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MENU



Women's Club Installs New Members

At their recent meeting, the Northford-North Branford Women's Club, GFWC installed new members. Pictured from left to right: Co-President, Mary Ellen Collett, Mouna Weaver, Christine Antonucci, Vice President Victoria Lanza, Cathy Johnson, Co-President Liz Boissard, Chelsea Spencer & Rosalind Salz.

The next meeting will be held on February 21st @ 6:30 pm at the Stanley T. Williams Community Center. Our theme is Soup & Bread Night. If you are interested in joining this will be a great meeting to get to know our club! Come hungry!!

The Northford-North Branford Women's Club, GFWC is a civic organization dedicated to promoting deeper friendships among women of our town and surrounding areas, participating in community service and cooperating with the club work of the Connecticut Federation of Women's Club. Check us out on Facebook: Northford-North Branford Women's Club, GFWC

Rotary Students of the Month

NBHS students Aislinn Aiken (music), Ava Gambardella (English), Anuska Patel (science), and Vada Vincent (art) were recognized on January 25th by the North Branford Rotary as students of the month.

The North Branford Rotary has recently restarted their 'Student of the Month' recognition dinners at Nataz in North Branford. Students and their families are invited to attend the dinner meetings hosted by the Rotary.

NBHS departments for nominate students for this special recognition event.

(Photo courtesy of Mrs. Palaski and Mrs. Spencer, NBHS Interact Club Advisors.)



TOTOKET TIMES

Deadline		Publication Date	
February	10	February	17
February	24	March	3
March	10	March	17
March	24	March	31
April	7	April	14
April	21	April	28
May	5	May	12

**Totoket Times
Voluntary Payment
Venmo
Frank-Mentone - 1**

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An Open Letter to the Community

The Thanksgiving and Christmas holidays are now behind us, but the spirit of community generosity and thoughtfulness remains. There are many things in life we must do, things that we are required to do but the sincerity to care for your neighbors is not required although it is prevalent within this community.

Thank you to all the people that reached out without being solicited. People that called sincerely wishing to help another family. People that had the patience and endurance to work with me through voicemails, emails, busy signals, weekend and night calls, and the juggle.

Thank you for your kindness, generosity, and warm hearts. Truly a community composed of integrity and compassion. May you have a spectacular New Year! Stay well, stay safe

North Branford Public Works staff, Fran Merola, Dan Celetano, Steve Kopylec, Pete Della Rocco, Rob Forbotnick, Gerri Krista, Craig Paulsen, Mary-Elissa Giovanni (Stocking Stuffer Program), Victoria Lanza Family, Totoket Valley School, staff & students, Kathy Stevens, Miss Daniels 5th grade class, Mr Lacroix, Mr Amodio, Cheryl Canada, Joe and Traci Houde, Staff at Honeywell, Cecile Stone. Will Doheny, Veronica Libby, Meghan McGovern, Fran Beaumont, Geri Moyer, Nina Burkhardt, Beth Casanova Family, Twin Lakes Child Care Center, Lavaca Family, Lynn Clark Family, Sarah Pitts Family, Sara Monde Family, St Andrew's Church, Leslie Williams, Michael Meloy Family, Deborah Brower Family, Knights of Columbus, Council #6801, Wayne Murphy, Knights of Columbus,

Grand Knight Gary Johnson, Knights of Columbus, Recorder, Damian DeNegre, Knights of Columbus, Grand Knight, Courtney Cleary, Girl Scout Troops 60336 & 61064, Nancy Scilipote, Henry Fernandez, John Della Ventura, Wishing Wheels Bike Drive, Roots 4 Relief, Chief Louis Romano, NB Fire Co. 1 NB Fire Co. 1, Stocking Stuffer Donors, Peterson Family, Randy Brown Family, Branford Bible Church, Kim Mucha, Kathleen Malone, Crafters Care Event, Millpond Gatherings, Bozzuto Family, Country Paint & Hardware Staff, Caitlyn Boyle, Dee Fee Family, Carolyn Falcigno, FRC Kids and teachers, Chris Wheeler, Doreen Frosolone, Sgt Lemmons NBPd, Maureen Myers, Lisa Keagle, Kasey Mezeiski, Reitman Personnel, Brayden N. Daniella R., Prashi P., Calista P., Grayson F., Emma K. Ryan D., Conner C., Aurora W., Vincenzo G., Michael T., Luciano C. Joseph P., Natalia M. Caden D.

Sincerely, Office of Social Services
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2022 YEAR IN REVIEW

While our housing markets have consistently demonstrated declines in 2022 on a quarterly basis compared to 2021, the final quarter of the year experienced a steeper drop-off, driven by a confluence of factors. These ranged from low inventory to inflation, higher mortgage rates and other economic concerns. Yet even in the face of these odds, we still see reason for optimism heading into the new year. Real estate is, by nature, local, and our markets may not be entirely reflective of national trends—especially since we benefit from our unique location close to New York City. In addition, our markets are continuing to perform above historical pre-pandemic norms.

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State Representative Vincent Candelora



Gov. Lamont was on the receiving end of a bevy of positive headlines recently when he announced he would fully restore the pass-through entity tax credit to 93.01 percent.

It's been hailed as a move that would help more than 120,000 small businesses, saving them an estimated \$60 million annually.

For those who don't know, I'll provide a primer on our state's pass-through entity (PTE) tax. The legislature in 2018 created the scenario where many small and mid-sized businesses pay a 6.99 percent entity tax on their earnings in addition to the 6.99 percent paid through the state income tax. It wasn't, however, double taxation but rather a bipartisan path to providing them relief from a controversial federal change that limited state and local tax deductions. Working together, legislators from both parties allowed business owners to take a credit against their personal state income tax obligation equal to 93.01 percent of the PTE taxes paid.

These technical changes were viewed as a benefit to the business community.

Unfortunately, a year later the Governor and the General Assembly's majority Democrats reduced that PTE credit to 87.5 percent. The effect was a tax increase.

That little detail that went missing from news coverage on the recent announcement from the Governor, who was, essentially, taking credit for a fire he started.

It's not unlike when he and majority lawmakers last year patted themselves on the back for passing what they described as the largest tax cut of all time. Of course, their \$600 million cut—much of it one-time relief—was dwarfed by the roughly \$5 billion in tax hikes adopted by majority party Democrats over the last decade or so.

I'm glad the Governor is pushing to fully restore the PTE credit; as someone involved in family businesses, I understand the financial pressures posed by even the smallest changes to state tax policy. Republican efforts to restore the credit last year were rebuffed by our colleagues across the aisle. We resubmitted our proposal this year, and with the Governor now interested it seems like one concept we can get across the finish line.

So far, the Governor seems committed to deliver a middle-class income tax cut—another Republican proposal—but at this point I can't say how much support we'll see for other ideas pitched by our caucus. Our majority party colleagues in the legislature, already calling for more spending in a variety of areas, will be loath to eliminate the relatively new 1 percent meals tax or reduce the sales tax annually for increased revenues due to inflation.

Republicans will push for these savings measures, and others, and I'll let you'll have an opportunity to weigh in during a public hearing.

In the meantime, feel free to reach out to my office at 860-240-8700 if you have questions about this topic or any other issue related to state government.

Estate Planning for Everyone: Minimizing Probate with a Living Trust By Attorney Marc Guertin

I meet with a lot of people who tell me they "want to avoid probate." For many reasons, ranging from time and expense to privacy and control, it may be a good thing to minimize interactions with the Probate Court. If you die in Connecticut and you own stuff and you have a Will (or even if you don't) your estate will need to be probated.

Probate is the legal process of moving assets from your estate and distributing them to your heirs/ beneficiaries. It involves several steps and can be time consuming and costly. Living Trusts are often used utilized to minimize probate.

Imagine a Living Trust as a box that holds your assets. Because it is revocable, you can put assets into the box, and you can take assets out. You can manage the assets in the box or appoint someone else to do that. You have total control- just as you would if you owned the assets outright (outside of the trust). Because the Living Trust owns your assets they will not have

Let's Be "Frank"

Well brother, years before my column became a letter to you, I let my son (who was in high school) write a column that we called Let's Be "Frankie". It went over pretty well. So now I thought I would give the same chance to my grandson. John turned ten last week and I thought it would be nice to let him take a step in the old man's shoes. John never knew you but from all our stories he knows a great deal about you. So now for all to see, "Heeeeere's Johnny"

Turning Ten written by John Bozzuto IV

At the Sportsplex™ in North Branford, in the arena, I was hit! But... I was perfectly fine! How? It was my 10th birthday and, to celebrate, me and my friends were playing laser tag! Zoe, my friend, had hit me! I recharged and then Lisi, who was on my team said, breathlessly "I found their high base!"

We ended up winning 69,720-29,890. We had won! When we came out, we ate the pizza and chips that the Sportsplex™ had offered. Plus, everyone got a 5-dollar gift card to the arcade! If your birthday is coming up, don't be a fool! Play laser tag at your local Sportsplex™!

In other news, being 10 has really changed me in many ways. For example, I'm able to make better decisions. For example, I was using my new microphone, and my brother, Nico asked for a turn. Normally, I would've said no, but instead, I said yes. I said yes because I knew that he wouldn't break it because he was a very careful brother. Of course, I almost definitely would have said no if I had known that he would be spending the next hour yelling on echo mode as loud as he could.

Of course, having a brother has been wonderful, but of course sometimes it can be hard. When we were playing laser tag, my brother Nico refused to be on the opposite team that I was on. it's very nice that he's loyal to me and I love him like, well, a brother but, I was hoping we could have a little rivalry. We could make a poem about it: "When brother fought brother in the Sportsplex arena, one brother would win and the other would lose." Nice poem, right? No? Oh well, I guess poetry isn't my thing.

Of course, it's much harder to get a good haul when you're 10, when all you ever get is clothes. I prefer games, but, adults think I'm too old for that {I am not}. Adults might say that any present is a good present, but you kids know better. So don't be afraid to ask your adult for toys.

So, if you're turning 10, kids, you should definitely

Go to the Sportsplex™,

Make good decisions,

Be nice to your sibling{s}

But don't be shy to **ASK YOUR PARENTS FOR TOYS!!!!**

Well brother, It's too bad you never met this kid but I'm confident now that when the time comes for me to join you, the Totoket Times is in good hands.

*The February 17th issue of the
Totoket Times WILL NOT BE MAILED
Please visit our wesbsite for a list of locations
to pick up a copy or read the entire issue on
line at totokettimes.com*

to be probated when you die- because you don't own them- the Trust does.

Living Trusts are a great method of minimizing the costs, time and lack of privacy associated with probating an estate. By using a Living Trust, you can put your assets into your beneficiary's hands in days instead of months, minimize the cost of transferring the assets, and do so privately.

If you would like to learn more about how Living Trusts minimize the probate process, 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.

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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



February '23 For the Health of it!

Heart Healthy Tip - Be Your Own Best Valentine!



Imagine having someone in your life who truly understands and respects you, is always there for you, and is mindful of your well-being no matter what. Who came to mind? Sometimes it is much easier to accept those gifts from someone else. But just for a moment, imagine that someone is you.

Self care isn't selfish, it's essential. Serving others is what life is all about; however, it's also important to be good to yourself. Just the thought of indulging in 15 minutes of "me time" can kick up feelings of guilt for someone with a servant driven heart. There is a reason why flight attendants tell us in an emergency, to put on the oxygen mask first; we can't give what we don't have. Self care actually makes us better caregivers. Failing to allow ourselves to do so can affect quality of life, harm relationships, and most importantly, have a negative impact on health.

February is American Heart Month and a perfect time to review heart healthy tips. There seems to be a common theme when talking about a healthy lifestyle that typically centers around dietary changes, exercise, and lowering stress. It's really not something we can treat like a buffet and only take what we like best. We need to get to a point where we regularly treat ourselves to balanced servings of habits that encompass both mind and body; a connection that can't be overlooked. It's to our benefit to get there, but we don't have to get there in one giant leap. We also can't rely solely on prescriptions to do all the work for us. It's necessary to do our part, and be willing to make changes in order to get different results.

So, if you're ready to give yourself some love, check out the tips below and pick one to get started with. Many will be familiar and others may come as a surprise, starting with #1.

Brush & Floss: According to the Cleveland Clinic, research suggests that the bacteria that cause gum disease can also raise the risk of heart disease. This isn't a recent discovery but it's often missing from the traditional heart health "to-do" list.

Accentuate the Positive: There is a lot of research to support the benefits of a positive outlook. One such article from Harvard T. H. Chan School of Public Health, states "Maintaining a positive outlook on life may help you stay healthier longer." (Also, being positive feels much better than constant negativity. You and everyone around you will benefit).

Exercise is essential: There is no getting around it so sneak it in if you can't devote a block of time to it and work your way to 30 minutes 5x per week. Don't compare yourself to others. Do what's best for you. If you're unable to work one part of your body due to injury or mobility issues, focus on what you can do. Every little bit adds up to better fitness.

Know your numbers: Keeping your blood pressure, blood sugar, cholesterol, and triglycerides in check is important for good heart health. Learn what is optimal for you and strive to get there. If you're already there, keep up the good work!

Change your Stress response: Life is never completely stress free but chronic stress can raise the risk of heart disease. We can't always change what's causing it but with practice we can change the way we respond to stressful situations. It's not easy but so worth it once you do.

Stand up: In answer to the question, "is standing better for your heart than sitting?" Harvard.edu bluntly states: "Literally. Spending less time sitting and more time standing lowers blood sugar, cholesterol, and weight — all of which translates into a lower risk for heart disease".

Follow the 1% rule: Going from zero to 60 in one big burst can cause more harm than good. For example if you haven't exercised in a year, don't pick up at the same level where you left off a year ago. Doing so can be a recipe for injury. Likewise, if you want to increase hydration and right now are drinking 16 ounces of water a day, don't kick off your new regime with a gallon a day. If instead you make improvements 1% at a time, think about where you'll be 100 days from now!

Be Kind to Yourself: The following statement from an article in "Psychology Today" makes a good point. "When you're kind and supportive of yourself, you feel better and do better. After all, nobody ever did better after making themselves feel worse!"

Be your own best Valentine!: Think of the things that make your heart happy and do more of whatever that is. As you give yourself some love by moving towards the gift of better health, share that love by asking someone to go there with you or be your accountability partner.

Eat chocolate!: Dark chocolate that is - and the darker the better. It's rich in powerful antioxidants and a perfect Valentine's Day treat!

I intended to include a "recipe makeover" version of tiramisu that's topped with dark chocolate covered strawberries but ran out of space. It sounds delicious and could make a great Valentine's Day dessert! If you'd like a copy of the recipe, please email me at joann@wellnessfusion.net. I'd be happy to share it with you.

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 a son-in-law) and live in North Branford.



NBHS ALL STATE FOOTBALL PLAYERS

Senior Tyler Serenson and junior Lucian DePino were recently named first team all Pequot as well as All State.

Tyler was named as a defensive linebacker and also was named to the All State Academic Team.

Lucian was named as an offensive lineman.

(Photo Courtesy of Gina DePino)

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From Milton Berle to David Letterman: A History of TV Comedy

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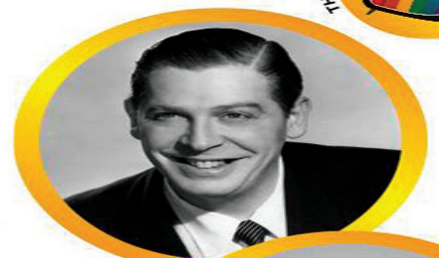
Please join us for a fascinating survey on the extraordinary landscape of American TV comedy, examining changes from the vaudeville shtick of Milton Berle and the slapstick artistry of Lucille Ball to the social satire of Saturday Night Live and the self-reflexive absurdities of David Letterman and The Simpsons.

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The Hills Were Alive

The North Branford Drama Club performed four performances of the Sound of Music on December 15-18 at the North Branford Auditorium. The cast consisted of North Branford High School students as well as North Branford Intermediate School and Elementary students. The sets were constructed by the High School Advanced Construction Technology class. Director & Choreographer Robyn Genzano Assistant Director Cindy Genzano.

Photo courtesy of Keith Shadman

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 sdelgaudio@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 must be a resident of North Branford/Northford.)

**Zoom is a free digital video conference platform.*



NBHS Students Participate in Musical Festival

On Friday and Saturday, January 13th and 14th, four North Branford High School students participated in the 2023 Southern Region Music Festival which took place at Maloney High School in Meriden.

The festival is a two day event in which students spend their time learning difficult pieces of music with respectable conductors in the field. The NBHS students will be moving onto the All State Festival scheduled for February 4th.

Band: Adi Rish & Alexander Shadman

Chorus: Aislinn Aiken & Mia Yacono

Pictured with the students: Choral Director Nick Filippides and Band Director Maria Berte

(Courtesy of NBHS Principal Todd Stoeffler)

THEY MAKE US PROUD

Jacob Montanaro was named to the Dean's List at the University of New Hampshire in Durham, NH.

Jennifer Alaska was named to the Deans List at the University of Vermont in Burlington, VT

Samantha Fowler was named to the Dean's List at the University of Evansville in Indiana.

Marcus Williams was named to the Dean's List at Holy Cross College in Worcester, MA

Mark Lambert received a Master of Science Degree at the University of Tudscaloosa, AL.

Logan Frandsen, Peyton Moriarty, & Makenna Stone were named to the Dean's List at Worcester Polytechnic Institute in MA.

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JoeAbate Charitable Foundation
Promoting Heart Health in Young Adults



N. Branford – The JoeAbate Charitable Foundation has teamed-up with race car driver Bryce Cornet (kor-NAY) to promote heart health in young adults and support congenital heart families. Cornet, a congenital heart defect survivor, will record several public service announcements on behalf of the Foundation to be released in February, American Heart Month, and visit with campers at the CHeart Camp this summer, as well as participate in other promotional and fundraising initiatives throughout the year.

Cornet, who races in the Mazda MX-5 Cup series, was diagnosed with Wolf-Parkinson-White Syndrome and Supraventricular Tachycardia at age 15. Following two Catheter Heart Ablations and an extended recuperation period, he was cleared to race again. Since returning to the track, he has won a national championship and has set four track records. His story has been told in the award-winning short documentary, *Driven* ([Driven: The Bryce Cornet Story - YouTube](#))

“My passion for motorsports is equaled by my passion for heart health,” said Cornet, who was selected as the American Heart Association OKC Heart Ball Survivor story for 2023. “I’m thrilled to be partnering with the JoeAbate Foundation to share my experiences and reach those that are fighting a similar battle, as well as those that support them.” Cornet has integrated his passion for heart health in all facets of his racing, including a desire to partner with sponsors that have received the “heart healthy” designation from the American Heart Association.

“Bryce is the perfect partner to bring awareness to our cause,” said Meghan Abate, Founder and President of the JoeAbate Charitable Foundation. “Not only is he a congenital heart defect survivor who can speak to the emotional and physical struggles from firsthand experience, but his parents also understand the impact of being a congenital heart family. We are so pleased that he’s joining us.”

The JoeAbate Charitable Foundation provides financial and emotional comfort and support to congenital heart families with a child in Yale New Haven Hospital’s Pediatric Cardiac Intensive Care Unit, and is a partner with the CHeart Camp, providing funding and in-kind support. The camp is free to children with congenital heart disease throughout Connecticut. Please go to www.joeabate-foundation.org for more information.

Recycling News

New Members Wanted!

Become a recycling ambassador for our community. Have an impact by volunteering on the Solid/Hazardous Waste and Recycling Committee.

Whether you can help out for one event or want to become a permanent member of our town committee, we want you! Please call the Town Manager or listen in on our next meeting if you think you may be interested. You can see the agenda on the town’s website.

Upcoming events

Saturday March 4 – Electronics drop off – includes Mattresses & empty propane tanks

Week of April 3 – Scrap Metal pick up

Week of April 17 – Bulky Waste pick up

Please do not put Bulky Waste out yet. It won’t be picked up for another 2 months!

Please call a junk company or bring your bulk waste to a transfer facility. Keep our town looking clean and inviting.

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.

When you put the plastic bag into the blue bin it can get tangled in the sorting machinery and stops the workflow at the recycling plant.

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.

We have taken over 13 tons of plastic film taken out of the waste stream!!

Thanks to all that participate!!

Reduce – Reuse - Recycle

Many people declutter during the winter months. Please consider giving away or selling the items you don’t want anymore.

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’.

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



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WEEKLY CHEF SPECIALS

Sunday Brunch
Served 11:30-3

Taco Tuesday
\$5 Tacos & authentic Mexican cuisine

Burgers, Beer & Milkshakes
Burgers on Wednesdays in the Tavern

Prix Fixe Menu
\$35 pp on Tues/Wed/Thurs in the Steakhouse

Prime Rib Dinner
\$26 pp Served every Thursday

OPEN FOR LUNCH

FRI & SAT 11:30AM - 3PM
SUN BRUNCH 11:30-3PM

1565 MIDDLETOWN AVENUE, NORTHFORD | (203) 714-4400
MILLPONDGATHERINGS.COM

HAPPENINGS

Valentines Day

SIP & SPARK
with spark bracelet bar by Libero Jewelers

Sunday, February 12th
11am - 3pm

SPARK
Bracelet Bar
BY LIBERO JEWELERS



Book your special event today!
info@millpond.email for more info!

NORTH BRANFORD BARBERSHOP

HAIR CUTS
MEN \$14.00
SENIORS & KIDS UNDER 10 \$12.00

Tues, 8:30 - 5:00 Wed 8:30 - 5:00
Thur 8:30 - 5:00 Fri, 8:30 - 5:00
Saturday 8:30 - 2:00
- WALK - INS ONLY -

OWNER- ROBERT VIGLIONE
1179 FOXON RD, NORTH BRANFORD | (203) 484-6789

**North Branford Fire Department
Smoke and Carbon Monoxide Detectors
ATTENTION ALL RENTERS**

If you rent or lease a room, apartment, condo or house, the Owner/Landlord is responsible for all smoke detectors and carbon monoxide detectors. They are to provide working detectors for you. **Any problems, call the Fire Marshal's Office. 203-484-6016**

Make smoke alarms work for your safety.

Smoke alarms are the residential fire safety success story of the past quarter century. Smoke alarm technology has been around since the 1960s. But the single-station, battery-powered smoke alarm we know today became available to consumers in the 1970s, and since then, **the home fire death rate has been reduced by half.**

Important: Working smoke alarms are essential in every household. It is necessary to practice home fire drills to be certain everyone is familiar with the smoke alarm signal, and to determine if there are any obstacles to a quick and safe evacuation (including the inability for some to awaken to the smoke alarm signal).

Installation and maintenance tips

Install smoke alarms on every level of your home, including the basement, making sure that there is an alarm outside every separate sleeping area. New homes are required to have a smoke alarm in every sleeping room and all smoke alarms must be interconnected.

Don't install smoke alarms near windows, doors, or ducts where drafts might interfere with their operation.

Never paint smoke alarms. Paint, stickers, or other decorations could keep the alarms from working.

A life-saving test: check your smoke alarms regularly

Test your smoke alarms once a month, following the manufacturer's instructions.

Replace the batteries in your smoke alarm once a year, or as soon as the alarm "chirps" warning that the battery is low. Hint: schedule battery replacements for the same day you change your clocks from daylight savings time to standard time in the fall.

Replace detectors every 10 years, new technology makes the old ones obsolete. New detectors have less false alarms and alert to an actual fire quicker.

Never "borrow" a battery from a smoke alarm. Smoke alarms can't warn you of fire if their batteries are missing or have been disconnected.

Do not disable smoke alarms even temporarily. If your smoke alarm is sounding "nuisance alarms," try relocating it farther from kitchens or bathrooms, where cooking fumes and steam can cause the alarm to sound.

Consider installing smoke alarms with "long-life" (10-year) batteries.

Plan regular fire drills to ensure that everyone knows exactly what to do when the smoke alarm sounds. Hold a drill at night to make sure that sleeping family members awaken at the sound of the alarm. Some studies have shown that some children may not awaken to the sound of the smoke alarm. Know what your child will do before a fire occurs.

If you are building a new home or remodeling your existing home, consider installing an automatic home fire sprinkler system. Sprinklers and smoke alarms together cut your risk of dying in a home fire 82 percent

NBFD has a limited supply of new battery-operated Smoke Alarms and Carbon Monoxide detectors. We also have replacement 9-volt batteries. If you do not have a working alarm, call, or email us @ 203-484-6016 or deputyfiremarshal@townofnorthbranfordct.com



**NORTH BRANFORD
PARKS, RECREATION, AND SENIOR CENTER**

STW COMMUNITY CENTER • 1332 MIDDLETOWN AVE NORTHFORD

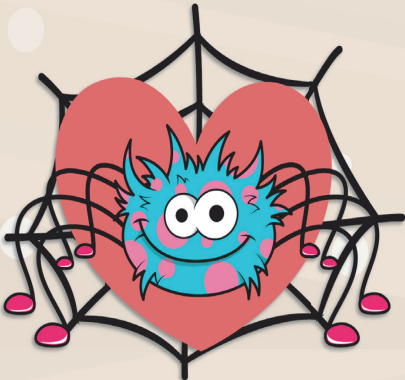
WWW.NBRECREATION.COM • CALL (203) 484-6017

FOLLOW US ON FACEBOOK! @NBPARKSANDRECREATION AND INSTAGRAM! @NBPARK.REC.SENIOR

The Valentine DoodleBug

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

Roses are red, violets are blue.
The **DoodleBug** has something special for you!
He's doodled everywhere- from coast to coast,
but our town is the one he loves the most!
The **DoodleBug** 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

PURE PILATES

This class will leave you feeling longer, leaner and more limber! Pilates helps to strengthen the core, align the body, increase flexibility and improve posture. Each class, the instructor will guide you through a series of exercises on a mat to target different muscle groups and build mind-body awareness. Instructor: Jessica Glynn

Ages 18+ STW Classroom
Mondays 9:00-10:00am
Feb 5 - March 13
\$55 res/\$60 nr

BABYSITTER'S CERTIFICATION

This training gives you the knowledge, skills, and confidence to care for infants and school-aged children. This course addresses safety issues, preventing injuries and illnesses, and basic childcare. Students learn by doing and will be required to demonstrate the skills to be certified by the American Pediatric Association. (Bring a lunch) Instructor: Ambulance Co. #4

Ages 12-15 STW Gym/Cafe
Saturday, March 4 9:00 - 2:00pm
\$65 res/\$70 nr

STRONG AS A MOTHER FITNESS WORKSHOP

Fitness and your Pregnant or Postpartum Body Workshop
(presented by Strong as a Mother Fitness)
February Workshop - 2/13/23 6:30-7:30pm
STW Yoga Room - \$15

Learn how to protect your body and get your pelvic floor symptoms under control. We will learn about what diastasis recti and prolapse are, the importance of pelvic floor rehab, how to breathe through your lifts, posture, how to not pee when you jump, and so much more.

Mary's Culinary Classes

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 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



**Give a sweet treat to your
"Sweet" for Valentine's Day!**

Get 3 fresh baked chocolate
chip cookies with a personalized
note and wrapped with love!

\$5 for pickup \$7 for delivery

Register for a delivery date or pickup date
of either **Monday, February 13 or
Tuesday, February 14**

Registrations must be in by 2/12/23

Register on our website nbrecreation.com
Deliveries are limited to North Branford
and Northford addresses

Proceeds to benefit Senior Center programs

— SENIOR CENTER —

GALENTINE'S DAY COOKIE DECORATING AND TEA

(bring your favorite tea cup)

Monday, Feb 13, 2023 1:00 pm STW Gym/Cafe FREE
Let's get together with the girls and celebrate Galentine's
Day with cookie decorating and tea! Register by:2/8

VALENTINE'S DAY LUNCH

Feb 14, 2023 12:00pm \$4

Cream cheese strawberry French toast casserole, yogurt parfait &
red velvet bundt cake Register by 2/7/23

WINTER WELLNESS WORKSHOP

Part 3 - Staying Active in the Winter

February 14, 2023 1:00-2:00pm register by 2/10

Wear your active lifestyle clothes and we will join in some fun activities to get us moving!
No matter your mobility level, we can move and groove and have some fun.

Part 4 - Community Connections

February 28, 2023 1:00-2:00pm register by 2/24

Did you know social health is as important as exercise for your physical and mental
health? We will delve into different ways to stay connected year-round. Extrovert or
introvert, we will find ways to be involved in community and stay healthy.



**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

Communion Service at

Northford Congregational Church

Please join us with Pastor John on Sunday, February 5, at 10 a.m. for our communion service entitled: "Bread." In addition, we will have coffee, tea, and snacks for everyone immediately following our service. ALL are welcome.

The historic Northford Congregational 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. Check us out at www.northfordcongregational.church. Like us on Facebook.

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, construction debris etc. No job too small. Call 203-804-6373

HELP WANTED

Regional School District 13 (Durham/Middlefield) has an immediate need to fill the following positions:
Part-time Custodian (2nd shift)
Substitute Custodians (flexible schedule)
Substitute School Nurses
Applied Behavior Analysis (ABA) Therapists
Teacher Assistants
Infrastructure and Security Technology Systems Specialist
School Bus Drivers (Dattco)

To apply for any of these positions or for more information, please visit our website at www.rsd13ct.org. Click on Central Services, Human Resources, Human Resources, then click on Current Opportunities. For additional information, please contact Ashley Hillier, HR Assistant, at ahillier@rsd13.org

Carpentry, Repairs, Decks and Porches
Walls, Ceilings, Sheetrock and Taping
Water Damage Repairs

Free Estimates • Insured
Call Bill (203) 901-2136
Ct. Reg # 0647093



Serving New Haven County & the Shoreline Communities for over 100 years



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Philip M. Appell
Funeral Director

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330 Notch Hill Road, North Branford
(203) 481-3217

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(203) 933-1217

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www.keenanfuneralhome.com wecare@keenanfuneralhome.com

“Security Systems are best when installed by a professional not the internet”



(203) 288-1000

355 Sackett Point Rd North Haven, CT 06473

Did you know:

No word in the English language rhymes with month, orange, silver or purple.

Shoreline Adult Education to Host Free Workshop Series for Job Seekers

(BRANFORD, CT) - Shoreline Adult Education (SAE) has partnered with the American Job Center, local libraries, and area employers to host a series of free workshops for job seekers. Presentations will include an overview of the American Job Center services, information regarding the specific career industry and training opportunities, a local employer's perspective, and the resources available through Shoreline Adult Education and the hosting library. Shortly after each presentation, a representative from the American Job Center will provide evening office hours at an SAE location.

The schedule of presentations are as follows:

Tuesday, February 7 Presentation on manufacturing 1:30 - 3:00 PM at Henry Carter Hull Library, Clinton

Friday, March 17 Presentation on manufacturing 11:00 AM - 12:30 PM Atwater Memorial Library, North Branford

Thursday, March 30 Presentation on healthcare 10:00 AM - 11:30 AM James Blackstone Memorial Library, Branford

For more information about our upcoming workshops and to register, visit Shoreline Adult Education online at shorelineadulted.org or call (203) 488-5693.