

Bugbee wins WHPS 2012 Conservation Challenge

By Jennifer Senofonte
Staff Writer

West Hartford students had class by sunlight rather than electric light last week as they made every effort to minimize energy usage during this year's Conservation Challenge.

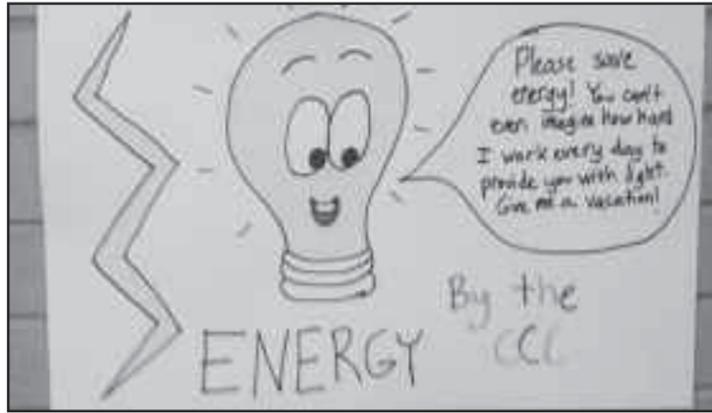
The town of West Hartford spends about \$5 million annually on natural gas and electricity. Sixty percent of that total cost comes from the Board of Education buildings. The energy challenge promotes saving energy, thus saving money for the town as well.

The Conservation Challenge is an annual competition among all the schools to save as much electricity as possible. This year, energy consumption rates were

measured by meter during a week in November. That data was used to compare against the rates during the energy competition last week, Dec. 3-7.

After day one, Braeburn Elementary had gained a slight lead, but Bugbee Elementary won the following four days and was the ultimate winner of this year's energy-saving challenge. In total, Bugbee saved 33.7 percent of energy as compared to the November week. These energy savings amounted to a cost savings of \$358.40 at Bugbee. District-wide, the week resulted in a cost savings of \$1,804.62 and a 6.5 percent reduction of energy use, surpassing the three percent energy reduction goal.

An additional goal of the challenge, to create an awareness that



A poster promoting energy conservation at Duffy School Courtesy photo

is carried out beyond the competition week, will also, hopefully, be met, according to Catherine Di-viney, town of West Hartford energy specialist.

"[The students] get jazzed up and excited about it this week," Di-viney said. "Then we see the savings continue for the next few months, and then it kind of flips off. This year, we're hoping to send out some reminders to keep the savings going throughout the

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Yepes retires from police force, two officers promoted

By Abigail Albair
Editor

The West Hartford Police Department officially said goodbye to a member and recognized the promotion of two others in a ceremony at the end of last month.

Former U.S. Marine and WHPD officer Arthur Yepes retired after almost 23 years with the West Hartford department. During that time, he served in several divisions, was an instructor in a variety of areas, was a member of the Honor Guard and SWAT team, and served as the local vice president for the Connecticut Police Officers Association.

He was the American Legion Police Officer of the Year in 2003, received two merit awards, three unit citations, a departmental citation and the Kiwanis Stars for Kids Award.

Since 2009, he has been a regular presence at Conard High School, both professionally as the school resource officer and as a women's soccer coach.

He will continue on at the school as a security guard.

"[It is a] loss that he's leaving the police department family, but a gain as he'll be at our schools," Police Chief Tracey Gove said. "In that regard, the town makes out because it's a needed position and one that will be filled by someone with extensive knowledge and experience for the job and a true passion for the work and love for the town."

Principal of Conard High School Peter Cummings said in a prepared statement, "On a daily basis, Officer Yepes has embodied all that we hope for in a SRO - he is thorough, patient, focused and, above all, focused upon the well-being of every member of the Conard community. ... While we will miss his presence in uniform, we look forward to Art's continued presence at Conard as he strengthens our security staff."

During the ceremony, Detective Anthony Anderle was promoted to the rank of sergeant and Officer Scott Segar was promoted to the detective division to fill Anderle's vacancy.

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**Hartford
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health notes:

Flu Vaccine

by Julian Falla, MD

Flu season is upon us — Being proactive outdoes being reactive
According to the Centers for Disease Control and Prevention (CDC), there is no better way to protect against the flu than to get a yearly flu vaccination. It's that simple.

Who should get the flu vaccine?
All individuals over 6 months of age should be vaccinated yearly. The flu vaccine is especially important for higher-risk populations such as those over 65 years of age and pregnant women. It is equally important for both caregivers of the elderly and healthcare workers to be vaccinated.

How quickly after getting the vaccine am I protected?
Generally speaking, it takes about two weeks following vaccination for your body to develop protective antibodies.

When do I get my flu vaccine?
The "Influenza Season" is not found on yearly calendars simply because the beginning and end of the flu season varies somewhat from year to year. Historically, flu vaccines have become available between August and October, and you should get vaccinated as soon as the vaccine becomes available. Remember, it takes a two or three weeks before you have protective antibodies. To learn more about availability of the flu vaccine in your area, speak to your primary healthcare provider as soon as possible.

Is the flu vaccine a guarantee I will not get the flu?
The flu vaccine is not a guarantee against getting the flu. However, by getting vaccinated, you reduce the chances that you will get the flu and increase the chances that it will be a milder illness if you do get it. And, the more people who are vaccinated, the less likely that we will have a flu epidemic affecting large numbers of people.

Hartford HealthCare Primary Care Network is committed to helping with your medical needs and an annual flu vaccine should be a routine part of your proactive and preventive wellness plan. Call us today to learn more about the flu vaccine — just one more way to keep you healthy through the holidays and the winter season.

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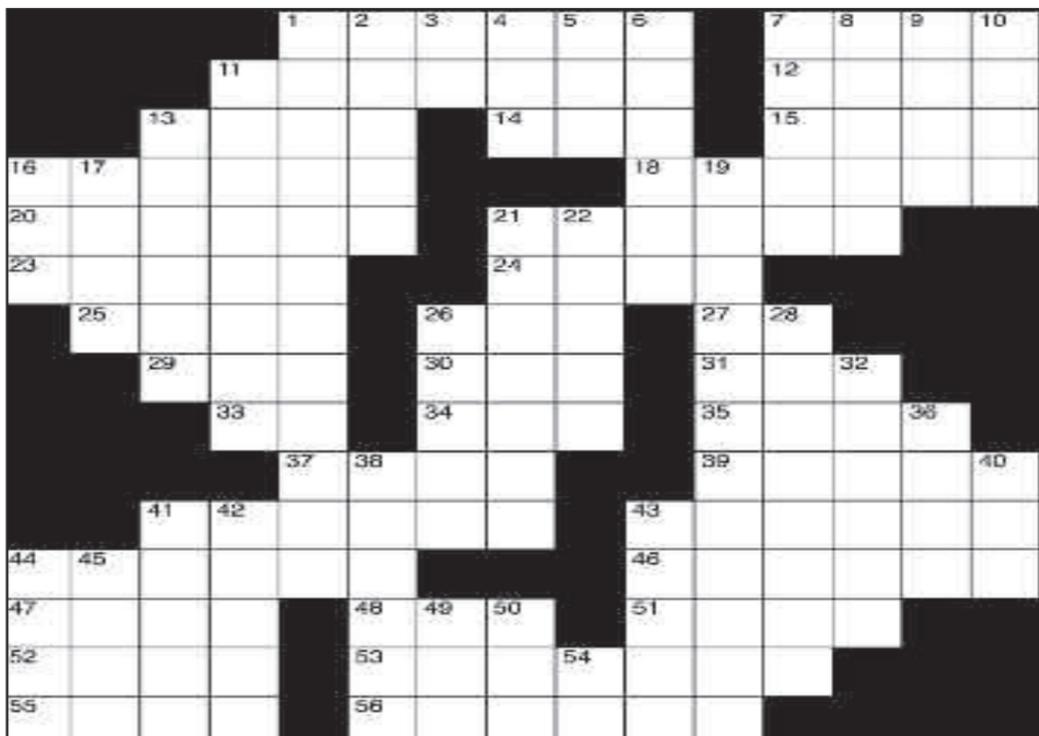


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CLUES ACROSS

- 1. Afraid
- 7. Love grass
- 11. Hepburn/Grant movie
- 12. Opposite of good
- 13. Whale ship captain
- 14. A major U.S. political party
- 15. Rate of walking
- 16. A ceremonial procession
- 18. Unfolded
- 20. More pretentious
- 21. Ribbon belts
- 23. Himalayan wild goats
- 24. 100 = 1 kwanza
- 25. Japanese wrestling
- 26. ___asty: family of

- rulers
- 27. Luteinizing hormone
- 29. British Air Aces
- 30. Being a single unit
- 31. Opposite of gee
- 33. National Guard
- 34. A stratum of rock
- 35. Have a yen for
- 37. Cornell tennis center
- 39. Iranian monetary units
- 41. Settings in a play
- 43. Olfactory properties
- 44. AKA platyfish
- 46. Free from deceit
- 47. Ireland
- 48. 007's Flemming
- 51. & &
- 52. Kidney, fava or broad
- 53. W. African country

- 55. ___ Frank's diary
- 56. Induces vomiting

CLUES DOWN

- 1. Jame's "Fifty ___"
- 2. Scottish game pole
- 3. Atomic #18
- 4. Tattered cloth
- 5. Tokyo
- 6. Force from office
- 7. Wigwam
- 8. Dynasty actress Linda
- 9. Small mongrel
- 10. Rapidly departed
- 11. A corporate leader
- 13. King of Camelot
- 16. Mrs. Nixon
- 17. Macaws
- 19. Symphony orchestra
- 21. Cunning

- 22. Wheatgrass adjective
- 26. U. of Texas residential center
- 28. Estate (Spanish)
- 32. Pilots and Blues
- 36. Right angle building wings
- 38. Store fodder
- 40. Supersonic transport
- 41. Brand of plastic wrap
- 42. Comb-plate
- 43. Puppeteer Lewis
- 44. Tatouhou
- 45. Security interest in a property
- 49. Direct a weapon
- 50. One point E of due N
- 54. Latin for "and"

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For winning the challenge, Bugbee received the light bulb trophy. The trophy was made by Conard High School art teacher Brigid Kennedy using light bulbs, a recycled printer cartridge and other materials.

Courtesy photo

BUGBEE

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whole year."

She said this competition stresses the impact of simple behavioral changes as a no-cost way to save energy. Some of these actions include: shutting lights off, unplugging any unused machinery including computers and televisions, replacing incandescent light bulbs with compact fluorescence, closing doors and windows, and making sure heating vents are not blocked. Additionally, when people walk into a room, Diviney explained, they make a natural reach to turn the lights on.

Instead, she said, teachers and

students last week walked into the room and decided whether or not the daylight was enough to operate the classroom.

Many schools made flyers and posters with some of their own ideas for saving energy. They also assigned light monitors whose job it was to turn off the lights when they left a room.

For winning the challenge, Bugbee received the light bulb trophy, passed on from the previous winner, Morley School.

The trophy was made by Conard High School art teacher Brigid Kennedy using light bulbs, a recycled printer cartridge and other materials.

WHPD

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Gove explained that the promotions "come as a result of the long-term military absence of Sgt. Sam Ferrucci. Ferrucci was deployed, again, marking his third deployment with the Army.

"He will be conducting medical support and counter insurgency operations throughout the Horn of Africa. We all wish Sergeant Ferrucci a safe and successful deployment and I, personally, will keep him and his family in my prayers."

Anderle, who has been a member of the department since 1999, has a successful history with the WHPD, Gove said, including time in the patrol division, bike squad and traffic and as a field training officer for new recruits.

He has received many letters of commendation, citizen letters and awards, five departmental citations, three merit awards, four unit citations, one lifesaving award and two Mothers Against Drunk Driving awards.

He was the American Legion Police Officer of the Year in 2009. Gove said he is known as "a proactive, driven and tenacious officer."

Segar joined the department

"We all wish Sgt. Ferrucci a safe and successful deployment and I, personally, will keep him and his family in my prayers."

-Police Chief Tracey Gove

in 2006. He is a field training officer and an assistant team leader for SWAT.

Gove said he was part of the first group of officers to become an explosive breacher for the capital region, meaning he can breach difficult structures while minimizing risk to SWAT members and others. He is also an instructor in advanced patrol tactics training.

Segar has received several letters of commendation, citizen letters and six unit citation awards.

"Scott is a solid, thorough officer and investigator and his transition to his new role of 'detective' will be an easy one because he's already shown that he possesses the skills needed for the job," Gove said.

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