

Totoket Times

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For Our Town From Our Town

Volume 29 No 13, January 20, 2023

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Postal Customer

Sons of North Branford Serving Our Country



STEPHEN ADAMCZYK

On December 1, 2021the USS Harry S. Truman aircraft carrier deployed from Norfolk, VA as part of the 6th fleet area of operation in the Mediteranean Sea. The Truman had approximately 5000 sailors and the CVW 1 Carrier Air Wing, consisting of four Fighter jet squadrons, 2 Helicopter squadrons, 1 Growler squadron and 1 E2 squadron.

The Truman teamed with NATO to launch maritime exercise Neptune Strike 22. The strike force operation is to maintain maritime stability and security, and defend U.S., allied and partner interests in Europe and Africa.

Stephen Adamczyk and Kurt Casanova from North Branford served 9 1/2 months deployment with the Truman.

Adamczyk, is a 2020 graduate of North Branford High School and is in the Navy, assigned to the USS Harry S. Truman in Damage Control, stationed in Norfolk VA. He is the son of Carol Adamczyk and brother of Lauren.

Casanova, is a Petty Officer 2nd Class AT2 Aviation Electrician assigned to Strike Fighter Squadron Fighting Checkmates stationed in Virginia Beach, VA. He is the son of Marrk and Beth Casano



KURT CASANOVA

Let's Be "Frank"

Well brother, it's January. The holiday season is behind us, baseball hasn't started and the weather is cold and damp so it gives me a lot of time to contemplate. Too much time on my hands just aggravates me. So it's time to vent. This almost always gets me in trouble. So to those who agree, that's fine and to those who don't agree that's okay too. So here are a few items that really aggravate the hell out of me.

Change. I don't like it in my pocket, I don't like it just for the hell of it. I don't like it when it's not thought out and just thrown against the wall to see if it sticks.

Health insurance. Our system is a joke especially for those over 65. They cause grief, stress and illness when they make decisions based on finance and not medical needs.

Total transparency. When someone goes out of their way to talk about total transparency you just know they are hiding something. It's like starting a conversation with "with all due respect". You know that whatever will follow is not going to be respectful.

Stupid people. I'm no rocket scientist but when people around me have no common sense I become a Rhodes Scholar. I do a lot of talking but hopefully when I'm not an expert I try to listen. I remember and old saying, "It's better to keep your mouth shut and make people think you are stupid than to open it and remove all doubt".

Customer service. Or should I say lack of it. No one seems to give a rats tail about helping you. They act as though it's a burden for them to help with your problem and it often makes me wonder what they think they are there for. If they don't like their job it's not my fault. While on the subject, if people are suppose to be fluent on the phone, they need to speak English. I'm not being racist, but I wouldn't hire a piano player with no fingers or

a singer with no voice.

People who don't get it. After twenty one years there are still people who think the town owns the Totoket Times and I work for the town. I (Frank Mentone) own the Totoket Times. This newspaper is a vehicle to bring news to the town. If your business is lucky enough to be thriving, remember the people who patronize you and give them something back by supporting the local newspaper that keeps them informed.

People who play let's make a deal. This isn't the days of our parents where everything is a negotiation. People work hard to put out their products. Discussing a price reduction is insulting, and cheapening respect for their craft. I am often amused by people who think that because it's a newspaper they shouldn't have to pay for ads. They use the paper for any free publicity they can get but when it comes time to reciprocate wth a paid ad, they disappear.

Professional sports attire. I get a kick out of people who wear replicated uniforms of pro athletes. You're a grow ass adult. Don't you feel stupid wearing a Tom Brady or Aaron Judge shirt? What does it prove when you are a walking billboard for those athletes and institutions. Take the money and buy yourself some adult clothes and give the difference in those over priced items to charity.

Hypocrites. It really turns my stomach when I hear people brag about all the wonderful things they do for humanity and the number of hours they spend in prayer and worship. Yet those same people are judgemental and self serving.

Skinny People. Yes, skinny people aggravate me. In many cases I watch them eat much more food than I do and yet their metabolism allows them to look like a stick figure. and I on the other hand for whatever reason gain weight just looking at a dish of macaroni (not pasta).

Well that's it for now. Thanks for listening and I'll see you soon.

TOTOKET TIMES

<u>Deadline</u>		Publication Date	
January	27	February	3
February	10	February	17
February	24	March	3
March	10	March	17
March	24	March	31
April	7	April	14
April	21	April	28

Totoket Times
Voluntary Payment
Venmo
Frank-Mentone - 1

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LEGAL NOTICE OFFICE OF THE TAX COLLECTOR TOWN OF NORTH BRANFORD

Taxpayers, residents and non-residents of the Town of North Branford are hereby notified that the second installment of Real Estate, Motor Vehicle, and Personal Property taxes on the October 1, 2021 Grand List for the Town of North Branford, are due and payable on January 1, 2023. Payments will be received up to and including February 1, 2023 without interest. Supplemental Motor Vehicle tax bills pursuant to Section 12-71B will be due and payable in one installment on January 1, 2023. Supplemental Motor Vehicle tax includes vehicles registered between October 2, 2021 and July 31, 2022. Taxes are considered delinquent as of February 2, 2023, unless POSTMARKED FEBRUARY 1, 2023, and will be charged 1½ % interest per month, from the due date, or a minimum of \$2.00. All delinquent Motor Vehicle files will be sent to the DMV for non-renewal of their registrations. You may pay your tax bill in person at the Tax Collector's Office at the North Branford Town Hall, 909 Foxon Road, North Branford. Office hours are Monday through Friday, 8:30 a.m. to 4:30 p.m. Tax Payments on Real Estate, Personal Property, Motor Vehicle and Supplemental MV can also be made with credit card, debit card or an electronic fund transfer from your checking account by going to the Town of North Branford's website, www. townofnorthbranfordct.com, and go to the link for online services or in the tax office. There is a fee for this service. If payments are made by mail and a receipt is required, please enclose a self-addressed stamped envelope along with the tax bill and check made payable to the Tax Collector, Town of North Branford. Mail must be postmarked no later than midnight February 1, 2023. Postmarks after February 1, 2023 are considered late and will be charged interest from January 1, 2023. If you have misplaced your tax bill, call the Tax Collector's Office at 203-484-6011. Failure to receive a tax bill does not invalidate the tax or any interest that may accrue per State Statutes 12-130 and 12-145.

Michael Downes Town Manager Dated at North Branford December 16, 2022

HAPPY NEW YEAR!



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State Representative Vincent Candelora



Two weeks of the legislative session have passed and lawmakers, as well as members of the public who know where to look, are starting to get a clearer picture of the individual priorities of those who have been elected to serve in the House and Senate.

Given that there are 151 state representatives and 36 state senators, branding the (growing) list of bills "eclectic" would be an understate-

ment. Proposals range from prohibiting the sale or barter of products made from dead kangaroos to a requirement that entities that sell subscriptions in Connecticut allow their customers to cancel those subscription in the same manner they signed up for them.

Regardless of our opinions on the value or impact of specific proposals, the freedom that Connecticut's legislative process provides for dialogue and the exploration of ideas is among the elements of serving in the General Assembly that I appreciate most.

In odd-numbered years—the five-month "long session"—there will be upward of 2,500 bills submitted. In the end, roughly 250 of those will become Public Acts.

Visit my website, repcandelora.com, and click on the "legislation" link in the menu to see some of the concepts I'm pursuing this year.

They, too, run the gamut on subject matter.

I've proposed to reduce the filing fee small businesses must pay to the Secretary of the State. I've submitted several proposals related to crime, including increasing the penalties associated with motor vehicle theft and crimes involving firearms. I've offered a fix for the state's new program that automatically erases many criminal records, proposing that convictions for offenses against children, revenge pornography, and threatening police should be excluded.

Other bills I've offered include: ensuring there's a dedicated line at DMV branches that car dealers can use for same-day vehicle registrations (it takes way too long right now), development of a coordinated strategy to fight opioid abuse, and the establishment of a statewide virtual school for children who can't attend in-person due to medical condition or vaccination status.

The General Assembly's website (cga.ct.gov) offers a variety of tools to search for and track bills by subject matter and the legislator who introduced them. In the main menu, at the top of the page, choose "bill info." Additionally, there are guides that spell out the process and the jargon used within the legislative ecosystem.

As always, feel free to contact me about any question you have about a bill proposal you come across—whether it's mine or someone else's.

Rep. Vincent CandeloraHouse Republican Leader 86th House District

North Branford, Durham, East Haven, Guilford

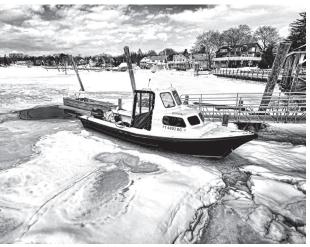


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The publisher assumes no responsibility for typographical errors. In the event of an error, the publisher will issue a credit adjustment on only the incorrect portion of the advertisement, as well as a retraction in the next issue.



From the lens of **Photographer** Nick Carlino. Boat stuck in the ice at Stony Creek.

Stair case at the Yale Art Museum.

Roving









YOUR TABLE AT THE FARM

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Letters to the editor...

This paper encourages all readers to voice their opinions and comments. The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible.

All letters must be signed. A telephone number should be included and no personal attacks. This paper reserves the right to edit all letters. All letters should be addressed to:

The Editor

P.O. Box 313, Northford, CT 06472

Estate Planning for Everyone Protecting Assets with Irrevocable Trusts By Attorney Marc Guertin

A major concern for many of my clients is nursing home care and how to pay for it. This topic comes up often in my day-to-day work. A nursing home stay can be financially devastating. Care at \$15,000-\$20,000 per month can quickly eliminate your life savings. There are ways to address this concern, but it involves planning in advance of needing nursing home care.

There are three different options to pay for the cost of care. The first option is long term care insurance. Long term care insurance will pay for your nursing home care (subject to the insurance companies rules and restrictions). Long Term Care Insurance is effective; however, it may not be a cost effective. Long Term Care Insurance policies are an expensive and ongoing cost that make it not practical for everyone. The second option is to pay for the care with your own assets. Most people go this route until assets are depleted. Once you nearly run out of assets a third option is available, Medicaid. Medicaid

will pay for many of the expenses associated with nursing home care.

Some people give their assets away in advance of needing nursing home care to more easily qualify for Medicaid. Giving away your money (to a child, for example) may sound like a good idea, but it can be risky. Children get divorced, sued, have creditor issues, or can become catastrophically ill and the assets gifted to your child can be lost.

If you are going to give assets away, it is necessary to do it five years before you need care. It is also prudent to not give assets to individuals. If you are inclined to give assets away, consider giving them to an Irrevocable Trust. Irrevocable Trusts create an opportunity to safely protect your assets. The trust creates a wall between the person needing care and their assets which protects the assets inside the trust from having to be spent on care. If the assets have been in the trust for five years, they are completely protected from nursing home costs. If there are little or no assets left outside the trust, Medicaid picks up the tab for nursing home care.

If you would like to learn more about protecting your assets, I offer free initial consultation. Virtual, phone and in person

consultations are available. Call me at 203-500-0201 to schedule an appointment.

Marc Guertin is the principal at Marc Guertin, Attorney at Law, LLC. Located at 222 Rimmon Road, North Haven, Connecticut. Visit Attorneymarc.com Call: 203-500-0201 or email Marc@attorneymarc.com to schedule a complimentary consultation.

North Branford Fire Department 2022 Statistics

North Branford Fire Department continues to provide the highest quality of emergency and non-emergency life safety services to the citizens and visitors in our community. Through the department's commitment to continuous improvement, staff development and implementing new and innovative programs to create greater economic efficiencies and improve emergency service effectiveness to North Branford residents. In compliance with National Fire Protection Standards (NFPA) 1720, Standards for the Organization and Deployment of Fire Suppression Operations, Emergency Medical Operations and Special Operations to the Public by Volunteer Fire Departments, the North Branford Fire Department exceeds the national consensus standard, on scene within 8 minutes after dispatch.

During 2022 North Branford fire department personnel answered **2046 calls for service.** The dollar loss related to fire damaged property during this period was \$270,150. Property saved was in excess of 7 million dollars.

Types of Calls:

Fire	37
Emergency Medical	1478
Motor Vehicle Accidents	89
Hazardous Conditions	44
Public Service / Good Intent	367.IVA
False Alarms	128
Weather/Other	3

As a cooperative and collaborative partner with our contiguous jurisdictions, North Branford Fire Department provided and or received mutual aid for **58** Fire/EMS incidents during the year, including the towns of East Haven, Branford, Guilford, North Haven, Durham, Wallingford, Madison, Middletown, Middletown and the City of New Haven.



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PRESS RELEASE KINDERGARTEN REGISTRATION

Scott Schoonmaker, Superintendent of North Branford Public Schools, announces that Kindergarten registration for North Branford residents with children eligible to enter school in the fall of 2023 will be as follows:

This year registration will be completed **solely online**. Registration will be open from February 1 – February 10, 2023.

PLEASE NOTE: Registrations will not be considered complete until all information on the registration form is verified and all required documents are provided and verified including proof of residency, birth certificate, immunization records and health assessment records (HAR-3). You may be required to bring in your child's original birth certificate as well as your proof of residency documents.

On February 1st, please visit our website https://jerome.northbranford-schools.org/ and click on the "Kindergarten Registration" button. Here you will see detailed directions on the registration process.

In order for a child to be registered in Kindergarten, the following requirements must be met:

- 1. Child must be five (5) years of age on or before December 31, 2023.
- 2. The original birth certificate, with seal, has been uploaded and examined by the principal or designee.
- 3. Your child must have a current physical exam; **one that was completed after September 2**nd, **2022**. The physician and the parent must complete the State of CT Health Assessment Record. The form must be **on file** with the school nurse **prior** to the first day of Kindergarten unless alternative arrangements have been made with the building principal.
 - 4. The child must physically reside in North Branford/Northford.

Proofs of residence have been uploaded, examined and approved by principal or designee such as: deed to home or dated rental agreement, escrow papers or signed mortgage commitment, current utility or telephone bill, and/or notarized letter from landlord or owner acknowledging parent/guardian's and student's residence.

If you have any questions, concerns or problems during the registration process, please call 203.484.1235.

In addition, if you have specific concerns about your **preschool** child's development, please call 203.484.1235 for information.

The North Branford Board of Education policies prohibit discrimination on the basis of race, religion, color, national origin, sex, sexual orientation, marital status age, disability (including pregnancy), or gender identity or expression, or agaiinst homeless children and youth.

Northford-North Branford Women's Club, Accepting Scholarships The Connecticut Federation of Women's Clubs has announced two scholarships

The Connecticut Federation of Women's Clubs has announced two scholarships that are available to Connecticut women pursuing advanced courses of study at Institutions of higher learning. Awards are granted on the basis of future promise, scholastic ability and financial need.

The Dorothy E. Schoelzel Memorial Scholarship has a maximum award of \$2,000.00. Candidates must have completed three or more years of undergraduate work in an accredited institution with a 3.0 average or higher in the field of Education.

The Phipps Scholarship has a maximum award of \$1,000.00. Candidates must have completed two or more years of undergraduate work in an accredited institution with a 3.0 average or higher toward a Bachelor's or post graduate degree.

Completed applications, including general and personal information, a financial statement, instructor/employer references, official transcript or at least the most recent two years of undergraduate or graduate work must be received by February 10, 2023.

The application may be obtained by visiting the Northford-North Branford Women's Club website at www.northfordwomensclub.org. For further information contact Rose Lynch at (203) 483-8395.

THEY MAKE US PROUD

Karina Jassil, Ryan Nuzzo and Dominic Scalia were named to the Dean's List at the University St. Joseph in West Hartford, CT.

Paul Zumbo was named to the Dean's List at American International College in Springfield, MA.

Erik and Brian Lawson and Gerald D. Camp were named to the Dean's List at the University of New Haven in CT.

Robert Mullins and Jordan Regan were named to the Dean's List at Assumption University in Worcester, MA.

Joshua Pearson was named to the President's List at Southern New Hampshire Univsersity in Manchester, NH

Catherine Pollack and John Pollack were named to the Dean's List at Nichols College in Dudley, MA

Regan Leete was named to the Dean's List at Lehigh University in Bethlehem. PA.

Jazzmine Gargano and Marissa Montesanto were named to the Dean's List at the University of Bridgeport.



North Branford Public Schools



Preschool Application Period to Open

The North Branford Board of Education will be presenting a virtual informational session introducing the North Branford Public Schools Preschool Program and the Family Resource Center Preschool.

In an effort to offer flexibility with challenging schedules and maximize attendance, this informational session will be offered via Zoom*. The session will be hosted by Dr. Carter Welch, Director of Curriculum and Instruction, Sara Alberti, Director of Special Services and Ann-Marie McCarthy, Supervisor of the Family Resource Center.

The program will be held on **Thursday**, **February** 9th at 6:00 p.m. If you are interested in participating, please email Sherry DelGaudio at **sdel-gaudio@northbranfordschools.org** to register and receive the Zoom link.

The online preschool application will be made available to all in attendance at the close of the session and then will be made available to the public on Friday, February 10th, on the North Branford Board of Education Preschool webpage. Note that you must be a resident of North Branford/Northford to be eligible. For more information about the program and to access the application, visit: http://bit.ly/jhs-preschool

(All Smart Start requirements and restrictions as noted on the website apply. Applicants <u>must</u> be a resident of North Branford/Northford.)
*Zoom is a free digital video conference platform.







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CHURCH DIRECTORY

Branford Bible Chapel. 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning: 9:15 - 10:30 Worship & Lord's Supper, 11:00 -12:15 Ministering of God's Word & Sunday School. . Nursery provided. Awana for kids, vacation Bible School, missions & outreach programs. www.branfordbiblechapel.org

Hope Christian Church "A Place to Belong". 211 Montowese Ave., North Haven, CT. www.hopeag.com Sunday services 10AM. Coffee served every Sunday 9:00 am. Church open for prayer Tuesdays noon to One. Thursday Bible study 7:00 PM. Like us on facebook.

North Branford Congregational Church, UCC, 1680 Foxon Road, North Branford, CT Join us for worship every Sunday at 10:00 AM. On the first Sunday of each month please attend and share communion with us.

Nursery Care is available. To contact our church: Office hours are Wednesday to Friday from 9:00 AM to 1:00 PM. Phone: 203.488.8456, email: nobdcong@ <u>sbcglobal.net</u>, website: <u>www.northbranfordcongregational.org</u> Remember, all are welcome no matter who you are, no matter where you are on life's journey; you will always be welcome here.

Northford Congregational Church. United Church of Christ. Church is located on Old Post Rd., (corner of Rte 17 and Rte 22), PO Box 191 Northford. Phone 203-484-0795, Fax 203-484-9916.. email; northfordcc@gmail.com Office Hours: Tuesday 9am - 1pm; other days by appointment. John Vigneri, Pastor . Jane K. Leschuk Minister of Music. Worship Service 10am. Join us for coffee hour following worship. Holy Communion on the first Sunday of each month. Like us on Facebook. Our website is www.northfordcongregational.church

St. Ambrose Parish is a Roman Catholic Parish in the Archdiocese of Hartford comprised of two churches. St. Augustine Church is located at 30 Caputo Rd in North Branford and St. Monica Church is located at 1321 Middletown Avenue in Northford. The Pastor is Rev. Robert L. Turner. Weekday Masses are celebrated on Monday, Tuesday, Wednesday and Saturday at 9:00 AM at St. Augustine. Friday Mass is celebrated at 9:00 AM at St. Monica. Weekend Masses are celebrated on Saturday evening at St. Augustine at 4:00 PM (English Ordinary, no incense) and Sunday at St. Monica at 9:00 AM and St. Augustine at 11:00 AM (Latin Ordinary, with incense). The Sacrament of Reconciliation is offered 30 minutes prior to all Masses excepting Sunday and by appointment by calling the office. The Parish Office is located at 30 Caputo Road and is open M-F from 9:00 AM - 1:00 PM (Wednesdays until 6:00 PM). You can access the parish bulletin and staff emails at our website NBcatholics.org. If you are new to the area and looking for a parish to join or a homeschool co-op, please visit us!

St. Andrew's Episcopal Church, 1382 Middletown Avenue - The White Church On The Hill In The Heart Of Northford (at the intersection of Rtes. 17 & 22). Sunday worship at 10:00 a.m. Coffee and fellowship always follows. The Rev. Bryan Spinks is Priest-In-Charge. St. Andrew's is a member of the Middlesex Area Cluster Ministry Network (MACM Network), along with St. James (Higganum) and Emmanuel (Killingworth). Please join us - we'd love to get to know you! All are welcome! St. Andrew's is the proud home of the Food Pantry of North Branford - a vital community resource serving families in need in Northford and North Branford. St. Andrew's also partners with St. Pauly Textile in a broad outreach program to help people in need here in the U.S. and around the world. Donations of usable clothing, shoes, boots, belts, purses, sheets, blankets, curtains and stuffed animals may be made at the donation shed in the church parking lot, available 24x7. Visit our website at https://www.saintandrewsnorthford. org Like us on Facebook - St. Andrew's Episcopal Church of Northford, CT. For more information contact us at 203-484-0895; Nan Monde, Sr. Warden, 203-710-7005; Rev. Spinks, 860-304-5266; or MACM office, 860-345-0058.

United Methodist Church, Branford 811 East Main St, Branford (Route 1, across from Bill Miller's Castle). www.umcbranford.org or (203) 488-0549. Sunday service 9:30am - both in-person and live on our website. "The Church on the Rock," led by Pastor Kent Jackson. We invite you to discover the power of faith in Jesus Christ bringing God's love to the world. Join us to worship, experience God's word, and stay connected.

Zion Episcopal Church 326 Notch Hill Road, North Branford. 203-488-7395. Rev. Lucy LaRocca, Vicar. Sunday Worship at 9:15, coffee and fellowship follow. Masks are required in worship while North Branford is in the 'red' zone for COVID positivity. Worship is also accessible through Facebook Live. ALL are invited. Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. www.zionepiscopal.org

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Recycling News

Totoket Times January 20, 2023

You should have received a Pink 2023 Recycling/Trash Card in your last issue of the Totoket Times. Please keep this card handy all year. It has important dates and information that you will need concerning your trash pickups and what can be recycled. If the card was missing or you misplace yours, there will be copies at both libraries and Town Hall. You can also download a copy from the town website right from the home page!

Please remember:

PLASTIC BAGS SHOULD NOT GO INTO THE BLUE **RECYCLE BIN.**

If you bag your recyclables to bring them to the blue bin, please dump them out of the bag into the blue bin and then bring the bag to a plastic film drop off location. The plastic bag gets tangled into the machinery and stops the workflow.

Here are some statistics on North Branford's plastic film collection.

December 2022 = 452 lbs.

July - December 2022 = 2386 lbs.All of 2022 = 4749 lbs.

The 6 years that we have been collecting = 26,000 lbs.

That's over 13 tons of plastic film taken out of the waste stream!! Thanks to all that participate!!

As a reminder, the town collects plastic film at the following locations: Country Paint and Hardware, T.J's Launderette, Town Hall, Atwater and Smith Libraries, STW Community Center, Northford Store and The Food Pantry of North Branford.

Are you interested in getting involved on a town committee? Does it upset you when you see littering? Do you wonder where the trash goes and how recycling works?

The Solid/Hazardous Waste and Recycling Committee is looking for new members.

The new year is full of possibilities and we could use some fresh ideas. Please call the Town Manager if you are interested.

Reduce – Reuse - Recycle

For the New Year it is a good time to re-evaluate your waste footprint.

Donating = **Reuse**

For items that still have some life in them, consider posting them on the Facebook page: North Branford & Northford Free Items.

Help someone else out, unclutter your house and help the environment at the same time.

For a larger audience check out Freecycle.org in East Haven or New Haven.

You can also look up your item in the New Haven Downsizing Donation Guide. It lists multiple organizations that want your stuff! Just search for 'New Haven Downsizing Donation Guide".

Try the One-A-Day Declutter Method. Every day, commit to purge ONE item from you home.

Try to donate your items so someone else can use them.

Can I recycle it?

Connecticut has a website to help with recycling questions: www.

recyclect.com.

They also have an app.



For more information about recycling in North Branford you can check out North Branford's Recycling Committee's website:rthbranfordct. com/government/ boards-commissions/ hazardouswasterecyclingcommittee.aspx or our Facebook page: North Branford CT Hazardous Waste & Recycling Committee

Thank You for Your **Participation**



NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

STW COMMUNITY CENTER - 1332 MIDDLETOWN AVE NORTHFORD

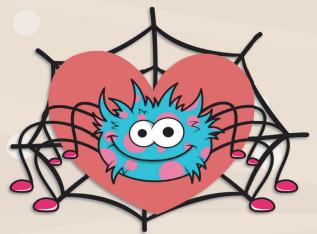
WWW.NBRECREATION.COM - CALL (203) 484-6017

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The Valentine DoodleBug

FOR ALL NORTH BRANFORD BOYS AND GIRLS IN KINDERGARTEN THRU FIFTH GRADE.

Roses are red, violets are blue. The **Doodle Bug** has something special for you! He's doodled everywhere-from coast to coast, but our town is the one he loves the most! The **Doodle Bug** will soon be coming your way with a craft for you this Valentine's Day! Keep it for yourself or give it to someone dear. Help the **DoodleBug** spread love and cheer!



To register your child to receive a Valentine's Day craft in the mail, please register by February 6th at www.nbrecreation.com

FITNESS CLASSES WITH JILLIAN

ADULT CIRCUIT WORKOUT

Begin your day with a great workout at our beautiful fitness center! Jillian will create and guide you for the perfect workout obstacles and work on to target all your muscle groups! Instructor: Jillian Temple

Ages 18+ STW Classroom

Mondays 6:00-6:45am Jan 23 - Feb 13 \$60 res/\$60 nr

TODDLER/ **PARENT FITNESS**

Introduce your child to a variety of fun fitness activities! We will practice running, playing with different proper development of motor skills! Instructor: Jillian Temple

Ages 18 mos - 3 years STW Classroom

Mondays 9:30-10:00am Jan 23 - Feb 13 \$50 res/\$55 nr

PRE/POST NATAL FITNESS

If you recently had a baby or are currently pregnant you are welcome to join! This class is designed to safely keep you and your baby strong! Includes cardio, strength, flexibility and balance! Instructor: Jillian Temple

Ages 18+ STW Classroom

Mondays 6:00-6:45pm Jan 23 - Feb 13 \$60 res/\$65 nr

Join Mary Amter in this unique, hands on culinary experience that will engage children in preparing delicious creations. They will explore, create, and learn basic cooking techniques!

Ages 5-14 at STW Community Center 5:00 - 7:00pm (Please note the new time) Cost \$40 res/ \$45 non-res per class

WEDNESDAY FEBRUARY 8, 2023 HEART SHAPED FRIED DOUGH AND CHOCOLATE RASPBERRY HEARTS

WEDNESDAY FEBRUARY 15, 2023 HEART SHAPED CALZONES AND VALENTINE CHOCOLATE COVERED OREOS

THURSDAY MARCH 2, 2023 CHICKEN MILANESE AND CHOCOLATE SNOWBALL COOKIES

TUESDAY MARCH 14, 2023 BROCCOLI AND CAVATELLI AND OVER THE **RAINBOW CUPCAKES**











SENIOR CENTER

STRONGERCISE

Mondays & Fridays Feb 24—April 3 9:30-10:30am \$30 res / \$35 nr

Instructor: Vicky Struck

This is a high energy, low impact exercise class with up-beat music. This class is for the more active adult. This class will get you moving and feeling good.

GET FIT

Wednesdays Feb 1—April 5 10:30-11:30am \$20 res / \$25 nr

Instructor: Vicky Struck

Whether you've joined other group fitness classes or you are trying it out for the first time, you can customize this class to meet your individual needs. Improve your strength, mobility, flexibility and balance in an easy-to-follow workout.



St. Patrick's Day Celebration **AQUA TURF CLUB**

Tuesday March 14, 2023 Bus departs STW: 10:15am Returns: Approx 4:00pm

\$57res \$62nr

Featuring: The McLean Avenue Band & Irish Step Dancers! Padraig Allen and The McLean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock, and folk :songs, intertwined with traditional Irish tunes and upbeat melodies!

Corned Beef & Cabbage/ Baked Scrod

Register by: 3/3/23

Totoket Times January 20, 2023

CLASSIFIED AD RATES Personal, For Sale, Help Wanted, Tag Sale, and all non-business classified 1 issue \$9.00 2 issues \$12.00 3 issues \$15.00 20 words or less, not including phone #. \$.05 per word, per run, after 20 words Lost and Found FREE Business Classified Ads & Real Estate 3 issues \$35.00, 6 issues \$60.00, 12 issues \$100.00 \$.10 per word, per run, after 20 words Payment MUST accompany all ads. The advertiser must notify this newspaper of any errors. Send ad along with your check to: Totoket Times P.O. Box 313 Northford, CT 06472 For more information call 203-410-4254

CONSTRUCTION SERVICES

Southern CT Restoration. Insurance restoration and general contracting services. New construction, remodeling, kitchens, baths, roofing, siding, windows, doors, decks and painting. Call 203-239-9600.

PLUMBING

John DiMaggio Plumbing - Residential/Commercial repairs/remodeling. Big or small. Water Heater Specials! Licensed & Insured. Call 203 - 627 - 6826. References available.

TREE SERVICES



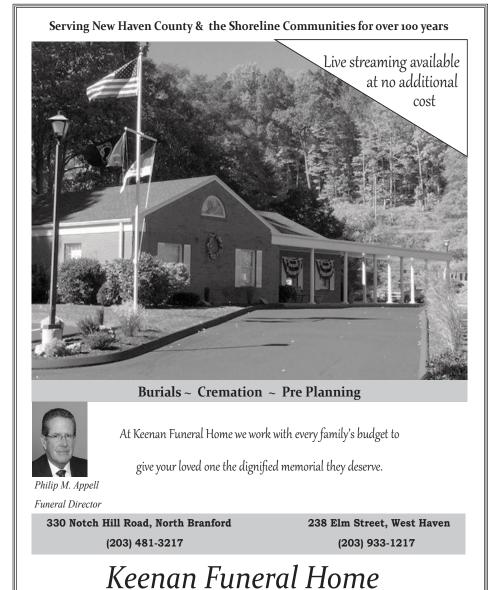
Tree Service - A Better Cut, Tree Service - Local, full service tree company - we provide tree removal and trimming, chipping, and grinding. Please call 203-945-1808 for a free estimate.

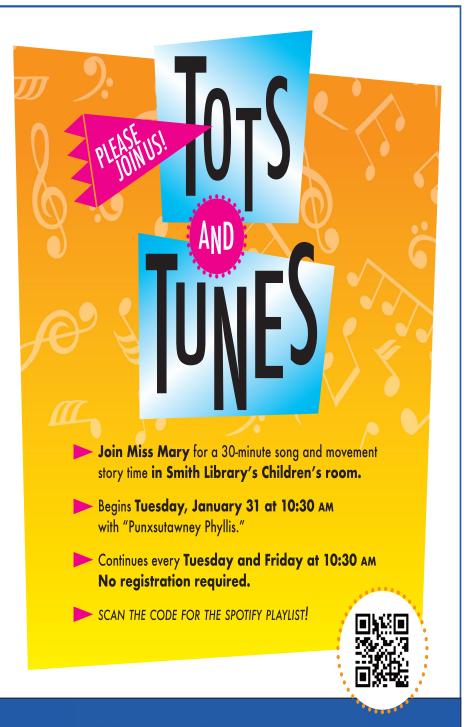
JUNK REMOVAL

Lowest Prices Around. Furniture, mattresses, appliances, shed removal, brush removal, pools, decks, playscapes, contruction debris etc. No job too small. Call 203-804-6373

Carpentry, Repairs, Decks and Porches Walls, Ceilings, Sheetrock and Taping **Water Damage Repairs** Free Estimates • Insured Call Bill (203) 901-2136 Ct. Reg # 0647093 VISA

> Let your Community know about your business. Reach your entire Town with an ad in **The Totoket Times** Call me at 203-410-4254 E-mail totokettimes@comcast.net website:P www.Totokettimes.com





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