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April 5, 2024

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12 pages

\$5 MILLION GRANT FUNDS MAJOR UPDATE AT BRADLEY AIRPORT



A \$5.4 million of federal grant is funding a major improvement project at Bradley International Airport.

The grant will be used for the ongoing construction of an 80,000 square foot checked bag-

gage inspection system that is currently under fevelpment behind the Sheraton Hotel.

The aim is to replace the current explosive-detection machines located in the terminal lobby, by utilizing a mile-long

conveyor belt to transport baggage from airline ticket counters to the new facility where it will be screened. The project will free space in the lobby, for use by current and future airlines. The facility will also create additional gate space for aircraft.

The new funding for Bradley International Airport comes from \$970 million dollars in grant funding from the Federal Aviation Administration's (FAA) Airport Terminal Program, which is part of the Bipartisan Infrastructure Law (BIL). Through a competitive grant process, the FAA is providing

See **BRADLEY** page 6

RAIDER SPORTS - BY DAVE FARR



Congratulations to Sincere Monroe 2024 All - State Basketball
See **SPORTS** page 7

DAR RECOGNIZES LOCAL STUDENTS FOR CITIZENSHIP



Carrie Lynn Blythe
Windsor Locks High School



Kiersten Jaime Conley
Suffield High School



The Sybil Dwight Kent chapter of the Daughters of the American Revolution that services Suffield and Windsor Locks will be awarding the DAR Good Citizens awards to two local high school students.

This award recognizes and rewards individuals who possess the qualities of dependability, service, leadership, and patriotism in their homes, schools, and communities.

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SLOW AND STEADY: A SMART WAY TO INVEST



Dan Gilligan
Edward Jones

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You've probably heard stories about fortunate investors who "get in the ground floor" of a new, hot company and quickly make a fortune. But while these things may happen, they are exceedingly rare and often depend on hard-to-duplicate circumstances — and they really don't represent a viable way of investing for one's goals. A far more tried-and-true approach is

the "slow-and-steady" method.

To follow this strategy, consider these suggestions:

- Start small — and add more when you can. When you're first starting out in the working world, you may not have a lot of extra money with which to invest. But one of the key advantages of the slow-and-steady method is that it does not require large investment sums to get going. If you can afford to put away even \$50 or \$100 a month into individual stocks or mutual funds, month after month, you may be surprised and pleased at how your account can grow. And when your salary goes up, you can put away more money each month.

- Take advantage of an employer's retirement plan. If your employer offers a 401(k) or similar tax-advantaged retirement plan, try to take full advantage of it. And as soon as you can possibly afford it, try to put in enough to earn your employer's matching contribution, if one is offered. These types of plans can offer some key benefits — and perhaps the biggest one is that investing is automatic, in that the money is moved directly from your paycheck into the investments you've chosen within your 401(k) or other plan.

- Be prepared for downturns. The financial markets will always experience ups and downs. So, you need to be prepared for those times when your investment statements may show negative results. By understanding that these downturns are a normal part of the investment environment, you can avoid overreactions, such as selling quality investments with good fundamentals just because their price has temporarily dropped.

- Chart your progress regularly. A key element of a slow-and-steady investment approach is knowing how well it's working. So, for example, instead of measuring your portfolio's performance against that of an external stock market index, such as the S&P 500, you may want to assess where you are today versus one year ago, or whether the overall progress you're making is sufficient to help you meet the financial goals you've set for yourself well into the future. Another reason not to use a market index as a measuring tool is that the index only looks at a certain pool of investments, which, in the case of the S&P 500, is simply the largest companies listed on U.S. stock exchanges. But long-term investors try to own a range of assets — U.S. and foreign stocks, bonds, government securities, certificates of deposit, and so on.

"Slow and steady" may not sound like an exciting approach to investing. But it's often the case that a little less excitement, and a lot more diligence, can prove to be quite effective.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

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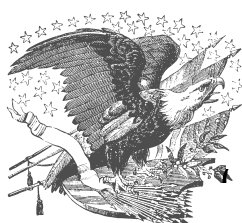
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THE REAL DEAL IN REAL ESTATE

THE IMPACT OF NEW REAL ESTATE FEE STRUCTURES ON THE DYNAMICS BETWEEN REAL ESTATE AGENTS AND MORTGAGE BROKERS



By Samir Doshi

As a mortgage broker deeply entrenched in the dynamic world of real estate, I've witnessed the ebbs and flows of the market, the regulatory changes, and the occasional legal disputes that arise. Recently, a significant lawsuit has made waves across the industry, prompting us to reevaluate our practices and approach with a critical eye.

In the intricate dance of the real estate industry, the relationship between real estate agents and mortgage brokers has always been pivotal. Together, we facilitate the dreams of homeownership, guiding clients through the complexities of buying or selling a property. However, with the emergence of new real estate fee structures, this long-standing partnership is undergoing a transformation.

Traditionally, real estate transactions have operated on commission-based fee structures, where agents and brokers earn a percentage of the property's sale price upon successful completion of a transaction. This model has long been the cornerstone of the industry, fostering collaboration between real estate professionals as they work towards a common goal. However, the rise of alternative

fee structures, such as flat fees or fee-for-service arrangements, is reshaping the relationship.

The shift towards alternative fee structures is driven by a growing demand for transparency and flexibility among consumers. As clients seek greater control over the costs associated with buying or selling a home, real estate professionals are exploring new ways to align their fee structures with these expectations. This shift challenges the traditional commission-based model and prompts real estate agents and mortgage brokers to adapt their practices accordingly.

For real estate agents and mortgage brokers, the changing fee landscape presents both opportunities and challenges. On one hand, alternative fee structures offer the potential for greater transparency and cost control for clients. By providing services on a flat-fee basis or charging fees based on specific services rendered, real estate professionals can offer clarity regarding costs and empower our clients to make informed decisions about their transactions.

Moreover, alternative fee structures may foster a more collaborative and equitable relationship between real estate agents and mortgage brokers. As both parties navigate the complexities of the home buying process, transparent pricing models enable us to work together more effectively, aligning our efforts to meet the needs of our clients.

However, adapting to the new fee structures also requires real estate agents and mortgage brokers to reassess our business models and pricing strategies. Finding the right balance between offering value-driven services and maintaining financial sustainability is

paramount. We must collaborate closely to ensure that our fee structures complement each other and enhance the overall client experience.

In conclusion, the emergence of new real estate fee structures is reshaping the relationship between real estate professionals and our clients. By embracing transparency, flexibility, and collaboration, we can adapt to the changing landscape and continue to provide exceptional service to our clients. As the industry evolves, the partnership between real estate agents and mortgage brokers remains a cornerstone of the home buying process, driving positive change and delivering value to our clients.

Samir Doshi is the Owner of Horizon Home Mortgage, located in Windsor CT since 2005. They are a locally owned independent Mortgage Broker Serving CT and MA. Horizon Home Mortgage is located at 34 Bloomfield Ave Windsor CT.

CIVIC ORGANIZATIONS

LIONS OFFERING THREE \$1,500 SCHOLARSHIPS



The Windsor Lions Club is planning to award three \$1,500 scholarships to graduating High School seniors who are Windsor residents.

Applicants must plan to attend a two- or four-year college or technical school, meet all established scholarship criteria and show a strong commitment

to community service. Applications must be submitted to the Guidance Department at Windsor High School by the established due date.

For criteria and applications please contact; Carol Normoyle, Guidance Office, Windsor High School. The application and criteria is also available on the Windsor Lions Club website at windsorlions@eclubhouse.com

and from

Carol Normoyle,
School Counselor:
Windsor High School

Guidance Dept.,
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CIVIC ORGANIZATIONS

WINDSOR JUNIOR WOMAN'S CLUB CELEBRATES 55 YEARS OF SERVICE!



The Windsor Junior Woman's Club (WJWC) extends a heartfelt invitation to all current and former members to join in commemorating its 55th birthday. As a beacon of service and community engagement in Windsor, WJWC is excited to gather together to honor its rich history and collective achievements.

Founded on the principles of charity, civic engagement, and friendship, WJWC has played a pivotal role in improving the lives of individuals and families in need. From fundraising initiatives to volunteer projects, the club has continuously demonstrated its commitment to making a positive impact.

To mark this significant milestone, the WJWC invites current members and former members to a special celebration on April 21st at The Windsor Historical Society, 96 Palisado Avenue Windsor, CT from 11am to 2pm. The event will be an opportunity for past and present members to reconnect, reminisce, and celebrate WJWC's enduring legacy.

Registration for the celebration is required and can be completed through the Eventbrite link provided below. There is no registration fee, but a suggested \$10 donation will support WJWC's ongoing community service efforts. All proceeds will directly benefit the club's charitable initiatives, ensuring that

the WJWC can continue making a difference in the lives of others.



In addition to the celebration, the WJWC is inviting members to contribute memorabilia showcasing the club's history and achievements. Photos, event programs, and other cherished items will be displayed during the event, providing an opportunity for members to share and reminisce about their experiences with the WJWC.

"We encourage everyone to spread the word and join us for this special occasion," said Lisa McCarthy, Co-President of the WJWC. "Together, we can honor our past accomplishments and reaffirm our commitment to serving the Windsor community."

For more information and to

register for the event, please visit the Eventbrite link:
<https://bit.ly/43FcqTq>



Current and former members, join us as we celebrate 55 years of service and community engagement. Let's make this milestone celebration one to remember!

The Windsor Junior Woman's Club (WJWC) is a non-profit organization whose mission is to encourage involvement in charitable and civic activities and raise funds to distribute to local charities and causes we are passionate about. For more information about the WJWC, visit

www.WindsorJuniors.com.



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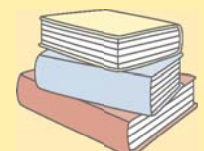
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GREEN NEWS

CELEBRATE WORLD FISH MIGRATION DAY ALONG THE FARMINGTON RIVER



The Nature Conservancy of Connecticut and the Long Island Sound River Restoration Network are inviting the public to celebrate World Fish Migration Day with a guided river walk, outdoor activities, and a special documentary film premiere—and a look at how local rivers affect us all.

“World Fish Migration Day: The Migration Celebration” is set for May 21 from 3-7:30 p.m. at the Northwest Park Nature Center, 145 Lang Road, Windsor, near the Farmington River. The event is free and open to the public; guests are asked to register in advance at www.bit.ly/wfmd. A virtual option for the film screening and panel discussion will also be offered.

“The Long Island Sound region spanning Connecticut is a gateway to hundreds of miles of critical freshwater habitat across New England,” says Emily Hadzopulos, freshwater restoration manager for TNC’s Connecticut chapter. “That’s why this is such an important place to celebrate World Fish Migration Day and advocate for free-flowing rivers so that our migratory fish friends can live, breed, and thrive.”

The event will be packed with diverse, educational activities about fish, waterways that link to Long Island Sound, and the barriers that impact them.

The afternoon will start with a three-mile, round-trip guided walk along the nearby Farmington River. An outdoor meet-and-greet with community groups will follow under the park’s pavilion. Refreshments

and Ben & Jerry’s ice cream will be served.

The evening will end with the screening of “Reconnected: Restoring the Rivers of Long Island Sound,” which highlights the challenges presented by dams and the benefits free-flowing rivers have on nature as well as entire communities. The film shows how efforts directed toward one river can affect so many others.

World Fish Migration Day is an international movement dedicated to raising awareness of migratory fish and the roles they play in riverine and marine ecosystems.

Their populations support the larger ecosystem, serving as key food sources for other fish, birds, and mammals, but barriers, such as dams and misaligned or undersized culverts, can disrupt their travel and a river’s flow. While these man-made structures were once built to provide hydropower or recreational ponds, many of them no longer serve a purpose and are now in fragile condition.

“Most dams and culverts are at best overlooked and ignored—but they pose a constant obstacle for fish and wildlife, and are a growing threat to the safety and resilience of our communities,” says Anthony Allen, director of restoration strategy at Save the Sound.

“Restoring migratory fish populations in the Farmington River is a top priority in Connecticut, due to the river’s proximity to Long Island Sound, its size, and its pristine habitat,” added Aimee Petras, executive director at the Farmington

River Watershed Association.

Guests will have the opportunity to learn about local migratory fish, the history and future of the Farmington River, and the work that the Long Island Sound River Restoration Network does to remove barriers to fish passage.

“We look forward to seeing everyone who lives in and loves the Long Island Sound region to join us for this event, as we celebrate how free-flowing rivers enable a healthier, safer, and more resilient environment for all,” says Hadzopulos.

The event is being supported by the National Oceanic and Atmospheric Administration and the Lower Farmington River and Salmon Brook Wild

and Scenic.

About The Nature Conservancy

The Nature Conservancy is a global conservation organization dedicated to conserving the lands and waters on which all life depends. Guided by science, TNC creates innovative, on-the-ground solutions to our world’s toughest challenges so that nature and people can thrive together. Working in

more than 70 countries and territories, TNC uses a collaborative approach that engages local communities, governments, the private sector, and other partners. The Connecticut chapter has protected more than 53,000 acres of land and is engaging with communities throughout the state to help build and conserve a more resilient, livable world. visit: www.nature.org/CT

THE WINDSOR GARDEN CLUB OFFERS A SCHOLARSHIP



For 2024, The Windsor Garden Club is offering a one year \$1,500.00 scholarship to a high school senior, who is a Windsor resident. The student must plan to attend either a two or four-year college with the intention of pursuing studies in **agriculture, horticulture, floriculture, herbal medicine, landscape design or architecture, forestry, environmental science, environmental engineering, or a similarly related study.** One of the Windsor Garden Club’s resolutions is to

award a scholarship each year to a deserving Windsor student. The scholarship is funded through the Club’s annual sale of plants at its Garden Mart in May, and by our club Garden Tour, held every other year. Thanks to the many dedicated and hardworking club members, and to all the enthusiastic townspeople who attend our fundraisers and make this scholarship possible. Applications are available from the Counseling Department at Windsor High School, and completed applications returned to;

Carol Normoyle, Counseling Department
cnormoyle@windsorct.org
Windsor High School
50 Sage Park Rd.

Applications and criteria are also available on the Windsor Garden Club website; windsorgardenclubct.org

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BRADLEY UPDATE

From Page One

the funding to 104 airports across the country to help focus on terminal reconstruction, development, accessibility, energy efficiency and more.

Bradley International Airport has already received \$76 million in 2023 from the Federal Aviation Administration, Bipartisan Infrastructure Law and Security Administration to be used for the new checked baggage inspection system facility.

"The CAA is extremely appreciative of the funding we've received from the federal government as we continue to develop and enhance Bradley International Airport," said Kevin A. Dillon, A.A.E., CAA Executive Director. "We also want to thank Governor Lamont and Connecticut's federal delegation for working hard to secure this funding."

"Bradley International Airport is a key economic driver for Connecticut and supports the ability of many businesses throughout the Greater Hartford region to operate and grow new jobs," said Governor Ned Lamont. "President Biden and Connecticut's Congressional delegation creat-



ed the Bipartisan Infrastructure Law for exactly these types of projects, which are targeted at growing our economy. This grant will be put to good use at Bradley, making this highly rated airport even more accessible and convenient for travelers. I thank the FAA and Biden administration for supporting the growth of the best airport in New England."

"I worked with the entire Connecticut delegation to secure vital infrastructure funding to improve the passenger experience at Bradley International Airport. [This] announcement of \$5.4 million in new federal funds will help streamline the check-in process for passengers and open up new ticket counter and gate space. This investment will allow Bradley to upgrade baggage screening and expand airline service in the coming years," said Rep. John B. Larson (CT-01).

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LEN WALKER ELECTED NEW WRTC CHAIRMAN



At the election of officers on April 28, 2024, the Windsor Republican Town Committee unanimously elected Len Walker to be the new Chairman. Len brings a wealth of political experience as the minority leader of the Windsor Town council, and as the former vice Chair of the Republican town committee.

Len promotes Republican ideals such as limited and competent government, personal liberty, and equality of opportunity. The new Chairman is seeking new members to the Windsor Republican Town Committee, and he is looking forward to helping the state Republican party achieve their goals. Len Walker can be reached at 860-830-7739 or email chairman@windsorrepublicans.com

THIS WEEK IN WINDSOR LOCKS HISTORY

By Mickey Danyluk

1885: The Windsor Locks Bridge Co is organized to buy out the ferry franchise and to construct an iron suspension bridge across the Connecticut River from WLocks to WPoint.

1975: Land deed is issued transferring title of the Reed farm property from the Estate of Gladys H Reed to the Town

of Windsor Locks

2019: On this Wednesday, Armani Restoration LLC begins the long awaited brick restoration of the landmark passenger train station

1676: Henry Denslow is killed by a band of warrior native Americans enroute to burn the settlement of Simsbury

1918: The new fire department headquarters on Oak St are dedicated this Thursday evening. The apparatus is kept in a lower room and club headquarters are located on the 2nd floor

1976: The former Reed homestead on West St opens as a Bicentennial Museum by the Town of Windsor Locks Bicentennial Commission; The Denslow Memorial Stone on South Main St is rededicated with Denslow descendants making formal remarks and laying a wreath; the town begins to officially celebrate the bicentennial of the nation

2023: Security camera footage is released/televised on the local evening news in hopes of identifying a man breaking and entering St Mary's Church sacristy on March 29th betw 12-12:30pm

1892: A barn at the farm of JA Grube in the NW part of



town burns this Tuesday. A large stock of hay, several sleighs, plows, harnesses and 1 horse are lost. A bucket brigade saves the house. Total loss is placed at \$500

1866: The Congregational Church purchases from Edgar P Mather his house and lot at the NW corner of Elm and Center sts to use as a parsonage

1917: The USA enters "The Great War" on this day as Pres Wilson signs a declaration of war into law at 1:18 this afternoon. During the course of the war, 206 WLocks servicemen would serve; 7 would pay the supreme sacrifice: Private Louis R Gensi, Private Abele Giuliani, Private John O Holt, Private Adam Kczmarczk, Private James Micha, Private Giovanni Valentino, Private Frank Viola

1946: On this Saturday evening, The Brown Derby at 232 Main St is advertised as "The Newest Smartest Night Spot in Windsor Locks". Billy Joy and his Blue Hawaiians are performing this opening night from 9pm until 1 am

RAIDER SPORTS - BY DAVID FARR

Honors

Sincere Monroe All-State Basketball

All NCCC Basketball Boys
Jack Grasso Kyle Hinckley
Sincere Monroe

All NCCC Basketball Girls
Jasmine Hurdle

Indoor Track Boys Mike
Passaro Derek Reyes

Indoor Track Girls Rachel
Blinn

Wrestling All NCCC Peter
Annis

Outdoor Track

The first week of the spring season was a rainy one. The Raiders did manage to get their first meet in at Coventry. Canton participated also. The boys are 1-1 beating Canton losing to Coventry. The girls are 2-0.

Boys

Coventry 74 Windsor Locks

Windsor Locks 71 Canton

56

There are some new names which is great as the program continues to grow.

Boys

100 meters:

Cy'Heim Holness 4th place

200 meters:

Naveahn Stevens 4th

400 Meters:

Michael Passaro 1st
Benjamin Palmer 2nd

1600 meters:

Hudson Farley 5th

3200 Meters:

Mark Naughton 3rd



110 Meters Hurdles

Aidan Hoffman 1st

4X 100 relay 1st

Cy'Heim Holness

Michael Passaro

Yaqueen Diene

Jadain Tingling

4X 400 relay 1st

Benjamin Palmer

Shane Frimpong

Yaqueen Diene

Michael Passaro

4x800 relay 3rd

Aiden Hoffman

Clayton Shufelt

Hudson Farley

Benjamin Palmer

Shotput

Yaqueen Diene 1st

Ramell Walton 4th

Discuss

Frank Kasall 1st

Reise Saaverda 4th

Zachary Holoway 5th

Javelin

Landon Tuttle 2nd

High Jump

Lucas Silliman 1st

Long Jump

Cy'Heim Holness 1st

Lucas Siliman 3rd

Jadain Tingling 4th

Triple Jump

Yaqueen Diene 1st

Clayton Shufelt 2nd

Girls

Windsor Locks 80 Canton

62

Windsor Locks 76 Coventry

69

100 Meters:

Lia Quagliaroli 2nd

Maeve McGinnis 3rd

200 Meters:

Maeve McGinnis 3rd

Lia Quagliaroli 4th

400 Meters

Abigail Rockwell 5th

800 Meters

Abigail Guyette 2nd

Emma Claffey 5th

1600 Meters:

Carmella Buscaino-Knuth

4th

100 Meters Hurdles

Julia Dufresne 1st

Camryn Rossignol 4th

4100 Relay 1st

Maeve McGinnis

Rachel Blinn

Caroline McGinnis

Lia Quagliaroli

4X800 Relay 2nd

Julia Dufrense

Abigail Guyette

Emma Claffey

Carmella Buscaino-Knuth

Shot Put

Destiny Anderson 2nd

Alis Oberg 3rd

Alison Gough 4th

Javelin

Alis Oberg 1st

Charli Oberg 2nd

High Jump

Maeve McGinnis 1st

Camryn Rossignol 4th

Hailey Binette 5th

Pole Vault

Abigail Rockwell 2nd

Long Jump

Caroline McGinnis 1st

Lia Quagliaroli 2nd

Allison Gough 3rd

Ciana Hill 4th

Hailey Binette 5th

Triple Jump

Caroline McGinnis 1st

Hailey Binette 4th

Allison Gough 5th

Upcoming Meet

Tuesday A

East Windsor/Somers 3:45

East Windsor High

Boys Baseball

Enfield 11 Windsor Locks 1

Upcoming games:

Friday East Granby H 3:45

Tuesday Granby A 3:45

Wednesday Suffield H 3:45

Friday Coventry H 3:45

Softball

Bolton 9 Windsor Locks 7

The Raiders were limited to about 3 hits, Joran Lucas, Sydney Barthel, and Isabella had hits.

Kamryn Mullaney and Kaidyn played well defensively. Alisha Burns has done an outstanding job behind the plate.

Windsor Locks 20 Morgan

In the Raiders open at Morgan of Clinton, the bats came to life. Kiley Connors hit a home run for the Raiders. Sydney Barthel had 3 hits including a triple. Kamryn Mullaney played well defensively. The Raiders as a group hit well. Isabella Canon pitched the victory.

Upcoming Games:

Spring Training Orlando
Florida

Boys Tennis

Rockville 7 Windsor Locks 0

Upcoming Meet

Friday Bristol Eastern A 3:45

Girls Tennis

Upcoming Meet

Friday Rockville A 3:45 at
Bolton High School

If you have any high school sports info to share, contact Dave Farr at
dfarralbb@aol.com

LOCAL POLITICS

STATE REPRESENTATIVE JANE GARIBAY DISCUSSES WITH SENIORS LEGISLATION THAT AFFECTS THEM



State Representative Jane Garibay visited, Thursday, the Windsor Senior Center and spoke with an audience of 80 Seniors about new legislation that will affect them. Garibay is the Assistant Majority Leader of the House, and Co-Chair of the Aging Committee. This year she is shepherding HB5001, an omnibus bill that was recently approved by the Committee, that aims to providing expanded supports to the state's seniors. When it becomes law, the bill's provisions will allow more seniors to age in place, increase protections for those in nursing homes and assisted living facilities, and improve training for caregivers. Her presentation was followed by a lively discussion with a very engaged audience.



DAR HONORS STUDENTS



From Page One

These students are selected by their teachers and peers because they demonstrate these qualities to an outstanding degree.

This year's recipients are:
Kiersten Jaime Conley -
Suffield High School

Carrie Lynn Blythe -
Windsor Locks High School

The ceremony will be held on Sunday, May 19, 2024 at 2:00 at the King House Museum/Suffield Historical Society, 232 South Main Street, Suffield.

CIVIC ORGANIZATIONS

REGISTER NOW FOR WINDSOR PTSMC'S SATURDAY, APRIL 27 'RACE TO THE WEEKEND WHEELS 5K RUN & WALK'



Windsor Food and Fuel Bank

Register today for Saturday, April 27's 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/RaceToTheWeekenddWheels>. All proceeds will go directly to the food bank's Weekend Wheels program.

The 2024 Race and Walk will begin 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 will be 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 supplemental food program of the non-profit 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 on 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/RaceToTheWeekenddWheels>. People who register by April 3 will receive a race T-shirt and 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.

Sponsor opportunities start at \$1,000 but all donations are welcome. Monetary sponsors to date include: Talcott Resolutions; Windsor Federal Bank; Kiwanis Club of Windsor; and Swiss Cleaners of Vernon. In-Kind sponsors include: New England Coffee Guy; Specialty Printing Inc.; and Fabbri. Event-day raffle prize donors

include: OOFOS footwear and Birdhouse Coffee in South Windsor.

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

Physical Therapy & Sports Medicine Centers Windsor is a privately owned physical therapy practice specializing in relieving pain and restoring, maintaining, and enhancing movement. Contact 860-752-6900 or www.ptsmc.com/locations/windsor

Weekend Wheels is a program of the Windsor Food and Fuel Bank Inc., a 501(c)(3) non-profit organization that was founded in 1967 as the Windsor Community Service Council (WCSC). The Windsor Food & Fuel Bank's all-volunteer Board, along with its partners at Windsor Social Services, works to accomplish our Mission of ensuring that no Windsor resident goes hungry, is cold, or is without basic necessities. For information about the Windsor Food & Fuel Bank, visit www.WindsorFoodBank.org

Windsor residents who need assistance should call the Windsor Department of Social Services at 860-285-1839

Save-the-Date!



JUNE TEENTH
FREEDOM DAY
JUNE 21-23



**LET'S REFLECT, CELEBRATE, LEARN
AND BUILD STRONGER COMMUNITIES!**

THE BLUE HILLS FIRE DISTRICT IN PARTNERSHIP WITH THE TOWN OF BLOOMFIELD AND SUZETTE DEBEATHAM BROWN, DEPUTY COMMISSIONER ON AGING DISABILITY SERVICES, INVITES YOU TO A 3-DAY CELEBRATION OF UNITY, LOVE & JOY!

Hosted by our very own Bloomfield, born and raised, **ALLEAH RED!**



CO-HOST
Suzette Debeatham Brown
Deputy Commissioner on
Aging Disability Services

EVENT HOST
ALLEAH RED
Anchor, Channel 3
Eyewitness News

CO-HOST
Errol Bartley
Blue Hills Fire
Department Member

FRIDAY, JUNE 21
9:00 PM - FREE EVENT

MOVIE NIGHT
HARRIET



(Rated PG13)

SATURDAY, JUNE 22
1:00-5:00 PM - FREE EVENT

RUN & WALK 5K RACE - 8:00 AM
PARADE - LINE UP 9:00 AM
Live Entertainment • Refreshments

SUNDAY, JUNE 23
1:00 PM - 5:00 PM

FOOD AND CRAFT FESTIVAL
Food Trucks • Vendors • Live Entertainment • Kids Zone



MEET AND GREET
JOE YOUNG JR
Studio Eight Sixty
Parade Marshal!



MEET AND GREET
MATTHEW RICHARDS
Saxophonist
Featured on the Kelly
Clarkson Show!

FOR ADDITIONAL INFORMATION, PLEASE EMAIL OR CALL:

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

The Greater Windsor Veterans Council,
in partnership with the Town of Windsor present:

MILITARY APPRECIATION DAY

Fun for the whole family!

- Touch-a-truck
- Face painting
- Inflatables/Bounce Houses
- Yard games
- Live music
- Food trucks
- Refreshments
- Valuable resources for all military personnel, veterans, and their families

WHERE: L.P. WILSON COMMUNITY CENTER

WHEN: SATURDAY, APRIL 20, 10 AM TO 2 PM

A not-to-miss event! See you there!



THIS SENIOR LIFE PAGE IS SPONSORED BY

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Bloomfield, CT 06002
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ELDER LAW

WHAT IS THE SOCIAL SECURITY DISABILITY 5-YEAR RULE?



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Phone: 860-769-6938

Social Security Disability Insurance (SSDI) provides financial assistance to workers who become disabled and their families. The Center on Budget and Policy Priorities reports that 7.4 million Americans received Social Security disability benefits in 2023.

Unlike Supplemental Security Income (SSI), which supports people with disabilities or of advanced age who have limited means regardless of work history, SSDI is an earned benefit. Before becoming disabled, the worker must have paid into the Social Security program through taxes to be eligible for benefits. When you apply or reapply for SSDI benefits, there are two five-year rules to remember: One concerns the work credit requirement. The other involves reapplying for benefits.

Qualifying for Social Security Disability Insurance

The eligibility criteria for SSDI involve disability, income, and work history.

- Your disability must meet the Social Security Administration's strict standards.

- Your income must be below the substantial gainful activity (SGA) amount. For 2024, the SGA is \$1,550 per month for people with disabilities other than blindness (For blind people, it is \$2,590 per month.)

- You must also have earned sufficient work credits and worked recently enough. You must have earned enough work credits before you became disabled relative to your age.

The Five-Year Rule for Work Credits

The five-year rule for work credits helps people aged 31 and

older determine whether they have enough credits to qualify for SSDI.

Depending on your income, you can earn up to four credits a year. In 2024, workers earn one Social Security and Medicare credit for \$1,730 in covered earnings.

Under the five-year rule, people 31 and older must have worked at least five out of the last 10 years to be eligible for SSDI.

You may work for less than an entire year and still earn the maximum credits. As long as you earned four credits through your income, it does not matter if you earned that income through seasonal work or worked all year. Also, high earners may earn all four credits after only a month of work.

So, per the five-year rule, individuals aged 31 and older must have earned at least the maximum work credits for five out of the past 10 years to be eligible for disability benefits. During that time, they must have accumulated at least 20 credits to qualify.

If you are 30 or under, you'll need to use a different test to determine whether you have enough work credits to receive Social Security disability benefits. The Social Security Administration determines your eligibility for benefits based on your age, and there are different rules for different age groups.

- Those under age 24 need at

least six credits earned in the three years before the onset of the disability.

- People between 24 and 31 are eligible if they worked half the time between the age of 21 and when they became disabled.

For example, a person who became disabled at age 27 must have worked at least three years, earning 12 credits, in the past six years.

- Individuals 31 or older must have earned at least 20 credits in the last 10 years before the disability. This is known as the five-year rule.

The Five-Year Exception for Reinstating Benefits

In addition to the rule that helps people aged 31 and older find out whether they have enough work credits, a second five-year rule applies to past SSDI recipients seeking to reapply.

Per federal regulations, you must have a disability for five months before qualifying for benefits. But, this regulation provides an exception. There is no waiting period if you were previously entitled to disability benefits or had a period of disability within five years of the month you became disabled again.

Because of this five-year rule, you do not have to wait five months to receive benefits. However, the exception does not apply if a drug or alcohol addiction contributed to your disability.

Speak With Your Attorney!

SENIOR LIFE

WINDSOR SENIOR CENTER

Adult Family Living

On Fri, April 12 at 10:30 AM and Tues, April 16 at 5:30 PM, Andrea Barrett, Health Coach from FreedomCare will be here to tell us all about Adult Family Living (AFL). AFL is a program that allows aging individuals to remain living in their homes instead of moving into assisted living communities or nursing homes. AFL also provides funding to those in the caretaker role. Learn more by attending this session. Free! Call 860-285-1992.

Monthly Parkinson's Support

On Wednesday, April 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!

NEW Afro Dance Class with Jolie

We are excited to introduce a new dance class in May - Afro Dance with Jolie! Learn all about the class, as well as participate in the demonstrations in April. Paid classes will begin in May. Sign up for the free demo by calling 860-285-1992. *No Chair Yoga on 4/16.

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.

SCRIBE Writers Workshop

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

Veteran's Coffee

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

Tax Reductions and Benefits

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 or call the Town Assessor's office at 860-285-1816.

"Under the Stars" Spring Fling and Early Bird Supper

On Tuesday, April 30 at 5:00 PM, enjoy a special night out at the Annual Senior Spring Fling. Enjoy dinner, live music by Ashly Cruz, dancing, and "stargazing" with your family and friends at the center. Dress in your best to match the sparkling décor. Register online or by calling 860-285-1992. \$13 for residents/\$15 for non-Windsor residents.

STONEBROOK VILLAGE WELCOMES COUSINS MAINE LOBSTER!

Back by popular demand, Cousins Maine Lobster will be returning to Stonebrook.
We hope to see you there for some claw-some food!



Cousins
Maine Lobster

As seen on...



Date: **THURSDAY**
APRIL 25TH
Time: **NOON-8PM**

Cash & Credit Cards accepted

YOU CAN
ALSO ORDER
ON THEIR
APP!

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MEMORY CARE

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StonebrookVillage.com

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Windsor Locks, CT 06096

Book a
Tour
Today!

Stonebrook Village
at Windsor Locks

An Everbrook Senior Living Community

YOUR LIBRARY: EVERYTHING YOU EVER WANTED TO KNOW ABOUT EVERYTHING

WINDSOR PUBLIC LIBRARY

By Denise Ricotta
IT Librarian Windsor Public Library

GOOD BUG, BAD BUG, OR BENIGN BUG?

WITH UCONN HORTICULTURIST
PAMM COOPER

SATURDAY, APRIL 20
11:00 AM

MEETING ROOM 1
REGISTER OR DROP-IN

WINDSOR
Public Library

String Theory

Thursday, April 18
7:00 to 8:00 PM

Meeting Room 1

www.windsorlibrary.com



WINDSOR
Public Library

BLOOMFIELD PUBLIC LIBRARY

INTEGRATED HEALTH SERVICES Q&A FOR TWEENS AND TEENS



April 12 @ 1:00 PM | BPL Atrium

INTEGRATED HEALTH SERVICES, INC. bplct.org

Zentangle Dragonfly Journals!



A relaxing
activity for
Tweens & Teens
on a school
vacation
afternoon!

April 11
4:00 PM
BPL Atrium

YOGA WITH PIA OLIVERI

All Ages

Register online at <https://bplct.evanced.info/signup/>



Wed., April 10 @ 4:00 PM
330 Park Ave., Bloomfield (Exercise Room)

Join BPL for the Total Solar Eclipse!

April 8, 2024 | 2:30-4 PM



We'll meet on the Bloomfield Soccer fields next to the Human Services Building (330 Park Ave) and the tennis courts. Eclipse-viewing glasses will be provided on a first-come, first-served basis starting at 2:30 PM. FREE cookies will be provided by Moon Rocks Gourmet Cookies Food Truck, thanks to the generous support of our BPL Friends.



bplct.org

virtual program

Crossing the Continental Divide: Depolarizing America with Braver Angels



Tuesday, April 9 at 6:30 PM

Register at bplct.org
Event Calendar

Braver Angels
CONNECTICUT ALLIANCE

West Hartford
Public Library

BPL
Bloomfield Public Library

Windsor Locks Public Library, Inc. Solar Eclipse program



Get free solar eclipse glasses and watch the eclipse, make a color changing bracelet, and create a beautiful suncatcher.

Monday April 8th at 2:00pm

Best for ages 5-11 - No registration required
parents will also receive glasses

H

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Books *and*

GAMES

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Used books & board games

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Saturday 11am-5pm

Sunday 11am-5pm

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Art & Events

SLOW ART DAY AT THE ART CENTER

WINDSOR
ART
CENTER



"experiencing art in a mindful way"



Slow Art Day April 13, 2024

Registration Required. Time slots: 10am; 11am

Learn more at www.windsorartcenter.org

Windsor Art Center is hosting its first "Slow Art Day" to encourage viewers like you to look carefully at the works of our current exhibit "Surface Tension" for a mindful art experience. If you would like a method for experiencing art with consideration and for sharing your observations with others over

light refreshments, please join our Slow Art Day event!

DATE: Saturday, April 13th

TIME SLOTS: (Register for one required)

10:00-11:00am OR 11:00am-12:00pm

COST: \$10 Suggested Donation

"Founded in 2010, Slow Art Day is a global event

(more than 1,500 museums and galleries have participated) with a simple mission: help more people discover for themselves the joy of looking at and loving art."

- www.slowartday.com

SLOW ART DAY BASICS!

1. Sign up at a local museum or gallery (Windsor Art Center!)

2. Attend, and look at 5-8 pieces of art slowly.

A questionnaire will be provided to you to help guide your viewing experience.

The beginning of each session will begin with mindfulness practices in order to prepare you for slowing down to truly experience art.

3. Discuss your experience!

The gallery will facilitate discussions with fellow participants in front of each piece of art. **Register here:**



APRIL SWAP MEET TO BE HELD AT THE VINTAGE RADIO AND COMMUNICATIONS MUSEUM



By John Ellsworth

Museum Director

radioclr@aol.com

Time has snuck up on us and it is only ten days to our April swap meet!

Saturday, April 13, 2024

8:00 AM 1:00 PM

If Mother Nature is kind to us, this will be an outdoor, tailgating affair. If not, we can move it inside to our Event Center. Collectors and vendors from all over the Northeast will descend upon the Vintage Radio & Communications Museum at

115 Pierson Lane in Windsor, CT to sell, swap and trade from their collections. It is a fun event for all. Admission for the public is free both to the swap meet and the museum itself. The swap meet will start at 8 am and be over by noon so come early. The museum will be open all day until 5 pm.

For more information check our website at vrcmct.org, or our Facebook site Facebook/vrcmct, or call the museum at 860-683-2903.

REGISTER NOW

\$15 per Contestant
\$60 per team
(up to six people)
\$10 per onlooker

Reserve your spot:

call: 860.688.3813

email: info@windsorhistoricalsociety.org

or online:

windsorhistoricalsociety.org



SHAD DERBY FESTIVAL
**TRIVIA NIGHT
CONTEST 2024**

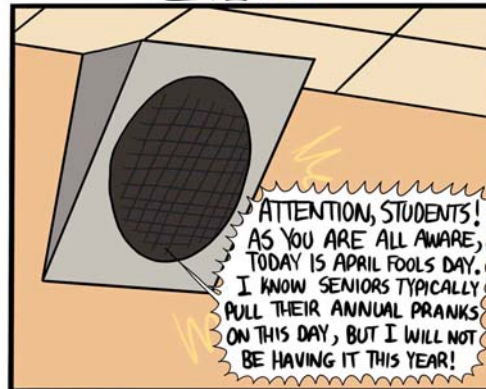
Thurs ★ April 25 ★ 2024

★ SPONSORED BY: ★
THE WINDSOR HISTORICAL SOCIETY



6 - 8 pm | This is a 21 and over event.

CHAD



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IT STARTED AT WESTSIDE CARE CENTER, WHERE I WAS PUSHED TO SUCCEED



When I arrived at Westside Care Center, I was broken. I was broken physically from a major car accident, but was also broken emotionally and spiritually. I had been in recovery and sober for over a year when this happened, and had just been starting to rebuild my life.

When I found out that there was iRecovery groups and individual counseling in that area, I was really, really happy. Slowly I got stronger thanks to the amazing physical and occupational therapy team that worked with me every day. As I worked on myself through the groups, I realized that this accident didn't have to stop my life or change who I was.

I am still sober, and have done tremendous work on myself. It started at Westside Care Center, where I was pushed to succeed, and was loved and valued until I loved and valued myself.

I am grateful for all of the support I got not only with my accident recovery, but in being able to continue my substance use recovery as well. This place is truly one of a kind!

-Melissa Maichack



WESTSIDE CARE CENTER

349 Bidwell Street
Manchester, CT 06040

www.westsidecarectr.com
(860) 812-0788