



Totoket Times

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For Our Town From Our Town

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Volume 28 No 16, February 4, 2022



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It has been my pleasure to serve you at the same location in beautiful North Branford. Happy 26th Anniversary.

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LeBeau records her 1,000th Career Point for NBHS Girls Basketball

Senior forward Braeden LeBeau netted 21 points in a recent game against Coginchaug, and recorded her 1,000th career point. LeBeau becomes only the 10th player in NBHS Girls Basketball history to reach this goal.

The last NBHS Girls Basketball player to reach the 1,000 point mark was LeBeau's head coach Sabrina LeMere. Congratulations to Braeden, Coach LeMere and the entire NBHS Girls Basketball team for being a part of this accomplishment.

- * LeBeau is a 1st Team All Shoreline Conference basketball player.
- * LeBeau was also a Captain on the NBHS 2021 State Champion Field Hockey Team.
- * In lacrosse, LeBeau is a 1st Team Shoreline Conference, 1st Team All-State and US Lacrosse Academic All-American and was elected one of the Captains for the 2022 NBHS Girls Lacrosse team.

One More Time

The February 18th issue will once again be dropped off in stores for your convenient pick up. Please stop by one of your local merchants or check us out on our website. In March we will resume with our usual mail delivery.



North Branford

North Branford Post Office
Patco Service Station
Cumberland Farms
Atwater Library
Hair Designs
MT Cobbler
Good Vibes Nutrition
Town Hall
North Branford Barbershop

Northford

Northford Post Office
Patco Service Station
Smith Library
NB Recreation Department
Lee's Coffee & Ice Cream
Visit
www.totokettimes.com

Deadline		Publication Date	
February	11	February	18
February	25	March	4
March	11	March	18
March	25	April	2
April	9	April	16
April	23	April	30
May	7	May	14
May	21	May	28

Petals 2 Go Florist

203.484.7800 www.Petals2GoCt.com

DRIVERS WANTED

CALL DAVE

Table of Contents	
Editorial	Pages 3 & 4
School	Page 5
Sports	Page 5
Church	Page 6
Park Rec	Page 7
Classified	Page 8

Good Vibes Nutrition
1715 Foxon Road North Branford
203-481-2323. Call ahead for curbside service!

**FEBRUARY
DEALS**



FREE

FREE BASIC TEA WITH THE
PURCHASE OF A MEDIUM
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Limit one coupon per customer.
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\$2 OFF

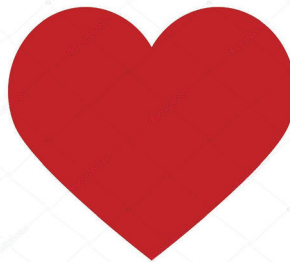
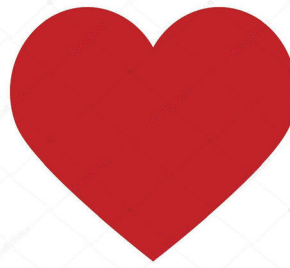
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Tuesday 1-5 PM

Wednesday - Friday 9AM - 5PM

Saturday 9AM - 3PM



**1717 Foxon Rd. (Rte 80) -
North Branford (in The Keybank Plaza)
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**North Branford,
Connecticut**

DECEMBER 2021 AT A GLANCE

Homes Sold
14 homes sold compared
to 13 in December 2020 **+7.7%**

Median Sale Price
\$324,500 compared
to \$301,000 in
December 2020 **+7.8%**

Days On Market
87 days compared
to 47 in December 2020 **+85.1%**

Active Inventory
20 homes for sale
compared to 33 in
December 2020 **-39.4%**

Data source: Smart MLS, Single Family, N. Branford, CT 12/1/20-12/31/20, 12/1/21-12/31/21

Each Office is Independently Owned and Operated. data per ctmls 12.31.21



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Frank-Mentone - 1



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State Representative Vincent Candelora Six Vehicles Were Stolen from a State Agency— Does Anyone Care?



If a tree falls in the forest, does it make a sound?

At the capitol, some of us have been asking a question that is akin to that well-worn philosophical debate: If nonpartisan auditors issue reports on state agencies and the people in charge of them never have to answer inquiries about the findings, what's the point of conducting the audits? A classic bureaucratic head-scratcher.

The state's Auditors of Public Accounts (APA) is a legislative agency whose main mission is to provide unvarnished reports on the operations of state agencies. Last year, APA completed 50 audits of state and quasi-public agencies and made more than 500 recommendations. Of course, there's an element of facetiousness when it comes to whether it's worth conducting the audits at all because agencies sometimes implement the auditors' recommendations. With that said, though, the people in charge rarely face a measure of accountability.

Last week, APA issued a report on the Department of Children and Families (DCF) for the fiscal years ended June 30, 2016, 2017, and 2018. Beyond six DCF vehicles being stolen over two years, audit findings included:

- Failure to meet deadlines in entering case narratives into the system
- Lack of monitoring for therapeutic foster care of children;
- Termination of an employee without cause cost taxpayers \$688,000
- Appeal cases for neglect that didn't receive internal review within deadlines

If you're like me, you'd be interested in learning more about those and other issues outlined in the report. After all, this agency's work is as important as it gets. But if history tells us anything, that's unlikely to happen. While state law requires committees of cognizance to join the legislature's Government Administration and Elections Committee to hold hearings on these reports within 180 days of their issuance, there's wiggle room that's allowed committee chairmen to skip the process—for example, if there's no violation of state statute or regulation.

Last year, I joined my House Republican colleagues in offering a proposal to close loopholes and require General Assembly hearings on these audits. We're doing the same this year, continuing our push for greater transparency within state government. You can check out our session agenda at cthousegop.com, and you should contact me if you have questions or comments.

And if you like to check out the work of the auditors, visit wp.cga.ct.gov/apa.

If you join us in making noise about the agency's positive work, we can

make certain that each and everyone one of its audit reports lands with a loud enough sound that can't be ignored by out-of-touch committee chairmen tied to the business-as-usual approach.

State Rep.
Vincent Candelora
House Republican
Leader
86th House District
North Branford,
Durham, Guilford,
Wallingford.

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SAT. 8:30 - 3:30 CLOSED SUN. & MON.

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LET'S BE "FRANK"

Well brother, when everyone was welcoming the new year and crying good riddance to the old one, I was skeptical. You see, my world, 2021 was not too bad. I learned how to relax because of COVID restrictions and when restraints were lifted, I learned how to enjoy traveling more than I ever have before.

SueAnn joined me in semi-retirement, and we officially welcomed our daughter-in-law into the family. With COVID numbers slowing down, we were even able to celebrate Christmas in a more festive manner, with several small gatherings of family and friends.

Pops always use to warn us, "laugh in the morning, cry at night", and that is how the start of the long awaited 2022 has begun. In my personal situation we seem to be paying for our laughter and celebrations in 2021.

So here we are in the long awaited 2022. In my exuberance towards the tail end of 2021, I let my guard down. I went to several intimate Christmas parties and eating with a mask was a bit of a challenge so the mask had to take a back seat. The tickle I had in my throat which I thought was from too much Christmas singing soon added more symptoms and the Covid test was positive. It wasn't a disaster and I was more fortunate than many but one month later I am still feeling some of the residual effects.

In starting the year off with doctor visits (as I always due) the doctors became aware of some irregular blood tests results. Thanks to Medicare, I knew my sugar was going up. They decided that the insulin that was keeping my numbers in line was not supported by their plan. They have changed it several times but with the same diet the numbers continue to soar. My doctors didn't have to believe me they could have just taken some blood tests but Medicare has also cut down the number of tests I am allowed. They also changed my tests strips to another brand which do not give accurate readings. The only quality reading I get is from a fourteen day sensor and Medicare stopped paying for those so it is costing me \$100 a month just to get accurate readings. With the new insulin still being ineffective my numbers are now in the danger zone.

So after working for fifty years and contributing to social security I now find I am being repaid by putting my health at risk. I am also trying to settle my billing which is now costing me and my wife more that \$1000 a month for health insurance. The good news is that I did get a \$95 social security bump to cover the \$1000 insurance bump.

I am fortunate that I have reached sixty five, something that you weren't lucky enough to obtain. But if you had been here at 65 I would have loved to hear your take on this debacle. You would have even nastier things to yell at the television when Joe Namath and Jimmy (JJ) Walker tell us what number to call to get help from Medicare. Together we would have been able to do a commercial and tell about the hours spent on hold only to lead to an incompetent message taker on the other end.

Fortunately, we were wise with our pennies and so far have been able to afford the hit, but I pray every day for the suffering that people are going through as they are getting penalized for all their contributions throughout the years.

It's funny that the government is paying off college loans (a debt of free will by the students) and unemployment for people who are fully capable of working but choose not to because the free money is a better option. It's confusing and frustrating and so far 2022 is just freaking wonderful.

Take care, and with the help of our government and Medicare, I will see you very soon.

Last call for Super Bowl Stuffed Breads

North Branford Education Foundation is sponsoring a Super Bowl Stuffed Breads Fundraiser. Enjoy a variety of stuffed breads provided by VENICE BAKERY.

There is still time to place your order by February 6th and the breads will be delivered on Saturday February 12, in time for Super Bowl Sunday.

Call Frank at 203-410-4254 for a menu of breads and place your order.

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



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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.

For the Health of it!

JOANN BEGLEY Are You Sleeping?



Sleep is a topic that has piqued my curiosity since High School days. I remember an assignment from Sr. Theresa in Sophomore year Biology class. We were asked to choose a system or function of the body and report on it. My topic was sleep. I wondered why it's necessary, how we fall into such a restful state for hours on end every single night and, if we could possibly function without it. I'd be lying if I said I remember much about that paper except for the fact that I found very few definitive answers and was a bit discouraged. So there it ended and I never really

thought much about it. Eventually though, through the study of nutrition and relaxation therapies, I did find a few interesting facts that I'd like to share. So here is a little bit of sleep science, (in honor of Sr. Theresa) followed by some helpful tips that can lead to restful nights.

Sleep is a crucial component to health. Decreased mental clarity, inability to focus, and a weakened immune system, can all be attributed to sleep deprivation. Sleep is also the key to a balanced metabolism. Even when eating all the right foods and exercising regularly, lack of sleep will throw us off course and interfere with our well intentioned attempts at better health. A sleep deprived body produces too much ghrelin, the hormone that tells us when we're hungry and not enough leptin, the hormone that lets us know we're satisfied. The imbalance between the two causes an increase in appetite, over-eating, and weight gain. Next, comes a surge of cortisol, the 3rd hormone knocked off course by lack of sleep. Cortisol is the stress hormone. Notorious for aiding in the storage of belly fat, an overabundance of cortisol raises blood sugar, causes cravings and increases appetite.

It's a repetitive cycle but not the one we're aiming for and excessive caffeine is not the answer.

Flexing Your Sleep Routine Muscles

As we sleep, we enter in an out of 90 minute cycles designed in a perfect rhythm to restore the body and refresh the mind. When we set the right environment for this to happen, the three hormones discussed above are balanced, can communicate properly and serve us well.

If sleepless nights occur all too often for you or if it's the norm to wake up tired, preparing for sleep can really help! Just as muscles have memory, practicing a bedtime routine on a regular basis can strengthen your sleep routine and get it back in shape- no matter how long the opposite has been your reality. Since we've been sleeping since day one, we may tend to dismiss any suggestion that there may be a way (or a need) to prepare for sleep in order to maximize benefits. However, research supports the fact that there is both a need and a way.

Five Tips For Improving Sleep

- Have a regular sleep pattern: Plain and simple, our bodies like routine even if we don't. Figure out the number of hours per night that are right for you (usually between 7 & 9) and set your sleep and wake time accordingly. On those occasions when you need to be up later, you can actually make up the lost hours over the next couple of nights by going to bed a bit earlier.
- Don't Hit Snooze: As tempting as it is, the extra 15 to 30 minutes that may give us is actually a light sleep stage that doesn't further benefit the body or mind. It would be better to set the alarm a bit later and get up right away.
- Keep it Dark and Quiet: Melatonin, the sleep hormone, is released in darkness and is inhibited by light. Keep the shades and curtains closed; you can even try an eye mask. If you must fall asleep with the TV on, set it to a timer to turn it off in 30 minutes.
- Avoid Alcohol: But it relaxes me you say...don't let it fool you. It may help you fall asleep initially but it causes interruptions in sleep cycles. If you are having a drink, it's best to have it 2-3 hours before bedtime.
- Bedtime Rituals: Do whatever relaxes you-read a book, take a bath, listen to music, do whatever says "downtime" to you. Unplugging from all technology for at least one hour before bed will help to avoid stimulation overload that also interferes with a good night's sleep.

These 5 tips will have you off to a great start. The information provided here is intended to give you a very basic understanding of why sleep is the #1 component of good health. It's also very timely since winter is probably one of the best seasons to make sleep improvements. Then come spring, the foundation will have been set for any other health goals you may have -one percent at a time.

What are your goals for 2022? Reach out at joann@wellnessfusion.net. *This monthly article is here for you-For the Health of it!*

JoAnn Begley is a health enthusiast and Certified Nutrition Coach who has practiced and taught holistic therapies for more than twenty years. She and her husband Jerry have two children and live in North Branford.



Virtual Tax Assistance

The IRS Volunteer Income Tax Assistance (VITA) program offers **FREE** help in preparing & filing your 2021 tax returns.

Due to COVID, there will be no in-person tax assistance this year at the Library.

The following items are needed to complete your tax return virtually:

- a valid email address to send and receive documents
- last year's tax return
- documents showing any income and potential deductions

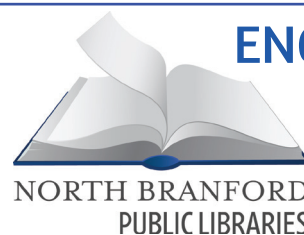
Library staff will help with scanning and sending your documents to the VITA staff working remotely.

Those interested in utilizing the tax assistance program should contact the Library for more information.

Smith Library
3 Old Post Road
Northford
203-484-0469

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North Branford
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North Branford, CT 06471 Northford, CT 06472
203-315-6020 203-484-0469
www.nbranfordlibraries.org



Adult Department

February 2022



10 PAT'S PICKS MOVIE CLUB
Atwater @ 1:00PM
Some Like it Hot - 1959 Romantic Comedy
"After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in." - IMDB

17 BOOK CLUB
Atwater @ NOON
The Department of Speculation by Jenny Offill.
Interested in joining? Call 203-315-6020 and ask for Billy!

18 MOVIE MATINEE
Smith @ 1:00PM
Sweet Bean - 2015 Drama
"Burdened with a heavy and ever-increasing debt, a doryaki baker hires a kind ageing woman, after tasting her delicious surprise. Little by little, she unravels her beautiful inner world. Could she be holding the secret to his success?" - IMDB

22 PET BOREDOM BUSTERS - VIRTUAL PROGRAM
Zoom Virtual Program @ 6:30PM
Join the CT Humane Society via Zoom and learn tips and tricks for preventing boredom in cats, dogs, and other small critters! Have fun making some fun treats for your pet!

28 DEAR STRESS, LET'S BREAK UP! - VIRTUAL PROGRAM
Zoom Virtual Program @ 6:30PM
Feeling more stressed than ever? Nervines and Adaptogens like Elderberry, Astragalus, and Cinnamon help us manage stress as we encounter it, and specifically help support the nervous system. Presented by the GroundedGoodwife Duo!



Check out these NEW February Releases!



Valentine's Day at J Cakes

Featuring 6" Cakes, Cupcakes, Chocolate Dipped Strawberries, and Breakable Hearts



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North Branford Public Schools

Preschool Application Period to Open

The North Branford Board of Education will be presenting a virtual informational session introducing the three preschool programs offered;

- North Branford Board of Education Preschool
Jerome Harrison Elementary School
- Family Resource Center Preschool
Stanley T. Williams Community Center
- PRIDE Program
Jerome Harrison Elementary School

In observance of COVID-19 precautions, this informational session will be offered via Zoom*. The session will be hosted by Tracy Wootton, 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 **Wednesday, February 16th at 6:00 p.m.** (snow date 2/17). 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 Thursday, February 17th, on the North Branford Board of Education Preschool webpage. For more information about the programs and to access the application, visit: <http://bit.ly/jhs-preschool>

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



SENIOR MOMENTS

North Branford High School hockey team recently recognized their three seniors and captains. Ryan Michonski, Dakota Cooper, Joey Marra.
Photo courtesy of Deb Reynolds Kieslich

THEY MAKE US PROUND

Marie Zampano was named to the Dean's List at Lasell University in Newton, MA.

Alyssa Diaz was named to the Dean's List at Roger Williams University in Bristol, RI

Dan Baldwin was named to the Dean's List at Keene State College in New Hampshire.

Colby Anastasio, Sarah Cook, Bianca D'Onofrio, Aiden Ferruci, Griffin Geist, Grace Singer and Stephanie Sudusky were named to the Dean's List at the University of Rhode Island in Kingston, RI.

North Branford Public Schools Preschool Role Model screening February 18, 2022

PRIDE Preschool is a special education preschool located at Jerome Harrison School, North Branford, CT. The program incorporates children without disabilities to model appropriate social, language and play skills within preschool activities. This program meets four days a week (Monday through Thursday) with two sessions (morning 9:00-11:30, afternoon 12:35-3:10). The program is seeking three and four-year old children with typically-developing skills to serve as role models in our classes for the 2022-2023 school year.

To be enrolled as a role model peer, children must pass a preschool screening which assesses cognitive, speech-language, motor and social skills. Role model peers must be toilet trained. If parents are interested, please contact Mrs. Rienzo at 203-484-1235, to schedule a screening appointment. The screening will take approximately 30 minutes.

The names of children who pass the screening will be placed in a lottery that will take place in February or March. Parents will be notified if their child is selected. Children who are selected will participate at no cost. However, transportation must be provided by the parent.

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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@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 appointment. . 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 <http://standrewsnorthford.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. Please visit our Facebook page or our website www.zionepiscopalchurch.org. Zion is a registered Integrity Episcopal Believe Outloud Congregation, a designation earmarking Zion as an open and affirming congregation for those seeking a safe place to worship and grow in Christ.

Ash Wednesday March 2, 2022

Ash On Your Dash

*Please drive through
the North Branford
Congregational Church parking lot,
1680 Foxon Road,
to receive your Ashes
from 7:00 – 8:00 AM.
We welcome every car to stop by.*

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.

Thanks to all of our residents, we have collected over 2 tons of plastic wrap during 2021!

The cold months are a good time to unclutter. Here are a few options for re-homing your items that are still useful.

We have a Facebook page in town:

North Branford & Northford Free Items.

You can post items that you want to find a home for or ask for items that you need.

There is also 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.

The Christmas Tree Pickup is finished. If your tree was not picked up and it was out on your normal trash day, please call our trash hauler for pickup.

Please do not put Bulky Waste out yet. It won’t be picked up for another 3 months!

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

Most people should have seen a Lime Green 2022 Recycling/Trash Card in the January 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 during the year, there are hardcopies at both town libraries and at Town Hall.

Or you can download it 3 different ways.

- www.townofnorthbranfordct.com – see ‘Lastest News’ - select ‘2022 Recycling/Trash Information’
- www.townofnorthbranfordct.com – select ‘Government’ – select ‘Boards & Commissions’ – select ‘Hazardous Waste & Recycling Committee’ – select ‘Recycling/Trash Information’
- Go to the ‘North Branford Community Pride’ Facebook page - search for ‘Bulk Trash’

Upcoming events

March 5 – Electronics drop off
April 4 – Scrap Metal pick up
April 18 – Bulky Waste pick up

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



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

Parents' NIGHT OUT!

Leave the kids with us at STW Community Center and have a night to yourself or perhaps go out for a post-Valentine's Day date. This evening will include crafts, activities, and a cheese pizza dinner!

Space is limited so sign up early!

February 18th • 4:30pm ~ 8:30pm
Grades K-5 \$20/child Sibling discount \$35

ADULT CIRCUIT WORKOUT

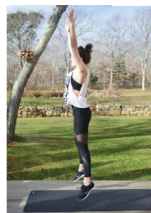
Start your day with a great workout at the beautiful fitness center at STW! Instructor, Jillian Temple, will create and guide you, for the perfect workout to target all your muscle groups!

Instructor: Jillian Temple

Ages 18+ - DiLungo Fitness Room

Mondays 6:00-6:45am \$60/session

Session 2: Feb 14 - March 14



COOKIE DECORATING

HAVE FUN DECORATING COOKIES AT HOME!

"Sweets on Main" will supply a half dozen cookies, icing, sprinkles and instructions to create your own cookie masterpiece!



Valentine's Day Cookie Kit - \$25/kit

Orders need to be placed by Tuesday, February 8th

Pick up cookie kits on Friday February 11th

Between 9:00am—4:00pm at STW

BABYSITTER'S CERTIFICATION

Saturday February 12 • 9:00am-2:00pm • \$65 res/\$70 nr

Ideal class for current and future sitters. 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

Mary's Culinary Classes

Ages 5-14 • STW Community Center • 5:30 - 7:30 pm

Cost \$40 res/ \$45 non res per class

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

FEBRUARY 8, 2022

Heart Shaped Calzones and Heart Whoopie Pies

FEBRUARY 22, 2022

Broccoli and Cavatelli and Melted Snowman Cookies



NEW TEEN MONEY MATTERS

**Presented by Jeffrey Hanrahan,
Branch Manager of Guilford Savings Bank.**



February 24, 2022

2:30 - 3:30pm • STW Senior Room • FREE

Grade 9+

This course is a basic finance breakdown for the young adult entering into the post high school life. A range of topics consist of the basics of savings, understanding credit, money management, the life cycle of student loans and more.

AFTER SCHOOL CRAFTS WITH KARI!

Come join Parks & Recreation staff, Kari Zargo, for after school holiday crafting classes!

Students of TVES will be walked over after school!

Please pack a peanut-free snack.

AFTER SCHOOL VALENTINE CRAFT



Grades 3-5 \$10/res \$12/nr

February 8—3:00-4:30pm

STW Classroom



SENIOR CENTER

JOURNEYING THROUGH GRIEF TOGETHER

February 9 - March 30 Wednesdays, 1 – 2pm

Join us at the Community Center for an 8-week bereavement program. Bob Johnson is offering a bereavement support program designed to help those who have lost a loved one and finding it difficult to cope with their loss. Please pre-register.

There is no charge to participants

NEW PEPPERMINT PATTY DAY

Do you like peppermint patties? Let's make some together!

Friday, February 11th At 1:00pm

Please sign up by February 7th to join Kathy for this yummy craft!



STRONGERCISE MONDAY + FRIDAY FEB 11-MARCH 28 9:30-10:30AM \$30 RES/\$35 NR

Instructor: Vicky Struck This is a high energy, low impact exercise class with upbeat music. This class is for the more active adult. This class will get you moving and feeling good. This is an indoor program.

COFFEE & CONVERSATION

Monday, February 14—10:30 am

Let's get together for coffee and conversation.

Come to learn about and discuss upcoming programs and events.



VALENTINE'S DAY CRAFT



Monday, February 14th 1:00pm at STW

Join Sarah for a special Valentine's Day mason jar craft fill with some yummy Valentine's candy! Registration required by 2/9/22 FREE

Let's Go Bowling!

NEW Friday, February 18th

11:30 am to 2:30 pm

Lessard Lanes in Plainville

Fee: \$10.00 includes 2 games, shoes and transportation!

Lessard Lanes has a fully stocked snack bar with burgers, chicken, fries, and more!

Food on your own

Make sure to register by February 14th

**to reserve your spot!
nbrecreation.com**



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.

ELECTRICIANS

TJC Electrical Services - No Job too small or big. Service upgrade & Generator Specials. Call Tom Cassella at 203-619-2823. Licensed & Insured.

PLUMBING

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

TREE SERVICES

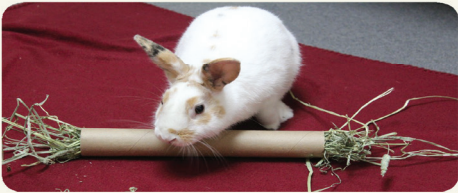
 **Tree Service - A Better Cut, Tree Service** - Local, full service tree company - we provide tree removal and trimming, chipping, and grinding. Please call 203-945-1808 for a free estimate.

SERVICES OFFERED

Gutter cleanup, tuneup, gutter guards, property maintenance, small repairs, painting, property maintenance and more. Call 203-441-1146

Pet Boredom Busters

PRESENTED ONLINE VIA ZOOM
FOR EDWARD SMITH LIBRARY
Tuesday, February 22
6:30 -7:30 PM



Learn tips and tricks
for preventing
boredom in dogs, cats,
and small critters.



RegisterToday:nbranfordlibraries.org



Newington • Waterford • Westport • Fox Memorial Clinic • CThumane.org

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



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at no additional
cost

Burials ~ Cremation ~ Pre Planning



Philip M. Appell
Funeral Director

At Keenan Funeral Home we work with every family's budget to
give your loved one the dignified memorial they deserve.

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

238 Elm Street, West Haven
(203) 933-1217

Keenan Funeral Home

www.keenanfuneralhome.com wecare@keenanfuneralhome.com



Burdened with a heavy and ever-increasing debt, a dorayaki baker hires a kind ageing woman, after tasting her delicious surprise. Little by little, she unravels her beautiful inner world. Could she be holding the secret to his success?

Movie Matinee
Friday, February 18th,
1:00 pm

Schafer Community Room
Smith Library (3 Old Post Rd, Northford)
Light Refreshments Served
Call (203) 484-0469 or stop in to reserve
your seat for this fun film!
NORTH BRANFORD PUBLIC LIBRARIES

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



(203) 288-1000

355 Sackett Point Rd North Haven, CT 06473

Hot water freezes faster than cold water!