

GLASTONBURY

Neighbors



Meet Glastonbury's Newest Kindergarteners



Cover photo by
Danielle Marie Photography

EXPERT CONTRIBUTORS



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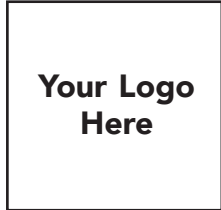
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To learn more about becoming an Expert Contributor, contact lthomas@bestversionmedia.com.

Birthday Shoutouts!

Submitted by the Community



Michaela Waldron, Aug. 23rd

Happy 14th Birthday, Michaela! What an exciting year to come as a high school freshman!! It's gone by too fast, but been so much fun watching you grow up. Wishing you all great things!
Love, Auntie "Ackee" Jenny



Giri Gopalakrishna

Happy Birthday Giri (KK)! May God Bless you with Health, Wealth and Happiness!!
Lots of Love, Sweetie



Ryan Dusling, August 20th

Happy 1st Birthday, Ryan! You bring us so much joy and laughter, we are so lucky to be your parents.
Love always, Mom and Dad



Zack Rodriguez, Aug. 16th

Happy 11th Birthday Zack!
We love you so much!
Love, Mom, Dad & Nathan

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FEEDBACK/IDEAS/SUBMISSIONS

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.

HOA SUBMISSION INFORMATION

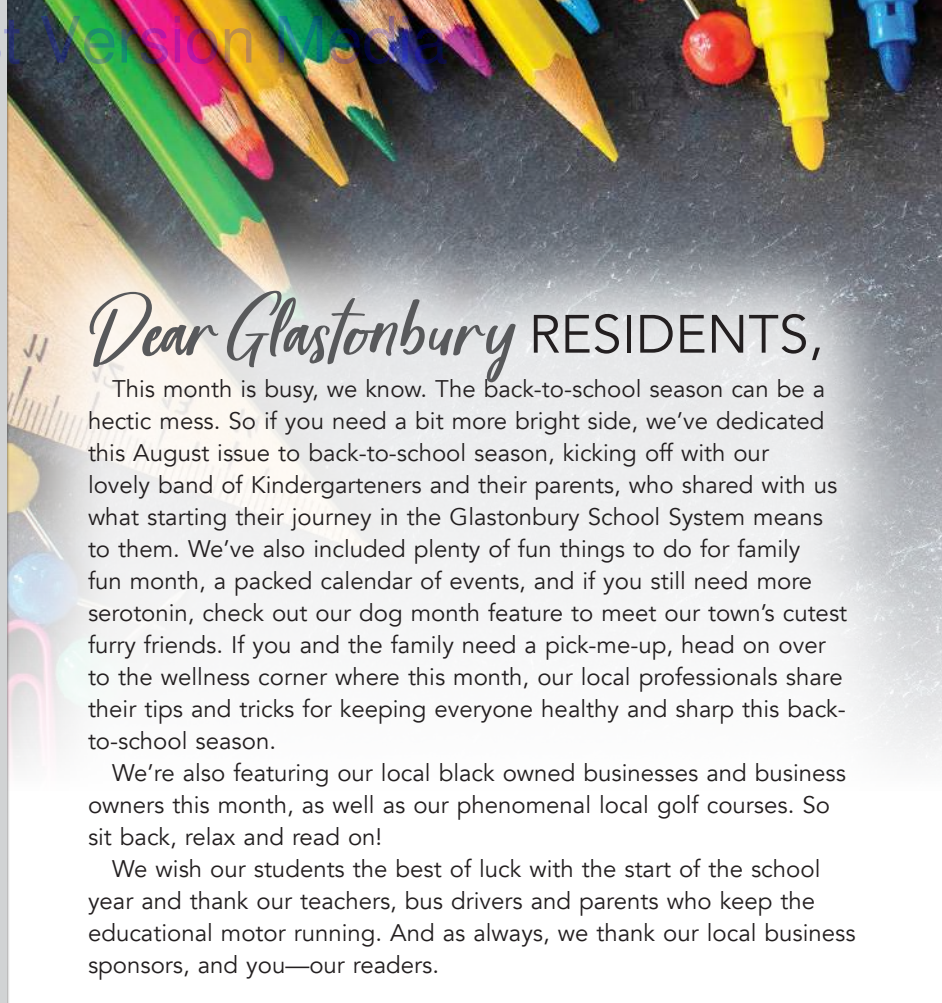
Are you on the association board for your subdivision? Contact us for the information on how you can submit articles, updates, reminders, events and more to the residents. We create customized Homeowners Association sections at no cost to the HOA or the residents.

CONTENT SUBMISSION DEADLINES

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,

This month is busy, we know. The back-to-school season can be a hectic mess. So if you need a bit more bright side, we've dedicated this August issue to back-to-school season, kicking off with our lovely band of Kindergarteners and their parents, who shared with us what starting their journey in the Glastonbury School System means to them. We've also included plenty of fun things to do for family fun month, a packed calendar of events, and if you still need more serotonin, check out our dog month feature to meet our town's cutest furry friends. If you and the family need a pick-me-up, head on over to the wellness corner where this month, our local professionals share their tips and tricks for keeping everyone healthy and sharp this back-to-school season.

We're also featuring our local black owned businesses and business owners this month, as well as our phenomenal local golf courses. So sit back, relax and read on!

We wish our students the best of luck with the start of the school year and thank our teachers, bus drivers and parents who keep the educational motor running. And as always, we thank our local business sponsors, and you—our readers.

Happy August!



Tess Howat

Content Coordinator
 Glastonbury Neighbors

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Back-To-School Wellness

Courtesy of Local Professionals



Aug 25th: First Day of School Grades 7-12, Teacher Work Day, Grades K-6
Aug 26th: First Day of School Grades K-6, Full Day

This August is National Wellness Month! So if you have a break from the back-to-school rush, take these tips and best wellness practices into consideration to keep the whole family healthy and bright.

Approximately 1 in 4 school-aged children have a vision-related disorder. While the screenings our children receive in school and at the pediatrician's office are a good service, they can miss many vision and ocular health issues that can be discovered during a comprehensive eye exam. Vision is more than just the ability to see well - it includes tracking, focusing and perceptual skills needed for success in academics, athletics and (gasp!) driving. Additionally, with the increased use of devices such as laptops and tablets in schools and at home, there has been a dramatic increase in the visual demands on our children. For all children, I recommend eye exams at "transition" years: before kindergarten and 3rd grade and before transitioning into middle school and high school. Children wearing glasses and contacts should be re-evaluated at least annually. Schedule an appointment with your eye doctor today.



—David Cartwright, Optometrist at TotalVision Glastonbury



Here are a few helpful family wellness tips for back-to-school season:

- Protect your children's immunity with elderberry, colloidal silver, and vitamin C.
- To cope better with increased stress and anxiety, try deep breathing, stretching, sit-down family dinners without cell phones, and lavender, magnolia, and lemongrass essential oils.
- To enhance sleep, stop using all tech devices one hour before bedtime and try chamomile tea, magnesium, and vetiver essential oil.
- To enhance your children's brain power/focus, address potential ADD/ADHD, feed them fish, berries, almonds, and sunflower seeds, and apply rosemary and peppermint essential oils.



—Erika Dworkin, BCHN at Viathena Wellness

It's important to keep mental and physical health in mind as busy fall schedules start. Self-care is important to the immune system at a time when there is an increase in exposure to viruses and germs. As kids return to classrooms and holiday gatherings start, following these three simple steps can help keep you healthy:



- **Movement:** Three short 10-minute workouts throughout the day can help improve your mood, increase blood flow and oxygen levels, and decrease disease-causing inflammation.
- **Eating Seasonally:** The foods our bodies need to thrive grow at the time of year in which our bodies need them.
- **Diaphragmatic Breathing:** Deep belly breaths calm the nervous system and de-stress the body.

—Heather McGinnis, MFA/CPT, Owner of Pivot & Thrive Wellness

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INTRODUCING...
Our All-Star Rising Kindergarteners!



Sanaya Shah

Age: 4

Kindergarten: Hopewell

Interests: Coloring, drawing, singing and dancing.



Domenic Vallera

Age: 4

Kindergarten: Nayaug

Interests: Reading books about dinosaurs and animals, art, and playing with his two little brothers, Leo and Vinny.



Leo Lagana

Age: 5

Kindergarten: Nayaug

Interests: Basketball, music, dancing and anything science-related, especially bugs, reptiles and dinosaurs.



Alexander Gelinas

Age: 5

Kindergarten: Nayaug

Interests: Superheroes, dinosaurs, music, building, soccer and Tee-Ball.



Amelia Banker

Age: 5

Kindergarten: Buttonball

Interests: Dancing, skiing, art, riding her bike and making her family laugh.



Ethan Valerie

Age: 5

Kindergarten: Hebron Ave

Interests: Nature, animals and being both creative and energetic.



Amari Mott

Age: 4

Kindergarten: Hebron Ave

Interests: Soccer, Tee-Ball, ice skating, roller skating, and other adventurous things.

Ryan LaBelle

Age: 5

Kindergarten: Buttonball

Interests: Tee-Ball, soccer, reading, science, and bringing friends together by making them laugh.



Now, let's check in with the excited parents of the kindergarteners-to-be...

By Tess Howat | Photos by Danielle Marie Photography

What about sending your child to kindergarten excites you?

"As both a parent and educator, I'm thrilled to see the learning that will take place in Kindergarten. Letters built together to make words, numbers joint together or taken away to make a new number, and the foundational skills of reading and writing that children learn at this level are just a few things that I'm looking forward to. I also look forward to the relationships and friendships Domenic will make at Nayaug as a kindergartener, some of which may last a lifetime." –Mary Vallera

"I'm most excited for Amelia to learn, be challenged and begin to become the person she's meant to be. I look forward to her fostering independence in kindergarten and meeting other children her age." –Alison Banker

"I'm excited about the increased opportunities for his emotional, academic, and physical growth. Hearing his excitement when he learns new things is motivating as a parent." –Gabrielle Gelinaz

What about sending your child to kindergarten is challenging?

"Getting them ready on time for the bus when she wants unique hair styles every day!" – Anuja and Mehul Shah

"The new schedule is going to be a challenge. He was in preschool four days a week for half days. Kindergarten will be full days and full weeks and that will be a huge adjustment." –Kelly Lagana

"Sending him off on his own to a new environment where we as parents do not get updates throughout the day as we currently do with daycare." –Alison Valerie

What have you loved about raising your child in the Glastonbury community?

"The people! Everyone is so warm and welcoming, we've already met so many new friends!" –Christin LaBelle

"We love the activities, sports, farms, town offerings, and more that Glastonbury has to offer. We have met wonderful people since moving to town five years ago and continue to meet new people now through our children. We are excited for new friendships to form as Domenic enters the Nayaug community." –Mary Vallera

"The friendly neighborhood and beautiful parks." –Anuja and Mehul Shah

"Various opportunities including different activities and sports to participate in, meeting families and making friends." –Karlyn Mott

What about educating your child in the Glastonbury School System do you look forward to?

"All of our school programs and curriculums are top notch but Buttonball Lane is such a warm and inviting school. Their focus on being a "bucket filler", or someone who acts with kindness and respect to others, is exactly the kind of humans I want my children to be. Starting that motto at such a young age helps to ingrain that kind of respect in our kids right from the beginning of their education." –Alison Banker

"I'm enthusiastic for all the connections he will make in regards to a new peer group, extra activities, and skill learning." –Gabrielle Gelinaz

"I love that Nayaug is such a new school. From what I've seen, it's beautiful. I've heard great things about the teaching staff and Kindergarten program.

I could tell at orientation that the teachers really care for the children which makes me excited for my son." –Kelly Lagana

"We learned very quickly, before even having kids, that this is a phenomenal school system so now that we're finally here, we're excited to see his talents shine as he gains more confidence in himself." –Alison Valerie

Any message or greeting you'd like to share with your neighbors?

"We're glad to be here and look forward to meeting you!" –Christin LaBelle

"Amari is very social and we hope to meet you!" –Karlyn Mott

"We feel very lucky to be a part of such an amazing community and proud to say we live in Glastonbury and love it!" –Alison Valerie





Remington, 3



Sammy, 7



Bentley, 12



Sunshine, 1



Scout, 2

GLASTONBURY PUPPY LOVE

In honor of National Dog Month, meet Glastonbury's best friends!

Collected by Tess Howat



Maisie, Traveler's Championship Mascot, 1



Sambuka, 9

Glastonbury Neighbors is teaming up with **The Glastonbury Farmers Market** and **Rehab K9 Care** for National Dog Month which is celebrated every August.

We invite Glastonbury residents to its first free **"Dog Days of Summer" Celebration on Saturday, August 13th** where Glastonbury residents can bring their canine friends to the Glastonbury Farmers Market – corner of Hubbard and Main 10am-1pm. **Rehab K9 Care** will be offering **free massages for dogs** that stop by their booth.

(**We do remind pet owners to clean up after their dogs since this is The Town of Glastonbury's property).



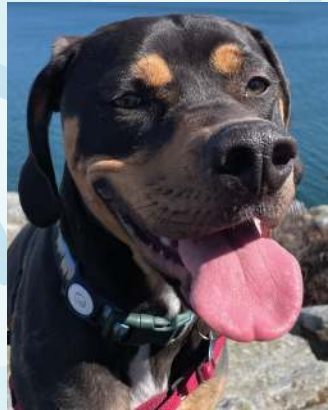
Dewey, 13



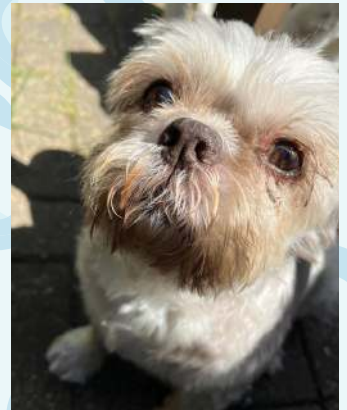
Jake, 5



Mox, 9



Flora, 1



Daisy, 16



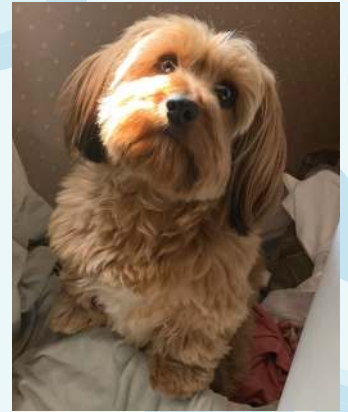
Buster, 18



Ollie, 15



Scout, 8 mo.



Oscar, 2



Zoe, 10



Nori, 5



Miles Davis, 5



Maggie, 15



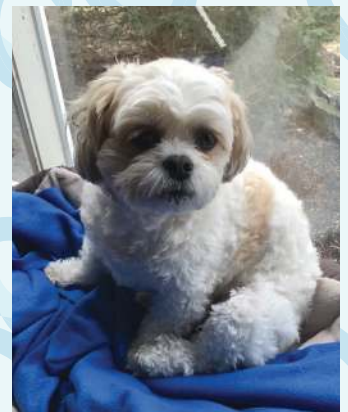
Kemba, 2



Indi, 14



Finnegan, 2



Daisy, 12



Chop, 2



Bella Henry, 4

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August 2022

Sat., Aug 6th and Sat., Aug 13

GLASTONBURY FARMER'S MARKET

@ Hubbard Green (corner of Main & Hubbard)
Support your local 2022 Farmers Market on the Hubbard Green featuring local farms, artisans, businesses, non-profits, sponsors, yoga class, live music & lots of fun activities.
Time: 10am-1pm

Tues., Aug 2, Aug 9 and Sat., Aug 13

TOUR THE WELLES-SHIPMAN-WARD HOUSE

@ The Welles-Shipman-Ward House
The Historical Society of Glastonbury is opening their Welles-Shipman-Ward House for summer tours, showing the 1755 mansion, barns and property. Call ahead to reserve a private tour.
Time: 9am-12pm, final tour begins at 11:15am.
Cost: \$5/persons 10 and up.

Wed., Aug 3 & 10

RIVERFRONT MUSIC SERIES

@ Riverfront Park
Live music by the Town Band and food trucks!
Time: All concerts from 6pm-8pm
More info at crvchamber.org/riverfront-music-series. Free parking and shuttle service.

Thur., Aug 4 – Fri., Aug 5

GLASTONBURY ARCHEOLOGICAL DIG

@ Location Disclosed at Registration
The Historical Society of Glastonbury

invites anyone 12+ to join the State Archaeologist and members of FOSA at an authentic archaeological dig to excavate one of the earliest settlements in Glastonbury! Watch, learn and participate!
Time: 9am-3pm
Reservations required, email Diane. hoover.hsg@gmail.com and leave name, choice of date, # of people and phone #.
Cost: \$25/person, \$10/Students

Sat., Aug 6

NEW LEAF IRISH BAND

@ Irish American Home Society
Time: 6pm

Sat., Aug 6-Sun., Aug 7

5TH ANNUAL GLASTONBURY FOOD TRUCK FESTIVAL

@ Elks Lodge
25 of New England's Top Food trucks, Craft Vendors and Activities.
Time: 11am-7pm
Free Admission and Parking.

Thur., Aug 11

SENIOR PICNIC

@ Riverfront Community Center
Presented by Glastonbury Parks and Recreation, includes lunch, setback tournament, lunch, bingo, prizes and more entertainment.
Time: 9:30am
Cost: Tickets are \$5, available online and in person. More info at GlastonburyCT.myrec.com.

Sat., Aug 13

NEW ENGLAND WING FESTIVAL

@ The Shoppes at Buckland Hills
Time: 6pm

Sat., Aug 20

11TH ANNUAL KIDSAFE CT CAR SHOW

@ Tolland County Agricultural Center, Vernon
Time: 9am-2pm
Cars, fun, music and food! \$10 online car registration, free for spectators.

Sat., Aug 20

FOOD TRUCK AND BREW FEST RALLY ON THE GREEN

@ Connecticut Golf Land & Games
Time: 2pm-10pm

Sat., Aug 20

RIVERFRONT DRAGON BOAT & ASIAN FESTIVAL

@ Mortensen Riverfront Plaza – 300 Columbus Blvd Hartford
Dragon boat races are back this year with music, dance and hands-on arts activities.
Time: 8am-4pm

Sun., Aug 21

OLD WETHERSFIELD 5K & 10K

@ Wethersfield Cove
Run (or walk) a single or double loop through the historic, quaint streets of Old Wethersfield.
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AUGUST FAMILY FUN

By Tess Howat

August is family Fun Month! So in case you're aching for something new to do with the ones you love, enjoy these local events.

Connecticut Summer at the Museum 2022 Free Admission for Kids!

July 1st-September 5th

All children 18 and under (plus one accompanying Connecticut resident adult) can visit more than 130 museums across the state during the summer months, free of charge.

Local participating museums include...

- Children's Museum, West Hartford
- Connecticut Science Center, Hartford
- Connecticut's Old State House, Hartford
- Harriet Beecher Stowe Center, Hartford
- Historical Society of Glastonbury, Glastonbury
- Lutz Children's Museum, Manchester
- Mark Twain House & Museum, Hartford
- New England Air Museum, Windsor Locks
- Wadsworth Atheneum Museum of Art, Hartford
- Webb-Deane-Stevens Museum, Wethersfield
- Wethersfield Historical Society, Wethersfield

Learn more at ctvisit.com.



Lutz Children Museum Events: Animal Enrichment Workshops

Enrichment is a big part of our animal's lives here at the Lutz Children's Museum.

All our animals love toys, and we'd love for you to come help us make some! Join us for an Enrichment making workshop. We'll provide the materials and show you how we make our animal's toys, you provide the creativity! At the end of the workshop, we'll distribute toys to our residents**

**Please note, distributing toys is contingent upon Animal Care staff deeming them safe.

Cost: \$10

Dates: August 11 and September 22, 3:00pm - 4:00pm

Call to register (860) 643-0949

Community Read at The Shoppes at Buckland Hills

In partnership with The Shoppes at Buckland Hills, Barnes and Noble, and Connecticut Humanities, come join local authors Frank Murphy and Charnaie Gordon to read their book "A Planet Like Ours". The first 25 children will get a free copy of the book!

Date: August 21, 2022, 2:00pm, in front of Barnes and Noble in The Shoppes at Buckland Hills

Local Splash Pads

Here are a few parks and playgrounds with **free**, functioning splash pads for the kids (and at some, the parents too!) to enjoy!

- Portland Recreational Complex, Portland
- Spray Park at Colchester RecPlex, Colchester
- Walcott Park & Splash Pad, West Hartford
- Fern Park, West Hartford
- Beachland Park, West Hartford
- Kennedy Park, West Hartford
- Colt Park Splash Pad, Hartford
- Pope Park North, Hartford
- Keney Park Splash Pad, Hartford
- Hyland Park, Hartford



Farmington River Tubing

2.5 mile ride down the beautiful, winding Farmington river! Perfect for the whole family. Visit farmingtonrivertubing.com for details and weather conditions.

New Rocket Rapids Rollercoaster

@ Quassy Amusement and Waterpark in Middlebury.

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Founded by Graham Clark in 1949

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MEETS: Thursdays 8:00 a.m.
DATES: June 23-August 25



PORTLAND GOLF COURSE


Founded by John J. Kelley, Sr. in 1974

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MCC President Brendan Schain (2nd from right), VP Robert Kilpatrick (2nd from left) and MCC Board Members.



ELLINGTON RIDGE CC

Founded in 1959

18-hole private course with six-acre driving range, putting and short game practice areas, an outdoor swimming pool, restaurant and two indoor simulators.



Scott Vroman, ERCC
PGA Golf Professional



MANCHESTER COUNTRY CLUB

Founded by local textile businessmen in 1917

18-hole semi-private course with a driving range, full service restaurant and banquet facility, ninth hole stand, and pro shop with golf gear and apparel.



QUARRY RIDGE GOLF COURSE

Founded by Joe Kelley in 1997

18-hole public course with a full service bar/restaurant, banquets, wine tasting, golf simulators and Nexus Hybrid Golf.

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Glastonbury's Black Owned Businesses

By Tess Howat

In honor of National Black Business Month, we'd like to introduce a few of Glastonbury's amazing businesses and business owners!



Marni K. Lewis

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Marni K. Lewis, Realtor®
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Andréa Hawkins, CEO



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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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Berkins Blend Interior

Owners Andréa and Doug

Berkins Cafés

Co-owned by Andréa Hawkins and Doug Barber

Locations:

Berkins Blend Café, Glastonbury, Founded 2015

Berkins on Oak, Harford, Founded 2018

Berkins on Main, Wadsworth Atheneum, Founded 2021

Services: Full menu of hot and iced coffee, tea and other beverages. Sweet and savory options for breakfast and lunch. Catering and facility rentals. Free Wi-Fi and lots of outlets for work and meetings.



Ashley Sodipo, Founder

Pink Flamingo Party Co. Party & Gift Shop

Founded by Ashley Sodipo in 2018
Services: Luxury party supplies, over the top balloon displays, rental items, balloon bar, and gift shop.

Brown Butter Creations Bakery

Founded by Ashli Esteves-Nelson and Marika Esteves-Smith in 2018

Services: Specializing in custom cakes, homemade desserts and breakfast pastries.

The Brown Butter Creations Team



Attorney Joe Smith



Attorney Elton Williams

Smith And Williams

Law Firm

Co-Founded by Joe Smith and Elton Williams

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daniellemarie
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Welles-Turner Memorial Library:.....	860.652.7719	National Suicide Prevention Lifeline:.....	1.800.273.8255 **
Parks and Rec:	860.652.7679		

EMERGENCY PHONE NUMBERS:

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

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