at

facebook.com/graceinplainville

or www.graceinplainville.org "To check out our activities

Or better yet, join us on Sunday!"

#### **OBITUARIES**

#### ~ Valerien "Val" Bisson ~



81, of Plainville, passed away on Saturday, October 3, 2020 at Midstate Medical Center in Meriden. He was the husband of Nicole (Giguere) Bisson, with whom he shared 55 years of love and life adventures.

Born in Quebec, Canada on June 19, 1939, he was one

of twelve children to the late Valere and Lucille (Turcotte) Bisson. He married the love of his life, Nicole in 1965 and settled in Plainville where they raised their two children and embraced being grandparents. Val was a well-known and talented woodworker and self-employed contractor, having a keen eye for detail and fine craftsmanship. He approached life whole-heartedly and was passionate in his beliefs, his family and tasks he cared for deeply including gardening, helping others when needed, and keeping the birds and ducks in his yard well fed. He was socially savvy and enjoyed his many years as a member of the Knights of Columbus Gerald T. Corrigan Council #3544.

In addition to his wife, Nicole, he leaves his son, Scott J. Bisson and his wife Monika; his daughter, Tina M. Chu and her husband Brian; his grandchildren, Jimmie and Charlene Bisson and Richie and Brianna Chu and his great-grandson, Daniel. He also leaves his siblings, Emilie, Helene, Marie Paule, Roland, Clement, Jacqueline, Claudine, Gisele, Norman, and Andre; along with many nieces and nephews, inlaws and extended family. He was predeceased by his sister, Celine.

In lieu of flowers, Val may be remembered with contributions to the Knights of Columbus Gerald T. Corrigan Council #3544.

Family and friends gathered in celebration of Val's life at Plainville Funeral Home, 81 Broad St, Plainville. Words of remembrance were shared. Burial will be held privately in his hometown in Quebec. For online expressions of sympathy, please visit www.PlainvilleFuneralHome.com

#### ~ Josephine A. Dougherty ~



92, of Plainville passed away peacefully at home on October 12, 2020.

Josephine was born on June 24, 1928 in Shenandoah, PA. She is the daughter of the late Frank and Mary Syryca. She enjoyed walking; playing her organ, crocheting and she loved her church.

Josephine is survived by her 5 children: Edward (Michelle) Dougherty, of Girardville, PA, Claire O'Connell, of Clearwater, FLA, Joseph (Susan) Dougherty, of Glastonbury, CT, Francis Dougherty, of Cromwell, CT and Robert (Diane) Dougherty, of Plainville, CT; her 10 grandchildren: Kevin Dougherty, Bill, Shawn and Ryan Corrigan, Michael and Collin Dougherty, Christopher and Bethann Dougherty, Eric and Kyle Dougherty; and her 4 great grandchildren: Timothy, Lilly, Ava, and Keira. Josephine was predeceased by her brother, John and sister, Frances, her husband, Joseph Dougherty and her sons, Kevin and John.

A Graveside service in celebration of Josephine's life was held at West Cemetery, 180 North Washington Street, Plainville, CT 06062. Donations can be made to the Cystic Fibrosis Foundation, 101 Centerpoint Drive, Suite 107 Middletown, CT 06457.



#### ~ Carlo "Chic" Colagiovanni ~



81, of Plainville, beloved father of Lisa Gottier and Steven Colagiovanni, passed away on September 30, 2020 after a short and courageous battle with cancer.

Carlo was born in Brooklyn, NY, shortly after his parents, Rosa (Di Maio) and Angelo Colagiovanni, emigrated from Italy, and his heritage had

always been an important part of his life. A devoted son, father and grandfather, he was deeply loved by his family. His children will remember all their trips and vacations around the US, especially their cross country car trip to California, where Carlo began a new job and a family adventure before returning to Connecticut. After his retirement from the tool and die making profession, he spent lots of time with his grandchildren, creating memories that will live on forever. He loved his family with a generous heart and a warm soul, and would move mountains for them. When he wasn't adoring his grandkids, he indulged his passion for sports, playing baseball and softball, and loved watching his favorite teams, especially the UConn Huskies and the Red Sox.

Besides his children, Lisa and Steven, he leaves behind his beloved grandchildren, Julia and Eric Gottier, and Michael and Lauren Colagiovanni, as well as his son-in-law, Robert Gottier, and his daughter-inlaw, Michele Colagiovanni. He was predeceased by his brother, Anthony C. "Tony" Colagiovanni, Sr.

Visitation was held at Bailey Funeral Home, 48 Broad Street, Plainville with a service in celebration of Carlo's life at the funeral home. Burial followed in Saint Mary Cemetery, New Britain.

#### ~ George W. Kemzura, Jr. ~



72, of Plainville, devoted husband of Mert Coulombe Kemzura, passed away after a valiant eight day battle with the Covid 19 virus on Thursday, April 16, 2020 at the Hospital of Central Connecticut, New Britain.

Born in New Britain on September 12, 1947, he was

one of two children to the late George W. Kemzura, Sr. and Gladys Margaret (Rand) Kemzura. A lifelong Plainville resident, attended local schools, and was a 1966 graduate of Plainville High School, where he left his mark and made many lasting friendships. George and Mert met in 1974, and blended their families together in 1978, sharing 41 years of love, laughter, affection and life adventures. Always a man of hard work ethics, George was a quiet leader and well respected engineer. He was a dedicated production manager at B & F Manufacturing, whose expertise made a lasting impact on his co-workers and associates. George was fascinated by technology, and enjoyed researching the latest gadgets, rarely passing up an opportunity to add to his impressive collection of vacuums and flashlights. Affectionately known as "Poppy" to his much adored grandchildren, George took great pride in each of their accomplishments. Remembered for his wonderful sense of humor, his humble selflessness, and strength, he will be greatly missed, leaving many treasured memories and a vast space in the hearts of many.

In addition to his wife, Mert, he leaves his children, Ted Coulombe and his wife, Sara, Danielle Blanchette and her husband, Duane, Jodi Coulombe, and Sarah and Jessica Kemzura and their families; and his grandchildren, Alek, Zac, Isabelle, and Collin Coulombe and Corinne and Mitchell Blanchette. He also leaves his sister, Peggy Bonomi, his brother-in-law, Joseph Ralph Theriault and his wife, Rosemary; his sister-in-law, Betty Ouellette and her husband, LeoJames, and many nieces and nephews. He also leaves his large extended French-Canadian family, with whom he shared a mutual admiration, many

enjoyable visits and celebrations.

His extraordinary life was celebrated at the Kensington Congregational Church, 312 Percival Ave, Kensington. He will be laid to rest privately at St. Mary Cemetery in New Britain.

#### ~ Paul G. Cullis ~



93, of Sarasota, FL, formerly of Plainville, passed away peacefully on Sunday, October 4, 2020. He is now reunited with the love of his life, Jean (Studniarz) Cullis, who predeceased him in 2014. Together they shared 61 wonderful and loving years of marriage.

Paul was born on January 23, 1927 in Johnstown, PA, son to the late Leo A. and Edith (Lauer) Cullis. Paul served our country in the U.S. Army during the Korean Conflict and was stationed in Germany. He earned rank as Sergeant and was honorably discharged. He was a resident of Plainville for 53 years, where he and his wife, Jean, raised a loving family. He will be deeply missed by his family, but they are comforted knowing that Paul and Jean are together again eternally.

Paul is survived by his children: his daughter, Diane Kemp and her husband, Rodger, of Tucson, AZ, his daughter, Terri Segarra and her husband, Paul of Sarasota, FL, his son, Mitchell Cullis and his wife, Patricia of Wallingford, CT, and his daughter, Lori Lenkeit, of Sarasota, FL. He also is survived by his nine grandchildren, who brought him endless joy: Vicki Miller, Dennis Nesta, Nicole Nesta, Tyler Cullis, Michael Cullis, Kelli Cullis-Falconeri, Paul Lenkeit, Michael Lenkeit, and Christine Lenkeit.

A Mass of Christian Burial in celebration of Paul's life was held at Our Lady of Mercy Church, 94 Broad St, Plainville. Burial will be held privately. There were no calling hours. Those who wish, may remember Paul with contributions to the Plainville Community Food Pantry, 54 S. Canal Street, Plainville, CT 06062.

#### ~ Cathy Ann (DuPuis) Loura ~



58, a lifelong resident of Farmington and Plainville, died peacefully on Sunday, October 11, 2020 at her home in Plainville.

Born May 1, 1962 in Hartford, she was the eldest daughter of Dennis A. DuPuis and Colleen

A. (Brown) DuPuis Kimball. She was a graduate of Farmington High School (Class of 1979), Farmington, CT.

In 1981, she married Larry Zarrella of Plainville; in 1988 she married Gil Loura.

Cathy was a skilled and avid gardener, and her yard was always abundant with flowers. She loved hunting for sand dollars on the beach, bonfires in the backyard, taking lots of photos and walking in the park with her dog, Jack. She enjoyed crafting and gifting her handmade wreaths, crocheted blankets, canned preserves, relishes and breads that were enjoyed by all.

She was predeceased by her father, Dennis A. DuPuis and her niece, Nicole DuPuis.Survivors include her mother, Colleen A. Kimball (Bill) of Stuart, FL, daughter, Amie Zarrella of Coventry, granddaughter, Madison Franco; son Reid Loura (Kassy) of Oxford, grandsons, Nolan and Luke Loura; daughter, Cali Loura Miller (Rob) of Putnam; both former spouses and 20-year companion and friend, Ronald Manyak of Plainville. She is also survived by her brother, Joseph DuPuis (Crystal) of Tolland, MA; her sister, Robin Pavano (Paul) of Farmington, as well as, many cousins, nieces and nephews.

Memorial contributions may be made to Shriners Hospital for Children, https://donate.lovetotherescue.org.

No services are planned at this time. Interment will be private at a later date at Twining Cemetery, Tolland, MA. In memory of her beloved grandmother, Virginia (Preney) Brown, some of her ashes will be spread at Popham Beach, Maine, a favorite childhood vacation place.

#### **OBITUARIES**

#### ~ Betty Lou (Gilbert) McIlwain ~



96, of Plainville, Connecticut passed away peacefully at home on October 1, 2020. She was predeceased by Roderick E. McIlwain, her beloved husband for 67 years.

She was born in Jersey Shore, PA on February 13, 1924. Betty was daughter to the late

Annabelle (Bastian) and Robert Dale Gilbert. She was predeceased by her sisters Pat Nielsen, Nancy Smith, Joan Hale, and Sharon Walton, her brother Rob Gilbert and her son-in-law Bill Wilson. She is survived by her daughter Sandra Wilson of New Castle, Delaware and her son Gary McIlwain and his wife Carol of Roseville, CA. She also leaves two grandchildren, Joanna Brabec and her husband Brian and their children Rachel and Tim, and Steven McIlwain and his wife Ashley and their son Grayson, as well as many nieces and nephews too numerous to name but never forgotten.

Betty had a remarkable number of dear and caring friends who along with her family brought her much joy during her life and for whom she was very grateful. She was a loving person always interested in and caring about other people. She bore her own difficulties with exceptional grace. Betty gave of her time and talents in many areas over the years including the Red Cross, Friends of the Plainville Library, Plainville High School Band Mothers and churches, most recently Plainville United Methodist Church. She sang in choirs and smaller groups. She was a lover of music, poetry and good books. She was an avid fan of UCONN Women's basketball and of Charles Schultz's Snoopy. Betty and her husband, Rod, enjoyed some wonderful cross-country trips together during his retirement.

In lieu of flowers, donations may be sent to a charity of your choice.

Family friends gathered for a graveside service in celebration of Betty's life at West Cemetery, 180 North Washington St, Plainville.

The staff at Plainville Funeral Home extends their appreciation to the McIlwain family for their trust. For online expressions of sympathy, please visit www.PlainvilleFuneralHome.com

#### ~ Courtney Everett Jones, Jr. ~



loving son, brother, and friend, 20, of Farmington, passed away unexpectedly on Sunday, October 11, 2020 at the Hospital of Central CT in New Britain.

Courtney was born in New Britain on March 11, 2000 son to Courtney Everett Jones Sr. and Jaimee L. Brown. He

grew up in New Britain and attended New Britain High School. He had a love for sports, especially football and basketball. He played for the New Britain Jr. Canes and the Plainville Colts. In addition, he was formerly a member of the Boys and Girls Club of New Britain. He was a very outgoing, life of the party kind of person. He had a profound love for his family and friends and those who knew him enjoyed being in his company. He will be deeply missed but will never be forgotten.

Courtney is survived by his father, Courtney Everett Jones Sr. and his wife, Quashenna Young-Jones, his mother, Jaimee L. Brown and her former girlfriend, Sadessa Yelling, his paternal grandfather, James Melvin Jones Sr. and his wife, Mary Morgan Jones, his maternal grandfather, James Brown and his wife, Deborah and his maternal grandmother, Barbara Cavallo, his siblings, Dominic Colon, Kayleigh Varela, Alexandra Donovan, Nicole Jones, Cierra

Jones, and Makayla Jones, his niece, Nevaeh Colon,

#### ~ Josephine (Ierardi) Mills ~



98 of Plainville, passed away surrounded by her family on Wednesday, September 30, 2020 at Bristol Hospital. She is now reunited with the love of her life, Albert, who predeceased her in 2000.

Born on August 30, 1922, JoAnn, as she was known

to many, was one of six children to the late Frank and Rose (Bianchi) Ierardi. With five older brothers, JoAnn was a woman of great strength who centered her life around her family from a young age. Raised and educated in Southington, she and Al settled in Plainville where they raised their two sons and became proud grandparents. She loved nothing more than being surrounded by each of them, hosting holidays, treating everyone to her homemade specialties and never let anyone leave without dessert. Weekends were for card games, social events and Sunday drives with her adored grandkids listening to Tom Jones. "Grammie" also had a love for traveling, having a special affection for Europe. A longtime communicant of Our Lady of Mercy Church, she was a volunteer and member of their Ladies Guild, where she made many friends. Remembered for her love for family, great strength and independence, she will be missed dearly leaving many cherished memories.

She is survived by her sons and daughters-in-law, Kenneth and Debby Mills of Bristol and Ronald and Erin Mills of East Hartland; her grandchildren who brought her endless joy, Kim Mills Myers and her husband, Jay Myers of Victor, ID; Amber Mills of Bristol and Brian Mills of Plainville; and her greatgrandson, Dillon. She was predeceased by her five brothers, Joseph, Richard, Michael, James and Earl Ierardi, and leaves many nieces and nephews.

In lieu of flowers, JoAnn may be remembered with contributions to Bristol Hospital Home Care and Hospice, 222 Main St, Bristol, CT 06010 or to Shady Oaks Assisted Living, 344 Stevens St, Bristol, CT







and several uncles, aunts, cousins, and extended family members. He was predeceased by his paternal grandmother, Carol M. Jones and his maternal greatgrandparents, Warren and Addie Brown.

A walk through visitation was held on at Bailey Funeral Home, 48 Broad Street, Plainville. Funeral services was held privately.



Lifelong Resident of Plainville

#### ~ Joan Screen ~



74, of Plainville, passed away among her beloved family on Tuesday, October 6, 2020. She was born on February 24, 1946 to the late Frederick and Elizabeth (Vaill) Screen. She attended school in Plainville, and then started working at The Constructive Workshop in New Britain for many years followed by BARC in Bristol. She retired

from FAVARH in Canton a few years ago. Joan was heavily involved in ARC of Plainville where she was able to be a part of several Memorial Day Parades. She attended many functions of the Special Olympics as well. Her daily life revolved around her family including her family at the Alleluia House in Avon, and her love of music. Every type of country music and, of course, Christmas music were her top genres to listen to. She looked forward to every holiday so she could enjoy her family together. Remembered for her joyous smile and kind heart, her presence will be missed by many.

Joan is predeceased by her parents Frederick and Elizabeth Screen, her brother Phillip Screen, and her niece Luci Screen. She is survived by her siblings Cindy Goodfield and her husband Paul Goodfield, Sr., Harold Screen and Lois Lovejoy, and Willard Screen and his wife Elaine Screen; multiple nieces and nephews, great nephews, a great niece, and cousins.

Joan may be remembered with contributions to the Cerebral Palsy Center at the Connecticut Children's Medical Center, 282 Washington St, Hartford, CT 06042 or www.connecticutchildrens.org

Joan's life was celebrated at Plainville Funeral Home, 81 Broad St, Plainville, followed by committal services at West Cemetery.

#### ~ Tary N. Scott ~



With great sadness, the family of Tary N. Scott, 57, of Plainville, CT, announce his unexpected passing into eternal life October 2, 2020. Tary traveled the world with his family as a young child, as the son of a USAF Staff Sergeant. Jonesborough,

TN is his beloved hometown, where he excelled in baseball, basketball, and football at David Crocket High School. Baseball was his passion. Given the nickname "Boomer," he is known for hitting a house beyond a baseball game's left-field fence. Tary is one of the most storied sluggers in Northeast Tennessee history. He graduated from Walters State College, where he also played baseball and was named First Team All American and MVP, holding a record unequaled in JCAA baseball. Pursuing a professional baseball career, Tary moved to Connecticut in 1984 after being drafted by the Boston Red Sox organization and played for the minor league team, the New Britain Red Sox. He has spent over thirty years coaching within the Wolcott High School baseball program, the past twenty-four years as the varsity head coach. His tough-love approach led the Eagles to a Class M state championship title and a 415-190 career record. Tary respectfully earned the honor of Coach of the Year in 2019. A jokester at heart, this gentle giant will be missed by many.

Tary is survived by his wife Karen, son Tary "TC" Jr. (Jessica), step-children Conrad Jr. and Nicole (Michael), siblings Garfield (Alice), Henry (Fran), Dale, John (Ana), Gale, Diana (Terry), Sandra (James), Emma (Leo), and a host of aunts, uncles, nieces, nephews, cousins, friends, and extended family. Tary was predeceased by his parents USAF Staff Sgt. Henry Jr. and Bernardine; and siblings Anthony, Donald, William. Tary will lay to rest in his hometown of Jonesborough, TN. "My favorite place in the world is Jonesborough; there's no place like it."

#### "Ask Sheila"

Q-1 I want my Medicare to start on my birthday Dec 14th. Do I just wait for it to begin, or do I need to do something?

A-1 Medicare always starts on the 1st of the month. You can have your Medicare begin on the first day of your Birthday month, Dec 1st; or you can wait until Jan 1st. It doesn't begin midmonth.

Q-2 On TV commercials, they talk about all types of free Medicare benefits. How can I get all of these free things? Do I have to call the phone number they give?

A-2 REMEMBER the saying "If it sounds too good to be true, it probably is ...." This is TV, marketing you can't believe everything you hear. Things to consider as you are listening to these TV ads:

1-Not all plans are available in all

American Senior Benefits
10 Waterside Dr., Suite 104
Farmington, CT 06032
Office: 860-676-0260 x 296
SDow@AmericanSeniorBenefits.com

Sheila Dow, Independent Agent

2-Not all doctors participle in all plans...are your doctors in the network.
3-Some Medicare Plans that are based on your Income Level...have you applied for Extra Assistance?

4-Did you know all Medicare plans have a number of benefits included for no additional cost to you? Preventative exams and tests, 20 days of skilled nursing home coverage, Hospice care, and Basic membership at gyms, to name a few.

If you would like local assistance, please feel free to give me a call and I can answer any questions about low cost plans and/or assist you with applying for additional Income based assistance. Let's talk about Connecticut Medicare Plans!

Sheila Dow 860-965-0091



#### P-l-a-i-n-v-i-l-l-e

Here are some of your favorite places, people or things around town to rave about this month!

**{Sue faves}** Shopping at Gnazzo's Food Center because of the personal service your receive for all your household needs. If it is catering your special dinner parties or your church fund raiser they are there to assist. Today, it is hard to find such special people. Thank you!!

**{Jack raves}** The special attention I receive every time I bring my car to be serviced by Mike's Auto on Farmington Ave. I was a Parson Buick customer for years and was very worried when the Parson family retired. The mechanics are the best and am very happy I am now a Mike's Auto customer. I have peace of mind with the service my car receives with Mike.

Email your faves and raves to share it with everyone!
Let's hear what you have to say, we need your comments!
plainvillefavesandraves@gmail.com

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#### REAL DEDICATION

J. M. Hinkson Editor

As I listen to all the debates, read the political signs and listen to the political ads, I think to myself, would these so called dedicated politicians in Washington, do that job if they weren't being paid, receiving free medical care for them and their families, luxury transportation in private jets and many other perks worth millions for doing that job. (The only one not receiving a pay check is the President or any of his children.) I am not going into what state senators and congressmen earn, you can google those figures for yourself, but I will go into those that run the small towns, both Republicans and Democrats alike.

Every few years we watch our local politicians run for office and wonder why they do it. They stand on corners, walk door to door, attend every function and meet the people, hoping they will receive their vote and you might wonder why.

Over the years I have watched these people as they work late into the night balancing our budget, planning improvements to our town and just making sure everything runs smoothly. Some think a position on the town council is a paid position, well, you're wrong. These men and woman are the people that work for nothing to see things run smoothly and for what you might ask?

They do it because they love the little town of Plainville!

I have attended meetings of our council and watched as residents have stood at the podium and slandered both Republicans and Democrats and I think to myself, you ungrateful SOB. Those Council men and woman could be sitting home watching TV, out to dinner; attending a child's birthday party or just relaxing but here they are seeing our town runs smoothly and are not compensated one dime. Their children, in some cases, take the brunt of the hate from residents and officials alike yet, the members of our council continue to serve.

The signs you see around town displaying their names are paid for with their own money, in many cases, so when someone takes one of those signs you are stealing their money.

At one meeting a man said to a council person, "I voted for you, so you would get this job." What job mister, the job of being slandered at every turn by ungrateful residents that in most cases wouldn't give ten minutes of their time to help the running of the town or to help a neighbor for that matter. It's about time these men and women are thanked for their service, especially during a time we see so much hate in the country.

Can you imagine how much could be accomplished if everyone worked together. The members of our town council deserve a thank you for all the years of service and dedication they have given to Plainville and I feel they are true heroes and should be given the respect they all deserve, I wish them all well.

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#### David X. Sullivan Candidate U.S. **Congress**



I was born in Danbury, raised in New Fairfield, and lived my entire life in the 5th District of Connecticut.

I am a career public servant, not a politician. I devoted my adult life as a Federal prosecutor to protecting families across Connecticut. the past 30 years, I served in the United States Attorney's Office for the District of Connecticut, where I put drug dealers and white-collar criminals alike behind bars. I want to continue my public service and protect our families and our future as your Representative in Congress.

My opponent has done little to address the lawlessness plaguing our urban areas, the cost of living right here in Connecticut, or our struggling economy. She believes in the partisan politics and San Francisco values of Nancy Pelosi. I believe in responsible government and the spirit of our citizens working together.

I've been to the towns across this district. I hear voters facing the same challenges that my family faces and demanding hands on leadership and practical results. As your Congressman, I'll confront our challenges head on and every day I will work to protect our future.

I want to continue in public service as your Congressman — to protect families in Connecticut, to grow our economy and to uphold our Rule of Law. If elected, I promise to get tough on China, get our private sector back to work, and work for bi-partisan police reform.

I will work to restore our local economy and stop the Federal takeover of our private health insurance industry.

I will oppose defunding our police or removing or our School Resource Officers. I am committed to keeping Connecticut affordable by opposing higher taxes and energy costs. I will end our dangerous reliance on China for our drugs and medical supplies.

I have been endorsed by nearly a dozen Law Enforcement organizations, both in the 5th District and across the State, and by Mayors and First Selectmen here in the 5th District. My opponent proudly accepted the endorsement of a group that wants to defund the police. I want to expand opportunities and the rule of law for all Americans.

I have worked with Federal agents from the FBI, DEA, IRS, ATF, the United States Secret Service, ICE (formerly U.S. Customs), U.S. Marshals Service, along with state and local law enforcement. I was responsible for the seizure and forfeiture of millions of dollars of assets from individuals engaged in drug trafficking and money laundering. I defended the United States in civil cases involving Federal tort claims, employment discrimination, and civil rights matters.

As an Assistant United States Attorney, I handled both civil and criminal cases including drug trafficking and whitecollar crimes involving asset forfeiture, tax, money laundering, criminal unlicensed money remitters, mail fraud, wire fraud, structuring of financial transactions. I also served a 16-month assignment with the Department of Justice in Washington, D.C. as the National Money Laundering/Asset Forfeiture Coordinator for the Nation's 93 U.S. Attorneys' Offices.

I have taught Trial Advocacy at the Yale Law School, as well as courses at the University of New Haven and the Quinnipiac University School of Law. I currently teach Criminal Law at Western Connecticut State University, where I have taught both in the classroom and via distance learning during this pandemic.

I graduated from the Catholic University of America with a B.A. degree in English Literature. I received my J.D. degree from the Columbus School of Law of the Catholic University of America. I obtained a second law degree, an LL.M. in Federal Taxation, from the Quinnipiac University School of Law (formerly University of Bridgeport

School of Law).

I am the second of five children. My father is Attorney William W. Sullivan, a former State Representative who is now deceased. My mother is Muriel Cordett Sullivan, a former schoolteacher, who lives in Southbury. I have four sisters. I am married to attorney Wendy L. Sullivan and we have five children. My youngest daughters currently attend the New Fairfield Public Schools. We have three dogs, Gypsie, Snitch, and LEO (short for Law Enforcement Officer).

#### Remember Our Vets~ November 11th

#### WHEN IS VETERANS DAY?

Veterans Day is a federal holiday in the United States, observed officially on November 11, regardless of the day of the week on which it falls.

#### WHAT DOES VETERANS DAY MEAN?

Veterans Day is an important day set aside to honor and show appreciation for ALL who have served in the United States military—in wartime or peacetime, living, or deceased.

#### WHAT'S THE DIFFERENCE BEWEEN VETERANS DAY AND **MEMORIAL DAY?**

On both Veterans Day and Memorial Day, it's customary to spend time remembering and honoring the countless veterans who have served the United States throughout the country's history. However, there is a distinction between the two holidays:

**Veterans Day** is the day set aside to thank and honor ALL who have served, living or deceased, but particular the living veterans among us.

Memorial Day specifically commemorates the men and women who died while in service of their country and made the ultimate sacrifice for their country.

#### I'm Not Voting For Trump!!!

That moment when someone says, "I can't believe you would vote for Trump". I simply reply "I'm not voting for Trump."

- I'm voting for the First Amendment and freedom of speech.
- I'm voting for the Second Amendment and my right to defend my life and my family.
- I'm voting for the next Supreme Court Justice(s) to protect the Constitution and the Bill of Rights.
- I'm voting for the continued growth of my retirement 401K and the stock market.
- I'm voting for a return of our troops from foreign countries and the end to America's involvement in foreign conflicts.
- I'm voting for the Electoral College & the Republic we live in.
- I'm voting for the Police to be respected once again and to ensure
- I'm voting for the continued appointment of Federal Judges who respect the Constitution and the Bill of Rights.
- I'm voting for our jobs to remain in America and not be outsourced all over again to China, Mexico and other foreign countries.
- I'm voting for secure borders and legal immigration.
- I'm voting for the Military & the Veterans who fought for this Country to give the American people their freedoms.
- I'm voting for the unborn babies that have a right to live.
- I'm voting for continued peace progress in the middle east.
- I'm voting to fight against human/child trafficking.
- I'm voting for Freedom of Religion.
- I'm voting for the American Flag that is disrespected by the Democratic Party.
- I'm voting for the right to speak my opinion & not be censored.
- I'm not just voting for one person; I'm voting for the future of my Country.
- I'm voting for my children and my grandchildren to ensure their freedoms and their future.

I'm not only voting for these thoughts, I'm praying for them too, while I'm still able.

#### What are YOU Voting for?

-Author Unknown

#### **More Evasion from** Jahana Hayes on School Safety

Hayes was against School Resource Officers a year ago – but now claims she is for them?

Where does Jahana Hayes stand on the issue of keeping School Resource Officers in our public schools? It's hard to know for sure. She won't say if she agrees with Chris Murphy and his dangerous effort to defund and remove School Resource Officers from our public schools. She won't say if she disagrees with him, either.

Here is Hayes' criticism of SROs from just over a year ago.

"Of 225 incidents of campus gun violence between 1999 and 2018, trained armed personnel or school resource officers failed to disarm an active shooter 99 percent of the time."-- Jahana Hayes May 20, 2019

This statement omits the horrific tragedy at Sandy Hook -- where there no armed SROs -- and the thousands of non-incidents in Connecticut and elsewhere that never occurred because of the deterrent presence of SROs in our public schools

Just as revealing is Hayes' voting record.

Hayes votes in lock step (95%) with AOC. AOC wants to defund the police Hayes votes in lock step (95%) with llhan Omar. Omar wants to defund and disband the police.

Hayes votes in lock step (96%) with Ayanna Pressley. Pressley wants to remove SROs from public schools.

Hayes is endorsed by the Working Families Party. The WFP wants to defund the police.

Here in Connecticut, Chris Murphy

wants to defund and remove SROs.

Jahana Hayes won't go on the record one way or the other on Murphy's proposal. Yet, in her own words: "Silence is Complicity."

Hayes tries to pretend to support law enforcement and SROs when she is in Connecticut. But she votes in lock step with her extreme Far Left socialist comrades in DC who want to defund police and remove SROs.

Hayes has the most liberal/partisan voting record of the entire CT delegation to DC -- yet she represents the most bipartisan district in CT. That

is a mismatch that must be corrected. "I support law enforcement and School Resource Officers," said David X. Sullivan. "Our children, our teachers and our staff deserve to feel safe in their schools, just as we deserve to feel safe

in our homes and communities. Aside

from police protection services, SROs

can also play an important role, along

with teachers and counselors, in preempting and preventing violence in

"As long as criminals, and those with untreated mental illness exist and want to do us harm, we will need the protection of law enforcement and SROs."

"Both Chris Murphy and Jahana Hayes enjoy armed police protection everyday where they work on Capitol Hill.

Our children deserve no less protection."

"Jahana Hayes does not represent the families in the 5th District.

She votes with Nancy Pelosi 100

percent of the time. She represents only the extreme

Far Left socialists in DC."

#### LIKE, LOVE OR HATE TRUMP?

#### I feel compelled to share this . . . .

With all these e-mails, you-tubes, chat messages, WhatsApp and Messengers . . . . that I sent to my friends and family; I got this note back from a friend that had stated "I am not a Trump fan". I must say I was quite surprised because I sent him well over 100 messages through various media, with nary a negative until today. Surprised because I had received responses in earlier times from family and friends who wrote back saying they hated Trump because he lies, is rude, is crude, is arrogant, obnoxious, unfaithful, insincere (Have I used enough adjectives?) . . . can't be trusted and disrespects women . . . so they don't want to hear anything about him, which I respected and complied to. So with that, I appreciated that this particular friend had accepted all that I sent graciously through these past few months, without a negative complaint, remark or accusation.

This friend is one of many Veterans I have met and befriended since I've resided here. So needless to say, knowing that Trump has done so much for the Vets; it astounded me that he was not a Trump supporter. Not my business to question why! He's entitled to his opinion and could share with me if he wished. With the state that this country is in at the moment, and the fear of what it will become, I am overwhelmingly concerned with what my family and friends will have to live with long after I'm gone. So with that message he sent me, I needed to espouse my sentiments . . . . .

#### Shirley D

\*\*\*\*\*\*\*\*\*\*\*\*\* How unfortunate, that he as well as many can't see and realize how prosperous this country has been for the past few years. Though Trump may not be an exceptional man, he certainly is and has been, an "Exceptional President"! The irony is I'm unable to vote, but certainly appreciate and commend what he's done for this country in these 3 1/2+ years, which is more than Biden has done in his 47+ years. How anyone cannot see that Biden is and always has been a "Professional Politician" who is a sugar coating, lying, dishonest, self ingratiating fraud and deceitful plagiarist . . . is incomprehensible! FACT-CHECK. Now on the other hand . . . Trump is NOT A POLITICIAN, but a very successful "BUSINESSMAN" who is running this country as a business . . . and VERY successfully. He may embellish, misquote, exaggerate and drop a little white lie or two; but I am not aware of anything he's ever done to "Hurt" this country. He loves it and is working his butt off to save it, to enrich it and bring back it's GREATNESS . . . . and all for no salary or personal gain. We may not love or like the man . . . but we certainly are grateful and love and like what he's done as the "PRESIDENT"! So sorry you can't see what "I SEE". Shirley D

The above article was submitted by:
Stan Pelchar of Phoenix, AZ.
formerly of Simsbury, Connecticut
he received it from his friend Shirley
Shirley gave Stan and the
Hometown Connection
permission to print it.

#### From the Desk of.... Thomas A. Wurz

#### MAINTENANCE OF PRIVATE EASEMENTS

What happens when it is impossible to get onto a piece of property without crossing another property? When this arises there is a need for a private easement or right-of-way. But who is responsible for maintenance of the pathway...the property owner that is boxed in or the property owner that has the easement in their property? Public Act No. 14-67, effective on October 1, 2014, has provided a straight forward outline for such maintenance issues.

The owner of any residential real property that benefits from an easement or right-of-way, the purpose of which is to provide access to such residential real property, shall be responsible for the cost of maintaining such easement or right-of-way in good repair and the cost of repairing or restoring any damaged portion of such easement or right-of-way. Such maintenance shall include, but not be limited to, the removal of snow from such easement or right-of-way.

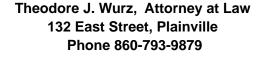
This is the language directly from the Public Act. The party that needs the easement has to pay for the maintenance. Seems to be pretty fair that the party who needs the easement maintains it.

When multiple parties need an easement or a right-of-way to get to their properties the Act says they split the cost based on the proportion of the benefit they receive. So, if one property only uses 20 feet of the easement and the other property uses 100 feet of say a 120 foot easement the maintenance cost is based on those figures. It would be unfair to split the maintenance 50/50 in that scenario. However, parties are free to contract a different split of the costs and that agreement will be controlling over the Act.

Easements and Right-of-way are going to become more and more commonplace as people multiple and spaces get tighter. Especially in regions like New England where space is already at a premium. So when buying or selling be sure that you are aware of possible land rights.

#### Attorney Thomas A. Wurz

is an associate of his father Attorney Theodore J. Wurz, LLC in the law office of Attorney Richard Witt at 132 East Street. Attorney Wurz is a graduate of Avon Old Farms School in 2001, Providence College in May 2005 on the Dean's list and Juris Doctor Program at Western New England College School of Law in May 2009. He was admitted to the Connecticut Bar and U.S. Federal Court in 2010. His activities and interests are Secretary of Sports Entertainment Law Club at WNEC and is a Special Olympics Volunteer.





#### **News Brief- In Case You Missed these!!!**

#### **Diaper Drive:**

Through November 3rd the Republican Town Committee diaper drive to benefit patrons of the Plainville Food Pantry. Donations may be made at the Republican Headquarters located at 41 East Street.

#### **Bulk Refuse Collection:**

Bulk refuse collection has ended for this year. The spring dates will be announced in the future. For questions regarding this service, call CWPM at 860-793-6721or for more information, call Public Works 860-793-0221 ext.7176.

#### **Students Free Breakfast & Lunch:**

On in-school learning days, meals are available at each school. For information about the program, contact Ashley Onion: 860-793-3234; oniona@plainvilleschools.org.

#### **Transfer Station Accepting e-waste:**

Electronics and appliances with a battery or cord, clean plastics or metal will be accepted.

Direct questions to Public Works, 860-793-0221 ext.7176.

#### **Check Your Trees:**

Eversource biggest problem is by the trees falling on the power lines. Trees blocking roads also increased the public safety. The company is still removing trees from the last summer storm.

For information about checking your trees visit:

#### eversource.com

#### **Tomasso Nature Park:**

The park is located on Granger Lane off Unionville Ave. next to the transfer station.

Tomasso Nature Park was given to the town by the Tomasso Brothers. Located in the wetlands it is home to many animals

to many animals.

There are just a few weeks to enjoy this little oasis, <sup>1</sup>

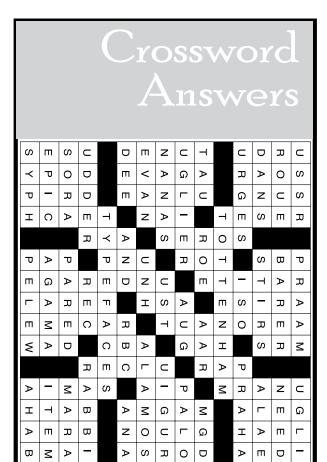
It is an ideal spot to avoid crowded parks for your daily walk. Tomasso Park will close on November 15th for the season.

#### **Recreation Department:**

The Recreation Department continues to serve the needs of the community. Flyers describing programs are available at the Recreation Department, 50 Whiting Street, or by visiting plainville.recdesk.

#### **Library Hours:**

Current service hours: Monday through Thursday, 10 a.m. to 7 p.m. Saturday, 10 a.m. to 5 p.m.



Endnotes 1



RATED: R 2020 streaming on Netflix starting October 16th,2020

Director:
Aaron Sorkin
Writer:
Aaron Sorkin (screenplay)
Stars:

Eddie Redmayne, Alex Sharp, Sacha Baron Cohen



The story of 7 people on trial stemming from various charges surrounding the uprising at the 1968 Democratic N a t i o n a l Convention in Chicago, Illinois.

If you are turned on by sparkling dialogue that rings true with every syllable spoken then Aaron Sorkin is your man. In his follow up to

the wickedly intelligent "Molly's Game", Sorkin has taken on one of the most controversial courtroom dramas in recent history and turned it into a razor sharp denouement of the state of affairs prevalent today regarding massive protests over systemic racism and the threat facing our freedom of rightful assembly and speech. Sorkin's conversations flow with honey tinged acidity as issues regarding peaceful protests for revolutionary change are debated by those seeking it and those looking to suppress it. For those old enough to remember the violence that broke out during the 1968 Democratic Convention in Chicago when peaceful anti-war protestors came up against the gestapo tactics of then mayor Richard Daley's police force, the film is an emotional journey back to

#### **The Circumspect Critic**

by: Robert James O'Dell

## "THE TRIAL OF THE CHICAGO 7"

one of our nation's most turbulent and divisive times.

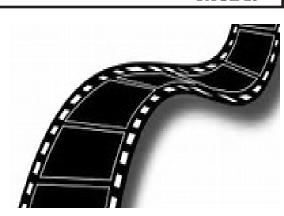
For those too young to remember, it is a valuable learning experience regarding governmental resistance to a radical movement determined to end an unjust war.

The trial in question took place in the aftermath of the disastrous Democratic Convention in Chicago that ended in violent riots mainly precipitated by the Chicago police force. The events were investigated by the justice department under the auspices of then attorney general Ramsey Clark (Michael Keaton) which found the riots were mainly the fault of the Chicago police force and no charges were issued against the leaders of the protests.

That is until Nixon became President and Clark was replaced by John Mitchell (John Doman) who was determined to prosecute those involved and assigned Thomas Foran (J.C. MacKenzie) and Richard Schultz (Joseph Gordon-Levitt) to do just that. Charges were filed against what were considered the ringleaders of various factions of the anti-war movement such as The Students for a Democratic Society (SDS) lead by Tom Hayden ( Eddie Redmayne ) and The Yippies lead by Abbie Hoffman (Sacha Baron Cohen ) and Jerry Rubin (Jeremy Strong). Also charged, even though he was only in Chicago for four hours to give a speech and had left before the riots broke out was Black Panther leader, Bobby Seale (Yahya Abdul-Mateen II). That the trial became infamous is an understatement. Overseen by the incompetent and hostile Judge Julius Hoffman (Frank Langella) whose treatment of Seale was borderline barbaric and sprinkled with the antics of Hoffman and Rubin, the trial was a media sensation.

Sorkin wisely keeps his directorial style unobtrusive, letting his perceptive dialogue remain center stage and allowing a superlative cast to shine. Much of the courtroom interchanges are verbatim from the trial transcripts. Sorkin expertly blends this with his own gift for intelligent crisp, concise verbal exchanges. With a gift for gab and phraseology, Sorkin is a literary composer.

The ensemble cast is magnificent with memorable turns by Mark Rylance as the flamboyant defense



attorney William Kunstler and Michael Keaton who shines in just two significant scenes. However, the two scene stealing performances come from Sacha Baron Cohen and Jeremy Strong as the quick witted and irreverent Abbie Hoffman and Jerry Rubin. With their flippant, anti-establishment rebellious shtick concealing a serious bent behind their clownish behavior, the two provide a lively vibe even in the stoic chambers of Judge Hoffman's courtroom.

Joseph Gordon-Levitt provides his usual solid work in a less sympathetic role than we are used to seeing him play. He is able to give a touch of humanity to a character towing the government line to vilify innocent defendants. Gordon-Levitt conveys clearly that he is experiencing a growing sense of sympathy for the Chicago 7.

Eddie Redmayne has the less flashy role as Tom Hayden but it is the more emotionally complex. Less anti-establishment and more anti-war, Hayden attempted to follow the appropriate decorum while advocating change. Redmayne gives him just the right blend of obstinance and genuine commitment to the cause with a sense of resentment toward the buffoonery of the Yippies.

Another victim of the covid-19 pandemic, "The Trial of the Chicago 7" was poised to be one of the prestigious fall theatrical releases with award consideration in its future. With its release this weekend on Netflix, it proves to be a perfect recipient of such consideration. It is one of the year's best films.

Ratings: Acting: 100%
Directing: 100%
Script: 100%
Cinematography: 95%
Social Relevance: 100%
Entertainment Value: 95%

My Rating: 100%



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#### To All My Sisters by Heart

For the last five years, the Hartford Healthcare Heart and Vascular Institute has sponsored an event called Pinot and Prevention. It is a fun night out for women with heart disease and women who are interested in learning more about how heart disease affects women. This event consists of healthy foods served, mini desserts and of course wine. There are lectures on heart disease in women and a comedian to end the night on a lighter note. However, this year because of the Covid 19 pandemic the event was held on Tuesday, September 15th virtually.

Sarah Cody WTNH news anchor was our emcee for the evening. Dr. Heather Swales and Dr. Stephanie Saucier, both Cardiologists and creators of the Women's Heart Wellness Program, spoke to us about outstanding statistics of women and heart disease and why they are what they are. One very important and outstanding statistic regarding heart disease is that it is the leading killer of women in the United States. And three reasons they gave for this problem were a lack of public awareness, a lack of medical provider awareness, and biological differences between men and women. There are unique risk factors specific to women with symptoms more common in women than men.

We were also told that in 2010, the American Heart Association credited what was called the "Simple 7" plan which was a goal to improve all Americans health by 20% and reduce deaths from Cardiovascular Disease by the year 2020. And these 7 issues we are all familiar with.

Exercising, eating healthier, watching our blood pressure, weight, and cholesterol, quitting smoking, and if diabetic, keeping it controlled. They also spoke about an increased risk of serious illness with Covid 19 saying that with a cardiovascular disease you are more likely to have myocardial injury if infected with Covid 19. So besides following the "Simple 7"

plan we must be as safe as possible following Covid 19 instructions such as washing hands, wearing face masks, social distancing, avoid touching your eyes, nose, and mouth, get vaccinations for the flu and pneumococcal, keeping up with heart healthy habits, etc.

To close the night, we had an award winning comedian, Kelly MacFarland who really was fun and funny. Although the function was virtual, it was very educational giving the ladies a lot of "food for thought".

The proceeds from this event benefit the Heart and Vascular Institute's Women's Heart Wellness Program.

So for next year, here's hoping the evening will be at a venue so women and friends can meet these two great Cardiologists, share food and wine together, and enjoy a comedian. Please save the date September 28th 2021 for our next Pinot and Prevention.

At this time, Hartford Healthcare has two programs for women with cardiac disease. One is The Women's Heart Wellness Program which is for comprehensive cardiac care. The phone number to reach them is 1-833-444-0014. The second program is the Womenheart of Central Connecticut Support Group. This group has monthly meetings at Bradley Memorial Hospital---free and open to any women with heart disease. Pat Seranski is in charge of this program. To reach this group call 1-855-442-4373.

Remember the "Simple 7" plan and live by it as best you can. Also respect and follow the Covid 19 rules to continue being safe and healthy.

To all of you I say be well, stay well and live right.

Remember to save the date September 28, 2021 and I hope to see you all at a LIVE Pinot and Prevention Night.



Your Sister by Heart Sharon Corlette Womenheart Champion

# Veterans Strong Community Center, Inc. Serving Veterans – Past, Present & Future a 501(c)(3) non-profit organization.

Letter from the Executive Director, Donna Dognin:

I am writing to let each of you know that during these unprecedented times, Veterans Strong Community Center is still "open" and remains committed to serving Veterans - Past, Present and Future. While we may not be able to assist face-to-face, we are able to connect via phone, text, email and social media. The cell phone for the Center is 860-951-6686 and is responded to Monday – Friday, 8 am – 4 pm. Please feel free to share this information among your clients and constituents. We are doing our best to meet the continued needs of the Veterans in our communities -Bristol, Burlington, Harwinton, Plainville, Plymouth, Thomaston and Wolcott. In lieu of being able to do physical outreach, we are conducting Facebook Live events on Mondays, Wednesdays and Fridays at 1:30 pm. If anyone has any questions, concerns, or comments, we encourage you to share with us.

We are also being pro-active and reaching out to our clients to check in and see if they need anything. We have been able to provide some groceries and homemade face masks as well. We continue to maintain our relationship with various committees and groups so that we can utilize the services and resources that are available and be able to share timely and relevant information with our clients.

If you have any questions or concerns, you can reach us by the cell phone 860-951-6686 or email at info@vetstronginc.org or donnadognin@vetstronginc.org. We are all in this together!

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## The sad story of the death of Joe Biden's wife

It seems every time Joe Biden runs for office,Mr. Biden runs ads and makes speeches telling of the death of his first wife and his year old daughter. Working those sad stories into a campaign speech isn't hard to do and there are those that sympathize with his loss and yes indeed it was a tragic loss and he goes on to relate how his two little boys we injured. In the past he has gone even further stating how the car his wife was driving was struck by a truck and even has made the statement the driver of that truck had "drank his lunch" before getting behind the wheel, alluding to the fact the driver was drunk when he killed his wife and daughter and critically injuring his two little boys which then forced him to take his oath of office at their bedside.

That is where the truth ends and the lie begins. Yes, his wife and daughter died in a horrific accident but it seems the driver of that truck was not drunk and the facts were Mrs. Biden, with her three children on board, went through a stop sign into the path of the truck thus causing the crash that took her life and the life of her daughter. After googling the question of how much money Joe Biden got from the insurance company of the trucking company for the death of his wife and daughter, which I felt would be substantial, I could find nothing. What I did find was it was Mrs. Biden's' fault yet over the years that hasn't stopped Joe Biden from smearing that drivers name and

causing his family years of ridicule from friends, neighbors as well as the press.

Like a lot of things that have been swept under the rug I found the police reports pertaining to this crash have been lost. Doesn't that strike anyone funny thinking how many things go missing or are lost connected to Washington politicians? But I found not all the records were lost and the court records of the presiding judge on the case, Delaware Judge Jerome Herlihy, who investigated the crash supports the fact that the driver of the truck, Curtis C. Dunn was not drunk as Joe Biden and even CBS contended and it was Mrs. Biden who was responsible for the crash. Mr. Dunn's daughter asked for Joe Biden to apologize publicly for the pain he had caused her father and her family over the years by his lies. It wasn't until 2009, and after CBS had done a story on the death of Joe Biden's wife, at the hands of a drunk driver, Curtis Dunn, did CBS report the truth, retract their story and Joe Biden was then forced to call the daughter of Mr. Dunn to apologize for his lies. By that time it was too late as her father, Curtis Dunn, the driver of that truck, had passed away still feeling the stigma of Biden's accusation. Now who's the liar Joe?

This article was researched and submitted by: Jeannette Hinkson

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