



#### **By Paula Jones**

What comes to mind when you think about Rainbow Dam or Rainbow Reservoir? For many local residents: the fish ladder, eagles, the boat launch, summer camp and swimming. But did you know that:

• The fish ladder was shut down by the Department of Energy and Environmental Protection (DEEP) in March 2023 because it's inadequate and outdated, leading to high fish mortality?

• Many juvenile fish trying to pass downstream from the reservoir are pulled into the dam's turbines and killed?

 The existence, operation and maintenance of the dam lead to conditions in the upstream reservoir that have repeatedly caused toxic algae blooms?

These blooms can be a

the right, the dry now fish ladder. (bejow) Rainbow Reservoir algae bloom at Camp Shalom dock. Photos provided by Farmington **River Watershed Association** 

health hazard to people, and deadly for pets and wildlife?

Because of these problems, the Farmington River was recently listed sixth on American Rivers' 2024 list of the ten most endangered rivers in the country. Rainbow Dam is owned by Farmington River Power Company (FRPC), a subsidiary of Stanley Black & Decker (SBD). Due to a quirk of law, the century-old dam has no federal oversight and limited state jurisdiction. Unfortunately, that has had dire consequences for the river.

The inadequate fish passage has effectively rendered the river's watershed inaccessible to migratory fish (salmon, shad, alewife, blueblack her-See RIVER page 9

Baseball

4 9 innings

Windsor Locks 5 Ellington

In a much needed victory

the Raiders rallied several

times. Jack Grasso pitched

523 innings and winning

pitcher Garrett Hinckley

pitched 3 1/3 innings for the

win. I the first innig the

Raiders went ahead 1-0 on a Jack Scholefield, single, he stole second, Xavier Angel HBP, Jayden Ramirez reached on an error to load the bases. Jack Grasso walked for an RBi. Ellington tiled the score in the bottom of the first

Photo: Kyle Hinckley on a breakaway. Photo by Abby Wrinn Pezullo

### April 26, 2024 LOCAL BUSINESS

### **MDC ANNOUNCES SCHEDULE FOR HOUSEHOLD HAZARDOUS WASTE COLLECTION**

2024 MDC Household Hazardous Waste Collection Schedule (Collections are held on Saturdays from 8 a.m. - 1 p.m.\*)

DATE	TOWN	LOC
April 27, 2024	Newington	Towr
May 4, 2024	Windsor	Poqu
May 18, 2024	East Hartford	East 1
June 2, 2024 (Sun)*	West Hartford	Publi
June 22, 2024	Wethersfield	Webł
September 7, 2024	Bloomfield	Publi
September 21, 2024	Rocky Hill	Rock
September 28, 2024	West Hartford	Publi
October 19, 2024	Windsor Locks/E. Granby	Publi
October 26, 2024	Hartford	MDC

CATION n Garage, 281 Milk Lane (off Fenn Road) uonock WPCF, 1222 Poquonock Avenue t Hartford WPCF, 65 Pitkin Street lic Works Garage, 17 Brixton Street bb Elementary School, 51 Willow Street lic Works Building, 21 Southwood Drive ky Hill WPCF, 80 Goff Brook Lane lic Works Garage, 17 Brixton Street lic Works Garage, 6 Stanton Road, Windsor Locks C Operations Facility, 125 Maxim Road



MDC

Each year, the Metropolitan District (MDC) provides its customers with an environmentalinitiative, the Household Hazardous Waste Collection (HazWaste) program. The 2024 HazWaste Program is scheduled to begin on Saturday, April 27.

The MDC collects hazardous waste and disposes of it through safe, environmentally responsible practices which in turn protects the health of our communities and the environment. The MDC will hold ten collection dates in 2024 and residents of any participating towns can partake in any collection date.

Participating towns for 2024 Bloomfield, East include: Granby, East Hartford, Hartford,

Newington, Rocky Hill, West Hartford, Wethersfield, Windsor and Windsor Locks. See schedule for dates, times and locations.

For more information about the HazWaste program, including a downloadable information packet that lists eligibility requirements, types of materials accepted and more, visit

https://themdc.org/what-wedo/environment-healthsafety/household-hazardouswaste-collection

or call the HazWaste hotline at (860) 278-3809.

(WPCF = Water Pollution Control Facility) \* One collection is held on Sunday, June 2, 2024

#### Residents of the following towns may attend any MDC sponsored HHW collection event:

- Bloomfield
- · East Granby
- East Hartford
- Hartford
- Newington

- · Rocky Hill • West Hartford
- Wethersfield
- Windsor
- Windsor Locks

In the event you are unable to attend any of the above collections and wish to dispose of hazardous waste (for a fee) you can contact New England Disposal Technologies, Inc. at 866.769.1621 or info@nedt.org

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➡ Kathy Lepak

Masthead

✤ Howard Frydman

Art Critic At Large

### **CREC ANNOUNCES NEW SUPERINTENDENT, DR. SASHA DOUGLAS**



The Capitol Region Education Council (CREC) announced the appointment of Dr. Sasha Douglas as the new Superintendent of CREC Magnet Schools, effective July 1, 2024. Dr. Douglas will succeed Timothy Sullivan Jr., who is retiring after a distinguished 35year career in education, the last seven as superintendent of CREC Magnet Schools.

Dr. Douglas currently serves

as Assistant Superintendent of CREC Magnet Schools, where she has significantly contributed to the district's leadership, with a special focus on Curriculum, Instruction, and Assessment. She joined CREC in 2011 as the principal of the CREC Metropolitan Learning Center for Global & International Studies, where she spearheaded the adoption of the "ĪB (International Baccalaureate) All" for approach, enhancing college preparatory access for all students. Her leadership transformed the school into a regional leader in college acceptance and retention.

"I am honored to assume the privilege of leading CREC Magnet Schools," said Dr. Douglas. "CREC's Core Values reflect a commitment to serving the best interest of each child. I have seen this commitment firsthand as an educator and as a CREC parent. I look forward to inspiring continued excellence and innovation in CREC Magnet Schools." CREC

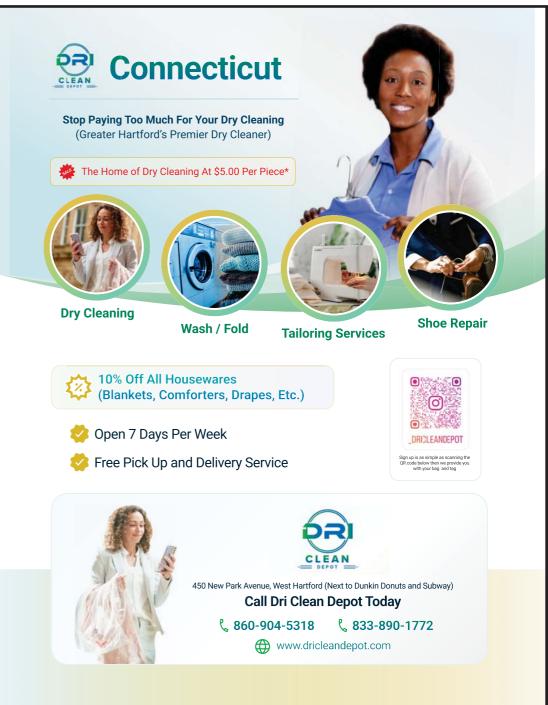
In April 2024, Dr. Douglas completed her doctorate in Educational Leadership at the University of Connecticut, focusing her research on immigrant mothers and their experiences with their children's schools. Born in Jamaica, Dr. Douglas takes pride in her heritage, and her journey—both personal and professional—showcases the power of education. She holds a bachelor's degree in Africana

### Excellence in Education

Studies and a Master of Arts in Teaching, focused on Social Studies, both from Brown University.

"Sasha has made several important contributions to our work on the Magnet Schools Leadership team since she joined in 2020. She has proven herself to be an invaluable asset to our magnet schools and key leader in both the magnet schools and our agency as a whole," said outgoing Superintendent Timothy Sullivan Jr. expressing his confidence in Dr. Douglas's capabilities. "Her emphatic belief in the potential of people is an inspiration to us all."

"I am thrilled to appoint Sasha Douglas as Superintendent. CREC's Mission, Vision, and Core Values drive Sasha's work and her belief that all children have potential for great things and that it is our responsibility to assure each one of them achieves that potential," said Greg Florio, CREC Executive Director.



### Blue Hills Fire Department Hiring Position: FT Firefighter 3:30 PM – 11:30 PM Starting Salary \$54,246 Yearly

Pre-employment drug testing. AA/EOE CLOSING DATE MAY 31, 2024 @ 11:59 PM For Details, go to www.bluehillsfire.org/ourteam/careers

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 Image: Constraint of the Screening Exam and Bitewing Xrays to New The Dental Center LLC.com

### **CIVIC ORGANIZATIONS**

### **SENIORS JOB BANK ELECTS OFFIGERS AND WELCOMES NEW BOARD MEMBERS**



The Seniors Job Bank (SJB) announced the election of Officers and five new members to the Board of Directors at the Annual Meeting in March.

New Board members include: Jeff Ferketic (West Hartford), Valerie Gordon (Avon), Lauren Milardo (Middlefield), Shawn Pelletier (Colchester), and Robert Rau (West Hartford). They join the current Board: President, Lester Primus (Suffield), Vice President, Clem Savers (West Hartford). Secretary, Novelette Williams (West Hartford), and members Robert Calef (Bloomfield), Bob Cave (West Hartford), Anne Danaher (West Hartford), Jim Doran (West Hartford), Al Nweeia (West Hartford), Bill Pickens (Bloomfield), and Bernie Weiss (West Hartford).

"We are thrilled to welcome our new members to the Board of Directors of the Seniors Job Bank," says Seniors Job Bank President Lester Primus. "SJB's Board commitments to Strategic

**GUS AND JOE** 

Planning, Information Technology, Diversity, Equity and Inclusion, and Jobs Outreach will benefit from their skills and experience."

Seniors Job Bank Mission Established in 1974, SJB's local, no-cost service for connecting jobseekers and employers has expanded to serving 29 towns in the Greater Hartford area. SJB is dedicated to people over 50 looking for part-time, full-time, and temporary work with businesses, municipalities, homeowners and other employers that have work to be done.

With over 775 jobseekers in our database, SJB enables companies, professional practices, and government agencies to hire experienced staff offering an extensive range of skills and talents, blue - and white collar.

Households and other domestic clients turn to SJB to complete home maintenance and improvements, and to arrange for a variety of personal services. SJB contributes to the financial and social well-being of its jobseekers as well as to the general economic health of the Greater Hartford region.

Find out more Visit our website:

https://seniorsjobbankct.org/ Email: info@seniorsjobbankct.org

or call 860.521.3612



Saturday May 18, 2024 **10AM Start Time** 

The Kiwanis Club of Windsor is the proud sponsor of one of the longest continuously running road races in the state of Connecticut, attracting runners from Connecticut and surrounding states. The event, now called the Kiwanis Shad Derby Road Race, will be the 52nd in the series. The 5K road race is also accompanied by a 1.5 mile fun walk. The race takes you through parts of the town of Windsor, the oldest town in



Connecticut, starting on the Windsor Green, along the pictur-River, Farmington esque through the Loomis Chaffee campus and back to the Windsor Green. The race benefits the

many Kiwanis activities including scholarships for local high school graduates. The Kiwanis Club will award racers medallions for the top finishers in individual age/gender categories as well as for the overall men and women's first place finishers. Tshirts given to the first 100 registrants.

To obtain more information or to register for this event please visit

www.windsorkiwanis.org and click on the Road Race button at the top of the page.



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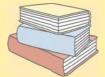
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### LOCAL POLITICS

### **CONNECTICUT'S LANDMARK ARTIFICIAL INTELLIGENCE BILL CLEARS THE SENATE**

The Connecticut state senate advanced a broad artificial intelligence (AI) bill today. If the bill is passed by

the Connecticut house of representatives and signed by Ned Lamont. Governor Connecticut would become the first state in the nation to ratify a comprehensive AI bill.

The landmark Connecticut AI bill, SB 2 introduces new consumer protections for the use of generative AI and AI decision-making tech, among other provisions. State lawmakers across the country are watching Connecticut's bill, and several states have introduced bills based on the Connecticut legislation.

Of particular importance, the bill creates basic requirements for companies that develop and use AI to help make high-stakes decisions about consumers' access to housing, employment, insurance, medical care, education, essential government services and more. Guardrails are important because AI decision technology can be biased, and can commit errors.

However, more work is needed to strengthen the bill, including:

• Restore the requirement that companies disclose important information to a consumer before using AI to make high-

## Consumer Reports

stakes decisions about the consumer, including what personal information about the consumer is considered by the AI tool, and why that information is relevant.

• Ensure that impact assessments are impartial by requiring that they be conducted by independent third parties, rather than by the company developing and selling AI products

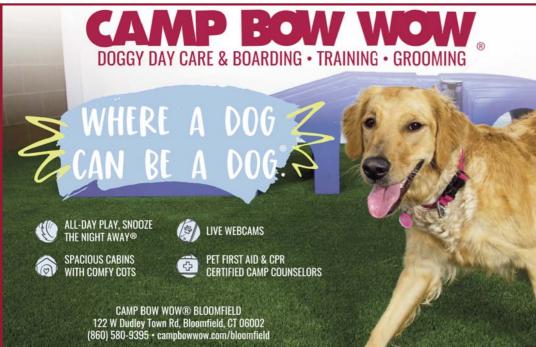
• Close broad loopholes for companies to withhold 'confidential and proprietary' information. Companies could use this provision to hide ordinary business information, rendering the disclosure requirements useless.

• Strengthen enforcement provisions. Currently, enforcement of the first six sections of the bill rests solely with the attorney general. Attorneys general across the country are under-resourced given the number of laws they are charged with enforcing. Left as is, companies could count on infrequent enforcement, and may decide the risk of penalties is low enough that they need not comply with the bill if it becomes law.



State Representative Jane Garibay will be honored and celebrated on May 9th at YWCA New Britain's Women in Leadership Luncheon. Representative Garibay will receive this recognition for her dedication to improving the quality of life of residents in her community, assisting and supporting local businesses and her tireless work on behalf of Connecticut's residents. As co-chair of the State's Committee on Aging, she has led important initiatives to safeguard the health and well-being of Connecticut's senior population.

Since 1985, YWCA New Britain has honored women leaders in Hartford County who demonstrate exceptional and superior abilities in con-



### **YWCA WILL HONOR STATE REP. JANE GARIBAY** FOR HER WORK IN SUPPORT OF SENIORS

## eliminating racism empowering women

tributing to the betterment of their community and the lives of others. They are recognized for their extraordinary personal and professional accomplishments. State Representative

Garibay embodies the core principles and mission of YWCA and this award, providing a positive role model for future honorees.

If you would like to attend the Women in Leadership Luncheon on May 9th at the Aqua Turf in Plantsville, tickets are \$65 and can be purchased by emailing

kaust@ywcanewbritain.org



### FOR ADDITIONAL INFORMATION, PLEASE EMAIL OR CALL:

Sponsorship & Vendor Opportunities: Donna Banks | dbanks@bluehillsfire.org | 860-243-8949 Performance and Entertainment: Ariel M Jaunai | ajaunai@bluehillsfire.org | 860-866-6133 Run/Walk 5K Race: Matthew Mace, mmace@bloomfieldct.gov | 860-243-2923 or 860-242-4267

## **GREEN LIFE - SOME THOUGHTS**

### ELECTRIC CARS, CULTIVATED MEAT AND TECHNOLOGICAL CHANGE



#### By Jon Hochschartner

There have been a lot of negative stories in the press lately about cultivated meat. For those who don't know, cultivated meat is grown from livestock cells, without slaughter. It has the potentially to dramatically reduce our greenhouse-gas emissions, pandemic risk, and the suffering we inflict on animals.

Conservative states are trying to ban the new protein. Private funding is drying up. As a result, cellular-agriculture companies are folding. This February, The New York Times went so far to publish an opinion piece that read like an obituary for the nascent industry. The writer, Joe Fassler, suggested technological hurdles facing mass production were insurmountable.

As an animal activist, I've placed a great deal of hope in the industry. I regularly write letters to the editor calling for increased public funding for cultivated-meat research and picket my representatives to encourage them to support the same. Still, I can't deny feeling somewhat discouraged.

When I'm down, I try to remind myself the pace of technological change can be painfully slow and then astonishingly fast. Developments that seem impossible can feel inevitable just a couple of decades later. I think efforts to replace fossil fuels with more environmentally-friendly options are instructive in this case.

Back in 2006, my father was the headmaster of a private middle school in the Adirondacks. That year, his students and staff converted a 1985 Mercedes D300 to run on vegetable oil. The fuel was donated from local restaurants, and as a result, whenever the car was running, it smelled of whatever food was cooked in the oil.

In an article The Adirondack Daily Enterprise ran about the project, reporter Geoff Hayward said the whole system — including filters, gauges, the fuel tank and other parts — cost about \$1,000. The car itself was an alumni gift. School officials said they planned to use the vehicle for local trips, which suggests to me they didn't really trust it.

My dad was very proud of this car. He drove it every chance he could and talked to everyone about it. I was going to college in Vermont at the time, and perhaps trying test the vehicle's range, he picked me up in the greasemobile. We almost made it back. My father and I were probably half an hour from home when the car died.

I can tell you a future beyond fossil fuels did not feel close then. It was the middle of President George W. Bush's second term, and my father and I were pushing his jerry-rigged vehicle, which perpetually smelled of french fries, to the side of the highway. My mother came and picked us up in her gas-powered truck.

In the present day, when I picket my representives, trying to convince them to support increased public funding for cultivated-meat research, it's a completely different scene. Electric cars pass me by all the time. They're not amateur productions. They're sleek and beautiful. They feel like a future that is increasingly inevitable.

I don't mean to suggest cultivated meat will develop at the same rate as technology to replace fossil fuels has. I think a lot more money and scientific focus has been dedicated to the latter. But I do think it shows change comes eventually, even if it currently appears out of reach. Giving up on the field of cellular agriculture would be incredibly foolish.

Jon Hochschartner is the author of a number of books about animal-rights history. Visit his blog at

SlaughterFreeAmerica.Substack.com

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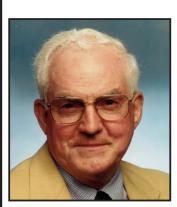
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### **GREEN NEWS**

### CEEC'S SPRING SHRED DAY AND SMALL ELECTRONICS RECYCLING EVENT, MAY 4 AT BLOOMFIELD TOWN HALL

#### **By Claudia Gwardyak Paula Jones**

Tax season 2024 is behind us, and you've likely compiled confidential records that you'd like to shred. If you're a Bloomfield resident, you're in Bloomfield's luck! Conservation, Energy, and Environment Committee (CEEC) is holding its Spring shred and electronics recycling event for Bloomfield residents on Saturday, May 4th at Town Hall. Please bring a non-perishable food item for the Bloomfield Food Bank.

The May 4th event begins at 9 am (on the Park Avenue side of Town Hall) and the shredding portion continues until noon or until the "shred trucks

are filled." Once again there will be two shred trucks, so the CEEC is optimistic that the trucks won't fill early and that no one will be turned away. The electronics recycling (on the Bloomfield Avenue side of Town Hall) has no limit and will stay open until the noon close.

We ask that that residents be thoughtful about what paper materials need shredding (for confidentiality). At past events, material was submitted which was NOT confidential and did not need to be shredded. For example, magazines and junk mail can and should be recycled bi-weekly. If you are concerned about address labels or similar information, tear that piece off for shredding and throw the

Town of Bloomfield

rest in your recycling pick up. If everyone limits their shred material to 3 bags or boxes per person, that will help ensure that the trucks don't fill early.

Regarding the small electronics recycling, here is the list of acceptable items to bring: Batteries (but not car batteries), printers, monitors, televisions, computers, VCR and DVDs players, modems, keyboards, computer mice, mobile phones, microwaves, video game consoles, cameras, small appliances, tablets and eBooks.

So take this opportunity on May 4th to clean out your files, recycle your old electronics, and help your neighbors with a donation to the Bloomfield Food Pantry.



### **Bloomfield Town Hall**

Safely shred your confidential documents and recycle no longer needed electronics (i.e. television sets, telephones, printers, hard drives, etc). Limit of 3 bags/boxes per person. Bloomfield residents ONLY.

\*End time earlier if shred trucks fill up before Noon.

### Shredding 411

#### **No Magazines!**

Magazines (and any documents with nonconfidential information) can be safely recycled in your blue recycling bin. If desired, you can cut off the label with your name and address and shred that only.

#### Remove address from junk mail!

Items like junk mail do not need to be shredded. Remove address label, which can be shredded if desired, and recycle the remainder of the junk mail.

### Accepted Electronics

- Batteries (no car batteries)
- Printers
- Monitors
- Televisions
- Computers (any kind)
- VCR & DVD Players
- Modems
- Keyboards
- **Computer Mice**
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- Tooth extractions
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- TMJ treatment
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### **RAIDER SPORTS - BY DAVID FARR**

#### From Front Page

inning. The Locks regained the lead in the third 3-2. Jack Scholefield walked, and later scored on a wild pitch. Xavier Angel singled, and Jack Grasso had another RBI with a single. Garrett Hinckley singled in fourth but Ellington regained the lead 4-3. Jomar Ortiz singled in the sixth and Max Cole sacrificed him to second, but the Raiders were unable to score. The Raiders tied it I the seventh on the first of Zavier Hunt 2 sacrifice flies. Xavier Angel walked and stole 2 bases setting up the score.

The same combination pretty much worked in the nineth. Xavier Angel walked Jayden Ramirez advanced him with a single, and Zavier Hunt came through again with a sacrifice fly. Hinckley did the rest escaping a 9inning jam. Besides timely hitting, another key to the Raiders victory, was shutting out Ellington for the last 6 innings. The Raiders record is now 3-4.

#### **Coventry 7 Windsor Locks** 4

Coventry jumped on the Raider pitching for 4 in the first. Xavier Angel had a double and Jack Scholefield had a single. Both Jaydon Ramirez and Jack Scholefield had rbi walks with the bases loaded. Zavier Hunt had 2 hits.

**Upcoming games:** 

Saturday East Granby Home noon

Monday East Catholic Away 3:45

Wednesday Stafford Away 4:00

Fridav Granby H 4:00 **Veterans Memorial Park** 

#### Softball

Windsor Locks 7 Gilbert 4 After falling behind 4-3,



the Raiders rallied for the win. Shayla Gamache pitched 5 innings giving up 3 runs, Bella Canon came in, and Shavla came back in the seventh to close it. Jordan Lucas and Kiley Connors played well on defense. Sidney Barthel was 2-4 with a double. Kamryn Mullaney had 3 stolen bases for the Raiders. The Raiders improved their record to 5-2.

#### Windsor Locks 7 East **Granby 2**

In the rematch game was tied after 41/2 innings. The Raiders scored 4 in the firth and 2 in the sixth.

Alisha Burns was 2-4 with a double. Kaidyn Rodriguez was 2-3 including a double. Bella Canon pitched 5 innings for the win giving up one run. Shayla Gamache pitched the last 2, striking out 4. The Raiders record is 4-2.

**Upcoming Games:** 

Monday Housatonic Away 4:00

**Tuesday Stafford Home 3:45 Veterans Memorial Park** Thursday Bolton Away 3:45

Friday Granby Home 3:45 **Veterans Memorial Park** 

#### **Boys Track:**

Last Saturday the Raiders participated in the Patriot Games in Coventry. They competed against bigger schools which is good. Some had their best Performances.(BP). The

top 6 were awarded medals. Several Raider Boys placed but not in top 6.

**Placed:** 

Shot Put Yaqueen Diene,

Discus Reise Saavedra

Javelin Zachary Holoway,

Landon Tuttle, Ramell Walton

Triple Jump Yaqueen 800 Meters Hudson

Farley(BP)

#### **Girls Track:** Top 6 get medals

Congrats to Alis Oberg 1st place, Maeve and Caroline McGinnis getting multi medals Shot Put Maeve McGinnis 5th,

- Javelin Alis Oberg 1stPB) High Jump Maeve McGinnis5th
- Long Jump Caroline McGinnis 5th
- Triple Jump Caroline McGinnis 3rd

**Placed:** 

100 Meter Lia Quagliaroli 800 Meters Abigail Guyette 800 meters Multi Maeve

**McGinnis** 100 meter Hurdles Multi

- Maeve McGinnis Shot Put Allison
- Gough, Destiny Anderson
- Discus Destiny Anderson, Charli Oberg
- ,Javelin Abigail Rockwell High Jump Ciana Hill,
- Camryn Rossignol
- Long Jump Ciana Hill Long Jump Multi Maeve
- McGinnis Triple Jump Ciana Hill,
- Allison Gough Maeve
- Pentahthlon **McGinnis**
- 100 Meters Camyrn Rossignol(BP)
- MetersCarmella 800 Buscaino-Knuth(BP)
  - **Upcoming Meet:**

**Tuesday Ellington Away** 4:00

**Boys Tennis Bristol Central 7 Windsor** 

Locks 0 **Upcoming Matches:** 

Tuesday Northwest **Catholic Home 3:45** 

Friday Cromwell Away 3:45 Watrous Park

**Girls Tennis Upcoming Matches Saturday Ellington Home** 

- 11:00
- Monday Coventry Away 4:00

Wednesday Newington Away 4:00

**Thursday Bolton Home** 3:45





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### LOCAL STRETCH OF FARMINGTON RIVER AMONG TEN MOST ENDANGERED NATIONALLY

From Front Page

ring, eel, and sea lamprey). Additionally, the way FRPC operates the dam releases large pulses of water at unpredictable times, which harms the river. As a consequence, the section of river below the dam is listed by the state as impaired for aquatic life due to flow. Because of its current operation and failure to safely pass migratory fish. Rainbow Dam causes the Farmington River to be in violation of the federal Clean Water Act and various state laws.

Ironically, the lower stretch of the Farmington River from Avon to the Connecticut River in Windsor - was federally designated by the US Congress (under the Wild & Scenic Rivers Act) as a Recreational Wild and Scenic River in 2019. The river was so designated because of its "outstanding resource values," including water quality, biological diversity, and recreation. As part of that legislation, the Lower Farmington River and Salmon Brook Wild & Scenic Committee (LFSWS) was established to implement a management plan to protect and preserve these resources.

The work of LFSWS is managed by an advisory group of 15 stakeholder 'Partners', which includes representatives from the Towns of Windsor, Bloomfield, and East Granby as well as from SBD and the DEEP. Although SBD is free to engage with these other Partners in deliberations on matters pertaining to Rainbow Dam and Rainbow Reservoir, they have not done so to date.

So what happens next? To quote from American Rivers announcement: press "Farmington River Power Company needs to be held accountable for dam operations and ensuring they meet reasonable standards for public health and safety, and the health of the river. The companv can take advantage of current unprecedented funding opportunities to make a difference this year before they expire. At a minimum, this includes changing operations to fix the Clean Water Act violations, eliminate the toxic algae outbreaks, and to provide safe, timely and effective fish passage. The company has had well over a century of largely unrestricted use of the Farmington River - it is time for dam operations to meet reasonable standards so the public can have clean water and a healthy river."

For more information, go to: https://mostendangeredrivers.o

rg/river/farmington-river/ The author is one of

Bloomfield's Representatives to LFSWS.



Photo: The Raibow Dam, with the fish ladder in operation, in 2014.

Photo by Mike Taylor

### AMERICAN LEGION MONTHLY PANCAKE BREAKFAST FEATURING AN AUXILIARY BAKE AND PLANT SALE !

Gensi-Viola Post No. 36, The American Legion of Windsor Locks will host their monthly Family Pancake Breakfast on Sunday, May 5th, 2024, (first Sunday of every month) at The Memorial Hall, 1 South Main Street. \*FEATURING Unit 36 Auxiliary Bake and Plant Sale\*

All members of the Post, Auxiliary and Families as well as all area Veterans are welcome. The menu includes Pancakes or French Toast, Sausage, Juice, Coffee, and Tea. The cost is \$5.00 for adults, per person and \$4.00 for Children, per person, under the age of 12.

Breakfast will be served from 8:30 am until 11:00 am.

We hope you will enjoy the meal and socialize with others.

### THIS WEEK IN WINDSOR LOCKS HISTORY

#### By Mickey Danyluk

1930: The Windsor Locks Journal celebrates its 50th anniversary on this Friday and produces a souvenir edition which incl a recounting of significant historic events month by month for each of the 50 yrs, accentuated with photographs of landmarks and past editors

1760: Moses Wing is born, the son of Samuel and Hannah Wing in Rochester, Mass. He would serve in the Revolutionary War and was present at the retreat from New York. Known as a goldsmith, he made brass clockworks, silver spoons, etc. He lived and died in this section of Pine Meadow Windsor and was laid to rest in Windsor. His remaining tall case clocks are highly valued

2020: Thomas G Wieliczka, 66, life long resident of WLocks, dies. Due to complications during childbirth, he spent much of his childhood recovering from 18 surgeries. Although drs said he would never walk, he defied all odds being equipped w/braces and crutches- marking a mark on his world. A graduate of WLHS in the Class of 1972, he earned a degree in computer programming-enjoying a 23yr career as a systems analyst at The Hartford Insurance Co. He enjoyed volunteering at the Jerry Lewis Telethon and Connecticut's Childrens Hospital where he visited children- modeling hope and purpose

1996: Hugh J Starr, a native of Ireland and a town resident who researched the backgrounds of "The Old Catholic Cemetery", the Nugent family and an advocate for 20yrs to gain official recognition for the cemetery here, dies

2016: In the Presidential Primary held here today: local Democrats vote 438-Hillary Clinton, 4-DeLa Fuente, 545-Bernie Sanders, 29-uncommitted; Republicans vote 10-Carson, 81-Cruz, 166-Kasich, 422-Donald Trump

1846: Rev Samuel Allen is installed as the 1st pastor of The Congregational Church. (marrying into the Dexter family, he would construct the house next north of the church which would later become the home of Mr and Mrs HR Coffin Jr and still later the site of the WLocks Post Office in 1965) 1914: Frank J Wedemeyer, who had spent all of his life raising tobacco and race horses, dies at the age of 40 at his home on Suffield St

2022: Hundreds line Spring St in W'Locks and Bridge St in E Windsor to pay respects to Derrick Donahue, a lifestar Flight Nurse/Paramedic who died tragically in an accident in Curacao. Amongst the procession are W'Locks Fire Dept, W'Locks Police Dept, Bradley Airport Fire Dept, W'Locks Ambulance processing from Bradley Airport to Bassinger Funeral Home in W'Point

1910: Albert N Graves, a sucessful tobacco grower, aged 54, dies at his Spring St home. He took over the plantation at the west end of town and had 165 acres under cultivation which provided a stable living for many years. He was an admirer/owner of racing horses. He leaves his wife and son.

1944: Local serviceman Corporal Stephen J Czyzniak is reported "Missing in Action" later he would be reported "Lost at Sea" somewhere betw England and Italy during the invasion of So Italy. Born in New Britain, educated in St Mary's School here, he worked for the Windsor Locks Brick Co

1849: Harris Haskell dies; he was an industrialist and civic leader (his Main St homestead property would be gifted the Windsor Locks Public Library in 1940 by his granddaughter Thomasine Haskell Conant for the sole purpose of a library)

### **BLOOMFIELD SENIOR CENTER**

#### PRE-JUNETEENTH CELE-BRATION

Come and join us for our 4th Annual Pre-Juneteenth Celebration at 12:00 noon on Monday, June 17th. Entertainment & luncheon. Reservation deadline June 10. PRICE: \$15.00.

### HEALTHY RELATIONS & SEXUAL HEALTH

#### A LUNCH AND LEARN

An informative session on sexual health, Thursday, May 9th. 12:30-1:30pm. Kay Munoz from the Health Collective in Hartford will delve into the complex and often overlooked intersection of loneliness and sexual fulfillment, particularly among individuals aged 50 and beyond. Please call the Senior Center to register.

#### 8th ANNUAL CASUAL PROM

This year's casual prom theme is "Through the Decades". Plan to join students from the University High School of Science and Engineering from 11:00 am - 1:00 pm on Thursday, May 16, for a lunchtime filled with toe-tapping music, dancing, games ....and food! Sign up at the senior center by May 13.

#### DAY/SMALL SHRED ELECTRONICS RECYCLING Bloomfield's Conservation Energy & Environment Committee (CEEC) currently plans to hold a free shred day for Bloomfield residents (no businesses) from 9:00 am - 1:00 pm or until the truck is full on Sat., May 4, at Town Hall, Both shredding of confidential documents and small electronics recycling will be offered. Please bring a non-perishable food item for the Food Bank.

#### NATIONAL SENIOR HEALTH AND FITNESS DAY SPRING EVENT

It's time for the annual National Health & Fitness spring walk at the Senior Center. The 2024 theme is "Make Friends with Fitness for Life!" Walk Tuesday, May 28 through Friday, May 31. Stop in the office and fill out a ticket for each day that you walk. 3 winners will be chosen to receive gift cards. Bloomfield residents 55+. Drawing to be held June 3.

**THANK YOU, SUE'S CREW** We extend our heartfelt gratitude to the University of St. Joseph student nurses for dedicating a portion of their spring semester to the Senior Center. We wish you all the very best. Thank you, Sue, for another successful semester with another wonderful group of young medical professionals!

### **"DRUMMING TO OUR OWN BEAT"**

Drum Circle on Tuesday, May 28th, 1:30-3:30pm at The Senior Center. Craig Norton from "Hands on Drumming" will lead the circle and provide all instruments. No experience is necessary, just a desire to enjoy a fun, engaging and energized experience with friends. Refreshments will be provided. Group leaders; Pat Maneggia, LMSW and Dawn Cooper-Grodger, Assistant Director, Social and Youth Services. 25Maximum Participants. First come, first served. Register beginning May 1st. The program is generously supported by the AARP CT Livable Communities Grant. Ages 55+, Bloomfield residents only.

Must sign-up in-person for each drumming session.

#### **"TONI STONE" -PLAY-HOUSE ON PARK**

True story of the first woman to play professional baseball. "Against all odds, Toni Stone blazes a path in the male-dominated sports world, shattering expectations and creating her own set of rules. Follow Toni's journey as she fights for love, equality, and a chance to do what she wants the most - play baseball." Group Coordinator: Pat Maneggia, LMSW. Support for this program has been provided by a 2023 AARP Livable Communities Grant. Thursday -May 30th, 2024, in West Hartford. Meet at Senior Services at 12:45 p.m. Maximum Participants - 20. Register at Senior Services beginning May 1st. \$10 deposit returned on arrival

#### AARP SMART DRIVER THURSDAYS IN-PERSON

CT Drivers age 60<sup>+</sup> earn 5% discount on auto insurance premium. Advance registration required. FEE: \$20.00 AARP members, \$25.00 non-members (make check payable to AARP and bring it with you to class). Bring your own snacks/beverages. Call (860)-243-8361 to register.

Thurs., June 20th 9:30 am - 1:30 pm

#### THANK YOU, AARP TAX AIDE VOLUNTEERS

We extend our heartfelt gratitude to Jeff and his dedicated team of AARP volunteers for their exceptional service this year. Your commitment to adapting and providing a valued service to nearly 500 taxpayers speaks volumes. Thank you for your invaluable contributions and unwavering dedication to our community.

### MEMORIAL DAY PARADE & CEREMONIES

The Town of Bloomfield will celebrate on Monday, May 27 with a parade at 11:30 a.m., followed by a memorial ceremony on the town green at 12:00 noon. Transportation available for mini-bus riders.

The Bloomfield Senior Services Dept. is a Tues., Wed., and Fri. CRT elderly nutrition site. Suggested donation is \$3.00. You must be at least 60 years old. If you are under the age of 60 you may have a meal at the Community Café for \$10.36. This covers the cost of your meal and is not considered a donation. Reservations are required. All participants must complete a new Form 5. Lunch food may not be taken home.

Nutrition Sites by Reservation Only!

Please call no later than 11:00 am the day before.

Bloomfield Senior Services, 330 Park Ave.

860-243-8361 T/W/F

Federation Homes, 156 Wintonbury Ave. 860 243-2535 M-F

#### THE ENCOMPASS PRO-GRAM

Enjoy the freedom to travel with no limitations. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 with no restrictions. M7 and the Greater Hartford Transit District have partnered to expand transportation options; this program is low cost, provides unlimited boundaries and is user-friendly. Visit the webi t е https://encompass.m7ride.com/

https://encompass.m/ride.com/ or call 860-444-4444 for more information.

NUTMEG SENIOR RIDES,

Nutmeg Senior Rides, Inc., provides portal to portal ride service 365 days a year. Call 860-758-7833 for application and rates.

### WINDSOR SENIOR CENTER

### Monthly Parkinson's Support

On Wednesday, May 17 at 10:30 am, join with others battling Parkinson's Disease, their care takers, as well as with experts in the field. Facilitated in partnership with the American Parkinson's Disease Association and Trinity Health of New England. First timers, please let us know you're coming: 860-285-1992. Free! The group meets monthly on every third Wednesday.

### \*NEW\* Afro Dance Class with Jolie

We are excited to introduce a new dance class in May - Afro Dance with Jolie of Avon.Afro.Dance. Learn and feel the dance and culture from Central Africa through the magic and beauty of dance. Paid classes begin in May. \$40 for 6 weeks. Sign up by calling 860-285-1992 or visit us at townofwindsorct.com/seniorservices.

#### **Coffee Connection**

Connect with other seniors

over a hot cup of coffee or tea. Every Monday, Tuesday, Thursday and Friday, 9:00 AM to 11:00 AM, Senior Center Café, Free.

#### Cribbage

Easy to learn and fun to play centuries-old card game.Every Wednesday, 9:00 AM to 10:00 AM, Senior Center Café, Free.

**SCRIBE Writers Workshop** Fun and sometimes challenging creative-writing workshop. Second and fourth Monday of every month, 10:00 AM to 11:00 AM, Senior Center, Free.

#### Veteran's Coffee

Held the last Thursday of every month from 8:30 AM to 10:00 AM. Enjoy coffee with other area veterans and share, as well as learn information

about veterans programs and benefits. Free.

### Tax Reductions and Benefits

qualified Available to Windsor residents, is a pamphlet that describes a variety of exemptions and benefits available to individuals meeting the income and/or age guidelines as determined by State of Connecticut regulations. Visit the town's website at townofwindsorct.com/assessor or call the Town Assessor's office at 860-285-1816.

#### Wii Bowling

Bowl using the Nintendo® Wii<sup>™</sup>.First, second, and fourth Tuesday of the month, 1:00 PM to 2:00 PM, Senior Center Lounge, Free.

#### The Windsor Senior Center Annual Variety Show

It's the Windsor Senior Center's 7th Annual 55+ Variety Show on Wednesday, May 8 from 1:00 pm - 3:00 pm. Windsor's 55+ population will sing, dance, recite comedy and poetry, play musical instruments and more! You won't be disappointed by this fun, community event. Refreshments served from 3 - 4 pm after the show. Tickets available online or in person: \$3 for residents to attend/\$5 for non-Windsor residents.

#### Beginner Guitar Class

Learn chords, scales, practice techniques, a few simple songs, and a bit of music theory. This class is taught by Marc Athorne, a Windsor resident, music lover, and guitar hobbyist. This class is inclusive, and welcomes music lovers of all types. Classes will run on Mondays at 9:30 AM - 10:30 AM beginning on May 13 for 10 weeks (no class on May 27 or July 8) at the Senior Center. Free! Call 860-285-1992 to register.



ELDER LAW

### **ESTATE PLANNING ESSENTIALS EVERYONE SHOULD KNOW**



**Sponsored by Hank Weatherby** Weatherby & Associates, PC 693 Bloomfield Ave., Suite 200 Bloomfield, CT 06002 www.weatherby-associates.com Phone: 860-769-6938

Estate planning is an essential process that involves preparing for the transfer of a person's wealth and assets after their death. While it might seem straightforward, the complexity of personal finances and family dynamics can make this a challenging task. This is particularly true for the rich and famous, whose estate planning missteps often make headlines, serving as cautionary tales for everyone.

Understanding Estate **Planning:** Estate planning involves legal structures like wills and trusts to ensure assets are distributed according to the individual's wishes. It also includes planning for taxes and other financial duties that arise after death. Proper estate planning ensures that heirs



receive their inheritance without unnecessary legal battles or financial strain.

Mistakes in Common Estate Planning: Lack of a Will or Trust: Not having a will or trust is one of the most significant errors in estate planning. Without these legal documents, the state decides how assets are divided, which can lead to family disputes and assets not being distributed as the deceased intended.

**Outdated Documents:** Even those who have a will or trust often fail to update them as circumstances change. This can include changes in marital status, the birth of children, or the acquisition of significant assets. Outdated documents can lead to assets being left to unintended beneficiaries.

**Ignoring Tax Implications:** Failing to consider the tax implications of estate transfers can result in a significant portion of the estate going to tax payments rather than beneficiaries. The income tax implications of how assets pass is also all too frequently ignored. This is especially true when it comes to retirement plan accounts (IRAs, 401(k)s, 403B plans and

annuities).

Not Planning for Disability: Estate planning is not only about death. Provisions should also be made for the possibility of the individual becoming unable to manage their affairs due to illness or disability.

**Best Practices for Effective Estate Planning**: Regular Updates: It's essential to review and update estate planning documents regularly to reflect changes in personal circumstances and laws.

**Comprehensive** Planning: Effective estate planning should cover more than just the distribution of assets. It should include instructions for healthcare, guardianship of minors, and power of attorney arrangements.

Professional **Guidance**: Utilizing the expertise of attorneys and financial advisors can help navigate the complex legal and tax aspects of estate planning.

**Communication:** Discussing estate plans with family members can prevent misunderstandings and disputes among surviving relatives.

Lessons from the Rich and Famous: The rich and famous often face dramatic and public consequences for their estate planning failures. These can range from family disputes over inheritances to massive tax liabilities that could have been minimized with proper planning. Learning from these mistakes is crucial for legal and financial advisors to ensure their clients' estates are managed effectively. In future pieces we will discuss the estate of Prince, James Gandolfini. and Aretha Franklin among others.

Conclusion: Estate planning is a vital, yet often overlooked aspect of financial management. Even the wealthiest individuals can make errors

that have far-reaching implications. By learning from the mistakes of high-profile figures, attorneys and financial advisors can provide better guidance to their clients, ensuring that their final wishes are honored and their families are cared for after they are gone.

Estate planning might not be the most exciting task, but it is undoubtedly one of the most important. Taking the time to establish and maintain an upto-date estate plan is the best way to ensure that your assets are protected and your loved ones are supported in the future

Contact our office to schedule an appointment.

## Tired of pain? Try acupuncture!

Many Rivers Community Acupuncture uc

many rivers acupuncture.com (860) 683-0011 - 3 Barnard Lane, Suite 205, Bloomfield

Life at Home – With a little more help and some memory stimulation.

# **MEMORY CARE AVAILABILITY AT STONEBROOK VILLAGE!**

roday!

### Finding the appropriate care for a loved one is a challenge, and finding availability is often just as difficult.

#### **Core amenities for Memory Care studio** apartments include:

- Studio apartments including private bath
- Wellness and other supportive, tailored services
- 24-hour staffing including nurses and C.N.A's in the unit
- Enriching activities designed to engage each resident at the appropriate level of ability

#### INDEPENDENT LIVING ASSISTED LIVING MEMORY CARE

860-690-7660 550 Old County Road StonebrookVillage.com Windsor Locks, CT 06096





YOUR LIBRARY: WHERE ELSE CAN YOU FIND ODYSSEUS, ULYSSES, SINBAD AND EVEN OUTIS? (LOOK THEM UP!)



## **Art & Events**

### SANCTUARY CITY – TO DREAM THE IMPOSSIBLE DREAM

by MARTYNA MAJOK directed by JACOB G. PADRÓN and PEDRO BERMÚDEZ

ANGTUARY BITY

By Howard Steven Frydman aka "The Howard" Production: Sanctuary City Theater: TheaterWorks Hartford Playwright: Martyna Majok Directors: Jacob G. Padron & Pedro Bermudez

"To dream the impossible dream, to fight the unbeatable foe, to bear unbearable sorrow - to run where the brave dare not go" to find "Sanctuary" in a new homeland and ultimately live the life of your dreams. This is the quest of our two teenage dreamers, undocumented immigrants, aptly named like their uncertain future's "G" & "B", in the thought provoking, landmark theatrical production "Sanctuary City" by Pulitzer theatrical Prize Winner Martvna Majok. Produced in partnership with New Haven's "Long Wharf Theater", "Sanctuary City" is directed by Jacob G. Padron and Pedro Bermudez. "Sanctuary City", recipient of a prestigious Obie Award, will be in production till April 25, 2024 - the day after The Howard's birthday! With a backdrop of immigration policies – we enter a world where friendships and loyalty are tested, and the ultimate dream of finding a new home, far from one's country of birth, is the ultimate dream, impossible or not.

Names in novels and plays often described traits from hero to villains - Within "Sanctuary City," our two main protagonists are given the singular names of letters, "G" and "B," - Why? Girl and Boy? It must mean something - right? In my mind's eye, - "G" may be thought of representing wisdom, awakenings, a quest for truth, and truly those innocent "giggles of a child", while "B" some say represents "feminine energy" and striving to live a fulfilling life in a safe and secure home. Zounds - shades of Ironic and Iconic interpretations!! I think we have something here - what is driving these characters? Read on McDuff!

The location, Newark, New Jersey, a Sanctuary City, the Winter of 2001 – here we meet teenage high school friends, and the already mentioned consonants - "G" & "B". At plays start, "G" (Sara Gutierrez), having climbed the fire escape this night, is lurking



outside the 4th floor apartment window of "B" (Grant Kennedy Lewis) - banging on the window, cold and desperate for her own Sanctuary from her abusive father's continued bashing and bruising. For both "G" & "B" – "Mia Culpa"- to report the continued beatings may bring on the fallout of an eventual deportation. So young to have these adult concerns!

Zoom, Zip Zap - it's a Time Warp - Playwright Martyna Majok, during the first half of this one hour & 40-minute production, takes us on a "timetunnel" journey of minimoments, repeating the same period of time, over and over. Such as the "G" & "B"'s duo conspiracy to explain G's reason for not being in school, her toxic father's continued battering of G's mother and herself. Coming up with creative reasons so as to not having to explain G's various bruises-"just tell them I fell", "the flu", "chicken pox" and ultimately "lice"- "Don't say lice". This structure of time repeating- can be a bit overwhelming at times, it sets one's mind a twirlingand definitely brings about a "Kafkaesque" mindsight- presenting a bleak nightmarish environment of bureaucracy found in the "Sanctuary City" and incredible scenarios on how to circumvent the law. "G' and "B" lifelong friends - but never truly romantic- enter "Henry" (Mishka Yarovoy) - yes, a person with an actual name. As they strive to avoid deportation, what will be the outcome for these friends and lovers as they seek the ultimate dream, - a safe haven, a home, and family. Dreamers - do you dare to enter "Sanctuary City" - where they take away your name and give you a letter?

Once again, from my vantage point, we must state our extreme appreciation for those providing the "mood" of this production of "Sanctuary City". From set design, lighting, sound and to an absolutely stellar Projection and Video Design. Folks from the onset design, "The Howard" gracefully states, Theater Works Creativity team, is "Exquisitely Exceptional." The creative team for Sanctuary City includes Emmie Finkel (set design). Sarita Fellows (costume design), Paul Whitaker (lighting design), Fabian Obispo (sound design), and Pedro Bermudez (Production & Video Design). Our castalwaysas TheaterWorks has provided

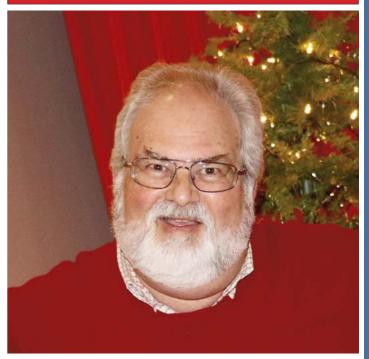
theatergoer an outpouring of creative acting talent-superb! The cast for "Sanctuary City" features Sara Gutierrez as "G", Grant Kennedy Lewis as "B", and Mishka Yarovoy as "Henry". This passionate and "oh so" dynamic cast bring these characters to vibrant life – tugging at our heart one moment, bringing a tear the next. Thank you TheaterWorks for providing this exceptional entry of live theater to theatergoers everywhere. Enjoy!

Performances of Sanctuary City will take place March 28 – April 25, 2024 at TheaterWorks Hartford's historic home, located at 233 Pearl Street, Hartford, CT. The performance schedule is Tuesdays through Thursdays at 7:30pm, Fridays at 8pm, Saturdays at 2:30pm and 8pm, and Sundays at 2:30pm. The running time is 100 minutes with no intermission.

Please visit twhartford.org for more information.

Howard Steven Frydman is General Manager and Executive Director of BATV – Channels 5, 95 & 96 and a member of the CCC. Please feel free to contact Mr. Frydman with your thoughts and ideas at TheHoward24@gmail.com

### HAPPY BIRTHDAY TO OUR FRIEND HOWARD!



## **Art & Events**

### FISHING FOR FUN! SHAD-THEMED FAMILY EVENT AT WHS, MAY 11

The shad always return to Windsor Historical Society! No bones about it - it's time again for some shad-themed fun! Children pre-K to grade 5 will enjoy fin-tastic outdoor activities including fishing for prizes, photo ops with Queen Roe-Ena, shad painting, shad cooking demonstration, and more! All children will receive a festive derby hat, prizes, and craft activities to take home. Join the fishy festivities on Saturday, May 11 from 11 AM to 2 PM, at Windsor Historical Society, 96 Palisado Avenue, Windsor.

Register in advance or just stop by on Saturday!

Advanced registration: \$5 per child or \$10 per family. Sameday registration: \$7/child or \$15/family. 860-688-3813 or windsorhistoricalsociety.org for information or online registration. Rain or Shine!

Windsor Historical Society is proud to be a member of the Windsor Shad Derby Festival Bureau, and Fishing for Fun! is one of many exciting celebrations and events leading up to the traditional Shad Derby Festival on the Windsor Town Green on Saturday, May 18. We hope to see you there!

The Windsor Historical Society, founded in 1921, invites visitors to explore the people, places, and events that have shaped Windsor for over four centuries. The Society's museumand research library is located at 96 Palisado Avenue (Route 159) and is open Wednesday through Saturday from 11 AM to 4 PM. with house tours at 11:30 AM and 1:30 PM. General admission to the library and historic houses is \$10 for adults, \$8 for seniors, \$6 for students, and free to children under 12 and WHS members. Visitors are free to browse the museum store and exhibit galleries at no charge, thanks to generous support of the Town of Windsor.



### WINDSOR PTSMC'S 'RACE TO THE WEEKEND WHEELS 5K RUN & WALK' TO BENEFIT WINDSOR FOOD & FUEL BANK'S WEEKEND WHEELS PROGRAM

This Saturday morning, April 27, all are invited to the second annual "Race to the Weekend Wheels 5K Run & Walk" in Windsor, Conn. Physical Therapy & Sports Medicine Centers (PTSMC) of Windsor and the Windsor Food & Fuel Bank invite adults and children to register online at https://bit.ly/RaceToTheWeek

endWheels Walk-ins are welcome!

All proceeds will go directly to the food bank's Weekend

### MARY'S PLACE ANNUAL 2024 MEMORY WALK TO BE HELD ON MAY 5



On Sunday, May 5, 2024, Mary's Place, A Center for Grieving Children and Families will host its 11th Annual Memory Walk at Northwest Park; 145 Lang Rd, Windsor, CT 06095 at 9:30 am. Walk with us in memory of your loved one! This moving fundraiser connects families, friends, and the community to support programs at Mary's Place. Honor the memory of a loved one and help make a difference in the lives of grieving children & families by joining us for this special event. Come and enjoy kids' crafts, snacks, auctions & more!

Register at www.marysplacect.org/memorywalk



Wheels program.

The 2024 Race and Walk begins in front of the Windsor Food & Fuel Bank's Weekend Wheels distribution site at 110 Addison Rd. (next to the Windsor Police station) in Windsor, Conn. Event day Run and Walk registration starts at 8 a.m.; opening remarks begin at 8:45 a.m.: and the Run and the Walk both step off at 9 a.m. Baby strollers are permitted in the race and walk, but pets are not. Refreshments and the presentation of prizes will follow.

Runners, walkers and spectators are invited to bring a can or box of food for Weekend Wheels. Always needed are peanut butter & jelly, breakfast cereal, pasta, rice, tuna, juices, canned fruit and vegetables, and more.

"Weekend Wheels is a sup-

plemental food program of the nonprofit Windsor Food & Fuel Bank that provides a growing number of eligible local elementary, middle school and high school age girls and boys with weekly home deliveries of healthy food and snack items," explains Joanna Gould, President of the Windsor Food and Fuel Bank Inc. which has its main office and food bank at L.P. Wilson Center at 599 Matianuck Ave. in Windsor. "Our volunteers pack the nutritious foods received into bags for distribution."

"Windsor's Weekend Wheels is a cause near and dear to the hearts of many in our town," states Michael McGowan, Assistant Director of Physical Therapy & Sports Medicine Centers on 645 Poquonock Ave. "Physical Therapy & Sports Medicine Centers in Windsor is a committed partner with this essential student food insecurity program, regularly donating food that is carried in by our patients and our staff. Over the years, it has been truly eveopening to realize the number of children who require additional nourishment support in order to succeed in school and survive in life. Food insecure children have been found to have worse physical health outcomes, in addition to reduced cognitive and academic performance compared to their food secure peers."

This second annual "Race to the Weekend Wheels 5K Run & Walk" steps off this Saturday, April 27 at

9 a.m. at 110 Addison Rd, in Windsor. Registration is \$30 until Friday, April 26 and will be \$35 on race day. To register, go to https://bit.bu/DacaTaThaWack

https://bit.ly/RaceToTheWeek endWheels

Medals will be given to the top three finishers. For those unable to attend, PTSMC Windsor is collecting canned and dry food donations for Weekend Wheels through April 26 at its clinic on 645 Poquonock Ave.

For questions and more information about sponsorships and the race, call Physical Therapy & Sports Medicine Centers at 860-752-6900.

## Art & Events

## WINDSOR ART CENTER NAMES NEW CURATORIAL CHAIR



Windsor Center Art Welcomes Marianna Martino Curatorial as **Chair!** 

Windsor Art Center announced the appointment of Marianna Martino as its Curatorial Chair. With a rich background in arts education, exhibition curation, and a passion for fostering creative communities, Marianna brings a wealth of expertise and vision to her new role.

Marianna Martino is a distinguished member of the

Windsor Art Center, currently serving on the board of directors and actively a member of the Curatorial and Exhibition Installation Committees. Her dedication to the arts extends beyond her organizational roles; for Mari has been an esteemed art teacher within the Windsor Public Schools system for eight years.

Mari's academic credentials further underscore her commitment to the arts. She holds a Bachelor of Science in Art Education with a concentration in Painting from Central Connecticut State University, as well as a Master of Arts in Art History and Visual Culture from Lindenwood University. As a practicing artist herself, Martino's work delves into surrealist themes. exploring the delicate interplay

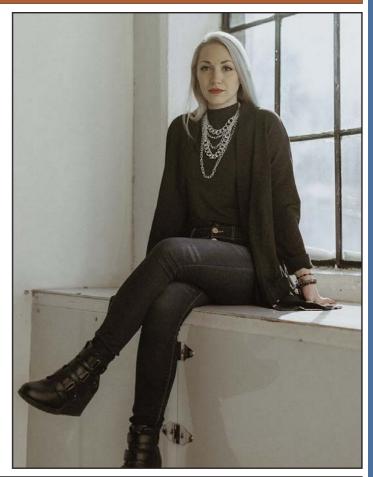
between nature and biology.

"I look forward to growing with Windsor Art Center and ensuring that the arts continue to be accessible to all," says Marianna.

In its announcement of the appointment, Windsor Art Center expressed profound to gratitude Marianna Martino for her exceptional organizational skills, creative insight, and invaluable knowledge, which the organization predicts will undoubtedly propel the curatorial team to new heights under her leadership.

#### Windsor About Art Center:

Windsor Art Center is a vibrant cultural hub dedicated to promoting and supporting the arts within the Windsor community and beyond. Through dynamic exhibitions, educational programs, and community events, the center aims to inspire creativity, foster expression, and artistic enrich the cultural landscape.



**STAINED GLASS MOSAIC WORKSHOP** AT THE ART CENTER, MAY 19



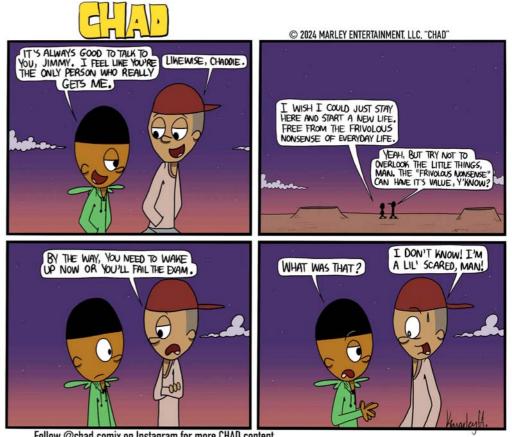
11:00AM-2:00PM Where: WAC Studios 35 Central St Windsor, CT 06095 Cost: \$75, \$67.50 Member's

Price (all materials included) Celebrate spring by creating a colorful stained glass tulip mosaic with local artist Kelly Kelly! Students will layout a cohesive floral mosaic piece, learn glass cutting, nipping and grouting, all while listening to music and chatting with other creatives! All materials provid-

All classes are held in the train station studio classroom. Do not attend if you feel sick. Email classes@windsorartcenter.org for more information.



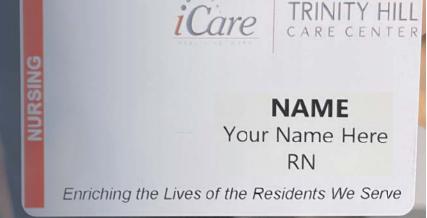
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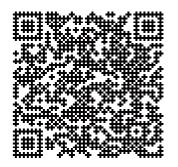
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