



Totoket Times

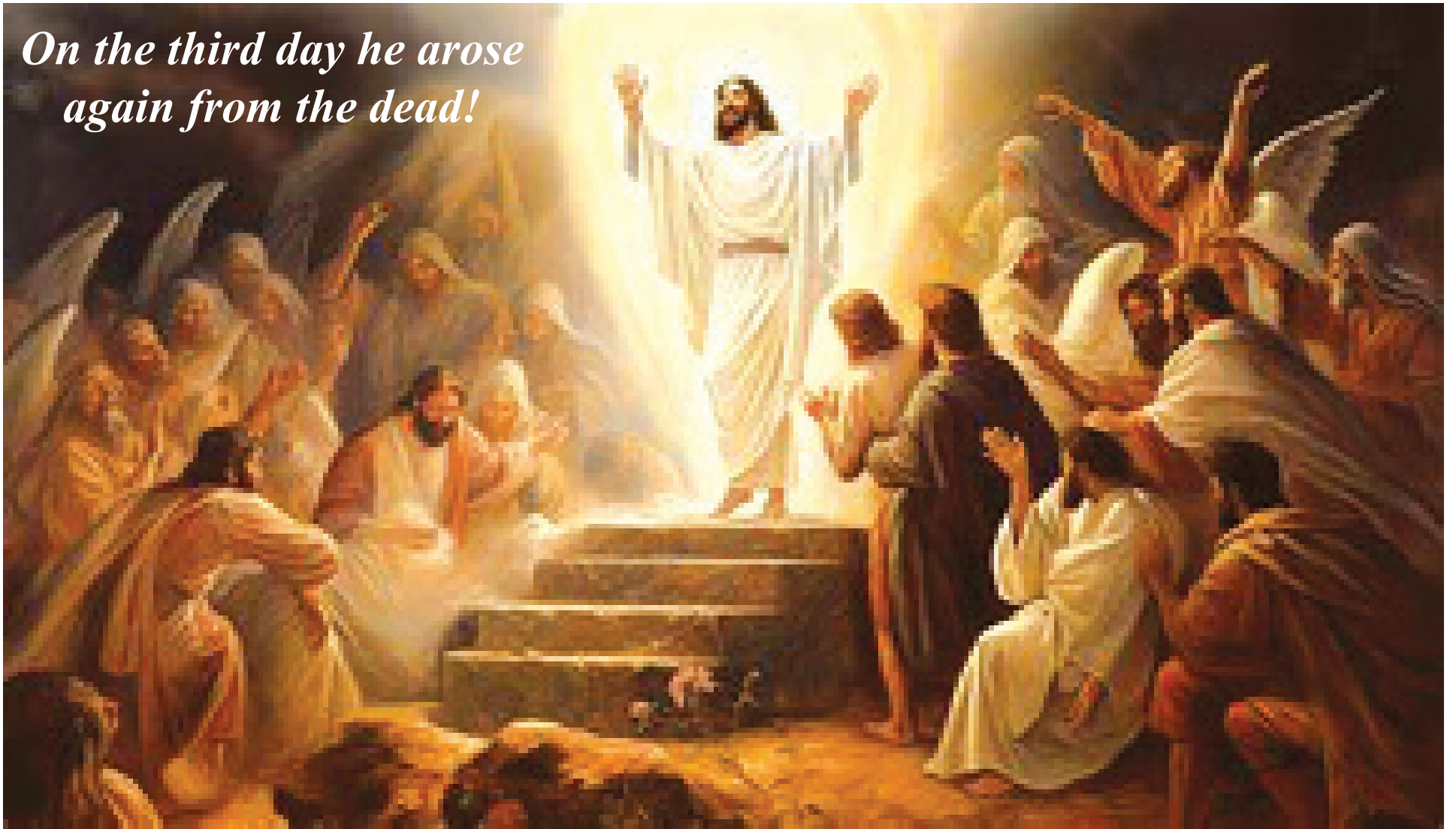
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For Our Town From Our Town

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Volume 32 No 11 April 3, 2026

*On the third day he arose
again from the dead!*



**NBHS GIRLS BASKETBALL
STATE CHAMPIONS!**

TOTOKET TIMES

Deadline		Publication Date	
April	10	April	17
April	24	May	1
May	8	May	15
June	4	June	11
June	18	June	25
July	2	July	9
July	16	July	23



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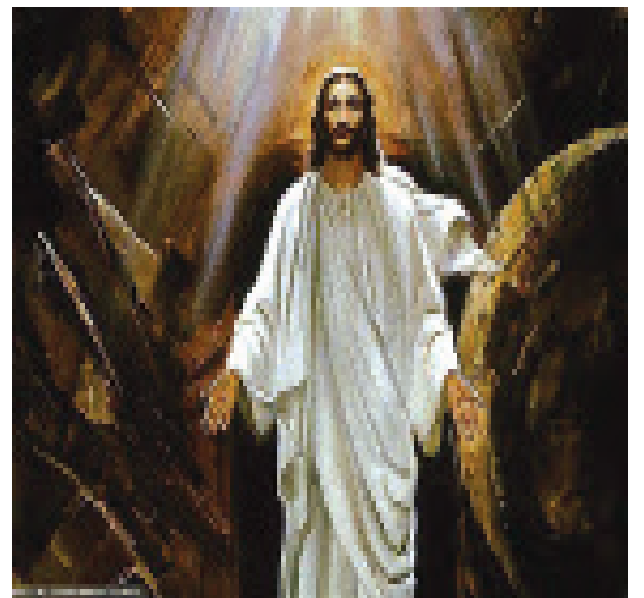
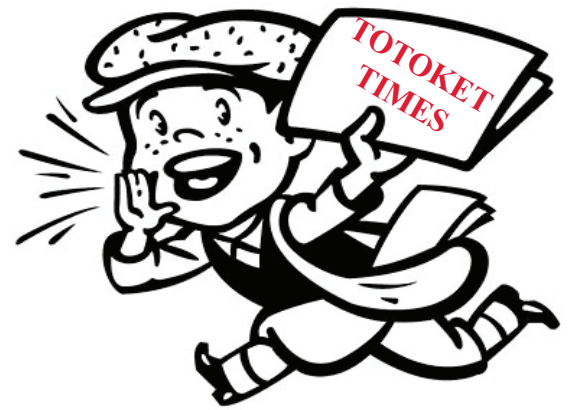


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State Representative Vincent Candelora New York Is Still Taking Connecticut's Money. Trenton Noticed. Hartford Hasn't.



While Democrats who control our General Assembly are busy planning to mail one-time rebate checks and calling it property tax relief, New York is quietly collecting taxes on 80,000 Connecticut workers—and our governor and attorney general can't seem to find the time to care.

The mechanism is called the “convenience of employer” rule. Under New York's aggressive application of it, Connecticut residents who work remotely for New York-based employers are treated as if they're physically working in New York—even when they've never left their homes. New York collects the income tax. Connecticut doesn't.

It gets worse. New York's top income tax rate is 10.9 percent. Connecticut's is 6.99 percent. Workers caught under this rule aren't just losing their tax dollars to another state, they're paying at a substantially higher rate on income they earned without setting foot in the Empire State. Some risk being taxed twice on the same paycheck. Connecticut tried to address that in 2019 by creating a tax credit to offset the double taxation. A credit is not a solution. It's a workaround that leaves New York's hand in Connecticut's pocket and does nothing to bring that revenue home.

New Jersey saw this for what it was and acted. In 2023, lawmakers there enacted a refundable income tax credit designed to push its residents to challenge other states' convenience rules in tax court. Connecticut has done nothing comparable.

The nonpartisan Office of Fiscal Analysis estimates that reclaiming Connecticut's right to tax income earned here could return more than \$340 million annually. That's not new money. That's Connecticut money—earned by Connecticut residents, in Connecticut homes—being diverted to Albany every single year. My colleagues and I in the House Republican Caucus have proposed using it to more than double the state property tax credit—from \$300 to \$650—while expanding eligibility to reach more than 800,000 filers. That's permanent, structural relief. Not a check that disappears after one budget cycle.

Hartford has had every opportunity to act. Last session, the legislature passed a bill directing Attorney General Tong to examine the issue and develop legal strategies. Since then, AG Tong and Governor Lamont have held countless press conferences demanding Washington return money they say belongs to Connecticut. The same urgency hasn't been applied to New York doing the same thing.

The irony is hard to miss. Governor Hochul is courting former New Yorkers who fled to Florida because she wants their tax revenue back. She isn't worried about Connecticut residents because she never stopped taxing many of them.

A one-time rebate check isn't tax relief. Bringing \$340 million home and doubling the property tax credit for 800,000 filers is. One requires a stamp. The other requires leadership.

Rep. Vincent Candelora
House Republican Leader
86th District

North Branford, Durham, East Haven, Guilford

Let's Be “Frank”

Well brother, in my last letter I spoke about getting ready to hit seventy years of age and right now I have reached that magic number. Yes, I am speaking about it two weeks in a row. I remember how our sister Mary use to celebrate a birth-week instead of a birthday because she would have a different celebration every day for a week.

When I was sixty, the kids threw me a surprise sixtieth birthday party which I found out about. I was upset and when I asked Frankie “why a party at sixty, usually you do sixty five”? He didn't skip a beat when he said “Nobody thinks you're going to make it that far.” I got even with them by standing in the parking lot and greeting everyone, by thanking them for coming to my surprise party.

This year, party time went pretty well. Erica kept insisting that we have a big party and I insisted that we did not. On Sunday Erica came over with the boys and Gina made my favorite cheesecake (she should be a professional pastry and dessert chef). We had the usual family Sunday Dinner and SueAnn made me my favorite pork roast and my son-in-law had his favorite chicken cutlets. I guess at our house every Sunday is a birthday celebration for every one.

On the actual birthday, Sueann and I went to lunch at a five star restaurant and it was only about one star. I started with the bracciole which probably had mom rolling over in her grave. No taste but the sauce was good.

I then followed with what was suppose to be beef short ribs but the only thing that fit the description was they were beef. The weren't short ribs. It was one lump of tasteless beef mixed with steamed broccoli which was the only thing in the dish that was good. I'll tell you I barely made it home and I was stomach sick the whole day and into the next day.

On my birthday SueAnn gave me a card that had seventy things she loves about me. To come up with seventy it must have taken her months Next year she will to seventy -one things she hates about me and that should take about fifteen minutes.

Still celebrating the week, on Friday I went to the Schubert to see the Sound of Music. The play was excellent. We went to the 1:00 show (I'm old now, and night shows are too late). I could have actually returned to the evening show because it was that good. I love that play and I thought of Mary because it was her favorite and she always cried during the wedding. Although she usually cried at everything

The many friends, brother Knights, NBHS baseball team players and family made me feel the love.

The afternoon of my birthday, I was scrolling through well wishes on Facebook and I came across a post on my son's page. It was a picture of him putting on my boutonniere at his wedding and the text made me tear up a little. It said:

“Kindly take a moment today and stop what you're doing to wish this guy a happy 70th birthday! Even if he offended you over the years, he probably didn't mean it.

“He's always been strong and resilient and somehow in the last 5 years he's added calm to the list. A mini miracle.

He's spent most of these 70 years giving to others. Whether it's St. Anthony's Church, North Branford baseball, the Totoket Times or the 5-6 volunteer clubs I can't keep track of.

It breaks my heart that I won't be seeing him today but my wife is now his size as we have the honor to carry on the Mentone name (in a few weeks) that he's spent all this time building up!

Happy birthday, dad”

The good news is that in April, I will become a grandfather of my third grandson. All in all it was a great week and very low key compared to the upcoming birth.

I am grateful for all the people who made my week special and I am looking forward to he next decade and beyond. As I said before, it's been a good life and I am a lucky man.

Happy Easter, The Palm Crosses are up at the cemetary and I will see you soon.

But hopefully, not too soon.

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

Letters to the editor...

This paper encourages all readers to voice their opinions and comments.

The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible.

All letters must be signed. A telephone number should be included and no personal attacks.

This paper reserves the right to edit all letters.

All letters should be addressed to :

The Editor

P.O. Box 313, Northford, CT 06472



For the Health of it... Aging Myth Revealed. It's Time to Take Action!



I have a pet peeve I need to share. It's not an action I perceive as annoying or an injustice that I feel strongly about (although I do believe those who engage are doing themselves an injustice), but when I hear someone begin a sentence with the words "At my age I'm not _____", it hits a nerve with me. Common "blank fillers" are: learning something new, changing the way I do this, taking up a new hobby, giving up the second piece of cake, going back to school, starting on a healthier path. Sadly,

I've heard these words from 30-year-olds all the way up to 90-year-olds.

Many of us have been quietly influenced and deceived by a subtle, yet persistent message about aging: that as the years go by, we deserve to slow down, step back, and ultimately do less. It sounds comforting, even rewarding, like something we've earned. A badge of honor. After years of hard work, raising families, and navigating life's challenges, shouldn't we be allowed to rest? Of course. Restorative rest is essential to well-being. Contrary to what this message would like us to believe, passive decline is not.

We've been lied to. The idea that aging entitles us to "do nothing" is not a reward; it's a misconception that can erode those very things we want and need to keep, our health, vitality, and independence. We don't deserve to do less, we deserve to be healthy. And health, as we know, is not something that simply arrives with time; it is something we actively create. Studies show that doing less as we age actually accelerates the aging process.

Our society is very much consumed with outward appearances however, studies show that a trend towards being more concerned with health than appearance has begun. As stated in the 2022 issue of the Hartford Healthcare newsletter, a Mayo Clinic survey of more than 200,000 Americans showed that health was the key motivating factor for 83% of participants to engage in a weight loss program, five times more than physical appearance. These participants were in the 52-year-old age bracket. It seems this motivation stemmed from the diagnosis of a weight related health condition. The bonus is, when we focus on health, outward appearance benefits too.

Our bodies are designed for movement. Muscles, joints, the cardiovascular system, and even the brain all depend on regular use to function well. When we reduce activity too much, we don't preserve energy, we lose capacity. Strength diminishes, balance weakens, flexibility fades, and everyday tasks become more difficult. What once felt like rest can quickly turn into limitation.

Reframing this mindset is powerful. I've seen what that power can do among people I have the privilege to know who in their 40's, 50's, 60's, 70's, 80's and beyond, continue to create, remain curious, and active and inspire others. Instead of asking "How little can I get away with doing?" we should be asking, "What can I do today to serve my mind and body so I can stay strong, capable, and alive?" That shift alone transforms aging from a passive experience into an empowered one.

Taking action means investing in consistent, intentional choices that support your well-being. A daily walk, resistance training a few times a week, stretching to maintain mobility, prioritizing nutritious foods, staying socially connected will benefit both you and your future self.

Movement, and strength training in particular, is one of the most effective ways to preserve muscle mass and bone density, both of which naturally decline over time. Cardiovascular activity supports heart health, endurance, and energy levels. Even simple mobility work can reduce stiffness and prevent injury. A word of advice, don't compete with the self you were 10, 20, or 30 years ago! This is about improving on your current starting point and maintaining (and improving) both function and quality of life.

Being an active participant in your health reinforces that we are not bystanders. We can take control. This mental shift can be just as important as the physical benefits, influencing mood, confidence, and overall outlook.

I think it's fair to mention that rest still matters. Recovery is essential, and listening to your body is part of a healthy routine. But true rest is meant to support activity, not replace it. The goal isn't exhaustion, it's balance. We are not choosing between doing everything and doing nothing; we are choosing sustainable, empowering actions over gradual surrender.

Aging is inevitable, but decline is not as fixed as once believed. Research continues to show that people can build strength, improve endurance, and enhance overall health at virtually any age. The human body remains remarkably adaptable when given the right input.

So no, you haven't earned the right to do nothing. You've earned something so much better! You've earned the right to feel strong in your body, to move with confidence, maintain your independence, and to live fully for as long as you possibly can. And that requires action.

What actions do you currently engage in that will benefit your health goals? Are there any you plan to add? Please share your thoughts at joann@wellness-fusion.net.

JoAnn Begley is a Nutritionist, Holistic Wellness Practitioner & Health & Lifestyle Coach. Questions and comments are always welcome. Remember this monthly article is here for you- For the Health of it!

Fifteen Interesting Facts about Spring

1. Spring marks the change from winter to summer
2. The origin of the term "spring" may be traced back to the Old English verb "springan"
3. In the Northern Hemisphere the vernal equinox takes place
4. This is because spring brings warmer temperatures and longer days
5. The springtime is a period for celebrating festivals and religious holidays
6. The season of spring is also a common time for people to clean
7. The arrival of springtime weather can vary greatly from one place to the next
8. The Hanami festival is held to mark the beginning of spring.
9. Holi is a Hindu celebration of the arrival of spring
10. Songkran is a traditional Thai New Year holiday held annually from April
11. Easter is a Christian celebration
12. Passover is a Jewish holiday
13. Spring is the ideal time for gardening
14. Cinco de Mayo is a Mexican celebration
15. Spring is frequently regarded as a time of hope and renewal

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From there, guests move into the main celebration with dinner, music, and dancing from 1–5pm.

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Bus Trip , Sunday, October 4, 2026.
Bus to Leave North Haven at 9:30 AM
Sons & Daughters of Italy Members \$155
Non Members \$165.

Includes bus transportation, wine tasting, dinner and entertainment
Price is subject to change if the Vineyard finds it necessary to adjust the price.

Non refundable \$50. Deposit required upon booking.
Must book as soon as possible to hold the bus and spot.
For more information or to reserve your seat
Call SueAnn at 203-710-4186.

First Course | Antipasto
 Assorted Antipasto | Homemade Salami, Capocollo, Prosciutto Di Parma, Fontina Cheese, and Sweet Peperonata

Second Course | Pasta
 Penne Bolognese | A classic Italian meat sauce made with ground beef, crushed tomatoes, veggies, and seasonings

Third Course | Salad
 Caesar Salad | Crisp romaine lettuce tossed with our homemade caesar dressing. Topped with shaved Parmigiano Reggiano and croutons.

Fourth Course | Main Course
 Melt in your mouth, slow roasted pork belly
 Chicken breast baked in a lemon cream sauce
 Baked Yukon gold potatoes in a rosemary garlic butter
 Braised red cabbage made with local apples

Fifth Course | Dessert
 Freshly baked homemade apple crisp with vanilla ice cream

All Menus Are Subject To Change Based On Seasonal Availability





Dancing Stars

This group of talented youngsters entertained the North Haven Sons & Daughters of Italy at their recent Corn Beef and Cabbage Dinner.

The youngsters performed Irish Step dancing and even took a few reluctant volunteers in the audience and taught them a few steps.

Their appearance helped make the event a huge success.

STATE CHAMPIONS

North Branford High School Girl's Basketball team won the school's first girls basketball State Championship since 1989 by defeating Innovation by a score of 54-38. The team was coached by NBHS graduate (2016) and former basketball player Sabrina Bonito.

Proud of the accomplishment, Coach Bonito explained; "Our two seniors definitely paved our path for this season. Skylar Gage and Emma Priess were driven to be successful this season. We knew we had something special but we never imagined ending the season as state champions.

Our 6 key varsity players in addition to Gage and Priess were Siena Podzikowski (junior), Ella Chasanoff (junior), Zoe Desimone (sophomore) and Alia Martone (junior). Each player brought something unique to the table and shared a key role in our success this season. Throughout the season we worked on skill development of course but our primary focus was hard work and confidence. We knew if we could out hustle and out smart our opponents we could beat anyone. The team really bought into a not "if" but "when" mindset when it came to success and that was huge going into the tournament. Being a part of such an incredible milestone not only for the team but for the town is truly amazing.



OOPS I MADE A BLUNDER

Last week it was reported that the TVES Invention Convention winner in the "Book Hook" was Owen Sorenson. I was close. The actual winner was Gwen Sorensen.. Congratulations Gwen. What a difference a letter makes.

THEY MAKE US PROUD

Lily Ardito was named to the President's List at Lander University in South Carolina.

Shannon Green was named to the Dean's List at Villanova University in Villanova, PA.



Monday,
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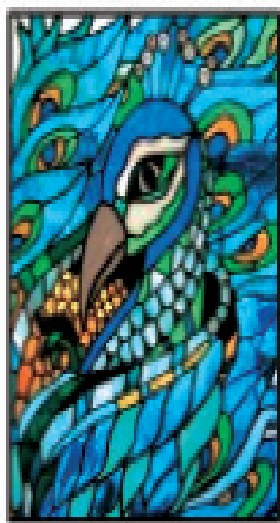
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**Northford-North Branford Women's Club, GFWC
Military Whist Card Party**



The Northford-North Branford Women's Club, GFWC is sponsoring a Military Whist Card Party on Friday, April 17th at Totoket Valley Elementary School, 1388 Middletown Avenue, Northford, CT. Doors open at 5:45PM and games start at 6:30 PM. We are collecting canned goods for the food pantry. Anyone bringing a canned food item will receive one free ticket towards our raffle. There will be fun door prizes and the club will raffle off beautiful gift baskets and other donated prizes. Refreshments, including delicious appetizers and desserts, will be served. Entry is \$12 per person. Proceeds benefit various charitable organizations in the local area. For tickets or more information, contact Elissa at 203-231-8240 or Venmo at NorthfordWomens-Club. The Northford-North Branford Women's Club 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 State Federation of Women's Clubs. Check us out on Facebook: Northford North Branford Women's Club, GFWC.

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Recycling News

The Leaf Drop-off will be opening on Saturday April 4th.

The drop-off is located around the field to the left of the police station. Be aware that it is Spring and it may be muddy. The leaf drop off will also be open on April 11th, 18th and 25th.

There will be curbside pickup of leaves in untapped biodegradable paper bags the week of April 27th to May 8th.

Scrap Metal Pickup will be the week of April 6th – 10th on your normal trash day.

Scrap Metal includes: Small and large appliances, metal lawn furniture, hot water tanks, tools, metal fencing, furnaces, non-riding lawn mowers with gas removed, outdoor grills, small machines, air conditioners and dehumidifiers.

The Electronics Waste Drop-off will be on Saturday April 18th - Public Works 290 Forest Road – 9am – noon

Take2Recycling is collecting electronics including TVs, computers, small appliances and almost anything that has a plug. We cannot accept smoke detectors, A/C's or dehumidifiers.

We will also be taking mattresses and box springs (clean and dry), most propane tanks and used clean oil for free.

Please bring your clean mattresses and box springs instead of leaving them for bulk pickup. Mattresses take up a lot of space in the waste stream. If you aren't able to bring the mattress yourself, please find a friend to help you out.

ByeBye Mattress collects the mattresses from us and can recycle up to 75% of a used mattress' components. By bringing us your mattress you are diverting them from the waste stream and creating recycling jobs.

For more info please visit <https://byebyemattress.com/why-recycle/> There is now **NO FEE** for propane tanks 20 lbs. and smaller. Also, we can now take helium, butane and other gas cylinders 20 lbs. and smaller for free.

Bulky Waste will be the week of April 20th – 24th on your normal trash day.

Bulky Waste includes rugs and tree branches (no thicker than 4") if less than 4' long and tied into bundles. Also included are couches, mattresses, wooden furniture and most items that won't fit in your tote. These large items are only taken during bulky waste which is twice a year. For a complete list, see your 2025 blue Recycling/Trash card.

Bulky Waste will NOT take:

Electronics including TVs and computers, construction waste, grass clippings, tires, hazardous materials or scrap vehicle parts. It is also not meant for total home cleanouts.

The next Bulky Waste will be in November.

Earth Day – Friday, April 17th at 5pm

For Earth Day, the NB Solid/Hazardous Waste & Recycling Committee will be having an event at Wall Field on April 17th during Little League opening day.

There will be tables, displays, handouts and we will be available to answer your recycling questions. Stop by to see what our committee does for the North Branford community.

We would like to invite any organizations/businesses/hobbyists in town that can offer information about protecting our environment, conservation or recycling to be part of our Earth Day event. For more information or to reserve a table, you can email us at NBEarthday@gmail.com or call Bill Savastano at 203-484-2784.

On Earth Day, we encourage everyone to do a little to help mother nature. Do a cleanup around your neighborhood. Clean up a hiking trail on your next hike. Teach others not to litter. Learn how to recycle one new thing this week.

The North Branford's Solid/Hazardous Waste and Recycling Committee is looking for new members.

We are an advisory committee to the Town Manager. Our goal is to develop and implement environmentally sound solutions and best practices for solid waste disposal and recycling management on behalf of our town. We are always looking for people with fresh ideas to join us.

Please call the Town Manager if you are interested.

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

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St. Ambrose Parish – Roman Catholic Parish with two church buildings, St. Augustine, located at 30 Caputo Rd. North Branford and St. Monica, located at 1321 Middletown Ave. Northford. The pastor is Rev. Robert L. Turner. All are welcome and invited to join us for Mass! Summer Mass times include: Monday, Tuesday, Wednesday, Friday and Saturday at 9:00 AM at St. Augustine. Weekend Masses are celebrated on Saturday at 4:30 PM at St. Augustine (English Ordinary no incense used), Sunday at 9:00 AM at St. Monica (English Ordinary, no incense used) and on Sunday at 11:00 AM at St. Augustine (Latin Ordinary with use of incense). The sacrament of Reconciliation is offered a half hour before all Masses, excepting Sunday, and on Monday evenings from 5-6 PM during Adoration. The parish office is located at St. Augustine Church and is open Monday, Tuesday, Wednesday and Friday from 9-1. You can access the bulletin and staff emails at NBcatholics.org. If you are new to the area and looking for a wonderful parish or homeschool co-op to join, please visit us or give us a call!

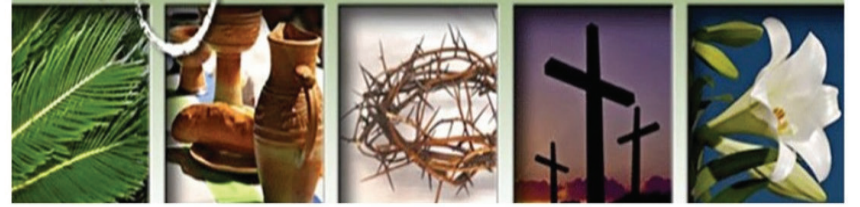
Northford Community Church. Church is located on Old Post Rd. (Corner of Rte 17 and Rte 22), PO Box 191 Northford. Phone (203)-484-0795, Fax (203)-484-9916. Email: northfordccc@gmail.com. Office Hours: Tuesday 9am-1pm; Other days by appointment. John Vigneri, Pastor. Catherine Klouda, worship leader. 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.northfordcommunity.church.

The North Branford Congregational Church, NACCC, 1680 Foxon Road, North Branford CT. Join us for meaningful worship and Bible based teaching every Sunday at 10 am. Sunday School for children during service. Communion on the first Sunday of the month. We offer Bible study, choir, lunch bunch, 2nd Sunday brunch, charity work, book club, praise team, men's fellowship and more. 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 Come grow in faith with us!

St. Andrew's Episcopal Church, the White Church on the Hill in the Heart of Northford, has been an integral part of Northford since 1763! Worship services are held Sundays at 10:00 a.m. Refreshments and fellowship always follow. Please join us - we'd love to get to know you! All are always welcome!! The church is also open to all in the community for individual prayer, Tuesdays from noon to 2 p.m. St. Andrew's supports many community programs, and contributes regularly to the North Branford Scholarship Program; North Branford Social Services (NBSS) Thanksgiving Basket Share and Christmas gift and food basket share programs; NBSS Back-To-School Backpacks; clothing donations (donation shed located at the back of the church parking lot); and more. A number of fundraising events are held throughout the year to help us help our neighbors, such as an Annual Rhubarb Fest, summertime Ice Cream Socials, and the annual Harvest Supper. Please join us for the events, and help us help our neighbors! Additionally, the church's Parish Hall is available for rent for birthday parties, showers, receptions, etc. The Rev. Bryan Spinks is St. Andrew's priest; Nan Monde is Sr. Warden. For more information please contact Nan at 203-710-7005

Zion Episcopal Church, 326 Notch Hill Road, North Branford. While we are in transition, we continue to hold services of Morning Prayer following Rite 2 in the Book of Common Prayer, and do have services of Holy Eucharist when we are fortunate to get a supply priest. At this time, we have a single service at 9:15 a.m. on Sunday morning. Refreshments and fellowship to follow service in the parish hall. Please visit our Facebook page or our website zionepiscopalchurch.org. Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. 203-488-7395

Holy Week Schedule



ALL ARE WELCOME—JOIN US & COME BACK TO JESUS THIS EASTER!

St. Ambrose Parish, North Branford
St. Elizabeth of the Trinity Parish, North Haven

HOLY THURSDAY - April 17

MASS OF THE LORD'S SUPPER | 7:00pm St. Augustine Church | 7:00pm St. Barnabas Church

GOOD FRIDAY - April 18

THE LORD'S PASSION | 3:00pm St. Augustine Church | 3:00pm St. Barnabas Church

HOLY SATURDAY - April 19

THE GREAT EASTER VIGIL | 8:00pm St. Augustine Church | 8:00pm St. Barnabas Church

EASTER SUNDAY - April 20 - THE RESURRECTION OF OUR LORD

8:00 am St. Barnabas | 9 am St. Monica | 9:30 am St. Barnabas | 11 am St. Augustine | 11 am St. Therese

St. Augustine Church . 30 Caputo Rd . North Branford
St. Barnabas Church . 44 Washington Ave . North Haven
St. Monica Church . 1321 Middletown Ave . Northford
St. Therese Church . 555 Middletown Ave . North Haven

HOLY WEEK AT ST. ANDREW'S

St. Andrew's Episcopal Church,
the White Church on the Hill in the Heart of Northford,
invites you to its Holy Week services:

Palm Sunday, March 29th, 10 a.m.

Maundy Thursday, April 2nd, 6 p.m.

Good Friday, April 3rd, 7 p.m.

Easter Sunday, April 5th, 10 a.m.

Please join us - All Are Welcome!!

1382 Middletown Ave., Northford



47th NIGHT OF PRIZES

Friday, April 24, 2026

7:00 p.m.

St. Anthony's Parish Center

70 Washington Ave., New Haven, CT

Tickets \$10.00 p/p

DOOR PRIZES WILL BE DRAWN

For tickets call Anna Simeone at 203-710-5004

BRANFORD
Compassion Club

Easter Bake Sale

April 4, 2026, 9:00 to 11:00 am

Stanley T. Williams Community Center
1332 Middletown Avenue, Northford CT

Homemade baked goods for sale
Crafts and Easter Baskets for sale
Coffee
Roulette wheel game

KEEP CALM
and
NO DIET

Holiday Closing

Atwater Library in North Branford and Smith Library in Northford both will be closed on Friday, April 3, in observance of Good Friday. Both libraries will reopen on Saturday, April 4, from 9 a.m. to 3 p.m.

“West Wing: The Sorkin Years” Ultimate Illustrated Lecture

NORTH BRANFORD: Join us on Saturday, April 4, from 1 to 3 p.m., at Atwater Library, 1720 Foxon Road, for a comprehensive and entertaining look at one of the greatest TV shows ever, presented by Stephen Spignesi. He will offer insightful overviews of the first four seasons of “West Wing,” when Aaron Sorkin, who created the series, was the head writer. To register, visit northbranford.librarycalendar.com or call 203-315-6020.

Tea Time with Teddy

NORTHFORD: Put on your tea-time best and grab your favorite teddy bear for Tea Time with Teddy on Monday, April 6, from 1 to 2 p.m., at Smith Library, 3 Old Post Road. Presenters from the Barnes Museum in Southington will outline the history of the teddy bear and how tea parties became a cherished part of Victorian-era play. See a curated collection of Victorian-era children’s toys for imaginative play. Recommended grades K-5. Registration required; visit northbranford.librarycalendar.com or call 203-484-0469.

Monday Night Mah-Jongg

NORTHFORD: Those interested in playing Mah-Jongg are invited to the Smith Library, 3 Old Post Rd., from 6 to 8 p.m., Monday, April 6 and 13 (and every Monday night). Participants should bring their Mah Jongg sets. To register, go to northbranford.librarycalendar.com or call 203-484-0469.

Pop-in Program: Lego Building

NORTHFORD: Pop in to Smith Library, 3 Old Post Road, for different activities during April break. Join us from 11 a.m. to 1p.m., Tuesday, April 7, to build with Legos. You can even put your Lego creation on display in the Children’s Room. Registration not required. Note: The programs will take place during the time slot or until supplies run out, whichever comes first.

Wacky Wildlife - Narwhals

NORTH BRANFORD: Calling all animal lovers! Learn about narwhals and make your own narwhal craft to take home. Come to the Atwater Library, 1720 Foxon Road, on Tuesday, April 7, from 5:30 to 6 p.m. Recommended for ages 6-11 years. Registration required; visit northbranford.librarycalendar.com/ or call 203-315-6020.

Needle Arts

NORTH BRANFORD: Those who like to knit, crochet, embroider, quilt, etc. are invited to Atwater Library, 1720 Foxon Rd., from 10:30 a.m. to 12:30 p.m., Wednesday, April 8 and 15 (and every Wednesday). For more information, go to northbranford.librarycalendar.com or call 203-315-6020.

Pop-in Program: Friendship Bracelets

NORTHFORD: Pop in to Smith Library, 3 Old Post Road, from 11 a.m. to 1 p.m., on Wednesday, April 8, to make a friendship bracelet. We’ll supply materials for you to make a bracelet for yourself or a friend. Registration not required. Note: The programs will take place during the time slot or until supplies run out, whichever comes first.

Support Group For Dementia & Alzheimer’s Caregivers

NORTHFORD: Caregiving is challenging. Join facilitator Karen LaBanca for our monthly Drop-In Caregiving Support Group from 10:30 a.m. to 12:30 p.m. on Thursday, April 9, at Smith Library, 3 Old Post Road. Caregiver support groups are a way for you and others to share information, insight, advice, or words of encouragement in a safe and supporting space. To register, go to northbranford.librarycalendar.com or call 203-484-0469.

Pat’s Picks Movie Club - “My Fair Lady”

NORTH BRANFORD: Join us from 1 to 3:30 p.m. on Thursday, April 9 (and the second Thursday of each month), at Atwater Library, 1720 Foxon Road. Hosted by our local movie expert Patricia Cochrane. This month’s movie is “My Fair Lady,” the 1964 version of the classic Lerner and Lowe stage musical. Starring Audrey Hepburn, Rex Harrison and Stanley Holloway. To register, visit northbranford.librarycalendar.com or call 203-315-6020.

Colonial Escape Room

NORTHFORD: Oh no! You’ve accidentally traveled back in time to colonial America. The only way to return to the present is to solve a series of puzzles about the 13 colonies. On Thursday, April 9, we’ll have 5 sessions of 45 minutes, each for 5 participants: Session 1, 1:30 to 2:15 p.m.; Session 2, 2:30 to 3:15; Session 3, 3:30 to 4:15; Session 4, 4:30 to 5:15; and Session 5, 5:30 to 6:15. Groups will learn about the economic, political, and religious motivations for settlement as well as the regional differences among the colonies. Recommended for

continued on page 10

**Tentative 2026 Events
North Haven Sons & Daughters of Italy
Lodge & 2805**

Distinguished Citizen Dinner

Wednesday, 5-20-26

Memorial Day Parade

Saturday, 5-23-26

Game & Music Night

Saturday, 6-20-26

Horse Racing

Saturday 6-27-26

Car Show

Saturday 8-8-26

Golf Outing

Sunday 9-20-26

Maganini Winery Bus Trip

Sunday, October 4, 2026

Fashion Show

Sunday October 11, 2026

Christmas Party

Sunday 12-6-26

October is Heritage Month

with various activities.

For more information contact

Susan: Velleca snoozie321@outlook.com

or Frank Mentone: Fmentonejr@comcast.net

*For just \$45.00 a year you can join
this outstanding organization
by sending the application on left to:*

*Sons and Daughters of Italy
PO Box 193, North Haven, CT 06473
Attention SueAnn*

For more information, call Frank at 203-410-4254

Order Sons & Daughters of Italy in America Membership Application



CHECK ONE BOX: New Member Transfer from Lodge # _____ to # _____
 Reinstatement New Information

MEMBER TYPE: Regular Social Student At Large

Local Lodge Name and Number : Nc North Haven Sons and Daughters of Italy Lodge 2805
 First Name: _____ M.I.: _ Last Name: _____
 Postal Mailing Address: _____
 City _____ State _____ Zip _____ Phone: Home () _____
 Email: _____ Cell () _____
 Italian Family Name: _____
 Date of Birth _____ Marital Status: Married _ or Single _ Sex: _____
 Occupation _____
 I certify that the above information is true and correct to the best of my knowledge and belief
 Date _____ Applicants Signature _____
 I certify that the applicant is fully eligible for the above membership and recommend membership approval
 Date _____ Sponsor Signature _____
 Date Accepted By Local Lodge _____



Reducing Harm. Saving Lives. Supporting Our Communities: Come Meet ESHD Staff at the East Shore Health District Mobile Clinic.

Stop by the East Shore Health District (ESHD) Mobile Health Clinic to meet ESHD's Registered Nurse and Overdose Prevention Navigator. They will be offering free overdose prevention supplies, including Narcan, fentanyl and xylazine test strips, plus sexual-health and hygiene supplies.

ESHD Staff provide confidential, judgment-free referrals and resources for substance use disorder, mental health, and medical concerns. Can't make it in person? You can request overdose prevention supplies on East Shore's website (<https://www.esdhd.org/overdose-prevention-supply-request>).

The Mobile Health Clinic will be out in the community throughout April:

- April 6th, 2026 in North Branford
- April 7th, 2026 in Guilford
- April 13th, 2026 in Branford
- April 17th, 2026 in East Haven
- April 20th, 2026 in Madison
- April 24th, 2026 in North Branford
- April 27th, 2026 in East Haven.

Specific locations and times will be posted at least one week in advance on ESHD's Events Calendar (<https://www.esdhd.org/events>) and on social media (@eastshoredhd on Instagram and <https://www.facebook.com/ESDHD>). You can also find additional outreach events at local libraries and community partner sites on the Events calendar.

East Shore Health District is the local health department for the towns of Branford, East Haven, and North Branford. For additional information, contact ESHD's Overdose Prevention Navigator, Madison Wierzel, at mwi-erzel@esdhd.org or call the office at 203-481-4233.

Library continued

ages 8 and up. Participants need to be able to read and write.

Registration required; go to northbranford.librarycalendar.com or call 203-484-0469.

Library Teen Advisory Board

NORTHFORD: Students in grades 7-12 can join the North Branford Public Libraries Teen Advisory Board (T.A.B.) from 2:30 to 4:30 p.m., Thursday, April 9, at Smith Library, 3 Old Post Road. Give back to your community and have a say in what your library offers teens. Earn community service hours for each meeting you attend. To register, visit northbranford.librarycalendar.com or call 203-484-0469.

Quilters Club

NORTH BRANFORD: Those who enjoy quilting are invited to meet at Atwater Library, 1720 Foxon Road, from 10 a.m. to 3 p.m. Friday, April 10 and 17 (and every Friday). Newcomers welcome; bring your own materials. To register, go to northbranford.librarycalendar.com or call 203-315-6020.

Saturday Story Time

NORTHFORD: Join Children's Librarian Miss Mary for 30 minutes of stories, music, and movement on Saturday, April 11, 10:30 to 11 a.m. All ages. Registration not required.

Dance Mode

NORTH BRANFORD: Get ready to dance, sing, and play instruments on Monday, April 13, from 10:30 to 11 a.m., in this family-oriented program at Atwater Library, 1720 Foxon Road. Recommended for ages 18 months and up. Siblings are welcome. Registration not required.

Little Makers

NORTHFORD: Come to Smith Library, 3 Old Post Road, from 10:30 to 11 a.m. on Tuesday, April 14, for a Little Makers session - a simple craft activity that we do together. Today we will make a chameleon watercolor painting. Recommended for ages 2-6. Registration required; visit northbranford.librarycalendar.com or call 203-484-0469.

Asian Massage Spa Investigation Results in Prostitution-Related Arrests

PRESS RELEASE North Branford, Connecticut — In February 2026, the North Branford Police Department received multiple complaints from community members alleging prostitution-related activity and the offering of sexual services at a local massage establishment operating under the name Asian Massage Spa, located at 2341 Foxon Road, North Branford, registered with the State of Connecticut as Sun Flower Spa, LLC.

Recognizing the seriousness of these allegations, the North Branford Police Department initiated an investigation and, through our longstanding partnership with the Connecticut State Police, assigned the case to a North Branford Police Task Force Officer working in collaboration with the Connecticut State Police Organized Crime Unit. This cooperative effort reflects the strong regional partnerships that enhance public safety and ensure thorough, professional investigations.

Between late February 2026 and March 25, 2026, investigators conducted an extensive inquiry utilizing search warrants, investigative analysis of online platforms commonly associated with such activity, and coordinated intelligence-sharing among law enforcement agencies. The investigation determined the allegations to be credible and substantiated.

On March 25, 2026, members of the North Branford Police Department, alongside the Connecticut State Police Organized Crime Unit, executed a search warrant authorized by the New Haven State's Attorney's Office. As a result of this operation, three individuals were arrested:

- Shao Hai Hua, age 42, of Flushing, NY — charged with Soliciting Sexual Acts in violation of C.G.S. §53a-81(a)(1).
- Li Liu, age 52, of Rochester, NY, listed as the principal and managing member of the business with the State of Connecticut — charged with Conspiracy to Commit Soliciting Sexual Acts in violation of C.G.S. §§53a-48/53a-81(a)(1).
- Hui Chen, age 53, of West Haven, CT — charged with Conspiracy to Commit Soliciting Sexual Acts in violation of C.G.S. §§53a-48/53a-81(a)(1).

All three individuals were released after posting bond and are scheduled to appear at New Haven Superior Court, 121 Elm Street, New Haven, on April 8, 2026.

This investigation highlights the critical importance of community partnership and interagency collaboration. The North Branford Police Department extends its appreciation to residents who came forward to report suspicious activity, as well as to the Connecticut State Police and the New Haven State's Attorney's Office for their continued cooperation and support.

The conduct uncovered during this investigation is inconsistent with the values and expectations of the North Branford community. The North Branford Police Department remains committed to protecting the quality of life in our town and will continue to aggressively investigate criminal activity and hold offenders accountable under the law.

Chief James Lovelace Stated "Community trust and collaboration remain essential components of effective policing. We encourage residents to continue reporting concerns so that, together, we can maintain a safe and respectful community for all".

All arrests are subject to judicial review and determination in a court of law. The information presented is based on probable cause and does not constitute a conviction.

Narcan Training

NORTHFORD: Tuesday, April 14, 6 to 7 p.m. at Smith Library, 3 Old Post Road. Narcan (naloxone) is a prescription medicine that blocks the effects of opioids and reverses an overdose. Training includes: overdose prevention strategies; signs and symptoms of overdose; how to administer Narcan; Good Samaritan law; support information and resources. Presented by the East Shore Health District. Registration required; visit northbranford.librarycalendar.com or call 203-484-0469.

Butterfly Diamond Painting

NORTH BRANFORD: Join us for a fun craft from 6 to 8 p.m. on Wednesday, April 15, at Atwater Library, 1720 Foxon Road. Diamond painting is similar to cross-stitch, but instead of creating stitches, you are adding diamonds to the canvas surface, to create a beautiful painting. All supplies provided. To register, go to northbranford.librarycalendar.com or call 203-315-6020.

Bowties And Books

NORTH BRANFORD: Put on your most elegant bowties and fanciest tutus (or whatever you find comfortable), and join us on Thursday, April 16, from 10:30 to 11 a.m., for songs, stories, and silliness at Atwater Library, 1720 Foxon Road. Recommended for ages 6 months to 4 years with a parent or caregiver. Registration not required.



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CREATIVE ABILITIES MAKERS MARKET

April 9, 2026
11:00am - 1:00pm

STW Community Center | 1332 Middletown Ave. Northford

Join us this Spring Break for a vibrant, inspiring market showcasing the incredible talents of artists of all abilities and backgrounds. Discover one-of-a-kind, handmade goods while supporting a community that values creativity, diversity, and inclusion.

Celebrate Talent. Embrace Differences. Support Inclusion.

What YOU'll Find

- Handcrafted jewelry, art, and home décor
- Unique gifts made with heart and purpose

If you are interested in vending, please contact NB Parks and Recreation at (203) 484-6017



REC & READ

Join our Parks and Rec staff for a monthly story time and activity geared towards children ages 0-4 years. This 45 minute program will include a short story read out loud and an activity to match. *Each child will get to take home a copy of the book!*

April 15, 2026 - 10:15 - 11:00am - \$5
STW Art Room - Ages 4 and under

Please register by 4/10/26

ADULT CIRCUIT WORKOUT

Instructor, Jillian Temple, will create and guide you for the perfect workout to target all your muscle groups!

MORNING WORKOUT

Mondays, April 6 - April 27 - 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

Mondays, May 4 - June 1 - 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR



BABYSITTER'S CERTIFICATION

SATURDAY, MAY 9, 2026

STW GYM/CAFE

9:00 - 2:00PM \$65 RES/\$70 NR

AGES 12 - 15

Please register by 4/27

Girls & Boys Welcome! 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



— SENIOR CENTER — GENOA PHARMACY INFORMATIONAL SEMINAR

April 29 - 12:30 - 2:00pm

Join us to learn how to move all your prescriptions to one convenient location quickly and easily. Delivery available. Please register by 4/28



DINER DASH

Shady Glen and Wickham Park
April 15, 2026

Departs STW at 11:00am Returns 2:00pm

Come for a meal on your own at Shady Glen Restaurant in Manchester then a walk in the beautiful Wickham Park. Please register by 4/8.

DOUBLE BINGO!

Double Bingo - 4/16/26

STW Senior Room 10:30-11:45am
Please register by 4/15

MOHEGAN SUN BUS TRIP

Monday, April 20 - 8:00am - 4:00pm
\$20 res / \$25 nr

If you are meeting at the STW Community Center, we will be leaving at 8:00 a.m. Departs Mohegan at 2:30pm. Please register by 4/17

LEGACY THEATRE

September 17, 2026

Departs 11:00am Approx. Return 5:00pm



Join us at Key Diner (pay on your own) Then off to this classic comedy of the untidy apartment of divorced Oscar Madison, enter Felix Ungar, who is a "neat freak"!

Please register by 7/31

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

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For more information call 203-410-4254

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HEATING & COOLING

Avallone Heating and Cooling. Heating & air conditioning repair, maintenance or installation. call 203-530-9324

GIANT TAG SALE
Bake sale, too

Saturday, April 25, 2026
8:00 am to 2:00 pm
Guilford Fairgrounds
111 Lovers Lane
Guilford

8:00 am to 2:00 pm
NO EARLY BIRDS!
Will Be Held Indoors

Contact Patty for information about when & where to drop off donations. 203-996-8391

Items CANNOT be brought to the shelter

All proceeds benefit Branford Compassion Club's Feline Rescue & Adoption Center

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West Haven, CT 06516
330 Notch Hill Rd
North Branford, CT 06471
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"I truly cannot say enough how grateful my family and I are to Keenan for their exceptional service. From the moment we met to make arrangements to the actual service, they were great. There was no financial pressures, our limits were respected, and everything was said outright."

"Beautiful and peaceful space, staff was very kind and sympathetic... Their kindness will not be forgotten."

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