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Neighbors



Meet the
Glastonbury Little
League Community



Cover photo by
Danielle Marie Photography

EXPERT CONTRIBUTORS



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Financial/Real Estate Corner

By Colleen Lawless

Here's some advice from a mortgage professional in honor of National Mortgage Professional Month:

Do not try and "time the market". What's most important is to NOT pay too much attention to market conditions, but instead to your own financial goals. If you're comfortable with a certain budget, then that's what you stick to, and what I as a lender get you preapproved for. Getting preapproved is so important, now more than ever. You have to be ready when you find that home. Address your fears and concerns, so that you can make a less emotional and more logical, financially sound decision for your family.

Colleen Lawless, Vice President of Mortgage Lending at Guaranteed Rate

Celebration Shoutouts!

Submitted by the Community

Tiago Pinto Birthday Sept. 1st
Happy birthday to the adorable, curious chatterbox who never ceases to amaze us. Mom and dad love you so much!

Dave & Lisa Howat Wedding Anniversary Sept. 8th
Happy 32 years of marriage to the coolest, most fun parents (and couple) I know. You two make it look easy. Cheers!
- Dutchess

Submit name, date, photo and a message to thowat@bestversionmedia.com to publish your celebration wish!



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Have feedback, ideas, or submissions? We are always happy to hear from you! Deadlines for submissions are the 27th of each month. Go to www.bestversionmedia.com and click "Submit Content." Or, simply email your submission, comments, and suggestions to us at thowat@bestversionmedia.com.

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Are you on the association board for your subdivision? Contact us for the information on how you can submit articles, updates, reminders, events and more to the residents. We create customized Homeowners Association sections at no cost to the HOA or the residents.

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CONTENT DUE:	EDITION DATE:
November 27	January
December 27	February
January 27	March
February 27	April
March 27	May
April 27	June
May 27	July
June 27	August
July 27	September
August 27	October
September 27	November
October 27	December



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Dear Glastonbury RESIDENTS,

With summer winding down, I've found myself reminiscing about all the incredible memories I made in town, at the beach and in the beautiful Connecticut sunshine with my friends, family and neighbors. And though I hate to see the beach days dwindle, I'm thrilled to be entering my personal favorite season in Glastonbury. We officially enter into autumn on the 22nd, which means we're just a month or so away from our Connecticut traditions of pumpkin picking and munching on apple fritters from our beloved local farms.

And speaking of tradition, you may have noticed the awfully adorable kids on the front, all dressed for America's favorite past time. In honor of September being **National Little League Month**, we got to know the story behind Glastonbury's youth program, which is home to the highest league enrollment in Hartford County, and how it's bringing our community together.

Hop over to our Calendar of Events page for a list of the many fairs and festivals happening this month, or to our featured businesses and advice in honor of Pain Awareness Month and Childhood Cancer Month. Keep reading and we'll introduce you to the Jordan Porco Foundation, a local charity with a mighty cause, and share ways to support their mission in honor of Suicide Prevention Month.

As always, we thank our local business sponsors, and you—our readers.

Happy September!



Tess Howat

Content Coordinator
Glastonbury Neighbors

Pet Corner

This September,
our pet of the Month is
ZOE!

Zoe is a 4.5 year old
Labrador Retriever who
loves swimming, going
on hikes and playing
with other dogs.



To enter your pet to win Pet of the Month, email a bit about your pet along with its name, breed and a photo to thowat@bestversionmedia.com.

ESTATE PLANNING: What are your Assets?

By Thomas Kane of Kane, Hartley & Kane, P.C.



Estate planning. Scary words, uncomfortable subject. But it shouldn't be. We plan for many things in our life, and what to do with our "stuff" after death should be one of them. If we're honest with ourselves, we already have ideas of what would happen to our stuff and who gets it. Estate planning simply puts those plans on paper so they happen when we're gone.

Over the next few articles, I'll cover the essentials: what your assets are, why you need a plan, what's in a will, trusts, other documents you need, probate administration, gift giving, and ILITS. I'll start with the basics and move forward, and soon you'll have an understanding of the what, why and how of estate planning.

Let's start with what "assets" are for estate planning.

We have many diverse "assets": cash, bank accounts, real and personal property, investment and retirement accounts, life insurance and others. We must first understand which of these are probate assets dealt with in a will. This is determined not by the nature of the asset, but by ownership or beneficiary designation.

In one group are assets you own with someone else, in survivorship. This is common in real estate when spouses own property together. During their lives the spouses own it

together, but when one passes away, the ownership vests in the other. As the first's ownership disappears at death, it's not probated in their estate.

The second asset group holds accounts of any kind owned individually, but with beneficiary designations. For example, a life insurance policy where the owner of the policy names their spouse as beneficiary. When the owner dies, the insurance company pays the beneficiaries and closes the account. This group is not probated, as they pass directly to the beneficiary.

Assets in the third group are those owned by an individual, with no beneficiary designation. These are the probated assets. Probate Court involvement is needed to determine who the next owner will be after the death of the current owner.

A bank account with beneficiaries designated is not probated, but one with no beneficiaries is. Real estate owned jointly with someone is not, but after the death of the first owner, when only the second owner remains, it is.

Once we know which assets will go through probate, we can put a plan together for transferring those assets. Next month, we'll discuss why you need an estate plan.



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Glastonbury Little League: How Baseball and Softball Builds Community

By Tess Howat

Photos by Danielle Marie Photography

Celebrating National Little League Month

Since the founding of Little League Baseball in 1939, it's become a sporting tradition like no other, with over two million children involved in all 50 states, plus 80 countries. Across the world, kids aged four to eighteen from Tee Ball to the Senior League learn much more than how to play the game—lessons about life, friendship and being a team player have been shaping our kids, coaches and communities for almost a century. And in our town, the legend lives on.

Glastonbury Little League (GLL) was founded in 1964, playing on the ordinary field behind what was then town hall. After exhuming the old field in 1990 and putting up new lights, dugouts and

a 10ft high fence, Richard H. Ross Field was born, named after a beloved coach and pillar of GLL who passed in 1987. On opening day, May 2nd, 1992, players took turns spilling dirt from every Major League field in the country and the Field of Dreams in Iowa in the infield, an idea by league President Don Longtin. 30 years later, Glastonbury maintains the highest Little League enrollment in Hartford County, where 900 players compete under the lights of Ross Field behind the Police station.

That success is partially due to the league's equal playing time standards, which have evolved over the years to ensure everyone plays the same number of innings, at least two of them in the infield, and that a batting order is set the first game and rotates fairly. These rules were spearheaded by Don, who joined as a coach in 1967 and became president in the early 70's. He had three sons in the

league, saying, "My first son was very good, my middle son was a klutz, and my third was a blend—the klutz turned out to be an MIT grad. What you get out of this isn't just baseball, it's an environment where a kid has a sense of belonging." And after talking with parents in town, it's clear just how important GLL is to these young players.

Abby and Brian Sheehan started their sons Jack (age 12) and Charlie (age 9) in GLL at the Tee Ball level and watched them thrive as they moved up in the league. Their son Jack was the 2022 recipient of the SGT Steven J. DeLuzio Memorial Scholarship, a tremendous honor. And as an annual award, Jack is inspired to be a part of something larger than himself. And from the stands, Brian has seen the benefits of the fairness rules. "Every kid gets opportunities in every game—a chance to hit, field, and coach the base pads. They get to play different



positions in the field and hit in different spots in the batting order, which helps to keep the kids interested and engaged." His son Charlie loves the variety too, saying, "We don't just focus on one thing. Each practice I get to work on multiple things, and the coaches make it so much fun. There's a lot of positivity around the field."

Kristy and Steve Fischer, who coach their kids' softball and baseball teams, have watched the league grow their children into true members of a team. Their oldest son Jack (13) plays for the Big Diamond Program since graduating from GLL last year, while both Owen (11) and Brynn (8) are still young enough to play. "We've seen them grow as people, especially when their teams are losing," their parents tell me. "And then when the kids get the win, it's that much sweeter. Little League gives kids room to accept their mistakes, to see them as a blip in their whole experience." Abby Sheehan agrees, saying, "We strive to raise young men who will lose with grace and win with humility. Little league has helped our boys learn *how to win and how to lose.*"

And there's so much to gain for coaches, too. "I feel lucky to have seen them grow as players and as people," Steve says. Kristy also loves connecting with all the girls she coaches. President Don makes clear that they have a unique opportunity to make a difference. "As a coach, you have an opportunity to be part of somebody's childhood memories, which is so significant. You become a part of their story, of their life." Gianna and Mike Jablonowski, who coach their three kids Livvy (11) Jonny (11) and Jacob (13), say that building teams that respect and love one another has given them a

new purpose. "Due to work, family, and other volunteer commitments, I wasn't sure I could commit to head coaching," Gianna says. "But once I stepped onto the field my first season, I fell in love with coaching softball and knew it was where I was meant to be. The goal is that these players have a positive experience where they learn and grow as individuals and as a team."

And on the sidelines, a community of family and friends inspire players and coaches alike. GLL families have formed great bonds, showing up for one another in many ways. Kristy says, "Our kids probably don't even realize how these relationships have grown over the years, how little league has fostered these tight knit groups of families who know and depend on one another."

GLL makes a difference in our community one child, coach and parent at a time. And one's time in Little League makes a mark that lasts a lifetime. Don, who turned 88 this year, still meets previous players as adults who remember the lessons they learned on the field. He says years ago, GLL took part in the Apple Fest where he held a radar gun for measuring the speed of baseball throwing. A man in his mid 30's showed up, bought three balls, and said to Don, "Coach, do you remember me? I wasn't very good, but you let me pitch. That was awesome." Don tells me, "He took the three balls, threw them, and he still couldn't pitch. But the fact that he's still willing to pay \$1 to throw a ball means we've accomplished something big."

Don's message to the community is to get your child involved in local youth sports, not a pay-to-play industry.

"They're interested in the profits, whereas volunteer organizations like GLL, GBA and Hartwell pay attention and care about you. Pay-to-play offers to get you to the next level. For GLL, the next level for your son is coaching your grandson. And if you don't think its operating well, get involved."

And for us onlookers, Little League connects us with tradition and life's simple pleasures. Last summer, a few police officers stopped to take in one of the Fischers' night games. "They stood with their arms draped over the outfield fence, clearly enjoying watching the two teams battle it out through tough pitches and huge hits," they say. "Seeing them smiling at the kids really was the definition of Little League and our community."

With the help of the town and the GHS Softball Booster Club, GLL is hoping to upgrade GHS's #10 Softball field into a first-class softball facility. Visit their GoFundMe page to donate.

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Wellness Advice

Submitted by Local Professionals

CHOLESTEROL EDUCATION MONTH

Cholesterol management is a key area that cardiologists focus on to manage coronary disease and prevent cardiovascular disease. It is important for every individual to identify their long-term cardiovascular risks and commit to a healthy lifestyle, including cholesterol reduction. It is critical that you understand your risk factors. Age, gender, and disease such as diabetes and hypertension impact your level of risk. Other risk factors include family history and conditions including metabolic syndrome, chronic kidney disease, preeclampsia, premature menopause, and chronic systemic inflammatory disorders. An individual's risk assessment is usually part of a comprehensive consultation with a primary care doctor or cardiologist.



Dr. Jeffrey Walden, Partner at Consulting Cardiologists, PC

Did you know your intake of certain fats and carbohydrates is the biggest dietary influence on blood cholesterol levels? Lower or maintain a healthy range of LDL by exchanging saturated and trans fats such as red meat, butter, and baked goods, for monounsaturated fats like avocado, salmon, and nuts. Help raise your HDL and lower triglycerides with foods rich in omega-3 fatty acids including fish, flaxseed, and chia seeds. High soluble fiber foods, like citrus fruits, whole grains, and legumes make it harder for the gut to absorb unhealthy fats. Consider a detailed diet evaluation for further cholesterol improvement.



Johanna Butler Cabill, PA-C, Physician Assistant at Consulting Cardiologists, PC

Cholesterol is a substance that is found in everyone's blood and is required for our body to function. When your cholesterol is tested, there are several components: total cholesterol, LDL cholesterol, HDL cholesterol, non-HDL cholesterol, and triglycerides (not truly cholesterol but often are measured at the same time). Treatment of "cholesterol" predominantly focuses on lowering LDL cholesterol and in some situations, lowering triglycerides. Lowering your LDL, regardless of your starting cholesterol (and irrespective of whether through lifestyle changes, medications or a combination) results in a reduction in cardiac events (i.e., heart attacks). Knowing your cholesterol and partnering with your healthcare provider to optimize it is an essential part of a strong and healthy heart!



Dr. Kevin Dougherty, Consulting Cardiologists, PC

RECOVERY MONTH

Addiction is an allergy in the body coupled with an obsession in the mind. I am Licensed by the Department of Public Health as an Addictions Specialist, certified with 25 + years experience and the owner of a private practice, Interiors, since 2002 where I provide addiction-focused treatment.

Substance (alcohol & other drugs) and Process (food, technology, work, relationships, etc.) addictions are dysfunctional band-aids used to avoid the pain of inner woundedness. I teach the client to replace these harmful toxins and obsessive thinking with positive and self-affirming behaviors.



Mary Anne Costerella, MA, LADC, Integrative Psychotherapist/Licensed Addictions Specialist at Saint Francis Hospital

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ALOPECIA AWARENESS MONTH

Female and male hair loss occurs for several reasons including genetics, infection, environmental factors, and autoimmune disease. Alopecia Aerata, patchy balding spots on the scalp and/or body, is an autoimmune disorder where your body attacks the hair follicles affecting the ability to support healthy, growing hair. There is no cure for this condition, and it can cause devastating effects to one's self confidence, although there are some promising treatments including PRP or Platelet Rich Plasma. PRP contains your body's own growth factors which stimulate hair follicle growth and strength. Moore



Wellness Solutions in Marlborough offers complimentary consultation to determine if PRP may be an option for you.

Sara Moore, APRN, FNP-C, Owner of Moore Wellness Solutions in Marlborough

Alopecia Areata is sudden hair loss that occurs when the immune system attacks hair follicles, sometimes brought on by severe stress. I saw first hand the struggle many experience with hair loss and decided to become a USTI Certified Hair Loss Practitioner. I then became certified in Mesh Hair Integration, a non-surgical hair replacement solution suitable for women and men with longer hair, and children who have partial hair loss/thinning. This semi-permanent form of hair replacement is continuously worn and needs regular maintenance. With the use of no glue or tape, this revolutionary kind of hair replacement is the preferred choice for many.



Meilssa Sharkevich, owner of Mane & Co. Hair Lounge in Glastonbury

Worship Service **Sunday 10:00 AM**

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Sat., Sept 17 & 24

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Time: 9am-12pm

Fri., Sept 2 - Mon., Sept 5

WOODSTOCK FAIR

@ Woodstock Fairgrounds
Tickets and info at woodstockfair.com.

Mon., Sept 5 – Sat., Sept 10

HARTFORD PRIDE

@ Trumbull St, Hartford
Events all week, Pride Festival and concert on Sept 10.
Time: 12pm-6pm (10th), for more times and info, visit hartfordpride.org.

Wed., Sept 7

RIVERFRONT MUSIC SERIES – SHADED SOUL

@ Riverfront Park
Time: 6pm – 8pm
Free parking and admission, BYOB and family/pet-friendly. Food trucks in attendance!

Wed., Sept 7

BARK IN THE PARK

@ Dunkin' Donuts Park
Presented by Camp Bow Wow, bring your pup to the game for a howling good time featuring dog-friendly food trucks.
Time: 7:05pm – 10:05pm
Cost: \$15/human, \$5/dog
Email sperry@yardgoatsbaseball.com or call (860) 240-5506 for tickets.

Thur., Sept 8 – Sun., Sept 11

HEBRON HARVEST FAIR

@ Hebron Lions Fairgrounds
Tickets and info at hebronharvestfair.org.

Sat., Sept 10 – Sun., Sept 11

ON THE GREEN ART AND CRAFT SHOW

@ Hubbard Green
Over 100 original fine art and handmade craft exhibitions, plus food trucks.
Time: 10am-5pm

Sat., Sept 10

HARTFORD WATER LANTERN FESTIVAL

@ Mill Pond Park, Newington
Time: 4pm – 8pm
Cost: Tickets and info at waterlanternfestival.com.

Fri., Sept 16 – Sun., Oct 2

THE BIG E (CONNECTICUT DAY ON 9/21)

@ Big E Fairgrounds, Springfield, MA
Tickets and info at TheBigE.com.

Sat., Sept 17

GRAND REOPENING OF THE WELLES-TURNER MEMORIAL LIBRARY

Ribbon-cutting and open house event.
Time: 10am

Thur., Sept 22 – Sun., Sept 25

THE DURHAM FAIR

@ Durham Fair Grounds
Tickets and info at durhamfair.com.

Fri., Sept 23 – Sun., Sept 25

HARTFORD BOOK FESTIVAL

@ Hartford Public Library
Celebration of reading and writing for kids, teens and adults. Day one and three are workshops and discussions, day two (24th) is the actual festival.
Time: 10am-4pm (24th), visit eventbrite.com/e/hartford-book-festival-tickets-351979128047 for more times and info.

Fri., Sept 30 – Sun., Oct 2

HSG 10TH ANNUAL GIANT TAG SALE

@ The Welles-Shipman Ward House
Time: 8am-3pm

Fri., Sept 30 – Sun., Oct 2

SOUTHINGTON APPLE HARVEST FESTIVAL

@ 75 Main St., Southington
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Local Organizations Help Families with Pediatric Cancer

Submitted by the Childhood Cancer Alliance of Connecticut



Liz Vega

Liz Vega leads the Childhood Cancer Alliance of Connecticut, established in 2015 with Circle of Care co-founder, Liz Salguero, creating a community of support and enhancing services available for children with cancer.

This alliance's membership consists of 16 organizations providing programs and educational resources to the estimated 550 Connecticut families who have a child with cancer in any given year. To refer a family in need, visit our website www.ctcanceralliance.org or email childhoodcanceralliance.ct@gmail.com

Ms. Vega is also Co-Executive Director of Circle of Care, a local nonprofit providing emotional and financial support to families facing a pediatric cancer diagnosis.



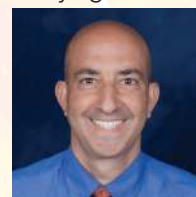
While childhood cancer is considered rare, over 17,000 children in the US will be diagnosed with cancer each year. Most standard treatment protocols for childhood cancer were created before 1990. Why is this?

Pediatric cancer research only receives 4% of federal funding each year. What can you do to help? Look for specific pediatric fundraising opportunities or, when donating to cancer research, earmark your donation to pediatrics specifically. Connecticut Children's oncology doctors participate in research opportunities through the Children's Oncology Group, Beat Childhood Cancer Consortium, the Sunshine Project and more. We know our kids are worth more than four!



Kelly Foy, MS, CCLS (Certified Child Life Specialist) at Connecticut Children's

Childhood cancer is rare, but has unfortunately impacted every community in Connecticut. With over 200 children in CT who are diagnosed with cancer each year, it is important to know that expertise can be found close to home. Due to clinical trials, certain cancers such as standard risk leukemia now have a >95% survival rate whereas less than 70% survived 30 years ago. However, there is still a lot of work to be done for many other cancer subtypes for which children often do not survive. At CT Children's we have over 60 clinical trials available for children with cancer and in the laboratory we're studying rare brain tumors and connective tissue tumors to identify new therapies. So, while a cancer diagnosis is scary, there is support and care available right in our backyard if needed.



Michael Isakoff, MD, Oncologist at Connecticut Children's

danielle marie
PHOTOGRAPHY

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Acupuncture is the insertion of thin needles into the skin on meridians or energy channels based on Traditional Chinese Medicine theory. The needles stimulate nerves, muscles, and connective tissues throughout the body to alleviate pain, muscle tension and stress. Acupuncture is often used to treat all types of body pain as well as emotional pain. Commonly treated pain syndromes are low back pain, neck and elbow pain, arthritis, knee pain, headaches, carpal tunnel, foot and heel pain, gut, and menstrual pain, as well as emotional pain associated with anxiety. Consultations are no cost— come find out how acupuncture can benefit you.



Jennifer Dubicki L.Ac., Vitalized Performance Group

Shockwave, sound wave, acoustic wave and ESWT, are all the same thing. This not-so-new technology is a non-invasive, virtually pain-free device used for pain management, nerve issues and more. Shockwave technology is becoming an important tool used to improve myofascial release by increasing blood flow to the area, creating new blood vessel formation, regenerating damaged fascia and speeding up recovery time.

Shockwave was studied thoroughly, and it's known to reduce inflammation. Massages along the muscle tissues encourage the release of the lymphatic drainage system, treating the root cause.



Gigi Adduci, Vitalized Performance Group

This September is Pain Awareness Month, which means it's time to heal. Here's some advice and information from our local pain management specialists, whose local care facilities can help treat your pain.

An estimated 80% of adults will experience back pain in their lives. Back pain can have many causes, including poor posture, arthritis, muscle injury and herniated disc. To alleviate pain, try correcting your sitting/sleeping posture, simple stretches like child's pose, cat-cow, and prone press-up, and try to keep moving. If pain persists after 1-2 weeks, see a physical therapist for a full assessment. Brian at PTSMC Glastonbury is a Diplomat in the McKenzie Method specializing in spinal disorders, one of only a few hundred worldwide. In most cases, you do not need a doctor's referral for PT!



Brian Greer, PT, DPT, Dip. MDT, Partner and Director at Physical Therapy & Sports Medicine Centers (PTSMC) Glastonbury



The Chiropractic Health Center of Glastonbury Team

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Local Yoga Spots

Collected from Local Yoga Practices

Time to stretch out folks, it's National Yoga Month! With so many health benefits, Yoga is the perfect way to improve your overall well being and wind down at the end of summer. Not sure where to start? Here are a few local businesses that offer yoga classes.

Healthtrax Fitness & Wellness

Founded in 1979

CEO Steve Capezzone

Services: A popular MOSSA Class called Centergy®, a combination of Yoga and Pilates with less holding of poses. Easy flow to great music. Healthtrax also offers motivating weekly group fitness classes, an aquatics center, personal and small group training, a HydroMassage lounge, the Healthy Start Program, the dotFIT Nutrition Program and free weight training.



Janna Danco, Healthtrax Group Centergy® Instructor in Agnistambhasana or "Fire-Log Pose"



Natarajasana or "Dancer Pose"

Glastonbury Hot Yoga

Founded in 2022 by

Alec & Sophia Medeiros

Services: Bikram-style yoga which is a series of 26 postures and 2 breathing exercises performed in a room heated to 105 degrees, meant to help relax your muscles for a deeper and more therapeutic stretch.



Owners Alec & Sophia Medeiros



Glastonbury Hot Yoga space

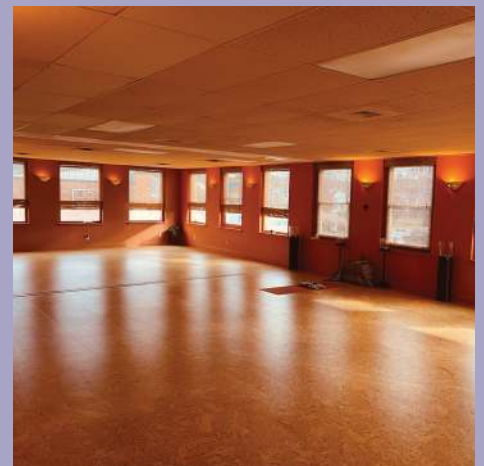
Samadhi Yoga Studio

Founded in 2001 by Maria DaPra

Services: Private and group yoga classes, yoga workshops and private Reiki sessions.



Maria DaPra



Samadhi Yoga Studio space

The Jordan Porco Foundation

By Tess Howat and Mike Daly, JPF Office Manager

In honor of National Suicide Awareness Month, we'd like to introduce the Jordan Porco Foundation (JPF), a Wethersfield-based nonprofit that brings vital awareness to the mental health struggles many face today.

The organization was founded in 2011 by Ernie and Marisa Porco, whose son Jordan died by suicide at the age of 18 during his freshman year at St. Michael's College in Vermont. The foundation's mission is to help raise mental health awareness among young adults and prevent deaths by suicide.

The Jordan Porco Foundation offers multiple uplifting and affordable programs to bring mental health and suicide prevention awareness to youth and young adults all over the United States.

Their signature program, Fresh Check Day, is an engaging and uplifting mental health promotion event for colleges that features interactive booths, a festive social atmosphere, and exciting prizes and giveaways. It builds a bridge between students and the mental health resources and programs that exist on campus, in their community, and on a national level. Using a peer-to-peer messaging model, Fresh Check Day utilizes student groups and college/university staff to develop and execute the interactive booths that deliver mental health and resource information in a fun and engaging way.

JPF's newest program, 4 What's Next, is a prevention program that builds psychological resiliency in students by giving them the tools to handle stress, both now and in the future. Students learn how to effectively cope with distress by "reaching in" and utilizing independent coping strategies, "reaching out" by seeking and accepting help outside of themselves, or a combination of the two. This process is then followed by an assessment of how well their chosen coping methods are working and encourages them to reevaluate if needed.

Check In, modeled after JPF's signature college program, is a fresh solution for mental health awareness—an uplifting promotion program for all ages that creates an approachable atmosphere that fosters dialogue about mental health. Check In incorporates three essential components: interactive, peer-run

and wellness booths, community and/or internal resource booths, and incentives.

The Nine out of Ten Program is inspired by the statistic that about one in ten college students contemplates suicide. Nine out of Ten ambassadors are college students from around the country that serve as a rotating student advisory committee to JPF. They play an integral role, providing the student perspective to campaigns and programmatic decision making. Ambassadors exhibit strong leadership skills, unique insight, and passionate dedication to JPF's mission statement. As extensions of the foundation, they act as JPF brand ambassadors, sharing its mission of preventing suicide, promoting mental health, and creating a message of hope for young adults.

JPF funds the majority of their programs and development expenses from public donations and grants from private foundations. They accept gifts of cash, securities and directed giving programs. These



Fresh Check Day Event



donations go directly to program development and support expenses.

The staff at JPF consists of eight people and one outside consultant, and each member contributes their talents to ensuring that their programs remain relevant, timely and supportive of the schools that participate. They know they're making a difference in the lives of many students.

There are many exciting opportunities to support the Jordan Porco Foundation and volunteer. As a Gold-Official Charity partner of the Eversource Hartford Marathon and Half Marathon, JPF is building a team of race participants and volunteers to join them on Saturday, October 8th. And on Saturday, November 3rd, JPF will host its second annual Bingo Night at the Irish American Home in Glastonbury. All are welcome to enjoy bingo, a silent auction and prizes. It's also hosting a Night at The Bushnell for the musical "Tina: The Tina Turner Musical" on April 13, 2023. Ticket sales will start December 2022.

You can call the JPF office at (860) 904-6041 for more information and to get involved!

Welles-Turner's Fresh Picks

Selected by Hilary Mauro, Meghan Withers-Tong and Megan Campbell

Enjoy this month's set of book recommendations, hand-picked by the staff at Welles-Turner Memorial Library.

The Final Revival of Opal & Nev

DAWNIE WALTON
Historical Fiction

Journey back in time to the wild 1970s! Told through incredibly realistic interviews, this book follows the fictitious rock band Opal & Nev. Perfect for readers looking to be swept up in a bold, behind-the-scenes rock music story.

The Anthropocene Reviewed

JOHN GREEN
Nonfiction

In a series of semiautobiographical essays, John Green takes readers on a tour of human culture through objects and topics, from the most mundane (e.g., Diet Dr. Pepper) to the profound (e.g., our capacity for wonder). Entertaining yet meaningful, this book comforts and delights readers.

In a Jar

DEBORAH MARCERO
Children's Picture Book

A beautiful story about nature, memory, and the incredible power of friendship. You might want to have a tissue nearby when you read it!

Katie the Catsitter

COLLEEN A.F. VENABLE, ILLUSTRATED BY
STEPHANIE YUE
Children's Graphic Novel (#1 in a series)

This hilarious graphic novel follows Katie, a preteen working hard cat-sitting her neighbor's 217 mischievous cats to save up for summer camp. When she isn't wrangling the evil felines, Katie is trying to unravel the mystery of her neighbor...who may secretly be notorious supervillain, Mousstress!

Heartstopper

ALICE OSEMAN
Young Adult Graphic Novel (#1 in a series)

Shy Charlie Spring is seated next to rugby player Nick Nelson in a high school class. What starts as a genuine friendship soon develops into something more. Now a Netflix series, this wholesome graphic novel has plenty of charming illustrations and characters full of heart.



Historical Happenings

Glastonbury's Colonial Buzz

Courtesy of Diane Hoover with The Historical Society of Glastonbury

People today are concerned with the decline of the honeybee population in Connecticut and elsewhere. It is a cause for concern since 80 – 85% of plants today are pollinated by the honeybee. Colonists in Glastonbury realized their value and most of colonial households would have kept bees as an important "livestock."

Honeybees were not indigenous to North America. While there were thousands of native bees, there were no honey producers. Europeans realized the value of the honeybee for pollination and shipped beehives to the colonies in the early 17th century.

Besides its use in pollination, the colonists used honey as a lubricant, for waterproofing, and for making candles. Candles and oil lamps were the only source of lighting. Beeswax candles burned longer and smelled better than those made from tallow or animal fat.

In the day before pharmacies, honey was also a part of the colonial housewife's medicinal stores. It was used to allay hay fever, stop coughs and soothe burns. It acted as a laxative, a sedative, or a quick source of energy. And it was rumored to "end bedwetting," which is a curious claim. Then, as now, honey added a little sweetness to peoples' lives!



IMPORTANT PHONE NUMBERS

Town Hall: 860.652.7710
Welles-Turner Memorial Library:..... 860.652.7719
Parks and Rec: 860.652.7679

Connecticut Poison Control Center:.....800.222.1222 *
National Suicide Prevention Lifeline:..... 1.800.273.8255 **

EMERGENCY PHONE NUMBERS:

Police Department:..... 911
Fire Department: 911

*Available 24 hours every day

**Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Featured Article

Image Courtesy: Provided



Spillman brothers journey from West African orphanage to DI football

By Andrew Florio, BVM Sports Journalist



The Spillman brothers were born in Sierra Leone, a country on the southwest coast of West Africa where 53% of the population makes less than \$1.25 per day. There was never a thought of pursuing an education at an American university. This changed in 2013. Nate and Edwin, who were 8 and 7 years old respectively at the time, were able to come to the United States through a missionary orphanage program. Not too long after coming over, they quickly found a love for the game of football... *Scan to continue reading*



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