

The Post Road Review



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Celebrate East Lyme!

Join us on Saturday, July 18th when we transform nearly a 1-mile section of Pennsylvania Avenue/Main Street, closing the area for our premier festival by the sea, from 1:00 p.m. to 10:00 p.m.

Our annual summer celebration will end with a spectacular fireworks display over Niantic Bay, sponsored by Dominion Energy – Millstone Power Station.

Drawing an estimated 50 thousand people from around the region, this premier street festival has something to offer for everyone. Don't miss over 200 vendors lining Main Street, showcasing the artisans, community groups and businesses that make East Lyme a place to celebrate!

Celebrate East Lyme is coordinated by the Town of East Lyme, its citizens, and the East Lyme Business Community as a way to recognize and promote the many businesses, community groups and artisans who live here, all while enjoying an old-fashioned summer festival by the sea. The event could not happen without the hard work, energy and enthusiasm of the Town's staff.

The Fire Marshal's office and Niantic Fire Department oversee the fireworks display, and, along with the East Lyme Police, ensure our safety before, during and after the event.

The Public Works crew help with logistics throughout the event, from moving and setting up tables, chairs, and whatever else is needed, to cleaning up the street after all the celebrants are gone. We sincerely thank them all, and anyone else on the staff we may have omitted.

If you have interest in volunteering, vending or sponsoring our special summer bash by the bay, please email the Recreation Supervisor at ParkInfo@eltownhall.com.

A variety of activities will provide hours of entertainment for our residents and visitors alike. The celebration will end with some of the area's best fireworks, in a display over Niantic Bay designed and

continued on pg 43



Photo credit: Ron Lizzi / GoOutsideBook.com

NEW HOME IMPROVEMENT AND SERVICES SECTION PG 44-45

NEW CROSSWORD PUZZLE.....PG 27

SPONSORED BY MICHAEL WHALEN ~ FARMER'S INSURANCE

JULY TIDE CHART.....PG 42

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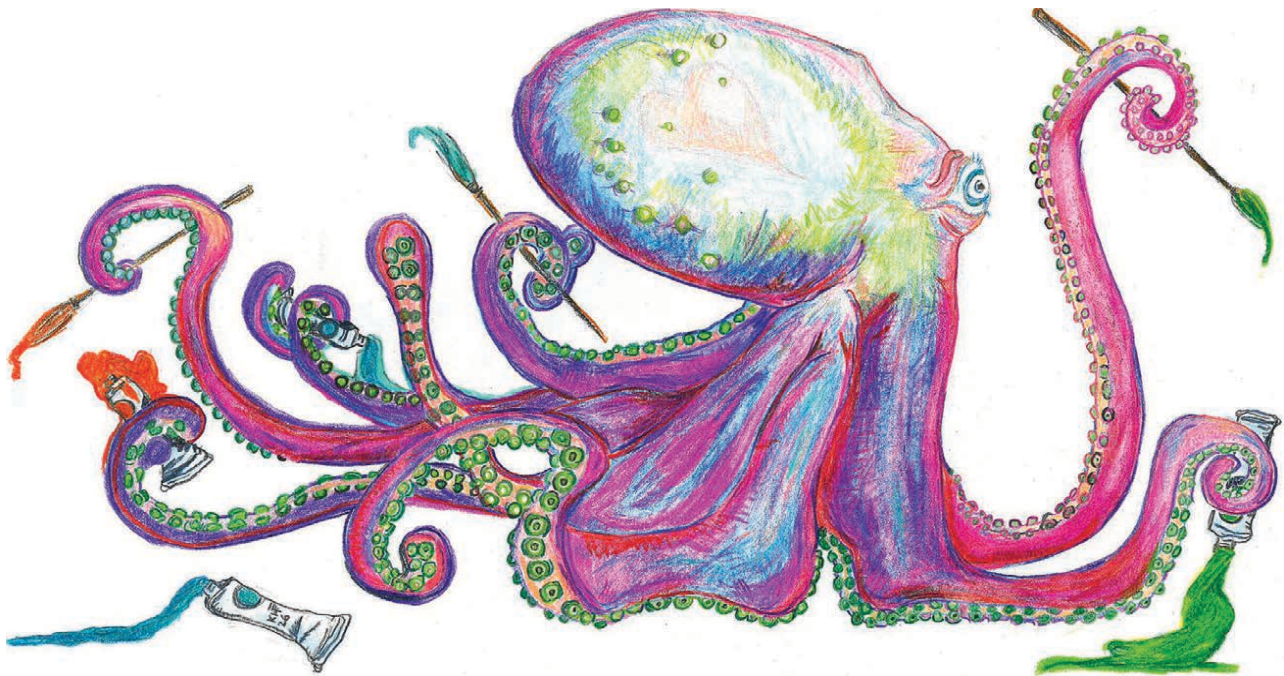
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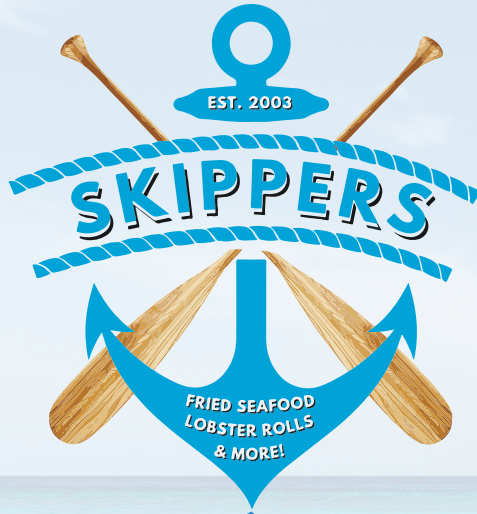
Drawing @ By The Bay on July 22, 2026 @ 1:00 pm
215 Main Street, Niantic. Need not be present to win.

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McCook's Park Beach 2026 Summer Concert Series

Concerts are back at McCook Point Park this summer! There is a fantastic lineup of performers offering a variety of genres set for Wednesday's on the beach and Friday's in the bandshell! Support local eateries by dining in or getting takeout to enjoy at the park while listening to some great tunes.

Parking passes will not be needed to enter the park beginning at 5 p.m. on concert evenings and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted.

Wednesdays: 6-8 p.m. at McCooks Main Beach

Wed 7/1 Secret Lita

Wed 7/8 Red Lion

Wed 7/15 Three 57

Wed 7/22 The Berkshires

Wed 7/29 Azalea Drive

Wed 8/5 Low Tiders

Wed 8/12 3 Hours Later

Wed 8/19 Boat House Blues Band

Wed 8/26 Five Bean Row

Fridays: 6-8 p.m. at McCooks Bandshell

Fri 7/3 Nick Bosse

Fri 7/10 Wicked Peach

Fri 7/17 Sugar

Fri 7/24 Feedback

Fri 7/31 Mick Louis Band

Fri 8/7 Nightshift

Fri 8/14 Chris Marra Band

Fri 8/21 Shaded Soul Band

Fri 8/28 Rusty Nutz

McCook Point Park & Beach is located at 4 Atlantic St. Niantic.

For more information visit <https://www.facebook.com/eastlymeparks>.

East Lyme Historical Society July 4th Weekend Flea Market

July 4th and 5th

9 a.m. to 4 p.m.

228 West Main Street, Niantic CT

Antiques, Collectibles, and Hand Crafts items

Come find your next treasure and don't forget to take a tour of the Thomas Lee House. Free Parking and Admission for the Flea Market. Free Guided tours of the Lee house.

The Post Road Review

Serving the communities of East Lyme,
Flanders, Niantic and Waterford

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Friday, July 17th • 6pm-10pm

Saturday, July 18th • 3pm-10pm

Sunday, July 19th • Noon-5pm

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Servio Wilches, PA-C, is a dedicated board certified Physician Assistant with over 13 years of experience in child and Adolescent medicine. Servio is fluent in both English and Spanish providing compassionate, family-centered care at ELPC since Feb. 2026. He is committed to creating a welcoming and supportive environment for children and parents while delivering evidence-based pediatric care focused on both immediate concerns and long term wellness.

Their expertise and dedication to children's health will help us continue providing compassionate, high-quality pediatric care for families throughout our community.



Cassidy McCarns, APRN, grew up in Branford, Connecticut, after working on the west coast as an APRN she recently relocated back to South Eastern Connecticut. Cassidy graduated from Bates College with a degree in Anthropology and earned her Master of Science in Nursing from Yale University in 2022. Cassidy is a board certified Nurse Practitioner, her warm approach and commitment to excellence make her a wonderful addition to our practice.

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Niantic Bay Playhouse Presents *Anastasia*

The Niantic Bay Playhouse, located at 279 Main Street, Niantic, presents *Anastasia* on the following dates:

July 16th 7:30 p.m.
July 17th 7:30 p.m.
July 18th 7:30 p.m.
July 19th 2 p.m.
July 23rd 7:30 p.m.
July 24th 7:30 p.m.
July 25th 4 p.m.
July 26th 2 p.m.
July 30th 7:30 p.m.
July 31st 7:30 p.m.
August 1st 4 p.m.

For more information and to purchase tickets visit <https://www.nianticbayplayhouse.org>.

The Thomas Lee House 2026 Season

228 West Main Street, Niantic

Wednesday thru Sunday

Starting July 4th through September 6th

1:00 p.m. - 4:00 p.m.

Plan on visiting this summer in celebration of our country's semiquincentennial. Built in the late 1600s and already 100 years old during the Revolution. The Lee family called this area home and lived here through the late 1800s when its history was almost lost. Already out of the hands of the family, in 1914 the ladies of the East Lyme Historical Society (founded 1897) saw its historical value and saved it from destruction. In 1915 after minimal renovations the Thomas Lee house was opened to the public. Their vision is preserved to this day, with minimal or necessary preservations done over the years.

Docents bring their own unique interpretations as they guide you back through time before we were the town of East Lyme and before the establishment of the USA.

The Society is an all volunteer organization including the Board Members and rely on the generosity of donations in order to maintain this piece of our town's history.

We look forward to your visit. Questions and inquiries please contact us at: info@eastlymehistoricalsociety.org

Clean Leaves Wanted

The East Lyme Giving Garden, would like to invite persons that have "clean" leaves in the fall, (or any time), to bring their leaves to their Organic Garden. Mulch must be free of pesticides or herbicides. If gathered, as soon as they drop from trees, this should be no problem.

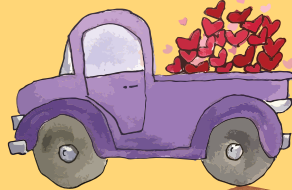
The Giving Garden is located at 4 Church Lane in East Lyme, on the property of Flanders Baptist Community Church. They are blessed by the Church to use their land which is a 4 acre plot, to grow and donate nutritious organic produce. All of the produce is sent to the United Way Gemma Moran Food Center in New London, which is then distributed with other donated produce to local pantries throughout Southeastern CT.

The leaves can be brought to the Garden ANYTIME. However, the regular working hours for volunteers are Tuesday, Thursday, and Saturday mornings. Summer hours are 8-10 a.m. In the cooler months hours are 9-11 a.m. on those same days.

Volunteers work through mid to late November, and start up again by early March, once snow has melted away.

Leaves can be brought to the gate anytime that is convenient from March to late November.

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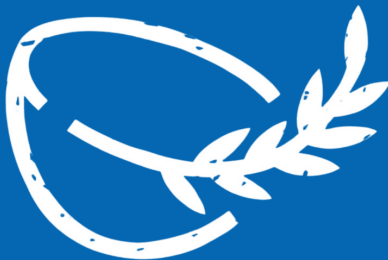


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26.03

Lyme Disease and Co-Infection – Myths, truths & treatments

Part II: Taking oral remedies as preventive and immediate treatment for potential lyme and co-infection.

Last month's article was about strong, immediate and persistent treatment of a tick bite site with a variety of wholistic remedies as well as several myths, do's and don'ts regarding tick bites which you can find on NianticAcupuncture.com/blog. In this article I present several oral remedies I suggest taking once bitten as well as suggestions of how to save and send the tick for testing if you do start feeling ill after the bite. If you begin having symptoms of any kind, you do need to be seen by a doctor that takes tick bites, lyme disease and its co-infections seriously for appropriate treatment which most often is doxycycline.

These are things I will do immediately if I find a tick has bitten to treat any possible potential infection These recommendations are for people 40 pounds and up.

Colloidal silver (500 PPM) – Take 1/4 teaspoon twice a day by mouth or (250 PPM) take 1/2 Teaspoon twice a day. I would continue this for two weeks and if there are no symptoms of disease, you can stop. Ledum palustre homeopathic remedy by Boiron (30c) – Take 2-3 pellets under tongue, every 4 hours. Allow to melt on clean mucus membranes (no water or food 15 minutes before and after taking). Continue taking ledum twice a day for 3 days.

A Comprehensive mushroom formula either tincture, capsules or powder and double the dose recommended on whatever brand you buy. I tend to use Host Defense Comprehensive Immunity, also known as Mycommunity. Often mushroom formulas in powder are more powerful than the tincture form. I suggest taking this for quite a few months to assist in strengthening your immune system.

A Japanese knotweed formula or just plain Japanese knotweed in tincture or capsule form. At my clinic I recommend, Green Dragon Botanicals LB CORE Protocol Liquid (contains alcohol) – The day of the bite, take up to 1 teaspoon twice a day. If any symptoms develop, increase the dose up to 1 teaspoon 4 times a day. Stop LB CORE Protocol if you begin antibiotics. I highly recommend you restart when your course of antibiotics are completed whether or not you have if you still have symptoms. This formula can also be taken as a preventive during the tick season 1 teaspoon daily.

There are times, despite having symptoms you may not be able to have antibiotics re-prescribed in which case I recommend the above protocol for a month or two and checking in with a holistic practitioner who specializes in treating Acute and Chronic Lyme and co-infections.

As with any oral remedy, for adults or children, do your research and check in with a medical practitioner you trust about taking any of these oral remedies. This is not an FDA approved treatment protocol. Stop taking anything you think is causing you an allergic reaction.

Tick Testing Options

Connecticut Dept. of Public Health Tick Testing Laboratory (CAES)

There is no fee but testing of the tick is not guaranteed (especially if it is not engorged) and they may not test for multiple coinfections. Link and instructions: <https://portal.ct.gov/caes>

TickCheck: Tick testing costs about \$50 for the basic Lyme test and most frequently occurring coinfections. There are two other tiers of testing that increase in cost.

Link and information: www.tickcheck.com



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Colonial Kids Presented By The Avery Copp House Staff!

What was it like to be a kid growing up in Colonial America? Find out when the staff of the Avery Copp House Museum visits the Bill Memorial Library on Tuesday, July 7 at 1:00 p.m.. Kids in grades 1-5 will learn what it was like to live in colonial times without modern conveniences. Participants will also play with colonial toys and games and make a simple colonial craft. Registration is required and begins on Tuesday, June 23. Register at this link <https://tinyurl.com/yc25hs5p> or call the library at 860-445-0392 for more information.

The Colonial Kids program is part of our 2026 Summer Reading program *Unearth a Story*, celebrating all things dinosaurs. Pick up a reading log and play our Jurassic board game this summer and earn free books and chances for great prizes.

Library hours are Monday, Tuesday and Thursday, 10:00 a.m. to 8:00 p.m., Wednesday and Friday, 10:00 a.m. to 5:00 p.m., and Saturday, 10:00 a.m. to 3:00 p.m.

The Bill Memorial Library, a landmark on Groton Bank since 1890, is located at 240 Monument Street in the City of Groton, near the Groton Monument and historic Fort Griswold. To keep up with the latest happenings for adults, teens, kids and families, visit our web page at <http://www.billmemorial.org>, or check out our social media - follow us on Instagram at @billmemorialgrotonct or find us on Facebook at Bill Memorial Library.

Care & Share Historians Debut New Web Site

(East Lyme) Care & Share of East Lyme historians debuted a new website at the quarterly general membership meeting on April 14. The project culminated three years of work by the historians' committee. Prior officers and volunteers of the organization began this first phase of the project by gathering to reminisce personal experiences and to collect, review and discuss memorabilia in the form of meeting minutes, newspaper articles, photographs, and e-mails documenting Care & Share activities from its 1989 founding to its 2012 opening of the current pantry at 12 Roxbury Road. The website formulation started in September of last year.

All four of the non-profit's founders participated in interviews and reviews of sections of the website presenting the founding years. Two of the four still live locally, Gail Lundin and Connie Rue. Two live outside of Connecticut, Debbie Mandel and Wendy Collins.

Their contributions were immensely critical, as much of the written documents of the early years were destroyed in a house fire in 2002.

The website names its contents "A History of Care & Share of East Lyme: Book One - 1989 to 2012." It opens with chapters featuring scores of period photos with terse explanatory captions aside a running thematic story of Care & Share told in brief snippets. The committee desired a website that unfolded with a quick, enticing, photogenic overview of the first two dozen years of all-volunteer service to the community. The site culminates with a topically-related Narrative of a dozen chapters, constituting a historically detailed presentation.

Access to the site is via a link from the principal Care & Share website: <https://careandshareofel.org> It is readily available at no cost to visitors and is open to the general public.

The committee began planning the next phase of the project immediately after the April meeting adjourned. New and additional members are being recruited and are welcome.

Interested members of the organization and community at large are encouraged to contact chairperson The Historians at Care & Share website above or by mail: 12 Roxbury Road, Niantic CT 06357.

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'Celebrate New London' to be held on July 12

New Festival to Highlight City Businesses as Thousands Return for the Tribe's Annual 'Gift to the Community'

'Celebrate New London,' a celebration of the food, live music, art galleries, unique shops, and waterfront that make the City a diverse, culturally rich attraction in itself, is scheduled for July 12 and will culminate with the annual Mashantucket Pequot Thames River Fireworks Extravaganza.

"This is a new approach to our annual summer festival for families, and I'm thrilled with the direction our organizers have taken," said Mayor Michael Passero. "We're excited to celebrate the people and entrepreneurs who make New London the region's center for culture with its wide variety of authentic menus, and eclectic mix of music, art, and historic attractions."

"We couldn't be more excited to once again bring this amazing event to New London and the vibrant communities of southeastern Connecticut," said Rodney Butler, Chairman of the Mashantucket Pequot Tribal Nation. "For more than 30 years, the Mashantucket Pequot Fireworks Extravaganza has been a cherished family tradition, and the highlight of the summer for the thousands of visitors who come together to celebrate, connect, and create unforgettable memories. It's an honor and a joy to be part of something that means so much to so many."

The event, a partnership between the City, the New London Cultural District, Garde Arts Center, and the local business community, will take place throughout Downtown and Waterfront Park with two main stages for entertainment, and more live music hosted by restaurants, clubs, and shops.

"Our aim with 'Celebrate New London' is to showcase everything that makes New London such a vibrant and special community, including our artists, musicians, small businesses and non-profits," said Rich Martin chair of the New London Cultural District and owner of Telegraph Autonomous Zone, a longstanding downtown business on Bank Street.

"There will be live music at both Parade Plaza and Custom House Pier at Waterfront Park, and many of our downtown bars and restaurants will also have entertainment, highlighting some of our finest regional performers. A pop-up artisan village featuring artists, makers and other vendors will be open all day on lower State Street."

The Mashantucket Pequot Thames River Fireworks Extravaganza is Connecticut's largest fireworks display and one of the largest in New England. Eastern Connecticut's Big 100.9, a Hall Communications FM station, will provide music synchronized to the fireworks to create a dynamic audio-visual experience.

Mohawk Northeast, one of the East Coast's largest maritime construction firms, will again donate the use of a barge to serve as the platform for the fireworks display.

Food trucks will be available along lower State Street and Waterfront Park to help serve the thousands of families expected in the City for the annual fireworks display.

The City of Groton is preparing as well, planning logistics for thousands of spectators planning to watch the fireworks from Ft. Griswold and along Thames Street.

'Celebrate New London' is envisioned as the next stage in the evolution of New London's summer festivals dating to 1980. The first fireworks display over the Thames River was added in 1981, and since 1993 the Mashantucket Pequot Tribe has made the display an extravaganza by sponsoring a world-class pyrotechnic production now produced by Garden State Fireworks as the Tribe's "gift to the community." The Mashantucket Pequot Tribe has continued providing this gift since then, drawing crowds estimated at 350,000 in some years.

For more information visit CelebrateNewLondon.com.

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Wireless Zone Verizon Authorized Retailer Gives Foundation Presents \$25,000 Donation to Mystic Aquarium Following Seal Release

MYSTIC, CT — Wireless Zone Verizon Authorized Retailer and the Wireless Zone Gives Foundation proudly presented Mystic Aquarium with a \$25,000 donation today in support of the Aquarium's ongoing rescue, rehabilitation, conservation, and education efforts.

Prior to the presentation, several Wireless Zone employees and their families gathered alongside Mystic Aquarium staff to witness the release of Cannoli, a rescued gray seal, back into the wild following weeks of rehabilitation and medical care.

Cannoli was rescued on April 18, 2026, after being found entangled off Block Island with severe deep tissue injuries. Due to the severity of the wound and limited ferry schedules, Mystic Aquarium collaborated with the United States Coast Guard to transport the young seal from Block Island to the mainland, where Aquarium staff immediately began treatment and rehabilitation efforts.

Upon arrival at Mystic Aquarium, Cannoli was disentangled, medically evaluated, and treated for significant injuries caused by the entanglement. Despite the severity of the wounds, the seal responded well to treatment, quickly began eating independently, steadily gained weight, and ultimately made a full recovery before being successfully released back into the ocean.

"Growing up loving the sea and our beaches, the ocean has always been an important part of my life and my family's life," said Neil Ryan of Wireless Zone Verizon Authorized Retailer. "Watching Cannoli return to the ocean was an incredible reminder of the importance of protecting marine life and supporting organizations like Mystic Aquarium that work tirelessly to care for these animals and preserve our environment."

The \$25,000 donation from the Wireless Zone Gives Founda-



tion will help support future rescue operations, rehabilitation efforts, conservation initiatives, and educational programs at Mystic Aquarium.

"We are incredibly fortunate to have Mystic Aquarium as part of our community," Ryan added. "Their team's compassion, expertise, and dedication make a meaningful impact not only on marine life, but on the people and families throughout our region who are inspired by their work every day."

Mystic Aquarium's Animal Rescue Program responds to stranded, injured, and entangled marine animals throughout the region and plays a vital role in marine conservation and public education efforts across southeastern New England.

Photo Attached: Pictured from left to right: Neil Ryan, Franchisee, Wireless Zone Verizon Authorized Retailer; Dave Haryasz, VP of Sales, Wireless Zone Verizon Authorized Retailer; Rich Denesha, Director of B2B Sales, Wireless Zone Verizon Authorized Retailer; Eric Lai, Regional Franchise Manager; and Cannoli the rescued gray seal, during the presentation of a \$25,000 donation to Mystic Aquarium supporting marine animal rescue, rehabilitation, conservation, and education efforts.

About Wireless Zone Verizon Authorized Retailer

Wireless Zone is the nation's largest Verizon Authorized Retailer with independently owned and operated locations across the country committed to delivering exceptional customer service while supporting the communities they serve through charitable giving and local partnerships.



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Ask the Landscape Professional

By Linda K. Lillie

Linda K. Lillie has been President of Sprigs & Twigs, Inc. for the last 30 years. She is a graduate of Connecticut College in Botany, an accredited NOFA Organic Land Care Professional, a Connecticut Master Gardener and a national award winning landscape designer for her design and installation projects.



Question:

Hi Linda!

I was wondering why my blossoms on my Hydrangea are purple this year when the last blossoms were pink. I fertilize with Miracid and thought that may be the reason. How do I keep the blossoms pink? Also, these are supposedly dwarf hydrangea...not to exceed 2 to 3 feet. Do I need to cut them in the fall?

Linda's Answer:

Hi Margaret,

The Miracid fertilizer you are using is specifically designed to make the soil more acidic. Acidic soil causes hydrangea flowers to be blue. In order to have pink flowers, this fall you need to add a couple of handfuls of lime to the soil around the outside of the plant (but not under it) and work it into the soil. Water the soil well to help the lime leach into the soil. Add more lime and water in April and again in May. To maintain pink flowers, you should fertilize with Flowertone once a year instead of Miracid. Flowertone is a slow release, organic, granular fertilizer that will not make the soil acidic.

There's no need to cut the hydrangeas in the fall. In the spring, remove all the dead stems at the base of the plant. They should break right off. That's about it. You should not have to prune a dwarf hydrangea at all.

You can send your own gardening questions to:

Email: info@sprigsandtwigs.net, or

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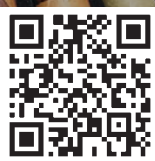
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Newport Kite Festival Returns to Brenton Point July 11-12

Marking 40 Years of a Tradition Newport Has Always Claimed as Its Own



NEWPORT, R.I. — The Newport Kite Festival will return to Brenton Point State Park on July 11–12, 2026, drawing kite flyers, families, and community members to one of Rhode Island’s most enduring free public celebrations. For over four decades, the festival has held its place at the edge of the Atlantic, and this summer, organizers are making sure its full history is finally told.

Few free events in Rhode Island have run this long, this consistently, at this address. Brenton Point has hosted the festival through changing weather, changing times, and changing hands. Yet, the community has kept showing up. This year marks the moment to stop and ask: what has this place actually meant, and to whom? The answer, it turns out, is richer than most people know.

Kite culture is one of the most globally shared traditions in human history, carried to Newport’s shores by generations of families from Japan, the Caribbean, West Africa, Southeast Asia, and beyond, alongside the working-class and Indigenous communities whose presence at Brenton Point long predates the festival itself. The 2026 programming will begin to surface those stories, starting with a cultural kite exhibition at the Newport Public Library opening July 1, and a hands-on kitemaking workshop for children was



held at the library on June 27.

“Newport has always been a place where history runs deeper than the postcard version,” said Rashida Black, volunteer lead for marketing, development, and community partnerships. “This festival is part of that deeper history. We’re not adding anything new. We’re simply showcasing what’s already been here.”

The two-day event will feature sport kite demonstrations, team kite performances, open-field flying for all ages, artisan and food vendors, and a commemorative program honoring the festival’s history and the community voices at its center. Organizers are also developing partnerships with the Newport Historical Society and local cultural organizations, with additional announcements in the weeks ahead.

The Newport Kite Festival is free and open to the public. Brenton Point State Park is located at Ocean Drive, Newport, RI 02840. Festival hours are 12–4 p.m. on Saturday and Sunday.

About The Newport Kite Festival

The Newport Kite Festival is an annual, free, family-friendly event held each summer at Brenton Point State Park in Newport, Rhode Island. For over 40 years, the festival has gathered kite artists, sport flyers, families, and community members on one of the most iconic open fields on the New England coast. The festival is organized entirely by volunteers committed to keeping this tradition accessible, joyful, and rooted in the community it serves.

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Four Stages Of Raising Confident, Money-Smart Kids

Good financial habits are a little like brushing your teeth. When you learn them early, they become second nature, and you carry them with you for life. And while money can feel complicated, especially today, the foundation starts simply.

Parents can begin the conversation with very young children, and young adults can build on those basics as they take on more responsibility. Step by step, these habits create confidence that helps build long term financial security and a more fulfilling life.

The following are the four key stages of financial growth.

Stage 1: For very young children, the goal is to make money feel simple and manageable. A great place to start is with three jars labeled "Spend," "Save" and "Share." When kids can actually see their money grow or shrink, the idea starts to make sense. Saving also introduces them to goal setting, and working toward paying for a small toy or outing teaches patience. Most important, you're helping your children see money as a tool they can understand easily and use with confidence.

Stage 2: If you have tweens (children roughly 9 to 12 years old), they're usually ready for slightly bigger financial ideas. This is a great time for them to earn money through chores or small jobs, helping them see the connection between effort and reward and building a sense of ownership. Conversations about needs versus wants also become more meaningful, because kids are now making real choices with money they earned themselves. Your tween may be ready for a simple savings account to watch their savings grow, or a reloadable cash card for spending.

Stage 3: By the time teens reach high school or young adulthood, budgeting becomes essential. This doesn't need to be overly strict or complicated. A simple system that helps them track deposits and withdrawals can make all the difference. Whether they use an app, a paper notebook or a spreadsheet, the real goal is awareness. Teenagers also benefit from learning how credit works. Understanding how to build a healthy credit score and how to use credit wisely protects them from costly mistakes in later life.

Stage 4: Then come the early working years, when habits shift from learning to building. One of the smartest steps at this stage is paying yourself first. Automatic transfers to savings or retirement accounts help establish stability without extra effort. Even small retirement contributions matter more than most people realize, because time allows compounding to do the heavy lifting. This is also when young adults can start organizing their money into different buckets for rent, automobile payments, emergencies, retirement and everyday spending. These habits help lay the groundwork for financial freedom down the road.

Throughout every stage, the theme is confidence. Each small success creates a sense of control and each good habit makes the next one easier. Over time, these habits turn into a lifetime of financial security and fulfillment. When you start strong and stay consistent, money becomes a tool that helps your children support the lives they want.

This article was written by Edward Jones for use by, Jesse Perrault, CFP®, CEPA®, your Edward Jones financial advisor at (860) 739-1945.

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Celebrate 250 Event Brings Communities Together



More than 100 people gathered at the East Lyme Community Center for a vibrant and inspiring Celebrate 250 event that brought together members of the Jewish and Chinese communities for an afternoon of culture, friendship, and discovery.

The program showcased an exciting variety of performances highlighting the rich traditions of both cultures. Attendees were treated to Chinese shadow puppetry, a beautiful erhu performance, Tai Chi demonstrations, Chinese Kung Fu, Peking Opera, lively Israeli dancing, and spirited Klezmer music performed by the Klezmenschen band. A surprise of the afternoon was when we heard the traditional Hava Nagila song played beautifully on the Chinese erhu instrument.

The celebration was more than a performance—it was an interactive cultural experience. Guests of all ages enjoyed hands-on activities, including making Purim groggers and practicing both Chinese and Hebrew writing. Displays of ritual and cultural items from the Jewish and Chinese traditions offered additional opportunities for learning and conversation.

No cultural celebration would be complete without food, and



attendees enjoyed an impressive assortment of traditional treats, including challah, chocolate babka, black-and-white cookies, hamantaschen, homemade strudel, spring rolls, and sesame puff balls.

Norwich Mayor Swarnjit Singh offered welcoming remarks, praising the collaboration between the Jewish and Chinese communities and emphasizing the importance of celebrating the many nationalities and cultures represented throughout the Norwich area.

The event was organized by a dedicated committee that included Karla Bendor, Nancy Brand, Jason Deeble, Judy Engel, Roz Etra, Lian Gao, Nadine Lipman, Faye Ringel, and Maggie Xu. Their efforts created a memorable celebration that highlighted the power of cultural exchange, community partnership, and mutual respect.

The afternoon was a joyful reminder that while traditions may differ, sharing them brings people together and strengthens the bonds that unite us all.

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Niantic's Shoreline Tradition: The 65th Outdoor Arts & Crafts Show Returns July 4th and 5th



NIANTIC — For over six decades, the July 4th weekend in Niantic has been defined by more than just fireworks and beach days. It is defined by the transformation of the Town Hall Green into a kaleidoscopic gallery of New England's finest creativity. This year, the Niantic Lions Club is proud to invite the community to celebrate a milestone: the 65th Annual Niantic Arts & Crafts Show. The Niantic Lions invite you to view the displays of New England's finest artists and crafters to be held on July 4th and July 5th at the East Lyme Town Hall Green. This free event is the mainstay of the Niantic Lions' fundraising efforts for the community, so public support is important.

In 1925, Helen Keller, the most famous advocate for the deaf and blind, challenged the Lions to be her "Knights of the Blind." Ever since then, members of this International Service Club have been known for collecting eyeglasses as well as their charitable work to aid the sight-impaired and efforts to prevent blindness. In this tradition, vision-related grants were given by the Niantic Lions to the Center for the Blind, eye exams and glasses for those in need, CT Lions Eye Research Foundation, Freedom & Fidelco Guide Dog Foundations, CT Radio Information Center (CRIS), and perform pediatric eye screenings to diagnose the early onset of vision in many local schools.

But, of course, the local Lions Club does so much more. In addition to vision, our global initiatives focus on hunger, pediatric cancer research, environment, diabetes, disaster relief, and youth & humanitarian services. The Niantic Lions support the youth in East Lyme by awarding scholarships for student academic recognition. They also support the East Lyme Care & Share, Camp Rising Sun (camp for kids with cancer), East Lyme Little League, the East Lyme Regional Theater, the Shoreline Leos Club of over 100 members (student version of the Lions which also provides hundreds of hours of community service), the Brian Dagle Foundation, the East Lyme Giving Garden, the Brookside Farm Museum (Smith-Harris House), our local library and Boy & Girl Scout Troops, CT Special Olympics, United Cerebral Palsy, and Bikes for Kids. The long-standing Driving Miss Daisy project supports individuals who need transportation to health care appointments and grocery shopping.

During the past 75 years, since our Niantic club was established,



we have provided hundreds of thousands of dollars to dozens of local organizations. For the 2024-25 fiscal year, the Niantic Lions donated over \$55,000 and provided hundreds of crucial volunteer service hours. The Lions also decorate the Town Green for the Christmas holiday, prepare an annual meal for the East Lyme Senior Center, and direct traffic at the Niantic Bay 10K run. The Club built the Seebeck pavilion behind East Lyme Town Hall and purchased and renovated the Town Green gazebo. We started donating Thanksgiving food baskets in the 1970's and continue that tradition by partnering with Care & Share to distribute over 130 holiday food baskets to local needy families.

The major source of funding for Lions donations and projects stems from sponsoring the Annual Arts and Crafts Show for the enjoyment of many thousands of attendees. The 65-year-old event always transpires during the July 4th weekend on the East Lyme Town Hall grounds. The Lions invite New England's finest artists and crafters to this juried show. Additionally, the Lions Food Court features food trucks serving up delectable delights, including our famous fresh kettlecorn, which is made onsite. Our club membership presently stands at approximately 72 members, but we always welcome new members! The more members we have, the more we can serve our community. If you are interested in serving your community while having fun, please contact Kirk Engel (membership chairperson) via kirkengeldmd@gmail.com or via our website, nianticlions.org.

Check out our new website! www.postroadreview.com

Clinton Art Society Announces 77th Annual Summer Juried Exhibition on View From July 1 Through July 30, 2026



Vickie Williams, Whispers of a Summer Pond, oil



Lorraine Yurkewicz, A Path to the Sea, oil

The Clinton Art Society (CAS) is pleased to present the 77th Annual Summer Juried Exhibition, on view July 1 through July 30, 2026.

"The event is the highlight of our exhibition season as we celebrate creativity and the artistic talents of local and regional artists," said CAS President Robin Hammeal-Urban. "We are honored to have renowned artist David Dunlop as our juror to select works and choose award recipients," she added.

Join us for the opening reception on Sunday, July 12 from 3 p.m. to 5 p.m. and be a part of the visual celebration. The public is also invited to our closing reception on Wednesday, July 29 from 4:30 p.m. to 6:30 p.m. Both receptions are free and open to the public



Karen Weisner, Morning Light, pastel



Deborah Greco, Beach Dune, oil on aluminum

and include refreshments and inspiring art.

CAS was established in 1949 by a small group of professional artists dedicated to the growth of the arts in the region. "We've grown to become a vibrant influence in the arts community with members from across Connecticut and throughout New England," Hammeal-Urban said. CAS sponsors exhibitions, educational programs and plein air events. Artists work in all fine-art media including painting and sculpture, and new members are welcome.

The exhibit will be on view in the Andrews Memorial Town Hall at 54 E. Main Street in Clinton, CT from July 1 through July 30. The show is open for viewing during regular town hall hours Monday through Friday. For more information, contact CAS at casclinton@gmail.com or visit clintonartsocietyct.org.

**Please send
news and events to:**
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25.07



Get Posted... Connie Crudo of Niantic brought her copy of the Post Road Review to Westcott Beach State Park, Lake Ontario, NY.



Get Posted.... Millie Worm-Howard catches up on the local happenings while she takes a break from her job at Gold Rush Jewelers in Wasilla, Alaska. Millie is staying informed about the news in Southern Connecticut before she enjoys the dog days of summer in The Last Frontier.

Check out our new website! www.postroadreview.com



CT River Musuem Upcoming Events

The Connecticut River Museum 67 Main Street, Essex, CT has announced the following schedule. For more information, please call 860-767-8269, visit <https://ctrivermuseum.org/> or email astromberger@ctrivermuseum.org.

Independence Day Boat Parade

July 4th, 2026

12 p.m.–3 p.m.

Join the Connecticut River Museum this Independence Day for an afternoon of excitement, learning and fun! Enjoy a spectacle of dazzling boat displays and cannon fire after visiting the Museum exhibits and participating in a children's activity. In celebration of America's 250th, admission to the Museum will have a discount of \$2.50.

Event Schedule:

12:00 p.m.: Museum opens

2:00 p.m.: Independence Day Boat Parade begins

3:00 p.m.: Museum closes

Thursdays on the Dock: Eight to the Bar

Thursday, July 9, 2026

5:30 p.m.–7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

Drawing its musical influences from American roots music — swing, boogie-woogie, and Motown, Eight to the Bar is known for its outstanding instrumentalists and sophisticated musical and vocal arrangements, highlighted by female vocals.

With the support of independently produced CDs and videos, Eight to the Bar has cultivated a large, enthusiastic following that has put them in clubs from Maine to Miami as well as Europe and the Caribbean. Their rigorous touring schedule has included opening spots for Big Bad Voodoo Daddy, Manhattan Transfer, Robert Cray, the late Roy Orbison and Ray Charles, several European tours, and a tour of the Republic of Georgia at the invitation of the U.S. Embassy located there.

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's is onsite and has options for dinner or snacks.

While you are on Museum property, photographs may be taken for promotional purposes.

Vintage Treasures – SNEC Antique & Classic Boat Show 2026

Saturday, July 11, 2026

9 a.m. – 4:30 p.m.

The Southern New England Chapter of the Antique and Classic Boat Society's "Vintage Treasures" show is taking place at the Connecticut River Museum on July 11th!

A must see for any fans of classic boats and cars. Boats will be docked at the Museum docks and displayed on the lawn. Public viewing is from 9:00 am – 4:30 pm on Saturday with activities and a raffle. Free to the public.

For registration information call or email: Lynn McFarlin 860-966-7189 (cell phone). Email address: lynn.mcfarlin2@gmail.com

Thursdays on the Dock: Central City Stompers

Thursday, July 16, 2026

5:30 p.m.–7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

Join us for a performance by the 10-piece classic jazz band, Central City Stompers. The music that they play is often called "Classic Jazz"; mostly popular tunes from the first half of the 20th century with liberal doses of blues and ragtime. Some call it "Dixieland", or "Hot Jazz", or "New Orleans Style". Their inspirations include King Oliver's Creole Jazz Band, Turk Murphy's Jazz band, the South Frisco Jazz Band, the Yerba Buena Stompers, and many other bands that can still be heard today at traditional jazz festivals all over the world.

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's is onsite and has options for dinner or snacks.

While you are on Museum property, photographs may be taken for promotional purposes.

Thursdays on the Dock: Bards of Gungywamp

Thursday, July 23, 2026

5:30 p.m.–7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

Bards of Gungywamp is a folk group from southeastern CT, whose music is a blend of Celtic, Bluegrass, Chanteys, Country, Cajun and Original music drawing on history and folk tales. After playing together in different factions for many years, the members formed late one winter for a hometown St. Patrick's gig. They have since commenced traveling the mountains and valleys of New England and beyond, bringing their tunes to Irish Pubs, Renn Faires, Festivals, Farm Markets, and more. With sawing fiddle dance melodies and enchanting vocal harmonies, BOG is a group of true Bards, carrying on traditional songs from hundreds of years ago and bringing new stories to the table.

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's is onsite

ACROSS

- 1 Retired, in a way
 5 Monte ____
 10 Rant's companion
 14 Wash
 15 20 quires = ____
 16 Children's book author Blyton
 17 Very, in Vichy
 18 A Starr
 19 Tibetan gazelles
 20 Laurence Olivier film
 23 University in upstate N.Y.
 24 Prisoner of Hercules
 25 Queen of the Misty Isles
 28 Town near Padua
 30 Takes for oneself
 32 Suffer pain, British style
 36 Savings acronym
 37 Olivier-Leigh film: 1937
 42 High or low card
 43 Gal Gadot, for one
 44 Captures audio
 47 Probability ratios
 50 Decree
 51 Island in the West Indies
 54 Andean tuber
 56 Olivier-Scacchi film: 1984
 60 Box
 62 Cargo hoist
 63 Creek in Montana
 64 Perry's creator
 65 Mountain ridge
 66 De France and Du Diable
 67 Bandy
 68 "The Sun Also ____"
 69 To be, to Tacitus

DOWN

- 1 Rite place?
 2 Ken's significant other
 3 Turns inside out
 4 Lucy's love
 5 Freight
 6 The Little Mermaid
 7 Yearly gains: Fr.
 8 Maggiore or Como
 9 "Typee" sequel
 10 Entertain richly
 11 Loss of appetite
 12 By means of
 13 Sullivan and Norton
 21 Painter Rivera
 22 Enthusiastic follower
 26 "Leave no ____ unstoned": Ogden Nash
 27 "____ tale's best for winter": Shakespeare
 29 American inventor's monogram
 30 On the briny
 31 Endangered goose
 33 "Metamorphoses" author
 34 Capone foe
 35 Not std.
 37 Passenger
 38 Gelid
 39 Detailed accounts
 40 Crow over
 41 Something to flip
 45 Earthy pigments
 46 66, for one
 48 Wooden pins
 49 Play parts
 51 Inlets
 52 Conjoin
 53 Made from computer bits
 55 Got up
 57 A tower in Genesis
 58 Adriatic port
 59 Garfield's pal
 60 Tennis unit
 61 ____ rata

Answers on pg 39

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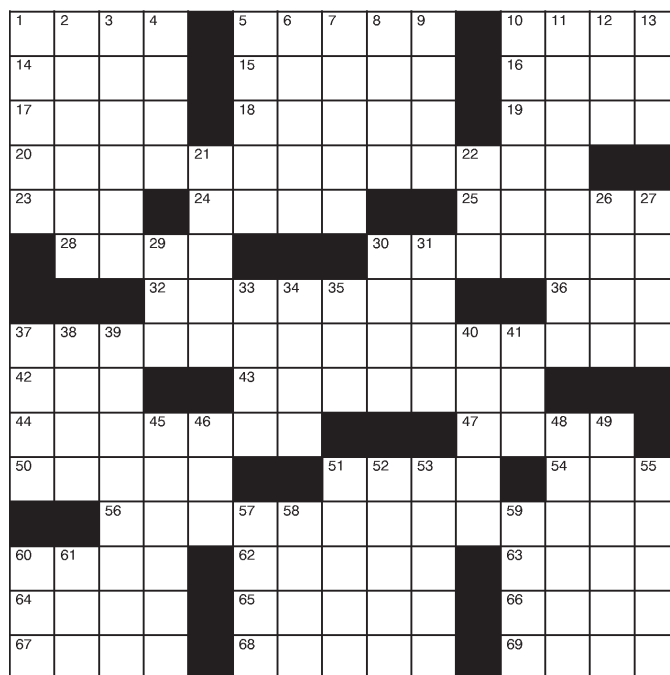
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By Neil Manaus

and has options for dinner or snacks.

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Thursdays on the Dock: Not Sorry

Thursday, July 30, 2026

5:30 p.m.-7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

Classic rock tribute band Not Sorry plays the best of the best from legendary bands of the 60's through the 90's including Led Zeppelin, Journey, Gun N' Roses, Heart, Bon Jovi, Van Halen, Blondie, Aerosmith and so much more! Their extensive set list gets everyone singing along.

With Lorianne on lead vocals, CJ Morini on guitar, Andrew Perfetto on bass and Kato Peragine on drums, their power packed set of the classics will have you rockin' on the dock! To quote a fan, "Amazing soaring vocals and a nonstop song after song barrage with no break in between. The band smokes!"

Don't miss out on the ultimate tribute to classic rock – get ready to sing along, rock out, and experience the magic of Not Sorry!

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's is onsite and has options for dinner or snacks.

While you are on Museum property, photographs may be taken for promotional purposes.

Check out our new website! www.postroadreview.com

Waterford Public Library Upcoming Programs

The Waterford Public Library, located at 49 Rope Ferry Road, Waterford, has announced the following schedule.

For more information please call (860)444-5805, visit <https://www.waterfordct.org/158/Library> or email waterfordlibrary@waterfordct.org.

Family Programs

Thursday, July 2, 2:30 p.m. - 4:00 p.m.

Birthday Party for America!: America is turning 250 this year and we are throwing a party! Join us anytime between 2:30 and 4:00 pm for games, crafts, and activities for the whole family to celebrate. All ages welcome, no registration required.

Saturday, July 4, 2:00 p.m.

Bell Ringing Across America!: The National Bell Festival invites bells and bell towers across America to ring out together at 2:00pm Eastern on July 4, 2026, creating a canopy of sound over our nation. Cathedrals and churches, community organizations and historical structures, national parks and memorials, and people from all states and territories are encouraged to gather and contribute to the sound. Staff from the Town of Waterford will be ringing the bell from town hall. Join us for a few moments!

Thursday, July 9, 2:00 p.m. - 4:00 p.m.

Energy in Action: We are getting a visit from the EnergizeCT Energy in Action Mobile Interactive Exhibit! Stop by the library parking lot anytime between 2:00 and 4:00 pm for an innovative mobile learning experience. Participants will learn how to make decisions that will not only manage energy, but will help the planet through hands on, interactive activities and experiments. All ages welcome, no registration required.

Friday, July 24, 2:30 p.m. - 4:00 p.m.

Family Movie Matinee: Join us for a relaxing family friendly movie in the library meeting room. Bring your blankets and pillows to make it even more cozy! All ages welcome, no registration required. Check our website for more information.

Monday, July 27, 10:30 a.m. - 11:00 a.m.

Mr. Lobster Musical Performance: Join Mr. Lobster for an interactive musical performance for the whole family! Everyone is in the band as we move and groove to both original songs and popular classics. Recommended for ages 3 to 9 years old, but all ages welcome. No registration required. Thank you to M&T Bank for helping to fund this event.

Children's Programs

Monday, July 6 to Friday, July 31

Grab & Go: Patriotic Popsicle: Stop by the Children's Room Monday, July 6 to Friday, July 31 to pick up supplies to make a patriotic Popsicle at home! Check our Facebook page (@waterfordpubliclibrary) for a step-by-step video tutorial on how to make your craft. Available while supplies last.

Mondays, July 6, 13, & 20, 10:30 a.m. - 11:00 a.m.

Family Storytime: Get ready to read and get your wiggles out! Join Ms. Jenna at the library for some fun stories, songs, and dancing. Recommended for ages birth to five years old with a caregiver. No registration is required.

Tuesday, July 7, 4:30 p.m. - 5:30 p.m.

Cooking for Kids with Food For Your Soul: Join Food For Your Soul, LLC for a special hands-on cooking class, featuring this year's summer reading theme, "Plant a Seed, Read!" Recommended for ages 6 to 12 years old, registration is required. After registering, the library will reach out to the participants about any allergies. Thank you to M&T Bank for helping to fund this event.

Monday, July 13, 5:00 p.m. - 6:00 p.m.

'Revolutionary Reads' Book Club: Step back in time and discover the stories that shaped our nation! Join our Revolutionary

Reads Book Club as we explore exciting tales of history, adventure, and the people who helped build America. Bring your favorite historical story to share with the group then enjoy themed activities and a craft as part of our America 250 Celebration. Recommended for ages 6 to 11 years old. No registration required.

Tuesday, July 14, 2:30 p.m. - 4:00 p.m.

Full STEAM Ahead: Join our friends from New London Public School's Magnet Pathways department for an afternoon of STEAM fun and to learn about the various opportunities their program offers. Activities may include robotics and coding challenges, engineering design projects, visual arts experiences, creative media activities, and other interactive learning opportunities. Recommended for ages 6 to 12 years old, no registration required.

Friday, July 17, 10:30 a.m. - 12:00 p.m.

Stay and Play: Stop by the library meeting room anytime between 10:30 and noon to play with some different toys and socialize with other parents and caregivers. Please note: this is not a structured storytime or program, just an informal space for free play. As with all of our programs, adults are responsible for their children. Recommended for ages birth to five years old, no registration required.

Saturday, July 18, 10:00 a.m. - 11:00 a.m.

Read to Scout: We are excited to welcome another certified therapy dog to the library! Come practice your reading skills and give Scout a cuddle in the Children's Room anytime between 10:00 and 11:00 am. All ages are welcome, no registration required.

Monday, July 20, 4:00 p.m. - 6:30 p.m.

Drop in Craft: Blooming Flower Garden: Flower fun for kids! Join us as we turn simple materials into a colorful, blooming flower garden kids will enjoy making and taking home. Recommended for ages 5 and up. No registration required.

Tuesday, July 21, 3:00 p.m. - 4:00 p.m.

Plant a Seed, Read with DEEP: Join our friends from the Department of Energy and Environmental Protection (DEEP) for a special interactive storytime! Explore the world with Acorn and his wild outlook, until he hits a hard place and has to adjust his speed. Through this book we will introduce the diversity of seeds and how they get a round and into the ground. Program includes a collection of seeds to explore. Compare them and then design your own seed for travel using one of the four methods available: air, water, animals, or ejection. Recommended for ages 4 and up, no registration required. Thank you to M&T Bank for helping to fund this event.

Thursday, July 23, 11:00 a.m. - 12:00 p.m.

Toddler Tea & Garden Party: Step into a magical morning at the library's Toddler Tea Party! Children are invited to dress in their finest tea or garden party attire—whether as a garden fairy, a prince or princess, or simply their fanciest outfit. Enjoy juice, light snacks, and a charming read-aloud story in a cozy, festive setting. A sweet celebration of imagination, social connection, and early literacy! Recommended for ages 2-5, with a caregiver. Registration required. (Adults do not need to be registered)

Monday, July 27, 4:00 p.m. - 6:30 p.m.

Drop in Craft: Paint, Plant & Grow: Join us for a paint-a-pot and origami session that's both fun and eco-friendly! Kids will decorate pots and create origami seed cups to plant seeds and watch them grow. Recommended for ages 5 and up. No registration required.

Friday, July 31, 11:00 a.m. - 11:45 a.m.

Baby & Me Lapsit Storytime: Join us for a cozy and engaging storytime designed for babies and their caregivers! Enjoy songs, rhymes, stories (and cuddles!) that support early language development and bonding. The first half will be a structured storytime then attendees are welcome to stay to play and socialize. Recommended for children up to 18 months and their caregivers. No registration

required.

Teen Programs

Wednesday, July 15, 5:30 p.m. - 7:00 p.m.

Teen Craft Night: DIY Flower Bouquet: At this Teen Craft Night we will be creating beautiful flower arrangements! All materials provided. Recommended for ages 11 to 18 years old. Registration is required.

Wednesday, July 29, 5:00 p.m. - 7:00 p.m.

Teen Movie Night: Grab your blankets, pillows, and favorite cozy clothes and join us for Teen Movie Night in the library meeting room! Enjoy a movie, snacks, and a relaxed space to hang out with friends and unwind. Recommended for ages 10 to 16 years old, no registration required. Check our website for more information.

Adult Programs

Tuesdays, July 7 & 21, 1:00 p.m. - 2:30 p.m.

Introduction to Writing Workshop: Don't Let That Blank Piece Of Paper Intimidate You! We've added a second Tuesday session for the months of June, July and August. Join us for this writing workshop. Local author Kathy Swope will lead this program. Please bring your own writing materials.

Wednesday, July 8, 6:30 p.m. - 8:00 p.m.

A Tale of Two Coats: the story of Colonel John Durkee of Norwich: A Tale of Two Coats presents an exclusive and in-depth story of Colonel John Durkee of Norwich who fought in the Revolutionary War: This is a first-person perspective where our presenter Dayne Rugh assumes the identity of Colonel Durkee himself complete in historic costuming reflecting his role as a military Colonel. He will also discuss his book John Durkee: The Forgotten Story of Connecticut's Bold Man From Bean Hill. Dayne's book will also be available for sale. Registration is suggested. In celebration of America's 250th anniversary and Waterford's 225th anniversary. Waterford Public Library is a proud affiliate of the America 250 | CT Commission. Thank you to Eversource for funding a portion of our America's 250th Anniversary events throughout this year.

Fridays, July 10, 17, 24, & 31, 11:00 a.m. - 12:30 p.m.

Scrabble Club: This Scrabble Club meets every Friday from 11 to 12:30 p.m. This club is open to all ages and abilities.

Friday, July 10, 1:00 p.m. - 2:30 p.m.

Adult Summer Reading Book Discussion: The Seed Keeper: The Seed Keeper by Diane Wilson (2021) - A haunting novel spanning several generations, The Seed Keeper follows a Dakhóta family's struggle to preserve their way of life, and their sacrifices to protect what matters most. Weaving together the voices of four indelible women, The Seed Keeper is a beautifully told story of re-awakening, of remembering our original relationship to the seeds and, through them, to our ancestors. Jill Adams, Waterford Public Library, will lead this discussion.

Saturday, July 11, 10:00 a.m. - 12:00 p.m.

Canvas & Coffee: paint morning with Pam's Picasso's: Bring your coffee and let's paint a flower! All supplies included. Registration is required. We welcome back Pam's Picassos!

Thursdays, July 16 & 30, 12:00 p.m. - 1:30 p.m.

Lunch & Learn: The Path of Care: Bring a bag lunch and join us for this four-part informational series on understanding dementia, rights, and end-of-life options. Presented by Annie R. Simpson, MD. June 11 - Explore cognitive impairments - delirium, and various forms of dementia; June 25th - Watch and discuss "Complaints of a Dutiful Daughter" a documentary film focused on a woman and her family as they navigate the quagmire of her cognitive decline; July 16th - Review "The Patient Self-Determination Act," and consider patients' rights and provider rights; and on July 30th - Discuss treatment options when the illness/disease lacks an obtainable cure. Palliative medicine. Hospice medicine. Physician Aid in Dying. Registration is required.

Wednesday, July 22, 6:00 p.m. - 7:30 p.m.

Foraging 101: Foraging 101 is an introductory class on sustainable and ethical foraging in New England, more specifically Connecticut. In the first half of the program, we will go over how to get started, how to find safe spaces and what equipment people will need. We'll also review safety information and the basic "do's and don't's." The second half of the program goes over multiple items that can be foraged, by season. We'll include food items, medicinal items, and items for household help. Presented by Gina Pagano, a self-taught forager who has spent countless hours out in the field and with her nose buried in reference books.

Tuesday, July 28, 5:30 p.m. - 6:30 p.m.

Pondside Perspectives: Join Mim Wagner, Master Gardener, and Maureen Fitzgerald, Waterford Environmental Planner, for an early evening guided tour of the Duck Pond (Capt. Arnold E. Holm, Jr. Memorial Park). As we stroll along the walkway, they'll share insights into its design and construction while pointing out the local plants and wildlife. Registration is required as space is limited.

July Art Wall: Fermata Arts Foundation Inc. presents "Ideas of the Earth in the architecture of cities on Mars"

Fermata Arts Foundation Inc. presents "Ideas of the Earth in the architecture of cities on Mars"

Students ages 7-15 from the Alexei Stârcea Art School in Chişinău, Moldova submitted their work for this exhibit, which will be traveling to libraries across New England through January 2029. The nature of the Fermata Arts Foundation activities is to develop cultural partnerships between New England cities and cities in the post-soviet space countries.

We continue to offer both virtual and in-person events. For further details about all of our programs and registration, please refer to our website www.waterfordpubliclibrary.org and then click on Programs & Events. While at our website, be sure to sign up for our monthly e-newsletter for the latest information on all library events and services. Please "like" us on Facebook too!

Summer Time Story Time!

The Bill Memorial Library in the City of Groton invites children to our Summer Time Story Time, a story program for children ages birth through age 5, with a caregiver. Story Time meets every Monday at 10:00 a.m. at the library, beginning on June 29, 2026, through August 10. Story Time features stories, songs with live music, and finger plays in the Reference Room, with sessions moving outside when weather permits. No registration necessary; please call the library at 860-445-0392 for further information.

Library hours are Monday, Tuesday and Thursday, 10:00 a.m. to 8:00 p.m., Wednesday and Friday, 10:00 a.m. to 5:00 p.m., and Saturday, 10:00 a.m. to 3:00 p.m..

The Bill Memorial Library, a landmark on Groton Bank since 1890, is located at 240 Monument Street in the City of Groton, near the Groton Monument and historic Fort Griswold. To keep up with the latest happenings for adults, teens, kids and families, visit our web page at <http://www.billmemorial.org>, or check out our social media - follow us on Instagram at @billmemorialgrotonct or find us on Facebook at Bill Memorial Library.

Monthly Trivia Night at the HCH Library

Join the Henry Carter Hull Library, 10 Killingworth Turnpike, Clinton, on the third Tuesday of every month at 6:30 p.m. for trivia night! Come show off your knowledge on everything from movies to history to nature. This is event is for adults (18+).

Registration Required <https://events.hchlibrary.org/event/cr-trivia-36699>.

For more information email sudie@hchlibrary.org.

East Lyme Public Library Upcoming Programs

The East Lyme Public Library, 39 Society Rd, Niantic, has announced the following programs. For more information and registration call (860) 739-6926 or visit <https://www.eastlymepubliclibrary.org>.

Adult Summer Reading Challenge

Read or listen to any ten books of your choice. Books can be any length and any reading level.

Bring your list to the Circulation Desk for a prize! One entry per person. Challenge runs from June 15 to September 15.

Book Groups

Out-of-This-World Book Group

Wednesday's, 7:00 p.m.

Location: East Lyme Room

8/12/2026 The Will of the Many by James Islington

Novel Book Group

Tuesday's, 7:00 p.m.

Location: East Lyme Room

7/14/2026 The Traitor's Wife: The Woman Behind Benedict Arnold and the Plan to Betray America by Allison Pataki

Men's Book Group

Wednesday's, 7:00 p.m.

Location: East Lyme Room

7/29/2026 Gates of Fire by Steven Pressfield

Nonfiction-for-Fiction-Readers Book Club - Nonfiction books that bring together storytelling qualities of novel writing, linked to true events/information.

Tuesday's, 7:00 p.m.

Location: East Lyme Room

7/28/2026 Team of Rivals by Doris Kearns Goodwin

Mystery Book Group

Thursday's, 11:00 a.m.

Location: East Lyme Room

7/30/2026 Lies He Told Me by James Patterson and David Ellis

Classics Book Group

Friday's 11:00 a.m.

Location: East Lyme Room

7/10/2026 The Picture of Dorian Gray by Oscar Wilde

Club and Craft Programs

Trivia Night

Tuesday's, 6:30 p.m.

Location: Senior Center

Looking to test your knowledge? Join the fun and pit yourself against our quiz questions for a night of trivia. Come by yourself or with family and friends. All ages welcome!

Please register at www.eastlymepubliclibrary.org

Drop-in Craft Club

Saturday's

11:00 a.m.-1:00 p.m.

Location: East Lyme Room

Drop in, get creative, and make something awesome! Our Craft Club is a relaxed, come-as-you-are space where you can dive into your own creative world. Bring a project or explore our selection of supplies to make something uniquely yours. Come by, connect with others, and enjoy a welcoming, low-pressure environment where creativity can flow freely.

Please register at www.eastlymepubliclibrary.org

Music with Sal Basile

Wednesday, July 1

6:30 p.m.

Location: Senior Center

Join us for an evening with Sal Basile, as he performs music hits from different eras, including the 50's and 60's Bobby Darrin,

Brenda Lee, the Four Tops, the Beatles and Stones, and later artists such as Eric Clapton, Santana and Steve Winwood. Sal's music is infused with folk, country and the blues genre, creating a distinct and eclectic sound that audiences have come to love.

Please register at www.eastlymepubliclibrary.org

Mindfulness Meditation

Saturday, July 11

11 a.m.

Location: East Lyme Room

Embrace in the joyous practice of mindfulness meditation. We will use easy breathing techniques, visualizations and gentle body movements. Feel free to bring a mat or pillow, wear comfortable clothing, and do bring water. No experience is needed.

Please Register at www.eastlymepubliclibrary.org

The US Dollar: 250 years of Money and Power (CT 250)

Saturday, July 18

12:00 p.m.

Location: East Lyme Room

The U.S. dollar sits at the center of how we consume, produce, and live our everyday lives. Join Purba Mukerji for an engaging exploration of the dollar's evolution, from its historical roots to its modern-day role in the global economy. This talk will unpack how and why the foundations of the dollar have changed—and what those shifts mean for our present moment and the future ahead.

Please register at www.eastlymepubliclibrary.org

Setting Boundaries to Prevent Burnout

Tuesday, July 21

6:00 p.m.

Location: East Lyme Room

Burnout often starts with unclear boundaries. In this interactive workshop, Entrepreneur and career strategist, Amy Paluso will discuss how personal limits become stretched through unchecked boundaries and the practical ways to start setting and communicating boundaries with confidence. The session introduces simple, actionable strategies to help manage responsibilities, reduce overwhelm, and support more sustainable daily routines.

Please register at www.eastlymepubliclibrary.org

Children & Families

All Aboard! Train Play in the Children's Story Room

For ages 2 and up with an adult caregiver.

June 23 – August 28

Tuesdays and Fridays 9:30 a.m. to 2:30 p.m.

Location: Children's Storytime Room

Summer Babies

Sing, read, bounce and play with Miss Sarah at our summer storytime for kids from birth to age 3. Older siblings are always welcome. No registration required.

June 24 – August 12

Wednesdays, 9:30 a.m. to 10:00 a.m. and 10:30 a.m. – 11:00 a.m.

Location: Children's Storytime Room

Mermaid Storytime

Enjoy stories and songs with Miss Rebecca the Mermaid at Hole-in-the-Wall Beach! Recommended for ages 2-6, but all are welcome! In case of inclement weather, please check our Facebook page or call 860-739-6926 ext. 2.

Co-sponsored by East Lyme Parks and Recreation. No registration necessary. Temporary beach passes are available in the Children's Room.

June 25 – August 13

Thursdays, 10:00 a.m. to 10:30 a.m.

Location: Hole in the Wall Beach

Read to Hazel

This is an opportunity for readers ages 6 and up to gain confidence and fluency by reading to a therapy dog.

Call to sign up for a 15-minute slot. 860-739-6926, ext. 2.

Follow us on Facebook: The Post Road Review Magazine

July 7 – August 11

Tuesdays, 4:00 p.m. to 5:00 p.m.

Location: Children's Storytime Room

Free Family Fun Shows at McCook Point Park Bandshell!

In case of inclement weather, shows will be held in the East Lyme Senior Center. Please check our Instagram and Facebook pages, or call 860-739-6926 ext. 2

Co-sponsored by East Lyme Parks and Recreation

July 7: Yo-Yo Show with John Higby

July 14: Science Heroes: Digging it!

July 21: Jester Jim

July 28: Austin Dailey's Dance Party

Tuesdays, 7:00 p.m. – 7:45 p.m.

Location: McCook Point Park Bandshell

Stories and Crafts for Ages 3-5 with a Caregiver:

For children ages 3-5 with a caregiver. These half-hour story-times feature a craft related to the story each week. Dress for a possible mess!

July 6: Summer!

July 13: Gardening on location at the Samuel Smith Farmstead Museum

July 20: Bird watching

July 27: Pollinator Puppet Show!

Mondays, 10:00 a.m. – 10:30 a.m.

Location: Children's Storytime Room - 7/6, 7/20, 7/27

Samuel Smith Farmstead Museum - 7/13

Registration is required.

Hands-On Workshops: Make art, meet critters, play theater games, and more! Registration required.

Grades 1-2:

July 9: SportStacking with Glenn Costello: Fun cup stacking games!

July 16: Meet the Animals with the Niantic Children's Museum

July 23: Fun with STEM: Sink or Float?

July 30: Arts & Crafts: Makerspace Edition!

Thursdays, 3:00 p.m. – 3:45 p.m.

Location: East Lyme Room

Registration is required.

Grades 3-4:

July 6: SportStacking with Glenn Costello: How fast can you stack?

July 13: Meet the Animals with the Niantic Children's Museum

July 20: Theater Games with East Lyme theater artist and author, Carol Glynn

July 27: Arts & Crafts: Makerspace Edition!

Mondays, 3:00 p.m. – 3:45 p.m.

Location: East Lyme Room - 7/6 & 7/27

Brookside Farm Barn - 7/13 & 7/20

Registration is required.

Grades 5-8:

July 8: SportStacking with Glenn Costello: Cup stacking races and competitions!

July 15: Meet the Owls from the Denison Pequotsepos Nature Center

Wednesdays, 3:00 p.m. – 3:45 p.m.

Location: Chendali Room - 7/8

East Lyme Room - 7/15

Registration is required.

CT Summer Story Project:

For grades 5-8. These are CT Summer Story Project Programs, sponsored by the CT State Library, CT Humanities, and CT Center for the Book.

July 22: Book Discussion & Watercolors with Author/Illustrator, Pat Procko

July 29: Groovy East Lyme! Explore the 1950's, 1960's, and 1970's

with local history librarian, Kaitlin DeNovellis. Costumes are welcome!

Wednesdays, 3:00 p.m. – 3:45 p.m.

Location: East Lyme Room

Registration is required.

Summer Reading Incentive Program: Plant a Seed, Read!

Read books and win prizes!

June 15 through September 18

Sign up starting Monday, June 15 in the Children's Room. You may opt for our online program at eastlymelibrary.readsquared.com

For Kids: Kids can earn "brag tags" and prizes each week they visit the Library!

For Middle School Students: Middle School students can earn special prizes each week they visit the Library!

For High School Students: Read one book, listen to one podcast, or attend one East Lyme Public Library program to earn one entry for a prize drawing for a chance to win a \$100 Amazon gift card and other great prizes to be announced. Summer work for Honors and A.P. classes counts!! Stop by the Circulation Desk to pick up your reading log.

Shea Trust Supports Tvcca's New London Senior Nutrition Services

NEW LONDON, CT—The James P. & Mary E. Shea Perpetual Trust, Bank of America, N.A., Trustee, continued its ongoing support of people in need in New London through its 2026 award of \$5,000 to Thames Valley Council for Community Action's Senior Nutrition program. In addition to delivering Meals on Wheels, along with wellness checks, to homebound seniors, the program serves congregate lunches daily to active elders at the Broad Street Senior Center, and monthly to residents at four senior housing sites. "Growing old is no easy task, especially for seniors determined to remain independent and live in their own homes," noted TVCCA's Director of Senior Nutrition Eugene Theroux. "Our programs help seniors age in place with two evidence-based, cost-effective, and compassionate services that address their nutritional and social needs." TVCCA's nutrition programs receive only a portion of their required funding from state and federal sources; "We rely on great community partners like Shea Trust to help ensure that we can deliver meals to every New London senior who needs our service," added Mr. Theroux. For more information about TVCCA's services that support elders' independence, including energy and rental assistance, emergency housing, SNAP (Supplemental Nutrition Assistance Program), transportation vouchers, etc. please call (860) 886-1720, Community Services in New London at (860) 444-0006, or visit tvcca.org.



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Public Library of New London Upcoming Events

The Public Library of New London, 63 Huntington St, New London, has announced the following events. For more information and registration call (860) 447-1411 or visit <https://plnl.org>.

Children's Events

Children's Take & Make Kits: Stop by the Children's Room for a craft kit to go!

Interactive Movie Kits: This month we'll have interactive movie kits; titles TBD

Toy Library: Stop by the Children's Room to check out toys from the Toy Library!

Movie Night: Mondays, 4-6 p.m., Stop by the Community Room every Monday for a different family friendly film!

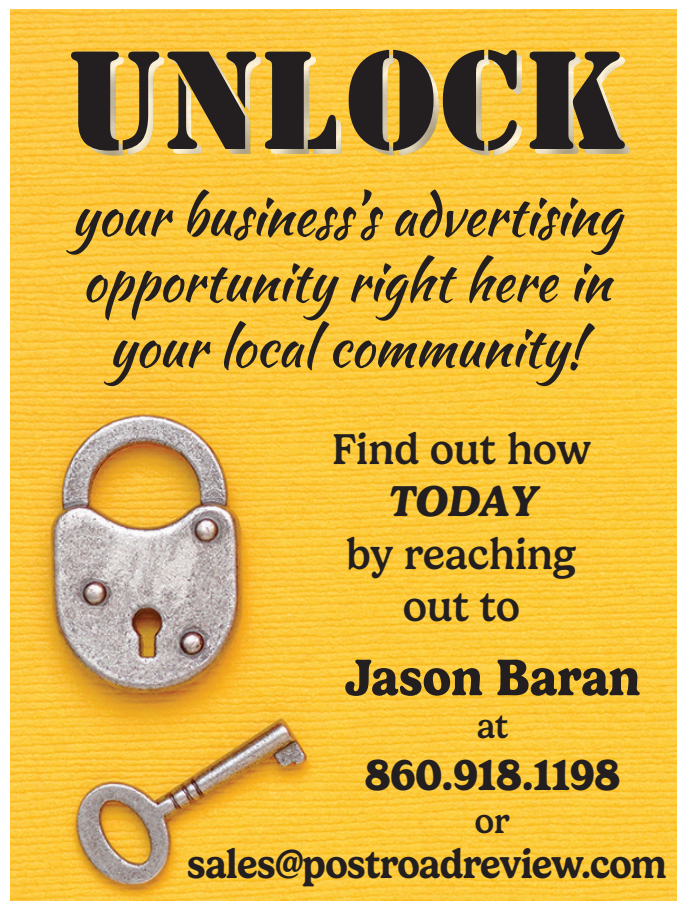
Children's Pokemon Club: Tuesdays, 4-6 p.m., Do you love Pokemon? Swing by the library for a different Pokemon activity and craft every week!

All Ages Storytime: Wednesdays, 10:30-11:30 a.m., Join us for an all-ages story time and play group! We will have a short story time, sing some songs, and then take out some toys for time to socialize and play.

Art Class with Miss Dana: Thursdays, 5-6 p.m., Come to the library on Thursday evenings to take an art class with Miss Dana! We will work on a new project each week.

Baby + Me Playgroup: Fridays, 10:30-11:30 a.m., We will do a short lap story and then turn on the music and take out the toys for time to socialize. A great opportunity for new parents to meet and babies to play.

7/1/2026 & 7/21/2026: Cooking For Kids!: 4-5 p.m., Join Food For Your Soul LLC. for a series of fun cooking classes! Geared for ages 3-10.



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7/2/2026: Picnic At Fort Trumbull: 12-3 p.m., Join your favorite librarians for a luncheon and a celebration of America's 250th at Fort Trumbull State Park!

7/14/2026: Every Seed Tells A Story!: 4-5 p.m., Discover how seeds become a habitat for all kinds of creatures, and even meet live animals, as the Denison Pequotsepos Nature Center brings us on a seed journey!

7/15/2026: Under the Sea: Niantic Children's Museum: 4-5 p.m., Explore different seaweeds, meet some sea creatures, use realistic stamping to create individual art, and hunt/classify shells!

7/22/2026: Seeds on the Move: 4-5 p.m., Seeds don't stay in one place—they travel! The Denison Pequotsepos Nature Center brings us on a seed adventure with their live animal ambassador.

Teen Events

Teen Board Game Club: Mondays, 4-5 p.m., Come play board games, MTG, party games, and more in the Teen Room!

Teen Movie Series: Fridays, 3-5 p.m., Join us weekly for a movie screening! Check our website for what we'll be watching!

Teen Crafternoons: Mondays, 4-5 p.m., Join us every week for fun new crafts in the Teen Room!

7/1/2026: Birthstone Charms: 4-5 p.m., Make a bracelet, key-chain, or bag charm with your month's birthstone!

7/2/2026: Picnic At Fort Trumbull: 12-3 p.m., Join your favorite librarians for a luncheon and a celebration of America's 250th at Fort Trumbull State Park!

7/2/2026: Teen Dance Party!: 4-5 p.m., Show off your moves and play Just Dance on the Nintendo Switch!

7/7/2026: Teen Cooking Class: Food Safety Basics: 3-5 p.m., Learn new skills with Food For Your Soul to celebrate National Culinary Arts Month!

7/8/2026: Teen Film Club: 4-5 p.m., Stop by the Teen Activity Room to view a short film for Disability Pride Month and discuss our thoughts over pizza!

7/9/2026: Nature Felt Crafts: 4-5 p.m., Make your own cute nature figures, flowers, and critters out of felt!

7/14/2026: Teen Cooking Class: Knife Skills 101: 4-5 p.m., Learn knife safety skills with Food For Your Soul to celebrate National Culinary Arts Month!

7/15/2026: Spill The Tea: 4-5 p.m., Customize your own tea flavor with dried leaves and fruit!

7/16/2026: Summer Spelling Bee: 4-5 p.m., Keep your brain sharp and compete for a sweet prize!

7/21/2026: Teen Cooking Class: Stovetop Basics: 2:30-3:30 p.m., Learn the stovetop basics with Food For Your Soul to celebrate National Culinary Arts Month!

7/22/2026: Yes Chef! Game Night: 4-5 p.m., Join us to play Overcooked games in honor of National Culinary Month!

7/23/2026: Quilting 101: 3-5 p.m., Join Ms. Hayley to learn the basics of quilting! Together let's sew a patchwork tote bag!

7/29/2026: Teen Book Club: 4-5 p.m., Join our book club to discuss each month's book over tea! Copies of When Stars Are Scattered by Victoria Jamieson and Omar Mohamed are available to checkout at the Circulation Desk.

7/30/2026: Teen Ice Cream Social: 4-5 p.m., Stay cool with a sweet treat in our Teen Room!

Adult Events

Community Knit: Thursdays, 9:30-11:30 a.m., Bring your project materials and socialize with others. All are welcome, from beginners to advanced.

New London Chess Club: Saturdays, 9:30 a.m.-12:30 p.m., Join a casual group of chess players meeting every Saturday at the PLNL. Players of all abilities are welcome.

Library of Things: Stop by the Adult Reading Room to check out items from our Library of Things! There are 47 items available, such as DVD players, air fryers, fishing rods, binoculars, telescopes,

and more!

7/1/2026: The Herbal Apothecary: Making Tinctures, Salves, and Teas from Your Garden: 5-6:30 p.m., Join Mark Gostkiewicz of Tri Gable Lea Farm for a practical, down-to-earth introduction to the craft of the home apothecary.

7/2/2026: Picnic At Fort Trumbull: 12-3 p.m., Join your favorite librarians for a luncheon and a celebration of America's 250th at Fort Trumbull State Park!

7/2/2026: Meadowsclaping and Landscaping With Native Plants: 5-6 p.m., Join Jim Natale from Wilder Gardens LLC for a talk about the environmental benefits of planting with native plants, and how to garden with them!

7/6/2026: Summer Book Club: Jaws: 11-12:30 p.m., Kick off Shark Week with a very special book club! We will be discussing Jaws by Peter Benchley. Stop by the circulation desk to pick up a copy!

7/9/2026: Great White Shark: New Perspectives On An Ancient Predator Screening: 5-6:30 p.m., For Shark Week, join us for a screening of the informative documentary Great White Shark: New Perspectives on an Ancient Predator.

7/11/2026: Sci-Fi Saturday: Invasion of the Body Snatchers: 10 a.m.-12 p.m., Join us for a screening of Invasion of the Body Snatchers (1956)!

7/11/2026: PLNL Writers' Circle : 11-12:30 p.m., Connect with writers of all different skill and experience levels! If you're looking for a push to start writing, other writers to share your work with for feedback, or just make friends, this is the place to be!

7/13/2026: Shark Fin Bookmarks: 4-5 p.m., Public Library of New London, 63 Huntington St., New London; Close out Shark Week 2026 by making your very own shark fin bookmark!

7/13/2026: Usual Suspects Mystery Book Club: 7-8 p.m., Virtual discussion led by local author Faye Ringel. Registration required.

7/15/2026: Sketching Nature: 3:30-4:45 p.m., Learn about sketching the wild world around you! This program will cover the basics of sketching plants and animals in the great outdoors.

7/16/2026: Plant Swap: 3-5 p.m., Celebrate "planting a seed" with a plant swap! Bring plants, seeds, or supplies, pick some up--or do both!

7/21/2026: Nintendo Meetup for Adults: 4-5 p.m., Adult gamers, are you looking to fill up your Pokedexes, get some Street-pass, or meet your Animal Crossing goals? Bring your Nintendo Switches, 3DSs, or, yes, even Gameboys to the Board Room to game with your fellow adults and meet your gaming goals!

7/23/2026: Throwback Thursday: Fern Gully Screening: 4:30-5:50 p.m., Nineties kids, rejoice! We're having a throwback Thursday screening with 1992's Fern Gully.

7/25/2026: Local Author Marcus Soutra, Jr. Talk and Signing: 10am-12:30 p.m., Join local author Marcus Soutra, Jr. to celebrate the publication of his second book, The Gulls of Ninth Avenue! Come for a talk, stay for a signing!

7/27/2026: Perler Bead Plants: 4-5 p.m., Make pretty plants out of perler beads! Please note that this craft involves a hot iron.

7/28/2026: The Amistad Story: Connecticut's Role in the Fight for Freedom: 5-6 p.m., Led by Discovering Amistad, this program will take attendees on a journey through the lives of the 53 Africans who were onboard the Amistad, how their freedom was interrupted, and how Connecticut played a major role in the abolitionist movement; Registration required.

7/29/2026: Classics Book Club: 4-5 p.m., This month, the Classics Book Club will be discussing The Adventures of Tom Sawyer by Mark Twain. We will have limited copies available at the circulation desk for anyone who asks.

7/30/2026: Throwback Thursday: Fern Gully 2 Screening: 4-5 p.m., Nineties kids, rejoice! We're having a throwback Thursday screening with 1998's Fern Gully 2. (Yes, there was a sequel!)

Groton Public Library Upcoming Programs

The Groton Public Library is located at 52 Newtown Road, Groton. For more information about library programs or services, please call (860) 441-6750 or visit grotonpl.org. All programs hosted by the Groton Public Library are inclusive and open to people of all ability levels. Please contact the Library for information about available accommodations.

Youth & Family Activities

Scholastic Book Fair: Through July 17

Open daily (except Sundays) at the Groton Public Library from 9 a.m. to 5 p.m., featuring a wonderful selection of engaging and affordable books for every reading level. All proceeds benefit the Library's Summer and Winter Reading Programs.

Summer Stories

Wednesday, July 1, 8, 22 & 29, at 10 a.m.

Join our sunny summer storytime for ages 0-5. Enjoy interactive stories, songs, movement, and hands-on activities! No registration required.

Teen Journaling

Wednesday, July 1, at 1 p.m.

Design and personalize your own journal using an assortment of craft supplies. Capture your summer memories in style! All supplies provided, including journals. No registration required.

Celebrate 250: Teen Take & Make

Thursday, July 2, from 9 a.m. to 9 p.m.

Celebrate America's 250th anniversary with a fun, teen-friendly journey through history! Stop by the Groton Public Library's Teen Area to pick up a craft project, available while supplies last. For teens entering grades 6-12.

Hands on History: Children's Grab & Go

Thursday, July 2, from 9 a.m. to 9 p.m.

Come celebrate America's 250th anniversary with a fun, youth-friendly journey through history! This grab & go kit introduces children ages 5+ to the art of lantern making, available while supplies last.

Babies & Books

Monday, July 6, 13, 20 & 27, at 10 a.m.

Join us for this registered program for children ages birth-23 months. Babies will enjoy nursery rhymes, simple stories, finger plays, movements, and playtime. Space is limited; register for each session individually. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to sign up.

Summer Teen Take & Make

Monday, July 6, 13, 20 & 27, from 2 to 9 p.m.

Stop by the Groton Public Library to pick up a bag of supplies to complete a craft or activity, available while supplies last. For teens entering grades 6-12.

- July 6: Shark-themed Craft
- July 13: Ice Cream Cone Craft
- July 20: Create a Mini Surfboard & Fish
- July 27: Crystal Growing Kit

STEM Lab: Dino Bone Builders

Tuesday, July 7, at 10 a.m.

Children ages 6+ will shape and create their own dinosaur "fossil" bones using salt dough. Space is limited; registration is required. Call (860)441-6750 or visit the online calendar at grotonpl.org to register.

Create Your Own Terrarium

Wednesday, July 8, at 1 p.m.

Build your own mini world at the Groton Public Library! Teens will layer moss, rocks, plants, and embellishments to create a terrarium. No registration required. For teens entering grades 6-12.

Children's Grab & Go

Check out our new website! www.postroadreview.com

Thursday, July 9, 16, 23 & 30, from 9 a.m. to 9 p.m.

Pick up a kit full of fun at the Groton Public Library! Kits include most of the supplies you need plus instructions to create a craft or activity, available while supplies last. Recommended for ages 5+

Xen's Critters: Cute & Cuddlies Presentation

Friday, July 10, at 2 p.m.

Join us at the Groton Public Library to meet and learn about an assortment of animals, including bunnies, guinea pigs, chickens, a ferret and many more! No registration required. Recommended for children and teens ages 5-18. This event is sponsored by the Groton Public Library Circle of Friends.

Fabulous Fossils: Presented by Cool-ology

Tuesday, July 14, at 2:30 p.m.

Discover the fascinating world of fossil formation, learning how ancient life became preserved in rock over millions of years. Young paleontologists get hands-on experience excavating real fossils and identifying their prehistoric finds. Then, they will craft their own amazing fossil creations! Recommended for ages 6+. Space is limited; registration is required. Call (860) 441-6750 or visit the online calendar at grotonpl.org to register. This event is sponsored by the Groton Public Library Circle of Friends.

Science Heroes: Digging It

Wednesday, July 15, at 10 a.m.

Unearth your love for science in this fun and interactive S.T.E.M. show for the whole family. With help from audience volunteers, we will conduct exciting experiments about the changing states of matter, pressure, and more—while raising a shovel to scientists who work with dirt. If you didn't already love science, you'll really 'dig it' after seeing Science Heroes in action! No registration required. Recommended for children in grades K-5. This event is sponsored by the Groton Public Library Circle of Friends.

Wood Slice Painting

Wednesday, July 15, at 1 p.m.

Create a painting on a wood slice. All materials will be provided, just bring your creativity! No registration required. For teens entering grades 6-12.

Meet & Greet with Chase and Friends!

Friday, July 17, at 10 a.m.

Stop by to visit with Officer Heather and service dog Chase of the Town of Groton Police Department and their friends! No registration required. Recommended for children and teens ages 4-18.

Youth Cooking Class

Tuesday, July 21, at 2 p.m.

Join Erica Benvenuti, RD, Community Nutrition Educator with the UConn Expanded Food and Nutrition Education Program, in creating tasty summer treats! Open to youth ages 6+. Space is limited; registration is required. Call (860) 441-6750 or visit the online calendar at grotonpl.org to register.

Books & Bites

Wednesday, July 22, at 1 p.m.

Design your own mini bookcase, chat about books, and enjoy tasty snacks! For teens entering grades 6-12. Space is limited; registration is required. Call (860) 441-6750 or visit the online calendar at grotonpl.org to register.

Plates of the Past

Friday, July 24, from 9 a.m. to 5:30 p.m.

Celebrate America's 250th anniversary with a fun, teen-friendly journey through history! Recreate classic dishes at home with our cooking kit which will include historic recipes, kitchen utensils, and a free copy of "Food for Thought: The Stories Behind the Things We Eat" by Ken Robbins. Please note that ingredients are not included and kits are available while supplies last. For teens entering grades 6-12. This event is co-sponsored by CT Humanities.

Fun Friday: Bubble Lab

Friday, July 24, at 2 p.m.

We are inviting creators of all ages to join us for a hands-on celebration of all things sudsy and spherical. Whether you want to engineer a giant, wobbling bubble or fill the air with hundreds of tiny ones, this is your chance to shine. At our bubble stations, you will get to design and build your very own custom bubble wand using a variety of materials. Once your masterpiece is finished, head over to our testing zone to see it in action! We will have plenty of high-performance bubble solution ready to go. This event is free and open to everyone, so bring your friends, your family, and your best bubble-making spirit! No registration required.

Justin Mazz Magic Show

Saturday, July 25, at 11 a.m.

Join us for a magical morning of fun with magician Justin Mazz! Enjoy amazing tricks, laughter, and surprises as we celebrate the joy of reading and libraries together. This family-friendly magic show is perfect for kids of all ages—and adults, too! This event is sponsored by the Groton Public Library Circle of Friends.

STEM LAB: Owl Pellet Dissection

Tuesday, July 28, at 10 a.m.

Children ages 6+ will become nature detectives as we dissect owl pellets to discover what owls eat. Space is limited; registration is required. Call (860) 441-6750 or visit the online calendar at grotonpl.org to register.

Clay Dragon Eye

Wednesday, July 29, at 1 p.m.

Bring a dragon to life with your own hands! Sculpt and shape a dragon eye out of air-dry clay. No registration required. For teens entering grades 6-12.

Let's Write!

Friday, July 31, at 10 a.m.

Youth going into grades 3-8th grade are invited to join local author, Debbi Michiko Florence, for an interactive writing session! Debbi will talk about the importance of creating setting in stories and will share examples from her books, with a focus on her new middle grade mystery series, "Last Chance Academy." Learn how she comes up with ideas and how she researches. Participants will have the opportunity to develop settings for their own stories. Each participant will leave with a signed book by the author! Space is limited; registration is required. Call (860) 441-6750 or visit the online calendar at grotonpl.org to register. This event is co-sponsored with the CT Associate of School Librarians.

Events For Adults

Operation: Pasta & Peanut Butter

The Groton Public Library will be collecting peanut butter and pasta, two of the Veterans Base Camp's most needed items, through July 31. Bring your donations to the collection bin inside the Library. Please spread the word, and help us help those who have served!

Summer Supper Club

Pick Up: Wednesday, July 1, from 9 a.m. to 9 p.m.

Meet & Eat: Thursday, July 23, at 6 p.m.

At the beginning of each month, choose from a display of cookbooks labeled with one of four categories: appetizer, side dish, entree, or dessert. Then, bring your book and your creation to our Meet & Eat to share your culinary experiences. This program is open to cooking enthusiasts of all ages. Supplies are limited on a first-come, first-served basis.

Metal Detecting with Southern New England Relic Hunters

Monday, July 6, at 6 p.m.

Join members of the Southern New England Relic Hunters for an introduction to the fascinating hobby of metal detecting. Learn how detectorists search for lost items, uncover pieces of local history, and help preserve artifacts hidden just beneath the surface. From coins and relics to jewelry and everyday objects, each discovery tells a story about the past.

This workshop will cover the basics of metal detecting, includ-

ing equipment, techniques, responsible detecting practices, and the recovery of lost items such as keys and jewelry. Whether you are curious about the hobby or already enjoy treasure hunting, all experience levels are welcome. Hear stories of remarkable local finds and discover how history can still be uncovered right here in Southern New England!

Morning Matinee

Tuesday, July 7, at 9:30 a.m.

Join us at the Groton Public Library for a free movie, freshly-popped popcorn, and ice-cold lemonade (while supplies last). These early-bird showings may feature cinema classics, new releases, or documentaries. Call the Library at (860) 441-6750 or visit the online calendar at grotonpl.org for this month's film title.

The Ecology and History of Stone Walls in Connecticut

Wednesday, July 8, at 6 p.m.

Ever wonder how the iconic stone walls in Connecticut came to be? Join Dr. S. Mitch Wagener, WCSU Professor of Biology, for an engaging exploration of their geological origins, historical significance, and enduring presence in our landscape. This event is sponsored by the Groton Public Library Circle of Friends.

Saturday Cinema

Saturday, July 11, at 10 a.m.

The Groton Public Library will present a showing of a recently-released blockbuster film, a timeless classic, or a riveting documentary. Enjoy the movie on the big screen with free popcorn and lemonade (while supplies last). Call the Library at (860) 441-6750 or visit the online calendar at grotonpl.org for this month's film title.

Groton Public Library Book Group

Tuesday, July 14, at 6:30 p.m.

The Groton Public Library will host a book discussion of "The Emperor of Gladness" by Ocean Vuong. This bighearted novel is about chosen family, unexpected friendship, and the stories we tell ourselves in order to survive. This novel is the 2026 All CT Reads adult book choice and is available on the Palace App. Copies are available at the library; call or reserve online.

Community Art Exhibit Reception

Thursday, July 16, from 5:30 to 7:30 p.m.

Meet the artists who contributed to the Groton Public Library's Community Art Show. Refreshments will be served. The exhibition will be free, open to the public, and on view during the months of July and August 2026.

Nature's Remedies: Exploring Essential Oils

Saturday, July 18, at 11 a.m.

Discover what essential oils are, the importance of purity, and how to use them to address a variety of health issues, such as sleep, stress, muscle & joint discomfort, immune health, respiratory issues, focus & mental clarity, digestive issues, and more! Presented by Stephanie Kutterer, a holistic health educator and certified essential oil specialist for 11 years, teaching people how to use medical grade essential oils as a safe and effective natural health care alternative. Registration is encouraged. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register.

*Registration link: <https://grotonpl-ct.libcal.com/event/16907968>

Your iPhone, Simplified

Monday, July 20, at 10 a.m.

Master your Apple iPhone in this friendly, hands-on class about the essentials. Learn to navigate your screen, make calls, understand apps, and access the internet. Get ready to simplify your iPhone experience and connect with confidence! Space is limited; registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register.

*Registration link: <https://grotonpl-ct.libcal.com/event/16978448>

Owl Pellet Dissection for Adults!

Wednesday, July 22, at 6:30 p.m.

Did you miss out on owl pellet dissection when you were a kid?

Do you want to try it again? Or maybe you just really love owls. If any of these are true, this program is for you! Each participant will get their own owl pellet to dissect and analyze. Space is limited; registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register.

*Registration link: <https://grotonpl-ct.libcal.com/event/16651584>

Metaphysical Power of Crystals

Tuesday, July 28, at 6 p.m.

Discover the metaphysical power of crystals in this engaging and enlightening program with Lynn Merritt, co-owner of Mystical Horizon. Learn how crystals have been used across cultures for healing, protection, and spiritual growth as well as explore the unique properties of popular stones. Lynn will share practical ways to incorporate crystals into your daily life, from setting intentions to creating personal energy practices. Perfect for beginners and the crystal-curious alike.

AI for Everyday Use

Monday, July 27, at 10 a.m.

Have you been hearing the buzz about "Artificial Intelligence" (AI) but aren't quite sure what it is or how it can help you? Join us for this hands-on workshop designed specifically to demystify AI. Space is limited; registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register.

*Registration link: <https://grotonpl-ct.libcal.com/event/16978419>

By the People: Nekita Waller Concert

Saturday, August 1, at 1 p.m.

Back by popular demand, "By the People" brings Nekita Waller back to the Groton Public Library. For Nekita, music is the purest form of communication and as Connecticut's 17th Troubadour, her passion rings true. Ms. Waller's "Connecticut Anthem" celebrates our state's unique history and highlights its people and places. Join Nekita and her Band for a joyful musical experience and help create "I Grew Up in Groton," your town's very own anthem. This event is co-sponsored by Connecticut Humanities.

Virtual Author Talks

The following events are available live or on demand and include a Q&A with the author. Hosted in partnership with the Library Speakers Consortium and sponsored by the Groton Public Library Circle of Friends.

Karin Slaughter [VIRTUAL]

Tuesday, July 14, at 7 p.m.

Join us for a thrilling evening with acclaimed author Karin Slaughter as we chat about her North Falls series, consisting of "We Are All Guilty Here," in which two teenage girls vanish in rural Georgia, and her upcoming sequel, "The Secrets We Hide." Register at libraryc.org/grotonlibrary/176734.

Migrant Heart: The Hidden Cost of the American Dream and Healing Through Storytelling [VIRTUAL]

Thursday, July 16, at 2 p.m.

In her ambitious new memoir, "Migrant Heart: Essays About Things I Can't Forget," beloved, bestselling author Reyna Grande illuminates the hidden cost of the American Dream and the complex journey of healing that follows survival. Register at libraryc.org/grotonlibrary/177381.

The Power of Connection: Creating Lasting Friendships in an Increasingly Lonely World [VIRTUAL]

Tuesday, July 28, at 2 p.m.

Join us in virtual conversation with bestselling author Dr. Mari-sa Franco, one of the world's leading experts in human connection. Her book, "Platonic: How the Science of Attachment Can Help You Make—And Keep—Friends," explores the science of different attachment styles and how they impact our relationships, often in ways we don't realize! Register at libraryc.org/grotonlibrary/178028.

Lymes' Senior Center Upcoming Events

The Lymes' Senior Center, located at 26 Town Woods Road, Old Lyme, has announced the following schedule. To register, become a member or for more information call the Lymes' Senior Center Staff at (860)434-1605 ext. 240 or ext. 241.

Anything Goes Yoga: Wednesdays (July 1, 8, 15, 22, 29, 2026) at 10:15 a.m. This class incorporates balance, breathing, core strengthening, and fluid movement to keep people mobile, flexible, and strong. Instructor Kris Reaske, who has been a wellness and fitness coach for over 30 years, addresses any challenges experienced by her students that impede their mind, body, and spirit connection. Please bring a yoga mat to the class. The cost is \$5.00 for members, \$10 for non-members, 55 years of age or better!

Historical Lecture: "Homes of the Founding Fathers in Celebration of America 250": Wednesday, July 1st, 2026 at 1:30 p.m. Join us for a fabulous historical lecture presented by the Bow Tie Historian in honor of America's 250th birthday! The cost is free for members, \$10 for non-members, 55 years of age or better.

Meditation & Chi Kung: Wednesdays (July 1, 8, 15, 22, 29, 2026) at 3 p.m. Meditation gives one the opportunity to pay careful attention to the tensions in your body. It is a time of powerful, deep relaxation to develop your internal energy (chi). It Helps one to breathe normally and relax. Chi Kung "Rooting Pine: essence of Tai Chi Chi Kung"; a six movement form based on the principles of Tai Chi, the five elements, white crane stance work, eight pieces of silk and chi kung. This exercise will help one to reduce stress, feel calm, relaxed, more flexible, strong and balanced. The cost is \$5 for members per class.

Slow Yoga with Lynn: Wednesdays (July 1, 8, 15, 22, 29, 2026) at 5 p.m. This is breath-centered, healing yoga practice grounded in tradition & science. Allowing time for mindful transitions, this measured movement is a guiding path towards well-being, ease, and the ebbing of pain. Whether you are just getting back to yoga or a practiced student, this class is for you. This comprehensive session brings together breathing techniques (pranayama), postures (asana), mudra, yoga philosophy, meditation techniques and deep relaxation; tools to support managing stress, pain, and anxiety, while supporting overall well-being. Please bring a yoga mat to class. Visit <https://www.lynnmccarthyoga.com/> to see the rates.

Tai Chi with Ted: Tuesdays (July 2, 9, 16, 23, 30, 2026) at 4 p.m. This class involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Benefits can include: improved flexibility, balance, and strength, improved posture, increased vitality and focus, reduce the risk of falls and injury, pain management, improved immune function, and enhanced energy levels and stamina. The cost is \$5 for members, \$10 for non-members, 55 years of age or better!

Summer Sounds Outdoor Concert Series-Week 1: "Take Two & Call me In The Morning": Thursday, July 2nd at 6 p.m. This vocally driven band of Physicians and Healthcare advocates showcase tunes from the 60s-2000's including Fleetwood Mac, Petty, Pretenders, Bowie, Chicago, NRBQ, Dire Straits, The Dead, Beatles, Sheryl Crow, Van Morrison, Doobie Bros, and Steely Dan- Just to name a few! There will be ice cream served at 5:30 p.m. The Summer Sounds Concert Series is free and open to the community to attend!

Rock What You Got Low Impact Class: Fridays (July 10, 17, 24, 31, 2026) at 9 a.m. Mellisa Chupka has been an aerobics instructor for 30 years. Class will consist of low impact movements to get your heart rate up, core work, and strength training for all your muscles. All movements will be choreographed to fun music and will be done from a standing position. Bring a water bottle and your positive energy! The cost is \$5 for members, \$10 for non-members,

55 years of age or better.

Painting/Art Workshop: Fridays (July 10, 17, 24, 31, 2026) at 10 a.m. Participants bring their own projects and enjoy working in the company of other artists. Meets every Friday. This group is FREE for members, 55 years of age or better.

4S Exercise Class (Sit, Stretch, Strength, and Song) with Mellisa: Fridays (July 10, 17, 24, 31, 2026) at 10:15 a.m. This seated class meets every Friday. Increase your flexibility and strength in all your major muscle groups. Music will make this class lots of fun. The cost is \$5.00 for members, \$8.00 for non-members, 55 years of age or better.

Chair Tai Chi: Mondays (July 6, 13, 20, 27, 2026) at 10:30 a.m. Join us for a new class with Ted Lafemina! Ted is bringing a seated Tai Chi class to us here at the Lymes' Senior Center. Free for members, \$10 for non-members, 55 years of age or better.

Fly-Tying: Mondays (July 6, 13, 20, 27, 2026) at 1 p.m. Join Mark Lewchik as he teaches you the basics in beginner fly-tying! The cost is free for members, \$10 for non-members (if space allows).

Tai Chi: Tuesdays (July 7, 14, 21, 28, 2026) at 8:30 a.m. Instructor Alex will be leading this class, and he is bringing plenty of experience and expertise to the Lymes' Senior Center! Research shows that practicing tai chi can improve balance, stability, and flexibility in older people, including those with Parkinson's disease. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia. We are offering this program in monthly sessions. The cost for May's 4-week session is \$32, for members 55 years of age or better. To register for a session, or to become a member, please call Caitlin at (860)434-1605 ext. 241.

Sit and Be Fit: Tuesdays (July 7, 14, 21, 28, 2026) at 10:30 a.m. Join us for a fun filled work out and relaxation session all while seated in a chair! This class meets every Tuesday. The cost is FREE for members, \$5.00 for non-members, 55 years of age or better.

Navigating a Complicated Healthcare System for Pre-and Postoperative Transitional Recovery Care at Home: Wednesday, July 8th at 1 p.m. This educational workshop will prepare you with the knowledge and tools. You will need to recover at home from same day, elected joint replacement surgeries, hospitalization, and or skilled nursing facility. #1. Learn how to prepare your home for your initial, restorative care and caregiver training pre-surgical date. #2 Understand the medical terminology and what questions you need to ask your medical doctors. #3 How do you find the appropriate skilled care to assist you with your post-surgical recovery at home? #4 What is therapeutic and medical concierge services all about for your home care assisted living and restorative recovery care. This program is free for members, \$10 for non-members, 55 years of age or better.

Summer Sounds Outdoor Concert Series-Week 2: "Red Light": Thursday, July 9th at 6 p.m. Voted "Best Band 2023", Red Light is a 5-piece modern and classic dance party rock band that brings the energy and musicianship to every show they play. They play the best party music spanning five decades in a fun, dynamic, high-energy show! There will be ice cream served at 5:30 p.m. The Summer Sounds Concert Series is free and open to the community to attend!

Slow Yoga with Lynn: Saturdays (July 11, 18, 25, 2026) at 9 a.m. This is breath-centered, healing yoga practice grounded in tradition & science. Allowing time for mindful transitions, this measured movement is a guiding path towards well-being, ease, and the ebbing of pain. Whether you are just getting back to yoga or a practiced student, this class is for you. This comprehensive session brings together breathing techniques (pranayama), postures (asana), mudra, yoga philosophy, meditation techniques and deep relaxation; tools to support managing stress, pain, and anxiety, while supporting overall well-being. Please bring a yoga mat to class. Visit <https://www.lynnmccarthyoga.com/> to see the rates.

Healthy Eating for Healthy Aging: Tuesday, July 14th at 10 a.m. Join us for a helpful and informative presentation from our Tow Nurse Sammee! This program is free!

Curiosity Club: "What Happened to the Front Porch?": Tuesday, July 14th at 1 p.m. Join us for an always fabulous curiosity club, led by Jude Carter! The cost is free for members, \$10 for non-members, 55 years of age or better.

Tips to Optimize Brain Health: Wednesday, July 15th at 1 p.m. Dr. Wendy is bringing back one of her beloved programs to our senior center! Come join us as we learn tips on how to optimize our brain health! The cost is free for members, \$10 for non-members, 55 years of age or better.

Summer Sounds Outdoor Concert Series-Week 3: "The Cartells": Thursday, July 16th at 6 p.m. for. The Cartells are back again this year and ready to bring the party with them! Masters of jazz, swing, rock, Motown and R&B, The Cartells know how to practically anything and leave the audience smiling! The Lions Club will be having their BBQ at 4:30 p.m., and ice cream will be served at 5:30 p.m. The Summer Sounds Concert Series is free and open to the community to attend!

Crystal Singing Bowl Meditation: Tuesday, July 21st at 1 p.m. Join us as Priscilla Gale leads us through another fantastic singing bowl workshop! The cost is free for members, \$10 for non-members, 55 years of age or better.

Summer Sounds Outdoor Concert Series-Week 4: "The Corvettes Doo Wop Revue": Thursday, July 23rd at 6 p.m. This band is dedicated to preserving and performing the greatest music ever made - the music of the 1950's Doo Wop era. From New Hampshire to New Orleans and Virginia to Vegas, The Corvettes perform the great music of the Doo Wop era with a fresh new energy. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all-out a Doo Wop Celebration! There will be ice cream served at 5:30 p.m. The Summer Sounds Concert Series is free and open to the community to attend!

Summer Sounds Outdoor Concert Series-Week 5: "Four-in-a-Row": Thursday, July 23rd at 6 p.m. for. "4 In A Row" is a CT Shoreline band formed in 2024, with a unique concept - paying tribute to legendary rock bands with four consecutive songs from each group. The quintet includes Dave Geisler, John Jackson, Carl Iaccarino, Tom Callahan, and Stuart Jones. There will be ice cream served at 5:30 p.m. The Summer Sounds Concert Series is free and open to the community to attend!

Music & Movement At The Bill Memorial Library

The Bill Memorial Library in the City of Groton invites children and their grownups to our Music & Movement program on Tuesdays at 10:00 a.m. beginning June 30, 2026, through August 11, 2026. Join us for songs and activities with LIVE music! We'll have you and your little one moving and grooving as we sing, stretch, and explore music with instruments. This program is supported by CT Humanities and no registration is required. Call the library at 860-445-0392 for more information.

Library hours are Monday, Tuesday and Thursday, 10:00 a.m. to 8:00 p.m., Wednesday and Friday, 10:00 a.m. to 5:00 p.m. and Saturday, 10:00 a.m. to 3:00 p.m.

The Bill Memorial Library, a landmark on Groton Heights since 1890, is located at 240 Monument Street in the City of Groton, near the Groton Monument and historic Fort Griswold. To keep up with the latest happenings for adults, teens, kids and families, visit our web page at <https://www.billmemorial.org>, or check out our social media - follow us on Instagram at @billmemorialgrotonct or find us on Facebook at Bill Memorial Library.

Groton Public Library: Summer 2026 Events to Celebrate America's 250th

In 2026, the United States marks a historic milestone—the 250th anniversary of the signing of the Declaration of Independence. This moment invites us to reflect on the bold ideals set forth in 1776: life, liberty, and the pursuit of happiness.

As part of a nationwide commemoration, the Town of Groton, City of Groton, and Mystic will celebrate this semiquincentennial with a series of engaging events and educational programs throughout the year. For a complete listing of Groton's America 250 events, tours, and exhibits, visit groton-ct.gov/america250.

Revolutionary Book Club

Tuesday, July 7, at 6 p.m.

Book pick: "1776" by David McCullough

Join our Revolutionary Book Club to celebrate America's 250th Anniversary in 2026. Dive into stories, histories, and ideas that shaped the nation. This book club will rotate between Groton Public, Mystic & Noank, and Bill Memorial Libraries.

America's beloved and distinguished historian presents, in a book of breathtaking excitement, drama, and narrative force, the stirring story of the year of our nation's birth, 1776, interweaving, on both sides of the Atlantic, the actions and decisions that led Great Britain to undertake a war against her rebellious colonial subjects and that placed America's survival in the hands of George Washington.

Copies are available at the Groton Public Library; call or reserve online.

Declaring Independence: The Language That Challenged an Empire

Thursday, July 9, at 6 p.m.

More than a historical milestone, the Declaration of Independence is a masterful use of language. This talk examines this document as a bold piece of writing designed to persuade, provoke, and endure. Blending rhetorical analysis with a full reading of the text, it brings the document to life as a spoken argument rather than a static artifact, and approaches the Declaration through the lens of voice, rhythm, and the enduring power of words.

Michael Langlois is a performer, lecturer, and storyteller with decades of experience on stage and off. He has directed across New England, and worked for over a decade with New London, Connecticut's Flock Theatre serving as an Associate Artist, where he directed, acted, and taught classes.

About the Groton Public Library

The Groton Public Library is located at 52 Newtown Road, Groton, CT 06340. For more information about library programs or services, please call (860) 441-6750 or visit grotonpl.org. All programs hosted by the Groton Public Library are inclusive and open to people of all ability levels. Please contact the Library for information about available accommodations.



Check out our new website! www.postroadreview.com

Lyman Allyn Exhibition Features Works By Artist Howard McCaleb

New London – The Lyman Allyn Art Museum is pleased to announce the opening of Howard McCaleb: The Golden Mean, on view from June 27 through October 6. The exhibition features a selection of sculptures, drawings, paintings, and collages by Norwich-based artist Howard McCaleb, highlighting the enduring influence of the Golden Ratio throughout his work.

Over the course of a prolific career spanning several decades, McCaleb has drawn inspiration from the myriad forms and patterns generated by the Golden Ratio, a mathematical proportion long associated with natural growth, harmony, and visual balance. For McCaleb, this universal structure, combined with a palette of near-primary colors, provides a framework that transcends cultural boundaries and serves as a foundation of his artistic practice.

McCaleb's large-scale sculptures and other works have been exhibited throughout the United States and internationally, including in Germany, Norway, Denmark, Bulgaria, China, and the United Arab Emirates. His work is represented in museum collections and private holdings around the world.

For the past several years, McCaleb has lived and worked in Norwich, Connecticut, where he operates Dada Post USA, a studio and gallery space. Prior to returning to the United States, he spent more than a decade in Berlin, Germany, where he founded and directed Dada Post, an artist residency and exhibition space (Kunstraum).

Originally from San Jose, California, McCaleb earned an MFA in Sculpture from Cornell University and a BA in sculpture from California State University at Hayward. Throughout his career, he has taught fine art at colleges and universities including San Jose State University, California; the University of Massachusetts, Amherst; the University of North Carolina, Greensboro; Rutgers University, Newark; Hunter College, New York; Cornell University; Graduate School of Pratt Institute; Parsons School of Design / The New School, and Amherst College.

The opening reception was held on Friday, June 26.

This exhibition has been made possible with support from an anonymous foundation, and by the Connecticut State Legislature, administered by the DECD, Office of the Arts.

About Lyman Allyn Art Museum

Lyman Allyn Art Museum welcomes visitors from New London, southeastern Connecticut and all over the world. Established in 1926 with a gift from Harriet Allyn in memory of her seafaring father, the Museum opened the doors of its beautiful neoclassical



Howard McCaleb, Square Gate with Bent Left Knee, 2008, painted wood, 7 inches high. Courtesy of the artist.

building surrounded by 12 acres of green space in 1932. Today it presents several changing exhibitions each year and houses a fascinating collection of over 20,000 objects from ancient times to the present, including art from Africa, Asia, the Americas and Europe, with particularly strong collections of American paintings, decorative arts and Victorian toys and doll houses.

The museum is located at 625 Williams Street, New London, Connecticut, exit 83 off I-95. It is open Tuesday through Saturday, 10 a.m. - 5 p.m. and Sundays 1 - 5 p.m., and closed on Mondays and major holidays. For more information call 860-443-2545, ext. 2129 or visit www.lymanallyn.org.

Summer Painting For Kids at The Bill Memorial Library!

The Bill Memorial Library in the City of Groton invites children in grades 1-5 to create a summer painting on Thursday, July 16, 2026, at 1:00 p.m. Paint a canvas with a summer tree using puzzle pieces! All materials are supplied. Registration begins July 2. Registration is required and space is limited; call the library at 860-445-0392 to register or go to the link to register online – <https://tinyurl.com/ms5n88yv>.

Library hours are Monday, Tuesday and Thursday, 10:00 a.m. to 8:00 p.m., Wednesday and Friday, 10:00 a.m. to 5:00 p.m., and Saturday, 10:00 a.m. to 3:00 p.m.

The Bill Memorial Library, a landmark on Groton Bank since 1890, is located at 240 Monument Street in the City of Groton, near the Groton Monument and historic Fort Griswold. To keep up with the latest happenings for adults, teens, kids and families, visit our web page at <http://www.billmemorial.org>, or check out our social media - follow us on Instagram at @billmemorialgrotonct or find us on Facebook at Bill Memorial Library.

Ed Popielarczyk's Magic Show!

The Bill Memorial Library in the City of Groton invites children and families to Ed Popielarczyk's Magic Show on Tuesday, July 14 at 1:00 p.m. Join us for an entertaining and amazing performance where audience participation and fun are a MUST! No registration necessary; call the library at 860-445-0392 for more information.

Library hours are Monday, Tuesday and Thursday, 10:00 a.m. to 8:00 p.m., Wednesday and Friday, 10:00 a.m. to 5:00 p.m. and Saturday, 10:00 a.m. to 3:00 p.m.

The Bill Memorial Library, a landmark on Groton Bank since 1890, is located at 240 Monument Street in the City of Groton, near the Groton Monument and historic Fort Griswold. To keep up with the latest happenings for adults, teens, kids and families, visit our web page at <http://www.billmemorial.org>, or check out our social media - follow us on Instagram at @billmemorialgrotonct or find us on Facebook at Bill Memorial Library.



Volunteers gather outside Holiday Inn New London with supplies ready to take to the streets of downtown.

Chamber Community Comes Together for Third Annual Cleanup Effort

From pride to progress: New London shines bright in green initiative.

New London, CT – The Chamber of Commerce of Eastern Connecticut, in partnership with the City of New London and sponsored by Eversource and Reworld, proudly hosted the third annual New London Community Cleanup, bringing together more than 75 volunteers in a shared commitment to environmental stewardship and neighborhood pride.

The event highlighted the community's dedication to keeping New London vibrant and welcoming. Local businesses, community leaders, and professionals joined forces to remove litter, beautify public spaces, and reinforce civic pride across the City.

"Events like this showcase the power of collaboration and community spirit," said Megan Gilbert, Chamber President. "By working together outside the traditional Earth Day timeframe, we're building a lasting culture of stewardship that strengthens both our environment and our connections as a region."

As one of the few deep-water ports between New York and Boston, New London offers a distinctive blend of maritime heritage, arts, and culture. With its scenic waterfront, historic downtown, thriving arts scene, and renowned attractions such as the U.S. Coast Guard Academy and future National Coast Guard Museum, the City continues to be an exceptional place to live, work, and visit.

Eversource Energy, a leading sponsor of the cleanup, emphasized its ongoing commitment to sustainability and community engagement.

"At Eversource, we believe energy brings us together—and that includes caring for the communities we serve," stated Ray Collins, Manager of Government Affairs. "From supporting local cleanups like this one to advancing clean energy initiatives, we're proud to partner with organizations like the Chamber to help create a cleaner, more sustainable future for New London."

Eversource's broader efforts include goals to reach net-zero emissions by 2050, expand clean energy solutions, and support environmental initiatives ranging from habitat protection to energy efficiency programs and volunteerism.

Reworld, headquartered nearby in Preston, CT, also played a key role in supporting the initiative. As a leader in waste management

and sustainability, the company provides end-to-end solutions designed to reduce landfill reliance and responsibly manage materials across recycling, recovery, and disposal systems.

Together, these partnerships demonstrate the region's collective commitment to preserving New London's natural beauty and enhancing quality of life for residents and visitors alike.

About the Chamber of Commerce of Eastern CT

The Chamber of Commerce of Eastern Connecticut is one of the oldest Metro Chambers in the state, serving businesses since 1910 and championing a vibrant, sustainable regional economy through thoughtful advocacy, strategic partnerships, and innovative programming. As a collaborative network of professional and community leaders, we provide meaningful opportunities for connection, visibility, education, and engagement on the challenges and prospects shaping our region's future. Home to the Regional Innovation Center—a hub for creativity and collaboration—we support small businesses, elevate local industries, and drive regional economic development, helping to build a thriving business ecosystem across Eastern Connecticut. For more information, visit ChamberECT.com.

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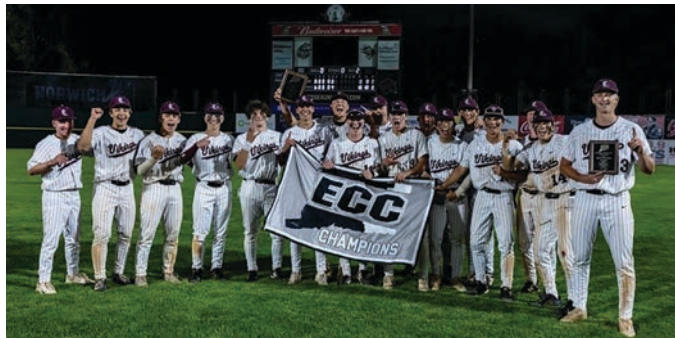
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Vikings Dominate Conference, Wrap Spring Season



Vikings baseball won a conference championship for the seventh time under head coach Jack Biggs.

By Josh Howard

East Lyme High School athletics wrapped up another successful sports season, taking home multiple conference championships this spring to close out the 2025-2026 school year. Here's a look at how the Vikings polished off another successful campaign with more conference supremacy:

Baseball Captures ECC Title

Vikings baseball breezed through the Eastern Connecticut Conference (ECC) Division I championships, securing a conference title for the seventh time under head coach Jack Biggs.

East Lyme was dominant the tourney, outscoring their three conference foes by a combined score of 14-1, including a 10-0 shutout of Norwich Free Academy in the ECC championship game at Dodd Stadium on May 29.

In the conference clincher, the Vikings exploded for six runs in the first inning and added four more in the fifth inning to close it out. Aidan Cochrane went the entire way, striking out 10 over five scoreless and hitless innings. Garrison Biggs, Harrison Papuga, Andrew Sevigny, and Will McKiernan each had two hits, while Papuga, Sevigny, McKiernan, and Greyson Biggs each scored twice. Greyson Biggs also drove in a pair of runs.

Sevigny earned the tournament's Most Outstanding Player Award.

After winning 17 of 20 games in the regular season and capturing a conference crown, the Vikings earned the No. 3 seed in the Class L state tournament where they would easily eliminate No. 30 Platt Tech, 23-0, in the first round.

Garrison Biggs drove in four runs on two hits and scored three times to lead the way offensively, while Tristan Glover struck out 13 over six innings of scoreless ball, allowing only a pair of hits.

The team's season came to a close in the second round when they fell to No. 14 New Milford (6-3).

Six Straight for Girls Lacrosse

The girls lacrosse team at ELHS won a 6th straight ECC championship with a 10-7 win over Montville on May 28.

It marked the 19th overall conference championship in program history.

Senior Callan Keefe earned the Most Outstanding Player Award after scoring four goals in the conference finals. Cassidy O'Brien also had a four-goal performance, while Taylor Kachinsky and Lillian Trost each found the back of the net.

Over the three conference tourney games, the Vikings scored 39 total points, scoring 10 or more goals in each of the three games.

Following the conference six-pack, the Vikings won a wild one



East Lyme High School girls lacrosse won a sixth straight Eastern Connecticut Conference (ECC) championship this spring.

in the opening round of the Class M state tournament, defeating St. Joseph 13-12 in overtime.

O'Brien (three goals, two assists) scored the game-winner in the extra session with 1:02 remaining in the first overtime.

Taylor Kachinsky had a team-high six goals and dished out an assist. Lillian Trost added two goals, while Viola Brush had a goal and assist.

The Vikings season came to a conclusion in the second round, falling to the eventual state champs from Daniel Hand (15-6). Daniel Hand, the No. 1 seed, would go on to beat No. 2 Branford (14-7) in the Class M state championship game on June 13.

Three-Peat for Boys Lacrosse

Vikings boys lacrosse won a third straight ECC championship, beating Waterford 16-5 in the title tilt on May 28. Gabe Hanney was honored with the Most Outstanding Player Award

East Lyme outscored their two conference opponents 32-6, continuing the conference domination for the program that has posted 22 ECC regular season titles and 18 conference tournament championships since its first varsity season in 2000.

Following a 13-3 regular season and the conference three-peat, the Vikings won a pair of home state tournament games, including a dramatic 15-12 victory over Joel Barlow in the second round of the Class M state tourney.

After allowing the first five goals, East Lyme scored 15 of the next 22 to storm back behind another outstanding performance from Hanney, who scored five goals and had two assists.

Finn Bruno added four goals and a pair of assists, while Oliver Ginther had a pair of goals. Anthony DiLoreto (one goal, two assists) and Nate Socha (goal) added points offensively, while goalie Reggie Schwartz made seven saves protecting the net.

The team's season came to a close in the state quarterfinals where they lost to the eventual champs from Weston 7-6. Weston, the No. 1 seed, went to defeat No. 2 seed New Fairfield (11-10) in the Class M state championship game on June 14.

Special Night for Softball

On June 3, history was made at Ellington High School as long-time ELHS softball head coach Judy Deeb guided her team to career win No. 700 with a 14-2 victory over Ellington in a 2nd round of the Class M state tournament.

During the momentous game, Mia Loyd tallied three hits, driving in four runs and scoring another. Natalie Knowlton also had three hits, scoring three times and driving in two more, while Kinzie Donahue scored four times and had two RBIs on a pair of hits. On the mound, Lauryn Drago and Mikaela Richter combined to strike

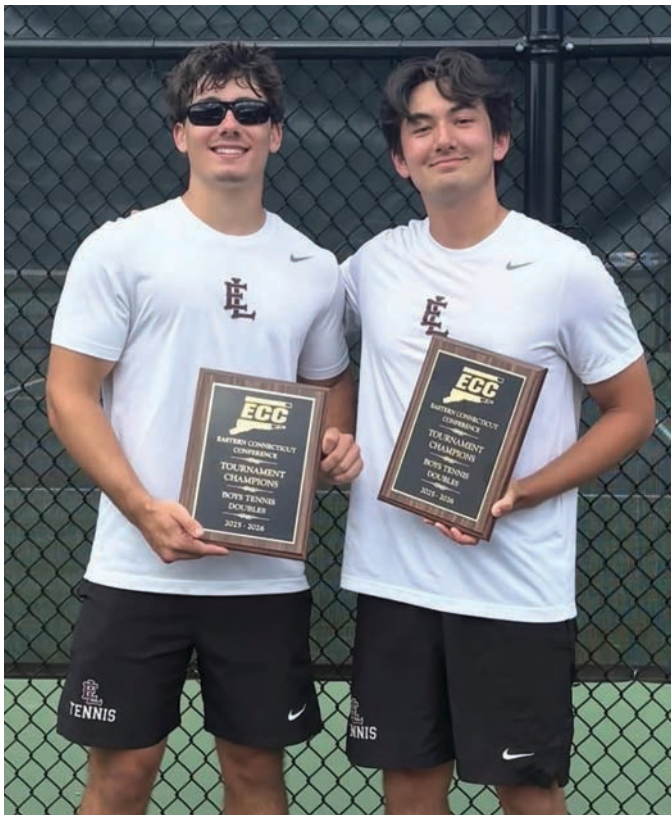


Gabe Hanney was honored with the James Courtney Most Outstanding Player Award as ELHS boys lacrosse won a third straight ECC title.

out six in the history-making victory.

Deeb is the state's all-time winningest softball coach and is a 1995 inductee into the Connecticut High School Coaches Association Hall of Fame.

Following win No. 700, Deeb's squad fell to Waterford in the state quarterfinals, but without any seniors this spring, the entire roster is slated to return in 2027.



Double Dip.... East Lyme High School's tennis standouts Eric Lovering and Alex Rindell won the ECC doubles championship, defending their title from a year ago.



Judy Deeb, the longtime Vikings softball coach, earned her 700th career victory as the team beat Ellington in the second round of the state tourney on June 3.



Tennis Champs... Queenie Yang and Angie Chen won the ECC doubles championship, bringing back another conference championship to East Lyme High School. The girls tennis team would advance to the state title match this year, defeating Wethersfield in the semifinals to reach the state finals for the first time since 2012 before falling to Guilford (4-3) in the Class L state championship.

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Niantic July Tide Chart Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:16	2.5	6:21	0.2	6:20	0.6	5:19	8:25	
2	Thu	12:23	3.0	1:00	2.5	6:59	0.2	7:02	0.6	5:19	8:25	
3	Fri	1:03	2.9	1:45	2.6	7:39	0.2	7:49	0.6	5:20	8:25	
4	Sat	1:43	2.8	2:29	2.6	8:21	0.3	8:40	0.6	5:21	8:25	
5	Sun	2:23	2.7	3:11	2.7	9:03	0.3	9:34	0.6	5:21	8:25	
6	Mon	3:04	2.6	3:52	2.8	9:45	0.3	10:29	0.6	5:22	8:24	
7	Tue	3:50	2.5	4:38	2.9	10:29	0.4	11:27	0.5	5:22	8:24	
8	Wed	4:45	2.3	5:31	3.1	11:18	0.4			5:23	8:24	
9	Thu	5:49	2.3	6:28	3.2	12:26	0.4	12:11	0.4	5:24	8:23	
10	Fri	6:53	2.3	7:23	3.4	1:24	0.2	1:08	0.4	5:25	8:23	
11	Sat	7:50	2.4	8:17	3.5	2:21	0.1	2:07	0.3	5:25	8:22	
12	Sun	8:44	2.5	9:12	3.6	3:18	0.0	3:07	0.3	5:26	8:22	
13	Mon	9:38	2.6	10:06	3.6	4:12	-0.1	4:06	0.2	5:27	8:21	
14	Tue	10:32	2.7	11:00	3.6	5:03	-0.2	5:02	0.1	5:28	8:21	
15	Wed	11:26	2.8	11:53	3.5	5:52	-0.2	5:57	0.1	5:28	8:20	
16	Thu			12:21	2.9	6:41	-0.2	6:52	0.1	5:29	8:20	
17	Fri	12:45	3.3	1:17	3.0	7:30	-0.1	7:50	0.2	5:30	8:19	
18	Sat	1:38	3.0	2:13	3.0	8:21	0.0	8:51	0.3	5:31	8:18	
19	Sun	2:32	2.8	3:07	3.1	9:11	0.2	9:52	0.4	5:32	8:18	
20	Mon	3:25	2.5	4:01	3.0	10:02	0.3	10:53	0.5	5:33	8:17	
21	Tue	4:21	2.3	4:56	3.0	10:53	0.5	11:54	0.5	5:33	8:16	
22	Wed	5:23	2.1	5:55	3.0	11:46	0.6			5:34	8:15	
23	Thu	6:27	2.1	6:51	2.9	12:53	0.5	12:41	0.7	5:35	8:14	
24	Fri	7:24	2.1	7:43	2.9	1:47	0.5	1:35	0.8	5:36	8:13	
25	Sat	8:13	2.1	8:30	2.9	2:36	0.5	2:26	0.8	5:37	8:13	
26	Sun	8:58	2.2	9:15	3.0	3:22	0.5	3:14	0.7	5:38	8:12	
27	Mon	9:42	2.4	9:59	3.0	4:03	0.4	3:58	0.6	5:39	8:11	
28	Tue	10:25	2.5	10:39	3.0	4:40	0.3	4:39	0.6	5:40	8:10	
29	Wed	11:07	2.6	11:18	3.0	5:16	0.3	5:17	0.5	5:41	8:09	
30	Thu	11:48	2.6	11:55	3.0	5:51	0.2	5:56	0.5	5:42	8:08	
31	Fri			12:28	2.7	6:26	0.2	6:38	0.5	5:43	8:07	

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continued from pg 1

executed by East Lyme's own Tom Quinn and sponsored by Dominion.

Sand Castle Competition

Our popular Sandcastle Competition is back and promises to be more fun than ever before! Taking place at Hole in the Wall Beach, this is a great event for children and families and is hosted by Niantic Children's Museum. To participate, please register by calling the Children's Museum.

Children's Area

Stop by our fabulous Children's Area! Complete with a Moon Bounce, hands-on activities, face painting, caricatures and so much more!

St. John's Carnival

St. John's Episcopal Church will be holding its Annual Summer Carnival at 400 Main Street (across from the Children's Museum) during Celebrate East Lyme! There will be new rides, food and mid-way fun for the whole family. For more information visit www.st-johnsniantic.org or call 739-2324.

Brian's Healing Hearts Center for Healing and Hope Upcoming Support Groups & Events

Brian's Healing Hearts Center for Healing and Hope, located at 461 Main Street, Niantic, has announced the following schedule.

Pre-registration at least 24 hours in advance is required for all support groups. For group descriptions visit: BriansHealingHearts.org/resources/grief-support-programs/

For more information visit BriansHealingHearts.org, call (860) 451-8354 or email Chelsea@BriansHealingHearts.org.

Regular Support Groups

Bereaved Parents, Grandparents, or Siblings Support Group

Tuesday PM 7/14 & 7/28 (Main House)

Friends & Family Support Group

Wednesday PM 7/1 & 7/15 (Virtual)

Loss of a Spouse or Partner Support Group

AM GROUP: Wednesday 7/8 & 7/22 (Cottage)

PM GROUP: Wednesday 7/1 & 7/15 (Cottage)

Hope and Healing after Loss Seniors Support Group

Monday AM 7/27 (Groton Senior Center)

Loss of Spouse or Partner to Suicide Support Group

Wednesday PM 7/8 (Main House)

Loss to Substance Use Support Group

Monday PM 7/27 (Cottage)

Men's Grief Support Group

Tuesday PM 7/28 (Cottage)

Pregnancy & Infant Loss Support Group

Thursday PM 7/16 (Cottage)

Survivors of Suicide Loss Support Group

Thursday PM 7/16 (Main House)

Young Adult Grief Support Group (for ages 25-40)

Monday PM 7/13 (Main House)

****NEW**Walking Grief Group**

Monday AM 7/20 (Meet in the BHH parking lot)

The Brian Dagle Foundation — anchored in hope and empowered to support, is dedicated to the healing of grieving adults as well as community education on mental health, suicide awareness, and the grieving process.

Our support groups offer a safe space to share your grief and to understand you are not alone. Most groups are facilitated by others who are further along on the journey of hope and healing after loss.

July 2026 Special Events

Email Chelsea@BriansHealingHearts.org to register unless otherwise noted

Band at Celebrate East Lyme Music Stages

We will have several stages throughout Main Street including Pro-Tek Auto, Main Street Park and McCook Point Park. As you move down Main Street, stop by the Main Street Park Stage, sponsored by Jamkat Entertainment! They have assembled an awesome collection of music that you don't want to miss and some BiG screen surprises!

Pro Tek Auto is rockin the house with their ever popular music stage which promises to be better than ever! McCooks Stage opens up at 7:30 p.m. and will feature awesome local musicians.

Fireworks

Enjoy the sights and sounds as our local musicians light up our stage right before local Tom Quinn lights up Niantic Bay with a spectacular fireworks display! Sponsored by Dominion, our fireworks bash on the bay is back with a most spectacular show! It is a wonderful ending to our annual sensational summer celebration by the sea! The fireworks usually start several minutes after 9:00PM.

Don't miss this year's Celebrate East Lyme! Stay and Play all Day in Downtown Niantic!

Understanding the Six Needs of Mourning

Begins 7/8, 5:00-6:30 p.m. (three week program 7/8, 7/15, 7/22)

Everyone grieves and mourns differently, but there are some steps along the way that we all must encounter. By understanding the six needs of mourning you may think of them as your "to-do list". Slowly and over time, you work on actively expressing—or mourning—your grief. Meeting the six needs of mourning one day at a time will help you move toward a life of meaning and purpose again.

Volunteer Training & Orientation

Monday 7/13, 4:30-6:00 p.m.

Learn about opportunities to volunteer with the Brian Dagle Foundation and Brian's Healing Hearts.

Tracy Ann Psychic Medium

Monday 7/20, 4:30-6:30 p.m. Maximum of 10 participants.

Cost: \$40

Tracy Ann is a local psychic medium who has done a number of private and small group events with The Brian Dagle Foundation community. In February, she joins us for an intimate group event with individual psychic readings. Tracy Ann, a 4th generation psychic medium, will share messages from and about your loved one.

Sound Bath with Jess Higham (Registration is full, waitlist available)

Wednesday 7/29, 6:30-7:45 p.m.

Join Jess for a sound bath featuring quartz crystal singing bowls, deep-resonating gongs and drums, and delicate chimes and rattles. During a session, you will relax fully as acoustic waves wash over you. Because the analytical mind cannot track these ambient sounds, your brainwaves naturally slow into deeply relaxed alpha and theta states. Participants can expect to experience deep mental rest, physical release, vivid internal imagery, and gentle emotional clearing.

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