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Volume 29 No 12, January 6, 2023

No Longer Silent as the Northford Store Moves Forward



Mario Di Gioia is the owner of Don Mar, the construction company that built the Northford Store back in 2010. For many years he was a silent partner in the business but earlier this year he took over 100% ownership.

As sole owner, Mario decided to make a commitment to improve the stores daily operation.

“The main focus will be to serve the needs of the customers by increasing stock in the store and carrying many new items,” Mario explained.

The meat department has already seen an increase in traffic with some of the new features like bone-in pork chops, pork cutlets, Italian seasoned store made porchetta, beef soup shanks and store made meatballs, as well as Italian seasoned bracciole.

“We are carrying Italian foods such as Parma prosciutto, mortadella with pistachio nuts, fresh mozzarella and burata. Also, a variety of olives such as Italian dry cured, green and red cerignola and Castelton vetrano.”

He has also added Grande imported cheeses, and a host of other Italian foods from Napoli Foods. Add to this a full line of fresh frozen fish and this store is now a full service to the community.

If this isn't enough, Mario is planning an expansion with a goal of sixty days, the store will expand the old coffee and ice cream shop and will offer freshly made prepared foods, for customer convenience. The plan is to serve coffee, full breakfast and hot and cold lunch, as well as prepared dinners to go. “We are looking forward to not only serving our current customer base but expanding our clientele by fulfilling a need and having a reputation for superior customer satisfaction. We have initiated our community outreach by donating 10 Thanksgiving turkeys to the Northford Congregational Church, and 100 turkeys at cost to Metronics to distribute to the New Haven Soup Kitchen.

You can visit the Northford Store at 1405 Middletown Avenue with their new hours of operation; Monday through Friday 9-7, Saturday 9-5 & Sunday, 9-2.



The Job is not complete Yet!

Thanks to all those who have supported this newspaper with their voluntary payment. *I'm sure many of you got caught up with the holiday events and forgot to send in your payment. THERE IS STILL TIME TO GET IT DONE!* It's that time of year again. Postage and printing costs have gone up two (possibly three times, I've lost track) in 2022. Both are around a 13% increase. Many local businesses would rather go on social media and get 100 hits instead of the 6,500 they would get from the Totoket Times. They also don't see that by advertising they are also helping get information out to the community which supports them.

Through all this, the Times continues to print more than 85% information against less than 15% income through ad revenue, as well as countless FREE public service announcements.

We can only continue with your help. Once again I am asking our readers to support their local newspaper with a voluntary payment. Many of you were kind enough last year to send \$10.00 or \$25.00 (more if you would like). Nothing is too small, nothing is too big, to help keep the presses running. Do what you can and I will continue to do what I can.

Keep the Home Fires Burning!

For your convenience we also take VENMO. Frank-Mentone-1

Name _____

Amt. _____

Comments _____

Don't be a Couch Potato. Get out and grab a copy of your 1-20-23 Totoket Times!

The next issue of your Totoket Times will not be mailed. You can pick up your copy in any of the following locations or visit the website for a full online issue.



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Cumberland Farms, Atwater Library,
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North Branford Barbershop

Northford

Northford Post Office, Patco Service Station
Smith Library, NB Recreation Department,
The Northford Store.

Visit www.totokettimes.com. for the complete issue!

TOTOKET TIMES

Deadline		Publication Date	
December	31	January	6
January	13	January	20
January	27	February	3
February	10	February	17
February	24	March	3
March	10	March	17
March	24	March	31

Totoket Times
Voluntary Payment
Venmo
Frank-Mentone - 1

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Veteran Lensman Gracing our Pages




From time to time, Nick Carlino, a local artist and photographer will grace our pages with some of his photos from around the shoreline area. Here is one of an old barn in Northford and the other is a shot of a house which stands alone in an abandoned town in Johnsonville, CT.






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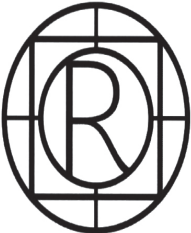
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State Representative Vincent Candelora



As I write this column, we’re just days away from the opening day of the 2023 legislative session, when 151 state representatives and 36 state senators elected in November will begin their new two-year terms.

I’m honored to be among these elected officials, many of whom spent their summer and fall knocking on doors to introduce themselves to voters.

The legislative session runs through the beginning of June. As always, I walk into the five-month period hopeful that the Democrat majority and Republican minority can find common ground on the biggest issues—particularly, those that affect your wallet. What goes underreported is how often we work and vote together on smaller issues that may not garner big headlines yet carry significant impact on our lives each and every day.

Affordability has been and remains a top issue for me, and recently I’ve found it encouraging to hear Gov. Lamont endorse the idea of a middle-class tax cut similar to the reduction Republicans proposed twice last year—cutting the income tax rate from 5 percent to 4 percent for individuals earning \$75k or less and joint filers earning \$175k. In a move to make our state more business friendly, the governor has pitched reducing a corporate surcharge that’s been a sore spot for the business sector. I’m hopeful that he’ll look at other taxes, too, such as a recent pass-through entity tax increase affecting businesses and the 1 percent meals tax.

Given that this a long session when all legislators can submit individual bill proposals—only committee bills are allowed in the short session, or even numbered years—it’s likely that we’ll tackle a wide variety of other subjects.

Among them are headline-grabbers, such as the high cost of home energy and construction of a framework for early voting, and those that won’t gain much coverage in the media, such as adding legislative appointments to the state Board of Education. I look forward to telling you more about these topics, and my specific proposals, as the session takes shape.

At this point, the details of how we’ll conduct business—virtual versus in-person—have yet to be finalized. I remain a proponent of doing as much as possible, if not all our work, in the building. With that said, I recognize that the Covid pandemic may have made virtual meeting rooms, and public hearings in particular, a permanent component in the legislative process. I’ll share more information with you as this picture becomes clearer.

In the meantime, please feel free to reach out to me with any questions, concerns, or ideas you have about state government: vincent.candelora@housegop.ct.gov or 860-240-8700.

Rep. Vincent Candelora
House Republican Leader- 86th District
North Branford, Durham, East Haven, Guilford

Let’s be “Frank”

Well brother, as we enter the new year I am now in my 21st year as owner, publisher, editor, mail handler, ad salesperson and yes proofreader of the Totoket Times. Where did the time go?

I have been through six Mayors, four Town Managers, three Superintendents of schools and three of four High School Principals. The print charge and the postal charges to produce the Totoket Times have gone up close to twenty times each and many people still think it is a town sponsored newspaper and the town pays for all expenses and I work for them. Many things change but in some way they all stay the same.

In that same time period I’ve probably been on a different diet each one of those years and yet my weight stays the same. I talk to people who are on several of the different new diabetes drugs and their weight is dropping in unbelievable rapid fashion. Yet I’ve tried both of them and still the same weight. I’ve taken up exercise again and yet nothing. Like I said, everything changes but everything stays the same.

As I write this letter, the Giants have made the playoffs for he first time since 2016. You and the old man must be smiling. Although pop rarely smiled as he always tried to conceal the one tooth in his mouth.

Christmas eve was very nice. Only Frankie and I eat the fish sauce but it all came out good. Christmas day was disappointing as Erica’s family woke up feeling sick and tested positive for Covid. We didn’t want to make any visits just in case we were carriers. We stayed home and practiced for the big Domino Tournament at the Sons & Daughters of Italy. I never played before but they all said it would be fun. I’ll be honest with you, I’m not feeling the excitement.

Frankie and Ana left Tuesday to go to Brazil for New Years and without the grand kids it was pretty quiet (boring) around here. SueAnn is getting ready for retirement as she has officially retired again.

New Year’s was just another night. I tried to watch Dick Clarke’s New Year’s Eve but I just couldn’t do it. There were performers from all the different food groups and I couldn’t help but think that poor Dick was rolling over in his grave.

My two grandsons stayed up for the first time to watch the ball at Times Square drop. Johnny (the ten year old) explained to me the weight and size of the ball which he thought was not as big as it looked. Nico said he had and orange juice toast and was in bed by 12:01. He wasn’t impressed with the music either.

So now it’s the new year, 2023. It’s funny but you never hear anyone say I’ll miss last year. Everyone at Church this morning was thanking God for the end of 2022 and can’t wait for the new year. Getting back to my “everything changes and everything stays the same” philosophy, I just don’t see it. Every year is every year. There is good and bad. You can count the great things that happen in a year and then match the terrible things that happened in the same year. It all balances out in the end.

Each year we are faced with losses of loved ones, disappointments in our lives and failures and heartaches. Each year we are also faced with happiness, success stories and new beginnings. The ball dropping in a field of crazy people doesn’t wash away all the bad things in the world and create the new year of euphoria.

I’m not that old but I can’t decide this is going to be a good year or a bad year. I like to take things a day at a time. Plan for the worst and prepare for the best(a paraphrase from a Maya Angelou quote). Every day (not every year) is a new beginning. A time to move forward and try to make each day count. Don’t harp on the failures of the past. Let the failures go and make the present time count as you prepare for the future. Never forget the past, just build on it and move forward.

As usual, I have made no new year’s resolutions. I told the two boys I would try to swear less and not be as grumpy. Trying to change the stripes on a zebra at this point is probably not in the cards but we have to have some hope.

Johnny told me I should lose weight and Nico told be he likes my fat belly. So again, no resolutions as everything changes and everything stays the same.

I will just try to take each day as it comes. Until we all meet again.

Shifting Gears and Exploring New Possibilities

With Special Guest
Constance Hallinan Lagan
Director of The Entrepreneurial Center for Small Business Development

The pandemic changed our economic and social tapestry in previously unforeseen ways. Shifting old ways of thinking and behaving is necessary as we adjust to these new realities. This webinar presents steps which help transform uncertainty into fulfillment — through cognitive theory, perception formation, and action motivation. Question and answer session to follow.

Wednesday, January 18, 2023 • 6:30-7:15 PM

Stream the ZOOM virtual program from home or view the livestream in Atwater Library's Community Room. Registration required. Call 203-315-6020 or visit nbranfordlibraries.org.

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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.

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

For the Health of It

Want to be Guilt Free in ‘23? Hit the Reset Button



Here we are at the end of the holiday season. Sunday launched a new year. Some of us may still have some decorations lying around or even gifts yet to be delivered. The one thing not to let linger is the guilt you might be feeling from enjoying too many holiday treats.

I attended a Zoom meeting recently and something that was said resonated with me in regard to changing course if we’re not happy with the path we’re on. In making a point about always being free to start again, someone used the analogy of a gym membership stating, “If you sign up for 12 months

and don’t go for 3, it doesn’t mean you can’t go for the rest of the year - just hit the reset button.” Although those words aren’t deeply profound, at that moment they hit me in a deeply profound way.

It’s our self talk that often gets in the way of our progress, whether it’s health related or otherwise. We replay the tape in our head of what we shouldn’t have eaten, which also zaps the joy out of the actual occasion itself. It can be toxic and destructive to both physical and mental health. Replaying those thoughts allows them to dictate our actions, which when it comes to food, more often than not translates into not eating or skipping meals in an

attempt to balance the numbers. This type of negative talk leads to a cycle of chronic dieting. Deprivation is not the answer.

When a person lives with negative emotions like guilt, fear, desperation and or shame, especially when it comes to something we need to survive - like food, it begins to seep into all aspects of life and also affects the other people in our lives. Our kids and our grandkids are watching. They are noticing when breakfast is

skipped or that mom never eats the pizza because it has too many calories or eats special “diet food” while the rest of the family has something else.

If any of this sounds familiar to you, it’s time to hit the reset button. Hitting reset can help to change the way you think about food. We need food that fuels the body and food that fuels the soul. Both are necessary. Every food on the planet is either a protein fat or a carb (PFC), our macronutrients. When we consistently eat our PFCs in the right portions and frequencies throughout the day, we are using food to create hormonal balance. In this balanced state the body naturally releases stored fat, you may have more energy, and possibly bring down cholesterol and lower blood pressure but we need to eat to make that happen.

Very often I find people are not eating enough, and in defense the body holds onto fat stores. Even if weight is lost, muscle is too and that affects metabolism. Shifting your mindset will allow you to live with food freedom and serve you well.

This time of year we are bombarded with lots of different diets promising to be the one that will work. If you are tempted to jump in with both feet because this time it will be different please pause and ask yourself 3 things: Is it based on science? Can you do it for life? Would you allow a child to do it? If you can answer yes to all three - you have yourself a winner!

Wishing you a Happy, Healthy 2023!

There’s still time to enter the “Give a Recipe a Makeover” challenge. The deadline is March 1st to be entered to win one of three prizes. If you missed the December article, the challenge is to take a recipe that you might consider to be “off limits” at those times when you’re trying to be more mindful of food choices, and modify it into a healthier version while retaining the delicious flavor. Thank you to those who have already submitted!

To receive tips on how to “hit reset”, submit a recipe or ask a question, please reach out at joann@wellnessfusion.net.

JoAnn Begley is a Certified Health & Nutrition Coach with more than 20 years experience in holistic, mind/body therapies. She and her husband Jerry have two children and live in North Branford.

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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

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JANUARY 2023

11 WRITER, BIRDER, NATURALIST: ROBERT TOUGIAS, AUTHOR OF "BIRDER ON BERRY LANE" - LIVESTREAM EVENT
Atwater & Zoom @ 6:30PM

Join us as Tougias discusses the wonders of bird migration, the sensitive interaction of birds with their habitat, and the hidden meaning of their call notes and songs.

12 PAT'S PICKS MOVIE CLUB, "THE INTOUCHABLES" 2011 COMEDY-DRAMA
Atwater @ 1:00PM

"After he becomes a quadriplegic from a paragliding accident, an aristocrat hires a young man from the projects to be his caregiver" - IMDB. Starring: Francois Cluzet, Omar Sy, and Anne Le Ny.

17 NOVEL NETWORK SERIES FT. KAREN WHITE, "THE HOUSE ON TRADD STREET"
Zoom @ 8:00PM

Participate in a live discussion with Karen White, to talk about her new book, "The House on Tradd Street." The brilliant, chilling debut of Karen White's New York Times bestselling *Tradd Street* series, featuring a Charleston real estate agent who loves old houses—and the secret histories inside them.

18 SHIFTING GEARS & EXPLORING NEW POSSIBILITIES - LIVESTREAMED EVENT
Atwater & Zoom @ 6:30PM

This webinar presents steps which help transform uncertainty into fulfillment -- through cognitive theory, perception formation, and action motivation. Q&A session to follow. Presented by our returning special guest - Constance Hallinan Lagan, Director of Entrepreneurial Center for Small Business Development.

20 MOVIE MATINEE, "MRS. HARRIS GOES TO PARIS" 2022 COMEDY-DRAMA
Smith @ 1:00PM

"A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she absolutely must have one of her very own" - IMDB. Starring: Lesley Manville, Isabelle Huppert, and Jason Isaacs.

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Sons and Daughters of Italy-2023



The North Haven Sons & Daughters of Italy recently made donations to two local organizations. Treasurer Mark DeFranco presented a \$300 check to Carla Picard of the North Haven Community Services Agency to be used for the Fuel Assistance program (top photo).

The Lodge also made a donation to the Epilepsy Foundation of Connecticut. Pictured are Elizabeth Styblo, Events, Marketing Volunteer Coordinator (left) with Lodge representative Mya, (center) and Cherie Poirier, Executive Director.

Line Dancing. First and third Friday of each month beginning on January 6th and January 20th at 7:00 at St Frances Cabrini Church 57 Pond Hill Road, North Haven. Have some fun and get rid of some of those holiday pounds for just \$5.00 per session. You must pre-register with angiem1002@gmail.com



The Community Action group will be hosting a **Red Cross Blood Drive** from noon to six at the same location on January 11, 2023. For more information call Denise Krause at 203-710-7397 or e-mail Krau11@comcast.net.

They Lodge will also be hosting a **dinner at JRoos in North Haven**. If you mention the Sons and Daughters of Italy they will donate a percentage of your tab to the organization for their charitable giving committee. Enjoy an evening with good food while helping out your community. For more information e-mail angiem1002@gmail.com

For more information on events, or to consider becoming a member of The Sons and Daughters of Italy Lodge 2805, go to northhavenlodge2805.club.



The community outreach committee recently delivered toys to the Yale New Haven Children's Hospital Toy Closet. Billy Bradley accepted the toys and on hand for the presentation were Donna & Ralph Casciello, Georgeann Hull, Santa and Judy Feather



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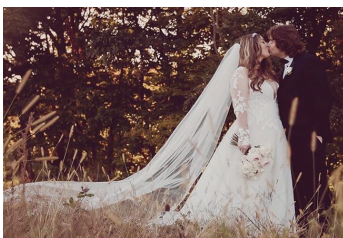
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Hope Christian Church “A Place to Belong”. 211 Montowese Ave., North Haven, CT. www.hopeag.com Sunday services 10AM. Coffee served every Sunday 9:00 am. Church open for prayer Tuesdays noon to One. Thursday Bible study 7:00 PM. Like us on facebook.

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@sbcglobal.net, website: www.northbranfordcongregational.org 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 ap- pointment. 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 (Killing- worth). 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 Pas- tor 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

Northford Congregational Church Food & Firewood Box

Northford Congregational Church has a food box and a firewood stand in front of the church to help people in need. Non-perishable food is in the food box and firewood is on racks in the stand. People can “take what they need, and leave what they can.” Please do not leave items with expired dates in the box. Since it is cold and temperatures can be below freezing, no canned food, jars, or bottles that could freeze or expand should be put into the box. Items that contain liquid will need to wait until warmer weather. Donations of items such as rice, pasta, cereal, and diapers are welcome.

Thank you to members of the community who have helped with the food box, firewood stand, and cash donations.



The historic church (203-484-0795) is located at 4 Old Post Road at the corner of Route 22 and Route 17 in the Northford village in North Branford. Church website: www.northfordcongregational.church. Email: northfordcc@gmail.com. Like us on Facebook.

Recycling News

Christmas Tree Pickup – January 2 - 13, 2023
On your regular trash pick-up day.

There should be a Pink 2023 Recycling/Trash Card in this issue of your 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 is 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.

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: townofnorthbranfordct.com/government/boards-commissions/hazardous-wasterecycling-committee.aspx or our Facebook page: North Branford CT Hazardous Waste & Recycling Committee

Thank You for Your Participation

Northford-North Branford Women’s Club, Accepting 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.



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INDOOR FIELD HOCKEY CLINIC

JAN 19 - FEB 9 5:30 - 6:30PM - STW GYM/CAFE
GRADES 2-8 \$50RES / \$55NR

Instructor: Cheryl Canada-Associate Head Coach at Quinnipiac University, USA Field Hockey Level II Accreditation, CPR and First Aid Certified

Join us for small games and scrimmage play! Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This clinic is designed to develop the basic skills each athlete has by focusing on tactical game awareness, 1v1 defense, elevated passing, elimination and shooting skills. This clinic is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards. Sticks can be provided if necessary. Please let us know at time of registration.

YOGA TO RELEASE THE WEEK

A fluid (vinyasa) class taught with basic foundation poses, alignment and options for the beginner students, as well as, seasoned practitioners. This class will focus on releasing the stress of your busy week in both the mind and body leaving all students with more space to breathe, ease in their body and calm in their mind.

Instructor: Bhogah Yoga

Ages 18+ STW Classroom
Thursdays 6:30-7:30pm Jan 12 - March 2 \$75 res/\$80 nr

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 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 obstacles and work on 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

— SENIOR CENTER —

COFFEE & CONVERSATION

Join us for coffee and conversation and let's talk about upcoming programs!

January 4, 2023

STW Senior Room 10:30-11:30am



DOUBLE BINGO!

Let's play Double Bingo! Each card is \$1 & prizes are doubled!

1/11/23 & 1/25/23

STW Senior Room 1:00-2:00pm

WINTER WELLNESS WORKSHOP

Part 1- Fighting Off the Winter Doldrums

January 17, 2023 1:00-2:00pm

Do you feel sadder and more listless in the winter? Would it surprise you to know you aren't alone? We will discuss strategies to improve our mood and practice some research proven activities that may benefit you.

Part 2- Soups, Stews, and Nutritious Comfort Foods

January 31, 2023 1:00-2:00pm

You can eat better for your health and still have that wonderful comfort food experience! These foods be good for our health and our budget. We will share recipes and try some new foods.

TOTOKET HISTORICAL SOCIETY VISIT

January 12, 2023 1:00-2:00pm STW Senior Room

Come meet with members of the Totoket Historical Society! Learn about your town's history and share your knowledge with them! The more stories you have, the better.

INTERGENERATIONAL BOOK CLUB

We are excited to announce that we have once again partnered with the Fifth Graders at Totoket Valley Elementary School to launch a collaborative intergenerational book club: *Reading Through the Ages*. Seniors and students will come together twice per month on early dismissal Wednesdays from January through April, to read, discuss, share perspectives and enjoy conversation.

1:00-1:30pm STW Senior Room

Session 1: January 18, 2023

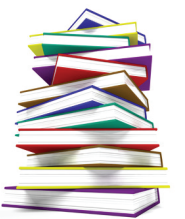
Session 2: February 1, 2023

Session 3: February 15, 2023

Session 4: March 1, 2023

Session 5: March 15, 2023

Session 6: April 5, 2023



STRONGERCISE

Mondays & Fridays Jan 6—Feb 17

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. *No class 1/16*

CARDIO DRUMMING

Thursdays Jan 12—March 2

1:00—1:45pm \$12 res / \$15 nr

Instructor: Senior Center Staff

Cardio drumming brings together drumsticks, an exercise ball, and a stand to create one of the most fun workouts you'll ever do! Cardio drumming can be done while standing or sitting in a chair. Registration required.

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:
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For more information call 203-410-4254

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 - CHAT WITH THE AUTHOR

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