



Totoket Times

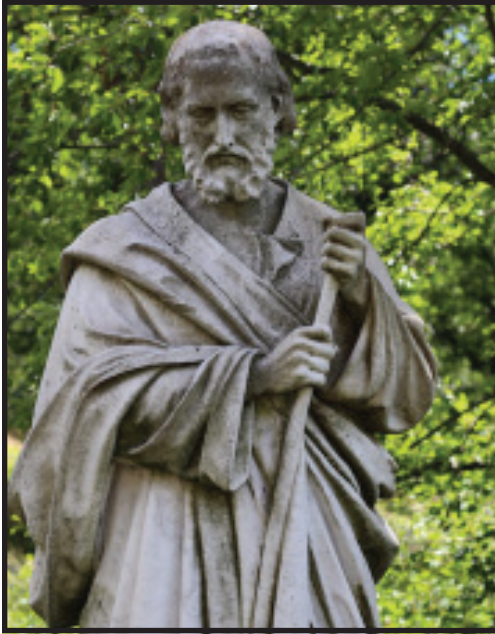
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Volume 29 No 16, March 3, 2023



Knights of Columbus Council 6801

Saint Augustine Church

St. Joseph Dinner

March 18, 2023 - 6:00PM

*Portions of the proceeds to help pregnancy centers
and new mother centers.*

Tickets are \$20. for Adults - \$15. for children.

Lasagna, Salad & Zeppole

For tickets call Wayne at 203-410-3885

or Damion at 203-215-7699

or go on line at Knightsout@gmail.com.



Hike with the

North Branford Land Conservation Trust

Please join the North Branford Land Conservation Trust on Saturday, March 11, 2023 from 9:30 to 11:30 a.m., for a hike on our Notch Hill Brook Trail.

After entering the trail on town property, we will cross the historic defunct trolley line. Once on land trust property, the trail becomes a loop in a secluded and undisturbed woodland. This moderately challenging hike has some steep ascents and descents. Just under 2 miles, hikers will be treated to a walk through a valley, across the photogenic Notch Hill Brook, around swampland, and a rocky outcropping.

See the forest as it nears Spring. Meet by 9:15. Rain date March 18.

How to get there: Take Route 80 East in North Branford. About .8 mile past Route 139, turn right onto Ciro Road. Go to the end of Ciro Road and park in the cul-de-sac.

NBLCT is a nonprofit organization whose purpose is to acquire and maintain open space and to promote the conservation of land and natural resources within the Town of North Branford and environs. For more information about NBLCT, go to www.nblandtrust.org or visit us on Facebook.



NBHS Tabs Anthony Salvati

Head Football Coach

Mr. Salvati is a graduate of NBHS and played during his high school career for Coach Anthony Sagnella. Coach Salvati has been the Head Football Coach at Guilford High School for the past 4 seasons and has experienced great success when growing and advancing the program. Prior, Coach Salvati served as an assistant football coach at NBHS for fifteen seasons. His wife Patti Salvati is a teacher at NBHS and is the Head Girls' Track Coach and Assistant Indoor Track Coach. They reside in North Branford with their three children.



MARCH MADNESS

Changes Totoket Times Deadlines

In an effort to assist our churches and advertisers get their messages out for the holidays, The Totoket Times will adjust March publications.

The next issue will not be on March 17 as previously advertised. **OUR NEXT ISSUE WILL BE MARCH 24th with a deadline of March 17th.** I hope this helps everyone with their announcements and advertising plans. **RE-MEMBER, IT WILL BE MAILED TO ALL HOMES.**

April issues will be April 7th and April 21st.



TOTOKET TIMES

Deadline		Publication Date	
March	17	March	24
March	31	April	7
April	14	April	21
April	28	May	5
May	12	May	19
May	26	June	2
June	9	June	16



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Make Your Pet Famous

Branford, CT – Is your pet ready for its close-up? The Greater New Haven St. Patrick Day Parade committee has partnered with The Thimble Island Brewing Company for the “Luck of the Irish Label Contest.” One lucky pet can win the opportunity to be featured on the label of a special edition brew! This fundraiser is for pet lovers everywhere and will benefit the Greater New Haven St. Patrick’s Day Parade committee and the Dan Cosgrove Animal Shelter.

Starting on March 1, 2023, through April 30, 2023 proud pet parents can submit a photo of their furry friend for an opportunity to be immortalized on the label of a special edition brew from the Thimble Island Brewing Company. Each submission costs \$10.00. The winner is selected through online voting which costs only \$1 per vote. To enter the contest and vote, go to: stpatricksdaysparade.org. The 1st prize winner will also receive 2 cases of the special edition brew featuring their winning pet’s perfect face plus a \$100 gift card to the Trinity Bar & Restaurant. Runner up will receive a \$75 gift card to Trinity Bar & Restaurant and 3rd place will receive a \$50 gift card to Trinity Bar & Restaurant. The top three contestants will be invited to a VIP media event on May 25th at the Thimble Island Brewing Company; the winning contestant will be announced with an unveiling of the special edition label featuring the lucky winning pet.

The Greater New Haven St. Patrick’s Day Parade is Connecticut’s largest, free single day spectator event attracting thousands of people to the streets of New Haven each year. The parade is a long-standing tradition in the New Haven community and the members of the Greater New Haven St. Patrick’s Day parade committee volunteer to ensure the tradition continues. The Greater New Haven St. Patrick’s Day Parade and Associated Irish Societies is a 501(c)(3) organization

“...Gone off the Rails...”

Dear Editor,

CT Democrats have gone off the rails with their newly proposed bills that are designed to strip fundamental rights away from parents, and allow for total control of your child’s education, as well as their minds. If you think I’m exaggerating, just look at some of the bills that Democrats are proposing this session:

Democrats show their contempt for parents by again, protecting teacher unions instead of parents. The purpose of Proposed Bill No. 6192, presented in January, was to **“To protect public school teachers from FOIA requests pertaining to communications with students regarding sensitive subjects, such as sexual orientation, gender identity and race, that take place during school-sponsored activities.”**

Bill 6396: AN ACT PROTECTING EDUCATORS IN TEACHING CERTAIN SUBJECTS AND TOPICS IN SCHOOLS. Be it enacted by the Senate and House of Representatives in General Assembly convened: 1. That title 10 of the general statutes be amended to prohibit a local or 2. regional board of education from punishing or otherwise restricting an 3. educator from teaching about subjects in which ideological differences of opinion exist between such board and educator. Statement of Purpose: “To ensure that Connecticut public school educators are able to provide instruction in a work environment that is free from harassment, intimidation or physical violence stemming from ideological differences of opinion about certain subjects or topics, including, but not limited to, gender, sexuality, race, racism and climate change.” By “harassment”, they mean YOU voicing your concern at School board meetings.

Continuing their assault on personal freedom. Democrats have also introduced a bill that would allow your child to get medical shots without a parent’s decision. HB 5480 reads as follows: AN ACT ALLOWING CHILDREN TWELVE YEARS OF AGE AND OLDER TO RECEIVE A VACCINATION WITHOUT THE CONSENT OF A PARENT OR GUARDIAN. Be it enacted by the Senate and House of Representatives in General Assembly convened: 1 That the general statutes be amended to allow a child twelve years of 2 age or older to receive a vaccination with the consent of such child’s 3 parent or guardian. Statement of Purpose: To enable children access to vaccinations without the consent of a parent or guardian. Connecticut Democrats always made it clear that they do not support parental rights in education – but now they are looking to radically change the laws to reflect their agenda. They want to remove parents from the equation; they want government and educators to exercise their power over *your* children. And they want to have total control over how you raise your child. These attempts to strip away FOIA tools that are designed to give ordinary citizens a way to hold your government accountable, to allow children to make medical decisions WITHOUT PARENTS KNOWING, are appalling.

Sincerely,

Edward J. Boughton Jr.



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2. Boost Curb Appeal
3. Consider a Pre-Inspection
4. Paint
5. Think About Lighting

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State Representative Vincent Candelora



At the start of the year, I submitted a proposal to eliminate the new highway use tax (HUT) on heavyweight trucks, a proposal many Republicans figured warranted discussion given the financial pressure faced by so many residents and businesses who found Connecticut an expensive place to live long *before* inflation became a household word.

Unfortunately, our Democratic colleagues didn't see things the same way. What ensued underscores a philosophical difference between Republicans and our friends across the aisle that will, ultimately, manifest itself in the two-year state budget that will be adopted in late spring.

Passed by Democrats in 2021, the HUT is levied according to a truck's weight, classification and number of miles traveled in Connecticut. Targeted truckers are required to obtain a permit to remit payments to the state, and it's expected to generate \$90 million in annual revenue. Our majority party colleagues want to use that money to unlock federal transportation spending that requires the state—in this case the trucking industry—to pony up some money.

It doesn't take a rocket scientist to understand the far-reaching, trickle-down impact of this tax.

And naturally, you—the consumer—is at the end of the tailpipe. Expect to pay more for everyday services and goods such as groceries.

Democrats control all the legislature's committees, and the co-chairmen of the Finance panel refused to hold a public hearing on our bill to eliminate the tax. That decision would have denied those concerned about the tax an opportunity to tell legislators how much it is expected to cost them. The first payment from truckers to the state was Feb. 28.

Republicans were forced to petition our colleagues—we had to collect 51 signatures—for a public hearing on our bill to eliminate HUT. I'll share specifics when it's scheduled, including how you can add your voice to the discussion about how this tax impacts our cost of living here.

With a few terms of legislative service under my belt, it's become clear to me that eliminating a tax is antithetical to the Democrat experience at the capitol.

In the case of their truck tax, eliminating it would be an admission that our state's Special Transportation Fund (STF) has been mismanaged for years—that they've created this new revenue stream because decisions to shift DOT and DMV operating costs into that key fund has crimped the state's ability to borrow and pay back money for transportation projects.

But now, with a heaving Budget Reserve Fund and a STF expected to top \$620 million this summer, Connecticut has options. Using some of that money to unlock federal transportation funds, rather than a truck tax, should be among them. Tax relief, too.

Considering that Democrats made Republicans launch a petition drive to simply hold a public hearing, I'm growing increasingly skeptical that we'll see anything other than the status quo.

I expect that even Gov. Lamont will face pushback from his party on his proposals for tax relief, with increasingly influential Progressives showing more interest in a statewide property tax than restoring a key tax credit that would put wind in the sails of small businesses.

Republican proposals to index state income tax brackets to inflation so personal income doesn't lose value, or eliminating the 1 percent meals tax?

I suspect those will be about as popular with our majority party colleagues as our petition was.

Rep. Vincent Candelora

House Republican Leader

86th District

North Branford, Durham, East Haven, Guilford

Let's Be "Frank"

Well brother, a funny thing happened on my way to work this morning I slammed on my brakes to avoid a near collision, I instinctively shot out my right arm to stop the baby from going through the windshield. I haven't had a child or unseat belted passenger in that seat in 50 years, yet the arm still automatically saved that imaginary passenger.

As I continued on to work, my mind wandered to a bunch of stuff I still do for no reason except it's a habit.

When no one's home and I go to the bathroom or in the bedroom to get dressed, I still find myself closing the door.

When I put my shoes and socks on I always do the right foot first, sock and shoe then the left. If I do the left foot fist I get very confused and I'm off the rest of the day.

In the same manner, when I put on my pants it's always right foot first then left. There should have been a camera in the room the one time I tried to do it the other way. It would have made the world's most funniest videos.

When I go down steps I always put my right leg down first. Last week I sprained my ankle and tried to put the other leg down first and almost took a crash landing.

I wear special slip on shoes to the doctor because I won't weigh myself until I take my shoes off. One time, I did have a nurse ask me if I had eaten lunch and she took off a few pounds for my clothes. I tried to tell her I had heavy clothes but she just wasn't buying it.

When I eat dinner, unlike Monk it's ok if the different foods are touching, but I don't do a fork full of this item, then a fork full of that one. It is first the starch, then the veggies and then the main dish. Use to drive my mother-in-law crazy, but everything I did seemed to drive my mother-in-law crazy.

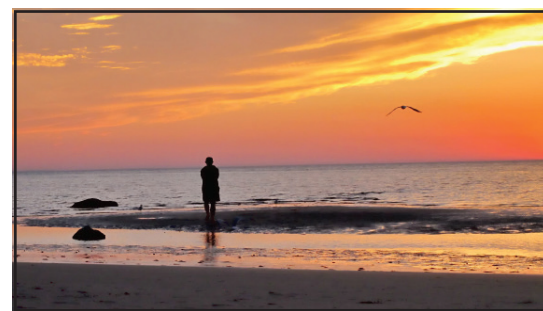
Whenever someone at a baseball game yells heads up, the first thing I always do is put my head down and cover it with my hands.

Similar to that, if someone says, "don't look now but", the first thing I always do is look.

Finally, if someone asks me the time, I always look at my watch arm, even though I haven't worn a watch in more than twenty five years.

Well, that's all for now, brother. Take care and I'll see you sooner than you think.

Through the lens of local photographer Nick Carlino



*Solitude in
Dennis Port Cape Cod.*

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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



March 2023 For the Health of It! An important Reminder About Food Labels



Greetings Health Enthusiasts! I'm assuming that's you and I'm happy you're here. Something happened last week while grocery shopping that got me fired up and I wanted to share it with you.

I needed to buy canned artichoke hearts packed in water for a recipe. There were 3 brands on the shelf side by side. The one in the middle was on sale so I grabbed that first. When I checked the label I saw it had 550 mg of sodium per serving so I picked up another brand, 420mg in that one.

At that point I thought they would all be pretty much the same and I would pass, but decided to check out the 3rd label anyway. I was surprised to see it had 155 mg per serving! Quite a difference and a much better choice! From the outside they looked very similar, they were all 14.5 ounces and they were all packed in water.

For me this validates that the extra time it takes to read labels is time well spent. Sodium is an essential nutrient but it's easy to get more than necessary when consuming processed foods. Limiting processed foods intake and checking labels when you do can help! I began reading labels when my now adult children were very young in an effort to find a balance between cooking fresh, having some quick and easy options when necessary, and having our kids enjoy some "kid stuff." It wasn't long before I learned that packaging can be deceiving. Buzzwords are often the culprit.

Let's face it, we're busy - certain words draw us in as we're dashing through the aisles. It's a lot easier to grab something that boasts words like low fat, fat free, gluten free, made with real fruit, sugar free, whole grain, plant based - or how about this one, "all natural." All these words (and more) can lead to poor choices. We are looking for guidance and if not careful, can be fooled by clever marketing that tells us what we want to hear. Unfortunately the less healthy choices seem to be positioned at a level that attracts the eye. Look more closely and you may be surprised to learn that the healthy item you just tossed into your cart isn't healthy at all. For example, protein bars that are typically found in the vitamin or health food aisle, must be healthy, right? Not so. Avoid buying a protein bar without first reading the label. Many are nothing more than candy bars in disguise. So how do we learn label language? A good place to start is with the serving size.

Given the above examples, it's apparent that we need to look beyond the buzzwords and check out the **Nutrition Facts**. **Serving size** is listed first. If you typically eat an entire box or can of a certain item, you may unknowingly be downing two servings or more. That not only increases calorie intake, but also the fat, carb, sodium, sugar and everything else. And speaking of **calories** (another "feature" that may be proudly displayed on the outside packaging), that alone is not an indication of a healthy choice. An item may be low in calories and void of overall nutrition. A serving of 15 potato chips has 150 calories, as does a serving of plain Greek yogurt with fresh berries, walnuts and a drizzle of honey (I may not be comparing apples to apples here but you get the idea). When it comes to fat content, the number of calories from fat should be less than 1/3 of the overall calories and void of trans fat. Remember, we're talking about the fat content of processed foods, so don't toss your favorite nut butter because it has 16g of fat per serving. Pair it with a balance of protein and carbs and it's a win. As noted above, **sodium** per serving is important. It can show up in unexpected places. A 2 ounce serving of boxed macaroni and cheese tips the scale at 560 mg; about a quarter of the recommended daily limit (2 oz. is not much mac and cheese). If you've been told to monitor sodium, rinsing contents of canned items will remove some of it. Sodium also appears in otherwise healthy items like frozen shrimp.

Don't just check the **carbs**! Being carb conscious is trendy these days but the right carbs are necessary for energy. Balance is the key. It's also necessary to check for **fiber** (at least 3 grams per 100 calories), and added sugar. Avoid artificial sweeteners other than those from real plant sources like stevia and monk fruit which are truly natural and easily digested.

Label reading is never necessary when we stick with whole foods. However, among all the poor center aisle offerings, there are many healthier choices. The fewer ingredients listed on any label-the better. At first, stopping to read before you buy may take longer, but soon you will be able to cruise the aisles and choose wisely with confidence!

Please share ideas or reach out with questions/comments at joann@wellnessfusion.net. This monthly column is here for you ~For the Health of It!

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.



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ADULT DEPARTMENT NEWS - MARCH 2023

The Golden Age of Hollywood - Livestream
Thursday, 3/2 @ 6:30PM at Smith & Zoom
From the late 1920's through the end of World War II, studios like MGM, Warner Bros, 20th Century Fox, Paramount, and RKO dominated film production, not only in America, but throughout the world.

Your Children Don't Want It: What Should You Do? - Livestream
Wednesday, 3/8 @ 6:30PM at Atwater & Zoom
Join speaker, author, radio host, and professional appraiser, Mike Ivankovich, as he shares tips and strategies designed to help turn your treasures into cash.

Pat's Picks Movie Club, Fargo
Thursday, 3/9 @ 1:00PM at Atwater
This month's title is, Fargo, a 1996 Crime-Thriller. "Minnesota car salesman Jerry Lundegaard's inept crime falls apart due to his and his henchmen's bungling and the persistent police work of the quite pregnant Marge Gunderson." - IMDB

Local Author, Sally Bahner: The Art of Raising a Kitten
Wednesday, 3/15 @ 6:30PM at Atwater
Join us for a special presentation from local author, Sally Bahner, as she discusses her book, The Art of Raising a Kitten, and shares her tips and experience on how best to care for our furry little friends.

Job Seekers Workshop: Manufacturing
Friday, 3/17 @ 11:00AM at Atwater
Presentation includes 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.

Movie Matinee, Belfast
Friday, 3/17 @ 1:00PM at Smith
Belfast, a 2021 Biographical-Drama, "A young boy and his working-class Belfast family experience the tumultuous late 1960s." - IMDB

Death Café & Obituary Writing Workshop
Saturday, 3/18 @ 10:00AM at Smith
We will embrace our mortality and write our own obituaries, relieving the burden of writing one for our loved ones, and ensuring it is worded in a way that we want to be remembered.

De-Cluttering: Living with Less Can Be Good - Livestream
Wednesday, 3/22 @ 6:30PM at Atwater & Zoom
Mike Ivankovich returns to share 100+ de-cluttering and de-personalizing tips to help lighten your load and make your collections more manageable.

Artist & Author, Patty Meglio: Special Art Exhibit & Author Speaker
Sunday, 3/26 @ 1:00PM at Smith
Patty will discuss and read from her historical fiction novel, Anna's Choice, about a young woman in the late 19th-century who strived to become an artist in a man's profession.

Ask Mike the Appraiser: What's It Worth? - Livestream
Wednesday, 3/29 @ 6:00PM at Atwater & Zoom
The first 25 people who register can get an appraisal of one item from professional appraiser, Mike Ivankovich. Each item's appraisal will take 3-5 minutes each.

Students to Perform at All State Festival

NBHS Music Students (pictured below left to right) Aislinn Aiken, Mia Yacono (Choir) and Adi Rish (Band) have been selected to perform at the Connecticut All State Musical Festival scheduled for March 30, March 31 and April 1 at the Connecticut Convention Center. The All State Festival is a collection of the best musicians in the state of Connecticut. Students were required to participate in a rigorous audition process including previous acceptance to the Southern Region Festival. This upcoming event is the highest level of achievement a vocalist/instrumentalist can achieve at the high school level. *(Submitted by Principal Todd Stoeffler)*



THEY MAKE US PROUD

Zachary Schroeder was named to the Dean’s List at Western New England University in Springfield, MA.

Noah Ackerman, Briana Annunziato, Summer Evans, Kyle Nichols, Candice Opie & Dhruvi Patel were named to the Dean’s List at the University of Hartford.

Israel Hart was named to the Dean’s List at Purchase College in Purchase, NY.

Griffin Manske received honors at Xavier High School in Middletown.

Alyssa Diaz and Emily Neubig were named to the Dean’s List at Roger Williams University in Bristol, RI.

Mineral Club Scholarship Applications Available

The New Haven Mineral Club announces their annual scholarship is under way. It is open to any senior who lives in the Greater New Haven area. The \$1000. award is designed to assist a student who is going to attend an accredited college or university and who wishes to pursue an academic study in science and other related fields. There are many sciences that can be pursued. The last five winners were from Branford, New Haven, Milford and two from Wallingford.

To receive an application please send a written request to Frank Karsmarsi, 69 Woodvale Drive, Northford, CT 06472.

Applications must be completed by April 1, 2023.



NBHS CLASS OF 2023 NEEDS YOUR HELP



Project Graduation is a committee consisting of senior parents who raise funds to provide the NBHS senior class a safe, drug/alcohol free night of celebrating after their graduation ceremony. The funds to put this event on come exclusively from donations and fundraisers.

Please consider donating in honor of your favorite NBHS Senior or in support of the entire Class of 2023.

No amount is too small and would be greatly appreciated.

Use the QR Code to make an electronic donation or feel free to mail a check made out to:

Project Graduation

This can be mailed to

North Branford High School

49 Caputo Rd.

North Branford, CT 06471

Attention: Project Graduation



SENIOR MOMENTS



HOCKEY- NBHS hockey team recently recognized their senior players. Left to right: Antonio Nero, captain Adan Geis and Jake Rispoli. *(Photo ny Todd Ingarra)*



Basketball- Seniors recognized left to right: Drew Girardi, Jack Meehan, Jaiden Sorrell, Dominick Langelo, Ben Stegina, John Onofrio, Nico DeSisto and Jordan DeJesus. *(Photo by Todd Ingarra)*



Sam Gott

Breaks School Record

On February 9 at the Floyd Little Athletic Center in New Haven CT during the CIAC Class S Indoor Track State Championship Meet, NBHS Junior Sam Gott finished second during the 300M and broke the school record with a 36.04 seconds

(Submitted by Principal Todd Stoeffler)



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NBHS Period II Honors

High Honors – 12th

Annunziato, Nina
Barone, Gabriella
Beardsley, Alyssa
Bogardus, Grant
Bredbury, Noah
Brindisi, Dradon
Bureau, Shelby
Burwell, Dylan
Candelora, Ava
Capasso, Chelsey
Carbone, Carmela
Carroll, Spencer
Chasanoff, Ryan
Collins, Jason
Cotton, Alexa
D’Amico, Cecelia
Dave, Yashang
Defaranos, Elias
DeJesus, Jordan
DeSisto, Nicolas
Esposito, Alexander
Falcioni, Nico
Farrell, Ally
Gallagher, Stephanie
Gallipoli, McKenna
Gambardella, Ava
Gambardella, Sophie
Garrett, Cameron
Girardi, Drew
Heffernan, Carolyn
Herassme, Ryan
Higgins, Nathan
Hoskins, Nathaniel
Ianniello, Alexandra
Izzo, Eric
Johnson, Alec
Johnson, Charles
Juniver, Tessa
Kamienski, Payton
Katz, Avery
Lacroix, Molly
Langelo, Dominick
Luciano, Edwardo
Manning, Ashley
Mansi, Heather
Marashi, Sara
Martinez, Nevaeh
Montone, Isabella
Park, Mia
Patel, Anuska
Powell, Carly
Raffone, Paul
Raymond, Maiah
Rojas-Ojeda, Luisa
Shadman, Alexander
Sim, Paulynna
Sorrell, Jaiden
Teodoro, Alexa
Tranquilli, Nathan
Vincent, Vada
Wang, Marissa
Westefeld, Grace

High Honors – 11th

Augur, Collin
Barrett, Logan
Blomster, Luke
Brigance, Sienna
Carusone, Christiana
Criscuolo, Keana
Dion, Joshua
Gott, Samuel
Jacobs, Joseph
Lin, Sabrina
Lucibello, Morgan
Lucibello, Natalia
Maley, Jack
Martinik, Brady

Mullins, Kiley
Nuzzo, Giana
Onofrio, Lindsey
Patel, Jay
Senerchia, Gabrielle
Sigal, Elizabeth
Stoner, Connor
Vongher, Frederick

High Honors – 10th

Allen, Noah
Amendola, Ashley
DeLucia, Ryan
Dion, Gabrielle
Esposito, Benjamin
Falcioni, Alexa
Hannan, Mary
Higgins, Joshua
Hills, Adriana
Kamienski, Daytona
McCullough, Giana
Melillo, Karma
Melillo, Samantha
Onofrio, Julianna
Raynor, Catherine
Spanier, Sofia

High Honors – 9th

Aiken, Bree
Berardesca, Ashley
Bliven, Alyssa
Bliven, Gary
Carusone, Justin
Cioffi-Smith, Chase
Colon, Sitareh
Connelly, Tyler
Crane, Abigail
Haeckel, Jason
Heffernan, Tyler
Lacroix, Cameron
Mansi, Giavana
Marino, Alyssa
Papa, Samantha
Poston, Jacob
Preiss, Emma
Raymond, Caleb
Ryszczyk, Ava
Sigel, Anthony
Sudusky, Kyle
Tang, Meghan
Traill, Gavin
Urbina, Mateo
Venturini, Leo
Vitarisi, Lauren
Westefeld, John

Honors – 12th Grade

Beecher, Nicholas
Betzner, Bidge
Comfort, Gianna
D’Onofrio, David
Geist, Aidan
Jackson, Carl
Krista, Cassidy
McIntyre, Cameron
Meehan, Jack
Molleur, Anastasia
Onofrio, John
Palma, Gianna
Provencher, Mason
Rojas, Cristian
Schmidt, Gabriella
Serenson, Tyler
Solomon, tyrek
Stegina, Benjamin
Wray, Dana

Honors – 11th Grade

Allen, Caleb
Cappetta, Aidan
Cepeda, Destiny
D’Aria, Samantha

DePino, Lucian
Dodge, Lauren
Ferrucci, Te’a
Gamble, Gianna
Holzer, Callie
LeBeau, Patrick
Manganiello,
Christopher
Miller, Tiffany
Mone, Patricia
Munck, Cassandra
Peterson, Lars
Small, Noelle
Timario, Nicole
Toto, Sophia
Urrata, Michael
Yacono, Mia

Honors – 10th Grade

Anderson, Kyle
Bigio, Gabriella
Cahill, Olivia
Cappella, Robert
Caso, Nicolas
Chopus, Justin
Cole, Riley
Cosgrove, Jason
Danner, Nathan
DeFrancesco, Alexa
Giovanni, Anthony
Godoy, Noah
Hannan, Catherine
Izzo, Tanner
Keil, Jordan
Krebs, Marley
Lamot, Joanna
Meneo, Jeremy
Monde, Jack
Nay, Emily
Nuzzo, Megan
Onofrio, Isabella
Patel, Preet
Perrelli, Ava
Piccirillo, Gennaro
Pitcher, Madison
Proto, Natalia
Rizzuti, Aaliyah
Schmidt, Alivia
Sinski, Kyla
Vongher, Miles

Honors 9th Grade

Baxter, Caleb
Beecher, Zachary
Brindisi, Marcus
Brockett, Jack
Brustman, Leah
Budd, Michael
Cantore, Taylor
Carbone, Santino
Cenotti-Green,
Jasmine
Colon, Atum
DePino, Payton
Falcigno, Nico
Franco, Isaiah
Iamunno, Benicio
Ianniello, Gianna
Knowlton, Jack
Landino, Luca
Leone, Gavin
Navarrete, Cassidy
Nugent, Chase
O’Brien, Charles
Pienkosz, Olivia
Sarenas, Benjamin
Sargent, Brock
Savo, Myrissa
Warren, Isabella

DEATH NOTICE



Rita M. Polletta Gassira, 95, of East Haven formerly of North Branford for many years, passed away peacefully on Sunday, February 19th, 2023, at the Village at Mariner’s Point, East Haven with her family by her side. She was the beloved wife of the late Nicholas Gassira. Rita was born in New Haven on May 17th, 1927, and was the daughter of the late John and Caroline M. Fusco Polletta. A graduate of Hillhouse High School, New Haven, Rita earned her Practical Nurse License from Griffin Hospital and a bachelor’s degree in Upper Intermediate Education from the former Southern Connecticut State College. Rita had worked as a Staff Nurse at Griffin Hospital, Derby, a Rating Clerk for the former Security Insurance Company, New Haven, a supervisor at the former Zurich-American Insurance Company, North Haven, a Substitute Teacher for the North Branford and Branford School System and later ran the accounting department for Nicotra Wieler Investment MGT, New Haven until her retirement. Mother of Sharon A. Gassira (David De Wallace) and David Gassira (Toni). Grandmother of Steven, Nicholas and Gianna Rose Gassira, and Michael Dunn. Sister of Joseph Polletta and the late Edmund Polletta and Gloria D’Amato. Also survived by nieces, nephews, great-nieces, and great-nephews.

ST. ANDREW’S EPISCOPAL CHURCH LENT AND EASTER SCHEDULE

St. Andrew’s, the white church on the hill in in the heart of Northford, welcomes all to worship services, held at 10:00 every Sunday. Lent began with Ash Wednesday, Feb. 24th. Bible study sessions led by Rev. Bryan Spinks will be held following services for each Sunday through Lent, except for March 19th. Coffee and fellowship always follow worship services. Please join us, we’d love to get to know you! Palm Sunday, April 2nd, 10 a.m.; Maundy Thursday service will be held at 6:30 p.m. with a simple Agape Supper, April 6th; Good Friday service 7:00 p.m., April 7th; Easter Sunday service April 9th, 10 a.m.

Sunday Services at NCC

Please join Pastor John and our church family every Sunday at 10 a.m. for our weekly church service. 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.

MILITARY WHIST CARD PARTY

Sponsored by St. Elizabeth of the Trinity Women’s Club

A Military Whist Card Party will be held on Friday, March 24th, at St. Frances Cabrini Church Hall, 57 Pond Hill Road, North Haven. Coffee and will begin at 6:30pm with Card game starting at 7:15pm. Cost of ticket per person is \$10.00. For tickets please call 203-239-5378 Mon-Fri from 9:30am-3:30pm or evenings call 203-234-0215 and ask for Sharon. Advance reservations need to be made by March 20th.

This is a fun card game with teams of 4 (if you don’t have a team we can place you on one). Instructions for the game will be given by the person running the game. All ar3 welcome to come for a fun evening.

Military Whist Card Party!

sponsored by
The Catholic Charity League

PRIZES!!

RAFFLES!!

Friday, March 10, 2023

VFW Hall, 20 Church Street, North Haven, CT

\$10 per person (Four players per table)

NO TICKETS WILL BE SOLD AT THE DOOR

Doors open at 6:15 p.m.

Game starts promptly at 7:00 p.m.

Come and enjoy an evening of card playing, raffles, and delicious desserts!

We will teach you how to play this very easy and fun card game!

.....

Please send check made payable to Catholic Charity League to:

Judi Starno
6 Whiting Court
Northford CT 06472
(203) 415-0114
11.2023
ations to jstarno13@gmail.com

General questions, email Patti GaNun: pagrisk@gmail.com

CLASSIFIED AD RATES

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1 issue \$9.00 2 issues \$12.00 3 issues \$15.00
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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

Camp/After School Counselors (seasonal) - must be at least 16 years old and are responsible for planning and leading activities and experiences for children in a group setting, as well as overseeing the general safety and development of the children under their supervision. Camp counselors should be available to work the entire summer season, Monday through Friday from June 26 – August 18. Prior experience working with children is highly preferred. Additional opportunities are available for the Afterschool R.E.C. crew program please note your interest on your application Minimum wage \$14/hr, no benefits.
Applications are available on the Town’s website www.townofnorth-branfordct.com. Please submit application and other materials in person or by mail or email: executivesecretary@townofnorthbranfordct.com (no faxes). This position will remain open until filled. EEO/AA



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Funeral Director

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(203) 481-3217

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(203) 933-1217

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Dinner & Art Auction Fundraiser

TICKETS \$75

To Benefit the Community Dining Room Soup Kitchen

TUESDAY MAY 2

NATAZ Adventures in Eating
280 Branford Rd – North Branford
6:00 – 8:30pm



Community Dining Room
More than just a meal

Ticket includes a delicious meal served buffet style, beer & complimentary wine tasting. Followed by our 1st Annual Art Auction from the area’s talented artists.



Wine Tasting Provided By: One Hope Wine

Purchase Tickets Here: *Choose NATAZ Dinner



MORE INFO: 203-488-9750 X3
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355 Sackett Point Rd North Haven, CT 06473

Did you know:

A “jiffy” is an actual unit of time for 1/100th of a second!