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# Windsor Journal



W E E K L Y

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April 26, 2024

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## LOWER STRETCH OF FARMINGTON LISTED AMONG 'TEN MOST ENDANGERED RIVERS' IN THE NATION



Photos: (top) Rainbow Dam and Reservoir from downstream. On the right, the dry now fish ladder. (below) Rainbow Reservoir algae bloom at Camp Shalom dock. Photos provided by Farmington River Watershed Association

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

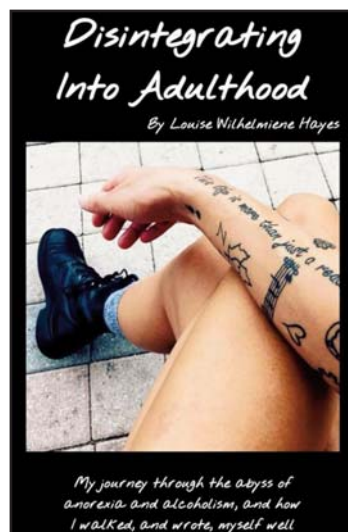
Protection (DEEP) in March 2023 because it's inadequate and outdated, leading to high fish mortality?

- 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

See RIVER page 8

## WINDSOR NATIVE PENS MEMOIR OF STRUGGLES AND HEALING



By Louise W. Hayes

Growing up in Windsor, and attending Windsor public schools, shaped who I am today. My recently published memoir, *Disintegrating Into*



*Adulthood: My journey through the abyss of anorexia and alcoholism, and how I walked, and wrote, myself well*, dives into my early life in Windsor— my carefree youth, my turbulent teen years, and my faltering attempts to find my own footing as an adult. The book is an

See MEMOIR page 9

## WINDSOR SOCCER CLUB FEATURED DURING HARTFORD ATHLETICS GAME



By Lawrence Jaggon

Hartford athletic suffered a heart-breaking defeat against San Antonio on Saturday.

The first 45 minutes of the game was very physical and saw multiple fouls called by the referee.

A super header by Machop Chol in the 6th minute gave San Antonio the lead and it silenced the Dillion stadium home crowd.

A breakaway goal by Marcus Epps tied the game for Hartford in the 28th minute. Epps shot flew by Goalkeeper Pablo Sisniega to the right-hand corner of the net.

See SOCCER page 9



## 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	LOCATION
April 27, 2024	Newington	Town Garage, 281 Milk Lane (off Fenn Road)
May 4, 2024	Windsor	Poquonock WPCF, 1222 Poquonock Avenue
May 18, 2024	East Hartford	East Hartford WPCF, 65 Pitkin Street
June 2, 2024 (Sun)*	West Hartford	Public Works Garage, 17 Brixton Street
June 22, 2024	Wethersfield	Webb Elementary School, 51 Willow Street
September 7, 2024	Bloomfield	Public Works Building, 21 Southwood Drive
September 21, 2024	Rocky Hill	Rocky Hill WPCF, 80 Goff Brook Lane
September 28, 2024	West Hartford	Public Works Garage, 17 Brixton Street
October 19, 2024	Windsor Locks/E. Granby	Public Works Garage, 6 Stanton Road, Windsor Locks
October 26, 2024	Hartford	MDC Operations Facility, 125 Maxim Road

(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](mailto:info@nedt.org)



Each year, the Metropolitan District (MDC) provides its customers with an environmentally-friendly initiative, 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 include: Bloomfield, East 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-we-do/environment-health-safety/household-hazardous-waste-collection>

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

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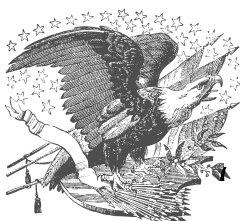
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## LOCAL BUSINESS

### 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 35-year 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 "IB (International Baccalaureate) for All" 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."

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

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

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**[www.bluehillfire.org/ourteam/careers](http://www.bluehillfire.org/ourteam/careers)**

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# CIVIC ORGANIZATIONS

## SENIORS JOB BANK ELECTS OFFICERS AND WELCOMES NEW BOARD MEMBERS

### SENIORS JOB BANK

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 Sayers (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

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 web-site:

<https://seniorsjobbankct.org/>

Email:

[info@seniorsjobbankct.org](mailto:info@seniorsjobbankct.org)

or call 860.521.3612

## KIWANIS SHAD DERBY ROAD RACE AND WALK TO BE HELD FOR 52<sup>ND</sup> TIME



**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 picturesque Farmington River, 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. T-shirts given to the first 100 registrants.

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

[www.windsorkiwanis.org](http://www.windsorkiwanis.org)

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

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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 Governor Ned Lamont, 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-



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.

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

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-

eliminating racism  
empowering women  
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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



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# 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 environmental-friendly options are instructive in this case.

Back in 2006, my father was the headmaster of a private mid-

dle 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 representatives, 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](http://SlaughterFreeAmerica.Substack.com)

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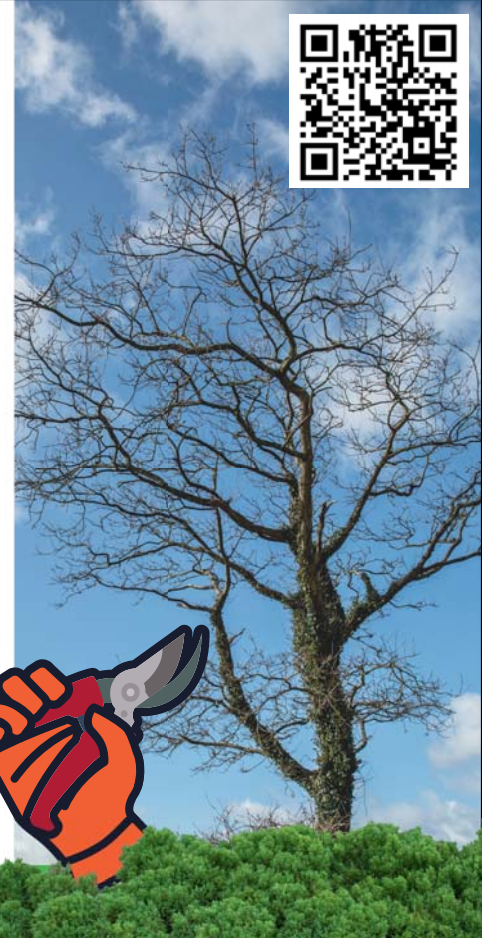
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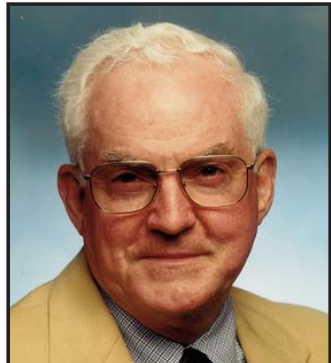
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# GREEN NEWS

## 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 luck!

Bloomfield's 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

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.

**FREE!**  
Please bring a non-perishable food item for the Bloomfield Food Bank.

### Town of Bloomfield SHRED DAY & ELECTRONICS RECYCLING

**SATURDAY, MAY 4, 9AM-NOON\***

### 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 non-confidential 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
- Mobile Phones
- Microwaves
- Video Game Consoles
- Cameras
- Small Appliances
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- Dental Laser Therapy
- TMJ treatment
- Bonding
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# LOCAL STRETCH OF FARMINGTON RIVER AMONG TEN MOST ENDANGERED NATIONALLY

From Front Page

lead to conditions in the upstream reservoir that have repeatedly caused toxic algae blooms?

• These blooms can be a 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 herring, 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



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

Photo by Mike Taylor

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 press announcement: "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 company 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.org/river/farmington-river/>

*The author is one of Bloomfield's Representatives to LFSWS.*

## WINDSOR SOCCER CLUB FEATURED DURING HARTFORD ATHLETICS GAME

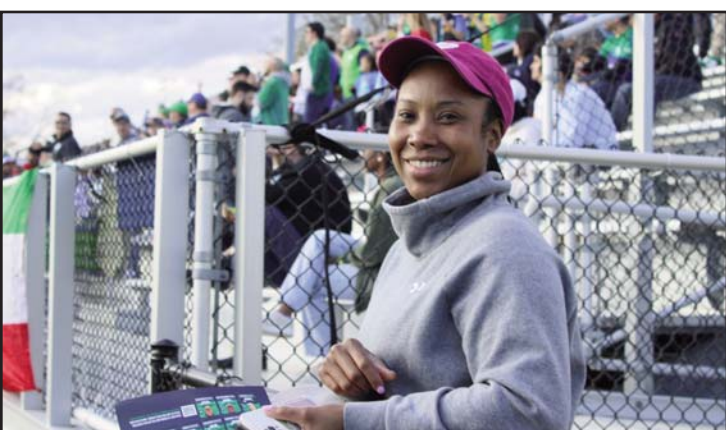
From Front Page

- This goal was the first for Epps this season. An own goal by Joey Akpunonu in the 79th minute gave the visiting team the lead. Seven minutes later Joseph Farrell brought down Kameron Lacey in the penalty box to concede a penalty kick. Luis Solignac accurate shot gave San Antonio a 3-1 win.

Our own Windsor soccer club was featured at this game.

The players were given the opportunity to be ball kids and participated in the high five tunnel. Several Windsor families enjoyed the pre-game tailgate event.

Windsor soccer club Facebook page indicated that they would receive \$4.00 from every ticket that was sold. The Windsor kids gained valuable soccer experiences attending and participating in this even



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# THOUGHTS AND OPINIONS ABOUT THE BUDGET

## WINDSOR BUDGET GOES TO THE VOTERS - AND I RECOMMEND VOTING 'NO'



**By Ronald Eleveld**  
Town Council Member

After some discussion, the Town Council last night voted through a budget for the town of Windsor for the 2025 fiscal year. The budget was approved along party lines with a 3.21% spending increase. That is a reduction from the 4.64% proposed by the Town Manager and Superintendent of Schools. The Budget still increases spending by about \$4.5 million

to \$143.7 million dollars.

On May 14th polls will be open to allow you to vote to approve or disapprove the level of spending for the 2025 Fiscal Year. This vote decides what your local property taxes and car taxes are going to be, and indirectly your rent. This vote has a direct impact on your household budget.

The Board of Education requested \$5.1 million dollars more which is an increase of 6.4%. The Council reduced their request by \$1 million. The Board of Education budget including Town Support for Education represents almost 2/3rds of the Windsor budget.

The Town Government side of the budget is \$60.4 million Dollars and included a 2.3% increase or \$1.3 million dollar. The Council reduced the request by \$1 million dollars.

On the town side most of the reductions were made in capital expenditures, post-employment benefits, open space, and

several other areas. The Council worked with the idea of no service reductions, and unanimously supported Safety Services and Public Works.

The town has no say on how the Board of Education will absorb a \$1 million reduction. The Town Council can only give the Board of Education funds. The Town Council cannot tell the Board of Education how to spend those dollars. That is the full and total responsibility of the Board of Education.

I think the most important element of the vote is the budget amount. The Republicans voted against the overall level of spending. We felt that it was too great an increase, especially in this challenging economy and the increases residents would face because of state mandated revaluation.

We agreed to several methods to minimize some of the impact of revaluation. We did agree to phase-in the revaluation increase in property values

over two-years. The revaluation impact to your tax bill means if you are looking at a \$1,500 revaluation tax increase, it would be about \$750 in year 1, and the full \$1,500 the second year.

We also utilized \$3 million of our rainy-day fund (savings account or fund balance) to minimize the budgetary increase. That is the same as your spending out of your savings monthly to pay your utility bills, you know next year it will be higher so you'll have to take even more money out of your savings account, and that is a negative spiral. It means we will have to use more rainy-day money each year until we can reduce that dependency. It is troubling using rainy-day money to make this work, and as Councilor Gluck Hoffman said, it's not a slippery slope but an icy slope.

These are difficult times with high inflation making groceries, electricity, gas, insurance, and most everything else

more expensive. We felt that we should be looking at lower spending, to better position ourselves for the future of our Town. Those on a fixed income, or lower income levels, are looking at substantial increases in the cost of living. The budget increase compounds the property tax challenge for them. We know we can do better for our residents.

I would ask voters to concentrate on the budgeted amount as that is what they will approve May 14th. The expenditure or spending amount is what all your taxes now and, in the future, will be based upon.

I would recommend a NO vote on this budget.

It is up to you! Vote on May 14th at your usual polling place. Absentee Ballots are available. There will be no early voting for this referendum.

Ronald Eleveld

*Mr. Eleveld is Town Councilor and Finance Committee Member. He is a Republican.*

## WINDSOR NATIVE PENS MEMOIR OF STRUGGLES AND HEALING



From Front Page

unfiltered personal account of my battles with mental illness, spread over the course of four decades, and my decision to share my truth and the purging of guilt, shame, and fear into raw poetry and prose, literally saved my life. Although I have not resided in town since 2002, when I was in my early 20s, my family and many close friends still do, and I am anxious to share my story with the town that raised me.

At the age of 14, my outwardly seeming, perfectly content suburban American life changed course as a series of internal and external factors coincided at just the right time,

and I fell into the abyss of anorexia. Over the next 25 years, I battled my lingering eating disorder along with recurrent bouts of alcoholism, obsessive compulsive disorder, anxiety, depression, and suicidal ideation. Only through the arduous process of finally putting myself first, acknowledging all of my ugly truths, and choosing to give life one last chance, free of mind-altering substances, was I able to slowly begin the process of healing myself, for myself, one day at a time. I insisted on taking a risk and moving my family to an unfamiliar tropical location, despite having been raised to think that I should be able to achieve happiness in a northern climate, because I knew in my soul that I desperately needed year-round sunshine and heat to fully heal. I had to peel away all the layers of who I thought I was supposed to be, listen to my own heart, and become willing to accept the raw and unadulterated chaos inside my head, so that I could live authentically with self-trust, inward compassion, and freedom from past and present demons.

The bulk of my memoir was

written between the second and third year of my sober journey, with portions selected from writings created during my most tumultuous years. Composed and edited almost solely on my phone, while walking the sandy southeastern coast of Florida, the literal act of playing with words and turning pain into poetry and prose, reconstructed my previous disintegration, coalescing into the work presented here. It is my greatest hope that the truth of my journey will inspire other people struggling with their own mental health battles to find the courage to use creativity to overcome seemingly insurmountable odds.

My book is available for purchase on Amazon at the link below, or by searching for it by title and author in the self-help book section.

[https://www.amazon.com/dp/B0CRP38R2D?ref\\_=pe\\_93986420\\_774957520](https://www.amazon.com/dp/B0CRP38R2D?ref_=pe_93986420_774957520)



## WARRIORS' SOFTBALL



**By Woodrow Dixon**

The Windsor Warriors softball team opened the 2024 softball season winning its first four games of the season - all road games.

During their first four games of the 2024 season, the Warriors displayed their offensive prowess outscoring their opponents 56-7.

In three out of the four games, Windsor scored 11 or more runs.

In the 2024 season road opener on April 4 Windsor defeat CCC rival Hall 22-0.

Then in the Warriors next three CCC road match-ups, the team defeated New Britain 16-1 on April 8 followed by a 7-1 victory over Newington on April 9.

Windsor extended its season opening win streak to four consecutive games with an 11-5 road CCC victory over South Windsor on April 13.

But the Warriors four game

winning streak came to a sudden and an unexpected end on Wed. April 16 when the team fell to Bunnell 4-3 in extra innings.

Windsor lost its second straight game the following day on Thurs. April 17 losing to CCC rival Glastonbury 3-2.

Monday, April 22 in the team's home season opener when they dropped a 3-2 extra innings non-CCC home contest to Bunnell.

Next week the Windsor softball team is scheduled to play four games; two home game and two games on the road home against CCC competitors.

Mon. 4/29	Windsor at RHAM 3:45pm
Wed. 5/1	Maloney at Windsor 3:45pm
Fri. 5/3	Windsor at E.O.Smith 3:45pm
Sat. 5/4	Simsbury at Windsor 10:00am





# SENIOR LIFE

## BLOOMFIELD SENIOR CENTER

### PRE-JUNETEENTH CELEBRATION

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.

### SHRED DAY/SMALL 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 dedi-

cating 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. 25 Maximum 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" -PLAYHOUSE 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+ 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 PROGRAM

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 website: <https://encompass.m7ride.com/> or call 860-444-4444 for more information.

### NUTMEG SENIOR RIDES, INC

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 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/senior-services](http://townofwindsorct.com/senior-services).

### 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

### Parkinson's

about veterans programs and benefits. Free.

### Tax Reductions and Benefits

Available to qualified 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](http://townofwindsorct.com/assessor) or call the Town Assessor's office at 860-285-1816.

### Wii Bowling

Bowl using the Nintendo® Wii™. 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.

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## ELDER LAW

# ESTATE PLANNING ESSENTIALS EVERYONE SHOULD KNOW



receive their inheritance without unnecessary legal battles or financial strain.

**Common Mistakes in 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 health-care, 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 up-to-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.

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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

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

## WINDSOR PUBLIC LIBRARY

By Denise Ricotta  
IT Librarian Windsor Public Library

### Horizon Blue

Thursday, May 9  
7:00 to 8:00 PM

Meeting Room 1

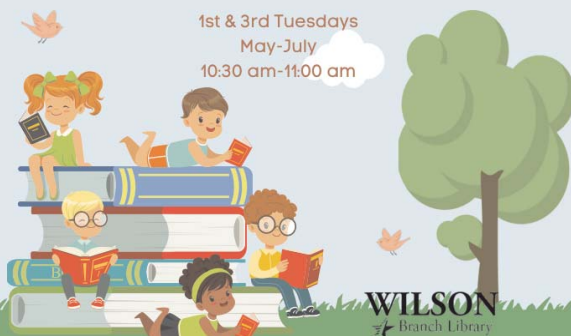
windsorlibrary.com



WINDSOR  
Public Library

### STORYTIME AT WILSON BRANCH LIBRARY FOR AGES 0-5

1st & 3rd Tuesdays  
May-July  
10:30 am-11:00 am



WILSON  
Branch Library

## Windsor Locks Public Library, Inc. SATURDAY, APRIL 20TH

### READ WITH BINGLEY!

1:30PM - 3:00PM

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BINGLEY THE THERAPY DOG!

TO SIGN UP FOR A FIFTEEN MINUTE SESSION CALL THE  
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JFRANKEL@LIBRARYCONNECTION.INFO.

BEST FOR AGES 5-10. SPOTS ARE LIMITED. SIBLINGS  
AND FRIENDS ARE WELCOME TO SHARE A SESSION.

### GET CRAFTY!

1:30PM

MAKE A PAPER PLATE MARBLE RUN!  
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## BLOOMFIELD PUBLIC LIBRARY

### Special BPL Storytime Event:

Ukulele Dance & Sing-Along  
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Wed., May 1  
10:30 AM

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\*Best for ages 5 and under

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VIRTUAL PROGRAM

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Wednesdays at 1:30PM

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BPL

virtual program

### SOCIAL JUSTICE BOOK CLUB

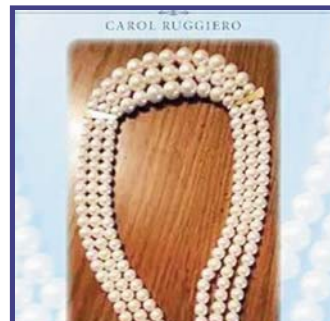
April 30 at 6:30 pm



The Sun and Her Flowers  
BY RUPU KAUR

Register at bplct.org Event Calendar

BPL



CAROL RUGGIERO

## A Book Talk & Sing - Along With Albert Playing His Saxophone

### Lunch & Learn

Albert Ruggerio will talk about the collection  
of essays written by his late wife, Carol  
Ruggiero. Pizza will be provided.

Friday, May 3, 2024  
12:30 PM

LOCATION  
BPL Atrium  
1300 Hall Blvd.  
Suite 1E

Register online at bplct.org

VIRTUAL PROGRAM

## Never Stop Learning: Protect Your Nest Egg



Thursday  
May 2  
2PM

Presented by U.S. Securities and Exchange Commission

Sign up at bplct.org "Event Calendar"

BPL

## House of Books and GAMES

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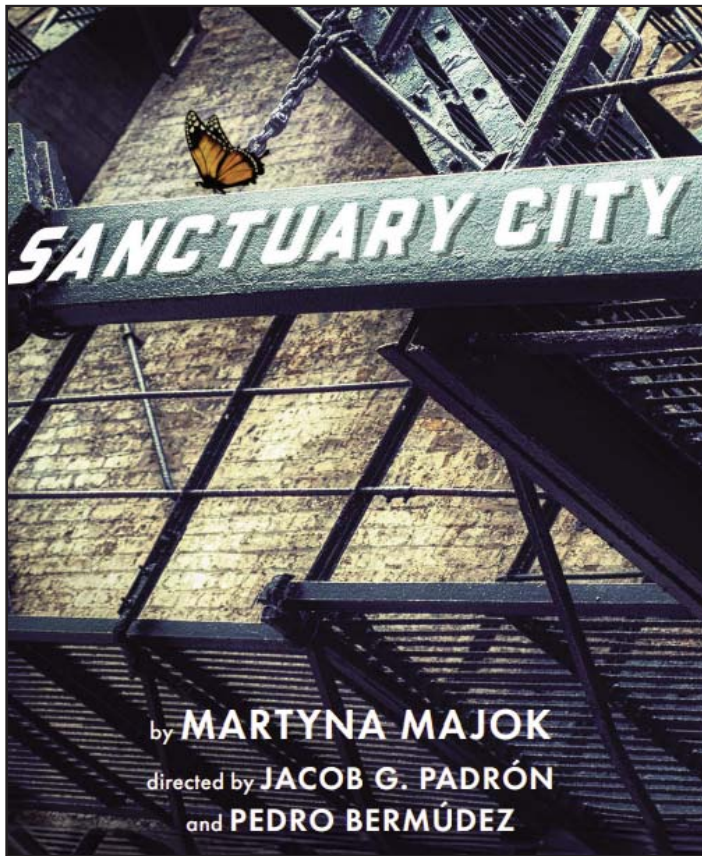
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Amy and Burt Smith



## SANCTUARY CITY – TO DREAM THE IMPOSSIBLE DREAM



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 Prize Winner Martyna 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 poli-

cies – 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 "time-tunnel" journey of moments, 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 twirling and 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?

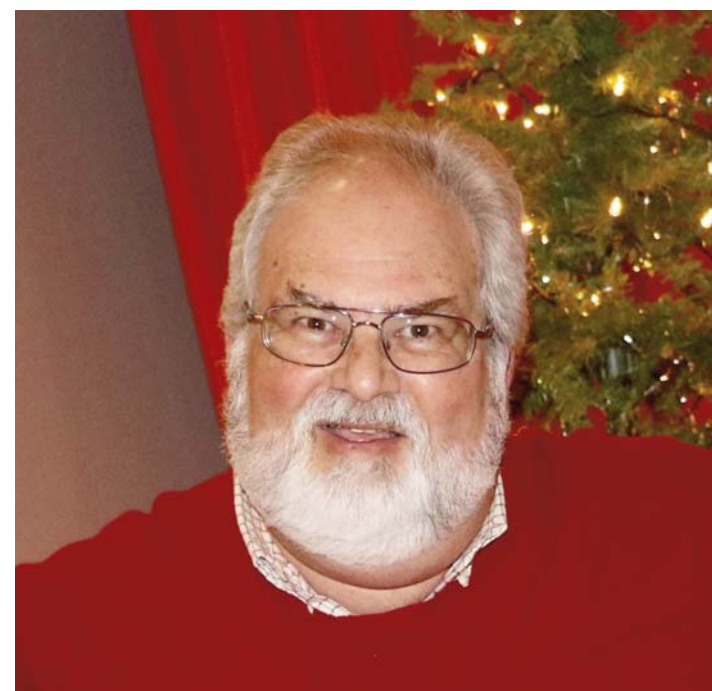
theatergoer an outpouring of creative acting talent-superb! The cast for "Sanctuary City" features Sara Gutierrez as "G", Grant Kennedy Lewis as "B", and Mishka Yarovoy as "Henry". This passionate and "oh so" dynamic cast bring these characters to vibrant life – tugging at our heart one moment, bringing 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](http://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](mailto: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. Same-day registration: \$7/child or \$15/family. 860-688-3813 or [windsorhistoricalsociety.org](http://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 museum and 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/RaceToTheWeekendWheels>

Walk-ins are welcome!

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



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 eye-opening 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.ly/RaceToTheWeekendWheels>**

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.

## 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/memory-walk](http://www.marysplacect.org/memory-walk)



# Art & Events

## WINDSOR ART CENTER NAMES NEW CURATORIAL CHAIR

### WINDSOR ART CENTER

**Windsor Art Center Welcomes Marianna Martino as Curatorial 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 gratitude to 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.

#### About Windsor 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 artistic expression, and enrich the cultural landscape.*

<https://windsorartcenter.org>



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

WINDSOR  
ART  
CENTER  
STUDIOS

### GLASS MOSAIC WORKSHOP

with artist Kelly Kelly



**SUNDAY, MAY 19  
11-2PM**

**When:** May 19, 2024  
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 provided.

ed.

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



### CHAD

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# Congratulations

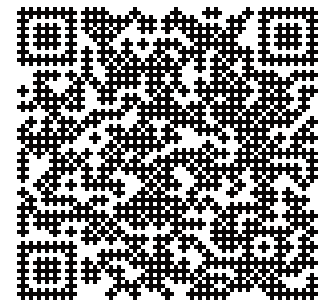
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