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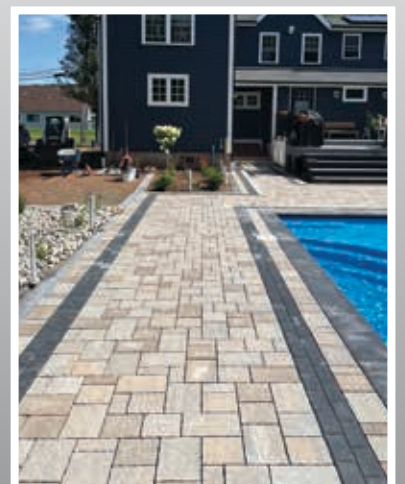
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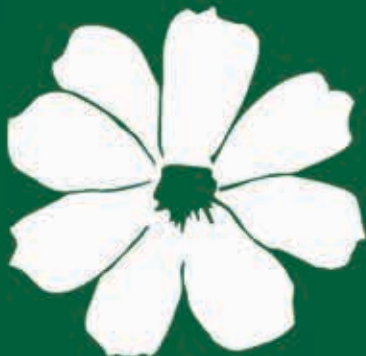


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### Help Newington Human Services

A growing number of Newington families are struggling to cover inflated costs of living, but Newington Human Services offers several ways to help them. If you want to donate, come to our offices at Town Hall (200 Garfield Street) - we are located on the side of the building facing Lucy Robbins Welles Library. You can also donate by mail - Newington Human Services, 200 Garfield Street - Newington, CT 06111 - or online at <https://www.newingtonct.gov/1343/Community-Donations>.

### Valley Shore Women's Club Tag Sale

The tag sale will be May 4 (10 a.m.-4 p.m.) and May 5 (10 a.m. to 2 p.m.) at the Hadlyme Hall @ 63 Ferry Road, Hadlyme. For those interested in selling their wares, they can email the Valley Shore Women's Club at: [valleyshorewomensclub@gmail.com](mailto:valleyshorewomensclub@gmail.com). It is \$30 for a spot in the hall.

### Covenant Living Tag Sale

TAG SALE April 27th, 8:30-noon at Covenant Living of Cromwell, 101 West St. Follow the signs to wonderful bargains. The Resale Shop Specials are kitchen necessities, mugs & glasses for 50 cents, linens, yarn, artwork and frames, and decorations. The Furniture Garage is well stocked with a variety of items priced to sell. See you there!

### Turkey Dinner

On May 22, 2024, Holy Trinity Church, 200 Summer St., Plantsville will be hosting a Turkey Dinner with all the fixings including salad, dessert and soft drink of choice from 5:30 to 6:30 in the church hall. This event will be in memory of Helen Locks a longtime parishioner of the church. For reservations to eat in or take out please call Sandy @ 860-681-5483.

### Rocky Hill Memorial Day Parade

The Town of Rocky Hill invites you to participate in the Memorial Day Parade on Monday, May 27th at 9:30 a.m. starting at Rocky Hill High School. Whether you represent a Veterans Association, a military organization, school, community group or business we warmly welcome your involvement. If you would like to participate, please contact one of the co-chairs: Rita Chhabra (860) 258 2772 or Henry Vasel (860) 982 0875.

### Cromwell Historical Society

#### May Day Tea

For the 19th year, the Cromwell Historical Society will celebrate the arrival of gentler weather with its annual May Day Tea on Sunday, April 28, 2024. Hosted by Juleps & Viragoes, the living history department of the Historical Society, in mid-nineteenth-century attire, the event begins at 2 p.m. and ends at 5 p.m. Enjoy tea and a light repast, a delightful may-pole dance and a myriad of leisurely diversions and children's games throughout the house and grounds. The barn will be open with the society's gift shop along with crafters offering locally made products including soap and jewelry. While admission is free, donations to support the operational budget of the Cromwell Historical Society will be most appreciated. Parking will be along New Lane and at the First Congregational Church lot, 1/4 mile south on Main Street. To learn more about the May Day Tea or the Cromwell Historical Society in general, please visit [www.cromwellhistory.org](http://www.cromwellhistory.org).

### Free Career Development

The Middlesex County Chamber of Commerce will offer the "Professional Training & Development Program", free of charge, in 2024. Classes will be conducted virtually via Zoom, during the months of April, May and June, on Mon. - Thurs., @ 5:30 - 7:00pm. Classes offered include: Grant Writing, Managing Yourself and Leading Others, Google Sheets, Google Docs, Google Slides, Career / Personal Coaching, and Financial Management / Understanding & Engagement. These programs are available to the public (CT residents) and open for registration at this time. For additional information on the program, please visit [www.middlesexchamber.com](http://www.middlesexchamber.com) and click on "For Business" tab to access Professional Training and Development site, you can also register there as well. To schedule a pre-course appointment, or for more information concerning the program or signing up for classes offered, please contact Lorenzo Marshall at 860-347-6924 or [lorenzo@middlesexchamber.com](mailto:lorenzo@middlesexchamber.com).

### RHHS Botany Plant Sale

The RHHS Botany and UConn Horticulture students will be holding their annual plant sale on May 2 from 1-5, May 4 from 9-12, May 10 from 1-5 and May 13 - 17 from 1- 2:15. Students have grown a variety of annuals, perennials, vegetables, herbs, patio planters and hanging baskets. Hope to see you at the Rocky Hill High School Greenhouses located at 50 Chapin Ave in Rocky Hill CT. For further information, please contact Kim Antol ([antolk@rockyhillps.com](mailto:antolk@rockyhillps.com)). Happy Spring!

### Deming-Young Farm Seeks Tag Sale Donations

The Deming-Young Farm Foundation is seeking tag sale donations for its May 18th fundraising tag sale. We are seeking household items, small pieces of furniture, vintage and/or antique items, knick-knacks, hand tools, jewelry, etc. for donation. Unfortunately, we cannot accept books, clothes, toys, Christmas decorations or large pieces of furniture. We can arrange for pickup. Call David or Mary at 860-666-1016 for more information or to arrange a donation. Thank you for your help.

### NFD Pasta Dinner Fundraiser

Newington Fire Company #3 will hold its 12th Annual Pasta Dinner Fundraiser Saturday, May 4th, from 4-8pm at Newington High School, 605 Willard Ave. \$10 for adults; \$5 for kids 5-12 and seniors; under 5 are free. Help support your local firefighters!

### Rocky Hill High School 50th Reunion

Seeking Rocky Hill High 1975 class members for a 50th reunion in 2025. Contact Laurette Pellerin at [islandogmom3@charter.net](mailto:islandogmom3@charter.net) for details.

### Cars Helping the Blind

Wondering what to do with your old car or truck? Donating your vehicle to the National Federation of the Blind is convenient and may qualify you for a tax deduction. Call 1-855-659-9314 or visit [www.carshelpingtheblind.org](http://www.carshelpingtheblind.org). 12/30/15

### Monthly First Friday Breakfasts

The Rocky Hill United Methodist Church, 623 Old Main Street, is celebrating all veterans and first responders with a free breakfast from 9 to 11. Welcome back.

### Rocky Hill Food Share Fridays

Families in need are eligible for free fresh food distribution at Elm Ridge Park every Friday from 1:15-1:45 p.m. The mobile food share is sponsored by volunteers from Oasis Christian Church. For more information please call the Oasis Church at 860-529-0701 or Foodshare at 860-286-9999.

### Meals on Wheels Volunteers Needed

You can help deliver meals to shut in seniors for as little as two hours per week. We currently need volunteers to help deliver meals at our local sites in Portland, East Hampton, Cromwell, and Newington. You can help just one day a week for only two hours (mid-day). Call (860) 519-3484 for more info.

### NHS Class of 1984 Reunion

Newington High School Class of 1984 is celebrating their 40th Reunion. Indian Hill Country Club featuring Casa Mia on the Hill July 19,2024 6:00 PM-10:00 PM. Please email Paul Leckowicz at [pjleckowicz@gmail.com](mailto:pjleckowicz@gmail.com) with any inquiries.

### Movies at the Cromwell Senior Center

Join us every Friday at 1 p.m. in the Library's Arch Room for a fresh showing of a new film on the big screen. Please contact the senior center for more information and to register, at 860-632-3447.

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**NAMI SUPPORT GROUPS:** Do you have a loved one suffering from mental health challenges? NAMI trained volunteers assist at Support Groups. They are fused on providing an opportunity for people to share and learn from each others common experience. Groups are free and participation is strictly confidential. Contact 860-882-0236 or [www.namifarmingtonvalley.org](http://www.namifarmingtonvalley.org).

**ALAN SOUCY HOME IMPROVEMENT:** Free estimates on: Roofing repairs, leaks, entire roofs. Siding. Additions. Windows & doors. Baths & kitchens. Decks. Al, 860-657-6462. BBB Member.

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38 Longvue Drive, Wethersfield





# What's Happening

# Rocky Hill & Cromwell?

Send us your community news!

E-mail [editor@rarereminder.com](mailto:editor@rarereminder.com) or  
call 860-563-9386 to submit news, photos,  
announcements or any upcoming events.

## Combined Town, School Budgets Reflect Effective 2.8% Tax Increase

By Nicole Zappone  
Staff Writer

ROCKY HILL – On Tuesday, April 16, the Town Council held a public budget meeting to discuss the town manager's proposed budget for FY 2024-2025.

Town Manager Ray Carpentino said the proposed budget focuses on long-term infrastructure and maintenance planning.

Highlights of the budget that Carpentino presented included revaluation, rating, fund balance, debt service, capital improvement reserve, expenditures highlights, revenues, mill rate, and taxpayer impact.

One of the important things that Carpentino spoke about was the grand list. From October 2022 to October 2023, real estate increased 35.08 percent, personal property decreased 2.83 percent, and motor vehicles decreased 3.5 percent.

"The decrease in personal property values reflects vacant office space due to a shift in work-from-home schedules and the down-sizing or right-sizing of business operations," Carpentino said.

Carpentino said to "normalize" the mill rate, there would need to be 27.80 mills to generate zero change in tax revenue based on new values.

One concern Carpentino had was the fund balance. As of June 30, 2023, it is at 5.2 percent.

The proposed contribution from fund balance 2024-25 is \$450,000.

The capital improvement ordinance is over a 6.0 percent transfer, which means there is zero funding for capital.

GFOA best practices include a recommended two months of operating in fund balance.

Typically, the numbers should be anywhere from 10 percent to 15 percent, not 5.0 percent.

"The focus should be building the fund balance," Carpentino said. "There should be a reduced use of debt for improvements and to build reserves for infrastructure - be proactive."

Capital improvements include establishing an ongoing reserve for education, providing a funding structure, and a reserve level of \$1,200,000 to prepare for costs without debt.

Some of the capital improvements include a tech ed and media center (GMS), athletic McVic-ar Bleachers, pool infrastructure (HS), front en-

trance (GMS), science classrooms (GMS), roof replacement West Hill, and HVAC Stevens. Together, these items total \$1,422,500 for FY 2025.

For infrastructure, there is a reserve level of \$1 million, which prepares for costs without debt, and there are three projects on the list for FY 2025.

Those projects include the Community Farm Phase II (200,000), Belden Lane Culvert repair (750,000), and Public Works space needs evaluation/design/study (200,000). Together, these items total \$1,150,000.

For parks and facilities, there is a reserve level of \$250,000 that prepares for costs without debt.

Those projects include the Maxwell Park deck hockey replacement (\$60,000), indoor pool maintenance - repair grout, main drain (\$50,000), Elm Ridge liner or splash pad (\$50,000), and fire house number two roof replacement (\$140,000). Together, these items total \$300,000.

Other items for the town capital improvements include a year one of five purchase of \$55,000 for a 2024 Freightliner truck, year one of a lease for a F350 pickup truck at \$15,000, revaluation review at \$40,000, purchase of two electric SUV with charging station less federal credit of \$79,000, and a pending grant of a police generator at \$180,938.

The town operating and education operating budgets increased in the 2024-2025 expenditure comparison.

For the town operating budget, the proposed 2024-25 is \$37,267,679, compared to the \$34,393,304 at the adopted 2023-24, bringing it to an 8.4 percent increase.

For the education operating budget, the proposed 2024-25 is \$54,454,229, compared to \$51,659,153 at the adopted 2023-24, a 5.4 percent increase.

The debt service has a decrease of 2.8 percent.

The town's capital saw a 205.8 percent increase due to the proposed 2024-25, at \$2,635,848, compared to \$861,896 in the adopted 2023-24.

The capital for the board of education saw a 500 percent increase due to the proposed 2024-25 at \$1,200,000, compared to the \$200,000 in the adopted 2023-24.

The total for all of these categories is an in-

crease of 8.6 percent.

Expenditure highlights include contractual increases, such as salaries and related costs at \$669,550.

Fees, services, and equipment total \$1,010,804, which includes:

- \$306,000 MDC
- \$250,000 for the RLE - Eversource energy efficiency credit program for HVAV and lighting upgrades
- \$125,000 increase in the Aetna Ambulance services contract
- \$120,000 for early voting
- Health and liability insurance

The long-standing Economic Development Director position at \$112,000 will be unfrozen. New positions include an HR specialist at \$90,000 (approved in December 2023) and a police department communications coordinator at \$95,000.



## Regional Chorus To Present Annual Spring Concert May 4

Mark your calendars! "Sharing Our Love of Music" will be presented by The Middlesex Hospital Vocal Chords (MHVC) on Saturday, May 4, 7 pm at Portland High School, 95 High St., Portland.

Join us for a festive evening of music as our 90-voice chorus and 10-piece orchestra proudly perform a variety of musical favorites to enhance this spring season.

Samuel Tucker, our music director, has arranged a beautifully eclectic program that highlights the wide-ranging talents of this chorus. Musical pieces include patriotic arrangements, "The Battle Hymn", "An American Trilogy" as well as some old favorites, "When the Saints go Marching In", "Bridge Over Troubled Water" and "Singing in the Rain." Samuel has also included some newer pieces like "A Million Dreams" and a

medley from "The Temptations".

Alan Dougherty, our first-rate accompanist and his 10-piece orchestra will have you tapping your toes and even singing along!

Proceeds from the concert are returned to the community in the form of scholarships presented to graduating Middlesex County high school seniors pursuing a career in music or nursing. Thus far, we have awarded \$84,500 not including the scholarships that we will present at this spring concert. We are most grateful to Middlesex Health and to you, our loyal followers for your continued support.

Tickets are \$25. Call 860.347.2787 or 860.342.3120 for tickets or visit our website at [www.vocalchords20.org](http://www.vocalchords20.org). Follow us on Facebook, Instagram and YouTube.

## Cromwell Lions Invite Others To Join Walk For Sight Event

In April, the Lions Club of Eastern Connecticut will hold its annual "Lion's Journey for Sight Walkathon," which will take place on Saturday, April 27, at McCook Park and Niantic Boardwalk.

"This will be our 29th year for having such an event," Cromwell Lion President Lisa Klein said.

Presently, there are 55 Lions Clubs in the Eastern CT district and 11 Leo Clubs (the youth arm of Lions Clubs) who will be participating in the fundraiser.

"The walk-a-thon will benefit not only our communities but many of the Lion's projects, including Lions Clubs International Foundation, the Connecticut Lions Eye Research Foundation (CLERF), diabetes research, donations to food banks, guide dogs for the blind, the Lions Low Vision Center of Eastern Connecticut, Camp Rising Sun for children with cancer, and a myriad of local charitable organizations," Klein said.

According to Klein, the walk-a-thon raised over \$19,450, and this year's goal is to increase that amount to around \$20,000, which is 20% more than last year.

"Last year, we had approximately 72 participants and would like to increase that to 100," Klein said. "The more, the merrier. It's a beautiful walk."

All of all the money raised is donated to charities. In the past, the group has received \$35,000 in donations.

According to Klein, other non-profit organizations can participate to raise funds for their own, as they will only need to contact their local Lions Club. They get to keep 50% of the proceeds that their members raise, while the other 50% goes toward District charities.

Who can participate?

## Hunt Begins Sunday for Painted Rocks

CROMWELL - Cromwell Creative District (CCD) is again collaborating with other groups in town to offer the annual spring hunt for painted rocks.

This year, the event aims to bring attention not only to the wonderful nonprofits Cromwell has to offer (each nonprofit will have painted rocks with their logo or initials on them) but also to highlight the businesses #inthedistrict by placing a rock from each nonprofit at every business

and park downtown. There are 34 locations (business and municipal) #inthedistrict.

Visit [www.cromwellcreativedistrict.org](http://www.cromwellcreativedistrict.org) to view a map of the district if you are unsure where to search for rocks. The hunt will begin Sunday, April 28 and residents can keep any rocks they find. There will be no scavenger hunt or contest this year, instead, CCD hopes you will enjoy the local parks and provide patronage to the businesses downtown. Happy Spring!

## Cromwell Creative District Seeks Donations Through Golf Fund-Raiser

Cromwell Creative District (CCD) is participating in the annual Birdies for Charity fundraiser, a collaboration between the Traveler's Championship, Webster Bank, and local nonprofits.

Happening now through the end of the Traveler's Championship on June 23, Webster Bank will offer a 15% match to all donations CCD receives through the Birdies for Charity link.

With such a great incentive, CCD uses Birdies

for Charity fundraiser as its annual fundraising campaign. Donating to CCD means supporting its mission to revitalize downtown Main Street, support local business there, and enrich the lives of Cromwell's residents.

To participate, you can donate at [https://partnerhq.com/public/events/2024-travelers-championship-birdies-for-charity/organization\\_partnerships/3719](https://partnerhq.com/public/events/2024-travelers-championship-birdies-for-charity/organization_partnerships/3719)

## RHHS Botany Plant Sale May 2 Through May 4

The RHHS Botany and UConn Horticulture students will be holding their annual plant sale on May 2 from 1-5, May 4 from 9-12, May 10 from 1-5 and May 13 - 17 from 1- 2:15. Students have grown a variety of annuals, perennials, vegetables, herbs, patio planters and hanging baskets. Hope to see you at the Rocky Hill High School Greenhouses located at 50 Chapin Ave in Rocky Hill CT. For further information, please contact Kim Antol ([antolk@rockyhillps.com](mailto:antolk@rockyhillps.com)). Happy Spring!

## Newly-Retired Newington Women

Upcoming events:

May 3..NBMuseum...5:30  
May 9..The Kate!..10am  
May 15..Wellness fair..9:30  
May 21..Clambake...8:30

Please email Jean Henry at [jphenry@cox.net](mailto:jphenry@cox.net).... You don't have to be from Newington ; We have many members from Rocky Hill,Wethersfield,Cromwell,Glastonbury and West Hartford! Come join the FUN!

## RHHS Museum Seeks Volunteers

The Rocky Hill Historical Society wishes the community a happy, healthy New Year 2024! We are looking for volunteers to help with all aspects of running our small gem of a museum. Tuesdays 10:00-12:00 and Saturdays 12:30-3:00 we are open for visits. We welcome help with writing, mounting exhibits, helping with maintenance of our Center Cemetery, leading tours-whatever suits your interests! Call us at 860-653-6704.

Thank you for reading the Rare Reminder.

Visit us online at [www.rarereminder.com](http://www.rarereminder.com)



# What's Happening

# Rocky Hill & Cromwell?

Send us your community news!

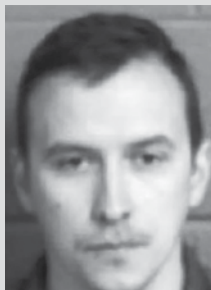
E-mail editor@rarereminder.com or call 860-563-9386 to submit news, photos, announcements or any upcoming events.

## Karate Instructor Accused Of Inappropriate Relationship

By Nicole Zappone  
Staff Writer

CROMWELL – A local karate instructor is accused of having an inappropriate relationship with a student and was arrested.

Cromwell police said they received a complaint regarding



an inappropriate relationship between an adult karate instructor and a juvenile student at Impact Martial Arts, located at 319 Main St.

Orest Markiv, 32, was arrested on Wednesday, April 17, after an extensive investigation.

Markiv was charged with two counts of sexual assault in the second degree and was held on a \$150,000 bond. He appeared at Middletown Superior Court on April 17.

His next scheduled court date is set for May 9.

## Cromwell Police Department Press Release

On 04-22-2024 at approximately 0321 hours, members of the Cromwell Police Department responded to All-Town, located at 176 West St. regarding a report of a robbery. Officers responded to the gas station and determined that a robbery occurred involving three suspects. The suspects verbally threatened the clerk and stole items from within the store. The clerk was not injured as a result of the incident and the suspects fled the area. A short time later it was determined that the same

suspects attempted to burglarize the Gulf Gas Station, located at 164 West St. The suspects were unable to gain entry to the gas station and fled the area in the same vehicle. Both incidents are being investigated by the Cromwell Police Department Detective Bureau. Anyone with information is asked to contact Detective Sergeant Carlson (sgt.carlson@cromwellpd.com) or Detective Perricone (det.perricone@cromwellpd.com).

## GFWC Newington/Wethersfield Woman's Club Educational and Fun Afternoon

GFWC Newington/Wethersfield Woman's Club is pleased to present this educational and fun afternoon at the First Church of Christ, 830 Corbin Avenue, New Britain on Saturday, April 27 at 1:15pm. Admission is \$10 at the door. Coffee, tea and refreshments will be served; the program will start at 2:00pm followed by a Q&A session.

You are welcome to bring your old buttons to learn about their age and history. Be sure to bring

friends along to share this opportunity together! This will be a trip down memory lane to see these buttons as they were meant to be -- miniature works of art!

Club is a member of General Federation of Women's Clubs and GFWC/CT. As a non-profit service organization, club serves those in need in our communities and beyond since 1998. Should you have any questions, please call 860-986-9707. We hope to see you there!

## Cromwell Historical Society May Day Tea

Sunday, April 28, 2024 from 2 until 5  
Stevens-Frisbie House  
395 Main Street in Cromwell

For the 19th year, the Cromwell Historical Society will celebrate the arrival of gentler weather with its annual May Day Tea on Sunday, April 28, 2024. Hosted by Juleps & Viragoes, the living history department of the Historical Society, in mid-nineteenth-century attire, the event begins at 2 p.m. and ends at 5 p.m. Enjoy tea and a light repast, a delightful may-pole dance and a myriad of leisurely diversions and children's games

throughout the house and grounds. The barn will be open with the society's gift shop along with crafters offering locally made products including soap and jewelry. While admission is free, donations to support the operational budget of the Cromwell Historical Society will be most appreciated. Parking will be along New Lane and at the First Congregational Church lot, 1/4 mile south on Main Street. To learn more about the May Day Tea or the Cromwell Historical Society in general, please visit [www.cromwellhistory.org](http://www.cromwellhistory.org).

## Transfer Station Has Special Hours

CROMWELL - There will be seasonal hours at the transfer station from April 18 through May 30. Hours will be Tuesday, 8 a.m. to 3 p.m., Thursday 8 a.m. to 6 p.m., and Saturday, 8 a.m. to 3 p.m. Residents must be checked in 15 minutes prior to closing.

## NHS 40th Reunion

Newington High School -Class of 1984 is celebrating their 40th Reunion  
Indian Hill Country Club featuring Casa Mia on the Hill on July 19,2024 at 6:00 PM-10:00 PM. Please email Paul Leckowicz [pjleckowicz@gmail.com](mailto:pjleckowicz@gmail.com) with any inquiries.

## Letters to the Editor

### Honor To Serve As Postmaster

Dear Editor,  
It is a great honor to serve Rocky Hill as your Postmaster. In my many years with the United States Postal Service, I have seen firsthand the role the Postal Service plays connecting neighbors and our community to the nation. Our Post Offices serve as a lifeline for our small businesses to reach customers no matter where they are.

Under the Delivering for America plan, the Postal Service's 10-year plan, we are maintaining universal six-day mail delivery and expanded seven-day package delivery, stabilizing our workforce, and spurring innovation to meet the needs of our modern customers.

Just as the Postal Service continues to provide a vital service for our nation, the staff of the Rocky Hill Post Office will proudly continue that same public service in this community.

On behalf of the 650,000 women and men of the United States Postal Service, I thank you for continuing to support the Postal Service. Providing reliable mail delivery while strengthening the future of this treasured institution is our commitment to you.

Sincerely,

Postmaster Sean Stewart  
Rocky Hill Post Office  
32 Church St, Rocky Hill, CT 06067

### Cromwell Budget Votes

To the Editor:

Please vote on the proposed budgets for FY 2024-2025.

Town (Town government & Schools): Proposed budget of ~\$61.4 million, up 6.7% from the current budget of \$57.6 million; tax increase, if any, yet to be determined by the Board of Finance. Last year, revaluation increased property values (25-30%) and the mil rate dropped (~13%), resulting in a tax increase of ~11%. More information is available at [cromwellct.com](http://cromwellct.com) homepage under "General Government FY 2024-2025 Budget". Vote is Tuesday 5/7 from noon to 8p at the high school.

Fire District (Fire/EMS & Water): Proposed no change to water rates. Proposed Fire/EMS budget will result in an increase to 3.4 mils (from 3.0 mils, or 13%). This is in addition to the significant increase last year when the mil rate remained at 3.0 mils but revaluation increased property values (25-30%), and the increase 2 years prior to 3.0 mils (from 2.5 mils, or 20%). More information is available at [cromwellfd.com](http://cromwellfd.com) under the "Commission" heading "2024/2025 Budget Proposal". Vote is Tuesday 5/14 from 6 to 8p at the Coles Road firehouse.

James Rude  
25 Highridge Road

## Calling all Artists! 2024 Wethersfield Art League Show

Join us in displaying your art at the Keeney Memorial Cultural Center located at 100 Main Street in Old Wethersfield. We will be showcasing all creative media including paintings, mix media, sculpture, pottery, fiber art, and carved wood. Our judge this year is Karl Bayek, art teacher at Wethersfield High School. Awards will be given at the reception on June 1, 2024 from 1-3PM. The exhibit will be open to the public from 10AM to 4PM daily until June 26, 2024.

Drop off for the show is: Tuesday, May 28 from 12:30-3:30PM. Wednesday, May 29 from 10AM-noon.

Entrance fees are \$15 for the first entry, \$10 for the second, and free for the third. Sponsor dues must be up to date, which is \$30 or \$35 per family and can be paid when dropping off your art. Checks or cash accepted. Please direct all questions to Connie at (860) 989-1873 or [WethersfieldArtLeague@gmail.com](mailto:WethersfieldArtLeague@gmail.com)

## Ädelbrook Behavioral & Developmental Services to Host its 3rd Annual Fully Inclusive Walk Event

Ädelbrook's Alliance Walk for Autism on April 27th, 2024 at 60 Hicksville Rd, Cromwell, CT 06416

Contact: Alyssa Goduti, President and CEO, Ädelbrook Behavioral and Developmental Services, [agoduti@adelbrook.org](mailto:agoduti@adelbrook.org) or (860) 508-0382

Ädelbrook Behavioral and Developmental Services, a 124-year-old nonprofit organization that serves 350 amazing children and young adults with Autism Spectrum Disorders, behavioral, and developmental challenges, will be hosting its 3rd Annual Alliance Walk on April 27th. This fully-inclusive event brings awareness to Autism Spectrum Disorder and developmental disabilities while providing a welcoming and supportive environment for people of all abilities.

The Alliance Walk will take place on Saturday, April 27th outside of the Ädelbrook Cromwell Academy. Registration for the walk will begin at 9am. The event will include food and pizza trucks, an ice cream truck, an inflatable sports center, DJ, vendor village, virtual auction, and a special celebrity from FOX61 News! All proceeds will benefit individuals with autism and developmental challenges.

With the support of community partners and advocates like you, we will be able to raise funds to enrich the lives of the incredible individuals we serve. You can contribute to this wonderful cause by sponsoring the event, fundraising as an individual, or creating a team with your friends, family, or business. While this event is free to attend and open to ALL community members, every dollar counts in our commitment to supporting individuals with Autism, developmental, and intellectual disabilities.

Alyssa Goduti, President & CEO of Ädelbrook shared, "Last year, we raised more than \$50,000, allowing us to expand access to activities and services, serve more students in need through the ÄdelbrookCARES food pantry, and support our vocational and recreational programs."

From opening a new school in Bloomfield, CT to serving more kids through our food pantry, your contribution will directly benefit our youth and young adults.

Parking for the event will be available both on-site at 60 Hicksville Road, Cromwell, CT 06416 and off-site at Ädelbrook's Hilltop Preschool & Daycare Center, located at 82 Hicksville Road, Cromwell, CT (shuttle service will be provided). In the case of severe weather, the event will take place on Sunday, April 28th, rather than April 27th. We will post news of any weather postponement on the event website at <https://2024adelbrookalliancewalk.funraise.org/> and on Facebook.

To register, sponsor, or make a donation, please visit <https://2024adelbrookalliancewalk.funraise.org/> or contact [vgleixner@adelbrook.org](mailto:vgleixner@adelbrook.org). From the Ädelbrook community, thank you for supporting our incredible event and mission!

Ädelbrook is a 124-year-old nonprofit multi-service agency specializing in behavioral and developmental services. Ädelbrook is dedicated to meeting the unique needs of families and individuals of all ages and abilities, with expertise in supporting individuals with intellectual/developmental disabilities and Autism Spectrum Disorders. From individualized education services to residential and therapeutic supports, Ädelbrook provides a high-quality continuum of care to meet the ever-changing needs of the amazing children and individuals it supports. Through collaboration, both internally and externally, Ädelbrook provides expert, comprehensive, data-driven, person-centered services with compassion. By building trust in a safe and nurturing environment Ädelbrook helps those it serves find a future filled with achievement, dignity, happiness, and hope. To learn more about Ädelbrook please visit [www.adelbrook.org](http://www.adelbrook.org)

**INDOOR**

**MULTI-FAMILY TAG SALE**

**MAY 4TH & 5TH**

Saturday 10am till 4pm  
Sunday 10am till 2pm

Vintage Finds →

Baked Goods →

Multiple Vendors →

Visit, Shop and Support Valley Shore Women's Club and  
The Hadlyme Hall  
63 Ferry Road Hadlyme

**Interested in selling your wares?**  
Email [valleyshorewomensclub@gmail.com](mailto:valleyshorewomensclub@gmail.com)  
**\$30 for a spot in the Hall!!**



# What's Happening Newington?

Send us your news!

We want to know what's going on in Newington.

E-mail any news, photos, upcoming events or announcements to [editor@rarereminder.com](mailto:editor@rarereminder.com) or call 860-563-9386.

## Democrats Lead Effort To Approve New Budgets For Towns, Schools

By Nicole Zappone  
Staff Writer

NEWINGTON - The Town Council and Mayor Jon Trister passed the annual budget last week on a bipartisan basis, setting the mill rate at 39.68, an increase of 3.4 percent.

From the start, the Democratic council majority was guided by the need to make responsible investments in services and infrastructure, put the town on a more sustainable financial path, and limit increases wherever possible.

"Every step of the way, our team took challenges in stride so we could deliver results for working families," Mayor Jon Trister said. "We all see it - with millions of dollars in new projects and nearly 1,000 apartments in construction, approved by the prior administration, our community and its needs are changing fast. While we may have entered a post-crisis world, the needs that grew during COVID have only continued to grow."

Since the November election, the new Democratic Town Council majority has invigorated new partnerships with federal and state partners, welcomed countless new local businesses, accelerated the renovation of JWMS, led a bipartisan community arts and culture initiative, protected access to elderly nutrition, welcomed the hiring of a new Chief of Police, and more.

With this new budget, the Board of Education received an increase of 5.95 percent.

"We want to thank Mayor Jon Trister and the Newington Town Council for passing a responsible, respectable budget last week," Board of Education Chair Amy Perrotti said. "You listened to the public over the last several weeks when they came out to support Newington Public Schools."

Perrotti added that the general consensus was that education should be valued, and regardless of whether they had kids in school or not, they

were happy to see tax dollars going to education—even if that meant paying a little more.

"Our capital request was not funded, but it was moved to the operating budget," Perrotti said. "This was a collaborative decision to ensure we can properly fund our student's education."

Perrotti said that after several years of historically low funding, federal COVID grants coming to an end, a much-deserved contractual increase for the teachers, and the educational needs of the increasingly diverse community, this was a much-needed increase.

Perrotti thanked the Town Council for its teamwork, transparency, collaboration, and hours spent working on the budget.

"We are extremely happy we are able to maintain our current programs and staffing," Perrotti said. "Thank you also to the team leadership and Dr. Brummett and her team of presenting these budgets and answering/clarifying what had to have been hundreds of questions."

Among those to comment on the budget included John Kelly, chair of the Democratic Town Committee.

"Between tax breaks to big residential developers, budgets that lagged behind inflation, and dipping into our mandated savings and one-time federal funds, the previous administration created dangerous holes in our town's long-term financial health," Kelly said. "The Democratic-led Town Council is putting us back on track."

Appropriations for the general fund were adopted for the fiscal year beginning July 1, 2024, and ending June 30, 2025.

The town government has funded a total of \$6,758,585, with public safety at \$10,569,364, public works at \$6,176,691, and several other departments totaling \$143,363,915.

"By fully funding Newington's finest in the police and volunteer fire departments, we're strengthening public safety and protecting those who protect us every day," majority leader Mitch Page said.

The budget passed on Tuesday includes improvements to the town's vehicle fleet, life-saving investments in PPE, respiratory protection, and body cameras, and new resources for police officer recruitment.

"In these difficult times, so many in our community are facing hardship, which is why we worked to shore up vital local services that support our most vulnerable residents," Deputy Mayor Kim Radda said.

Radda works as an outreach nurse in the Hartford area.

"While beginning to rebuild staffing at our library and senior and disabled center to pre-COVID levels, we've made new investments in Meals on Wheels and congregate meals, social work, hoarding relocation, and homelessness prevention, securing the largest increase to Human Services in at least a decade," Town Councilor Matt Plourd said.

Town Councilor Kathy Gonzalez, a former PTO president and mother of a Newington High School senior, commented on the budget's passing.

"Preparing for an influx of new residents while catching up with our town's diversity and meeting the needs of students and teachers, we

also wanted to expand on Newington's historic commitment to our schools with the largest increase in education funding in over a decade and a half," Gonzalez said.

The result of strong collaboration between the council and Board of Education with the new budget brings expanded full-day Pre-K programs, greater support for multilingual learners and students with special needs, and new course offerings.

"We also wanted to better guide development while making badly-needed improvements to our aging infrastructure, so we've made targeted investments in planning, roads, parks, and playgrounds," Town Council member AJ Tiniakos said.

The new budget includes an expanded full-time building official, a comprehensive revision of town zoning regulations, and funds that will allow the town to repair three times as many sidewalks this year as last year.

"We want to thank our neighbors for their engagement over the course of the past month," Mayor Trister said. "Throughout this process, we worked to translate what we heard from you into a budget that would truly reflect not just the values of some but the values of our entire community. With this as a framework, we're continuing to build a Newington where every child receives a world-class education, every family feels safe and supported, and every member of our community has the opportunity to meet their full potential."

## Town Police Department Adds One Officer, Promotes Another



By Nicole Zappone  
Staff Writer

NEWINGTON—At the beginning of this week, the Newington Police Department welcomed a new member to the force and promoted another.

These announcements were made on social media in the past few days by the department.

Recruit Zuliana Cannon was sworn in on Monday, April 22, as Newington's newest officer.

Cannon attended Maloney High School and is currently pursuing a degree in criminal justice at Post University. Before the department hired her, Cannon served as the athletic director for the Boys and Girls Club of Meriden. She will attend the upcoming New Britain Police Academy,



which begins on Friday, April 26.

On Monday morning, Ryan Deane was promoted to the rank of Lieutenant. He will be taking over as the commander of the patrol division, according to the department.

Lt. Deane was hired by the Newington Police Department in 2007 and has served in many different roles. During his time, Deane has been assigned to the Midstate Accident Reconstruction Squad, the Commercial Motor Vehicle Enforcement Team, and the Emergency Response Team.

Lt. Deane most recently served as the training sergeant and is the deputy director of emergency management for the Town of Newington. He is also a graduate of the Southern Police Institute's Command Officer Development Course.

## GFWC Newington/Wethersfield Woman's Club Educational and Fun Afternoon

GFWC Newington/Wethersfield Woman's Club is pleased to present this educational and fun afternoon at the First Church of Christ, 830 Corbin Avenue, New Britain on Saturday, April 27 at 1:15pm. Admission is \$10 at the door. Coffee, tea and refreshments will be served; the program will start at 2:00pm followed by a Q&A session.

You are welcome to bring your old buttons to learn about their age and history. Be sure to bring

friends along to share this opportunity together! This will be a trip down memory lane to see these buttons as they were meant to be -- miniature works of art!

Club is a member of General Federation of Women's Clubs and GFWC/CT. As a non-profit service organization, club serves those in need in our communities and beyond since 1998. Should you have any questions, please call 860-986-9707. We hope to see you there!



## Regional Chorus To Present Annual Spring Concert May 4

Mark your calendars! "Sharing Our Love of Music" will be presented by The Middlesex Hospital Vocal Chords (MHVC) on Saturday, May 4, 7 pm at Portland High School, 95 High St., Portland.

Join us for a festive evening of music as our 90-voice chorus and 10-piece orchestra proudly perform a variety of musical favorites to enhance this spring season.

Samuel Tucker, our music director, has arranged a beautifully eclectic program that highlights the wide-ranging talents of this chorus. Musical pieces include patriotic arrangements, "The Battle Hymn," "An American Trilogy" as well as some old favorites, "When the Saints go Marching In," "Bridge Over Troubled Water" and "Singing in the Rain." Samuel has also included some newer pieces like "A Million Dreams" and a

medley from "The Temptations".

Alan Dougherty, our first-rate accompanist and his 10-piece orchestra will have you tapping your toes and even singing along!

Proceeds from the concert are returned to the community in the form of scholarships presented to graduating Middlesex County high school seniors pursuing a career in music or nursing. Thus far, we have awarded \$84,500 not including the scholarships that we will present at this spring concert. We are most grateful to Middlesex Health and to you, our loyal followers for your continued support.

Tickets are \$25. Call 860.347.2787 or 860.342.3120 for tickets or visit our website at [www.vocalchords20.org](http://www.vocalchords20.org). Follow us on Facebook, Instagram and You Tube.

## 70s Soirée: Newington Children's Theatre Company's Far-out Fundraiser

The Newington Children's Theatre Company, Connecticut's longest-running nonprofit children's theatre, invites you to its spring celebration fundraiser, NCTC's 70s Soirée, Saturday, April 27, at 6 p.m. at the Indian Hill Country Club in Newington.

This family-friendly event includes food and drinks, prize drawings and silent auctions, photos, and singing and dancing, with entertainment provided by Shark Entertainment. Any attire, 70s-themed or not, is welcome. Dessert will be provided by The Bakery of Newington.

"We had such a fantastic time with this last year, when we filled the room for our 60th birthday celebration," says Chris DeFrancesco, NCTC board president. "It was so rewarding seeing so many families getting together and celebrating what NCTC has become, and watching the kids breaking into song and dance together on the dance floor. It's a wonderful night in support of a wonderful cause. Please join us this year!"

Reserve your tickets for this year's fundraiser — \$60 per adult, \$30 for children under 15 — at [nctcarts.org/special-events](http://nctcarts.org/special-events). VIP tables for 10 and 12 are also available.

## NHS 50th Reunion

Newington High School 'Class of 1974' is celebrating their fabulous 50th, with a reunion at the Indian Hill Country Club on Sept. 28, 2024! We are searching for all classmates, friends, and teachers from that class; please send contact info to Lynne Fournier at: [lfournier@aol.com](mailto:lfournier@aol.com). Can't wait to hear from you!



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## State, Town Leaders Recognize Top Democratic Volunteers

By Nicole Zappone  
Staff Writer

NEWINGTON – On Sunday, April 21, over 80 Newington Democrats, along with state and local officials, gathered at The Back Nine Tavern at Stanley Golf Course to celebrate three of the party's outstanding volunteers at its annual Democrat of the Year event.

Awardees included Democrat of the Year Wendy Holness, Women in Leadership Honoree Cindy Stamm, and Young Democrat of the Year AJ Tiniakos.

"Together, we've demonstrated the value of collaboration and the importance of electing Democratic leaders at all levels of government," State Treasurer Erick Russell said. "These incredible awardees are having an impact right here on the local level and building the foundation for all the amazing work being done - at the state and national levels."

Multiple speakers commended Holness for the work ethic she displayed during the 2023 municipal campaign cycle.

Lt. Governor Susan Bysiewicz noted that Holness made over 7000 phone calls to voters ahead of the November 2023 election.

"What keeps our democracy strong is rooms like this and people like Wendy - who do the hard work of getting people elected," former Mayor of Hartford Luke Bronin said.

### 2024 Newington Library 5K Challenge Road Race

Register for the 27th Annual Newington Library 5K Challenge Road Race which will be held Sunday, May 19, 2024 at 9:00 a.m. at Mill Pond Park in Newington, CT. The first 200 registrants will receive a special Dri-fit t-shirt. This year's Little Readers Sprint will begin at 9:45 a.m. for children between ages 2 and 5, they must be accompanied by an adult. The \$10 registration fee for the Little Readers Sprint is waived if an adult is a registered runner or walker in the 5K race.

This fast and flat certified 5K race course runs through a quiet residential neighborhood and finishes at Mill Pond Park; strollers are allowed on the course! Advanced registration is \$25 for adults and \$10 for children ages 12 and under.

Race day registration is \$30 for adults and \$10 for children ages 12 and under. There are trophies and recognition for top male and female runners

Stamm was honored for her current work as a party fundraiser and her prior service as an elected official. After serving three terms on the Board of Education, she transitioned into a new role as chair of the Fundraising and Events Committee.

"Fundraising is not an easy task," Attorney General William Tong said.

Tong continued by praising Stamm's diligent work as essential to winning elections.

"Cindy's knowledge, experience, and personality are huge assets to our team," Newington Democratic Town Committee Vice Chair Terri LaPenta-Duffek said. "She is highly deserving of this year's Women in Leadership Award."

Tiniakos, a recent transplant from Southington, was among three Generation Z members elected to the Newington Town Council and Board of Education as Democrats in 2023.

"AJ is always the calming voice of reason on our team," Newington Town Councilor Kathy Gonzalez said, who presented on behalf of Tiniakos. "It is an absolute pleasure to serve with him."

Holness, Stamm, and Tiniakos received multiple commendations, including a citation from U.S. Rep. John Larson. Newington's state legislative delegation, State Sen. Matt Lesser (D-Middletown), State Rep. Gary Turco (D-Newington), and State Rep. Kate Farrar (D-West Hartford) presented each honoree with a citation from the Connecticut General Assembly.



"Wendy, Cindy, and AJ, thank you for all the work you've done—and will continue to do—to help elect the leadership our community deserves," said Newington Democratic Town Com-

mittee Chair John M. Kelly. "With your help and the help of all the people in this room, we will continue moving Newington in a positive direction."

### Church Bells Play Dedications

Church of Christ, Congregational, located in the center of Newington, is requesting song dedications from the community. The church carillon, which plays a variety of music throughout the year, is a mellifluous addition to the town's ambience. The carillon has a library of over 2,000 songs—both sacred and secular. The church welcomes your song requests. For a dona-

tion of \$100, you can choose the hymn or song you would like to hear each Sunday for a month. Some people honor their parents or spouse during their anniversary month. If you would like to request a song, or have questions, please contact Michelle Dixon at the church. (860) 666-4689 or [faceadmin@newingtonucc.org](mailto:faceadmin@newingtonucc.org)

### NHS 40th Reunion

Newington High School -Class of 1984 is celebrating their 40th Reunion

Indian Hill Country Club featuring Casa Mia on the Hill on July 19, 2024 at 6:00 PM-10:00 PM. Please email Paul Leckowicz [pjleckowicz@gmail.com](mailto:pjleckowicz@gmail.com) with any inquiries.

### NFD Pasta Dinner Fundraiser

Newington Fire Company #3 will hold its 12th Annual Pasta Dinner Fundraiser Saturday, May 4th, from 4-8pm at Newington High School, 605 Willard Ave. \$10 for adults; \$5 for kids 5-12 and seniors; under 5 are free. Help support your local firefighters!

### Newington High School Class of 1984 Reunion

Newington High School Class of 1984 is celebrating their 40th Reunion

Indian Hill Country Club featuring Casa Mia on the Hill July 19, 2024 6:00 PM-10:00 PM. Please email Paul Leckowicz at [pjleckowicz@gmail.com](mailto:pjleckowicz@gmail.com) with any inquiries.

### Izzy Segui Named to Hamline University Dean's List for Fall 2023

SAINT PAUL, MN (02/16/2024)-- Izzy Segui, of Newington (06111), was named to the Hamline University College of Liberal Arts Dean's List for the Fall 2023 term.

Segui was among 618 students to make the Dean's List in Fall 2023.

To qualify, students must earn a GPA of 3.5 or higher and complete a minimum of 16 credit hours.

Thank you for reading the Rare Reminder.

## INDOOR MULTI-FAMILY TAG SALE

### MAY 4TH & 5TH

Saturday 10am till 4pm  
Sunday 10am till 2pm

Vintage Finds →

Baked Goods →

Multiple Vendors →

Visit, Shop and Support Valley Shore Women's Club and The Hadlyme Hall  
63 Ferry Road Hadlyme

Interested in selling your wares?  
Email [valleyshorewomensclub@gmail.com](mailto:valleyshorewomensclub@gmail.com)  
**\$30 for a spot in the Hall!!**

### NEWINGTON TOWN PLAN AND ZONING COMMISSION

Notice of Public Hearing  
May 08, 2024 at 7:00 pm

Notice is hereby given that the Newington Town Plan and Zoning Commission will hold a Public Hearing in the Council Chambers, Room 103 at Town Hall, 200 Garfield Street, Newington, CT on **Wednesday, May 08, 2024** to consider the following petitions:

**Petition 8-24: Special Permit (Sec. 3.13 & Sec 3.12A) for a restaurant (café/coffee shop) at 39 East Cedar St. in the B-TC Zone (Business-Town Center Zone) and Town Center Village Overlay District. Applicant: Dee A. Wiltshire and Owner: ROMA Properties IV LLC, Contact: James A. Wiltshire.**

This public hearing will be a Zoom Webinar/Hybrid Meeting. Information on how to attend will be posted on the Town website at: <https://www.newingtonct.gov/virtualmeetingschedule>

These petitions and related material are available for public inspection at the Town Planner's office, Town Hall Room 204, and through the published agenda at the Town Plan and Zoning Commission agenda center: <https://www.newingtonct.gov/AgendaCenter/Town-Planning-Zoning-Commission-27>

Persons who require an accommodation to participate in this public hearing should contact the Town Planner at 860-665-8578 or [townplanner@newingtonct.gov](mailto:townplanner@newingtonct.gov) not less than 24 hours before the public hearing.

Submitted,  
Paul Dickson  
Town Planner



# What's Happening Wethersfield?

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## Dollars and Sense: What The Proposed Budgets Hold For Wethersfield Taxpayers

By Joan Hunt  
Staff Writer

WETHERSFIELD - It's that time of year again when the Town Council is tasked with finding a way to provide all the services the citizens of town need at a price they can afford to pay. It requires countless hours of preparation by school and town departments to create proposed budget requests, followed by meticulous reviews, the usual attempt at belt tightening, and a final result that never completely pleases everyone.

Last Monday night, the council held a public hearing to give residents a first look at Wethersfield's proposed budget for Fiscal Year 2024-25, which includes both the Board of Education side and that of the town.

On the Town side, Town Manager Fred Presley said that multiple opportunities exist right now to capitalize on available federal and state dollars, if the town steps up efforts to remain grant-acceptable.

"We also face many challenges, with our infrastructure, our school buildings, our town buildings, and many of our fields are in disrepair after decades of underfunding and neglect," he said.

"I believe the town staff and this council has to address that in a way that is sensitive to the realities of the financial situation that we have in town," Presley suggested.

To provide a picture of where Wethersfield stands at present, Presley began with a summation of some recent accomplishments.

Having completed a comprehensive classification and compensation study for town employees, which had not been done for many years, adjustments were made to increase efficiency and job retention.

The brown barrel yard waste collection program rolled out to an overwhelming response, with the initial 700 barrels selling out and a reorder on its way. Purchase of a barrel includes free

pickup on a regular basis.

In conjunction with the town of Rocky Hill, Wethersfield obtained a \$640,000 Safe Streets For All grant for the Silas Deane Highway to improve safety by slowing traffic and making the route more pedestrian-friendly.

According to state mandates, the town has hired consultants to create an affordable housing plan and to update the town's Plan of Conservation and Development. The regularly-scheduled town revaluation has also begun.

Some ARPA (American Rescue Plan Act of 2021) funds have been applied to several economic development projects to incentivize businesses to locate in town, and that is beginning to show a return.

The Wethersfield Housing Authority received a \$2 million grant for renovation projects.

Both the previous council and the present one have been working on a strategic plan for the town, which will be a comprehensive document to lead the town in setting priorities and directing spending.

Presley said the town's population is roughly 28,000 with a median household income of \$108,000, and the average assessed value of a single family home is about \$176,000. The average assessed market value is \$317,000, according to Realtor™ data. Wethersfield is largely built-out, he said, and it is predominantly residential, putting the lion's share of the tax burden on the residents.

The major drivers of the proposed 2024-25 Fiscal Budget for the town include contractual increases in salaries and health care costs. The Board of Education portion represents 52 percent of the total budget. Increases there are also predominantly based on contractual salaries and employee benefits.

"Public safety, physical services and public

works are also big drivers in our budget," said Presley. "The proposed budget has a mill rate of 44.87 for real estate and personal property, and the expectation is that it is going to come down as we work through the budget hearings and workshops," he said.

The Board of Education Budget

Both the town and the school district have been proactive about utilizing grant money and ARPA funds to keep expenses down in the recent past, but on the school side some of those funds are drying up. Superintendent of Schools Michael Emmett presented the Board of Education proposed budget for fiscal year 2024-25, which has already been trimmed due to shrinking state reimbursements.

"We had budgeted with a 58 percent cap on magnet school tuitions," said Emmett, but the cap was eliminated and that added \$414,000 to be accounted for in the proposed budget. The excess cost reimbursement for special education services was supposed to be 88 percent, but the state adjusted the reimbursement rate to 70.5 percent, which made for another \$378,000 surprise expense.

The district was taxed by the BOE to trim \$763,000 from its proposal before it went before the council on March 12. To do that, they had to remove an additional social worker to help with mental health issues in the elementary schools to offset grant-funded aid that is going away. They also removed the addition of a preschool section, including a preschool teacher and a preschool speech position, along with the request for three new preschool paraeducators. This was due to the state-mandated change to the age of eligibility for kindergarten attendance.

"We have multiple students that will no longer be eligible for kindergarten in the upcoming school year based upon the fact that they have a birthday after Sept. 1," Emmett explained.

"In addition to that, we are also looking at the elimination of our current math interventionist positions across the district," said Emmett. These were grant-funded positions associated with the new math program that was rolled out this year

that he had hoped to put into the operating budget for the upcoming year, but that won't happen now.

The proposed school budget currently stands at a 6.5 percent increase over last year. "As is the case every year, the bulk of our increases are based upon salaries and personal services, meaning benefits," Emmett explained.

"And in terms of supplies, I don't think I have to tell you inflation hit us hard," he said, noting that a box of paper alone has gone up 30 percent in the past two years. Also, the science of reading process called for all districts in the state to adopt a new reading program for the coming school year. Wethersfield will be receiving state grant funds to offset that expense, but the supplies must be born in the budget. Technology expenses are going up and some of the outdated Chromebooks must be replaced because they are no longer supported.

Those who spoke during the public hearing generally supported the proposed budget, although senior citizens living on fixed incomes said increases would be difficult for them to absorb. One resident, a retired teacher, described herself as an "in-between." She said she works as a substitute in area schools and has seen what happens in towns where schools are underfunded. "Is there a way to look at supporting seniors?" she wondered.

The budget process continues for the next few weeks. All hearings and workshops are open to residents and can be viewed on the town's YouTube channel, including those that have already taken place. These include the public hearing from this April 15 meeting, departmental reviews on April 17, April 24 and April 25, and the regular Town Council meeting on April 29. The budget must be adopted by May 15.

To view the full 248-page proposed Fiscal 2024-25 Town Budget, visit the town's website and click on Town Budget. To access the Board of Education's proposed 2024-25 budget document, visit the Board of Education website, and click on Finance and Operations.



### Regional Chorus To Present Annual Spring Concert May 4

Mark your calendars! "Sharing Our Love of Music" will be presented by The Middlesex Hospital Vocal Chords (MHVC) on Saturday, May 4, 7 pm at Portland High School, 95 High St., Portland.

Join us for a festive evening of music as our 90-voice chorus and 10-piece orchestra proudly perform a variety of musical favorites to enhance this spring season.

Samuel Tucker, our music director, has arranged a beautifully eclectic program that highlights the wide-ranging talents of this chorus. Musical pieces include patriotic arrangements, "The Battle Hymn," "An American Trilogy" as well as some old favorites, "When the Saints go Marching In," "Bridge Over Troubled Water" and "Singing in the Rain." Samuel has also included some newer pieces like "A Million Dreams" and a

medley from "The Temptations".

Alan Dougherty, our first-rate accompanist and his 10-piece orchestra will have you tapping your toes and even singing along!

Proceeds from the concert are returned to the community in the form of scholarships presented to graduating Middlesex County high school seniors pursuing a career in music or nursing. Thus far, we have awarded \$84,500 not including the scholarships that we will present at this spring concert. We are most grateful to Middlesex Health and to you, our loyal followers for your continued support.

Tickets are \$25. Call 860.347.2787 or 860.342.3120 for tickets or visit our website at [www.vocalchords20.org](http://www.vocalchords20.org). Follow us on Facebook, Instagram and You Tube.

### Wethersfield Police Department Teams with the Drug Enforcement for Drug Take Back Day

On Saturday, April 27, from 10 a.m. to 2 p.m., the Wethersfield Police Department and the Drug Enforcement Administration will host DEA's National Prescription Drug Take Back Day at locations nationwide. DEA and its partners will collect tablets, capsules, patches, and other solid forms of prescription drugs.

For more than a decade, the event has helped Americans easily rid their homes of unneeded medications—those that are old, unwanted, or expired—that too often become a gateway to addiction.

Take Back Day offers free anonymous disposal of unneeded medications at nearly 5,000 local drop-off locations nationwide.

National Prescription Drug Take Back Day  
Saturday, April 27, from 10 a.m. to 2 p.m.  
Wethersfield Police Department

250 Silas Deane Highway, Wethersfield, CT  
Since its inception, Take Back Day has removed 8,950 tons of medication from circulation in partnership with local law enforcement.

Collection sites will not accept syringes, sharps, or illicit drugs. Liquid products like cough syrup should remain sealed in original containers, with a tightly sealed cap to prevent leakage.

The FDA also provides information on how to dispose of prescription drugs properly. More information is available here: <https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>.

For more information about the April 27 Take Back Day event, go to [www.DEATakeBack.com](http://www.DEATakeBack.com) or contact Sgt. Jennie E. Rivera of the Wethersfield Police Department at 860-721-2916

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# What's Happening Wethersfield?

Send us your news!

We want to know what's going on in Wethersfield.

E-mail any news, photos, upcoming events or announcements to [editor@rarereminder.com](mailto:editor@rarereminder.com) or call 860-563-9386.

## Police Chief Reviews New Budget Requests. Spending Up 7%, Including Two Patrol Cars

By Joan Hunt  
Staff Writer

WETHERSFIELD - Police Chief Rafael Medina gave an overview of the police department before delivering his proposed budget for Fiscal Year 2024-25 last Wednesday evening. He said his force is budgeted at 50 sworn officers, but staffed at 45, and actively recruiting. Next, he defined the hierarchy of the department.

"The director of public safety is Town Manager Fred Presley, who I report to directly. I have a confidential secretary, a deputy chief (who I now need to replace as of yesterday), our EAP coordinator, our PIO community outreach, then three of the four division commanders are sitting up here," he said.

Of those, Lt. Gustavo Rodriguez oversees the detective division which includes six detectives; four that work general investigations, background and pistol permits, one assigned as a juvenile detective, and another attached to the DEA as a task force officer. Lt. Richard Holton is the commanding officer of the patrol bureau. He oversees the three shifts, the dispatch center, the school resource officers, DARE officers, the traffic and bike units, cadets and three officers who are assigned to the Capital Region Emergency Services team on a part-time basis.

Lt. James Buyak oversees professional standards and internal affairs, accreditation, recruitment and retentions, FOIA civil litigation, the training unit and the records unit. And Lt. Joseph Baich, who was not present that evening due to

professional training, oversees an administrative sergeant, the property control officer, the court liaison, the marine unit and manages the fleet and quartermaster.

The police department also oversees the part-time animal control officer, school crossing guards, building maintenance and accident reconstructionist and budget analyst, who works with all the lieutenants during bi-weekly budget meetings.

And that completes the circle, back to the this year's budget request, which Medina tracked against the one that was approved for the current fiscal year for around \$12 million.

"As of the last pay period, we have spent \$7.6 million of that budget. We have a remaining \$4.4 million, or 37 percent, with six pay periods remaining," he said.

"The majority of cost went to contractual salaries, health insurance, pension, defined contribution and workers' compensation," said Medina. "So, the bulk of my budget on the personnel side goes to contractual expenditures. What we can really try to manage or mitigate is the overtime, and that's what we will talk about."

Medina said that in October of last year, the department went to a 4/2 schedule, which is four days on and two days off. "It allowed for more officers on the street and the ability to give time off without accruing too much overtime and to utilize special days as training days that are paid for

up front that don't cost us on overtime," he said.

"We are starting to see a decrease, and when the new contract kicks in July 1, 2024, there are certain things that will be removed that will hopefully also reduce our overtime," he added.

Non-personnel expenditures that the chief is asking to increase in the new budget include copying, binding, and maintenance fees for law enforcement related equipment, uniforms and elevator maintenance.

"We are also requesting funding for a CIP of \$75,000 for enhancement of police parking," said Medina. This was suggested by the CIAC for fiscal 2024-25 as part of the five-year plan to expand the parking lot at the police station, move fences and gates.

He is also asking for two police cruisers to replace one that is no longer serviceable and another that was dead-lined on Sept. 1, 2023 due to safety concerns with the engine. The total cost of these additions, including package installations and rifle racks is \$133,808.

Noting that the first vehicle to be replaced, a Ford utility police interceptor SUV, only has 89,000 miles on it, Councilor Brianna Zambrello asked why it was no longer serviceable.

"Our vehicles run 24/7, so the engine is con-

### Wethersfield Art League Free Demo

Open to public

May 2 - Chris Ivers - We are honored to welcome international award-winning pastel artist Chris Ivers who has won numerous awards including being one of eight finalists worldwide in two of the IAPS cover competitions and placed First in Pastels in the Richeson 75 Landscape Show, WI. Two of her paintings were chosen as in the Pastel Journal's Top 100. Most recently she was awarded Best in Show at New Britain Museum of American Art and received her Medal of Honor from Audubon Artists.

6pm. May 2

William Pitkin Community Center

### New Age Fair

NEW AGE FAIR Sunday, April 28, 10 AM - 4 PM. 30 Greenfield St., Wethersfield. Readings, vendors, lectures, Free admission. [myasc.org/new-age-fairs/](http://myasc.org/new-age-fairs/) 860-568-8617.

stantly running," Medina explained. "So, in actuality it is an older engine than what is based on 89,000 miles." Later he mentioned that he has been looking into dual batteries for vehicles so that they could be turned off and the computers would still run and be instantly available when needed.

Mayor Ken Lesser commended the chief for having made "dramatic improvements" in the police department since he came to Wethersfield in November 2021. "If you get fully staffed with 50 officers, how do you think it will affect the overtime?" he asked.

"When we get fully staffed, that's going to affect the schedule. We'll be able to plug the hole, have less overtime and more ability for our officers to take time off," said Medina. "Right now, patrol is the primary backbone of the police department, and that's where we have to concentrate and make sure our officers are out servicing the community on the patrol side."

### Wethersfield Library Spring Book Sale

The Friends of the Wethersfield Library Spring Book Sale will be held on Sat. April 27th from 10:00-4:00 and Sunday April 28th from 1:00-4:00. On

Sunday a bag of books will be \$7.00 There will be a great selection of books, CD's, DVD's and audiobooks for children teens and adults. This is a good time to stock up for summer getaways or for some relaxing summer reading. Cash, checks, and credit cards are accepted.

### Newly-Retired Newington Women

Upcoming events:

May 3..NBMuseum..5:30

May 9..The Kate!..10am

May 15..Wellness fair..9:30

May 21..Clambake...8:30

Please email Jean Henry at [jphenry@cox.net](mailto:jphenry@cox.net)...

You don't have to be from Newington ; We have many members from Rocky Hill, Wethersfield, Cromwell, Glastonbury and West Hartford! Come join the FUN!

### GFWC Newington/Wethersfield Woman's Club Educational and Fun Afternoon

GFWC Newington/Wethersfield Woman's Club is pleased to present this educational and fun afternoon at the First Church of Christ, 830 Corbin Avenue, New Britain on Saturday, April 27 at 1:15pm. Admission is \$10 at the door. Coffee, tea and refreshments will be served; the program will start at 2:00pm followed by a Q&A session.

You are welcome to bring your old buttons to learn about their age and history. Be sure to

bring friends along to share this opportunity together! This will be a trip down memory lane to see these buttons as they were meant to be -- miniature works of art!

Club is a member of General Federation of Women's Clubs and GFWC/CT. As a non-profit service organization, club serves those in need in our communities and beyond since 1998. Should you have any questions, please call 860-986-9707. We hope to see you there!

### Wethersfield Chamber of Commerce Scholarship Application

The Wethersfield Chamber of Commerce will be awarding 2 scholarships to Wethersfield students graduating high school in May/June 2024 who are committed to attending an accredited university, college or a vocational-technical/trade school in the fall of 2024. For an application contact Ivana Marrero at 860-721-6200 or [Office@WethersfieldChamber.com](mailto:Office@WethersfieldChamber.com) Deadline extended to April 30.



#### LEGAL NOTICE OF DECISION

Town of Wethersfield

#### Inland Wetlands and Conservation Commission

The Wethersfield Inland Wetlands and Watercourses Commission held a public meeting on April 17, 2024 at 7:30 p.m. in the Town Council Chambers of the Wethersfield Town Hall, 505 Silas Deane Highway and made the following decisions:

**Application No. 775-24 Brandywine Village Condominium Association, 10 Barrington Drive, Parcel 036-005** to perform work in a regulated wetland and floodplain area was **DENIED without Prejudice.**

Inland Wetlands and Conservation Commission

John J. Mills IV, PE Inland Wetlands Agent

Duly Authorized

Dated at Wethersfield, Connecticut

this 18th day of April, 2024

042524

#### LEGAL NOTICE OF DECISION Town of Wethersfield PLANNING AND ZONING COMMISSION

The Wethersfield Planning and Zoning Commission held a public meeting on April 16, 2024 at 7:00 p.m. in the Council Chambers, 505 Silas Deane Highway, Wethersfield, Connecticut and made the following decisions:

**Public Hearing 2177-24-Z Wanlong He** seeking a Special Permit in accordance with Section 5.2.D.2 (Permitted Principal Uses) of the Wethersfield Zoning Regulations for proposed retail use with 3,000 to 20,000 sq. ft. of gross floor area at 1000 Silas Deane Highway – **TABLED to May 7.**

**Public Hearing 2178-24-Z Joshua Tryon** seeking a Special Permit renewal of Application No. 2092-21-Z in accordance with Section 3.5.1.B.4 (Permitted Accessory Uses) of the Wethersfield Zoning Regulations for the outside storage of a boat in the driveway at 42 Crest Street – **APPROVED with CONDITIONS.**

**Public Hearing 2179-24-Z Wethersfield Evangelical Free Church** seeking Resubdivision Approval to create a new lot (Lot B), for a total of two lots at 495-511 Maple Street – **APPROVED with CONDITIONS.**

Planning and Zoning Commission

Justin LaFountain, AICP, Town Planner

Duly Authorized

Dated at Wethersfield, Connecticut,

this 17th day of April, 2024

042524

#### LEGAL NOTICE Town of Wethersfield PLANNING AND ZONING COMMISSION

The Wethersfield Planning and Zoning Commission will hold a public hearing on Tuesday, May 7, 2024 at 7:00 p.m., Town Hall Council Chambers, 505 Silas Deane Highway, Wethersfield, Connecticut.

**Public Hearing 2177-24-Z Wanlong He** seeking a Special Permit in accordance with Section 5.2.D.2 (Permitted Principal Uses) of the Wethersfield Zoning Regulations for proposed retail use with 3,000 to 20,000 sq. ft. of gross floor area at 1000 Silas Deane Highway – Tabled from 4-16-24.

**Public Hearing 2181-24-Z AM Group** seeking a Special Permit in accordance with Section 5.2.A.2 (Permitted Principal Uses) and a Waiver in accordance with Section 5.4.B.1 (Dimensional & Area Requirements) of the Wethersfield Zoning Regulations for a four (4) story mixed-use building at 718 Silas Deane Highway.

**Public Hearing 2182-24-Z Magdalena Pelc** seeking a Special Permit in accordance with Section 3.5.1.B.4 (Permitted Accessory Uses) of the Wethersfield Zoning Regulations for the outside storage of a Camper/RV over 18' in length in the driveway at 100 Wilmont Street.

Planning and Zoning Commission

Justin LaFountain, AICP, Town Planner

Duly Authorized

Dated at Wethersfield, Connecticut,

this 17th day of April, 2024.

042524

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**April 28 - June 30**  
**8 AM - 2 PM**

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[FleaMarket@cox.net](mailto:FleaMarket@cox.net)  
860-667-2754

**AL-ANON FAMILY GROUPS:** Problem drinking affects as many as one in four people in our community, but many are still uninformed about Al-Anon Family Groups, free services to friends and families who suffer from a loved one's drinking. Please call 1-888-425-2666 (1-888-4AL-ANON).

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## Mother's Day Weekend Plant Sale

The Annunciation Womens Guild will hold their Annual Mother's Day Weekend Plant Sale on Friday May 10th and Saturday May 11th, 2024. It will be held at Holy Spirit Church hall, 183 Church St. Newington, from 9:00 am to 2:00 pm. Plants include geraniums, herbs, some vegetables, annuals, hanging baskets and planters. Please contact Jackie Gilligan at 860-667-1441 or Jeran Fuzie at 860-667-0690 for any questions. This fundraiser allows us to use the profits to benefit our parish and community through our many purchases, donations and events that we provide. This is a perfect opportunity to buy a Mothers Day flower basket and gifts, or to obtain quality plants to start your garden.

## Newington Fundraising Program

Every month, a local non-profit or civic group enrolls to be the recipient of the cans and bottles that are donated to the new shed located in the back gravel parking lot at Churchill Park. Throughout the month, volunteers from the organization return the cans and bottles to generate revenue for their group. We would like to give your organization a specific month to benefit from the profits of the donated cans and bottles. All you have to do is bring the bags of donations to a local return center and they will pay you based on the weight of the bags. No sorting necessary! For those of you who haven't yet brought their cans and bottles to the shed, the Newington Parks and Recreation Department strongly encourages you to make a New Year's Resolution and drop off bags of bottles and cans to help out these non-profit organizations in town. If you are in a local non-profit organization and are interested in receiving donations, all you have to do is call the Parks and Recreation office at 860-665-8666 for more details. Remember, with Newington Parks and Recreation, we are building a strong community.

## Annual Spring Rock Hunt

Cromwell Creative District (CCD) is again collaborating with other groups in town to offer the annual spring hunt for painted rocks. This year, the event aims to bring attention not only to the wonderful nonprofits Cromwell has to offer (each nonprofit will have painted rocks with their logo or initials on them) but also to highlight the businesses #inthedistrict by placing a rock from each nonprofit at every business and park downtown. There are 34 locations (business and municipal) #inthedistrict. Visit [www.cromwellcreativedistrict.org](http://www.cromwellcreativedistrict.org) to view a map of the district if you are unsure where to search for rocks. The hunt will begin Saturday April 27 and residents can keep any rocks they find. There will be no scavenger hunt or contest this year, instead, CCD hopes you will enjoy the local parks and provide patronage to the businesses downtown. Happy Spring!

## Friendship Force Call for Members

Friendship Force Connecticut is active and traveling and accepting new members! Our chapter has resumed full travel activities, as well as monthly group social activities (Kent Falls, Providence Gondola rides, Culinary Inst of Amer, CT Antique Machinery Museum, and many others this year). Our members travelled to Cornwall, UK this last year, where we stayed in the homes of the host club members and explored castles, bio domes and the Lost Gardens of Heligan, while sharing meals with the local residents. In May 2024, we will be hosting ambassadors from Niagara, Canada and showing them the wonders of our state. Then, we will be traveling to Santa Barbara followed by San Francisco. Some of our members might even join the Boston chapter on their trip to Brazil in March. For more information about our chapter and on how you can join, visit [facebook.com/ffconnecticut.org](http://facebook.com/ffconnecticut.org), email [ffconnecticut@gmail.com](mailto:ffconnecticut@gmail.com) or go to [friendshipforce.org](http://friendshipforce.org)

## Giant Tag Sale

The annual spring tag sale at the Marlborough Congregational Church, 35 South Main St. is bigger than ever. The tag sale will be held Saturday, May 4, 2024, from 9 a.m. to 1 p.m. The Fellowship Hall and several classrooms will be filled with a huge selection of household and seasonal items, linens, vintage, toys and games, collectibles, framed artwork, electronics, small appliances, clothing, furniture, and much more. Shoppers are asked to make a generous donation as everything is price your own. A bake sale, sponsored by Dorcas Women's Fellowship, will feature a wide selection of homemade baked goods.

## RHHS Visitors Welcome

The Rocky Hill Historical Society welcomes visitors on Saturdays, 12:30-3:00 p.m. Special meetings can be arranged by calling 860-563-6704. We have over 400 years of Rocky Hill history accessible to visitors; we have docents who love a chance to share their enthusiasm over our community. We are a grateful part of the larger Rocky Hill community-come on down!

## Church Bells Play Dedications

Church of Christ, Congregational, located in the center of Newington, is requesting song dedications from the community. The church carillon, which plays a variety of music throughout the year, is a mellifluous addition to the town's ambience. The carillon has a library of over 2,000 songs--both sacred and secular. The church welcomes your song requests. For a donation of \$100, you can choose the hymn or songs you would like to hear each Sunday for a month. Some people honor their parents or spouse during their anniversary month. If you would like to request a song, or have questions, please contact Michelle Dixon at the church. (860) 666-4689 [officeadmin@newingtonucc.org](mailto:officeadmin@newingtonucc.org).

## Invitation to Crafters to Participate in

### Bolton Church Fair

St. George's Episcopal Church is inviting crafters to rent a booth at the church's 48th Annual Craft and Harvest Fair. The event will be held on Saturday, September 28, 2024 from 9:00 AM to 3:00 PM on the church lawn at 1150 Boston Turnpike, Route 44, Bolton, CT. Registration deadline is September 1. For further information, please email [bkalina333@gmail.com](mailto:bkalina333@gmail.com) or call 860.643.9203.

## Newington Art League to Host Free Art Demonstration

The Newington Art League (NAL) will conduct its general membership meeting on Wednesday, May 8th at 6:30 PM, in the Ceramics Room at the Newington Senior and Disabled Center. The address is 120 Cedar St, Newington, CT 06111. Following this short meeting, artist Julie Phillipps will conduct a watercolor demonstration. The meeting and demonstration are free and open to the public. J. C. Phillipps is an artist living in West Hartford, CT. She has written and illustrated four published picture books as well as the graphic novel series, Pacey Packer Unicorn Tracker. Julie is also a watercolor artist who co-founded the WeHa Artists Emporium and shows locally at Celebrate West Hartford and other venues. You can see her recent work via her Instagram page [@jcphillipps](https://www.instagram.com/jcphillipps).

## Join Wethersfield Dollars for Scholars

Wethersfield Dollars for Scholars has been awarding scholarships to graduating seniors residing in Wethersfield, who are continuing their education at an accredited secondary school. Founded in 1975, volunteers have worked hard to help our town's students. To continue this great work, we need your assistance. We are looking for volunteers to join us in planning our annual golf outing, assist with our mailings, become a part of the scholarship selection process, plan our annual awards ceremony or assist with the long-term financial planning so Wethersfield Dollars for Scholars can continue to assist future students. If you are interested in becoming part of our organization, please call Mario Pace 860-748-0837.

## Middletown PrideFEST June 1

Middletown Pride announced its sixth annual Middletown PrideFEST, scheduled for Saturday, June 1, 2024. Get ready to kick-off Pride Month with the state's largest Pride event! Middletown PrideFEST is an all-afternoon street festival that includes family friendly fun and activities for all ages from 12pm - 10 pm. PrideFEST consists of the Middletown Pride March down Main Street, our Pride Rally on the South Green, two Pride Showcase Concerts, and a Tea Dance. Vendors and food trucks will be located on Main Street, and a 21+ area will offer cocktails and adult beverages with a perfect view of the South Green Stage. Applications for vendor spaces, marching groups, performers, volunteers, and sponsors will go live on January 1, 2024. Visit <https://middletownpride.org/> for more details and information regarding the day of PrideFEST and how to get involved!

## Notre Dame Church Tag Sales

WE ARE BACK 2024! NOTRE DAME CHURCH MONTHLY TAG SALES, SATURDAY, MAY 4, at 272 Main St., DURHAM from 8 AM to 1 PM RAIN OR SHINE! OUTSIDE you will find records, tapes, cd's, books, pictures and frames, baskets, electronics, sporting equipment, and a full range of miscellaneous tag sale items. INSIDE our Church Hall we have a huge assortment of clothing, toys, jewelry, china, a variety of linens, kitchen supplies, craft supplies, and more. See you at our next Saturday TAG SALE.

## Green Expo Seeks Participants

The Rocky Hill Congregational Church's fourth annual Green Expo will be held on Saturday, June 8, 2024 from 10 am to 1 pm. We are seeking environmentally and ecologically-focused participants. Our 2023 Expo had a wide variety participants, including bee and pollinator educators, environmentally-friendly products, land trust representation, the Cora Belden Library and Rocky Hill Historical Society presentations, electric bikes and electric cars. Do you sell green-focused products? Do you represent ecologically-supportive businesses? There is no charge for a table space. Our space is limited, so please let us know as soon as you can, if you are interested in participating. Please contact Sandi Kelly: [sandict@cox.net](mailto:sandict@cox.net) or 860-930-6787.

## CPD Food Pantry is Open

The Cromwell Police Department's free food pantry is open. The pantry is available 24/7 in the Cromwell Police Department lobby at 5 West St. Cromwell PD takes donations for non-perishable foods, hygiene products, and bottled water/juices! The Animal Control Officer also has cat/dog food available upon request!

## AOH May Food Drive

The Ancient Order of Hibernians Hartford Division 2 is sponsoring a Food Drive on Sunday, May 19 from 9:30 a.m. to 10:30 a.m. Collection will take place at Christ the King Parish at 601 Silas Deane Highway in Wethersfield in the parking lot that is between the church and the middle school. The food will be given to the pantry at Saint Augustine Church in Hartford. Please bring non-perishable items with canned meats and soup in the greatest need in addition to pinto and pink beans. We are also looking to collect cooking oils, spices, and condiments.

### Arts & Crafts Festival

The Wethersfield United Methodist Church will be holding their 4th annual Arts & Crafts Festival on Saturday, October 12, 2024, from 10am to 3 pm at 150 Prospect Street in Wethersfield. Crafters are welcome to submit their applications by contacting Gary at 860-806-0609 or emailing [bristolgary1@gmail.com](mailto:bristolgary1@gmail.com). The cost of the booth is \$30 per space and each space is \$30. We will have a limited number of indoor spaces on a 1st come 1st serve basis for \$40 per space. Each outdoor space is 10x10. For any questions, please call or email the church.

### Comedy Show Fundraiser

We invite you to join us on Saturday, May 4, 2024 for a family friendly evening featuring three professional comedians. The Comedy Show will be held at Holy Spirit Church Hall, 183 Church Street, Newington. Doors open at 6PM, and showtime is 7PM. Please feel free to bring your own food and drinks to enjoy. The evening also includes raffle prizes and complimentary popcorn, and water. The ticket price is \$25. Please contact Jay Dumais at (860)-836-8243 for tickets or any questions.

### Spring Plant and Baked Goods Sale

All are welcome! Please come to our Spring Plant and Baked Goods Sale at the Rocky Hill Congregational Church, 805 Old Main Street, Rocky Hill, CT 06067, from 9 AM to 1 PM on Saturday, May 11, 2024. You'll find a wonderful variety of Annual, Perennial, Vegetable and Herb plants, beautiful Flowers, Hanging Baskets, and yummy Baked Goods. Come buy your Mom a beautiful plant and delicious baked items for Mother's Day! Handicap accessible and free parking.

### Libraries Need Friends!

The Friends of the Wethersfield Library would like more community members to join us for Friend events such as: the continuous book sales in the Library book nook, raffles, periodic pop-up book sales and others help raise funds to expand Library programs. These include, but are not limited to Summer Reading, museum passes and occasional Library improvements. Friends volunteer opportunities include: sorting book donations, book sales, technology support, marketing, publicity social media and membership.

### Dancing With Your Brush

Wethersfield Art League - Dynamic and popular artist, Jane Zisk, founder of the Ct Pastel Painters Society, will lead this workshop featuring the art of loosening up and introducing the spirit of your artistic self! Participants will come with their own supplies, either acrylics or oils, reference photos and a finished painting to discuss. Jane can help determine where you are and where you're trying to go in your work. This one day workshop will be held at the Little Red Schoolhouse, 193 Wells Rd. Wethersfield, April 27 from 9-1 pm. \$40 for sponsors, \$50 for non sponsors. Registration and payment must be complete by April 13.

### Cromwell Creative District

Cromwell Creative District (CCD) is a volunteer-run non-profit aimed at revitalizing downtown Cromwell by celebrating our vibrant history, bolstering our current resources, and creating opportunities for future growth through programs, events, and public art. We are currently in need of individuals with strengths or interest in the following areas: fundraising or grant-writing, creative thinking and planning, task-oriented workers to assist with projects, and those interested in leadership roles within the executive board. Visit [www.cromwellcreativedistrict.org](http://www.cromwellcreativedistrict.org) to learn more about CCD, and follow us on Facebook and Instagram. If interested in becoming involved, email CCD at [cromwellcreativedistrict@gmail.com](mailto:cromwellcreativedistrict@gmail.com).

### Cromwell High School Class Reunion

Cromwell, CT - The Cromwell High School Class of 1984 is planning its 40th year reunion. The reunion will be held on Saturday, August 3rd, 2024. The planning committee is looking for information on Cromwell classmates who graduated in 1984 from Cromwell High School. We are also seeking Cromwell classmates who went to school with the class of 1984 but graduated from another area high school. Our goal is to reconnect with as many classmates as possible. 1984 graduates who wish to be added to the contact list or have any questions should send an email to Jennifer Polke Slifer at [1984chsreunion@gmail.com](mailto:1984chsreunion@gmail.com).

### Newington Student Assistance Loans

The Newington Student Assistance Fund (NSAF), is a non-profit organization whose mission, since 1966, is to assist residents of Newington obtain post-secondary education or training. Loans are available to any Newington resident. The application for loans is available to download on the website at [www.nsafinfo.org](http://www.nsafinfo.org). Completed applications must be attached in an email and emailed to: [loans@nsafinfo.org](mailto:loans@nsafinfo.org) no later than noon on June 7, 2024. While the Newington High School Counseling department will continue to have the loan application information on their website, applications are not accepted by them. For more information or questions, please go to [www.nsafinfo.org](http://www.nsafinfo.org). The loan amount for the 2024-2025 academic year is \$2,000 and students may reapply each year. All loans are interest-free. In addition, loan recipients pay the principal back in monthly installments following graduation or the termination of studies/training which also allows for the continuation of providing new loans.

### Single May Dance

MAY 17 (Friday) SINGLE MAY DANCE at Polish American Club, 541 North Main Street, Bristol from 7 to 11 pm. We'll dance to the music of our DJ Cadillac Jack. It will be a fun night! You can purchase food at the open kitchen from 7-9 pm. Dress to impress and door prizes. Admission \$17. For info, call Gail at 860-463-6906. Sponsored by Singles Social Connections.

### BHS 50th

#### Reunion

The Berlin High School class of 1974 is celebrating their 50th reunion on June 8th, 2024 at the Italian American Club in Berlin. We are searching for all classmates, friends, and teachers. Please send contact info to Barbara Fappiano Nieman at [Niemabf@aol.com](mailto:Niemabf@aol.com). Help spread the word!

### Food Pantry

Saint Paul's Lutheran Church Food Pantry, at 371 Wolcott Hill Road in Wethersfield is open Thursday's between 10 a.m. and 1 p.m. All are welcome. Feel free to call 860-529-5397 with questions. 031022

### WHS 60th

#### Reunion

Wethersfield High School "Class of 1964" will be holding their 60th Reunion on Saturday, September 28, 2024. The reunion will be held at The Back Nine Tavern at Stanley Golf Course in New Britain, CT. We are searching for all classmates and friends. More information is on our Facebook page: Wethersfield High School (Connecticut) Class of 1964. Contact Bob Jinks at [1106raj13@gmail.com](mailto:1106raj13@gmail.com) for more information.

### Annual Mission Tag Sale

SAVE THE DATE: Our Annual Mission Tag Sale at Third Congregational Church (94 Miner St Middletown) is on Friday, May 3rd from 4-6 p.m. and Saturday, May 4th from 8-12. We will have many items for sale from clothing to kitchen to electronics and more. All sales benefit our Mission Programs throughout the year.

### NHS 50th

#### Class Reunion

The Newington High School "Class of '74" has announced their exciting 50th Reunion plans! The main event will be on Saturday, September 28th at Casa Mia on the Hill (Indian Hill Country Club) in Newington, from 5:30pm-10:30pm. The cost of the event is \$90 per person. No tickets for this event will be sold at the door. The cutoff date is Friday, September 6th. Payment details will be coming in an email from Lynne Fournier. Please email her at [lfournier@aol.com](mailto:lfournier@aol.com) with any questions, or if you don't receive the email by March 31st. If you do not have an email please call Lynne at 860-438-7311. Can't wait to see everybody!



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**TAG SALE:** April 27th. 44 Highview Avenue, Wethersfield. 9am-12pm. Household items, toys, clothing, tools & furniture.

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**THE CONNECTICUT TREE PROTECTIVE ASSOC., INC.** wishes to remind property owners that firms or individuals contracting for tree care services must hold a state Arborist's license. Unlicensed parties are subject to prosecution by the state.

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- Rivereast News Bulletin, mailed Fridays to 27,500 homes in Portland, East Hampton/Cobalt/Middle Haddam, Marlborough, Hebron/Amston, Andover and Colchester.

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**Wethersfield Chamber Scholarship**

The Wethersfield Chamber of Commerce will be awarding 2 scholarships to Wethersfield students graduating high school in May/June 2024 who are committed to attending an accredited university, college or a vocational-technical/trade school in the fall of 2024. For an application contact Ivana Marrero at 860-721-6200 or [Office@WethersfieldChamber.com](mailto:Office@WethersfieldChamber.com) Deadline extended to April 30.

**CARPENTER/INTERIOR REMODELING:** Roofing/Siding, Building/Remodeling. Kitchens, Bathrooms, all phases of interior and exterior remodeling. Small jobs welcome. Call now 860-262-0865.

**BUYING ANTIQUES & OLD STUFF:** Bottles, crocks, jugs, pottery, costume jewelry, toys, games, sterling, watches, coins, glassware, silver plated items, typewriters, sewing machines, military, bar items, tools, hunting, fishing, kitchenware, cookware, all advertising items, clocks, lanterns, lamps, radios, Christmas, knives, license plates, Masonic, fire department, books. Beer cans, advertising tins. Donald Roy 860-874-8396.

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**GREEN GIANT:** and Emerald Green Arborvitae. 5 to 6 ft. and 4 to 5 ft. Located in Berlin CT. 860-990-9970.

**WMGC Plant Sale**

Wethersfield Men's Garden Club (<https://www.facebook.com/Mens-Garden-Club-of-Wethersfield-165623468911>) will hold its annual plant sale from 9am to 1pm on Saturday May 11 in the Wethersfield Town Hall parking lot (515 Silas Deane Highway). The sale features heirloom and conventional flowers, shrubs and vegetables, including Webb-Deane-Stevens samples. Proceeds from the sale support multiple local garden/agricultural charities and maintenance of the Frank Weston Rose Garden next to the Wethersfield Town Hall. 10% off your purchase with a paper copy of this notice.

**Spring Book Sale**

The Friends of the Wethersfield Library Spring Book Sale will be held on Sat. April 27th from 10:00-4:00 and Sunday April 28th from 1:00-4:00. On Sunday a bag of books will be \$7.00 There will be a great selection of books, CD's, DVD's and audiobooks for children teens and adults. This is a good time to stock up for summer getaways or for some relaxing summer reading. Cash, checks, and credit cards are accepted.

**Rocky Hill Farmers Market**

Rocky Hill Farmers Market is moving to Tuesdays!! We're on the lookout for farmers, artisans and young entrepreneurs to join us. Let's unite in supporting our local community! Mark these dates in your calendar: 7/9, 7/16, 7/23, 7/30 & 8/13. All markets will take place at Elm Ridge Park (376 Elm Street) from 4-7 p.m. For more information please call the Parks & Recreation Department (860) 258 2772.

**Mason Community Breakfast**

The Newington Masons have a community breakfast the first Sunday of every month! Come join us. Price is just \$10,(\$5 for children) and includes eggs, bacon, sausage, homefries, pancakes, coffee, toast & juice and the "Surprise Special". The Mason hall is located at 80 Walsh Ave(behind CVS) . Breakfast is held from 7:30-11a.m.

**Wethersfield Art League Free Demo**

May 2 - Chris Ivers - We are honored to welcome international award-winning pastel artist Chris Ivers who has won numerous awards including being one of eight finalists worldwide in two of the IAPS cover competitions and placed First in Pastels in the Richeson 75 Landscape Show, WI. Two of her paintings were chosen as in the Pastel Journal's Top 100. Most recently she was awarded Best in Show at New Britain Museum of American Art and received her Medal of Honor from Audubon Artists. 6pm. May 2 at the William Pitkin Community Center.

**Help Our Concert Series!**

Concerts at Church of Christ, Congregational are free admission, but we fund them through donations by the audiences and generous annual donors. If you've given in the past--thank you! Would you please help us again this season? If you've never given, please consider helping present all of our concerts with a donation. . You may send a check to the church (Church of Christ, Congregational, 1075 Main Street, Newington, CT 06111) or leave it in the offering plate. Please make a note on your check ("concert series"). You can also donate at [newingtonucc.org](http://newingtonucc.org).

**Social Justice Coalition**

The Town of Wethersfield and Wethersfield Public Schools invites community members to join the Social Justice Coalition. The Coalition explores topics related to equity, diversity, and cultural responsiveness in order to create significant, sustainable, and meaningful change. It is composed of Wethersfield residents, including students, parents, representatives from community agencies, elected officials, and more. For meeting dates and details, visit [www.wps.wethersfield.me/our-town-social-justice](http://www.wps.wethersfield.me/our-town-social-justice).

**Meals on Wheels Seeks Volunteers**

You can help deliver meals to shut in seniors by donating your time for as little as two hours per week; or even per month. We are in dire need of senior volunteers to help deliver to our local sites in Cromwell, Portland, and East Hampton. Volunteer slots are 10:30 AM-12:30 PM. Contact Yahaira Santiago at [santiagoya@crtct.org](mailto:santiagoya@crtct.org) or 860-539-6233 for more info.

**Support for the Visually Impaired**

The National Federation of the Blind of Connecticut (NFB of CT). Meetings will be held on the third Saturday of each month. At chapter meetings, we gather and exchange ideas, share and discuss concerns and aspirations, raise and promote awareness of the capabilities of blind people, and make plans for outings and events. For more information, contact Melissa Thompson at 860-922-4949 or email her at [lady1mnt@yahoo.com](mailto:lady1mnt@yahoo.com).

**Tax Savings for Newington Vets**

The maximum income limit for Newington's low-income based veterans exemption program has been increased from \$45,000 (for married and single) to \$47,800 for Single and \$56,600 for Married. These new income limits are in effect for this filing period, applications are due by October 1, 2023. If you have already applied this year (having applied in 2023) there is no need to re-apply. If you are a veteran who has never been on the program and feel you may qualify, or did not qualify under old income limits, however may qualify under the new income limits - Please Apply. Contact the Assessor's Office at 860-665-8530 or [assessor@newingtonct.gov](mailto:assessor@newingtonct.gov) for more info.

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**ESTATE TAG SALE:** 74 Pine Ridge Dr. Andover, CT. Saturday May 4th from 9-3. 860-508-1062. Dining room table set, couches, wingback chairs, recliners, and house contents at low prices.

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**ST. JUDE:** Thank you again for answering my prayers. Publication promised. M.N.

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**GARAGE SALE:** 48 McKenzie Street Middletown Sat April 27, 2024 8am -2pm. Rain or shine. Power tools, broken power tools, hand tools, survey equipment, garden tools, household items, IT, stereo components, programming books.

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## 4 Stretches That Can Help To Alleviate Lower Back Pain

Lower back pain is a big problem. Though that's likely no surprise to people who suffer from lower back pain, the scope of the problem is perhaps wider than many may realize.

A recent study conducted by the Institute for Health Metrics and Evaluation at the University of Washington found that lower back pain affects 619 million people across the globe. Researchers behind the study, which was published in *The Lancet Rheumatology* in 2023, estimate that 843 million people will suffer from lower back pain by 2050.

Lower back pain can have an adverse effect on quality of life. The good news is that people are not helpless against lower back pain. In fact, the American Association of Neurological Surgeons notes roughly 90 percent of lower back pain cases are temporary and treatable without surgery. Stretching can help individuals alleviate lower back pain, and the following are four stretches that can be performed at home without expensive equipment.



- 1. Knee-to-chest stretch:** This stretch is straightforward. Lie on your back with your knees bent and feet flat on the floor. Grab one leg beneath the knee with both hands, interlocking your fingers, while keeping the other leg flat on the floor. Pull the knee up toward your chest, holding the stretch for 15 to 30 seconds. New York Presbyterian advises keeping the lower back pressed to the floor for the duration of the stretch, which can be repeated with the opposite leg. Perform the stretch between two and four times for each leg.
- 2. Trunk rotation:** When beginning a trunk rotation, lie on your back and bring the knees up toward your chest. The online medical resource Healthline notes the body should be positioned as if you're sitting in a chair. Extend arms out to the sides fully, with palms facedown on the floor. With knees together and hands on the floor, roll both bent knees to one side and hold for 15 to 20 seconds. Return to the starting position and then do the same for the opposite side, repeating several times for each side.
- 3. Cat-cow:** Various yoga exercises, including the cat-cow, can help to alleviate lower back pain. The British Heart Foundation recommends beginning slowly when attempting to alleviate lower back pain, doing the cat-cow 10 times, once or twice a week. Kneel on all fours with hands flat on the floor and arms positioned straight under the shoulders and knees directly below the hips. Breathe in as you drop your stomach toward the floor, arching the back and looking up to the ceiling. Hold for one to two seconds, then reverse. Breathe out as you pull your stomach back toward the back, rounding your back upwards and dropping the head toward the floor.
- 4. Seated hamstring stretch:** The seated hamstring stretch can be beneficial because Healthline notes tight hamstrings are believed to be a common contributor to lower back pain. Stretching the hamstring muscles helps to release tension in the spine. Sit on the floor with one leg out in front of you and hook a bath towel around the heel of your foot. Gently bend forward at the hips, brining the belly down to the thighs. Keep your back straight as you grab the towel so you can bring the belly closer to your legs. Healthline advises keeping the stretch until you feel mild tension in the lower back and the back of the leg. Hold for 10 seconds, rest for 30 seconds and repeat three times for each leg.

Lower back pain is a common but treatable problem. These stretches and more can help people overcome lower back pain and improve their quality of life.



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## Did You Know?



No one is immune to migraine headaches, including children. According to the American Migraine Foundation, approximately 10 percent of children experience migraines. Children may be more likely to experience migraines if a parent or both parents get them. The AMF notes that children with one parent who suffers from migraines have a 50 percent chance of getting them as well, and that increases to 75 percent among children who have two parents that experience migraines. Children may even exhibit signs of migraines as early as infancy, as the AMF reports that colic in infants is a potential early indicator of migraines in youngsters.

that experience migraines. Children may even exhibit signs of migraines as early as infancy, as the AMF reports that colic in infants is a potential early indicator of migraines in youngsters.



**COMING  
MAY 23<sup>rd</sup>**

**ATTENTION  
CONTRACTORS!**

2024 Summer

## HOME & GARDEN GUIDE

The Summer 2024 Home & Garden Guide will be inserted into the Rare Reminder and Middletown Chronicle and MAILED to more than 55,000 homes in Newington, Wethersfield, Rocky Hill, Cromwell, and Middletown.

Our readers look forward to receiving the Home & Garden Guide and will retain it for reference. The guide features many services needed to assist homeowners in maintaining and improving their homes...both inside and out.

Published **May 23, 2024**  
Deadline **May 9, 2024**

**BONUS!!!**

Re-run your home improvement ad (with no changes) the following week (May 30) in the Rare Reminder and receive that ad at 1/2 price!

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# Wethersfield Senior Center News

Brought to you by Wethersfield Senior Citizen Advisory Committee

## Wethersfield Senior Center MAY Programs

(o) 860-721-2770 • [www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center) • (c) 860-781-0300

email: [senior.center@wethersfieldct.gov](mailto:senior.center@wethersfieldct.gov)

**IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP FOR 2024, PLEASE STOP BY OR VISIT ONLINE:**

ALL PROGRAMMING & SERVICES REQUIRE 2024 WETHERSFIELD SENIOR CENTER MEMBERSHIP

**2024 MEMBERSHIP DUES: \$5 FOR WETHERSFIELD RESIDENTS - \$7 FOR NON-RESIDENTS**

THANK YOU FOR YOUR CONTINUED SUPPORT THAT HELPS US PROVIDE ONGOING SERVICES AND PROGRAMMING!

**CENTER CLOSED MONDAY, MAY 27TH**

### LUNCH & LEARN: BUILDING COMMUNITY IN AN ISOLATED WORLD

**THURSDAY, MAY 16 AT 12:30PM Lunch / 1:00PM Presentation**

Free workshop presented by Maggie Downie, Personal Euphoria; sponsored by the Wethersfield Senior Citizen Advisory Committee. Presentation held in the Banquet Room. We live in a world directed at small, handheld screens that isolate us. We are hungry for and require a sense of community. In this busy, hectic world how can we build the community people so desperately need? The answers to building community may be quirkier and produce more wonder and attention than you think. Selecting unique programming and ideal locations can build lasting bonds. This workshop will review in-person and virtual tools to bring people together.

**Workshop includes free lunch & take away gift. Lunch: assorted deli sandwiches, chips, slaw, potato salad & dessert.**

**RAFFLE: Amazon's Newest Fire Tablet & Case (\$180 value) \$1 for 1 ticket/\$5 for 8 tickets. Raffle prize donated by Wethersfield Tech Help for Seniors.**

This event is open to the public. RSVP by May 10 appreciated. Walk-ins welcome.

### LUNCH & LEARN: "PEARLS FROM CAROL"

**THURSDAY, MAY 2 AT 12:30PM Lunch / 1:00PM Presentation**

Presented by Albert Rugerio, spouse of the author "Pearls from Carol"

Join us for an afternoon of thought-provoking and "laugh out loud" funny short stories, as well as music and sing-a-long. A unique program which is sure to entertain. Books will be available to purchase. Lunch includes assorted finger sandwiches, sides and dessert. Raffle. RSVP appreciated: walk-ins welcome. Classroom S3

### KNOWLEDGE & NIBBLES: FREE FALL PREVENTION INTERACTIVE SEMINAR

**TUESDAY, MAY 7 AT 1:00PM**

Physical Therapists from Roba Physical Therapy of Newington will teach us strategies and empowering techniques to staying steady on your feet. Learn how to prevent falls and maintain mobility. Following the presentation, members are invited to a Strength Conditioning and Balance Exercise Class. This class will be offered as a weekly exercise program in the fall. Healthy snacks will be provided during the presentation. Please RSVP by May 3 appreciated. Walk-ins welcome.

### DERBY DAY with ANNETTE

**THURSDAY, MAY 9 AT 12:30PM**

Off to the races! A fun day with friends, food & laughter! Pick your favorite horse to be the winner while you enjoy appetizers and delicious Derby mocktails. 25¢/\$1 bets or simply come to cheer on the competitors.

### AFTERNOON TEA & DELECTABLE DELIGHTS with ANNETTE FOLLOWED BY VIEWING OF DOWNTON ABBEY NEW ERA

**MONDAY, MAY 13 AT 12:30PM**

Learn all about English tea traditions and etiquette, followed by a viewing of Downton Abbey: A New Era. Tea sandwiches, scones, dessert, hot tea, (and iced tea) will be served.

### INTERNATIONAL DANCE with WETHERSFIELD HIGH SCHOOL

**SATURDAY, MAY 18 AT 5:00PM**

Join the WHS Interact Club for an evening of great food, fun, and music! Tickets in advance \$10; after May 11th \$15. Buffet dinner includes choice of chicken or fish. Call or email the Senior Center 860.721.2770 or Nella, Interact Club Advisor 860.571.8284 for more information. Tickets can be purchased in person at the Senior Center.

### MAY ENTERTAINMENT with TOMACA

**MONDAY, MAY 20; LUNCH SERVED AT 12:30PM, ENTERTAINMENT BEGINS AT 1PM**

Dynamic vocalist, Tomaca, sings across many genres including Show Tunes, Jazz, Motown, Rock, and R&B. She has performed throughout New England and adds a warm personal touch to make her performances memorable and fun. A fabulous entertainer.

LUNCH & ENTERTAINMENT: M/\$8, NM/\$11; ENTERTAINMENT ONLY M/\$4, NM/\$7...

lunch: app, pizza & dessert admission includes free raffle. bonus pot of gold raffle \$2 for 3 tickets. Pay at the door on the day of the show – walk-ins welcome. **LUNCH: PLEASE RSVP BY MAY 17.**

### DAY & OVERNIGHT TRIPS: SEATS RESERVED UPON PAYMENT. FIRST COME FIRST SERVED. PLEASE REGISTER TODAY. BUS SHARED WITH ROCKY HILL SR. CTR. \*PLEASE NOTE, SOME TRIPS WILL SELL OUT QUICKLY, BEFORE DEADLINES FOR PAYMENT. CALL TODAY IF INTERESTED IN SPRING & SUMMER TRIPS BEFORE SEATS ARE SOLD OUT.

#### • TINA TURNER MUSICAL TRIBUTE & RESORT CASINO OVERNIGHT TRIP TUESDAY, MAY 14 - WEDNESDAY MAY 15.

Overnight Lodging at the Adler, Resorts World Catskills, New York with bonus package: \$50 Slot Play, \$20 Food Comp, Live Show, Full Buffet, and Luxury Transportation. All Service Charges and Taxes included. Double \$299, Single \$350, Triple \$250.

#### • Saratoga Races Grandstand Reserved Seating, National Museum of Racing and Hall of Fame; Wednesday, July 31- Thursday, August 1 INCLUDES: Deluxe motorcoach, 1 night hotel, 1 breakfast, 1 dinner, sightseeing & reserved tickets, Friendship Tours Escort, Driver & Tour Director Gratuity. COST: \$419 pp double or triple; \$499pp single. DEPOSIT: \$150 pp by May 1st FINAL PAYMENT due by June 12th

#### • YARD GOATS, HARTFORD-Sunday, June 2 View the game from the Party Deck which has plenty of shade and amazing views of both Hartford's beautiful downtown skyline, and of Dunkin' Donuts Park. The Party Deck has great seats from the third base side for the 1:10pm game. During the game enjoy a 2.5 hour buffet, YG Club Entrance with access to all cash bar and VIP Lounge and table/stadium seating available. Enjoy the Party Deck, and root for your favorite local team! Cost: \$128M/\$138NM Depart: TBD Return: TBD

#### • NEWPORT, CRUISE ABOARD THE COASTAL QUEEN, THURSDAY, JUNE 13

View the historic sites of Newport Harbor and the East Passage of Narragansett Bay up close on this narrated tour. Free time on Bowen's Warf and lunch at Johnny's Restaurant at the Wyndham included. \$138

### UPCOMING TRIPS:

- CRUISE TO SHEFFIELD ISLAND & CLAM BAKE- August 29
- THEATRE BY THE SEA, 42nd Street- September 12
- TURKEY TRAIN, New Hampshire – October 7

### AFTERNOON MOVIES: MONDAYS, WEDNESDAYS & THURSDAYS at 1 PM

For more information/movie titles, visit the senior center website, or pick up a flyer at the senior center.

### SERVICES:

**SERVICES LISTED BELOW ARE FOR SENIOR CENTER MEMBERS ONLY & REQUIRE APPOINTMENTS: NO WALK-INS: PLEASE CALL OR EMAIL WSC TO SCHEDULE ALL APPOINTMENTS.**

**FREE LEGAL CONSULTATION: 3rd TUESDAY EACH MONTH: 10am-12pm; FREE FOR WSC MEMBERS.**

**FOOTCARE CLINICS: 1st & 3rd WEDNESDAY.** Certified APRN. Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$30.

**DISCOUNTED MASSAGE with LICENSED MASSAGE THERAPISTS- WSC members only Please call to schedule appointment. No walk-ins.**

15-minute chair massage-\$10, 30-minute table massage-\$25, 60-minute table massage-\$50.

**FREE HEARING SCREENINGS/AUDITORY CONSULTATIONS: 1st THURSDAY EVERY OTHER MONTH;** Auditory consultations using the newest technologies include computerized hearing assessments, video camera ear wax/canal exams & free hearing aid checks, cleanings and battery samples.

**\$4 HAIRCUTS FOR WETHERSFIELD RESIDENTS/CENTER MEMBERS; \*APPOINTMENTS MUST BE MADE THROUGH THE SENIOR CENTER BY CALLING 860.721.2770 Limited availability.**

**SENIOR COMMUNITY CAFÉ:** Lunch is served Monday-Friday at 12PM to persons 60 years or older and their spouses or caregivers. Suggested donation is **\$3.00** for seniors/caregivers. \*To reserve your lunch, please call the Cafe at **860-721-2773** minimum one work day notice (Mon-Fri). View menus online or pickup copy at the Senior Center.

**WETHERSFIELD TECH HELP FOR SENIORS** offers individual and small group instruction to help meet all your technology needs. Schedule one-to-one assistance with iPads, iPhones, Windows 10 computers, Android tablets and phones. Classes are also offered in person and via Zoom throughout the year. For more information, to register for classes or inquire about one on one assistance, please email [techhelpforseniorswethersfield@gmail.com](mailto:techhelpforseniorswethersfield@gmail.com) or call the Senior Center at (860) 721-2770.

**WETHERSFIELD SOCIAL & YOUTH SERVICES: 860-721-2880** WS&YS is available to provide assistance and services if you are experiencing financial difficulties or need access to food, basic needs, or transportation. Call for information on Energy Assistance, SNAP vouchers, Dial-a-Ride and CHOICES. **WETHERSFIELD ELDERLY SERVICES:** Daniel Rosario, social worker and Elderly Services Coordinator can assist with federal, state and local assistance programs and housing resources.

### EXERCISE & ART CLASSES

Spring classes are in session. Registration for summer is open. For detailed class descriptions and more information, please visit [www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center) and [www.wethersfieldct.gov/recreation](http://www.wethersfieldct.gov/recreation). Questions regarding membership or programs, please contact the Center. The Senior Center accepts Renew Active & Silver Sneakers Members.

- **ARTIST'S JOURNEY: PAINT, SCULPTING, NEEDLE FELTING; Wednesdays and Thursdays, 10-11:30am**
- **TAI CHI-BETTER HEALTH & IMPROVING BALANCE: WEDNESDAYS, 10-10:50am** in person & remote.
- **CHAIR YOGA: MONDAYS & THURSDAYS 11:30am-12:20pm** in person & remote.
- **SILVERSNEAKERS STRENGTH & BALANCE: TUESDAYS & THURSDAYS 10-10:45am** SilverSneakers classes are streamed live at Center and remote.
- **SILVERSNEAKERS STABILITY FRIDAYS: 10-10:45am** remote only.
- **WALKING/AEROBIC DVD: MONDAYS, WEDNESDAYS & FRIDAYS at 10am -10:45am**

### PAINT PARTY; TUESDAY, May 14, 5:00PM- 7:00PM

Step by step paint classes have become quite popular but can also be expensive. Enjoy our guided paint class led by our talented instructor Joann at just a fraction of the cost. Create a beautiful seasonal painting in one session! All abilities welcome. \$20 Fee includes light dinner and all painting materials. Call or register online by Monday, May 13. Classroom S1

### GAMES, ACTIVITIES & CLUBS

**BINGO: WEDNESDAYS- 12:15PM** – Always a fun day! Players are asked to be seated and ready to play by 12:15pm. \$2 admission includes 2 bingo cards.

**SET BACK: FRIDAYS- 12:15PM-3PM** - Join our friendly group; everyone welcome: singles, partners, beginners, experienced players. Easy to learn. Please arrive before 12pm to register/receive scorecard. Players must be seated and ready to play by 12:15pm. \$2 members/\$3 non-members.

**MAH JONGG PLAY: TUESDAYS & THURSDAYS, 9:30AM-1:00PM** - A fun way to exercise your brain; come for one day or both. Beginners welcome. Room F1.


**WII BOWLING: TUESDAYS AT 1PM** - The fun of bowling without the heavy ball. New players welcome, no experience necessary. Classroom S3.

**RED ONION SENIOR QUILTERS; MONDAY, MAY 20 at 10am** Share your love of quilting and sharpen your skills. The group shares quilting techniques, works on a 'block of the month' and quilts for charity.

### SAVE THE DATE:


- **PAINT NIGHT with JOANN: TUESDAY, JUNE 4 AT 5:00PM**
- **LUNCH & LEARN: ALL ABOUT COCKATIELS: THURSDAY, JUNE 6 AT**
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New educational sessions to help you age healthier and happier.



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**4/25**

## Working With a Care Manager

Learn about the benefits of working with a personal Care Manager as part of your Medicare Advantage plan.

10:30 a.m.

Newington Senior and Disabled Center  
120 Cedar St. #2665, Newington

**5/9**

## Dimensions of Wellness

Learn how to optimize all areas of wellness as you age, to be healthier, happier, and live more fully.

2 p.m.

Rocky Hill Library  
33 Church St., Rocky Hill



Scan the QR code, call **1-844-412-5735**, or visit [carepartnersct.com/meeting](http://carepartnersct.com/meeting) to register today.



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Representatives are available 8 a.m.-8 p.m., 7 days a week (Mon.-Fri. from Apr. 1-Sept. 30). For accommodations of persons with special needs at meetings, call 1-844-412-5735 (TTY: 711). CarePartners of Connecticut complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-341-1507 (HMO)/1-866-632-0060 (PPO) (TTY: 711). Y0151\_2024\_289\_C

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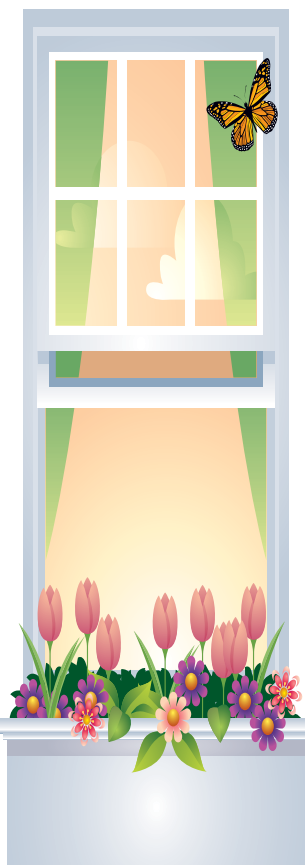
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# REAL ESTATE MARKETPLACE

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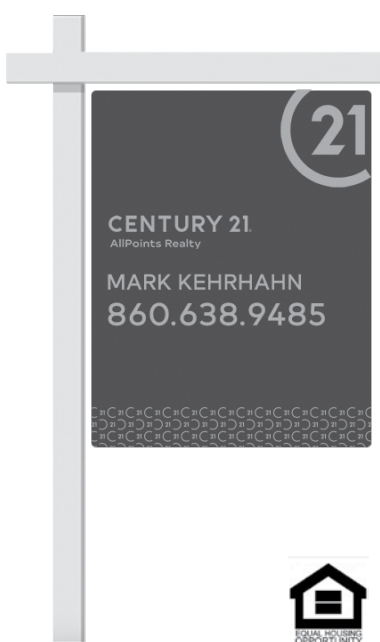
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011124

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Much has been made in recent years of the rising cost of housing across North America. A September 2023 report from Zillow indicated the total housing market in the United States had reached a value of \$52 trillion, which represents a record and a 49 percent spike since before the pandemic.

Such a dramatic increase in the housing market has had a ripple effect on current homeowners and those looking to become homeowners. Millennials have perhaps bore the brunt of the housing price increase. Already holding one-third of all student loan accounts and 30 percent of the total debt, according to data from the Education Data Initiative, millennials may feel as though homeownership is simply not financially feasible. However, a recent analysis from Rocket Homes and Best Places identified 15 cities where buyers can find affordable homes.

- |                                |  |
|--------------------------------|--|
| 1. Ames, Iowa                  | 1. New Brunswick   |
| 2. Burlington, Vermont         | 2. Newfoundland & Labrador   |
| 3. Portland, Maine             | 3. Saskatchewan  |
| 4. Ithaca, New York            | 4. Manitoba  |
| 5. Iowa City, Iowa             | 5. Prince Edward Island  |
| 6. Appleton, Wisconsin         | 6. Nova Scotia   |
| 7. Charlottesville, Virginia   | 7. Alberta   |
| 8. Bangor, Maine               | Home prices are high in the U.S. and Canada, but buyers with the flexibility to work remotely can look to various markets in each country for more affordable homes. |
| 9. State College, Pennsylvania |  |
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| 14. Norwich, Connecticut       |  |
| 15. Winchester, Virginia       |  |

Housing prices also are stretching budgets in Canada, where data from the real estate experts at Royal LePage indicates the average home price will exceed \$843,000 in 2024. But much like their American counterparts, Canadians in the market have affordable housing options. The Canadian Real Estate Association notes these are some of the most affordable provinces to buy a home in Canada.

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<b>03/15/2024</b>	Lara, Jessica		Sullivan, Gail K; Sullivan, Terence W	
<b>7 Blue Bell Ln</b>	To Siros, Lori	\$240,000	To Roberts, Stuart; Roberts, Heidi	\$545,000
Feldman Seymour Est; Ward, Amy				
To Siros, Emily	<b>03/21/2024</b>	<b>58 Dartmouth Pl</b>	<b>03/25/2024</b>	<b>Glen Oaks Condo</b>
\$300,000	Kenyon Lynn M Est; Bissoni, Virginia L	\$125,000	Lombardo Jr, Felix N	\$255,000
<b>04/01/2024</b>	To Mullins, Jordan R; Mullins, Sarah L		To Singh, Rookmanie	
<b>70 Rising Trail Dr</b>	<b>03/25/2024</b>	<b>135 Ellsworth St</b>	<b>03/20/2024</b>	<b>23 Ivy Ln</b>
Altaf, Arsalan	Goldberg, Jonathan D	\$320,000	Lynch, John; Lynch, Lynn	\$475,000
To Doss, Stephanie M	To Hermann, Roger		To Khader, Jessie	
\$205,500			<b>03/27/2024</b>	<b>38 Johnson St</b>
<b>Newington</b>			Gomez, Norberto; Gomez, Sharmeela	\$540,000
<b>03/18/2024</b>			To Jones, Zachary	
<b>61 Augusta Dr</b>			<b>03/19/2024</b>	<b>Maple Hill Ave</b>
Garten Robert C Est; Garten, Debra D			Lentini, Micheline	\$85,000
To Knittle, Michael P			To Moblix LLC	
\$370,000				
<b>03/14/2024</b>				
<b>132 Churchill Dr</b>				
Aleman, Kathleen M				
To LI Homes LLC				
\$255,000				

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# REAL ESTATE MARKETPLACE



## The basics of consumer credit

A strong credit score is an undeniable asset for consumers. A strong standing in the eyes of potential creditors can save consumers money on relatively short-term expenses like vehicles and long-term purchases like homes. Consumer credit is so influential in the lives of the average person that it pays to have some knowledge of what it is and how individuals can use it to their advantage.

### Who issues consumer credit?

Consumer credit is typically issued by banks and retailers. One common question consumers have is who owns credit cards, which are among the most recognizable and widely used forms of consumer credit. Many credit card companies, including Visa, are now publicly held companies after years of being owned by banks. However, many major banks, including Capital One and Bank of America, issue credit cards as well.

### What is a credit score?

According to the credit reporting agency Equifax®, a credit score is a three-digit number which represents an individual consumer's credit risk. Credit risk refers to the likelihood that a borrower will pay their bills on time. Scores are typically between 300 and 850, and the higher the score, the more creditworthy and less risky a consumer is in the eyes of creditors.

### How are credit scores calculated?

Three different consumer reporting agencies (CRAs), including Equifax®, determine credit scores. That's why it's not uncommon for a single consumer to have three different scores. Those scores should be similar, and if they're not it's likely that one or more CRA reports has an error or errors. A host of variables are considered when determining a credit score, and these include:

- Payment history
- Credit utilization ratio, which is the amount of credit used versus the total available credit
- Types of credit accounts a consumer has. This includes revolving credit accounts, like consumer credit cards, and installment accounts, which include mortgages and auto loans.
- Credit history length
- Frequency of credit inquiries (numerous inquiries in a short period of time generally lower a consumer's credit score)

### So why is a credit score so important?

Credit scores are so significant because they can cost or save consumers a substantial amount of money. Consumers with poor scores, which are generally considered scores between 300 and 669, may not be eligible for auto or mortgage loans and may only be able to secure credit cards with high interest rates. By contrast, consumers with scores considered very good to excellent (740 and above) generally get more favorable interest rates on sizable purchases like cars and homes, which can save borrowers tens of thousands of dollars over their lifetimes. Managing credit is a vital component of financial planning. Knowing the basics to consumer credit can set individuals on a sound financial path.



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7/2000 10-0169

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## PROPERTY TRANSFERS

<b>03/25/2024</b> Truong, Phillip L To Truong, Phu	<b>104 Moreland Ave</b>	\$50,000
<b>03/18/2024</b> Pinkerton, Angela G To Galuppi, Regina M; Massa, Anthony	<b>265 Orchard Ave</b>	\$275,000
<b>03/15/2024</b> Mullen, Jorge To Kosykowska, Olga	<b>232 Richard St #4</b>	\$155,600
<b>03/21/2024</b> Schena, Anthony J To Guibas Jr, Antero J	<b>61 Saddle Hill Rd</b>	\$285,000
<b>03/26/2024</b> Bernard, Viktor To Duquette, Nathan; Bogris, Angelica	<b>125 Stonehedge Dr</b>	\$347,000
<b>03/20/2024</b> Connery, Crystal L To Petersen Jr, Erik G	<b>77 Webster Ct #77</b>	\$220,000

<b>03/25/2024</b> Parker, Eric S To Gionfriddo, Rachel Y	<b>165 Williamstown Ct</b>	\$190,000
<b>03/26/2024</b> Crane, Charles To Oconnor, Brian	<b>35 Woodsedge Dr #3C</b>	\$180,000
<b>Wethersfield</b>		
<b>04/04/2024</b> Hussain, Rahat To Hussain, Syed S	<b>102 Belcher Rd</b>	\$355,000
<b>04/03/2024</b> Martins, Mariop Martins, Marla H To Serignese, Anthony	<b>1310-1320 Berlin Tpke #401</b>	\$125,000
<b>04/01/2024</b> Capobianco, Sergio To Colon, Alexander; Colon, Anamaris	<b>1320 Berlin Tpke #618</b>	\$125,000

<b>04/02/2024</b> Dalidowitz, Ryan J To Lionetti, Taia	<b>252 Maple St</b>	\$295,000
<b>04/03/2024</b> Zeller Patricia A Est; Lodge, Oneill To Padula, Antonio; Padula, Leone	<b>750 Ridge Rd</b>	\$326,111



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**VINYL SIDING SPRING SPECIAL:** I can beat anyone's prices. Free quotes in 24hrs. Garage door trim damage. Siding repairs - no problem I do it all. 35+ yrs in business. Beat the summer increase. Senior discounts. Call Keith's Siding Co. 860-563-2001.

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**ANNUAL SPRING TAG SALE:** and Thrift Shop. Saturday, May 4th, 9am-1pm, Marlborough Congregational Church. 35 South Main Street. Household, seasonal, clothing, collectibles, linens, furniture, toys, games, antiques, vintage, electronics, bake sale, and much more!

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**ED'S LAWN CARE LLC:** Spring Cleanups, Mowing, foundation and tree plantings, pruning and removal of shrubs/hedges. Owner does all work. Licensed (#577256) and insured. Free estimates. Reasonable rates. Call 860-638-7233.

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**FOR SALE:** Two plots side by side Rose Hill Memorial Park. Section 24 E 1/2-1122. \$2,000 for the pair. Call 413-695-7007.

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Financial help needed. Any donation is greatly appreciated and tax deductible. Out to Pasture Farm & Rescue, P.O. Box 310174, Newington, CT. 06131. [www.outtopasture.org](http://www.outtopasture.org).

**ADOPT DOLLY.** Dolly is a beautiful, two year old tuxedo. Dolly is searching for a rescue home because she is very shy. She needs patience, love and time to blossom. She is quite playful and would enjoy another cat, especially a fun loving male. Dolly also really likes dogs. Please fill out an application on our website at [www.hucatreue.org](http://www.hucatreue.org).



Name: **Jax**  
Gender: **Male**  
Breed: **Russian Blue**  
Color: **Orange & White**  
Ages: **10 years old**

This is a courtesy posting. This cat is not fostered by Cat Tales. Contact the owner directly for more information.


Jax is an affable, sweet kitty with a great sense of humor and a mean game of fetch. He loves to be outside, basking in the sun, watching birds, or hunting mice. The ideal home would give him plenty of space to roam, but a warm bed and a few cuddles when the day is done. Jax has been with his people since he was a kitten, but now there's a health conflict within the family and he needs to be re-homed. The family will take time to find him the perfect home as he deserves all the peace and love someone can give. Jax is neutered, up-to-date with his vet visits, and located in Middlesex County, CT. <https://CatTalesCT.org/cats/Jax/> **To adopt cool-cat Jax, please contact Mallory at: [mk.barnett@gmail.com](mailto:mk.barnett@gmail.com), Subject: JAX Special Diet / No Cats / No Children**




**ADOPT TILLY.** Tilly is an exceptionally, loving young girl. She will crawl in your lap immediately. Tilly has tested positive for the FeLV/feline leukemia retrovirus. She does not show any symptoms at this time. She is happy, playful and most of all loving. FeLV is specific to cats. Humans, dogs and other species of animals do not contract FeLV. Tilly can be in a home with a dog or a bunny or another kitty that tests positive. We are looking for a special person to adopt Tilly so that we may continue our rescue efforts. She has much love to give and we will be there for you. You can watch Tilly's video by linking to our YouTube channel on our website. Please fill out an application on our website at [www.hucatreue.org](http://www.hucatreue.org). Thank you!



## Adopt Me!



Goldie is a stunning, round young girl. She has a lovely, sweet personality. Goldie enjoys lots of attention. Although she will not fight with other cats, it's clear that she would be happy being an only kitty and getting your undivided attention. She enjoys visiting with the little girl that frequents her foster home. Please fill out an application on our website at [www.hucatreue.org](http://www.hucatreue.org). Thank you!



**THANK YOU!** Hearts United Cat Rescue (HUCR) would like to thank everyone that came to our Meet & Greet event last Sunday. We had 13 cats find their forever homes. Our two remaining kitties are Goldie and Katie who would prefer to be only kitties. A big thank you to our friends who dropped in with food donations!

## ADOPT A NEW Best Friend!

**WHISKERS PET RESCUE:** Is a no-kill animal welfare organization with an adoption center located in Bennett Square in Southbury. We are a nonprofit charity made up entirely of volunteers committed to caring for animals who have been abandoned, injured, abused or neglected. Should you wish to adopt a whiskered kitty or make a donation to our animal shelter to be utilized towards our spay-neuter program, please mail to Whiskers Pet Rescue, 134 Main St., South Southbury, CT 06488. Please ask our volunteer staff about our senior to senior kitty adoption program where our kitties are adopted by senior citizens and veteran. Our staff at our animal shelter can be reached at 203-586-1666. Thank you for assisting our homeless whiskered friends!



Name: **Rascal**  
Gender: **Male**  
Breed: **DSH**  
Color: **Black & White**  
Age: **7 months old**

Rascal has come such a long way from the time he came to his Cat Tales foster home. He was initially so frightened that he wouldn't even eat when we were in the room. After a while, he started to love chasing the wand toys. Soon after, he was enjoying getting brushed and petted. Now he even rolls over on his back for belly rubs and purrs regularly. However, he is still really shy with people he doesn't know, so please be patient with him if you come to visit. We are confident that he will become that sweet boy with you too, given some time and understanding. Consider adopting sweet Rascal today! **No Dogs / No Children**

Web: <http://www.CatTalesCT.org/cats/Rascal-2>  
PH: 860-344-9043 • Email: [Info@CatTalesCT.org](mailto:Info@CatTalesCT.org)  
Watch our TV commercial: <https://youtube/Y1MECIS4mlc>



**ADOPT COOKIE.** Cookie is a striking beauty with a big personality. Cookie is very outgoing and friendly. She will require a warm up period. Cookie was given away as an only kitten before she was even eight weeks old. She doesn't know how to act at times and she will be quite protective of you after a warm up period. She bonds deeply. You can watch Cookie's video by going to our website and linking to our YouTube channel. Please fill out an application on our website at [www.hucatreue.org](http://www.hucatreue.org).

**FIV IS A RETROVIRUS**, a slow-progressing virus that can compromise a cat's immune system, reducing its ability to fight off illnesses. The virus has a long latent period then progresses so slowly that it may never affect a cat. Long-term studies show what guardians and rescuers have known for decades—that FIV cats can live just as long and as healthy, and ultimately pass away from the same causes as Non-FIV cats. FIV is a "cat only" disease and cannot be transmitted to humans under any circumstances. Most often, FIV+ cats live long, healthy and relatively symptom free lives. It's estimated that only about 3% of FIV+ cats actually pass away from complications which is the same percentage as lymphoma or other diseases. FIV is not easily passed between cats. It cannot be transmitted casually through shared litter boxes, water and food bowls, or when snuggling or playing. It is also very rarely transmitted from a mother to her kittens. So go ahead and fall in love! A message from HUCR.

## Adopt Us!

### Meet Totti and Wallace!


Two tuxedo siblings: Totti is 6 and her brother Wallace is 8. They are a bonded pair and may enjoy a home with other friendly cats! To learn more, please contact Our Companions at [860.242.9999](tel:860.242.9999) Ext. 302


[OurCompanions.org](http://OurCompanions.org)  
[Helpline@OurCompanions.org](mailto:Helpline@OurCompanions.org)




**ADOPT OSCAR.** Oscar is a large, eccentric, quirky boy. It's estimated that he is around 2-3 years old. He is still playful as a kitten and very friendly. He loves to run and greet you at the door and he will also greet your guests. He also loves to jump in your lap. He is just a tiny bit fresh at times when he's playful but not rough. He's just fun loving and a goofball. We are not sure how he is with other cats yet but most cats adapt with a proper slow introduction. He'd also be happy being an only kitty. Please fill out an application on our website at [www.hucatreue.org](http://www.hucatreue.org). Thank you!


**ADOPT TIPPER.** Tipper is a handsome, seven year old cat. He is searching for a new home because his mom is battling some health issues. Tipper is very sweet and friendly and loves to sit with you when you are watching TV. He is good with other cats and dogs. Tipper recently went to the vet for a wellness check-up and his blood work is all good. Won't you open your heart to this sweet mature boy? Please fill out an application on our website at [www.hucatreue.org](http://www.hucatreue.org).



**POA** 

*"A non-profit, all-volunteer animal rescue organization."*

**PET OF THE WEEK**



Meet Maximillion! He is an 18 month old Beagle/Rat Terrier mix (mom and dad are both known) with a super friendly, happy-go-lucky personality, he absolutely loves people! His nose is very busy, constantly taking in every smell and scent on the ground. Because of this, Maximillion will do best in a home where he can be kept on leash and/or will have fenced area to safely explore. He is very excited to meet other dogs and would love a canine sister who is bigger than he is. Maximillion would love a home with kids 6 and older.

Visit [www.POAinc.org](http://www.POAinc.org), or call 860-569-0722



**PREVENTION OF ANIMAL CRUELTY MONTH**



## I want to go home

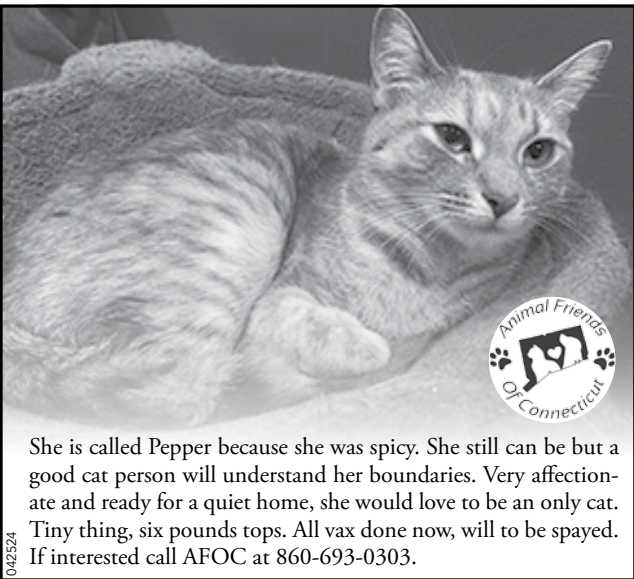


Katie is an extrovert! She is a beautiful torbie and she loves attention and people. She is affectionate, loving, expressive... She just doesn't enjoy other cats very much. They take too much attention away from her. She is better with the dog in her foster home. She will rule your house and certainly give you lots of love. Please fill out an application on our website at [www.hucatreue.org](http://www.hucatreue.org). Thank you!









She is called Pepper because she was spicy. She still can be but a good cat person will understand her boundaries. Very affectionate and ready for a quiet home, she would love to be an only cat. Tiny thing, six pounds tops. All vax done now, will to be spayed. If interested call AFOC at 860-693-0303.

**ANIMAL ALLIANCE WELFARE LEAGUE:** Is an all volunteer animal welfare organization devoted to preventing the suffering of homeless animals in our community. Our animal welfare organization provides TNR (Trap-Neuter-Release) of community cats in the central Connecticut area. Should you wish to adopt a cat or kitten; volunteer to feed community cat colonies in the City of New Britain; donate to our special needs cats and kitten, please contact Marie at 860-632-0863. Our mailing address is P.O. Box 1775, New Britain, Connecticut 06050. Thank you for your compassion for the animals.



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# Petfinder

Where Pets find their People  
[www.petfinder.com](http://www.petfinder.com)



## Want your pet to be featured on our pet page as the Pet of the Week?

**Email us a photo of your pet or pets, with his and/or her name AND your name (the owner) to: [sales@rarereminder.com](mailto:sales@rarereminder.com)**

**Mailing address:  
P.O. Box 289, Rocky Hill, CT 06067**

Although we love all of your emails, due to quantity received, there is no guarantee your pet will be put in the paper. Photos mailed in cannot be returned. Our apologies.

-Rare Reminder, Inc.

### Diabetes in Cats and Dogs: What Pet Parents Need to Know

Diabetes mellitus affects scores of families, including the four-legged members of the household. According to the Merck Veterinary Manual, diabetes is a common endocrine disease in dogs and cats, occurring in roughly one out of every 300 animals. Most cases of spontaneous diabetes happen in middle-aged to older dogs and cats.



Diabetes occurs when the body cannot use glucose normally. Glucose is the main source of energy (sugar) for the body's cells, and the body requires insulin to transfer glucose from the bloodstream to the cells that need it. If there isn't enough insulin or the body is unable to use insulin properly, glucose accumulates in high levels in the blood, reports the American Veterinary Medical Association.

PetMD says that there is not one single cause for diabetes in dogs and cats. For some, it is a genetic condition. Others may develop the disease due to an underlying medical condition or from being obese. Medications such as steroids also can induce diabetes in dogs and cats.

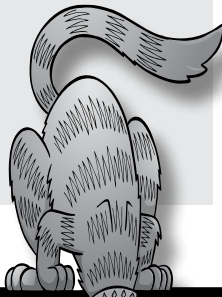
Testing for diabetes is not routine during veterinary exams. Pet owners often stumble on a diabetes diagnosis after noticing some key indicators that something is amiss with their pets, which include:

- Excessive consumption of water and increased urination that may result in accidents in a normally house-trained pet
- Increased hunger
- Cloudy eyes, which occurs particularly in dogs
- Recurring or chronic infections that can include the skin or urinary tract
- Weight loss
- Apparent weakness

Standard bloodwork and urinalysis will confirm a diabetes diagnosis. If pet owners learn their companion animals have diabetes, they must learn to accept this is a lifelong condition that must be managed properly; otherwise, untreated diabetes can lead to liver dysfunction, kidney failure and a life-threatening condition called ketoacidosis. Treatment with insulin is the standard course for pets with diabetes. Carefully timed and measured feedings to help control the balance of insulin and glucose also will be necessary.

Veterinarians can help design a diet to help with the management of diabetes. Insulin is generally injected twice per day, shortly after meals. It is very important to maintain proper insulin and feeding schedules and a proper appetite for the pet while on insulin therapy, says AVMA; otherwise, hypoglycemia (low blood sugar) can occur if the pet is not eating and absorbing enough sugar to balance the insulin injections. Vet-based and at-home monitoring of blood and urine glucose levels also is necessary.

Pet owners who suspect their animals are diabetic should schedule a visit with a veterinarian immediately, as time is of the essence in managing the disease.



**ADOPT A NEW BEST FRIEND. VISIT A SHELTER NEAR YOU!**


## You can publish a Memorial for your pet on our PET PAGE



Your announcement would include a photo, pet name and up to 50 words. Your cost, \$10.00

Make check payable to Rare Reminder, Inc. and send to:  
Rare Reminder, Inc., P.O. Box 289, Rocky Hill, CT 06067,  
ATTN: Pet Section Memorials  
(photo cannot be returned)

# PET OF THE WEEK



My Name Is:  
**Sushi**

My People Are:  
**LeeAnn & David**



**FREE BOOK COUPON**  
**FRIENDS OF THE ROCKY HILL LIBRARY**  
**SPRING BOOK SALE**  
**MAY 2nd - 4th**

**WEDNESDAY 5/1**  
**5:00 PM - 7:30 PM**  
**PREVIEW SALE for paid 2024 members**  
 (New members may join at the door)

**THURSDAY- SATURDAY**  
**9:30 AM - 4:30 PM**

**SUNDAY 5/5 11:00 AM - 3:00 PM**

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**PRAYER TO SAINT JOSEPH NEVER KNOWN TO FAIL:** Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God. I place in you all my interest and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. Oh St. Joseph I never weary of contemplating you, and Jesus asleep in your arms, I dare not approach while He reposes near your heart. Press Him in my name kiss His fine head for me and ask him to return the Kiss when I draw my dying breath. St. Joseph Patron of Departing Souls Pray for me, S.L.

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Newington Fire Company #3 will hold its 12th Annual Pasta Dinner Fundraiser **Saturday, May 4th from 4-8pm at Newington High School, 605 Willard Ave., Newington**

\$10 for adults, \$5 for kids 5-12 and seniors; under 5 are free.

**Help support your local firefighters!**

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- 13 \_\_\_\_\_ 14 \_\_\_\_\_ 15 \_\_\_\_\_ 16 \_\_\_\_\_ 17 \_\_\_\_\_ 18 \_\_\_\_\_
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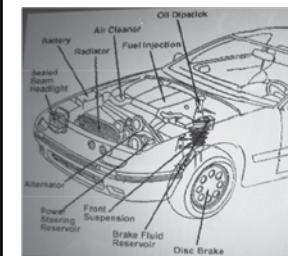
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# SPORTS CORNER

## 2024 Rare Reminder Bizarro Draft

By Josh Howard

The National Football League draft starts tonight! Since 2015, the scouts and staff at the Rare Reminder have put together the annual Bizarro Draft — where we entered The Land of Make Believe, in which NFL teams selected from the pool of talented players who starred at the five local public high schools (Cromwell, Middletown, Newington, Rocky Hill, and Wethersfield).

The Chicago Bears are now on the clock...

[Draft order as on April 22]

**1. Chicago Bears - Colin Skene (QB-Middletown):** Skene has the tools to be the missing piece behind center that Chicago has longed for since the departure of Sid Luckman. Skene delivers a beautiful ball with touch, along with bringing a wealth of experience, rocket arm, and wiggle in the pocket to the Windy City.

**2. Washington Commanders - Jack Williams (DL-Cromwell/Portland):** A+ talent and teammate who checks all the boxes. Williams brings reliability, leadership, and a dominance force to the field. New head coach Dan Quinn gets a perennial Pro-Bowler that will unify the locker room.

**3. New England Patriots - Jova'n Hill (RB/WR/DB-Wethersfield):** Versatile and supreme athlete who can add value in all three phases. New regime in Foxborough will find multiple ways to get Hill the rock because of his explosive first step, receiver hands, and big play ability as a returner. Built for football with a sky-high ceiling.

**4. Arizona Cardinals - Akari Rosemond (WR-Newington):** Rosemond is a physical specimen that can high-point any ball and has Lynn Swann-esque body control. A matchup nightmare, elusive after the catch, and has the finishing power of a running back. New version of DeAndre Hopkins for Kyler Murray.

**5. Los Angeles Chargers - Daryl Asante (MLB-Rocky Hill):** A perfect cornerstone addition to start the Jim Harbaugh-era in the City of Angels. Asante is a rock in the middle who is a thumper at the point of contact and is elite in pursuit. A weight room stud with defensive back quickness.

**6. New York Giants - Cam Righi (QB-Wethersfield):** Righi is a once in a generation athlete with a cannon for an arm that has the tools to be a long-term starter behind center or the next Taysom Hill. Strong like an ox with deceptive wheels and natural leadership qualities. Brian Daboll's new voice on the field.

**7. Tennessee Titans - Zy'Kie Askew (RB-Middletown):** Rare combination of breakaway burst and brute power make Askew a fitting replacement for Derrick Henry in The Music City. Askew is dynamite in a bottle on the field and a workout warrior off it. Can handle a heavy load and will be an ideal backfield complement to fellow Connecticut native Will Lewis.

**8. Atlanta Falcons - Matt Gish (LB-Cromwell/Portland):** Gish brings a menacing mentality to the field and will be a centerpiece for a revamped unit led by the defensive-minded Raheem Morris. Tenacious tackler thanks to his wrestling background and plays like he's shot out of a cannon on every snap.

**9. Chicago Bears - JD Nazario (LB-Newington):** Tough as nails competitor that is smooth from sideline to sideline. Nazario plays with a low center of gravity and has fluid hips, allowing him to change direction quickly. Warrior mentality.

**10. New York Jets - Edward Kocaci (DT-Rocky Hill):** Kocaci uses his frame and leverage to create gaps in even the best offensive lines. Engulfs ball carriers and is a developing talent that makes the rich richer

for a loaded Robert Saleh defense front in NY.

**11. Minnesota Vikings - Jess Elfreich (QB-Cromwell/Portland):** Answer at signal caller falls to quarterback-hungry team in Minnesota. Elfreich is a fearless field general that processes lightning quick release, along with an ability to push the ball deep. Great technique in and out of the pocket and a knack for making plays with both his arm and legs in crucial moments.

**12. Denver Broncos - Enzo Corvino (QB-Newington):** Corvino is an underrated talent that delivers a catchable ball and excels at throwing on the run. Solid frame and can decipher defenses quickly, often finding second and third options. Sean Payton will love his 11:2 touchdown-to-interception ratio he posted last fall.

**13. Las Vegas Raiders - Jason Fleurejiste (LB-Middletown):** Fleurejiste is exactly the type of player that Antonio Pierce wants to build his defense around. Lives in the opposing team's backfield (12 tackles for loss and six sacks in ten games) and delivers a pop on contact (four forced fumbles). Solid in coverage with great mitts from his time playing tight end.

**14. New Orleans Saints - Oleg Korotkyy (WR-Rocky Hill):** Versatile offensive weapon that has natural hands and big frame. Korotkyy is willing and capable of lining up anywhere and is a mismatch at all levels. Sets positive example for teammates. Reminds scouts of a mix of Michael Pittman Sr. and Michael Pittman Jr.

**15. Indianapolis Colts - Mikel Lleshi (TE-Wethersfield):** Smarty, heady player that sees the field well from his time filling in at quarterback. Has both a high IQ and motor and should quickly become Anthony Richardson's security blanket. Three-down tight end with build to block and skills to move chains.

**16. Seattle Seahawks - AJ Signorello (OL-Cromwell/Portland):** Signorello is a worker that can play multiple positions along both sides of the line. Strong base and does all the unsung things that allow teammates to flourish. Destined for a 10+ year career.

**17. Jacksonville Jaguars - Josh Ferguson (WR-Middletown):** Complete wide-out with all the tools in his bag. Ferguson has ideal size and excels at tracking the ball in flight, along with stellar speed and sticky hands. Trevor Lawrence will love his reliability and run-after-catch ability.

**18. Cincinnati Bengals - Emeka Yearwood (RB-Cromwell/Portland):** After losing starting running back in free agency, Cincinnati has a scary talented stand-out fall to them in the middle of the first round. Yearwood is an athletic stud with elite speed that fights for extra yardage and shines in big moments. Leg churner that runs with a purpose.

**19. Los Angeles Rams - Robert Spadaro (T-Wethersfield):** Spadaro fills both a need and adds tremendous value to the Rams. A workout warrior with ideal build, strong hands, and refined footwork. He looks the part and smooth for his size.

**20. Pittsburgh Steelers - Josiah Sims (ATH-Newington):** Sims is a unique prospect whose gritty, hard-nosed mentality will be welcomed in the Steel City. Could play running back or on either of the first two levels on defense thanks to his athletic prowess and incredible power. Is the all-time leader in rebounds on the hardwood at his high school, adding another layer of intrigue.

**21. Miami Dolphins - Joey Motes (QB-Rocky Hill):** Dolphins make splash by selecting for the future in Motes, an exceptional athlete with a quick release that is



**From left; Colin Skene, Jack Williams, and Jova'n Hill are the first three selections in the 2024 Rare Reminder Bizarro Draft.**

ideal for Mike McDaniel's offense. Throws effortlessly and delivers a tight spiral. A team-first guy that players rally around.

**22. Philadelphia Eagles - Heath Weeden (LB-Newington):** Weeden is a tackling machine that is just reaching his potential. Has a nose for the ball and lacrosse background allows him to see the field better and process quickly.

**23. Minnesota Vikings - Saad Khan (LB/DB-Rocky Hill):** Khan plays with a relentless motor and packs a punch for size. Heart-and-soul guy that loves contact and will elevate players around him. Reminds scouts of a young London Fletcher.

**24. Dallas Cowboys - Dhallas Morgan (RB-Wethersfield):** Brings the perfect name and skill set to the Lone Star State. Jerry Jones will love his burst, breakaway speed, and ability to cut on dime. Speed merchant with added value out of the backfield and in the return game.

**25. Green Bay Packers - Anthony Nanfito (LB-Middletown):** Every down grinder who is also a worker-bee off the field. Nanfito is always in the right spot at the right time and is fundamentally sound in all phases.

**26. Tampa Bay Buccaneers - Jack Nolan (WR-Cromwell/Portland):** Tampa is building an explosive offense and Nolan is the next dynamic piece of the puzzle. Polished route runner with soft, glue-like hands. Tough as nails over middle and plays with swag.

**27. Arizona Cardinals - Evan Pigott (RB-Newington):** Pigott has a nose for the end zone and brings toughness to the field. A shifty, chain mover that finishes runs with purpose and is always moving forward.

**28. Buffalo Bills - Jayzair Hall (DE-Rocky Hill):** Incredible talent that has the makings of an elite edge rusher. Supreme first step and intimidating presence and power. Next Bruce Smith in Buffalo?

**29. Detroit Lions - Nicolas DeShong (G-Middletown):** Prototypical tough Dan Campbell-type player who has ideal height, weight, and athleticism. Nibble feet and finishing power while pulling. Solid as the day is long.

**30. Baltimore Ravens - Danny Gonzalez (LB/S-Wethersfield):** Gonzalez provides position flexibility to a Baltimore defense that craves versatility. Drives through ball carriers and tracks the ball well in coverage.

**31. San Francisco 49ers - Taverus Jefferson (DE-Middletown):** Jefferson has the size to play inside or out in both a 3-4 or 4-3 defense and will bury ball carriers. Adds Grade-A talent to an already loaded

San Fran unit.

**32. Kansas City Chiefs - Tyler Cipolla (RB/RET-Cromwell/Portland):** Star in the making that loves the big moments and is another dynamic weapon for Andy Reid to deploy. Cipolla has fast feet and cuts effortlessly, adding home run value in return game.

*Dozen Day Two Prospects (Alphabetical order by last name)*

**Erik Bellovoda (LB-Wethersfield):** Intriguing prospect that is deceptively powerful and has natural on-field vision. Added value on special teams and will work his way on the field because of his work ethic.

**Aiden Bengtson (S-Newington):** A playmaker who is always around the ball thanks to instincts and elite closing speed. Charismatic and plays with confidence that is needed at the next level.

**Nathan Clark (Athlete-Newington):** Unique athlete that can play on both sides of the line, as well as in the offensive backfield. An asset in any locker room and is long, strong, and physical.

**Maxim Ellis (LB-Middletown):** Sneaky strength and sheds blocks with ease. Smooth sideline to sideline and finishes tackles. A potential steal.

**Zachary Girolamo (LB-Newington):** Thumper that is exceptional in space. A solid tackler with a high ceiling.

**Caden Huddleston (S-Rocky Hill):** Rangy athlete that can cover the entire field. Not afraid to mix it up and has a knack for creating turnovers. Tons of upside.

**Alex McKiernan (LB-Cromwell/Portland):** Second round gem that is stout and powerful. Plays with an old school mentality and is willing and able to fill any role, even punter.

**Julian Middlebrooks (DB-Newington):** Versatile athlete with quick reaction time. Plays on third level with the aggressiveness of a linebacker in run support and will make receivers pay for going over middle.

**Vaughn Payne (S-Cromwell/Portland):** A lucky team is getting a major value on day two. A ballhawk with wide receiver hands that tracks and high points the ball extremely well. Oozing talent.

**Jaeden Torres (LB-Rocky Hill):** A budding talent that is a sure-tackler. Plays with passion and has football in his blood.

**Jaden Veal (WR-Rocky Hill):** Emerging prospect that uses body well and is terrific after catch. Quarterback friendly.

**Paul Wimbish (DB-Cromwell/Portland):** Knack for making big plays with a track and field background that gives him elite closing speed, along with a willingness in run support.

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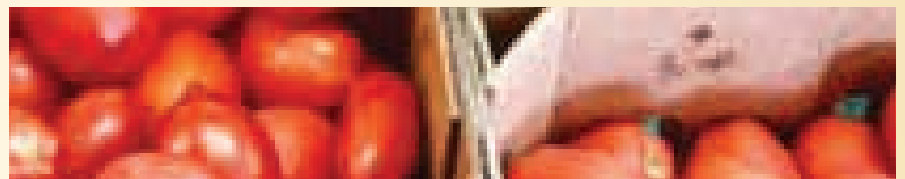


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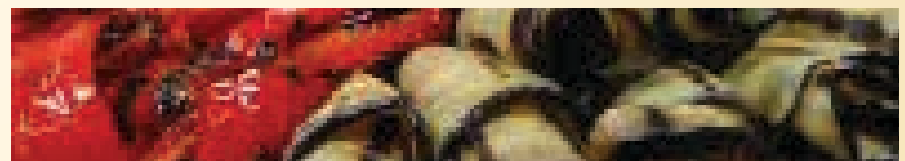
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