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Rocky Hill/Cromwell Edition

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Free AARP Tax Aide Program

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all information and documents received that apply to their 2024 income taxes, including copies of all 2024 state/federal income tax forms; all income reports (1099 Forms) received for pensions, social security, interest/dividends, wages or any other income; all documents that relate to deductible expenses, social security numbers and identification for all household members. The Wednesday sessions will commence on February 5 and end on April 9, 2025. Counselors will assist taxpayers only on those topics for which they have been trained and the program permits. Where tax returns are outside the scope of their training, counselors will refer taxpayers to a paid tax preparer. Interpreters are not on location for assistance. To schedule an appointment with a certified Tax-Aide counselor call the Wethersfield Social & Youth Services office at 860-721 2880.

Cromwell Food Drive Update

The Knights of Columbus - DeSoto Council No.6 of Cromwell concluded the John "Rusty" Larson Memorial Food Drive on December 14, 2024. Overall, we had a very successful Food Drive. We received donations of over several thousand pounds of non-perishable food and personal hygiene items. In addition, we received financial donations exceeding \$5,000. We are truly grateful to all those who generously donated non-perishable food and personal hygiene items and/or made a financial donation to our Food Drive. Special and heartfelt thanks to all the donors, volunteers, organizations, and community leaders that helped make this effort a success. If you are interested in volunteering to help in some capacity in our next Annual Food Drive which will be held in November/December 2025, please reach out to us. You can reach us through e-mail: cromwellkofc@yahoo.com. ATTENTION: David Masse, Food Drive Coordinator. We will get back to you. Thank you for your compassionate and generous support and we hope to see you at next year's Food Collection Drive.

American Legion Post 117 Fundraiser

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Massive Data Breach Confirmed, Involving Local Students, Parents

By Randall Cox, Freelance Writer

ROCKY HILL - Last week parents and students in town received an email from Superintendent of Schools Dr. Mark Zito informing them of a massive data breach at PowerSchool, a cloud-based software company that maintains student data for thousands of schools worldwide. The breach exposed private parent, student and staff information. The breach occurred last month. PowerSchool notified its customers on Jan. 7 via email. On Jan. 8 an official communication from the superintendent's office was sent to students and families.

According to the email from Dr. Zito, the breach "impacts every school and school district worldwide which uses PowerSchool to maintain their student information." Despite the evident severity of the breach, it is unclear at this time exactly what information has been exposed or indeed how widespread the breach is. The letter goes on to state that the breach occurred when an "unauthorized party gained access to certain SIS

(Student Information System) customer data, including Rocky Hill Public Schools data, through a compromised credential in PowerSchool's customer support portal."

Records in the SIS pertain to student grades, attendance and enrollment. Additionally student and family names, addresses, phone numbers, social security numbers and medical and financial information have allegedly been exposed in this attack.

The breach occurred on Dec. 22 and was discovered six days later. Powerschool, for reasons that remain unclear, waited a further 10 days before notifying its customers of the breach. A compromised credential attack, like the one Powerschool suffered last month, occurs when some login information that has already been leaked or exposed in some way is used repeatedly and rapidly until access is gained. In this type of attack there is no individual manipulating the credentials. The process is entirely automated, making it

difficult to detect and stop.

PowerSchool was founded in 1997. Last year the company was acquired by Bain Capital for \$5.6 billion. Shortly thereafter, in November 2024, a class action lawsuit was filed against PowerSchool for allegedly selling student data for commercial gain and without consent. According to the lawsuit, PowerSchool maintains an astounding 345 terabytes of student data collected from 16,000 schools, districts and other customers. For reference, it is estimated that a single terabyte can hold over 80 million document pages.

There is no word yet on whether the allegations in this class action lawsuit are connected with the current breach. Though it is possible that if a company sells personal data, some of that data could be used by malicious actors to conduct a compromised credential attack.

According to Christopher Guay, director of technology for Rocky Hill Public Schools, "Rocky Hill is not currently involved in litigation (against) Powerschool." Mr. Guay also said, via email, that "Rocky Hill is not considering ending or altering its relationship with PowerSchool at this point but will keep options open as the situation unfolds."

Since the notification of the breach several more lawsuits have been filed against Power-

School by concerned parents for negligence, breach of confidence and invasion of privacy among other claims.

According to Dr. Zito's letter, Powerschool has identified the compromised credential used, and restricted access to the affected portal. The company has also "engaged their cybersecurity team and law enforcement," in its investigation of the breach. Rocky Hill, and numerous other school districts are awaiting an incident report, currently being conducted by a third party contracted by PowerSchool, which is expected to be finalized on Jan. 17. Perhaps the report will shed more light on how exactly the breach occurred, the extent and severity of the breach, and why the company waited so long to notify its customers.

In the meantime, Guay has noted that there are things PowerSchool users, as well as users of any internet-based platform, can do to bolster the security of their online information. The most important things are to improve the strength of passwords used, and to change passwords frequently. Additionally, cybersecurity experts recommend not using the same password across platforms. Using the same credential information, like usernames and passwords, can potentially leave users vulnerable to cyber attacks.

Library Holding Virtual Talks With Renowned Authors

By Randall Cox, Freelance Writer

ROCKY HILL - The Cora J. Belden Library and the Friends of the Rocky Hill Library continue their series of virtual author talks on Jan. 21, when Connecticut-raised author and performance artist Anya Liftig will discuss her memoir *Holler Rat*.

The ongoing series of virtual author talks are hosted by the Cora J Belden Library and organized and sponsored by the Friends of the Rocky Hill Library, a group of local volunteers passionate about the library and its services to the wider community.

The Author Talk series is entirely online, which means they can be enjoyed from the warmth and convenience of your home. No need to brave the uncertain and ever-changing January elements. Once you have registered, which is done through the library website, you will receive a link to a we-

binar, also hosted on the libraries website. Then sign in at the specified time and you are now a participant in the author talk. Registration is required to receive the webinar link. The Author Talks series is free.

Liftig, whose creative works have been shown at the Tate Modern in London and MoMA in New York, will discuss her new memoir, entitled *Holler Rat*, the story of a youth split between the affluent suburbs of Connecticut and the deep rural hollers of Appalachia. Liftig's unconventional upbringing, full of contradictions and hard to reconcile lifestyles, informs her art and is central to the story in her memoir.

To learn more about the author talks series or to register for these or other events visit rchtlibrary.org or call (860) 258-7261.

Driver Vs. Pedestrian Accident On Silas Deane Highway

By Nicole Zappone, Staff Writer

ROCKY HILL - An accident over the weekend involving a vehicle versus a pedestrian collision at 1864 Silas Deane Highway is under investigation.

The call came into Rocky Hill Police Communication Center on Sunday, Jan. 12, at approximately 5:20 p.m., when they received a 911 call reporting the motor vehicle accident.

Rocky Hill Police officers, the Rocky Hill Fire Department, and Aetna Ambulance were dispatched to the scene. According to police, they located a motor vehicle collision involving a pedestrian when they arrived at the scene.

The pedestrian sustained serious injuries, and police officers and firefighters rendered medical

aid. Aetna Ambulance Paramedics arrived, assumed patient care, and transported the pedestrian to a nearby hospital.

The vehicle's driver was uninjured and remained at the scene, fully cooperating with the ongoing investigation.

According to police, the identity of the driver and the pedestrian are being withheld. The pedestrian was seriously injured and died as a result of the motor vehicle collision.

The Mid-State Accident Reconstruction Team was activated and assumed the investigation.

Anyone with information about the collision is asked to contact Rocky Hill Police Officer Brandon Cairns at 860-258-2511.

Fire Department Responds To Series Of MV Accidents

By Nicole Zappone, Staff Writer

The Rocky Hill Fire Department responded to a motor vehicle accident on Carillon Drive just before the start of the new year.

The incident occurred on Dec.31, at approximately 1:30 p.m. when the department was dispatched to a motor vehicle accident with a vehicle into a structure on Carillon Drive with reported injuries.

When fire personnel arrived, they encountered a passenger vehicle that had impacted the exterior of a condominium.

The driver had self-extricated from the vehicle and was evaluated by EMS. According to fire personnel, the driver was released without injuries.

There were no injuries to any residents in the condominiums.

The scene was then turned over to the Rocky

Hill town building inspector for an investigation, and the fire department cleared the incident at about 2:10 p.m.

On a second call that day at approximately 3:50 p.m., the Rocky Hill Fire Department responded to a report of a motor vehicle accident with vehicle fire on I-91 South at the exit 23 off-ramp.

When fire personnel arrived, they found a car with a reported mechanical issue that had veered off the driveway, struck a light pole, and caught on fire.

According to fire officials, all occupants had exited the vehicle, and the fire department extinguished the fire. The off-ramp was closed down for a period of time until the vehicle was removed. No injuries were reported to any of the vehicle's occupants or firefighters.

Annual Coffeehouse Concert To Benefit Creative District

By Katie Daigle

Cromwell Creative District

Cromwell Creative District, a local nonprofit that aims to support local business and revitalize downtown Cromwell, will hold its Sixth annual coffeehouse on Saturday, Feb. 22 from 6 to 9 p.m.

This event was started as a fundraiser for the organization - which is completely run by volunteers - as well as a way to showcase local talent. This year, the coffeehouse will be even bigger and better! Having outgrown their venue of the past two years, the coffeehouse on Feb. 22 will be held at the Cromwell Courtyard by Marriott at 4 Sebethe Dr.

The three-hour event will be split into three parts, beginning with a youth talent showcase; followed by performances of various local artists, singers, storytellers, dancers and musicians;

and closing with two longer sets by popular local bands. The event has also been shifted from an afternoon time to the evening, and aims to be a "fun night out for a good cause."

Your \$30 ticket will include hot and cold hors d'oeuvres, three hours of entertainment, a dance floor, and chances to win prizes. A cash bar will also be offered. Save money by purchasing tickets in advance! Tickets for adults (age 16+) are \$25 in when purchased in advance. Children aged 15 and under are only \$10. Purchasing an entire table offers the best savings at \$200 for 10 seats!

Visit Cromwell Creative District on Facebook to purchase tickets through the coffeehouse event page, or email cromwellcreativedistrict@gmail.com to purchase tickets.

Barb's Pizza Is Coming To Vacant Cromwell Site

By Nicole Zappone, Staff Writer

CROMWELL - Barb's Pizza, a pizza joint established in 2001, will soon call Cromwell its home after they recently signed a lease.

The pizza shop leased the recently vacant Wooster Street Pizza at 77 Berlin Rd.

Owner Barry Arpaia said they are just starting the process toward the opening. Arpaia said that a lot of work needs to be done on the inside.

The pizza shop previously had a location on Farmington Avenue in West Hartford, which was sold to Zephyr Street Pizza in 2021.

Barb's also has a new location under construction in Southington at Factory Square, a plaza of small businesses at 168 Center St.

The location is nearly complete and awaiting a final inspection before installing equipment.

Barb's Pizza is known for its garlic "naughty" knots, Ken's famous half-pound meatballs, grinders, and more.

The restaurant is known for wings by the pound, loaded fries, and cheesy fries. No date is listed for when the restaurant will open.

AOH January Food Drive

The Ancient Order of Hibernians Hartford Division 2 is sponsoring a Food Drive on Sunday, January 12 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. There is always a great need for food after the Holiday Drives have been completed.

Join TOPS

Want to make friends? Have a night out? Lose some weight? Join us for TOPS (Take off pounds sensibly) Mondays 6:00 pm, First United Methodist Church, 40 Tuttle Rd. Middletown Questions? email Jan at rittyratcat@yahoo.com



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Town Leaders Developing Plans To Increase Use Of Farming Site

By Margaret Radman, Freelance Writer

ROCKY HILL - Though further development of the Rocky Hill Community Farm is on pause during the winter months, great things are envisioned for the 80-plus acre riverside parcel located at the corner of New Britain Avenue and New Road including walking trails, an educationally purposed barn, picnic areas, leased garden plots, and a farmer's market, that will be accessible to all. The farm promises to be fair and equitable. To ensure easy access, the area will be ADA (Americans with Disabilities Act) compliant with a bus stop within the public space. Additionally, the cost of the garden plots will be offered on a sliding fee scale based on income. This was determined by both a survey of residents and town recommendations.

One UConn student in the collaborative group working on the projected noted that "there is a lot of diversity in the town," and these measures will help ensure inclusivity. The community garden will also prove especially beneficial to those

who do not have their own yard, noted resident Derek Caelin during the comment segment of the November town council meeting.

Support from the community has been strong with suggestions from residents to establish outdoor activities including hiking trails, picnic areas, a bee farm, composting sites for community gardeners, horticultural gardens, a garden club, and involvement of local schools and youth agencies. Residents also expressed enthusiasm for volunteering.

The parcel boasts a rich history tied to the indigenous Wangunk tribe, sometimes referred to by historians as "The River People." They were likely the first inhabitants of the region. Its riverfront location enabled early commerce and trade.

Archeological exploration has, over the years, confirmed the presence of the Wangunk tribe in the Connecticut River valley— more specifically The Morgan Site in Rocky Hill— where evidence of this well-developed native American society has been unearthed, according to the Wesleyan

Institute for American Indian Studies.

Eventually, the parcel became the property of town which purchased the land in 2019 for \$7.2 million. In August 2023, the farm, previously known as the Straska Farm, was renamed the Rocky Hill Community Farm. Currently 30 of the 80 plus acres are leased to three farmers.

The town has enlisted the services of UConn's Community Research & Design Collaborative, a group of student landscape architects led by UConn Professor Louw, from the Department of Plant Science and Landscape Architecture, who has been working with the town in development of design proposals.

The UConn team has compiled a detailed analysis of the park-like area with recommendations for creating a sustained and balanced ecosystem of fauna and flora, with plans to increase biodiversity.

Concerns for topography, preservation of wetlands, control of invasive species, and optimal conditions to support wildlife have all been considered in drawing up plans for the farm.

Among UConn's recommendations are natural farming methods that do not include the use of traditional pesticide/herbicides. However, this could not be accommodated due to the rights of farmers inherent in the town's ordinance. Specifically, Rocky Hill has been designated a "Right to Farm" town as of 2018. Farmers are furthermore

protected under Conn. General Statue 19a-341 which allows farmers to use chemicals for control of pests, weeds, and insects in the course of normal farming activities.

The Land Acquisition and Farmland Preservation Subcommittee collectively concluded that the cessation of these chemicals is not feasible. Thus, these substances will continue to be used in accordance with the U.S. Environmental Protection Agency's Integrated Pest Management policies that delineate safe and sensible farming practices.

Furthermore, Councilman David Sevigny declared that farming areas are "not a safe area for the public to be walking in."

Consequently, walking trails will likely be diverted to avoid farmed areas particularly during the active growing season.

With that, Town Manager Raymond Carpentino confirmed that despite UConn's recommendations, pesticides/herbicides will be used on the 30 acres of farmed land guaranteed by Rocky Hill's status as a right to farm town that falls under the Farmers First Act enacted by Congress in 2023.

Carpentino related that the town is currently working on layout and pricing of garden plots, with plans for hiking trails and a community barn to follow. The outside work on the project is on hold currently, he added, due to the winter weather.

Fire Chief Urges Vigilance In Wake Of Terror Attacks

Liam McLoughlin, Staff Writer

ROCKY HILL - The Fire Chief Michael P. Garrahy is urging residents to remain vigilant for any "suspicious activity" in the area. The message was released last week in the wake of the events that took place in Las Vegas and New Orleans.

As the streets of New Orleans flooded with celebrations to ring in the new year, a truck, driven by a man identified as Shamsud Din-Jabbar, sped through the crowds and ended up killing 14 individuals and injuring 30 others, according to reports. Jabbar, a U.S. veteran, was killed in a shootout with the police.

Hours later, Matthew Linsberger parked his Tesla Cybertruck outside of the Trump International Hotel in Las Vegas and fatally shot himself in the head right before his vehicle was rigged to explode. The 37-year-old was an active green beret, and served in Afghanistan during the 2000s.

Investigations into these events are ongoing.

On Jan. 6, Chief Garrahy, who is also the town's emergency management director, forwarded the Department of Emergency Services and Public Protection (DESPP) Commissioner's, Ronnell A. Higgins, statement on the town website.

In it, Higgins stressed the importance of con-

tacting local law enforcement upon seeing potentially criminal activity.

"Recent events in New Orleans and Las Vegas provide another reminder for Connecticut residents to promptly report any suspicious activity they observe," Higgins writes. "Providing a detailed report of suspicious activity can help prevent a violent crime or a terrorist attack. If You See Something, Say Something."

Higgins went on to highlight the state's recent update of the CT Safe Mobile application, which allows online reporting of questionable activity. He stressed, however, that all emergencies should be reported by calling 9-1-1.

In the release, Chief Garrahy himself wrote, "While Connecticut officials are not aware of any current credible threats in Connecticut, I ask residents to remain vigilant."

He also provided examples of "potential threat indicators," as signified by the Connecticut Intelligence Center. These include "discreet use of cameras or video recorders," "unusual observation of or questions about security measures," and "unusual modifications to vehicles, including reinforcing the front with metal plates."

Residents are encouraged to reach out to Garrahy and other department members.

Local Organization Gets Funding To Hold Autism Support Workshops

By Nicole Zappone, Staff Writer

ROCKY HILL - Earlier this month, Shine Your Light, a nonprofit organization, announced a \$5,200 grant to support a series of workshops for youth and families with autism spectrum disorder.

The workshops are set to begin in Rocky Hill next month.

Meg Bard, executive director and founder of Shine Your Light, will begin the workshops on Wednesday, Jan. 22, at 5:30 p.m. at the Rocky Hill Community Center.

"On behalf of Shine Your Light CT, we are so grateful to have received funding to support these impactful events through Shine Your Light CT," Bard said. "This grant will allow us to bring unique and meaningful opportunities to the Rocky Hill community, fostering greater understanding, connection, and creativity."

According to Bard, the Autism Spectrum Unplugged Panel will provide a platform for sharing personal experiences and breaking down misconceptions about autism, which will help build a more inclusive and supportive community.

"The Creative Family Engagement Experience will offer families a chance to explore various forms of artistic expression together, promoting creativity and relationship building," Bard said. "I'm thrilled to see the positive impact these events will have on individuals and families in Rocky Hill, and I'm so thankful for the partnerships and support that make it all possible."

The first workshop will occur on Jan. 2, from 5:30 to 7:45 p.m.

The panel invites all parents, caregivers, and business leaders in Rocky Hill. During the panel, panel members will provide perspectives and share their experiences living with autism. Audiences will learn about strategies and interventions, the importance of relationships, and common misconceptions of people with autism.

The second workshop will be held on Feb. 12

at the Rocky Hill Community Center from 5:30 to 7:30 p.m.

The Creative Family Engagement Experience workshop will include three artistic projects that individuals of all ages can explore throughout the evening with help and support from various volunteers.

Each of these projects will offer a form of creative expression, and efforts will be made to highlight multiple forms of art for youth and their families.

Shine Your Light hosts these panels, which partners with the FOCUS Center for Autism, Rocky Hill Parks & Recreation, Rose Hill Memorial Park, Rocky Hill Greater Together Community Fund, and the Town of Rocky Hill.

Space is limited for all workshops and reserved for individuals who live or work in Rocky Hill. A light dinner will be provided. Email meg@shineyourlight.org to RSVP.

Shine Your Light CT is a nonprofit organization that supports and inspires communities to unleash creativity and confidence by providing opportunities that promote self-expression. The organization's mission is to provide healing experiences to those in need through the transformative power of art, yoga, and diverse forms of expression.

RHHS Project Graduation

Join Psychic Medium Angelina Diana in the RHHS auditorium February 27 for an evening of inspiration and connection. Since 2001, she has brought hopeful messages and supportive guidance through her readings. Experience random readings, learn how to connect, and Q&A. All proceeds go to RHHS 2025 Project Graduation. Attendance is \$45 per ticket. Doors open 6:15 PM, event begins at 7 PM. For details, email RHHSClass2025@gmail.com.

Youth Services Collecting Valentine's For Veterans

By Cathy Maldonado, Freelance Writer

CROMWELL - In a way to express gratitude to our veterans, the Youth Services department will be collecting Valentines Day cards for Veterans until Jan. 24.

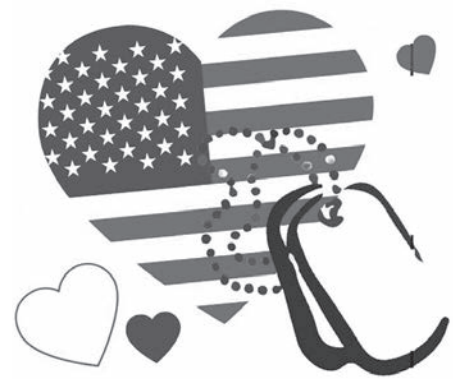
"During January, we collect homemade valentines from the community, as well as the middle and high school, to send to local veterans and veteran organizations in time for Valentines Day," explained Jessica Zeedyk, youth services assistant.

The event, which is named Valentines for Veterans, is organized as a way to bring joy to those who have served. This program collects homemade valentines to distribute to veterans and veteran organizations just in time for Valentines Day.

The collection runs until Wednesday, Jan. 24, and all valentines can be dropped off in the lobby of Cromwell Town Hall during regular business hours.

If you want to participate but need inspiration, don't worry, the Youth Services department has your back. In an effort to make the event more engaging, a special Valentine Creating Event will be held on Jan. 23.

"We are having a Valentines Creating event



on Thursday, Jan. 23, from 5 to 6 p.m., at the Town Hall," Zeedyk added.

This event is a great way to come together as a community, share creative energy, and craft messages of love and appreciation for our local heroes.

Supplies will be provided, so participants only need to bring their enthusiasm and kind thoughts.

Join the Youth Services Department in spreading love and gratitude this Valentine's Day for a Veterans.

New Field Construction Considered For Middle School Renovation Work

Liam McLoughlin, Staff Writer

CROMWELL - Big things are coming to the Cromwell school system this year, as it's likely officials will unveil the new middle school by the end of 2025. Before that can happen, however, officials must come to a decision regarding extra funds.

"Big milestones this year, I'm very excited," said Rosanna Glynn, chairperson of the Cromwell Middle School Building Committee, at its last meeting. "I officially have a countdown on my phone — I think I put August 1st. I cannot wait to walk through this building when it's all finished and polished and beautiful."

The 2016 Drummey Rosane Anderson Inc (DRA) School Conditions Study was the initial catalyst for the replacement of the current middle school. This report alerted the town to a variety of issues, including non-ADA-compliant bathrooms, outdated telecommunications, plumbing, and electrical systems, and the presence of asbestos.

The project formally kicked off back in 2022 when a referendum vote to replace the current school building passed with 970 votes in favor and 231 against. The estimated cost for the project sat around \$58.6 million, according to meeting records, and officially broke ground on Feb. 21, 2024.

In a February 2023 meeting, committee members reported that the project was shaping to exceed the agreed upon budget amount, and would "essentially double the amount of debt the town

has," according to John Healy, the managing director at Mesirow Public Finance.

However, according to Mayor James Demetriades, the project has entered 2025 with some money leftover.

"The Middle School project is currently running a surplus approximately \$4 million from bid savings," Demetriades wrote, two days before the Jan. 8 Town Council meeting. He went on to say that council members would subsequently be discussing what to do with the additional funds, with "enhancing the regular grass field to an artificial turf field."

MDemetriades explained the project would cost an estimated \$1 million, and wouldn't require any new loans or financing. According to Glynn, the idea is that the turf would be a multi-sport addition, regardless of materials.

"We posed that question to the town council because of the cost, and we understand that not everyone is in agreement that an artificial turf may be the right choice for the town," Glynn said. "Surplus funding can only be applied to the new middle school project — it can't be applied to any other area of town."

Scheduling a special meeting to open the discussion of a new turf field for the new middle school to the public is in the works, but a date has not yet been set. However, Glynn believes a decision must be made by the end of January to keep the project timeline on schedule.

Thank you for reading the Rare Reminder.



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 or call 860-563-9386.

Town Planner Readies Commission For Several Projects, Grant Proposals

Liam McLoughlin, Staff Writer

NEWINGTON - New year, new regulations. The Plan and Zoning Commission (TPZ) met last week to discuss several upcoming projects and determine the best course of action to satisfy the needs of the residents.

Paul Dickson, the town planner, led the conversation and filled the rest of the commission in on everything coming up. He said that there's a lot on the docket for 2025, which could see a lot of changes to not only the town's physical landscape, but also its zoning regulations.

The Town Center Study is the focal point of early 2025, and Dickson hopes to wrap that project up by "mid-year." Chairman Stanley Sobieski stressed the importance of gathering information from the public, ensuring that the project results in something that works.

"This, to me, is very important," Sobieski said. "We only get one shot at this, so let's try to do it and do it right."

While the Town Center Study may be in the spotlight, it isn't the only thing that the TPZ is working on in 2025.

Dickson explained that he'd been working on applying for a variety of new grants, including finalizing a contract with the Federal Department of Transportation for a Safe Streets for All grant. This \$100,000 would see a study of Cedar Street completed to look at "those pinch points where

we have trouble getting pedestrians through now, looking at safety, and looking at improvements that could be implemented," Dickson said.

He's also submitted an application for a "historic resource inventory," through the State Historic Preservation Office, and is hoping to set up a Cultural District Commission in Newington, as well.

Other projects that are getting started this year include the DEEP Recreation Trails Grant, Resilient Connecticut 2.0 grant, and the Rebuilding American Infrastructure with Sustainability and Equity (RAISE) grant.

Through the RAISE grant program, the U.S. Department of Transportation has provided the Capitol Region Council of Governments (CRCOG), CTDOT, CT transit, and the towns of Berlin, Wethersfield, and Newington \$2 million to create a "plan for a safer Berlin Turnpike," as mentioned in a press release from CRCOG. According to Dickson, Newington has a \$33,000 share in the project.

"A lot of these other studies are going to put focus on different areas of the town," Dickson said. "My goal is to really try to double dip, and use my time as efficiently as possible, so that when we're studying the area, I'm also working on it from a zoning front too."

The next TPZ meeting is scheduled for Jan. 22.

Southern New England Science Bowl Seeks Teams

Are there any middle school students in the towns of Cromwell, Middletown, Newington, Rocky Hill or Wethersfield that are well versed in things science? The Southern New England Middle School Science Bowl is missing teams from your schools. There is still time for any student, parent or teacher to register a team of five students to compete in our February 8th event. It's being hosted at Smith Middle in Glastonbury, so no excuses for having to drive far. The National Science Bowl, run by the U.S. Dept. of Energy will fly our winning team (all expenses) to Washington D.C. for the Nationals April 24th to 28th. Win or place 2nd there and your school's science department wins \$5,000.

UConn hosted this from 2006 until 2022 but then dropped it due to lack of funding. A few CT teacher coaches and some science bowl alumni

then proposed to the National Science Bowl to keep a regional here in CT, instead of our teams having to drive to MIT in Cambridge, MA where the early morning start and few open slots would have been problematic. This is the nation's premiere middle school science and math competition, jeopardy style, fun and exciting. If no teacher at your school can organize the team, we'll work with students and their parents to get your team registered. Google 'National Science Bowl' - click on the 'Regional Competitions and Deadlines' link on the left; then click on 'Middle School Regionals' on the left and lastly scroll down and click on Connecticut. Directions are there as well as my email contact. Hoping to get some interest going in your towns where there are surely many talented science and math students.

South Catholic Class Reunion

South Catholic Class of 1975: Save the Date. 50th Reunion 6/7/25. Request information and update contact info at schs1975reunion@gmail.com.

Retired Women's Group Plans Paint Party, Other Fun

NEWINGTON - A fun paint party has been scheduled at Puerto Vallarta on Friday, Jan. 31 from 12 to 2 p.m. Cost is \$30. We have 7 openings left. Please call Jean Henry at 860-920-9943, for information, reservations, and payment details. Hosted by Newly-Retired Newington Women

Other upcoming activities include:
Jan. 26, 2 to 5 p.m., St. Pats fundraiser
Feb. 7, 5:30 to 8 p.m., NBMAA First Friday
Mar. 2, 2 p.m., "Almost Heaven" play
Mar. 11, 11 p.m., Aquaturf St. Pats

UNICO Comedy Night

Wethersfield UNICO is holding their 8th Comedy Night featuring top comedians to raise money for local scholarships and charities. This year a portion of the proceeds will go to honor the late Wethersfield Fireman Robert Sharkevich. We have arranged with the Wethersfield Fire Department to pay for the cleaning of the Fireman's Memorial at Station No. 1 on Main Street and the engraving of Fireman Sharkevich on the memorial.

This always fun event will be held at the Wethersfield Community Center (30 Greenfield St.) on Friday, January 24, 2025. Doors open at 6:00pm and the show starts at 8:00pm. Tickets are \$25 and tables of 8 can be reserved on a first come first served basis. This is a Bring your own snacks and drinks PG-13 event. Ice and coffee will be provided. For tickets go to www.funny-4funds.com/events or email unicotomv@gmail.com. Over 1300 people have enjoyed the comedy night the last 7 years, don't miss out!

Thank you for reading the Rare Reminder. Visit us online at www.rarereminder.com

Council Seeks Nominations For Volunteer Of The Year

NEWINGTON - The Town Council is seeking input from citizens as to who shall become the 2024 Town of Newington Volunteer of the Year. This individual(s) should be someone who has voluntarily dedicated time and/or resources for the benefit of others and to the community at large.

The council fully recognizes that hundreds of citizens devote unlimited time in volunteer efforts, and the council certainly appreciates those efforts and extends its appreciation to all who have made such commitments. In showing its appreciation, the council would like to recognize the one individual (or individuals) who has extended himself/herself beyond what can

reasonably be expected and has touched others in a way that their lives will be affected for many years to come.

If you know of a neighbor, fellow employee, friend or relative who may be that one individual the council wishes to recognize, please submit that person's name to the council. Nomination forms are available at the Newington Senior and Disabled Center, Lucy Robbins Welles Library, through the Office of the Town Manager (860-665-8510), or on the Town's website, www.newingtonct.gov.

All nominations must be received by the office of the town manager by Jan. 31 for Town Council consideration.

Local Benefit Vocal Group Seeking Tenors And Basses

By Kate Porch, MHVC Publicity Committee

The Middlesex Hospital Vocal Chord family, under the direction of musical director Samuel Tucker and accompanied by an eight-piece orchestra directed by the talented Alan Dougherty, is seeking tenors and basses to join our chorus. No auditions necessary!

Debi Messina, who has been a member of MHVC since 2015 says; "My love of singing, retirement and the passing of my best friend were my reasons for joining Vocal Chords. It brings me joy to sing with this exceptional, caring group of individuals. My hope is that, by singing with Vocal Chords, I have brought some joy to others in their time of need."

Louise Russo, an original member of 35 years, shared this story; "I was involved with the hospital and heard about the group. Since high school, I loved to sing and decided to join the group... Now 35 years later, I still find it relaxing while making good friends and enjoying an extended family."

Paul Scrivano, who rejoined in 2024 says; "I was a member over 20 years ago. At that time, I had 3 children under the age of 6. I participated for several semesters but due to my young family I resigned. Last winter a friend passed away after an illness. He was a phenomenal singer. With the

turmoil in the world, I remembered the healing powers of music. He inspired me to sing again. I was aware that Sam Tucker was the new director of the Vocal Chords. I knew Sam from my son's participation in PHS Choir and Acapella Group. He impressed me with his enthusiasm and positive energy. I decided to rejoin the Vocal Chords last January. It's an amazing group of singers of all levels. I am unable to read music, but I am learning. The voices together sound amazing. Sometimes during our practices I'm so impressed with the sound. I may come to practice drained from work, but I leave energized. Sam's enthusiasm and energy is contagious. I regret not rejoining sooner."

If you have been considering doing something this year to enhance your life, make new friends and reduce stress levels, please consider joining our musical family. Rehearsals begin Tuesday Jan. 21 at 6:45 to 9 p.m. at Msgr. Fox Parish Hall, St. Francis Church, 10 Elm Street, Middletown, for our upcoming spring concert on Saturday, May 3, 7 p.m. at Portland High School.

New members accepted through Feb. 4. For more information, visit us on the web at vocalchords20.org or call Joyce at 860-342-3120. Also, check us out on Instagram, Facebook and YouTube.

New exhibit at The Clare Gallery Colorful Silence, January 14–March 9, 2025

Hartford, CT — The Clare Gallery's 2025 exhibition season will highlight artists centered on the conceptual framework of "Mystery, Mystical, and Meaning." Colorful Silence begins the Gallery's season with an exhibition by New Jersey artist, Brother Mickey O'Neill McGrath, Oblate of St. Francis de Sales. Br. Mickey is a writer, painter, and storyteller. Previously, his Clare Gallery 2010 exhibition,

A Fresh Look at Some of Our Best Loved Traditions, Holy Saints, and Timeless Mysteries, focused on the stories of the Virgin Mary and the Saints. This year's exhibition, Colorful Silence, features quotes from modern "mystics" such as Richard Rohr, Dorothy Day, St. Therese, as well as others. Br. Mickey skillfully paints their social justice—or intimate spiritual reflections—in high saturation color, as well as with a light, fanciful touch. As he states, his intention is "finding beauty in the margins."

The Gallery will be hosting a virtual artist's talk on Thursday, January 23, 7–8 p.m., during which Br. Mickey will share insight into his artistic processes and reflect on the mystical nature of the powerful words in his work. The virtual artist talk is free, but registration is required. Additionally, an artist's reception will occur on Sunday, March 2, 1–3 p.m. The public is welcome to attend.

In Br. Mickey's creations, color, shapes, and active rhythms work together to create a kaleidoscope of design that dances across his compositions. Many of the pieces contain quotes that ask the viewer to reflect on the mystical nature of life, love, grace, creativity, dreams, being ready and open, and God's presence. The quotes are "written" in various fonts laid out in architectural, artful ways, creating "text as image" within the landscape of the whole composition. Both image and text interact beautifully to deliver messages about the power of spirituality—however it may come to you.

Br. Mickey credits his first art-making experiences to his Saturday morning art lessons in his hometown of Philadelphia, PA, at the Moore College of Art. There, he experimented with different media. More importantly, he learned in communion with a diverse population of children. He shares: "The real blessings and life lessons I received there were not just about learning how to make art in a variety of techniques and styles, but

discovering beauty in and with other kids who did not look like the kids in my white, Catholic, Monday-through-Friday world. In the beginning, Black, Jewish, Puerto Rican, and Asian teens were as new to me as ink, paint, charcoal, and clay. And I grew to love it all."

Education has been part of Br. Mickey's life as Associate Professor of Studio Art and Art History at De Sales University, and as an author and illustrator of books, as well as an inspirational speaker. Moreover, since 1987, he has led an annual retreat at the Grünwald Guild, an interfaith art community

in the Cascade Mountains of Leavenworth, WA. Br. Mickey received his B.A. at Moravian College and his M.F.A. in painting from American University in Washington, DC. He currently works in his studio in Camden, NJ, creating new works highlighting social justice. Visit brockmickeymcgrath.com for more information.

The Clare Gallery primarily features exhibitions that emphasize world religions or interfaith themes, as well as social justice themes, on either a global or local level. The Gallery is housed in the Franciscan Center for Urban Ministry at 285 Church Street, Hartford, CT. The Center is part of St. Patrick – St. Anthony Church, a vibrant and active downtown faith community. The Clare Gallery's hours are from 9 a.m.– 4 p.m. Mondays through Saturdays, and Sundays from 9–11:30 a.m. The Gallery is open to the public. Free parking is available directly across from the church, and the facility is accessible to all. Masks are optional.

AOH January Food Drive

The Ancient Order of Hibernians Hartford Division 2 is sponsoring a Food Drive on Sunday, January 12 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. There is always a great need for food after the Holiday Drives have been completed.



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 or call 860-563-9386.

Study Committee Finalizing Plans For New Library Project

Liam McLoughlin, Staff Writer

NEWINGTON - Officials are finally ready to reveal the concept design for the new, "reimagined library" to the Town Council.

Members of the Library Board of Trustees and the Library Renovations/Addition Project Building Committee (PBC) have been working on improving the Lucy Robbins Welles Library for years. They began conducting a variety of studies in 2015, and officially landed on a design, with the help of architect Andrew Berman.

According to Kristopher Riley, a Library Board of Trustees member, they worked hard on the design to discover the best way to "Preserve our History; Embrace the Present; Plan for the Future."

"We're not looking to throw away everything the library was, but we are trying to make it adaptable and flexible so that it can continue to be used in the future," said Reilly. He believes that the proposed addition will maintain all the unique and historic aspects of the space, while preparing it for future use.

At a special Library Renovations/Addition PBC meeting on Jan. 9, Riley led a presentation walking members through the new design, focusing on current challenges and included features of what the new addition could look like.

Some of the most prominent criticisms of the current library include leaky roofs, lack of parking spots, inadequate storage space, and limited space for programming.

The Lucy Robbins Welles Library was first built

in 1939, and currently offers 23,600 square feet of space. The project will see that space increase to 55,200 square feet, with an additional 14,800 square feet of exterior space.

Features included in the design aim to create a more comfortable and modern environment that contours to the needs of its users. According to the presentation, one of the main goals of the renovations will be to establish "a community anchor" for all to enjoy.

Avid library goers can look forward to a larger community room with off-hours access, new children's areas, dedicated music rooms and "maker spaces," and more. Sustainability was also a big part of the design, and the new library is set to have solar panels, a green roof, energy-efficient lighting, etc.

In all, the library project is likely to cost \$43,906,376. The group hopes to secure funding through public bond funds, private contributions, and grants.

Attendees to the meeting hope to present their ideas to the Town Council in the coming weeks. "Something needs to be presented to the council before they get into the budget process, otherwise you're pushed off to March or April on how the budget plan is going to go," said David Nagel, town council member.

While they're still waiting on a bit more information from their architect and structural engineer, the intended date to present their ideas is at the Feb. 11 Town Council meeting.

Newington Town Council Volunteer of The Year

The Newington Town Council is seeking input from citizens as to who shall become the 2024 Town of Newington Volunteer of The Year. This individual(s) should be someone who has voluntarily dedicated time and/or resources for the benefit of others and to the community at large.

The Council fully recognizes that hundreds of citizens devote unlimited time in volunteer efforts, and the Council certainly appreciates those efforts and extends its appreciation to all who have made such commitments. In showing its appreciation, the Council would like to recognize the one individual (or individuals) who has extended himself/herself beyond what can reasonably be expected and has touched others in a way

that their lives will be affected for many years to come.

If you know of a neighbor, fellow employee, friend or relative who may be that one individual the Council wishes to recognize, please submit that person's name to the Council. Nomination forms are available at the Newington Senior and Disabled Center, Lucy Robbins Welles Library, through the Office of the Town Manager (860-665-8510), or on the Town's website, www.newingtonct.gov.

All nominations must be received by the Office of the Town Manager by January 31, 2025 for Town Council consideration.

Local Residents Named to Clark University's Spring 2024 Dean's List

WORCESTER, MA (07/25/2024)-- The following local residents were named to Clark University's Spring 2024 Dean's List:

Brandon D. Berean, of Cromwell, Conn. 06416, was named to second honors.

Darlene Tifanie Campos, of Newington, Conn. 06111, was named to second honors.

Maddie H. Dillon, of Rocky Hill, Conn. 06067, was named to second honors.

Leonardo L. Kerz, of Rocky Hill, Conn. 06067, was named to first honors.

Allie M. McKiernan, of Middletown, Conn. 06457, was named to second honors.

Erin P. Slavin, of Rocky Hill, Conn. 06067, was named to second honors.

Paige E. Zajack, of Newington, Conn. 06111, was named to first honors.

UCONN Fall 2024 Dean's List

The following University of Connecticut undergraduate students were named to the Dean's List for the Fall 2024 semester:

CROMWELL-Abigail Amara, Alexia Cela, Isabella Coite, Cristian Distefano, Lily Dworak, Aedan Frazer, Ryan Gerardi, David Gromowski, Mikolaj Jurzyk, Owen Kelleher, Sanchit Kikanamada, Brooke Laduke, Alexander Lambert, Alysia Ma, Charley Ma, Lauren McCarrall, Kelly Mcteague, Jasmine Metcalf, Matthew O'Connor, Jake Oliva, Felipe Patinha, Aidan Raymond, Trevor Religa, Niko Spaniotis, Adam Thiesen, Steven Trinh, Niyati Vachhani, Grant Weaver, Ruth Weaver, Madison White, Jack Wise, Aubrey Zimmerman, Daniel Zocco.

MIDDLETOWN-Kaylee Arnold, Kaleigh Baker, Joseph Barbagallo, Natalie Ciarleglio, Tyler Curtiss, Maria Dabe, Brendan Daley, Addison Duquette, Panama Gonzalez, Rahsan Grant, Ryan Hewawasam, Syeda Hoque, Jason Huang, Theodore Isaacson, Josef Karpinski, Kaci LaBella, Gianluca Latina, Cameron Lombardi, Alex Manos, Emma McMurray, Matthew Morelli, Kaylee Morosky, Lian Gabrielle Ong, Wesley Ong, Aleysha Ortiz, Cameron Parke, Krupal Patel, Julianne Pickett, Amelia Santaniello, Daniela Santiago, Tanvir Siddique, Kevin Turri, Amy Wiknik, Celine Wong, Miles Wrann, Syed Zaidi.

NEWINGTON-Erin Abrams, Amayah Alagarin, Elizabeth Barron, Morgan Belaski, Jack Bogatz, Daniel Braga, Aster Cao, Duarte Cordeiro, Ema Costa, Samuel Cultrera, Timothy Davis, Dimitrios Dimisianos, Eric Elliott, Rebecca Fisher, John Gallinoto, David Gorski, Macy Guion, Rechana Israel, Maria Joseph, Andy Le, Michelle Martula, Jordan Middlebrooks, Vincent Nguyen, Michelle Novikova, Arby Nurcellari, Megan Padykula, Safee Rahman, Micah Saji, Carina Santhosh, Aldo Sharofi, Jack Stair, Eshan Tanseer,

Vidhisha Thakkar, Priscilla Tran, Bryce Turner, Cody Voorhies, Casey Wang, Lyla White, Zachary White, Maggie Woods, Joey Yang.

ROCKY HILL-Aysha Aftab, Ariana Androulidakis, Sowmitha Balasunderraj, Faith Beliveau, Jeffrey Beliveau, Zara Bilal, Endi Bregu, Robert Bush, Jake Carnelli, Peter Cimini, Luke Collura, Madeline Cosker, Suma Dendi, Grace DiTunno, Isaiah Friedman-Ringwood, Abaigeal Harding, Jake Jimenez, Devesh Karthik, Dorkasin Khamonezhad, Benjamin Kiesel, Justin Latif, Katherine Lauro, Anna Leal, Bryan Martinez, Addison Meisterling, Nicholas Miceli, Molly Morgan, Maureen Muzio, Jayden Osei-Tutu, Kaan Ozuolmez, Owen Pestka, Peter Pettino, Nathaniel Place, Cuin Reagan, Ivan Ren, Hannah Saccente, Ally Stevens, Brendon Stevens, Skylar Sweeney, Gabrielle Tardif, Akshat Tonk.

WETHERSFIELD-Naida Alihodzic, Emma Anzidei, Adriana Bellido, Emily Bielawiec, Nawal Bilal, Cindy Biraci, Christian Bonvisuto, Charlotte Breton, Edith Carson, Andrew Cataldi, William Civitello, Thomas Clark, Grace Cose, Charlotte Daigle, Riley D'Amato, Madeleine Day, Jacob Fiorino, Vihaan Gandhi, Dennis Gega, Samuel Kitzon, Emma Klementon, Rita Konjusha, Kyle Kunzelman, Mustafa Maras, Andrew McCarter, Ana Mnatsakanian, Sean Moquin, Taylor Moran, Emma Mullarkey, Catherine Murphy, Claire Murphy, Emma Nguyen, John O'Leary, Caroline Peak, Sophia Pirrotta, Solani Polar, Alison Powell, Caroline Provost, George Rafti, John Reidy, Mary Reidy, Madison Righi, Maren Riley, Mark Rokycky, Kaitlin Ryan, Charleigh Seitzinger, Jason Sharp, Nicole Strickland, Riley Tehan, Gabriella Tomaino, Lorien Touponse, Amar Velic, Kara Visconti, Anduei Xhelaj, Huiling Yin, Nazanin Zaer, Hao Zhuo.

Second RE Tax Bill Is Due By Feb. 3

By Corinne Aldinger, Revenue Collector

This is a reminder - no tax bill is sent for the second installment for the January real estate and/or personal property tax.

Your January installment was included with your July tax bill. If you have misplaced the January installment you can locate it on line or call the office (860 665-8540). Supplemental motor vehicle tax bills will be mailed at the end of December which are for cars purchased or registered after Oct. 1, 2023.

The last day to pay without penalty is Feb. 3. All payments received on Feb. 4 will be charged interest (3%) according to CT State Statute Sec. 12-146. There are no exceptions. All back taxes must be paid prior to the new tax bills.

The tax office only accepts payments by check, money order, and cash. You may also pay by mail, or drop your payment and check into the silver tax payment box located across from the Town Hall entrance, or online at www.newingtonct.gov. Do not pay back taxes online if you need a release to register a car with the Dept. of Motor Vehicles.

Taxpayers are responsible to pay taxes when they are due. Failure to receive a tax bill does not invalidate the tax, interest or fees.

Town Hall Hours: Mon. Wed. and Thurs. 8:30 a.m. - 4:30 p.m.; Tues. 8:30 a.m. - 6 p.m.; Fri. 8:30 a.m. - 12:00 p.m

Masonicare Rings in The New Year with The Acquisition of Atria Greenridge Place

Wallingford, CT — January 2, 2025 – Masonicare, Connecticut's largest not-for-profit senior living and healthcare provider, is celebrating two major milestones: the acquisition of Atria Greenridge Place in Rocky Hill and a formal merger with United Methodist Homes (UMH), which operates communities in Shelton, Farmington, and Newington. These initiatives represent a major step in expanding Masonicare's reach while reinforcing its dedication to delivering compassionate, high-quality care to seniors across Connecticut.

The merger positions United Methodist Homes, a 150-year time-honored organization, under the Masonicare brand, unifying the organizations under a shared identity that enhances service quality and extends access to Masonicare's comprehensive continuum of care. The alignment of these two legacy organizations further supports Masonicare's commitment to the delivery of best-in-class, relationship-centered, senior care and services.

David Lawlor, President and CEO of United Methodist Homes, expressed enthusiasm for the merger, stating, "Our alignment with Masonicare is an exciting opportunity to extend our mission and ensure that our residents benefit from both UMH and Masonicare's renowned expertise in senior living and healthcare services. Under the Masonicare name, we represent a collective 280 years of excellence and a shared commitment to the highest standards of care." Atria Greenridge Place

The acquisition of Atria Greenridge Place, now operating as Masonicare at Greenridge Place, marks another pivotal step in Masonicare's mission to provide exceptional care for older adults. Under Masonicare's ownership and management, the 108-unit assisted living and memory care community brings new opportunities to serve Connecticut seniors. By incorporating Greenridge Place into its portfolio, Masonicare extends its geographical reach and deepens its commitment to high-quality, personalized care. Residents of Masonicare at Greenridge Place will benefit from the organization's holistic approach, including integrated healthcare services, memory care, and wellness programs. This addition enhances Masonicare's standing as a trusted leader in senior living, offering expanded options for individuals and families seeking a welcoming

environment where residents can thrive.

"Masonicare is thrilled to welcome United Methodist Homes and Greenridge Place to our family," said Jon-Paul Venoit, President and CEO of Masonicare. "By uniting under the Masonicare name, we strengthen our commitment to accessible, high-quality care for Connecticut seniors, leveraging the combined resources and expertise of two mission-driven organizations."

These significant developments underscore Masonicare's steadfast dedication to meeting the evolving needs of Connecticut's senior population with care that prioritizes dignity, respect, and well-being.

For more information on this acquisition and merger, please contact: Ann Collette, Chief, Strategy email: acollette@masonicare.org

About Masonicare: Masonicare is Connecticut's leading not-for-profit provider of senior living and healthcare services, offering a complete continuum of care tailored to meet the diverse needs of older adults. Services range from independent and assisted living and memory care to skilled nursing, rehabilitation, senior behavioral health, medical and non-medical home health care, hospice, and palliative care. Driven by a mission devoted to service excellence, Masonicare is committed to providing compassionate, personalized care that evolves with the needs of the seniors they serve.

About United Methodist Homes: United Methodist Homes (UMH) has been a trusted senior living organization in Connecticut for 150 years, offering exceptional care throughout their independent living, assisted living, memory care, and skilled nursing communities.

Following the merger, UMH will proudly adopt the Masonicare name, joining forces to strengthen their enduring mission to provide relationship-centered care and services that foster a vibrant, engaged, and meaningful life for seniors.

Join TOPS

Want to make friends? Have a night out? Lose some weight?

Join us for TOPS (Take off pounds sensibly)

Mondays 6:00 pm

First United Methodist Church

40 Tuttle Rd. Middletown

Questions? Email Jan at rittyratcat@yahoo.com

Newington Senior Center Bus Trips

Tuesday, March 11, 2025 - St. Patrick' Day Celebration, Aqua Turf Club, Plantsville

Featuring the McLean Avenue Band & Irish Step Dancers

Tuesday, April 15, 2025 - Swing into Spring with the King Richie Santa's tribute to Elvis, Villa Louisa, Bolton. Register in person at the:

Newington Senior & Disabled Center

120 Cedar St., Newington

Monday & Tuesday 10:00 to

12:00

Thursday 11:15 to 12:45



TOWN OF NEWINGTON ANNUAL AUDIT REPORT LEGAL NOTICE

In accordance with Section 7-394 of the Connecticut General Statutes, the Town Clerk hereby causes to be published a notice indicating that the annual audit for Fiscal Year 2023-2024 for the Town of Newington is on file and available for public inspection in the office of the Town Clerk, 200 Garfield Street, Newington, CT during normal business hours.

Dated at Newington CT this 16th day of January, 2025.

Attest: James E. Krupienski
Town Clerk



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 or call 860-563-9386.

Swing School Concept, Location First Step Toward Building Project

By Joan Hunt, Staff Writer

WETHERSFIELD - The Advisory School Building Committee has determined that the first step in whatever rebuilding project is chosen for the town's elementary schools needs to be the construction of a swing school. The committee has identified three possible sites on which to put a swing school, and it is seeking public input before making a decision.

Following the committee's meeting last Monday night, Town Council liaison Emily Zambrello filled the council in on the three sites being considered and also answered a couple of the questions that had been brought up during that body's public comment section about the process.

A swing school, she said, is the first school that would be built. As each of the existing schools are either built new or renovated, the student body would be cycled into the swing school while the work is being done.

"Nobody has to be living or working or learning in a construction zone," Zambrello explained. "Then at the end of the process, the old school on the swing school site would be knocked down and you just have the one school there." She said that the process would be safer and keep the project moving as quickly as possible.

The three potential sites for a swing school that have been identified by the committee and the consultant, including pros and cons of each site, follow:

**What is being referred to as High Crest North is a site located opposite to where High Crest Elementary School now stands. "It is next to the Kycia barn," said Zambrello. Benefits to this location

she said, are that it has less wetlands than the current site, is easier to access and it would replace the current building that is very outdated and not functional for students in our modern environment. The downside to this site, she said, are that the fields could not be completely replaced once construction was completed because the site for the existing school is smaller than the site for the new school is expected to be. Also traffic would probably be the most difficult to handle of the three sites being considered because everybody would be funneling into the same street going into the center of town.

**The Kycia Farm site is located right across the street. "The pros are that we could gain fields in doing that," said Zambrello. "Traffic is still not ideal, but it is improved, as it could be re-routed onto Collier Street for buses. Also, the school would not be right on the street, but set back a bit, so it would dominate the site from what they are telling us, said Zambrello. "Because so much of the rest of the site is wooded and wetlands, there wouldn't be much else you could do with it besides a couple of fields and a school," she said. However, there is no existing infrastructure on the site, so all that would need to be created, including sewage, parking, and water. More details about that are being researched, according to Zambrello.

**The other site is next to the current Hamner Elementary School behind the Stillman building where the Board of Education is located. "It would not touch the Standish part of it, which is Mikey's Place and Laura's Garden," said Zam-

brello. "Then potentially down the road when we knock down the old Hamner, it would be replaced with green and repave the fields that were lost, so that's a nice opportunity," she said. "It's a good chance to actually improve the traffic flow of that site because it would have more road access in the end and it would have more students, but it would be a smaller footprint, so it would fit on that site pretty nicely. But again the downside there is that it would require reconfiguration of that park. It would be a good result in the end, but we really want to hear people's opinion on this," said Zambrello.

In response to earlier questions about funding, Zambrello said voters must bear in mind that the project cost is not what the town will actually end up paying. "The state reimburses us a certain percentage, so in Wethersfield we can get up to 57 percent reimbursement, but we still have to put the full amount up to a vote because ultimately we are still responsible for it," she said. "But at the same time, we are applying to the state for that reimbursement, so they end up giving us back a

huge portion of that money," she explained. "The rest of it is paid back over about a 20-year period. So I don't want anybody to be alarmed by the initial numbers," said Zambrello.

On the subject of the referendum's timing, she said it has a lot to do with the application for that reimbursement. The anticipated June date for the referendum, rather than waiting until a more typical fall timeframe, is set to correspond with the state's schedule.

"The due date for grant application is June 30 of every year," Zambrello explained. "So that means if we apply in June, we end up on the legislature's agenda for the following session, as opposed to potentially having to wait another year to get that approval," she said.

A public information session has been scheduled for Thursday, Jan. 23 in council chambers from 6 to 8 p.m. to talk about sites for a swing school and other matters. Residents are urged to bring their questions, concerns and ideas to that meeting. It will also be livestreamed for those who cannot be present at that time.

Local Benefit Vocal Group Seeking Tenors And Basses

By Kate Porch

MHVC Publicity Committee

The Middlesex Hospital Vocal Chord family, under the direction of musical director Samuel Tucker and accompanied by an eight-piece orchestra directed by the talented Alan Dougherty, is seeking tenors and basses to join our chorus. No auditions necessary!

Debi Messina, who has been a member of MHVC since 2015 says; "My love of singing, retirement and the passing of my best friend were my reasons for joining Vocal Chords. It brings me joy to sing with this exceptional, caring group of individuals. My hope is that, by singing with Vocal Chords, I have brought some joy to others in their time of need."

Louise Russo, an original member of 35 years, shared this story; "I was involved with the hospital and heard about the group. Since high school, I loved to sing and decided to join the group... Now 35 years later, I still find it relaxing while making good friends and enjoying an extended family."

Paul Scrivano, who rejoined in 2024 says; "I was a member over 20 years ago. At that time, I had 3 children under the age of 6. I participated for several semesters but due to my young family I resigned. Last winter a friend passed away after an illness. He was a phenomenal singer. With the turmoil in the world, I remembered the healing powers of music. He inspired me to sing again. I was aware that Sam Tucker was the new director of the Vocal Chords. I knew Sam from my son's participation in PHS Choir and Acapella Group. He impressed me with his enthusiasm and positive energy. I decided to rejoin the Vocal Chords last January. It's an amazing group of singers of

all levels. I am unable to read music, but I am learning. The voices together sound amazing. Sometimes during our practices I'm so impressed with the sound. I may come to practice drained from work, but I leave energized. Sam's enthusiasm and energy is contagious. I regret not rejoining sooner."

If you have been considering doing something this year to enhance your life, make new friends and reduce stress levels, please consider joining our musical family. Rehearsals begin Tuesday Jan 21 at 6:45 to 9 p.m. at Msgr. Fox Parish Hall, St. Francis Church, 10 Elm Street, Middletown, for our upcoming spring concert on Saturday, May 3, 7 p.m. at Portland High School.

New members accepted through Feb. 4. For more information, visit us on the web at vocalchords20.org or call Joyce at 860-342-3120. Also, check us out on Instagram, Facebook and YouTube.

AOH January Food Drive

The Ancient Order of Hibernians Hartford Division 2 is sponsoring a Food Drive on Sunday, January 12 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. There is always a great need for food after the Holiday Drives have been completed.

Wethersfield Men's Garden Club Free Lecture: "Vegetable Diseases"

The Wethersfield Men's Garden Club will feature a scientist from the Connecticut Agricultural Experiment Station for our January meeting. Dr Yonghao Li will speak on "Vegetable Diseases covering common disease problems of vegetables and their control for home gardening and commercial production" The public is invited to join us January 27 at 7pm at the Pitkin Community Center for this free lecture.

For several decades, the dedicated members

of the Men's Garden Club have maintained the Weston Rose Garden. Their community garden now produces vegetables for the Wethersfield food bank. The public is invited to meet the gardeners and learn more about the Club and gardening in general. The Club will continue informational lectures on the 4th Monday of each month in the Pitkin Center, open to all members of the public.

Rotary Club Helping Hand Fund Scholarships

January 6, 2025

This year the Rotary Club of Wethersfield / Rocky Hill, Inc., through its Helping Hand Fund, will award a limited number of scholarships. The scholarship (while the amount is set annually) is currently \$4,000 per year with a maximum of \$16,000 over four years. These awards are available to graduating high school seniors residing in Wethersfield or Rocky Hill who will attend an accredited two or four year institution. Applicants should demonstrate a financial need, strong academic performance, and a commitment to community service.

The Helping Hand Fund was founded in 1949 by members of the Rotary Club of Wethersfield / Rocky Hill, Inc. Since then the Fund has awarded over \$1,000,000 in scholarships to graduating high school seniors in Wethersfield and Rocky Hill.

Further requirements and information, including an application, can be found at www.helpinghandfund.net All applications must be received no later than April 15th. Interviews will be scheduled and scholarship winners notified in early May.

GFWC Newington/Wethersfield Woman's Club

Please join our club members at Puerto Vallarta, 2385 Berlin Turnpike, Newington on Tuesday, January 14 from 3:00 - 10:00pm. Stop by any time during those hours to dine-in or for take-out. Club will receive an amazing 20% of all sales during that time. Enjoy one of your favorite dishes or try something different; there are so many delicious choices!!

As a member of General Federation of Women's Clubs and GFWC/CT we take pride in volunteering and serving the needs of those in

our communities and beyond. We continue to raise funds for annual scholarships since 2005 to assist a deserving female senior from both Newington & Wethersfield High Schools with college expenses.

Be sure to share this info with upcoming 2025 graduates, we would love to have them apply!

Please call 860-986-9707, if you have any questions. We hope to see you at Puerto Vallarta!!

Southern New England Science Bowl Seeks Teams

Are there any middle school students in the towns of Cromwell, Middletown, Newington, Rocky Hill or Wethersfield that are well versed in things science? The Southern New England Middle School Science Bowl is missing teams from your schools. There is still time for any student, parent or teacher to register a team of five students to compete in our February 8th event. It's being hosted at Smith Middle in Glastonbury, so no excuses for having to drive far. The National Science Bowl, run by the U.S. Dept. of Energy will fly our winning team (all expenses) to Washington D.C. for the Nationals April 24th to 28th. Win or place 2nd there and your school's science department wins \$5,000.

UConn hosted this from 2006 until 2022 but then dropped it due to lack of funding. A few CT teacher coaches and some science bowl alumni

then proposed to the National Science Bowl to keep a regional here in CT, instead of our teams having to drive to MIT in Cambridge, MA where the early morning start and few open slots would have been problematic. This is the nation's premiere middle school science and math competition, jeopardy style, fun and exciting. If no teacher at your school can organize the team, we'll work with students and their parents to get your team registered. Google 'National Science Bowl' - click on the 'Regional Competitions and Deadlines' link on the left; then click on 'Middle School Regionals' on the left and lastly scroll down and click on Connecticut. Directions are there as well as my email contact. Hoping to get some interest going in your towns where there are surely many talented science and math students.

Letters to the Editor

To the Editor:

At the Wethersfield Advisory School Building Committee (WASBC) meeting, of December 17, 2024 the Town hired school consultant TSKP Partners with assistance from Downes Construction Co., presented preliminary proposals for the five Wethersfield Elementary Schools (WES) with a plan, strategies and various scenarios that they feel should lead to a successful referendum. TSKP presented several options for the June 2025 referendum with total prices in the range of \$331,500,000 to \$343,000,000 depending on which option WASBC selects and recommends. TSKP also proposed splitting the referendum into two separate referendums, one to be held June 2025 (for \$144,500,000 to \$173,500,000) and another one held (for \$158,000,000 to \$198,500,000) a year and half or two years later, depending on which option WASBC selects and recommends. TSKP feels the strategy of getting one referendum passed and doing a great job will help the second referendum pass when presented.

At the January 6, 2025 WASBC meeting TSKP elaborated more on their earlier preliminary proposals and where the new swing school could be built, by proposing locations near the current Highcrest and Hamner Schools. TSKP proposes to build-new, a swing school either on or near Highcrest Elementary School located; 1.) south on Highland Street down to the wetlands, which is approximately 250 feet wide before infringing

on the wetlands; 2.) north on Highland Street on the Kycia-North property in the field along Highland Street. And on or near Hamner, build-new behind the Stillman Building that should not infringe on Standish Park.

Attending this meeting were several Town Council members including the mayor, and not one protested or objected using the Kycia Property-North, to build-new, a school. Appears our Top Town Officials by their silence have abandoned their Special Interest friends and buddies, who supported and voted for the purchase of Kycia for farming, open space, trails, sports fields, etc.

There was discussion about consolidating Webb Elementary School into a 5-6 Grade Academy in order to receive more State Reimbursement Funds and centralize this age group of students in one building with classes and services which was hailed as a great concept by WASBC members but this suggestion does not address the loss of the community school concept, addition transportation costs to the Town and effect on students.

The failed referendum of 2023 was for a total price of \$279,026,545! The June 2025 referendum could be in the range of \$331,500,000 to \$343,000,000 that will definitely have a huge increase on your taxes!

Robert Young

Wethersfield, CT



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 or call 860-563-9386.

Town Leaders Recognize Retiring Park & Rec Director

By Joan Hunt, Staff Writer

WETHERSFIELD - The list of her accomplishments is almost as long as her 35 years of service to the town of Wethersfield as director of the Parks and Recreation Department. Kathy Bagley appeared in front of the Town Council last week for a formal goodbye and well-deserved testament from Mayor Ken Lesser for her valuable work.

"Since its inception in 1960, the Wethersfield Parks and Rec department has only had two directors: William J. Pitkin and Kathy Bagley," said Lesser. "For the past 35 years, Kathy has been responsible for overseeing the town's parks, fields, pools and facilities, including the William J. Pitkin Center, the Eleanor Buck Wolf Nature Center, and the Solomon Welles home, along with various recreational, educational, and therapeutic programs," he said.

During that time, he said, Bagley has overseen major renovation projects, including the conversion of the Moeller Memorial Home to the Eleanor Buck Wolf Nature Center, the swimming pond at Mill Woods, the Willard Pool, the Pitkin Center and the Little League field.

"Kathy has been instrumental in developing the master plan for both Mill Woods and Cove Park," said Lesser. Among her other accomplishments that he mentioned were ongoing efforts to improve and expand facility offerings at the Cove Park boat launch and along the Heritage Way bike trail. She has established partnerships with other town organizations and programs as well, including Mikey's Place playground, Keeney State Park, the Wethersfield dog park, Loretta's Stream Pavilion and Keane on Kids.

Although Lesser did not mention it, Bagley also served as interim town manager for a while, after former Town Manager Jeff Bridges resigned in 2018. Seemingly willing and able to multitask at the highest level of town government, she has also served as director for Social, Youth, and Senior Services since 2014. In this capacity Lesser said she has overseen programs and services for the elderly with disabilities, the food bank, special needs camp funding, positive youth development, and crisis intervention.

Councilor Shelley Carbone said it had been an honor and a privilege to work with Bagley and

that she appreciated how quick and patient she was when answering questions from the Council.

Deputy Mayor Matt Forrest recalled that he was in Little League back when Bagley was first working with his father to get the fields in working condition. "Now I'm graying and you are still here; that's a testament to everything we are talking about tonight," he said, adding that she would be a hard act to follow.

Counselor Jane Roets added that Bagley's work with Parks and Rec and human services was really a much bigger job than one person should need to do and that she had done it very well.

"Wethersfield is a great community," said Bagley. "I don't think I'd have stayed here this

long if it weren't for the people that live here." She said it did not seem like that many years had gone by, noting that working with residents and town staff was memorable.

"One of the things that always stood out working here is that all the town staff cared about people and really wanted to give them the best services we could possibly provide," said Bagley. "It was certainly a joint effort and very much a collaborative effort with people in the community that volunteer so much time to do a lot of what we do," she said. "If you think about it, I happened to be the director, but so many more people - both staff and residents - all contributed to make all those things happen."

Wethersfield UNICO Macaroni Dinner

The Wethersfield UNICO Macaroni Dinner returns for the 44th year on Sunday, February 16, 2024, from 11:30-4:00 at the Wethersfield Community Center on Pitkin Street. Our Annual Macaroni Dinner brings together hundreds of people to enjoy a traditional Italian Sunday dinner with homemade meatballs and sauce, salad, garlic bread, ice cream, and beverage. This event is our primary fundraiser and helps us to give back to

the community through scholarships and grants. Tickets (\$17 for adults and \$8 for children 12 and under) can be bought through the mail (Wethersfield UNICO Dinner Tickets, P.O. Box 290370, Wethersfield, CT, 06129-0370) or at the door. A free shuttle will be available from the Greenfield Pool parking lot. Visit the Wethersfield UNICO Facebook or web page (wethersfieldunico.com) for updates and information about our chapter.

Free AARP Tax Aide Program

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all information and documents received that apply to their 2024 income taxes, including copies of all 2024 state/federal income tax forms; all income reports (1099 Forms) received for

pensions, social security, interest/dividends, wages or any other income; all documents that relate to deductible expenses, social security numbers and identification for all household members. The Wednesday sessions will commence on February 5 and end on April 9, 2025. Counselors will assist taxpayers only on those topics for which they have been trained and the program permits. Where tax returns are outside the scope of their training, counselors will refer taxpayers to a paid tax preparer. Interpreters are not on location for assistance.

To schedule an appointment with a certified Tax-Aide counselor call the Wethersfield Social & Youth Services office at 860-721 2880.

NEW AGE FAIR

Sunday, Feb. 9, 10 AM - 4 PM. 30 Greenfield St., Wethersfield. Readings, vendors, lectures, Free admission. myasc.org 860-568-8617

Wethersfield Library Seeks Donations

The Friends of the Wethersfield Library are now taking donations of books, puzzles, CD's, and DVD's. The Friends of the Wethersfield Library would like to thank all who supported the very successful fall book sale. All proceeds benefit library programs such as summer reading, museum passes and interactive author interviews. Books leftover from the sale are donated to local nonprofit organizations. Watch for further details for the Jigsaw Puzzle and blowout CD sale coming in January.

Rsvp Seeking Volunteers Age 55+ For Signature Programs

'RSVP READS' - Volunteer just one hour per week to help children with their academic success during the 2024-25 academic school year -

The RSVP READS Program is operated as a school-based program where volunteers are partnered with students in local elementary schools, providing reading guidance for one hour per week now through May. RSVP READS tutors make reading interesting, fun, and act as positive role models, inspiring their students to read. No prior educational experience is required, just a

love of reading and enjoying working with students ages 5-11. We will be operating in the following six (6) school districts for you to choose from: Berlin, Manchester, Portland, Southington, Vernon, and Wethersfield.

Volunteer Medical Transportation Program -

RSVP is seeking volunteers to help transport seniors to medical appointments when dial-a-ride isn't available in their local communities. Volunteers must be willing to volunteer just a few hours per month by simply being on an email 'call-list' to help when/if when your calendar is 'free'/no pressure - just accept rides when it's convenient for YOU!

We currently serve senior/veteran residents over the age of 60 in the following twenty-one (21) communities: Berlin, Bolton, Bristol, Coventry, Cromwell, East Granby, East Hampton, East Windsor, Enfield, Middletown, New Britain, Plainville, Plymouth/Terryville, Somers, Southington, Suffield, Tolland, Vernon, Willington, Windsor, & Windsor Locks.

Please contact Theresa Strong, RSVP Manager, to learn more about either of the above opportunities -

Please consider giving just 1-2 hours of your time to help! WE NEED YOUR HELP!!!

Email: strongt@rcct.org / Cell: (860) 519-3484

Legal Notice Town of Wethersfield Historic District Commission

The Wethersfield Historic District Commission will hold a public hearing on Tuesday, January 28, 2025 at 7:30pm at the Wethersfield Town Hall, 505 Silas Deane Highway, Wethersfield, CT, Conference Room #3, on the following applications seeking a Certificate of Appropriateness:

1. **Application #8302-25** Lauren Collin, seeking to replace porch windows with Andersen 100-series composite windows with 6/1 grille pattern, replace basement windows with Andersen 100-series sliding windows at 133 Church Street.
2. **Application #8303-25** DBL Contracting LLC, seeking to install Therma-Tru front and back doors with lock sets in black, and black lantern light fixtures at 24 Church Street.
3. **Application #8304-25** Matthew Turo, seeking to install box wire fence with metal posts in rear yard at 249 Garden Street.
4. **Application #8305-25** Liz DeVito, seeking to replace windows in home with double-hung vinyl windows with grilles-between-glass at 49 Foote Path Lane.

Town of Wethersfield
Historic District Commission

Kim Wolf
Duly Authorized

Dated at Wethersfield, Connecticut, this 13th day of January 2025

LEGAL NOTICE

Town of Wethersfield

PLANNING AND ZONING COMMISSION

The Wethersfield Planning and Zoning Commission will hold a public hearing on Tuesday, January 22, 2025 at 7:00 p.m., Town Hall Council Chambers, 505 Silas Deane Highway, Wethersfield, Connecticut.

Public Hearing 2196-25-Z Kaliubon Mart LLC d/b/a Tomo Japanese Mart seeking a Special Permit in accordance with Section 5.8 (Alcoholic Beverages) of the Wethersfield Zoning Regulations to apply for a Grocery Beer Liquor Permit from the State of Connecticut at 1323 Silas Deane Highway.

Public Hearing 2194-24-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.

Planning and Zoning Commission
Derrick Gregor, P.E., Town Engineer
Duly Authorized

Dated at Wethersfield, Connecticut, this 30th day of December, 2024

Revitalized

Chocolate Festival

American Legion Auxiliary Unit 72

Saturday February 8, 2025

10 AM - 2:30 PM (Snow Date Feb 9)

With a little something extra!

2nd annual BAKING CONTEST!!!

Youth ages 7-15, Adults 16-64, and Seniors 65+



**Fabulous Home Baked Goods
Handmade Candies**

**and
Raffle Baskets - Galore!!**

Don't forget our Dessert Café

Take a seat and relax over a taste of Homemade goodies with your favorite Hot Cocoa, Coffee or Tea

Enjoy searching for that perfect raffle basket!

**Baking Contest Judging begins at 12:00PM
Registration Required!**

**Call Eileen 203-621-4258 edandrea72@yahoo.com
or Terri 860-620-2525 tpetito@snet.net
(subject: Baking)**

American Legion Auxiliary Unit 72, 64 Main St. Southington, CT

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Filet Mignon

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Hours: Mon. 11am-8:30pm, Tue. Closed, Wed. & Thur. 11am-9pm, Fri. & Sat. 11am-9:30pm, Sun. 11am-8pm

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011625

6th Annual Coffeehouse Concert

Cromwell Creative District, a local nonprofit that aims to support local business and revitalize downtown Cromwell, will hold its 6th annual coffeehouse on Saturday February 22 from 6-9pm. This event was started as a fundraiser for the organization- which is completely run by volunteers- as well as a way to showcase local talent. The coffeehouse on 2/22/25 will be held at the Cromwell Courtyard by Marriott at 4 Sebeth Drive in Cromwell. The three hour event will be split into three parts, beginning with a youth talent showcase; followed by performances of various local artists, singers, storytellers, dancers and musicians; and closing with two longer sets by popular local bands. The event has also been shifted from an afternoon time to the evening, and aims to be a "fun night out for a good cause." Your \$30 ticket will include hot and cold hors d'oeuvres, three hours of entertainment, a dance floor, and chances to win prizes. A cash bar will also be offered. Tickets for adults (age 16+) are \$25 in when purchased in advance. Children aged 15 and under are only \$10. Purchasing an entire table offers the best savings at \$200 for 10 seats! Visit Cromwell Creative District on Facebook to purchase tickets through the coffeehouse event page, or email cromwellcreatedistrict@gmail.com to purchase tickets.

MILE Lifelong Education Program

Middletown-Registration for MILE the Lifelong Education program at Middlesex Community College for age 50+ adults is starting now. Classes are taught by local college professors, entrepreneurs, and those of the public who would like to share their knowledge with the group. The Winter session takes place every Wednesday during the month of January via ZOOM presentations. The Spring Semester starts on March 11, 2025, through April 24, 2025. It is held in person at the College in Middletown on Tuesday and Thursday afternoons from 1:30-3:30pm. Wednesday afternoons we offer ZOOM presentations from 1:30-3:00pm. Visit our website to get more information on classes, schedules and course descriptions, as well as to find our registration form. You can reach us at <http://www.mileonline.org> or leave a message at (860) 343-5863.

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.

Start Planning for Preschool!

Registration for the 2025-2026 school year is already underway! Programs fill up quickly, so now is the perfect time to explore your options and secure a spot for your little one. Starting early gives you the chance to visit programs, ask questions, and find the best fit for your child. Don't wait—spaces are limited, and many programs fill by spring. Start your preschool search today to ensure your child is ready to learn, play, and thrive next fall! Find a complete list of preschool programs in Wethersfield below. For more information, please check out the WECC website at wecc.wethersfield.me or give us a call at 860-721-2887.

CT Horticultural Society Free Lecture

The Connecticut Horticultural Society continues its 2024-2025 season of speaker meetings with "The Wonders of the Winter Landscape," featuring Vincent Simeone. Starting at 7pm on Thurs., Jan. 16, 2025 on Zoom only, the live presentation will be followed with a Q&A. Vincent has worked in the horticultural field for over 37 years. He is currently the Director of Planting Fields Arboretum State Historic Park in Oyster Bay, NY where he has worked for 31 years and manages the facility. The talk is free for members and \$10 for non-members. For more information or for non-members to register, or go to cthorg.org. If coming to the presentation, non-members are welcome to register at the door.

Join Wethersfield Art League!

Artists of all levels (and ages!) are welcome! An annual individual sponsorship costs just \$30, a family sponsorship just \$35. Classes, workshops, and free open studios are held at the Little Red Schoolhouse, 193 Wells Road, Wethersfield. Email us at WethersfieldArtLeague@gmail.com or Phone: 860-563-9637. Visit us on Facebook or Instagram: @WethersfieldArtLeague.

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!

Winterfest

Newly Retired Women of Newington will host Winterfest on Jan 17 from 6:30-9 p.m. Any questions? Call/text Jean Henry at 860-920-9943. \$10/yr. You don't have to be from Newington to join!

MONICA CLEANING: Provides reliable and top quality cleaning services throughout Connecticut. We take good care of your home or office and clean it as we would our own. We stand behind our performance and guarantee your satisfaction. We care about our services to you, and if you're not satisfied, we're not. Give us a call - We Do It All! 860-833-5226 for a Free Estimate.

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BASEMENT WATERPROOFING: Water problems solved by reliable local contractor using industry proven methods and materials. Hatchway leaks, foundation cracks, sub-floor drainage systems, yard drainage systems. Fully insured. Free estimates. Our 40th year. Registered with CT. Consumer Protection, #511842. Call J.P. Bachand Contracting, 860-666-9737.

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PLUMBING & HOME RENOVATION: Licensed #0265213 & insured. Free estimates. No job too small! Residential & commercial. Reasonable rates. Senior citizen discount. Mike, 860-883-5382.

DEE'S ANTIQUES, PAYS \$\$ CASH MONEY \$\$: Buying gold jewelry, sterling silver jewelry and gold and silver coins. Military items, musical instruments, vintage advertising signs and memorabilia, old toys, old hunting, and fishing items. Servicing the community and family respectively for 50 years. Call 203-235-8431.

Evening With The Comptroller

The Rocky Hill Democratic Town Committee is proud to invite local residents to an informative event featuring Connecticut Comptroller Sean Scanlon. On Thursday, January 16th at 7 PM, community members will have a unique opportunity to engage directly with a key state official at the Rocky Hill Community Center, Room 2. State Representative Kerry Wood will provide an introduction for a discussion about the critical work of the Comptroller's office. Attendees can look forward to an interactive Q&A session, gaining insights into state governance and financial management. Light refreshments will be served, creating a welcoming atmosphere for community dialogue. Whether you're politically engaged or simply curious about government, this event offers a rare chance to connect with statewide and local elected leadership. For more information or to RSVP, contact Tejal Vallam, Democratic Town Committee Chair, at 860-983-6999 or tvallam@gmail.com.

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. 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.

Art Exhibit at Wethersfield Library

Rich Incorvati will once again be showcasing his beautiful travel photography at the Wethersfield Library. This year's exhibit will feature his recent travels to Bangkok, Thailand. "Exploring Bangkok" will be on display through December and January. Rich is an award-winning photographer, and has an insatiable passion for exploration. Call 860-721-2166 if you are a local artist interested in exhibiting your artwork at the Wethersfield Library. The Library is located at 515 Silas Deane Highway in Wethersfield. For information and directions to the Library, visit www.wethersfieldlibrary.org or call 529-2665.

Registration for Middlesex Institute for Lifelong Education

Middletown-Registration for MILE the Lifelong Education program at Middlesex Community College for age 50+ adults is starting now. Classes are taught by local college professors, entrepreneurs, and those of the public who would like to share their knowledge with the group. The Winter session takes place every Wednesday during the month of January via ZOOM presentations. The Spring Semester starts on March 11, 2025, through April 24, 2025. It is held in person at the College in Middletown on Tuesday and Thursday afternoons from 1:30-3:30pm. Wednesday afternoons we offer ZOOM presentations from 1:30-3:00pm. Visit our website to get more information on classes, schedules and course descriptions, as well as to find our registration form. You can reach us at <http://www.mileonline.org> or leave a message at (860) 343-5863.

South Catholic Class Reunion

South Catholic Class of 1975: Save the Date. 50th Reunion 6/7/25. Request information and update contact info at schs1975reunion@gmail.com.

Celebrating Seniors

If you're a Senior, we would like to publish your photo and/or an article AT NO CHARGE! This can be pertaining to a special occasion (birthday, achievement, anniversary, retirement).

As space permits, it will appear in our Mature Living section, which is published on the third week of every month.

Please send to:
Carol Nelson
Rare Reminder
PO Box 289
Rocky Hill, CT 06067



JUNK REMOVAL: Gregory's Hauling will remove one item or a truck full with neat, prompt service. Reasonable too over 25yrs. 203-235-6210.

FAMILIES ANONYMOUS: A fellowship of people whose lives have been affected by the use of drugs or alcohol of a relative or friend. Meetings held every Thursday at 7:30pm at the Congregational Church of South Glastonbury, 949 Main St. Room #211. For information call 860-748-9715.

WANTED TO BUY: All antiques; toys, military, watches, advertising, jewelry, coins, clocks, signs, all musical instruments, guitars, saxophones, keyboards, trumpets, amplifiers, accordions, vintage electronics, hi-fi stereo, amplifiers, pro-audio, radios, ham equipment, tube type equipment, plus more. 1 item or entire estate. Call 860-707-9350.

FREE: Lowery Organ, may need work, 860-344-5632 after 4 p.m.

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I PAY TOP: Cash for your Grandma's Costume & Fine Jewelry stash! Older & Newer jewelry and collectibles wanted, the good, the bad & the ugly! The more the better! Call for an appointment, I will come to you. 24 yrs exp. Call Julie Gorneault 203-443-9602.

PERSONAL ORGANIZING BY KAREN: De-clutter and organize one room or an entire house-save, consign, donate or discard items. Get started and get it done-you'll feel so much better. References available. Call or text Karen 860-559-1976.

HOUSE CLEANING: Need some help to get your home clean? I'd be happy to help. I have 10+ years of experience, I offer reliable service, reasonable rates and I do an amazing job. References upon request. Please call or text for free estimates. ARIANE'S CLEANING, 860-331-5309.

FOOD: Are you over-involved with food? Would you like that to be different? Consider attending an OA meeting and find out what is involved. For more information, meeting times and places to call CT OA at 860-840-2475, or look us up at www.ConnecticutOA.org.

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15% Off Food. Active & Veteran.

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Free side of mashed potatoes & Caesar Salad with your choice of Steak

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Must provide work ID

*Ask server for more info if needed

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HOME IMPROVEMENT: Painting interior/exterior power washing, wall paper, sheet rock, taping gutter cleaning. Licensed and insured call Nick 860-224-0000.

H&H HOME IMPROVEMENT: Painting- interior and exterior. Wood floors and tiles, remodel kitchens and baths, decks and finished basements. Call Nick for Free Estimates at 860-983-1182.

ZIGAS PAINTING & POWERWASHING LLC: Residential, interior/exterior. Ceilings are our specialty! Senior discount. Licensed/insured. Free estimates. Call 860-681-3762.

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J&S MASONRY, LLC.: Designer patio, Pool patio, Chimney Repair, Sidewalk, Stone Walls, Brick Walls, Retaining Wall Bluestone, Steps, Veneer Stone, Walkways, Cement, Tile, Paving, building maintenance all kinds of masonry home repair. Call John, 860-796-0006.

Thanks for reading the Rare Reminder.

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Take a Legal Document Check-up

What legal documents should you consider for the financial and medical protection of you and your family? There are five prevalent documents that should be considered:

- Power of Attorney
- Appointment of Health Care Representative
- Living Will
- Last Will & Testament
- Living Trust

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MHVC Seeking Tenors and Basses

The Middlesex Hospital Vocal Chord family, under the direction of musical director Samuel Tucker and accompanied by an eight-piece orchestra directed by the talented Alan Dougherty, is seeking tenors and basses to join our chorus. No auditions necessary! If you have been considering doing something this year to enhance your life, make new friends and reduce stress levels, please consider joining our musical family. Rehearsals begin Tuesday January 21st at 6:45-9:00 at Msgr. Fox Parish Hall, St Francis Church, 10 Elm Street, Middletown, CT, for our upcoming spring concert on Saturday, May 3rd, 7:00 pm at Portland High School. New members accepted through February 4th. For more information, visit us on the web at vocalchords20.org or call Joyce at 860-342-3120. Also, check us out on Instagram, Facebook and YouTube.

Wethersfield Village Improvement- Volunteers Needed

Wethersfield Village Improvement is in need of volunteers to help beautify the town with our concrete containers for the holiday season. We are looking for individuals, families to adopt a container for a year. Please help us maintain these containers through the year, its creative, small amounts of time that yields much for the town and it's a group effort. Free membership to Village Improvement, including Tree Walks, receptions, we will give instructions and you maintain your container to your schedule. wethvia@icloud.com

Caregiver Support Group

Caregiver Support Group is being held the second Monday of each month at 5 p.m. Please join us for educational discussions and an opportunity to learn and share with others who understand. Complimentary care is provided for your loved one during your session. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope. The support group will be facilitated by Gina Smith, LPN and held at The Atrium at Rocky Hill, 1160 Elm Street Extension, Rocky Hill CT. Please rsvp to Roxanne at 860-563-5588 or email Rmagnolia@benchmarkquality.com

American Legion Post 117 Fundraiser

Military Monday at Puerto Vallarta 2385 Berlin Turnpike, Newington on Monday January 27, 2025 from 3:00 PM - Close. 20% of the Food & Beverage sales will be donated to Post 117.

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).

GRAVER'S TREE CARE: Tree removal, pruning, tree maintenance, spraying, stump removal, deep-root feeding. Tree injection for control of insects and diseases. Bruce Graver, Licensed Tree Surgeon, 860-563-6581. Visa, Mastercard, American Express. www.graverstrecare.com

GARAGE DOORS: Garage door installation or repair. Garage door openers installed. Please call Gary Redekas (American Excellence LLC. License NHC0009766). 860-658-4504.

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.

TREE REMOVALS: Very reasonable. Experienced. Call 860-563-6581. Visa, Mastercard, American Express.

ROOFER, ROOF-REPAIRMAN, CORRADO FAMILY ROOFING TRADITION: All general roof repairs, full roofs, roof stain and mold removal, roof ventilation, Skylights Installation, Siding and Replacement Windows, Aluminum Trim, Chimneys, chimney repairs & Gutter Installation. Gutter down spouts, gutter tune ups & Gutter Cleaning, leaf guards. No job to small. 59 years local trusted experience. Residential Home Improvement LLC. Licensed & insured HIC#0672540. Professional reasonable, rates. Free estimates. Call Frank or Gregory F. Corrado, 860-869-1596, 860-529-3377.

GOT SCRAP? Free pick up, appliances, hot water heaters, AC, outdoor items equipment, car parts batteries, excluding oil tanks and furnaces. Items must be outside. Call 860-770-9014.

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.



FIRST CLASS IS FREE!



SYNCOCIZE DANCE FITNESS

Dance with Power for Strength!

Every Tuesday from 6pm - 7pm at
Forward Approach Physical Therapy & Wellness
18 A Cedar Street, Newington

\$20 per class or for best deal get an Advance Pass.
(Adv Pass - pay \$90 in advance for 6 weeks with no expiration date!)

Call/Text or email to register: 860-834-0036
syncocize@gmail.com

010925

Christmas Tree Fundraiser

Cub Scout Pack 85 of Wethersfield, CT is conducting its 20th annual fundraiser to pick up Christmas trees from your curbs, and requests \$10 donation for curbside pickup. Wethersfield residents can schedule a xmas tree pickup by leaving a text or voice message at 860-316-4771 or by emailing Wethersfield-Pack85@gmail.com. Pack 85 will use the funds to help with program and camping supplies. The Cub Scouts enjoy retrieving the donations at your door when the Christmas tree is picked up. If not available at the time of pickup, checks can be paid to the order of "Cub Scout Pack 85" and mailed to: Pack 85 c/o Tony Centurelli, 42 Linden St, Wethersfield, CT 06109. A Venmo option is also available upon request. It's always a good time to join Scouting. Pack 85 (Boys and Girls grades K-5) meets on Tuesdays at 6:30pm at Emerson-Williams Elementary School.

Wethersfield State of the Town

The Wethersfield Chamber of Commerce is hosting the annual State of the Town Breakfast meeting on Thursday, January 16, 2025 at 8:00 a.m. at the Keeney Memorial Cultural Center, 200 Main Street, Wethersfield. The event is open to all and the cost is \$25 per person, and will include a delicious breakfast from The Cove Deli. Deadline for registration is Friday, January 10, 2025. For more information, contact Ivana Marrero at 860-721-6200 or Office@WethersfieldChamber.com

Wethersfield Library Seeks Donations

The Friends of the Wethersfield Library are now taking donations of books, puzzles, CD's, and DVD's. The Friends of the Wethersfield Library would like to thank all who supported the very successful fall book sale. All proceeds benefit library programs such as summer reading, museum passes and interactive author interviews. Books leftover from the sale are donated to local nonprofit organizations. Watch for further details for the Jigsaw Puzzle and blowout CD sale coming in January.

Paint Party for Retirees

Newly Retired Women of Newington will host a paint party on Jan 31 from 11 a.m.-2 p.m. Any questions? Call/text Jean Henry at 860-920-9943. \$10/yr. You don't have to be from Newington to join!

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Thanks for reading the Rare Reminder.

Mature Living



Fitness regimens for those 50+

Fitness is an important component of overall wellness. Indeed, staying active has been linked to a number of noteworthy benefits, including decreased disease risk and improved mental health. Routine exercise helps a person burn calories and maintain a healthy weight. Tufts Medicine says weight gain is common among aging individuals, with both men and women tending to put on weight in their mid-sections. Weight gain is a risk factor for diabetes and cardiovascular disease. Older adults may need to step up their fitness regimens to combat growing waistlines. Staying active also can help with muscle and bone density, which can decline with age. The American Academy of Orthopaedic Surgeons says exercise is important for maintaining bone strength as the body ages. Strength-training exercises put stress on bones so they can make bones stronger. Now that it is apparent why fitness is key during senior years, it's time to explore some routines that may be best for people age 50 and older.

Yoga

Yoga is a low-impact practice that improves muscle strength, balance, mobility, and flexibility. All of these factors are important for seniors. For those who find that conventional forms of yoga are too taxing on joints and bones, chair yoga is a lower-impact form of the exercise.

Cycling

Riding a bike is a cardiovascular workout that offers a wide range of benefits. Most people find riding a bike is easy on the joints, and regular cycling can increase muscle strength and enhance flexibility. The pace and intensity of rides can be customized depending on riders' speed and the routes they ride.

Pilates

Joseph Pilates developed an exercise routine that now bears his name in the early twentieth century. Pilates emphasizes core strength and stabil-

ity, but works all the major muscle groups in the body. Since it is another low-impact exercise, it can be suitable for people with joint issues.

Body weight exercises

As individuals age, they may find that working with dumbbells, barbells or weight equipment at the gym is too taxing. Using body weight to build strength is a low-intensity option. Squats, wall push-ups, chair push-ups, and resistance bands can be used to build strength.

Walking

Walking is an unsung hero in the fitness realm. According to Better Health Channel, just 30 minutes of walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Walking is low-impact and less taxing on joints than jogging or running. Seniors have a host of options to stay active as they navigate their changing fitness needs.

Tips to manage time more efficiently

Busy days tend to be productive days. But when especially busy days are strung together, adults can begin to feel a little overwhelmed and may wonder if there's anything they can do to make hectic schedules more manageable.

Time management strategies can be an effective tool in busy adults' arsenals. Efficient time management can free up more minutes or hours in the day, which can ultimately afford adults more time to exhale and thus make each day seem a little less overwhelming. Time management may require a little trial and error before adults find a formula that works for them, but the following are some tips to improve personal efficiency each day.

- Identify tasks that can be tackled at night. A hectic start to a morning can set a bad precedent for the rest of the day. With that in mind, adults can identify tasks they can perform at night to ensure mornings are less hectic. Lay out clothes the night before to save the trouble of finding an outfit in the morning. Prepare the family's lunches

and even breakfasts the night before so mornings go more smoothly.

- Exercise in the morning. A recent study from the World Health Organization published in the Lancet Global Health Journal found that 31 percent of adults don't get enough exercise. Lack of routine physical activity has been linked to a host of negative health outcomes, including an increased risk for conditions like heart disease, diabetes, cancer, and stroke. Adults who exercise at night may find that attempts to squeeze in early evening or nighttime workouts add to feelings of being overwhelmed brought on by busy schedules. Exercising in the morning can free up time for other tasks in the evening, and doing so can even make it easier to manage daily stress, as the Mayo Clinic reports that exercise in any form releases endorphins and helps to relieve stress.

- Minimize distractions. Distractions are arguably more prevalent than ever, as many adults feel nary a minute goes by without a smartphone notification and/or message from friends, family

and coworkers. Minimizing those distractions and resolving to tackle one task at a time can improve efficiency and reduce stress. Turn off smartphone notifications from apps that are not vital to work and family. During the workday, prioritize tasks each day and block off hours on your schedule so time can be devoted exclusively to the most important jobs. If hours on a schedule are left open, coworkers may schedule meetings that can make it difficult to complete necessary tasks.

- Adjust as necessary. Flexibility is a must when making an effort to avoid feeling overwhelmed. Each day presents its own unique and fluid challenges, so remaining flexible can help busy adults overcome unforeseen obstacles. In addition, some time management strategies may not be effective for everyone nor useful every day, so it's best to recognize the need to adjust from time to time. Time management strategies can help busy adults efficiently manage each day and hopefully reduce instances when individuals feel overwhelmed.



Birthday • Anniversary • Retirement • Achievement

Are You a Senior?

AT NO CHARGE!

We would like to publish in our monthly Mature Living section your photo and /or article pertaining to a special occasion. Please send to: Carol Nelson | Rare Reminder, P.O. Box 289 | Rocky Hill, CT 06067 or email sales@rarereminder.com

Birthday • Anniversary • Retirement • Achievement

Thank you for saying you saw it in The Rare Reminder 1/16/25

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.

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.

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>.

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 to learn more about CCD, and follow us on Facebook and Instagram. If interested in becoming involved, email CCD at cromwellcreativedistrict@gmail.com.

Kala Farnham at The Buttonwood Tree

Middletown, CT: On Friday, January 24th at 8 PM, The Buttonwood Tree presents the musical showcase of CT State Troubadour Kala Farnham. Admission is \$15. Venue is handicap accessible. Admission link: <https://buttonwood.networkforgood.com/events/79657-kala-farnham>. This concert and other TBT events are brought to you by our generous donors and patrons, as well as the following organizations: Middletown Commission on the Arts, Community Foundation of Middlesex County, Department of Community and Economic Development.

First Friday For First Responders

All veterans and first responders, the first Friday of every month, you are welcome to R.H. Methodist church (623 Old Main St.) to enjoy free breakfast, just for you. It's our way of saying thank you for your service.

College Scholarships for Women

Scholarships are available for women who are Connecticut residents enrolled in college or university in their junior or senior year matriculating for a bachelor's degree or a post-graduate degree. Funded by the General Federation of Women's Clubs of CT, the Mary Phipps and Dorothy Schoelzel scholarship application is available online. The deadline for applying is February 10. We encourage you to apply and look forward to receiving your application. To apply, go to gfwcct.org.

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. 12/30/15

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.

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.

Check us out at www.RareReminder.com

R & R HOME IMPROVEMENT: Roofing, siding, windows, doors, decks, tile, wood floors, wet basement, trim, sheet rock, master carpenter and snow removal. Licensed & Insured. 33 years experience. All phases of home improvement. 860-914-5110.

LANDSCAPING: Commercial/Residential Property management. Walkways, Patios, Fire pits. Bobcat & Excavation services. Spring & Fall clean ups. Hauling service and much more! Call for a free estimate. 860-881-4643.

CREAKY BARN ANTIQUES: Is looking to buy, Old advertising signs, Costume jewelry, sterling items, coins, old paper money, silver plated items, and other vintage items. Call anytime. 860-529-5453.

HEATING, HOT WATER SERVICES: Service and installation of any model of the furnace or boiler. Conversion oil to gas options. Licensed and Insured. Call Art 860-478-5979.

AAA ELECTRIC: Service upgrades, 100 amp/ 200 amp, generator installs, ceiling fans, outside lighting, additions, washer/ dryer installs. Free estimates. Licensed and insured. 860-983-2637 E1-125547.

FOR SALE: Gas Stove, 30" black & white. Excellent condition \$50.00 Call Kathy 860-563-5281.

Buddhist Meditation Retreat

1/17- 1/20 at Odiyana Center, Glastonbury. Sessions include guided meditations and teachings such as Impermanence, Karma and Compassion. Open to all. Attend one or multiple sessions. No one turned away for lack of funds. Session schedule and info at meditationinconnecticut.org

Wethersfield UNICO Macaroni Dinner

The Wethersfield UNICO Macaroni Dinner returns for the 44th year on Sunday, February 16, 2024, from 11:30-4:00 at the Wethersfield Community Center on Pitkin Street. Our Annual Macaroni Dinner brings together hundreds of people to enjoy a traditional Italian Sunday dinner with homemade meatballs and sauce, salad, garlic bread, ice cream, and beverage. This event is our primary fundraiser and helps us to give back to the community through scholarships and grants. Tickets (\$17 for adults and \$8 for children 12 and under) can be bought through the mail (Wethersfield UNICO Dinner Tickets, P.O. Box 290370, Wethersfield, CT, 06129-0370) or at the door. A free shuttle will be available from the Greenfield Pool parking lot. Visit the Wethersfield UNICO Facebook or web page (wethersfieldunico.com) for updates and information about our chapter.

Science Bowl Seeks Teams

Are there any middle school students in the towns of Cromwell, Middletown, Newington, Rocky Hill or Wethersfield that are well versed in things science? There is still time for any student, parent or teacher to register a team of five students to compete in our February 8th event at Smith Middle in Glastonbury. The National Science Bowl, run by the U.S. Dept. of Energy will fly our winning team (all expenses) to Washington D.C. for the Nationals April 24th to 28th. Win or place 2nd there and your school's science department wins \$5,000. Google 'National Science Bowl' - click on the 'Regional Competitions and Deadlines' link on the left; then click on 'Middle School Regionals' on the left and lastly scroll down and click on Connecticut.

Comfort Food Dinner

All are invited to our Comfort Food Dinner being held Saturday, January 25, 2025, at 5:30 pm, at the Rocky Hill Congregational Church, 805 Old Main Street, Rocky Hill, CT 06067. Includes meatloaf & mashed potatoes, ham, pineapple stuffing, mac & cheese, green beans, carrots, rolls, coffee, tea, soda & assorted desserts. Musical entertainment by Ed Chiucarello and Keith Burns. Please call: 860-529-4214 for reservations. Ticket sales are limited to 95 people. No walk-ins please. Adults \$15, Ages 4-12 \$7, Free under 4 years. Our building is handicap accessible and parking is free. Snow date: 1/26/2025.

Health & Wellness Page

Are you a healthcare professional looking to advertise and let people know about your practice and the services you provide?

The Rare Reminder will next be publishing a monthly **Health & Wellness Page** on Thursday, Jan. 30.

- **Attract new clients.**
- **Put your name out in the community and build greater awareness of your practice.**
- **Keep people informed of the services you provide.**

All ads appear in all three zones of the Rare Reminder, reaching more than 41,000 homes in Newington, Wethersfield and Rocky Hill/Cromwell.

Publishing: Thursday, Jan. 30

Deadline: Friday, Jan. 24

To learn more about this special offer, call your representative at: 860.563.9386 or email sales@rarereminder.com

Rare Reminder, Inc.

222 Dividend Road, P.O. Box 289, Rocky Hill, CT 06067

860-563-9386 | sales@rarereminder.com

Friendship Force Seeks Members

Friendship Force Connecticut is active and traveling and accepting new members. Nairobi, Kenya will be sending ambassadors to stay with our club members next year! We have 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 hosted ambassadors from Niagara, Canada and showed them the wonders of our state, including Yale, the Pequot Museum, wineries and other local favorites. Later, in August, we travelled to Santa Barbara, followed by a road trip to San Francisco, staying in host homes of both cities. For more information about our chapter and on how you can join, visit facebook.com/ffconnecticut.org, email ffconnecticut@gmail.com or go to friendshipforce.org.

Volunteer Medical Transportation

RSVP is seeking volunteers to help transport seniors to medical appointments when dial-a-ride isn't available in their local communities. Volunteers must be willing to volunteer just a few hours per month by simply being on an email 'call-list' to help when/if when your calendar is 'free'/no pressure - just accept rides when it's convenient for YOU! We currently serve senior/veteran residents over the age of 60 in the following twenty-one (21) communities: Berlin, Bolton, Bristol, Coventry, Cromwell, East Granby, East Hampton, East Windsor, Enfield, Middletown, New Britain, Plainville, Plymouth/Terryville, Somers, Southington, Suffield, Tolland, Vernon, Willington, Windsor, & Windsor Locks. Please contact Theresa Strong, RSVP Manager, to learn more. Email: strongt@rcrtct.org / Cell: (860) 519-3484.

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.



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GAMBLERS ANONYMOUS CAN HELP YOU: Take back your life. Phone 855-2-CALL-GA(855-222-5542) to speak with someone. Gamblers Anonymous is a nonprofit fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. www.gamblersanonymous.org

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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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TICKETS ARE \$17 FOR ADULTS AND \$8 FOR CHILDREN 12 AND UNDER
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PROCEEDS FROM THE EVENT GO DIRECTLY TO COMMUNITY SERVICE PROGRAMS, SELECT CHARITIES AND SCHOLARSHIPS FOR LOCAL STUDENTS

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"They Saved My Life!"

Cromwell resident Patricia R. had been experiencing the painful side effects of Peripheral Neuropathy for years. Then she visited Connecticut's Best Acupuncture in Newington.

"My feet and legs were extremely painful and my doctor told me there was nothing they could do. He said I would have to take Gabapentin for the rest of my life."

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system.

Patricia explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful.

"How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe.

"The way I would describe it... it's equivalent to glass."

Patricia hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would "touch" her feet.

Unfortunately, Patricia's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

While each of our patients are unique, they all come to the clinic with similar stories: They aren't sleeping at night because of the burning in their feet. They have difficulty walking, shopping, or doing any activity for more than 30 minutes because of the pain.

Using the time-tested science of acupuncture and a technology originally developed by NASA to assist in increasing blood flow and expediting recovery and healing, Dr. Sean, Brandee, and their team are creating a breakthrough treatment for this debilitating disease.

They're struggling with balance and living in fear that they might fall. Their doctors have told them to "just live with the pain" and they're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago, Patricia found our clinic, Connecticut's Best Acupuncture and the work that Dr. Sean and Brandee Going are doing to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs,"

Patricia said, enthusiastically describing life after receiving a series of treatments.

"I can wear socks and shoes!" Patricia and her sister now enjoy regularly walking their dogs

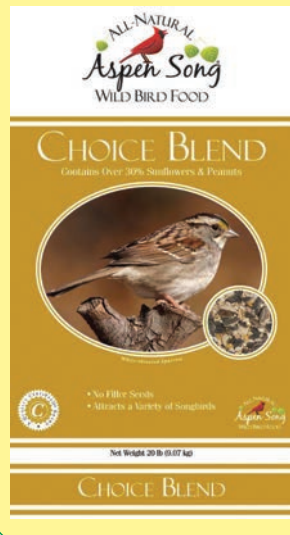
together, sometimes covering up to 5 miles a day.

"It's life altering. As far as I'm concerned, they saved my life!"



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Join Wethersfield Dollars for Scholars

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www.rarereminder.com

Kala Farnham at The Buttonwood Tree

Middletown, CT: On Friday, January 24th at 8 PM, The Buttonwood Tree presents the musical showcase of CT State Troubadour Kala Farnham. Admission is \$15. Venue is handicap accessible. Admission link: <https://buttonwood.networkforgood.com/events/79657-kala-farnham>. This concert and other TBT events are brought to you by our generous donors and patrons, as well as the following organizations: Middletown Commission on the Arts, Community Foundation of Middlesex County, Department of Community and Economic Development.

Winterfest

Newly Retired Women of Newington will host Winterfest on Jan 17 from 6:30-9 p.m. Any questions? Call/text Jean Henry at 860-920-9943. \$10/yr. You don't have to be from Newington to join!

Learn to Mediate for Teens

Learn to Meditate for Teens, hosted by Odiyana Center, Thur, Jan. 23rd, 6:30 – 7:30pm, at Welles-Turner Library, Glastonbury. This class will teach teens how to meditate and will introduce concepts such as connecting to inner peace and letting go of agitated states of mind, like anger. All teens are welcome and class is free! Info at meditationinconnecticut.org

Free Friday Breakfast for Vets And First Responders

All veterans and first responders, the first Friday of every month, you are welcome to R.H. Methodist church (623 Old Main St.) to enjoy free breakfast, just for you. It's our way of saying thank you for your service.



Saint Paul School is Growing in Greatness and Faith!

Saint Paul's is a Catholic community dedicated to sharing our faith with others. In the ongoing process of educating the whole child, we support the development of our students spiritually, intellectually, emotionally, socially and physically. As 21st century learners and problem solvers, our students strive to be models of Christ, moral leaders in service to others, and creators of a more humane and just world.

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Visit our website: ourschool.stpaulkensington.org

Open House on Sunday, January 26, 2025 11:00-1:00



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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>.

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.

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Rare Reminder & Middletown Chronicle
join together to produce
2025 Community Business Profiles

Published January 30, 2025

Reach out to the community...

This is your opportunity to take a personal approach to advertising. A photograph, accompanied by a brief write-up on the background and progress of your business. Or, if you prefer, highlight your services and personnel, or convey an expression of thanks with a special offer to your loyal patrons.

Our readers look forward to and retain our annual Community Business Guide for reference throughout the year.

The 2025 Community Business Guide will be inserted into the Rare Reminder and Middletown Chronicle. Mailed FREE to homes in Wethersfield, Rocky Hill, Cromwell, Newington and Middletown.

Total Circulation: Over 55,000 Homes

Deadline Friday, Jan. 17, 2025

Rare Reminder, Inc.

P.O. Box 289, 222 Dividend Rd.

Rocky Hill, CT 06067

860.563.9386

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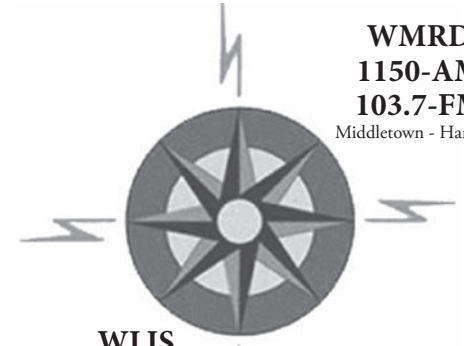
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Newington Senior Center St. Patrick's Day Bus Trip

Tuesday, March 11, 2025, at the Aqua Turf Club, Plantsville. Featuring the McLean Avenue Band & Irish Step Dancers. Register in person at the: Newington Senior & Disabled Center, 120 Cedar St., Newington, Monday & Tuesday 10:00 to 12:00, Thursday 11:15 to 12:45.

NAL

Sign Up Month

September is the sign-up month for the Newington Art League (NAL)! The NAL is a non-profit 501c3 organization that welcomes anyone interested in the arts to join us. Annual membership is just \$30 for an individual or \$40 for a family membership. Students ages 16+ are always welcome at a discounted rate of \$10 annually. We offer workshops, demonstrations, and public shows. You can find us at www.Newingtonartleague.org

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Have something to say?

The Rare Reminder encourages readers to submit letters to the editor. Letters should not exceed 400 words. Submission deadline for the upcoming issue is Monday by 12 p.m. Anonymous letters will not be published. Please include a name and phone number for verification. The Rare Reminder reserves the right to edit all letters for length, accuracy and libel. Send letters to PO Box 289, 222 Dividend Rd., Rocky Hill, CT 06067 or email to editor@rareremider.com.

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How To Save On College Housing Costs

College is expensive, and the costs are only rising. Scholarships and grants can help mitigate the costs of higher education, but even students who receive such aid could find themselves scrambling for ways to make college more affordable.

Housing is one of the more expensive costs for college students and their families. According to the College Board, the average cost for room and board during the 2016-2017 school year was \$10,440 at four-year public schools and \$11,890 at private colleges and universities. And those costs typically cover housing for just the school year, which may last anywhere from six to eight months. However, there are ways for students and their families to reduce those costs.

Examine your dormitory options. Many schools assign students to dormitories for their freshman years, giving students little say with regard to where they will live. However, students might have more input in their housing come their sophomore, junior and senior years. Some dorms might be more attractive and offer more amenities than others, but students and families looking to save money on housing costs should opt to live in the most budget-friendly dorms available to them. In addition, choose to live with a roommate rather than in a single room, as singles tend to cost substantially more than double rooms.

Sign up to be a resident advisor. Resident advisors, or RAs, often receive free housing in exchange for living in dormitories when they are upperclassmen or graduate students. RAs help newly enrolled or younger students adjust to campus life while also ensuring nothing untoward happens on the floors they're tasked with looking after. Students who may want to apply for RA positions should first confirm if serving as an RA will affect their overall financial aid package and how great that impact might be.

Live with roommates even after leaving the dorms. Due to limited space, many colleges insist dorm residents live with roommates. Upperclassmen who are moving out of the dorms and into university or off-campus apartments can save money by continuing to live with roommates. This can be especially beneficial to students who will be living in off-campus housing where amenities such as electricity, cable television and water are unlikely to be included in the cost of the rent.

Commute to school. While it might not be ideal, commuting to school can save college students and their families substantial amounts of money. Public university students who did so during the 2016-2017 school year might have saved nearly \$11,000, or \$44,000 in four years. That's money that can be used to pay tuition or finance postgraduate educations.

College housing costs can be considerable. But budget-conscious students and families can save on such costs in various ways.



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FOUR ROOMS, 2ND FLOOR APT: Portland. Excellent condition. Stove, refrigerator, new washer/dryer. No pets. No smoking. \$1,100/monthly plus heat/utilities, two months security. Call 860-916-7482.

WETHERSFIELD FOR RENT: 1st floor office, \$375.00 all utilities included. Contact Carl Lucas- Conte and Lucas Realtors 860-296-1411.

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Did You Know?

Millions of cats reside safely in people's homes, but many more are stray, outdoor cats that make their living quarters in any spots where they can find shelter. These outdoor cats also mate with one another, producing litter upon litter of kittens that quickly lead to overpopulation. The SPCA of York County says a single unspayed female cat can birth about 180 kittens in her lifetime, on average. Females have the potential to give birth three to four times per year. Outdoor cats can be nuisances in neighborhoods, digging, urinating or defecating in people's yards. They also may sleep under people's cars or close to the engine to stay warm, where they are vulnerable to injuries, accidents or even death. Stray cats also may get into tussles with domesticated pets, leading to other injuries. Controlling overpopulation of cats, which may end up in shelters and other facilities, often comes down to sterilization. People who have cats as pets are urged to keep them indoors at all times and to spay or neuter them. In regard to feral or stray cats, the Humane Society of the United States suggests a solution of TNR: trap, neuter, return. TNR is a non-lethal way to deal with overpopulation to help improve the quality of life for cats. A growing number of animal welfare organizations have TNR programs and can connect people with the resources they need. To learn more about TNR and taming cat overpopulation, visit www.humanesociety.org.

Did You Know?

According to the National Canine Cancer Foundation, certain dog breeds are more likely to develop cancer than others. The NCCF notes that data supports the notion that genetic characteristics contribute to higher rates of cancer, though more research is needed to understand precisely which factors are behind a greater cancer risk. The Merck Veterinary Manual notes that Golden Retrievers, Boxers, Bernese Mountain Dogs, and Rotweilers are more likely to develop cancer than other breeds. Cancer is a more notable threat to dogs, particular purebred canines, than some dog owners may recognize. In fact, the NCCF reports that 25 percent of all purebred dogs die of cancer. Those figures are even higher among purebreds that live beyond 10 years, as 45 percent of such dogs are likely to succumb to cancer.



OUR PET PAGE

Names: **Freddie**
 Gender: **Male**
 Breed: **DSH**
 Color: **Grey & White**
 Age: **3 years old**



Freddie was found as a stray with multiple bite wounds on his body. Because of his wounds he needed to be isolated for a very long time. He is now ready for a home and is very anxious because he is still in the shelter. He really wants out!! He is a bit nervous but loves to be petted once he trusts you. He will need a quiet home with a patient person who will give him time to adjust. He would be great in a home as an only cat. Freddie does have FIV but FIV cats can live just as long as any cat without FIV. Contact Cat Tales today to adopt Freddie!

Web: <http://www.CatTalesCT.org/cats/Freddie-2>
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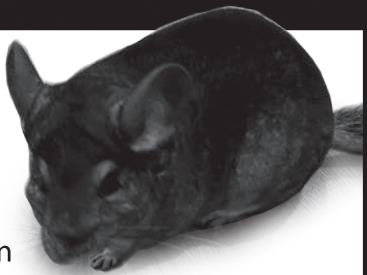
ANIMAL ALLIANCE WELFARE LEAGUE: Is an all volunteer animal welfare organization devoted to preventing the suffering of homeless animals in our community. Our animal welfare organization provides TNR (Trap-Neuter-Release) of community cats in the central Connecticut area. Should you wish to adopt a cat 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.

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!

ANIMAL LOVERS: 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.

Meet Ferb!

He's a fun-loving, healthy, 1yo Chinchilla. He is curious, friendly, and looking for a home where he can get lots of attention and space to free roam for playtimes! To learn more, please contact Our Companions at



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 OurCompanions.org
 Helpline@OurCompanions.org



ADOPT A NEW BEST FRIEND

Adopt Me!



Names: **Dora**
 Gender: **Female**
 Breed: **DSH**
 Color: **Tabby with White**
 Age: **5 years old**

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

Dora is a sweet and lovable kitty who loves laying on your lap as often as possible and loves to be pet. At times she is anxious, but overall she's very social once she knows you. She considers her cat carrier "evil" and resists being picked up and held! Dora needs to be re-homed as she doesn't get along with her feline housemate and she's exhibiting some negative behavioral issues (peeing). The family tried very hard to help her for some time, but Dora isn't responding and they believe a home as an only cat may be the best option. Dora is indoor only, spayed, up to date with her vet visits, and located in Portland. Looking for a special person to take Dora into their home! **Contact Christina L.** by email: cnlardizzone@gmail.com or mobile: (203) 671-7277. No Cats / No Dogs / Special Diet <https://CatTalesCT.org/cats/Dora/>



R.I.P.

In memory of Star, our beloved senior kitty who passed away of congestive heart failure in her foster home at the ripe age of 18. Star was bred to have an extremely 'flat face' (Brachycephaly). She needed her nose and eye wiped everyday and was prone to sinus infections. Her breathing was labored yet she was always happy. The suffering endured by flat-faced cats can no longer be justified. All those concerned with animal welfare must take a stand for feline welfare and not buy extremely flat-faced Persians and Exotics. Love is not a breed. It's time to rescue. www.icatcare.org and HUCR

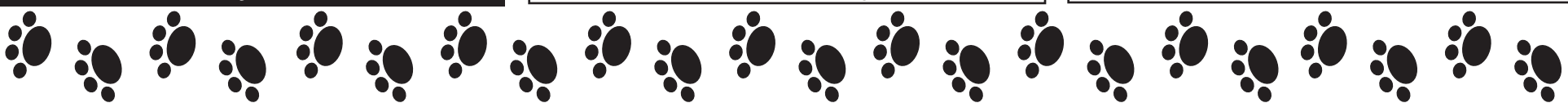
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Have no fear, Lexi is here! I am a 7 year old, 8 lb wee Yorkshire Terrier. Being outdoors in the sun, taking walks, and cuddling with someone are my favorite things. I love being active and busy. I don't mind sharing my space with other dogs although I'm not a playmate, but canine roomies are cool in my book (similarly sized pups only please, I don't want to get squashed!). I can fit into most places - an adult-only home, one with a blended family, or one with respectful children 10 years and older would be super.

Visit www.POAinc.org or call 860-569-0722





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Email us a photo of your pet or pets, with his and/or her name AND your name (the owner) to: 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.



SAVE A SHELTER PET TODAY



Energy levels and exercise needs merit consideration before adopting a new dog

1. Akita: Akitas originated in Japan, and it's not uncommon to refer to this beautiful breed as the Japanese Akita. American Akitas also are popular, and these dogs may have higher energy levels than those from Japan. Akitas are large dogs and require regular walks and daily play sessions with their owners.
2. Bichon Frise: These small, cheerful pups require ample attention. Bichons typically weight between 10 and 18 pounds, so owners are unlikely to be exhausted by daily play sessions, which are necessary to ensure the dogs do not become overwhelmed by separation anxiety.
3. Dachsund (standard): These highly affectionate dogs typically weigh between 16 and 32 pounds. Dachsunds' stature can be deceptive in relation to their energy levels, as the American Kennel Club notes these dogs love to play and can even make for fine watchdogs. Ample exercise is vital to ensure dachsunds don't gain a lot of weight, and physical activity also helps them build strong muscles that support and protect their backs, which are lengthy and therefore vulnerable to disc damage if the dogs don't stay fit.
4. French bulldog: French bulldogs do not require an especially high level of exercise. According to the AKC, a short walk or outdoor play session should be enough daily exercise for these lovable, bat-eared pups to stay in shape. Like English bulldogs, French bulldogs are flat-faced, which means they should be monitored closely and prevented from exerting themselves in hot or humid weather.
5. German shepherd: German shepherds are large, agile and muscular, and those characteristics alone likely give prospective owners an idea of what to expect from these beautiful dogs in relation to exercise. The AKC notes German shepherds are very active and athletic, so they will need lots of exercise. Without sufficient exercise, German shepherds may develop problematic behaviors. Careful consideration of a breed's energy levels and exercise requirements can ensure families find a dog that will suit their situations and schedules at home.



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Meals on Wheels Seeks Volunteers

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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. 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.

Volunteers in Psychotherapy

Volunteers In Psychotherapy allows you to earn strictly private therapy [no reports to insurers of your private discussions] in exchange for volunteer work you supply, privately and independently, for the charity of your choice. VIP's local service has been granted awards and funding from the Connecticut Psychological Association. Contact Dr. Shulman at (860) 233-5115, or learn more at www.CTVIP.org.

Would you like to donate food to those in need?

The Wethersfield Food Bank is currently in need of the following items:

- Canned pasta
- Rice
- Cans of chunk chicken
- Jelly (plastic cans or bottles)
- Peanut butter
- Tuna in water
- Cans of fruit in 100% juice
- Low sodium soups
- Pasta sauce
- No-salt-added canned vegetables
- Granola bars
- Fresh produce
- Cereal
- Toilet paper
- Personal hygiene products (soap, shampoo, toothpaste)



All donations can be brought to the following locations:

Department of Social and Youth Services

505 Silas Deane Highway
M-F 8:00am to 4:30pm
860-721-2977

William Raveis Real Estate

990 Silas Deane Highway
M-F 9:00am to 5:00pm
Sa-Su 10:00am to 1:00pm
860-258-6202

First Church

250 Main Street
860-529-1575

Please visit our website for updates at www.wethersfieldct.com

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Coming January 2025...

Living Well

A guide to wellness and health with articles and tips for readers of all ages. If your business is listed below, you'll want to be in this guide.



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| AssistedLiving/Senior Care | Naturopathic Services |
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| Fitness Centers/Personal Trainers | Podiatry |
| Massage Therapy | Rehabilitation |
| Medical Equipment | Urgent Care |

The guide will be inserted into the Rare Reminder and Middletown edition of The Chronicle and mailed to more than 55,000 homes in Newington, Wethersfield, Rocky Hill, Cromwell and Middletown.

Published **Jan 23, 2025**

Deadline **Jan 16, 2025**

Call Today!

860-563-9386

Rare Reminder, Inc.

222 Dividend Road, P.O. Box 289, Rocky Hill, CT 06067
sales@rarereminder.com

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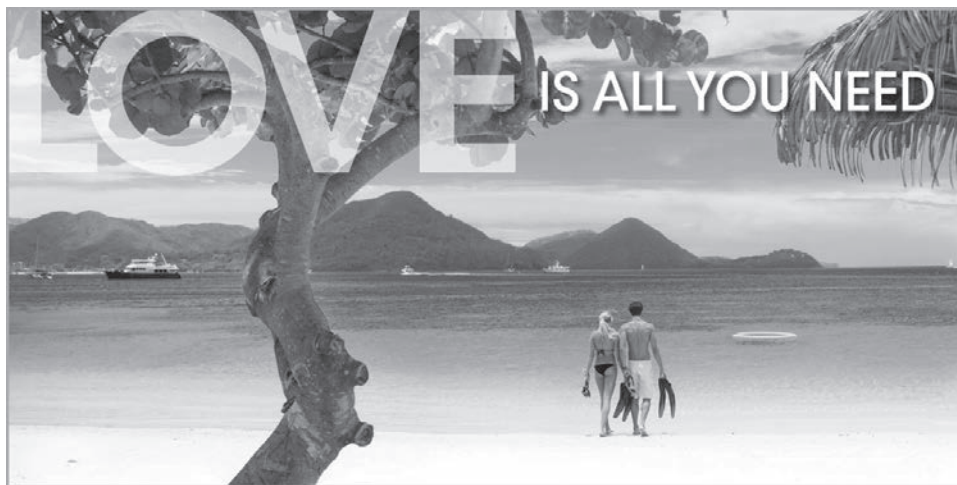
NEW AGE FAIR

Sunday, Feb. 9, 10 AM - 4 PM.
30 Greenfield St., Wethersfield. Readings, vendors, lectures, Free admission. myasc.org 860-568-8617

Call the Classifieds at 860-563-9386

RSVP READS Program

The RSVP READS Program is operated as a school-based program where volunteers are partnered with students in local elementary schools, providing reading guidance for one hour per week from October through May. RSVP READS tutors make reading interesting, fun, and act as positive role models, inspiring their students to read. No prior educational experience is required, just a love of reading and enjoying working with students ages 5-11. We will be operating in the following six (6) school districts for you to choose from: Berlin, Manchester, Portland, Southington, Vernon, and Wethersfield. Please contact Theresa Strong, RSVP Manager, to learn more. Email: strongt@crtct.org / Cell: (860) 519-3484.



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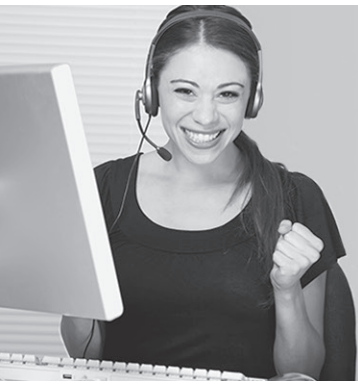
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Employment



Part-Time Graphic Artists Wanted!

We are looking to hire some part-time graphic artists to work in our Rocky Hill and Glastonbury offices on Mondays and Tuesdays, with extra hours possible.

Must have experience with InDesign and Adobe Creative Suite.

Work includes ad design and pagination.

Please send resume to: greg@rarereminder.com

011625

PART TIME: Help wanted for Receptionist in Doctor's Office in Cromwell. Receptionist needed in busy chiropractic office. Looking for an UPBEAT and energetic candidate, no prior experience required! This position is ENTRY LEVEL and we are happy to train the right person. Seniors welcome to apply! Our ideal candidate must be super friendly and outgoing. It requires excellent communication skills, basic computer knowledge and phone skills. Hours: Monday, Wednesday & Friday 7:15-12:00 -2:30-6:30pm. Part-time Pay rate: \$17.00 - \$18.00 per hour. (No health insurance offered) If you are willing to learn and are interested, then please submit your resume and a brief cover letter stating why you think you would be a great fit for our team. Our email address is: cromwellchiro@gmail.com

P/T BOOKKEEPER/OFFICE MANAGER: for CT Farmland Trust (non-profit in Hartford that works to preserve CT farmland). Some remote work possible. Approx 25-30 hrs/week. Pay \$25-\$35/hour DOE. Excellent benefits including retirement match, paid vacation/sick/personal time. Excel, Word, and QuickBooks experience required. Send resume and cover letter BY 1/27/2024 to CFTApplicant@gmail.com. See job description: ctfarmland.org.

SEEKING EMT'S: Newington Volunteer Ambulance is currently seeking EMTs to fill open positions. If you're a certified EMT-B or EMT-Intermediate and want to use your skills, contact us at 860-667-5825. Leave a message or stop by 71 John H. Stewart Drive and pickup an application. Please remember to pull to the right for green lights. Ambulance corps members use green lights to respond to emergency medical calls.

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010925

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WAIT STAFF AND DELIVERY DRIVERS WANTED: Apply in person. Village Pizza. 233 Main St. Wethersfield, CT.

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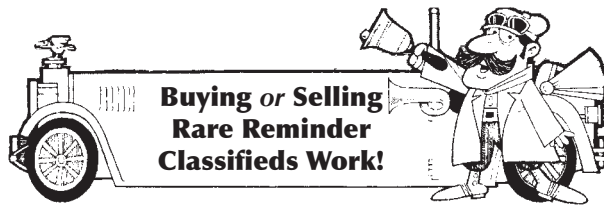
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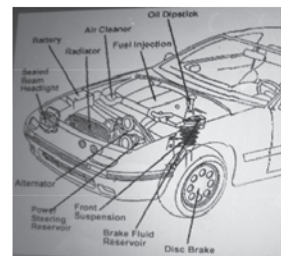
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SPORTS CORNER



Cromwell High School sophomore Kaylee Vaughan plays defense during the Panthers win over Westbrook last Tuesday.



Kylie Brisson posts up against Westbrook's Anna Landino at CHS on Jan. 7. Brisson, a junior, is a tri-captain for the Panthers with junior Piper Kovacs and senior Annika Peters.

CHS Girls Basketball Gaining Confidence

By Josh Howard

Despite having only one senior on the roster, the girls basketball at Cromwell High School has played beyond its years to start the season.

On Jan. 7, the upstart Panthers were clicking on all cylinders as they defeated visiting Westbrook, 61-29, at Jake Salafia Gymnasium inside CHS.

Sophomore Peyton Kelleher netted a game-high 25 points and head coach Sal Morello rotated through all 12 of his active players in the 32-point victory.

"I liked the way we started fast, and I liked the way we ran in transition," noted Morello. "We came out and we trapped and pressed, and that gave us energy and helped us offensively, and helped us settle down. We were moving the ball with more confidence and I liked the way we got up the floor."

Kelleher scored 16 points during the home team's 25-5 run, a scoring spurt that spanned the second and third quarters.

"My teammates did a good job at getting me passes in transition," said Kelleher. "We

did a good job against their man [defense] — that's one of our strengths."

As a freshman a year ago, Kelleher was the team's leading scorer and earned All-Shoreline Conference honors.

Morello noted that his second-year star has continued to lead the way offensively, along with becoming a more complete player on the defensive end this winter.

Kelleher is one of four sophomores that started in the win over Westbrook — joining Kylee Vaughan, Sadie Rau, and Nyla Ryder.

The win was the team's third in the last four games, improving the young squad to 4-5.

Morello noted that the gritty group worked hard in the offseason, noting, "It doesn't always show in our record, but you can see it coming — it's just a matter of time."

All told, ten Panthers scored in the victory.

Vaughan and freshman Chloe Crawford each netted 9 points. Rau (5), Eva Gatland (4), Ryder (2), Chiara Voccio (2), Lucy Man-

digo (2), Selena Brown (2), and Annika Peters (1) also broke into the scoring column.

Morello's only senior is Peters, a tri-captain with juniors Kylie Brisson and Piper Kovacs (who was out with an injury against Westbrook).

Peters, also a soccer and softball player at CHS, has been a voice on and off the court for a basketball team eyeing a return to the state tournament after finishing 3-17 a year ago.

"Annika is a great leader," noted Morello. "She leads by example and nobody works harder. She's a mature presence and means a lot in the locker room."

Morello, who is in his third season as the head coach of the program, noted that the energy level has been high this winter.

"Our practices have been awesome and it hasn't always transferred that to the game, but it's a young team and little by little you

can see their confidence growing," he added.

Kelleher said the experience the team gained a season ago has paid off this winter, noting "We've played more as a team this year."

"We know each other better and that's helpful," added Kelleher, who is averaging 15 points and six rebounds per game this season. "We're really close outside of basketball."

Following the win, the Panthers closed the week with a 63-27 loss to Cogenchaug and entered the week with a record of 4-6.

Morello expressed that the goal is for the team to be playing their best basketball come February.

The Panthers are on the road this Friday, Jan. 17 for a conference game against Old Saybrook (7 p.m.) before returning to CHS for a home game against Portland on Tuesday, Jan. 21 at 5 p.m.

The Starting Five - Athletes of the Week

By Josh Howard

Peter Rhouddou - Rocky Hill High School (Track & Field): Rhouddou won the 300 Meters at the Elm City Coaches meet at the Floyd Little Athletic Center in New Haven. Rhouddou, a senior, posted a personal-best time of 37.21 to post the fastest time in the Class S/M race that featured 59 total competitors.

Hope Romanello - Newington High School (Basketball): Romanello scored 14 points, grabbed 7 rebounds, and had 4 steals as the Nor'easters cruised to a 58-22 victory over Middletown on Jan. 10. Romanello, a senior, hit 7 of her 13 shots in the victory and fellow senior Haylie Sanchez chipped in with 10 points, 5 rebounds and 5 steals. Newington now begins a four-game road trip, starting tonight (Thursday, Jan. 16) at Windsor, tipping at 6 p.m.

Alexander Aherns - Wethersfield High School (Swimming): Aherns won a pair of races as the Eagles battled the conference rival Guardians at Glastonbury High School on Jan 7. Aherns, a senior, touched first in the 200 Freestyle with a winning time of 1:50.22 and then was victorious in the 500 Freestyle with a time of 5:09.07. Sophomore Cooper Schwartzman also won a race for the Eagles, touching first in the 100 Backstroke (59.56). Schwartzman, Jack Simmons, Joseph Andino, and Paola Pirrotta also kicked off the meet with a win in the 200 Medley Relay.

Dylan Bathrick - Cromwell High School (Track & Field): Bathrick, a senior, won the 600 Meters as the Panthers dominated the event at the Elm City Coaches meet at the Floyd Little Athletic Center in New Haven. Bathrick post a personal-best time of 1:25.33 to finished first in the event and was followed by teammates Nassyr Andrade (1:26.49) in second place and Lucas Witkowski (1:30.34) in third place out of the 47 total runners in the Class S/M division.

Jack Petronio - Newington High School (Ice Hockey): Petronio, a senior, netted his first career hat trick, scoring three goals during the Nor'easters 6-1 victory over Enfield on Jan. 4. Josh Beaudoin, David Andrews, and Blake Gordon also scored in the victory, which was the first of three straight wins for the Nor'easters. On Jan. 8, the team beat E.O. Smith/Tolland 2-1 behind goals from Beaudoin and Paxton Kelly before downing Northeastern 3-2 thanks to goals from Beaudoin, Jack Guilmartin, and Mason Buckley. The co-op next hosts New Milford at Newington Ice Arena on Saturday, Jan. 18 at 7:40 p.m.

To nominate an athlete for *The Starting Five* or with sports-related comments, email joshhowardsports@gmail.com. Please include as many details as possible, including any statistics or additional information about the athlete.



Gish Hits Triple Digits... Cromwell High School's Matt Gish earned his 100th career win during the East Haven Dual Tournament on Jan. 11. Gish, a senior who wrestles for the Portland/Cromwell co-op, became the first wrestler from CHS to reach the milestone.

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.

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.

Get Help with Your Diploma

Having trouble finishing high school? Adult Education can help. We are an education alternative that works with your school district. We offer free high school completion programs, flexible scheduling, workforce opportunities and college and career services. Day, evening and online classes are available in Middletown and Old Saybrook. Call 860-343-6044 or visit www.maect.org for details.

Senior Program Seeks Donations

A Seniors' Program at the Wethersfield Community Center needs knitting needles, size 10 or larger for a group project. Please drop them off for Amy at the Center, 30 Greenfield St. Thank you.

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.

Rare Reminder News & Events!!!

Email us today to place your ad,
communityevents
@rarereminder.com

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 for details.

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

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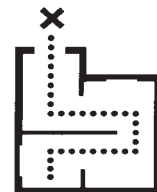
Newly Retired Women of Newington will host a paint party on Jan 31 from 11 a.m.-2 p.m. Any questions? Call/text Jean Henry at 860-920-9943. \$10/yr. You don't have to be from Newington to join!

For information about disaster preparedness literature and presentations visit www.PrepareForLife.org or contact your local Red Cross chapter.

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