

STONINGTON

magazine



Hiking at the Denison Pequotsepos Nature Center!

YOUR HOME FOR HEALTH



WOOD RIVER HEALTH
Caring for Our Community Since 1976

ACCEPTING NEW PATIENTS Call us for your Covid & Flu Vaccines!

- High-Quality Primary Care
- Full-Service Dental
- Behavioral Health Services Open to Current Patients
- Chronic Care Program
- Laboratory Services
- Onsite Pharmacy through Genoa Healthcare
- Women's Health Program
- Women, Infants & Children (WIC)
- Community Resources
- Sliding Fee Scale Program



823 Main Street, Hope Valley, RI 02832
17 Wells Street, Westerly, RI 02891
WoodRiverHealth.org
CALL TODAY: 401-539-2461



BERKSHIRE HATHAWAY | New England HomeServices Properties

Find your local expert at bhhsNEproperties.com



Donna
Williston
860-912-3293



Bill
Turner
860-501-5453



Sarah
Turner
860-501-0551



Eben
Steele
617-980-4188



Amy
Swan
860-908-2568



John
Ragsdale
860-235-9110



Valerie
Pagliaro
203-641-9888



Dennis Palmer
PROSPERITY MORTGAGE
860-608-7336



Brenda
Pelt
860-961-7887



Tracy
O'Donnell
401-480-9515



Renee
McCammon
860-705-8084



Don
Miller
860-861-5609



Morag
Morse
860-460-5270



Paul
LaFever
860-536-4906



Robin
Lockwood Hall
860-334-9679



Katie
Korpi
443-223-1385



Norm
Kraymen
860-235-9222



Laurie
Johnstone
860-287-4047



Elizabeth
Johnstone
860-287-1641



Lucia
Johnstone
860-912-4144



Michelle
Hallamore
401-741-3075



Auerbach-Hebert Team

Cheryl
Auerbach
860-235-9099

Brittany
Auerbach-Hebert
860-912-9902



Henri
Gourd
914-954-3897



Rose
Eapen
860-961-9685



Laurie
Cameron
909-717-0509



Bambi
DiRoma
401-924-4730



Linda
Drake
860-460-0773



Ann
Burgess
860-705-3133



Deborah
Bochain
860-884-4584



Carol
Barnes-Craig
860-460-0943



Laura
Ballirano
860-250-0287



Jill
Bach
860-908-3758



Jency
Barnes
617-784-2633

Mystic | 2 Williams Avenue | 860-536-4906

Stonington | 163 Water Street | 860-535-2490

A member of the franchise system of BHH Affiliates, LLC. Equal Housing Opportunity

A REFINED CHOICE FOR DISTINGUISHED LADIES & GENTLEMEN

- Over 400 faces of premium cigars
- Full liquor license, with over 100 top shelf Scotches, Whiskies & Ryes
- Open 7 days a week, 11AM–1AM
- **Always Open to the Public**

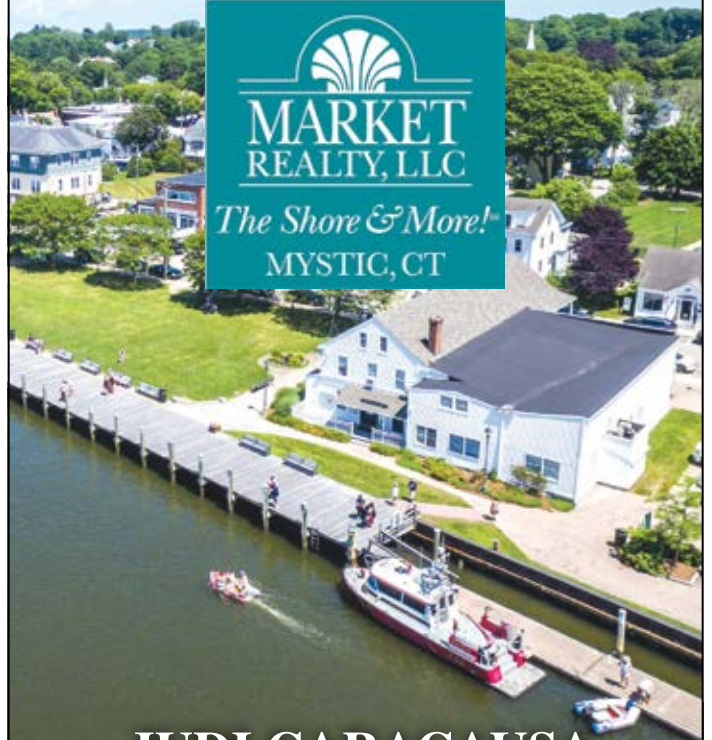


FOLLOW US
ONLINE



47 HIGH ST • WESTERLY, RI | 401-637-4123
1 CHARLESTOWN BEACH RD • CHARLESTOWN, RI
VINTAGECIGARLOUNGE.COM

*Located at the Mystic River Park
in Historic Downtown Mystic*



**JUDI CARACAUSA
BROKER/OWNER**

*Over 35 Years of
Listing and Selling Mystic!*



MARKET REALTY, LLC
28 Cottrell Street, Mystic, CT
860-572-1155
www.marketrealtyllc.com
buymystic@aol.com

Dear Stonington Residents,

No one ever said Democracy would be easy. Yet, all the challenges woven into this form of Government are well worth the effort. It enables us to all have a voice and work together for a greater good.

Our Government works best though when are able to listen to each other, to hear different perspectives, to engage in respectful dialogue with those outside our own circles.

This is true across our country, and it is true here in Stonington.

While we have accomplished a great deal of important work together over the past years, there is still much to be done. And we have all have a choice in front of us.

Will we choose to be a community that works to engage with people whose views are different from our own? Working to build relationships, with those outsides of our own circles, is challenging, but it can also yield solutions sometimes thought unimaginable.

We have the opportunity every day to look for the good in one another or focus on the bad. Both are there. But when we choose to look for the good, you can almost always find it.

And it is through this lens that we will be better able to address the very real challenges facing our community. Nothing is possible without teamwork. And we are so fortunate in Stonington to have some many amazing people who care so much about our community.

We are a community that benefits from the diverse range of skills and perspectives. It is how we have been able to make important progress in our community, including: conserving over 300 acres of land off of Al Harvey Road; identifying a balanced and productive use for our ARPA funds; the near completion of the Veterans Monument Project; launching a new, curbside composting program; taking a more proactive approach to addressing mental health needs; the soon-to-be

constructed Route One sidewalks; securing funds to create a water loop system in a segment of Pawcatuck and address infrastructure enhancements needed at our Town Dock to help ensure the future for our commercial fishing fleet; maintaining our AAA bond rating; and laying the ground work for future projects, like a possible recreational, multi-use park along the Pawcatuck River and climate resiliency work across the community.

We hope many of you will take up this challenge, and work with us to create new opportunities within our community. We will all make mistakes along the way; we may lose faith at times, but in the end, if we meet each new challenge with compassion, we can all play a part in building a brighter future together.

I hope you know that you each have a skill that can benefit the community, and we would welcome you contributing in any way you can.

There are so many ways to make a positive difference, and through our collective efforts, we can continue to cultivate a community where each of us feels valued and are all proud to call home.

Thank you, Stonington.

Sincerely,

Danielle Chesebrough, First Selectman

June Strunk
Selectwoman

Deborah Downie
Selectwoman



STONINGTON EMERGENCY MANAGEMENT

A state-of-the-art community notification system alerts residents about emergencies and important community news.

The notification system provides immediate & accurate ALERTS that can be sent across multiple platforms, including voice messages, texts, and emails. Receive notifications that may affect your home, business, workplace, school or any other

locations within Stonington.

Please visit <https://www.stonington-ct.gov/pages/stonington-alerts> and click on the "Stonington Alerts" icon to sign up. Create a simple account and tailor it to your notification preferences.

***If we can't reach you,
we can't ALERT you.***



Town of Stonington

STONINGTON TOWN HALL

152 Elm Street, Stonington, CT 06378
Monday-Friday 8:30am to 4pm

STONINGTON HUMAN SERVICES

166 South Broad Street, Pawcatuck, CT 06379
Monday-Friday 8:30am to 4:00pm

STONINGTON POLICE DEPARTMENT

173 South Broad Street, Pawcatuck, CT 06379
Monday-Friday 8:30am to 4pm
911 for Emergencies

TRANSFER STATION

151 Greenhaven Road, Pawcatuck, CT 06379
Monday-Tuesday/Thursday-Friday: 9-3
(Closed Wednesday); Saturday: 8-3; Sunday 8-1

Administrative Services	(860) 535-5000
Animal Control	(860) 599-4411
Assessment Department	(860) 535-5098
Building Official.....	(860) 535-5075
Emergency Management	(860) 535-5050
Engineering.....	(860) 535-5076
Finance Department.....	(860) 535-5070
Highway	(860) 535-5055
Human Services	(860) 535-5015
Planning Department	(860) 535-5095
Public Works.....	(860) 535-5055
Registrars of Voters.....	(860) 535-5047
	(860) 535-5054
Sanitarian.....	(860) 535-5010
Selectmen's Office	(860) 535-5050
Solid Waste and Recycling.....	(860) 535-5099
Transfer Station	(860) 535-5088
Police Department.....	(860) 599-4411
Tax Collector	(860) 535-5080
Town Clerk.....	(860) 535-5060
Water Pollution Authority.....	(860) 535-5065

www.stonington-ct.gov

OCEAN HOUSE COLLECTION

Where Natural Beauty and Culture Meet



Collection Gift Cards

A Gift of Lasting Memories
Ocean House & Weekapaug Inn

Experience the romance of Ocean House Collection - Intimate dining in Coast, Ocean & Harvest couples massages, and luxury suite accommodations.



Ocean & Harvest The Spa at Ocean House

- Massage, Facials and More
- Five-Star Service
- Relaxation Room
- Offers for Local Residents



Gondola Village Dining at Ocean House

- Whimsical, Private Dining
- French-Inspired Cuisine
- Warm and Cozy Gondolas

Breakfast, lunch, crêpes & dinner
Reservations available through March



Sunday Supper Series Dining at Weekapaug Inn

- Quality Family Time
- Delicious Meals
- Complimentary Wine
- Children 8 and Under Eat Free

Sundays in February & March

OceanHouseEvents.com

OceanHouseRI.com • WeekapaugInn.com

844.204.4317

Stonington Beautification

Arbor Day is April 28th and we are working collaboratively to install more trees locally, directly improving the ecosystem of the Stonington Community, but we need your help! Please consider planting a native tree in your yard or business this Spring; visit your local greenhouse or nursery and ask their advice on what native tree would do well on your property. You can also help us plant more native trees in our downtown, parks, memorials and neighborhoods by donating – online: <https://stonington.recdesk.com> or by mail - 166 South Broad St, Pawcatuck, CT 06379. We are grateful for your support! If you would like to volunteer, please email us at stoningtonbeautification@stonington-ct.gov

Benefits of Planting Trees:

- Combat Climate Change
- Clean the Air
- Provide Oxygen
- Cool the Streets & The City
- Conserve Energy
- Help Capture Rainwater
- Help Prevent Water Pollution
- Help Prevent Soil Erosion
- Promote Healthy Soils
- Provide a Canopy & Habitat for Wildlife

2023 Rain Barrel Program



Be Part of the Solution
Climate crisis is intensifying the water cycle, making wet periods wetter and dry periods drier. Severe droughts can make both rainfall and flash flooding more severe, creating weather whiplash events. When heavy rain falls over drought-stricken soil — which is often hard and cracked — it cannot soak into the ground, and becomes runoff. Rain Barrels can be part of the solution.

How to Purchase Your Rain Barrel:

Rain Barrels are available to residents at the discounted price of \$104, with \$10 from each sale going to support the Stonington Beautification Committee.

How to Order: <https://www.greatamericanrainbarrel.com/community/>, (pick Stonington, CT)

Pick-Up: June 28th 5:00-7:00pm at Stonington

Human Services 166 South Broad Street

Deadline: June 19th

Department of Assessment

The Department of Assessment would like to notify all residents that the Homeowners-Totally Disabled Program and the Additional Veteran Program opens for applications February 1st, 2023. The application period for the Homeowners ends on May 15, 2023 and the Additional Veterans ends on September 29, 2023. Both of these programs are income based with the maximum income for a single person being \$40,300 and for married couples \$49,100. Please contact the Department of Assessment at 860-535-5098 or assessor@stonington-ct.gov for more information or to schedule an appointment.

The Board of Assessment Appeals will be meeting during the month of April to hear real estate, personal property and motor vehicle appeals for the 2022 Grand List. Petitions are available on the Department of Assessment's website as well as in the office. Petitions must be received in the office by March 20th, 2023.



Shellfish Commission

The Stonington Shellfish Commission would like to remind all residents and seasonal tax paying residents that the recreational shellfish season is fast approaching, and shellfish permits are required to shellfish in the recreational beds of Stonington waters.

Permits are available for sale at Don's Dock at 228 North Water Street, Stonington and at Town Hall. Residents need to show identification of residency and seasonal tax paying residents should bring a utility bill with their Stonington address to qualify for resident shellfish permit status.

The Commission is pleased to announce that recreational areas A & B to the East of Mason's Island and outer Quiambug Cove this past fall and early winter have been seeded with approximately 3,000 clams and payment in kind of thousands of oysters from our commercial growers. The Commission expects that in early spring, its long term seeding program for the recreational beds will continue.

Photo Above : Shellfish Warden Rob Russell & Commissioner Austin Clark transfer clam stock into the recreational areas as part of the seeding program.

Food Waste Collection

The Solid Waste Department is excited to announce the Food Waste Curbside Collection pilot program has begun! The program is made possible by a Sustainable Materials Management Grant from CT DEEP. Households that did not receive a mailer detailing the program can stop by the Solid Waste Dept in the Town Hall and pick up a free 4 gallon green bucket and 50 green bags or call 860-535-5099 for more information. F.E. Crandall Disposal will be picking up the green bags that residents have filled with separated food waste from the non-recyclable trash of their yellow bag on their regularly scheduled trash day.



Acceptable material for the new green bag: Meat, Poultry (bones included), Fish (does NOT include shellfish), Dairy Products – Cheese, yogurt, Flower & Vegetable Garden Waste (NO soil), Houseplants & Flower Bouquets, Fruits & Nuts (including pits)

Vegetables (Remove stickers, bands and ties), Bread, Pasta & Grains, Sauces, Soup & Gravy, Coffee Grounds & Filters, Tea Bags, Egg Shells, Plate Scrapings

Food waste comprises over 20% of the waste stream and only about 4% is diverted from disposal. This pilot program allows residents to separate heavy wet food waste from trash, allowing the food scraps to be recovered and turned into renewable energy through anaerobic digestion and save on the number of yellow bags your household needs!

Stormwater Awareness

One of the most concerning pollutants in the Long Island Sound is bacteria from stormwater runoff. In urban and recreational areas, pet waste is often cited as causing high levels of bacteria. This is why picking up after your pet and disposing of the waste in a proper manner is an important way to contribute towards cleaner water all around us. There are several locations in Stonington where dog waste stations are provided to make it more convenient for our citizens to help keep our public areas and water clean.

In Cottrell Park there are stations for when you are enjoying a stroll or dinner with your pet in Downtown Mystic. These were donated by Mystic Pet Shop and the trash here is collected by Stonington Public Works regularly. In The Stonington Borough, at the walking park next to the docks, these stations have been provided and maintain by the Stonington Borough Highway and Parks Department. Additionally, in Spellman Park, several dog waste stations and extra trash cans were installed and are maintained by the Stonington Public Works Department with assistance from the Recreation Department. These stations are provided to promote cleaner waters, downtowns, and recreational areas but please don't forget to bring a bag with you even when walking in open space parks or along your road.



Mutt Mitt® dog waste stations provided at each location

Stonington Energy Fair

The 2023 Stonington Energy Fair planned for March 25th at Mystic Aquarium is generating a lot of buzz. So much, in fact, that organizers are asking the community to help better define the event's goals and program.

Developed by the Stonington Climate Change Taskforce in cooperation with the Economic Development Commission, the Energy Fair is planned to feature the latest EV automobiles and bikes, electric yard tools, residential and commercial batteries, solar, geothermal, heat pumps and other energy and conservation technologies. Talks and presentations by financial specialists, energy consultants and system installers will round out the day.

Sound like too much? Maybe! The organizers have produced a short (five questions) opinion survey to get your input on some very relevant questions. Your answers will help ensure the Energy Fair is successful for everyone, and guide the Town's own energy and conservation initiatives.





STONINGTON HUMAN SERVICES

PLAY • PROVIDE • PROSPER

Do you have an idea for a program that may benefit residents in Stonington – social services, recreation, senior services or youth and family services-based? Please reach out to Human Services Director, Leanne Theodore (via email or phone) - we would love to hear from you!

FEBRUARY IS AMERICAN HEART MONTH

1 in every 3 deaths in the United States are related to cardiovascular disease. This #HeartMonth, explore shareable resources from CDC to help you and your peers make heart-healthy choices and reduce the risk of cardiovascular disease. cdc.gov/heartmonth

Heartsaver® CPR First Aid AED Certification Class coming soon! Follow us on social media and regularly check for new program additions at <https://stonington.recdesk.com>.

Our mission is to foster a more collaborative community by connecting residents with resources, support and facilities that provide the framework for a healthy, fulfilling life in the Town of Stonington.

Leanne Theodore – Director, ltheodore@stonington-ct.gov

Amanda Davis – Human Services Specialist, adavis@stonington-ct.gov

Julie Holland – Receptionist, jholland@stonington-ct.gov

SAVE THE DATE! SPRING FEST

**Saturday, May 6th
from 11:00am-1:00pm**

in the Stonington
Human Services

parking lot. Something

for ALL ages! Connect with friends, neighbors, first responders, non-profit / civic groups and service providers. Past Events Have Included: Crafts; Face Painting; SPD K-9 Odin; Give-A-Ways; Pediatric Vision Screening; Plant Sale; Blood Pressure Checks; Touch-A-Truck; Car Seat Checks; Field Games; Rock Wall; Life Star Landing; Karate Demo and much, MORE! Local artisans and vendors welcome – for more information, reach out to: LTheodore@stonington-ct.gov.



STONINGTON HUMAN SERVICES

SENIOR SERVICES

Acting as an advocate for elderly residents in the Town of Stonington, the Commission on Aging (COA) is a twelve-member commission, which meets monthly in order to discuss issues with regard to the elderly. The division provides local and regional access to supportive services, as well as a variety of educational workshops and socialization opportunities.

Michelle Banks – Municipal Agent for the Elderly, mbanks@stonington-ct.gov

Cynthia Gardiner – Program Coordinator/Case Manager,
cgardiner@stonington-ct.gov

COGNITIVE SUPPORT

Has a friend/family member recently been experiencing memory issues and/or diagnosed with a mild cognitive impairment, Dementia or Alzheimer's Disease? We are here to help! Please reach out and our case managers would be happy to set up a meeting in our office OR conduct a home visit to offer warm, caring, educational and HELPFUL solutions to support your situation.

BLOSSOMS & BUTTERFLIES –

May 1st [Day Tour: Massachusetts]

Resident: \$130/person; Non-Resident: \$150/person

Start the day with some free-time to shop in Yankee Candle. After, head down the road to Magic Wings Butterfly Conservatory and Gardens for a guided tour. Magic Wings opened its doors in 2000 and is an 18,200 SF facility that includes an 8,000 SF glass conservatory filled with butterflies, moths and tropical vegetation. The sound of the waterfall, peaceful music and hundreds

of butterflies fluttering freely through the air creates a tranquil and serene atmosphere. Lunch will be served at the Deerfield Inn. End the day with a stop at the Bridge of Flowers located in Shelburne Falls, MA. This is a one-of-a-kind landmark made from a former trolley bridge. Over 500 varieties of annuals and perennials are planted and tended by volunteers. Each season has different sights to see. Be sure to bring your camera for some great photo opportunities!

FRIDAY LUNCHEON SERIES returns from April to June. Seniors are invited to join us for lunch, from 12-1:30pm at various local venues. Program includes a brief educational presentation or entertainment. Send an email to LTheodore@stonington-ct.gov, or follow event postings on <https://stonington.rec.desk.com> for more information.

AARP SAFE DRIVER classes have returned! For more info, call (860) 535-5015.



STONINGTON HUMAN SERVICES

SOCIAL SERVICES

Social Services programs address poverty issues within the Town of Stonington and help to increase self-sufficiency.

Michelle Banks – Social Services Administrator, mbanks@stonington-ct.gov

Deanna Rushlow, MA – Community Outreach Specialist,
drushlow@stonington-ct.gov

HOW CAN WE HELP YOU?

We can screen for a wide variety of federal, state and local programs that may be able to assist your situation – we are here for you! For more information or to make an appointment with a case manager, please call (860) 535-5015 or email mbanks@stonington-ct.gov.

HOUSING REHABILITATION LOAN PROGRAM

Thanks to an extensive collaboration with many staff, including members of the Human Services, Finance, Planning, and Selectman Offices, along with other issue experts, the Town of Stonington was able to put forward a meaningful new program for Stonington last year. Thanks to support from the Board of Finance and ultimately residents, the Housing Rehabilitation Program was funded with \$150,000 from the American Rescue Plan. The objective of the program is to improve housing occupied by low- and moderate-income households in the Town of Stonington. For more information, please reach out to: ADavis@stonington-ct.gov.

CAR REPAIR COSTS WEIGHING YOU DOWN?

Thanks to received American Rescue Plan funds, we may be able to help! Limited funds are available to assist eligible residents that are currently struggling to

get to work, school, medical appointments or other critical locations due to unsafe conditions with their vehicle. For more information, please reach out to: LTheodore@stonington-ct.gov.

ENERGY ASSISTANCE APPLICATIONS STILL AVAILABLE

TVCCA's Energy Assistance Program helps eligible residents pay their home heating bills during the cold winter months. Priority is given to "vulnerable households" with young children, elderly or disabled individuals. Applications are being taken remotely or in person. Please reach out to: ADavis@stonington-ct.gov and an application packet can be sent to you to complete and return along with the required documentation.

MEDICARE OPTIONS

Did you know that Human Services has a CHOICES counselor on staff offering phone appointments for Stonington residents to discuss Medicare options, including Medicare Supplemental/Medigap plans, Part D options and Medicare Savings Programs? Reach out today for an appointment to discuss your CHOICES: MBanks@stonington-ct.gov.



IN-HOME SERVICES *by seniors for seniors*



Keeping Seniors Independent At Home With:

- Companion Care
- Safety/ Supervision
- Meals
- Respite/ Vacation Coverage
- Short term 24/7
- Overnight Assistance
- Light Housekeeping
- and more...



Seniors Helping Seniors
...A WAY TO GIVE AND TO RECEIVE™

Like getting a little help from your friends.™

**NOW HIRING -
Great Extra Income For Seniors**

(860) 536-4767

34 Water St, Mystic, CT 06355

www.seniorcaremystic.com

Each office is independently owned and operated. Registered Homemaker and Companion Agency, HCA #257



STONINGTON HUMAN SERVICES

RECREATION

Serving as an advocate for meeting the recreational needs of all the residents within the Town of Stonington by providing youth and adults with an abundance of seasonal and year-round recreational opportunities. Residents can participate in camps, clinics, leagues, open runs, trips and fitness programs.

Richard Ward – Recreation Administrator, rward@stonington-ct.gov

Peter Christina – Recreation Program Coordinator, pchristina@stonington-ct.gov

PROGRAM LISTING AND REGISTRATION

<https://stonington.recdesk.com> We are pleased to offer program scholarships to resident families who are in financial need. Please call (860) 535-5015 for further information.

PAVILION RENTALS

The Town of Stonington Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$30/day. Call (860) 535-5015 to check availability. A required application is available on line and can be mailed or dropped at Stonington Human Services. Payment is required to reserve the space.



**FAR FLUNG
DISC GOLF**
AT SPELLMAN PARK

FREE and open for to the general public during normal park hours on a "year-round" basis. Come check what all the excitement is about with this growing sport. A limited number of beginner discs are available free of charge for those who are new to the sport or would like to try it for the first time. Contact discgolf@stonington-ct.gov to arrange a pick up and drop off time for all the equipment needed to get you on your way!

NEW TENNIS & PICKLEBALL COURTS

We are anticipating the Grand Re-Opening of our tennis and pickleball courts this coming spring. Details on a ribbon-cutting ceremony officially opening [6] tennis courts and [2] dedicated pickleball courts will be posted soon.

TENNIS – YOUTH & ADULT LESSONS

Details to come on a spring session once our new courts are re-opened. Instructor: George Crouse is a long-standing SHS coach, as well as USTA & USPTA trained. Young athletes will learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game.

PICKLEBALL – YOUTH & ADULT LESSONS

Pickleball is a badminton/tennis/ping-pong mashup that volleyed itself into one of the fastest growing sports in the U.S. Lessons are instructed by long time tennis coach GEORGE CROUSE. Coach Crouse is now a certified USPTA Pickleball instructor. Learn the rules, techniques, and strategies of this fasted pace game.

SOFTBALL – ADULT CO-ED LEAGUE AND MEN'S LEAGUE

Register as a team starting on March 1. Games held at Spellman Park. 1-2 games/week played weekday evenings, starting the last week in April through the end of June (schedule TBD). Organizational captains meeting will be held on Wed, April 12 at 7:00pm. Team fees: \$500 (paid on or before April 12); \$575 (if paid before the first scheduled game); or \$1,250 (if paid after the first scheduled game). E-mail pchristina@stonington-ct.gov or rward@stonington-ct.gov for additional information and registration forms.



NFL YOUTH FLAG FOOTBALL SPRING TOURNAMENT

Get back OUTSIDE for this one-day tournament! Registered players will be selected to a team by one of our coaches and play a minimum of (4) games. All participants will receive a tournament t-shirt.

Age: Coed – (2) Divisions: 8-10; 11-14

Dates: Ages 11-14: Sat, March 25

Ages 8-10; Sat, April 1

Times: 9am start time (schedule TBD) Championship around 1:30pm

Where: SPS District Office (former Pawcatuck Middle)

Fees: \$20/Resident; \$30/Non-Resident

NFL YOUTH FLAG FOOTBALL CO-ED FALL 2023 LEAGUE

Early bird registration starts April 1. Each team will practice 1/week, with games on Saturday. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and

character while safely learning how to play flag football. Teamwork and active participation are key components. Every child that registers will play. A skills day will be held in an effort to draft teams as evenly as possible. This is strictly a recreational league and commitment to the league will not conflict with other Fall sports. Each player will receive an Official NFL Flag reversible team jersey. Also, our coaches and referees will have access to amazing trainings and support tools to better teach and prepare for practices and games!

Age: (4) Divisions: 5-7; 8-9; 10-11; 12-14 (age as of Dec 31, 2022)

Dates: September-November (Schedule TBD)

Where: Spellman Park and/or SPS District Office

Early Bird Fees: \$95/Resident; \$115/Non-Resident (Regular season rates will be applied after June 1)



HIKE STONINGTON

Over 1,600 individuals (and growing!) have participated since 2016. A new lineup is offered each year, so gather friends and family members and #getoutside and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington! Participants who hike ALL of the trails during the course of one season will receive a one-of-a-kind t-shirt that you can proudly wear at the gym or in the park.

1st – REGISTER - IT's FREE! <https://stonington.recdesk.com/>

2nd – HIKE IT! The best part

3rd – TELL US ABOUT IT! (PICTURES WELCOME)

hikestonington@stonington-ct.gov

4th – GET YOUR T-SHIRT! Woohoo!

STONINGTON RECREATION TOWN SCAVENGER HUNT

Mark your calendar for our 4th Annual Hunt! Saturday, April 8 Details will be posted soon.

Cost: Free!! All you need is a car, a team (your family), a pen, a smartphone, some general knowledge about our town. "ON YOUR MARK... GET SET..."



THANK YOU FRANK PRACHNIAK, JR.

Thank you for your long-standing service and dedication to the Stonington Rec Commission over the years. We wish you all the best and hope to see you on the sidelines again real soon!



Held at Spellman Park behind Stonington High School. Our camp takes full advantage of on-site sports fields, playground, hiking trails and school facilities for safe, fun-filled weeks of summer time adventure.

Theme Days • Crafts • Sports • Fantastic Fridays
Wacky Wednesdays • Nature • Theater • Music
Camper Time Clubs and much, much more!

EARLY BIRD REGISTRATION STARTS FEBRUARY 1 - MAX of 125 campers!

For campers entering Grades 1-6 in Fall 2023.

Day/Date: Monday-Friday - June 26-August 18

Full Day: 8:00am-4:00pm

Early Bird Rates: Full Day, Full Summer: \$725/Residents; \$875/Non-Resident

Weekly Camp Themes: Join for any 1 (or more) of the [8] weeks we are in session!

Week 1 - (6/26-6/30) Color Wars

Week 2 - (7/3-7/7) Around The World

Week 3 - (7/10-7/14) Shark Week (will be Wet & Wild)

Week 4 - (7/17-7/21) Mission Impossible

Week 5 - (7/24-7/28) Back to the Future Week

Week 6 - (7/31-8/4) Shipwrecked

Week 7 -(8/7-8/11) Sports Spectacular!

Week 8 - (8/14-8/18) Campers Got Talent

Early Bird Weekly Rate: choose any one (or more) of the [8] weeks we are in session \$125/Residents; \$160/Non-resident. Early Bird Rates end Feb 28, 2023!





STONINGTON HUMAN SERVICES

— YOUTH & FAMILY SERVICES

The Youth & Family Division oversees both of the beautiful Town Community Garden(s) - located next door to the Human Services building, as well as on the green next to Town Hall. Both gardens consist of 4'x16' plots which are privately rented to residents interested in growing their own produce each year. If you are interested in renting a plot and becoming part of our garden family, please reach out to Kristen King (KKing@stonington-ct.gov).



2023-2024 SCHOOL YEAR PROGRAM HUMAN SERVICES PRESCHOOL

Every parent wants a nurturing environment for their young child's early education. Get off to a great start and enroll in our summer camp or school year program! Open to fully potty-trained children ages 3-5. Located within Stonington High School.

Monday-Friday (2, 3 and 5-day opportunities) – 9:00am-12:30pm – Quality, affordable program that encourages social, emotional, physical, and intellectual growth. Structured classroom setting with a well-balanced schedule of activities and weekly curriculum themes. Reach out to our Head Teacher to schedule a classroom tour today – Sstartz@stonington-ct.gov.

SUMMER FUN CAMP

Monday / Wednesday / Friday – 9:00am-12:00pm – A great introduction to a preschool setting for the younger child, as well as an opportunity to keep the current student engaged in classroom learning over the summer. Ocean-themed activities, water days and more!

The programs and services that are offered by the Youth and Family Services Division are done so as a means of promoting positive youth development and supporting improved family and community relations.

Kristen King – Youth & Family Services Administrator, kking@stonington-ct.gov

Sara Startz – Preschool Head Teacher, sstartz@stonington-ct.gov

Emily Hamm – Assistant Preschool Teacher/Program Coordinator, ehamm@stonington-ct.gov

Miranda Krause-Cahill – Counseling Supervisor, mcahill@stonington-ct.gov

Maribeth Scabill – Counselor

Nadeije Ahearn – Counselor

YOUNG ADULTS SOCIAL CLUB

Open to young adults with disabilities. Each session includes an opportunity for socialization while enjoying games, crafts and music, with a focus on various life skills and lessons. This group meets at a different location within the area in order to familiarize participants with what their community has to offer. Space is limited and pre-registration is required. For more information, please contact Kristen King – Kking@stonington-ct.gov.

WARNING:
**VAPING CAN CAUSE 5X THE
RISK OF HEART ATTACK**



“In 2022, about 1 in 10 or more than 2.5 million U.S. middle and high school students currently used e-cigarettes (past 30-day).” – US Food & Drug Administration

“It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.”- Johns Hopkins Medicine

If your child or a loved one is suffering from nicotine addiction, please contact your healthcare provider. You can also dial 211 for addiction resources.

****IF YOU ARE HAVING A MENTAL HEALTH
EMERGENCY YOU CAN DIAL 988 DIRECT TO
SPEAK TO SOMEONE 24/7. CALL 911 IF YOU
ARE HAVING THOUGHTS OF SELF-HARM.****



Thames Valley Council for Community Action, Inc.

TVCCA OFFERS IMPORTANT PROGRAMS FOR EXPECTING AND NEW PARENTS

The mission of the Alliance for Family Support is to empower Moms, Dads and Caregivers through pregnancy, child birth and into the first few years of child rearing. This amazing group of Family Support Providers and Visiting Nurses provide home visiting programs to families throughout Eastern CT. They can be valuable resources helping you to know what to expect, handle challenges and become the parent YOU want to be. Some of our programs have eligibility requirements and some only require that you ask. To receive additional information, contact us at 860-425-6549, rpierce@tvcca.org or visit TVCCA.org.

TVCCA WIC is a Supplemental Nutrition Program providing nutrition education and food benefits to eligible pregnant and postpartum women, and children from birth to age 5. Fathers, grandparents, foster parents or other guardians may apply for WIC for their children. WIC provides tailored food packages focusing on the individual needs of the family. You may be eligible for a monthly food benefit of \$60 or more! If

you currently receive Husky, SNAP or TANF benefits, you are automatically eligible! Call us today to see if you qualify at 860-425-6562 or 860-425-6620! You can also email us at wic.newlondon@tvcca.org or wic.norwich@tvcca.org

COMMUNITY VOLUNTEERS PROTECT SENIORS FROM HUNGER AND LONELINESS

TVCCA's Retired & Senior Volunteer Program (RSVP) pairs community members who are 55+ with elderly or disabled residents to provide friendly visiting and deliver Meals on Wheels. These services help to keep vulnerable seniors living at home for as long as possible. TVCCA's Senior Nutrition Program is a key component, providing freshly made, hot lunches to approximately 100 seniors that that have come to depend on these meals.

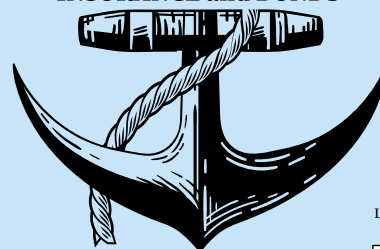
We are so thankful for our volunteers, without them this would not be possible. If you would like to volunteer, you can contact us at 860-425-6617, or gking@tvcca.org. Know a senior in need of Meals on Wheels? Call 860-934-1006.

Specializing in Business and High Value Home Insurance

401-944-9400 • www.cormackrouthier.com




CORMACK-ROUTHIER AGENCY, INC
INSURANCE and BONDS



Protecting Your Legacy



Learn More About our
Full Services Here:



Jim Bromage

Jim@CormackRouthier.com

Kathleen Marshall

Kathleen@CormackRouthier.com

Chorus Of Westerly Seeks New Members for The Foundations Chorus

The Chorus of Westerly invites adults of all musical abilities to join its Foundations Chorus. Designed for singers of all experience levels, the Foundations Chorus builds a supportive musical community while singing songs from a variety of genres and learning foundational knowledge that will allow members to become confident musicians. There are no auditions necessary to become a member of the Foundations Chorus.

"The Foundations Chorus is such a great community. I am a new singer, and it is so nice to be in a fun and supportive environment while learning a new skill", says Foundations member Sara Isaacs.

Created in 2020, the Foundations Chorus has approximately 50 members and meets on Monday nights from 7pm to 8:30pm at the George Kent Performance Hall. The program will be directed this coming semester by Dr. Audrey Cardany. Dr. Cardany is Associate Professor of Music and Director of Music Education at the University of Rhode Island.

To learn more or to join the Foundations Chorus, visit chorusofwesterly.org/join, email info@chorusofwesterly.org, or call 401-596-8663.



Salt Marsh Opera Presents Kids Love Opera!

Experiencing masterworks of composers like Mozart, Rossini, and Puccini fuels kids' imaginations about performing arts careers including singing, playing instruments, or designing sets, lighting, or costume design.

Salt Marsh Opera will perform Mozart's musical fairy tale *The Magic Flute* in Westerly, RI with Music Director Ben Hansen and Brian Cheney as Stage Director. *The Magic Flute* is the story of darkness, light, and finding your way in the world. It takes the form of Singspiel which includes singing and spoken dialogue. This opera premiered on September 30th, 1791 in Vienna, just two months before Mozart's death.

The Salt Marsh Opera Performance will be at The United Theatre in Westerly, RI., Friday, March 31 at 7:00PM. Tickets for the United Theatre Performance are available at unitedtheatre.org.



WATERFORD | MYSTIC

EAR
NOSE &
THROAT
ASSOCIATES OF SECT



Russell Otto, PA-C, Frank Dellacono, MD
David Boisoeneau, MD, Richard Vincent, MD

Proudly treating all generations from infants to adults. Comprehensive care for all of your Ear, Nose & Throat problems, including allergy testing and treatment.

WATERFORD
201 BOSTON POST RD.
(860) 442-0407
ROUTE 1 IN WATERFORD
AND RIGHT OFF OF
ROUTE 1 IN MYSTIC
MYSTIC
14 MASON'S ISLAND RD.
(860) 536-3078



Licensed Audiologists (left to right)
BETHANY C. BONNANO, AU.D, CCC-A;
NANCY TROSTLER, AU.D, CCC-A,
CHRISTINE H. KENDALL, MA

A SPECIAL THANK YOU TO OUR HARD WORKING STAFF!



Two (Always Home) Hearts Are Better Than One

When you think of iconic duos (Sherlock Holmes & Dr. Watson, Batman & Robin, Ginger Rogers & Fred Astaire to name a few), their power is in their partnership. Betty and Bill Smith are such a duo, having worked with shared purpose and drive to advance Always Home's mission.

"Betty and Bill made Preventing Family Homelessness their personal mission," said Tricia Cunningham, Always Home's Executive Director. "During their years of service, they expanded Always Home's visibility and increased the number of families we serve every year." She added, "At the heart of all their work was a single motivation - to protect children from experiencing the trauma of homelessness."

You can make a difference in a child's life too! On Friday, April 21, 2023, Always Home will honor the Smiths at the organization's annual Heart to Heart Gala. Held at the Mystic Marriott Hotel & Spa in Groton from 6:00 pm – 10:30 pm, this springtime celebration will include a three-course gourmet dinner, live and silent auctions, music and dancing. Everyone is invited to join the Smiths and other friends of Always Home as we raise support for families in housing crisis.

Visit ALWAYSHOME.ORG for details and tickets.

Green Planet Films

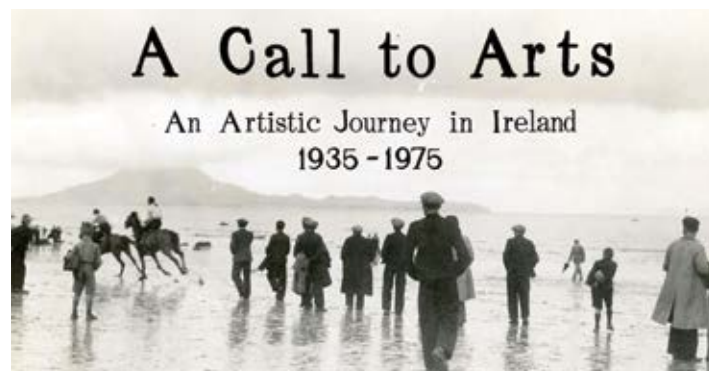
Stonington residents Chris Kepple and Dale Degroff team up for special pre St. Patrick's Day screening of Kepple's film *A Call to Arts*, as well as a brief history and tasting of the Irish Coffee by Degroff at the United Theatre on Thursday March 9, 2023 at 7pm.

Get ready for Saint Patricks Day with an Irish Coffee and a film about Irish rebel and writer Ernie O'Malley and Connecticut artist Helen Hooker. Shot in Stonington, Connecticut and in various locations in Ireland including Dublin, Limerick and Newport, *A Call to Arts* is a film about love, art, revolution and Ireland. *A Call to Arts* premiered on the RTÉ Network in Ireland and Connecticut Public Television in 2020.

"It is a wonderful piece of work - fascinating for the political and personal histories it reveals; lively in its expert contributors and visually very rewarding - not least for Helen's beautiful and important photographic and sculptural works."

Sunniva O'Flynn - Head of Irish Film Programming at the Irish Film Institute

Dale DeGroff is the author of the *Craft of Cocktail* and winner of two James Beard Awards, the TOC Lifetime Achievement Award, and Wine Enthusiast's 2018 Cocktail Legend Award, among others.



Eugene Atwood Fund

The Eugene Atwood Fund continues to honor their mission to aid deserving and industrious young people who are making an honest effort to accomplish the best results in life as they embark on their 106th year of programs supporting New London County area students.

Applications for their Trade/Tech School and Certification/Licensing Interest Free Loan Program are currently being accepted on a rolling basis. Students must be New London County residents and attending a trade/tech school or acquiring certification/licensing for their career. The application process will close to new



applicants when the allotted funding has been disbursed and/or on February 28, 2023, whichever comes first. Applications will reopen again in May of 2023 when funding becomes available.

Applications continue to be accepted for their College Bound Interest Free Loan Program as well as their award programs through February 28, 2023. The awards include the Eugene Atwood Award for academic achievement and the Eugene Atwood Innovation Award to fund the purchase of tools/equipment needed for students pursuing a career in a trade. Nominations for the awards are completed by area high school principals. For info visit www.eugeneatwoodfund.org or contact Stacey Haskell at 860.535.0005.



Wild About Outdoor Fun at the Nature Center

While our trails might be frosty right now, we're busy dreaming about summer outdoor fun for kids at Denison Pequotsepos Nature Center! You could say we're just wild about adventuring, exploring and learning about our animals, woods, meadows, streams and local habitats at Summer Nature Camp.

Kayaking, fishing, hiking, swimming, off-shore exploring, building forts, meeting live animals are all on the menu for our summer campers! Whether at our woodland campus or at locations around southeastern CT, our summer day camps for ages 3 to 15 inspire an understanding of the natural world and our role as part of it.

For families seeking a full day of outdoor adventure and enrichment for their children in the summer, we offer our popular Neighbors & Nature program, with child care hours from 7 am to 6 pm. At Neighbors & Nature we spend our days outdoors, be it in our nature playground, on the farm, finding adventure and history on the trails at Coogan Farm or in the Giving Garden.

At both Summer Nature Camp and at Neighbors & Nature, children learn how to be a good steward of the natural world, develop social skills and get exercise through exploration, creative games and activities, free play and more! For summer program information, find us at dpnc.org.

La Grua Center

SATURDAY, FEBRUARY 25 AT 10:30AM -

Family Concert. Join Mozart for Munchkins led by GRAMMY nominated trumpeter Alphonso Horne for a jazz program for kids and their grown-ups! This interactive program features jazz favorites and tunes to get everyone groovin' and moving and ends with an "instrument petting zoo" for kids to meet the instruments up close. Sponsored by Chelsea Groton Foundation. Tickets: \$5, children under 5: free

SATURDAY, FEBRUARY 25 AT 2PM - Printmaking

Workshop. Come explore the world of printmakers with artist Donna Frustere! Students will learn the basics of monoprint and monotyping, learning how to print, register, and create a pattern linoleum, wood, and gell plates, exploring rainbow rolls, other color mixing techniques, and the versatility of a print! Ages teen-adult. Tickets \$10

FRIDAY, MARCH 3, 5-7PM - Exhibit Opening~

Celebrating Our Region's Emerging Artists. This exhibit will feature works in various styles and media of our region's young and emerging artists from area high schools, including Fitch, Ledyard, Stonington, Westerly, and Wheeler. Fresh, bold, expressive -- these are works that will inspire you! Suggested donation \$5.

SATURDAY, MARCH 18 AT 5PM - Music Matters~

The Very First Piano. Pianist Artem Belogurov returns to La Grua Center to play the North American debut of Baroque piano à la Cristofori (1726), by Kerstin Schwarz (2020). Tickets \$20 online or \$25 at the door.

WEDNESDAY, MARCH 22 AT 6PM - History of the

Mohegan Tribe. Outreach and Traditions Specialist for the Mohegan Tribe David Eichelberg will speak about the history of the Mohegan Tribe and will discuss different tribal oral traditions, beliefs, music, and sacred practices in an interactive setting. Suggested donation \$5. Sponsored by CT Humanities.

WEDNESDAY, MARCH 29 AT 6PM - Dinner with

the President ~ Food, Politics, and a History of Breaking Bread at the White House, with Alex Prud'homme. Author and journalist Alex Prud'homme will discuss his latest book, an entertaining, well-researched, politically tinged gastronomic history of what our presidents have liked to eat and will also share recipes. Co-presented with Bank Square Books. Ticket information online

WEDNESDAY, APRIL 12 AT 6PM - The Makers of

Moromi Soy Sauce. Bob Florence, James Wayman, and Debbi Michiko Florence, founders of Moromi, a North Stonington based company, will speak about creating handcrafted seasonings using traditional fermentation techniques with koji and natural microbiome to transform a variety of local ingredients into unique sauces and condiments. Part of this talk will also include a hyper-local food tasting with their products. Suggested donation \$5. Sponsored by CT Humanities.

New Heights Partners with YMCA on Fitness, Nutrition Programming

New Heights, a Pawcatuck, Connecticut-based program for adults with disabilities, partners with the Ocean Community YMCA to implement a wellness curriculum that seeks to make fitness and nutrition education more accessible and inviting for individuals with disabilities. Participants exercise by playing wiffle ball, challenging the climbing wall, swimming, hiking, and doing yoga. Even life skills such as eating healthy are practiced in real-time, with YMCA staff encouraging students to participate in hands-on activities like making nutritional snacks and practicing mindfulness.

New Heights is a program of Vista Life Innovations, a nationally accredited post-secondary training program dedicated to the personal development of individuals with disabilities. Since the beginning of the partnership with the YMCA nearly a year ago, New Heights Students have experienced growth not only in their fitness and health but in their life skills and independence. For more information, please visit www.eugeneatwoodfund.org or contact Stacey Haskell at 860.535.0005.

Mystic Chamber of Commerce

The Greater Mystic Chamber of Commerce team is currently planning our events for 2023. For the second year Yogapalooza will take place on the Summer Solstice, June 21st, on the Avery Point Campus of the University of Connecticut. Local yoga instructors will be teaching on campus with Long Island Sound as the backdrop. Float Ella, music on the water on the Mystic River will take place July 8th and the Mystic Outdoor Art Festival will follow the Mystic River into the Mystic Seaport with over 225 artists on August 12th and 13th. All of our event information can be found at Mysticchamber.org.

The Chamber is also proud to announce that we will be in the Visitor Center all of 2023 and look forward to seeing the members of the community stop in. We are still celebrating the Bridge Anniversary but will also be featuring additional history of the area. In addition, we will once again be accepting art work featuring Mystic from local artists.

Make a difference in your community by volunteering. An opportunity to take part in events and network with professionals in the area, all while making a difference! Need volunteer hours for school, religious or extra-curricular purposes? Contact Morgan at (860) 572-9578 or email morgan@mysticchamber.org.

Mystic & Noank Library

Join the Mystic & Noank Library on Thursday, February 16 at 6:00 PM for a presentation with David Snediker of Snediker Yacht Restoration. David will discuss the story of DORIS, the 1905, 78', Herreshoff yacht, that is being restored at Snediker Yacht Restoration. Built in Bristol, Rhode Island, in 1905, by the Herreshoff Manufacturing Co., DORIS changed the course of American yachting and has been given National Historic Register recognition. The restoration is on course for completion in 2025. This lecture will be held upstairs in the Spicer Reading Room.

You are then invited to a visit with DORIS on Saturday, February 18 at 10:00 AM at the Snediker Yacht Restoration boat shop in Old Mystic. There is no cost to attend, but registration is limited to 25. We encourage attendees of the tour to donate what they can to support the library.

Register for this program and all our upcoming events at mysticnoanklibrary.org or by calling the library at (860) 536-7721.




**Over 3500 square foot
FLOORING Showroom**
CUSTOM RUGS AVAILABLE

**FOR THE BEST SERVICE,
SELECTION & PRICE.**



**PROFESSIONAL
INSTALLATION**

**Free
Estimates!**
Call for Appointment
401-783-8020

 Follow us on Facebook
rawlingsfloor.com

Pottery at the COMO

Dig into Clay with Pottery at the COMO. Members save \$30!

Pottery with Grace \$290

Saturday 9-11:30am, March 25-May 13, 2023

Thursday 6-8:30pm, March 23-May 11

Wednesday 1-3:30pm, March 22-May 10

Youth Wheel Pottery, Wednesday 4-6pm, March 22-May 10 (Ages 9-15, \$210)

Pottery with Justin \$345

Tuesday 3-5:30pm and 6-8:30pm, March 7-April 25

Thursday 12-2:30pm, March 30-May 18

Meet the Pottery Instructors:

Grace Hanlon earned a BFA from Alfred University, with a focus in ceramics, and minors in Arts Management and Art History. Grace's work has been exhibited in galleries in around New England, including a solo exhibition at Blaze and Bloom, in Connecticut, and an exhibition at Studio 550Art Center, New Hampshire juried by Ruth Easterbrook.

Justin Gerace is an instructor of ceramics at Salve Regina University in Newport, RI, and has a K-12 Art Education certification, B.F.A. in ceramics from New Hampshire Institute of Art, and a M.F.A. in ceramics from Bowling Green State University. Justin has exhibited his work nationwide, and is currently represented by Spectrum Gallery in Essex, CT and Creative Hands Gallery in Cape Cod, MA.

Ocean Community Chamber of Commerce

The annual Pawcatuck River Rubber Duck Race will take place on April 29 in downtown Pawcatuck. Food, games and a bounce house will be available before and after the race. Sponsor a duck for \$5 to support local schools and charities. There are more than 100 prizes available including a family trip for 4 to Disney World. Oceanchamber.org
401-596-7761



WHAT IF A 20-MINUTE WORKOUT REALLY WORKED?

» BETTER RESULTS

» LESS TIME

» MORE MOTIVATION

TRY 2 FREE SESSIONS



The **Exercise** Coach.

Call or Text (860) 785-6450
www.exercisecoach.com

428 Long Hill Road, Ste 205
Groton, CT 06340



Pawcatuck Neighborhood Center

SENIOR CENTER ACTIVITIES

Chair Yoga, Music & Movement, Tai Chi, Book Club, Line Dancing, Balance & Beyond, Painting, VNA Foot Clinic, Life Stories Writing Group, BINGO – Volunteers needed in social service areas listed below.

SPECIAL LUNCHES OFFERED

No cost for above-lunches. Registration required on-line or by calling (860) 599- 3285, ext. 102. **February 14th** Valentine's Day Lunch featuring chocolate samples. **March 17th** St. Patrick's Day Lunch featuring traditional Irish meal. **April 12th** Spring Lunch featuring soups and salads.

COMMUNITY EVENTS

Pawcatuck Lions full breakfast each 1st and 3rd Friday.
Grief Support Group Tuesdays at 1:00
Caregiver Support Group Thursdays at 1:00
Alcoholics Anonymous Fridays at noon
TVCCA Veterans Coffee Hour 2nd and 4th Thursdays
Coffee hour hosted by ARC Tuesdays at 10:00
Unexpected Treasures Thrift Store
Open Monday through Friday, 9:00 to 3:30

FOOD CENTER

Fresh fruits and vegetables, meat, fish, milk from a local dairy and non-perishable food available on a weekly basis. Hygiene items, pet food and cleaning supplies also provided at no cost.

KEEPING BABIES WARM AND WELL

Diapers & wipes available on a weekly basis – No cost

WEEKEND BACKPACK FOOD FOR KIDS

Weekend meals provided for school age children – meat, fresh fruits/veggies, cereal, snacks, bread, milk, dairy and desserts

Stop by the Pawcatuck Neighborhood Center at 27 Chase Street, and learn how you can get involved. Open Monday through Friday, 9 to 3:30.

Mystic Knotwork
Handmade Nautical Decor

25 Cottrell St., 2 Holmes St. Mystic, CT 860.889.3793
MysticKnotwork.com

Stonington Farmers' Market

The Stonington Village Improvement Association (SVIA) wishes to remind everyone that its Stonington Farmers' Market is held every Saturday from 9 am to 12 pm indoors at the Velvet Mill, 22 Bayview Avenue.



The Market offers a wide variety of vendors selling fresh locally-sourced produce, fish, meat, cheese, bread, dairy products, and other interesting food items as well as crafts such as jewelry, pottery, and textiles.

The SVIA is a non-profit organization whose mission is to enrich the quality of life in Stonington Village by encouraging and supporting activities that enhance our many cultural and recreational gifts for the benefit of all. Please visit our website at www.sviastonington.org/farmers-market to learn more and follow "Stonington Village Farmers' Market" on Facebook and "stoningtonfarmersmarket" on Instagram for weekly announcements.

To be added to our mailing list for weekly market updates, please send your name and email address to farmersmarket@sviastonington.org.

15% off ON all new Fabric orders

It's time to spruce up your home for Spring!
Sale ends March 15, 2023

FABRIC GALLERY

- First Quality Fabrics
- In Stock and Samples
- Outdoor Selections
- Design Assistance
- Custom Fabrication

Because Your Home Matters to You!

Cushions • Custom Bedding • Custom Lampshades • Hardware (Rods) • Pillows
Slipcovers • Shades • Shutters • Trims • Upholstery • Window Treatments • Wallpaper

Tuesday, Wednesday & Friday 10 am – 5:00 pm
Thursday 10 am – 6 pm * Saturday 11 am – 3 pm
Sunday and Monday closed

606 Ten Rod Road, North Kingstown, RI 02852
401-295-2760 • FabricGalleryRI.com



Stand Up For Animals (SUFA) is an independent 501c3 non-profit organization. As part of our mission, we support a trap, neuter release program (TNR), financially assist families in our service area with pet emergency expenses, and support the medical and preventative needs of shelter animals

We strive to ensure that every animal is treated with compassion and to assist those who care for them. And, through our OSCAR ALERTS for missing pets, we make every possible effort to return an animal to its owner. Visit us at standupforanimals.org, click the QR code above or call (401) 348-9595.

PINS FOR PETS BOWLATHON

Saturday, March 25 at Alley Katz Bowling Center in Westerly.

WHO KILLED JOEY SUFA MURDER MYSTERY

Saturday, April 29 at the Calabrese Club in Westerly. Dress the part if you choose and solve the mystery!

Stonington Free Library

The Stonington Free Library is open seven days a week— Monday-Thursday 10 to 7, Friday 10 to 5, Saturday & Sunday 10 to 3.

Join the library's winter reading challenge for our youngest patrons, 50 to Grow On, which continues until March 31. Children's Story Time meets on Mondays at 10:30 a.m. through April 3. For adults, Knitting Group meets Wednesdays from 1-3. Library Book Group meets the 2nd Thursday of each month at 2pm. Visit the library for monthly Grab & Go activities for children and adults.

In addition to books, newspapers, magazines, jigsaw puzzles and DVDs, the library offers free WiFi inside and outside the building, print, scan, copy and fax service, laptops, chromebooks, WiFi hotspots, and Nintendo Switch games and consoles. Our digital offerings—e-books, audio books, programs on YouTube, Kanopy, Hoopla, PressReader, and LinkedIn Learning—are available to our card holders free of charge.

Check our website www.stoningtonfreelibrary.org for the latest details. Our website also includes instructions on how to access all these offerings. To get a library card, visit our website, call 860-535-0658, or email stonlib@stoningtonfreelibrary.org.



Servicing the East Coast Since 1946

RESIDENTIAL & COMMERCIAL

 **ROOFING**

 **WINDOWS**

 **SIDING**

 **GUTTERS**

 **INSPECTIONS**

 **SERVICE & REPAIRS**

PawcatuckRoofing.com

For Your Free Quote, Call 860-599-1024!





Ocean Community YMCA

Ocean Community YMCA's Naik Family Branch offers a premiere summer camp experience for children ages 4-15 at YMCA Camp Cove, located on the shores of the Mystic River. Research shows that camp experiences increase a child's confidence, self-esteem, social skills, independence, leadership, and sense of adventure and positive connection to nature. Camp is a natural extension of the classroom. By participating in strategically planned, structured summer experiences like camp, children reduce summer learning loss.

Camp is full of fun and excitement, but it is so much more — developing children who are better equipped to lead with twenty-first century skills such as independence, empathy, and the ability to work as part of a team.

Camp Cove is accredited by the American Camp Association (ACA). Camp Cove has submitted to a thorough review (up to 266 standards) of its operation by the American Camp Association (ACA) — from staff qualifications and training to emergency management — and complied with the highest standards in the industry.

Registration opens February 1st. Families are encouraged to register early to ensure the session(s) of their choice. Scholarships are available through our Y-Cares financial assistance program. For more information, visit our website oceancommunityymca.org or please call 860-536-3575.



BUCKLER-JOHNSTON
FUNERAL HOME



S.R. AVERY
FUNERAL HOME

HONOR • REMEMBER • CELEBRATE

BUCKLER-JOHNSTON FUNERAL HOME

121 Main St., Westerly, RI 401-596-2465

John G. Weeden • Michele J. Wegner
Licensed Funeral Directors & Embalmers

Servicing All Faiths, Preplanning & Cremation Services Available

S.R. AVERY FUNERAL HOME

Bank St., Hope Valley, RI 401-539-2271

Westerly Library & Wilcox Park Mini-Golf Course

18-HOLE INDOOR MINI GOLF COURSE

This spring, Westerly Library will be transformed into an 18-hole indoor mini golf course for 2 days only:

Friday, April 21 | Adult Mini Golf (Ages 21+)

2 Tee-off Times: 5:30pm or 7:00pm, \$45 per player, Teams of four welcome. Food Stations, Beer, Wine and Premium Prizes included.

Saturday, April 22 | All Ages Mini Golf

2 Tee-off Times: 9:30am or 11:00am, or walk in as available, \$5 per player or \$20 per family max.

The public is invited to play mini golf between the stacks in the library for a truly unique fundraiser: Caddy Stacks. Each hole will be literary themed with creative obstacles. Golfers will have the chance to win prizes and participate in a raffle. Advanced registration is required. Visit www.westerlylibrary.org/calendar-of-events for details and to purchase tickets.

Westerly Library and Wilcox Park is a private non-profit organization dedicated to serving the communities of Westerly and Stonington, conveniently located in the heart of downtown Westerly at 44 Broad Street. Our library is open Monday through Thursday 9 am to 8 pm, Friday 9 am to 6 pm, and Saturday 9 am to 4 pm. Wilcox Park is open daily from dawn to 9 pm.

We offer so much more in addition to books, newspapers, magazines DVDs and audiobooks. The library has Wi-Fi access inside and outside the building, with services for printing, faxing and copying available as well. We loan out museum passes, hotspots, tablets and much more—come check out our Library of Things for fun non-traditional loans! Our digital offerings also include services with Overdrive, Kanopy, Hoopla, and Newsbank. We even have a seed library!

We have various programs and events for all ages including family storytimes and baby playtimes, take and makes and crafting, author talks and book clubs, groups for knitters, quilters and cookbook lovers, makerspace and chess club, video and tabletop games, language classes, gardening and much more. You can find our up to date offerings and more information on getting a library card with us on our website at www.westerlylibrary.org or call 401-596-2877.





Westerly
JEWELRY
SINCE 1934

*88 Years of Quality
& Service
We Buy Gold & Silver*



8 High Street, Westerly, RI
(401) 596-2314 • westerlyjewelry.com

*Some restrictions apply. Not to be combined with other offers.
Call for holiday hours.



Zoë & Co.

Professional Bra Fitters

69 High Street
Westerly,
RI 02891
401-596-8050





From Our Garage to Yours

ANTONINO AUTO GROUP

antoninoautogroup.com



Antonino Acura
Groton, CT ♦ (860) 448-1299
AntoninoAcura.com

Girard Nissan
Groton, CT ♦ (860) 448-0050
GirardNissan.com



BMW of New London
New London, CT ♦ (860) 447-3141
BMWofNewLondon.com

Girard Toyota
New London, CT ♦ (860) 447-3141
GirardToyota.com



Charles Toyota
Norwich, CT ♦ (860) 889-8375
CharlesToyota.com

Nissan of Norwich
Norwich, CT ♦ (860) 892-6000
NissanofNorwich.com



Girard Ford
Norwich, CT ♦ (860) 889-2601
GirardFord.com

Toyota of Colchester
Colchester, CT ♦ (860) 537-2468
ToyotaofColchester.com

8 DEALERSHIPS & SERVICE CENTERS • 5 MANUFACTURERS
5 COLLISION CENTERS • ONE FAMILY



STONINGTON HUMAN SERVICES

166 South Broad Street
Pawcatuck, CT 06379

Move beyond your expectations.

Contact me today to discuss today's unique market and for all of your real estate needs!



AVAILABLE – PRICE IMPROVEMENT

1 WATER STREET, MYSTIC | COMMERCIAL | \$1,750,000



UNDER DEPOSIT

46 PEARL STREET, MYSTIC | \$1,149,900



NEW TO MARKET

61 DENISON AVENUE MYSTIC | \$699,900



JON ARRUDA

REALTOR®

m: 860.574.5470

jarruda@wpsir.com

jonarruda.williamspitt.com

Mystic Brokerage: 41 Williams Avenue, Mystic



William
Pitt

Sotheby's
INTERNATIONAL REALTY

Each Office is Independently Owned and Operated.