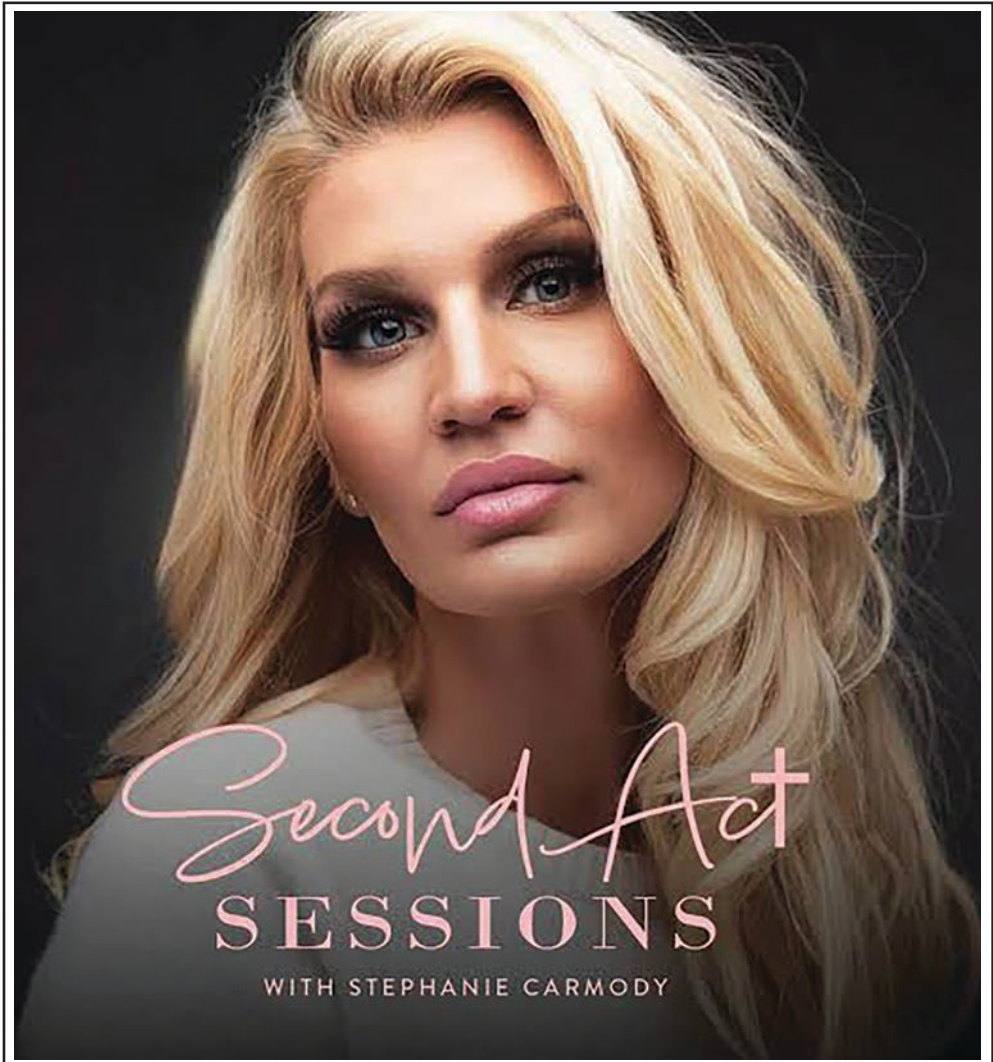


The Glastonbury Citizen

A GOOD CITIZEN IS A WELL-READ CITIZEN

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Second Act
SESSIONS
WITH STEPHANIE CARMODY

Stephanie Carmody's podcast **Second Act Sessions** produced in her home studio in Glastonbury explores a wide range of topics including everything from divorce to aging parents, with conversations centered around faith, resilience and personal growth.

Podcaster Turns Journey Into Inspiration

By Olivia Cibula

After spending more than two decades working with celebrities, brands and organizations to tell their stories, Glastonbury resident Stephanie Carmody is finally telling her own.

The former public relations executive, who spent more than 25 years leading campaigns for nationally recognized names including Martha Stewart, John Legend, Giada De Laurentiis and Kevin Hart, has traded red carpets and media events for heartfelt conversations through her bi-weekly podcast, *Second Act Sessions*.

Produced entirely from her home studio in Glastonbury, the podcast has quickly found an audience well beyond Connecticut, earning a place among the top 10 percent of podcasts globally, while building a social media following of more than 10,000 people.

But for Carmody, the numbers aren't what matter most. "The whole point behind it was really to share my story to help others," she said.

Launched in 2024, *Second Act Sessions* grew from one of the most difficult periods of Carmody's life. Following the end of her marriage, she spent years healing from emotional abuse, rebuilding her confidence and rediscovering

who she was before feeling ready to share her experiences publicly.

"I spent many years just healing," Carmody said. "What I didn't understand or expect was how much I would learn and heal from a lot of my guests."

What began as a personal outlet has evolved into a platform dedicated to helping others navigate life's unexpected transitions. Through conversations centered on faith, resilience and personal growth, Carmody explores topics ranging from divorce and menopause to loneliness, identity, aging parents and starting over.

At the heart of every episode is one simple message. "It never, ever is too late to begin again," she said.

Season Two, which launched this spring, reflects an even clearer vision for the show. "I'm really owning the second act space," Carmody said. "It's never too late to begin again and you can start over at any age."

Designed primarily for women navigating midlife, the new season features more personal storytelling, solo episodes and conversations intended to remind listeners that they are not

Council Approves Revised Zoning Regulations

By Shawn R. Dagle

The Town Council approved the first phase of revisions to Glastonbury's zoning regulations early last week.

A majority of the council agreed not to allow mixed use middle housing in Glastonbury's Planned Commerce Zone and Planned Employment Zone as part of the new regulations at its August 4 meeting.

Approval of the newly revised zoning regulations wraps up the first phase of work on the zoning regulations. Work has been underway for 18 months on the first phase of improvements with the second phase expected to kick off soon in subcommittee.

The first phase of changes to the zoning regulations focused mainly on errors within the existing document; simplifying them; making them more readable and clear and bringing Glastonbury's regulations in compliance with state and federal law including new housing statutes recently approved by the state legislature. The second phase of improvements is expected to focus on more substantive issues including such things as potential zone changes.

Last week's meeting was the council's second since receiving a favorable recommendation from the Town Plan and Zoning Commission advising the council to approve the new regulations.

A lot of the council discussion in recent weeks centered around whether to reclassify the town's Planned Commerce and Planned Employment Zones as industrial.

According to Francisco Gomes – from the town's consultant IMEG – those two zones already allow industrial uses and the change

would simply reclassify them as they already are.

At last week's meeting Councilman Whit Osgood suggested one potential outcome that could result from reclassifying them as industrial.

"One thing that is accomplished by changing the Planned Employment to an industrial named zone is that there would be less question as to whether or not an 8-30g project be allowed there," Osgood explained. "I thought 8-30g was an overstep by the state. I have no problem with making sure it can't go into the Planned Employment area which as we've suggested [has] a propane tank facility and a galvanizing plant – neither of which you should have residential housing next to. So there is certainly a case to be made for changing the PE to industrial and the case to be made is [you] no longer get 8-30g."

According to Community Development Director Shelley Caltagirone the Planned Employment and Planned Commerce Zones will still need to be classified within the new structure of the revised zoning regulations. Town staff and the committee that worked on the new regulations recommended they be classified as industrial. If not the council could choose to classify them as commercial but they still would need to be classified she explained. Ultimately the council stuck with their recommended classification as industrial zones.

Later in the meeting Councilwoman Jen

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Crossword Puzzle... page 23,
sponsored by Century Auto Service

Friday
Partly Cloudy
High **82°**
Low **58°**

Saturday
Generally Sunny
High **82°**
Low **57°**

Sunday
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★ *Podcaster, cont. from page 1*
you get, and it's real," she emphasized.
Ironically, the woman who now speaks candidly to thousands once doubted whether she had a voice worth sharing. While working in public relations years ago, Carmody recalls a former boss telling her she wasn't a good writer – a comment she said that stayed with her for decades.
Now, she is completing her first memoir, which chronicles not only her divorce but her lifelong journey toward self-worth.
"Writing became very cathartic for me and very healing," she said. "I do have a voice and I do have something to say."

Podcasting itself also required learning an entirely new skill set. Having no prior experience, Carmody immersed herself in the technology, built an in-home recording studio with the help of her producer and taught herself every aspect of production.
She admits the learning curve was steep, but perseverance became part of the story. "I'm really proud of the fact that I persevered," she said. "I didn't quit when things got hard."

It is clear today that her persistence has paid off. In addition to the podcast's international ranking, Carmody recently surpassed 10,000 Instagram followers, and one video featuring her parents has been viewed more than 1.1 million times.

When another podcast host encouraged her to check Listen Notes, Carmody was stunned to discover Second Act Sessions ranked among the world's top podcasts.

Despite its national reach, the podcast remains rooted in Glastonbury. Carmody records every episode from her home studio, where she has quietly built not only the podcast but also her boutique event planning company, Très Chic Events, and a growing personal brand. "The great beauty of a podcast is I can do it anywhere," she said.

Looking ahead, Carmody hopes to publish her memoir, appear on additional podcasts, expand into speaking engagements at women's and faith-based conferences and eventually transition into more on-camera media work.

Still, she says the purpose behind everything she creates remains unchanged. "I love sharing my story, but I equally love sharing other peo-



Stephanie Carmody

ple's stories," she said.
Above all, she hopes listeners leave every episode with renewed hope. "Your life is not over," Carmody said. "Whatever you're navigating, you will get through it."
Listeners can stream her show on Apple Podcasts, Spotify Podcasts, as well as on YouTube. To learn more about Stephanie Carmody and her podcast, background and story, visit secondactsessions.com.

Dean's List

Matthew Wind of Glastonbury, has been named to the University of Connecticut Spring 2026 Dean's List.



America's 250 Events and Activities

The following events and activities will be held to celebrate America's 250th.
2026 Glastonbury Reading Challenge: Welles-Turner Library is partnering again with River Bend Bookshop for the 2026 Glastonbury Reading Challenge – an invitation to explore 24 book prompts in any format (print, eBook, or audiobook) and at your own pace, with the goal of roughly two books per month. Each book can only count toward one prompt. Finishers will receive a commemorative prize and bragging rights. Readers aged 13 and older who submit a completed form by 5 p.m. on December 31, will also be entered to win a \$50 River Bend Bookshop gift card (one entry per person; incomplete forms not accepted).
Stars & Stamps Challenge: Collect a stamp at each America's 250th event you attend at Welles-Turner Library in 2026. After at least four stamps (you are encouraged to collect even more), return your stamp sheet to the Reference Desk at the library to receive an America's 250th keychain and be entered into a drawing for an America's 250th swag bag. Submit by 5 p.m. on December 31. Print your stamp sheet online or pick one up at the Reference Desk.
Stars & Stories 250 Families Read Together: Celebrate our nation's 250th by reading a book

which explores important moments in the past and present of our state and the United States. Participating families will be recognized with a star on the wall and will be entered into a drawing in December. Choose a featured title to read together from this list. This challenge for families with children in preschool through 6th grade runs June 1 to December 31. Visit the library website for more details.
To support the America's 250th Anniversary Campaign community members can make a monetary contribution to this effort through PayPal, MyRec, Sponsorship/Partnership Packages, or check contributions. Checks may be made payable to: Town of Glastonbury. Please note "America's 250th Anniversary" in the memo line. Checks should be mailed to: Attn Customer Service Center, Glastonbury Town Hall, 2155 Main Street Glastonbury, CT 06033.
If you're interested in volunteering your time and talents to support the 250th Anniversary festivities, please contact Katryna Albert at (860) 652-7680 or katryna.albert@glastonbury-ct.gov.
For more information on America's 250th Anniversary events in Glastonbury, please visit glastonburyct.gov/i-want-to/find/american-250-celebration/america-250-programs-events.

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