



Totoket Times

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For Our Town From Our Town

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Volume 29 No 18, April 7, 2023



***HAPPY
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IS THE
LIGHT!***

Porchetta Dinner & Membership Drive Sons & Daughters of Italy #2805



Join us for a Porchetta Dinner on Saturday, May 20 at 6:00 at Saint Frances Cabrini Church Hall 57 Pond Hill Road in North Haven.

Enjoy porchetta, stuffed shells, salad, vegetables, bread and a host of desserts for only \$20.

Anyone who comes to the dinner and signs up as a member will get free membership for the 2023 year.

Members who bring guests to join our club will receive a \$15. voucher for future events.

For information or tickets call SueAnn at 203-710-4186 or e-mail sueann.mentone@yahoo.com.



TOTOKET TIMES

<u>Deadline</u>		<u>Publication Date</u>	
April	14	April	21
April	28	May	5
May	12	May	19
May	26	June	2
June	9	June	16
June	23	June	30
July	7	July	14



MARC GUERTIN
ATTORNEY AT LAW

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North Branford Rotary seeking Nominations for Community Service Award.

The North Branford Rotary Club is preparing to recognize individuals who have made a difference to the North Branford community. The club is requesting nominations from individuals in town who know someone deserving of the Service Above Self Award. The award represents individuals in our community who actively help others, demonstrate meaningful humanitarian service, and have made an impact to the community as a result of their efforts. While volunteer efforts are preferred, recognition for paid employees for outstanding achievement for the benefit of the community will be considered. The club also welcomes posthumous nominations to be recognized. The club recognized three distinguished North Branford residents last year. Ken Ash, Fran Murphy and Mary Giovanni were presented with the Service Above Self award at the well-attended annual event. The club will be holding the event this year on Thursday June 22, 2023 at 6:00pm at Millpond Gathering. Individual nominations can be made

by going to the North Branford Rotary website: NorthBranfordRotary.org where a nomination form can be submitted online. The form will ask for basic information of the individual being nominated and require specific details as to why the individual being nominated exemplifies Service Above Self in order to be considered for the award. The club asks to include specific details and be thorough in explaining times when the individual has displayed “Service Above Self.” The deadline to submit a nomination is May 5, 2023. So act fast and send nominations promptly! Each year we have had several candidates that are well qualified. The decision to choose the award recipients is difficult. If you nominated someone in a previous year that wasn’t chosen submit them for consideration again this year. For questions about the award or nomination process you may reach out to NorthBranfordRotary@gmail.com, the Committee Chairperson, Samantha Oullette at 203-430-5976, or Club President Anne Merola at 203-988-2898. The club is looking forward to learning about individuals from this magnificent town who have gone above and beyond the call of duty to make the Town of North Branford, and the world, a better place!

Some Definitions to Ponder

To the Editor: I am mystified by the letter, “With Regards to the off the rails letter.” I had some difficulty understanding what the writer of the above letter was trying to say. He seems offended by the idea that all students should be treated with respect, regardless of their identity. He accuses the so-called “liberal fascists” of the “abject collectivization of our country.” I

would ask the author of this letter several questions. What evidence shows children “cleaved” from their parents? And who is indoctrinating whom? Who is banning books? Who is cancelling the teaching of the historical record? Since many use terms they don’t understand to insult people they don’t know, I believe a few definitions are in order. The following are from Merriam Webster and the American Heritage dictionaries with added explanation. Communism is an economic theory that does not allow private ownership. The state (and they claim, the people collectively) own all property, business, housing, and industry. Workers are paid by the state for purchases that must be bought from state stores. The means by which the people constrained, under this economic theory, is by totalitarianism under an authoritarian dictator supported by a political structure that defers to the dictator alone. There is no free speech, no freedom of religion, no free press, and no constraints over the power of the state. Fascism is defined as a system of government marked by centralization of authority under a dictator, a capitalist economy subject to stringent governmental controls, violent suppression of the opposition, and typically a policy of belligerent nationalism and racism. Similarly, no freedom of religion, no acceptance of other races or religions, no free press, no opposition allowed at all. By definition, Liberalism and Fascism are opposites. Liberalism is defined as a political theory founded on the natural goodness of humans and the autonomy of the individual and favoring civil and political liberties, government by law with the consent of the governed, and protection from arbitrary authority. Woke is defined in this dictionary as “aware of and actively attentive to important facts and issues (especially issues of racial and social justice),” and identified as U.S. slang. It originated in African American English and gained more widespread use beginning in 2014 as part of the Black



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Lives Matter movement. By the end of that same decade, it was also being applied by some as a general pejorative for anyone who is or appears to be politically left-leaning. It is Fascists, Communists, and dictators who ban books, who seek to obfuscate history with propaganda; who indoctrinate children, who twist the rule of law for their own ends. It is anti-democratic and un-American to demonize opposition. I may abhor what you say and what you believe, but I will defend your right to say it and believe it. Sincerely, Susan DeSilver



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State Representative Vincent Candelora



A bill moving through the legislature is generating a bit of buzz on social media, opening a new line of conversation among state lawmakers—and the public—about balancing the fundamental right to free speech and citizen interaction with elected officials via online platforms.

The bill, H.B. 6410, would establish a working group to study the issue of “online harassment” of municipal and state-elected officials and make recommendations on reporting guidelines for incidents as well as penalties.

There’s no doubt that online discourse surrounding politics and policy has taken a nosedive over the last decade. Oftentimes, elected officials find themselves the focus of criticism. It can be harsh. Consequently, there’s anecdotal evidence statewide that the number of people willing to serve in their communities in the capacity of a public official is dwindling.

It’s a problem that legislators who submitted this bill point to as their motivation. Residents concerned about the proposal, however, view it as a means for lawmakers to block criticism about their work.

The truth probably lies somewhere in between.

The legislation would create a working group that would include: law enforcement, designees from the offices of the attorney general and chief state’s attorney, a state representative, an unpaid municipal leader, an expert in social media company standards, and a professor with expertise in the first amendment. The group would be required to issue its report and recommendations to a legislative committee of cognizance by Feb. 1, 2024. A bill proposal could follow.

Lawmakers writing laws to protect themselves? What could go wrong?

The fear among opponents of this bill, and I don’t necessarily disagree, is that the panel’s nebulous charge will result in lawmakers defining online harassment in a broad manner that would see a comparatively benign criticism of their record or actions interpreted as a matter for police review.

The General Administration and Elections Committee advanced the controversial bill recently along party lines, with majority Democrats voting “yes.” At this point, it’s unclear whether it will be called for a House vote.

I don’t deny that there’s vitriolic behavior on social media, but I’m not sure more government regulation is the answer—particularly when we already have harassment laws on the book. To me, the solution to this societal issue can be found in the arena of personal responsibility rather than the halls of government.

Estate Planning for Everyone: Back to Basics By Attorney Marc Guertin

Every adult should have a basic estate plan. A basic estate plans contemplates both life and death. A basic plan is comprised of a Will, a Power of Attorney, a Healthcare Directive and a Living Will.

The key document in a basic estate plan is a Last Will and Testament. A Will can be a simple document distributing assets outright to your heirs or it can be more complex; planning for all types of situations from minor children to special needs beneficiaries. A Will acts like a roadmap on how and when to distribute your assets to your heirs.

A basic plan will plan for more than just your death. It will also plan for your incapacity. The core document in an incapacity plan is a Durable Power of Attorney. A Durable Power of Attorney allows you to appoint an agent who can handle your financial affairs if you should become incapacitated. A Durable Power of Attorney is critically important. In the absence of this document no one has the power to manage your affairs while you are incapacitated and the only way to get that kind of power is to go to court.

Healthcare Directives and Living Wills are also extremely important when planning for incapacity. These documents focus on your health. A Healthcare Directive appoints someone to interact with healthcare professionals and make decisions on your behalf if you are incapacitated. A Living Will lets you inform your doctors (and loved ones) your wishes regarding what extraordinary medical procedures you want performed if you are in

Let’s Be “Frank”

Well it’s over and is was great. I thought the trip would be painful as I always think the worse when I go away. But I was in no rush to get home, especially to the cold, windy rain, after a week in Miami. Frank and Ana took good care of us. He made dinner a few nights and we went out a few nights. I tried some new stuff in the culinary department. Frank made a chicken that was the best I’ve ever tasted. Chicken thighs with olives, capers, white wine and prunes. If they had bread in their house I would have been soaking up a loaf. They eat very healthy as I am their inspiration. They look at me and go back to the gym and the healthy eating habits..

I tried yucca. It was very good. I tried chicken hearts they was very yucca. We went to what is claimed as the best Cuban restaurant in the world. It was great but on the Cuban restaurant circuit I had nothing to compare it to.

A lot of walking, a lot of pool stretching And a lot of sleep. I found myself sleeping until 9 or 10 every morning. Of course when I got home at 1:30AM I was up and showered by 6:30. Must have been the stress free environment.

A couple of noteworthy things to mention about the plane ride. Since losing weight, I am now able to put the tray down in front of me and not share SueAnn’s. I also was able to fit in the rest room without peeing on myself. Finally, I am about three inches away from not needing the seat belt extension. Small feats for many but monumental leaps for me.

I tried to talk to people at the pool(you know me) but most of them didn’t speak English. A great deal of the European women with those no bottom back bikinis with their entire butt out. One was so red it maid me think of mom whacking my behind and yelling “I’ll beat you so much you won’t be able to sit for a week.” I was less excited about the bare butt than I was humored by the thought of that poor lady not being able to sit for a week.

Well that’s it for now Happy Easter and give my best to the rest. I’ll see you soon.

From the Lens of Local Phototgrapher Nick Carlino



Mystic Seaport



Two barns at Augur Farms which have been torn down.



Enjoy the beautiful weather.
Pick up you April 21 edition of the Totoket Times
at one of our local stores or
visit the website at www.totoketimes.com


a terminal condition with no hope of recovery. It spells out your exact intentions, which takes the weight of a decision like that off your family.

If you’d like to sit down with me and talk about putting together a plan, I offer free initial consultation. Virtual, phone and in person consultations are available. Call me at 203-500-0201 or email me at marc@attorneymarc.com to schedule an appointment.

Marc Guertin is the principal at Marc Guertin, Attorney at Law, LLC. Located at 222 Rimmon Road, North Haven, Connecticut. Visit Attorneymarc.com Call: 203-500-0201 or email Marc@attorneymarc.com to schedule a complimentary consultation.

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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 April 2023

Taking Stress from Burnout to Balance



Hello Health Enthusiasts. When it comes to stress, how in tune are you to your personal stress signals? Stress affects people of all ages and from all walks of life. So, when stress happens, are you listening to what your body is telling you? April is National Stress Awareness Month and a good time to tune in and increase awareness of personal stress triggers.

Stress signals vary from physical and emotional to behavioral, and all forms require our attention. Its cause can be rooted in things, such as work, relationships, family issues, changes in health, or even happy life events like planning a wedding, a trip, or buying a new home. One of the most important things to remember about stress is that we all experience it differently. What might be stressful for one person might not be stressful for another. That's why knowing our personal triggers can help us develop coping strategies.

Physical symptoms may present as headaches, muscle tension, fatigue, difficulty sleeping, changes in appetite, digestive issues, increased heart rate, or high blood pressure. Emotional symptoms can be feelings of anxiety, irritability, mood swings, feelings of overwhelm or helplessness, and difficulty concentrating. While behavioral symptoms might be over-eating, social withdrawal, procrastination, and difficulty with decision making.

It's important to quiet the mind long enough to hear what the body is saying. That might mean unplugging from technology for a few minutes to "just be" or getting up 15 minutes earlier each day to have quiet time for yourself. Once you are aware of a signal, it's time to take action. Not sure where to start? Take your favorite positive *self-care* "treat," something that makes you feel good that you only allow yourself to do once in a while, and turn it into a "treatment" for when life seems out of control. For example, I *treat* myself to an occasional craniosacral session with my Naturopathic Physician which always leaves me feeling wonderful. But, I schedule those visits more frequently as a *treatment* for when stress is out of control. It helps!

When stress is chronic, cortisol levels are at a steady high which can lead to serious health problems including high blood pressure, heart disease and depression. We often think of cortisol as the notorious stress hormone that in excess keeps us high strung and aids in the storage of belly fat and that is true - but when balanced, cortisol serves the body well. It helps with regulating sleep cycles, reducing inflammation, managing how the body uses carbohydrates, fats, and proteins and controlling blood pressure. It comes to the rescue when we need that fight or flight response to kick in or to stay alert and focused for a test or meeting.

Engaging in physical activity, massage, practicing breathing techniques, and taking time for self-care can be extremely helpful in reducing stress; but did you know that certain foods can also have a stress reducing effect? In an article from the Cleveland Clinic, Dietician Courtney Barth, MS, RDN, LD, CPT, explains, "The best way to lower cortisol in the body is to focus on an anti-inflammatory diet. That means fewer processed foods and more whole foods." "The goal is to eat foods that reduce inflammation in your body, thus reducing cortisol levels."

Barth's suggested foods are those high in vitamin B (particularly B-12 which helps with the metabolism of cortisol) such as eggs, beef, chicken and nutritional yeast. Foods high in omega-3 fatty acids such as salmon, avocado, walnuts and olive oil that can reduce inflammation. Magnesium rich foods (pumpkin seeds, bananas, broccoli, spinach) are also suggested as are protein rich foods (for balanced blood sugar levels) and probiotic rich gut healthy foods. Using food to create hormonal balance is something to be mindful of. It's something we can control.

Overall, it's important to pay attention to stress signals and take steps to manage stress before it gets to the chronic stage. An entire month is dedicated to assessing and better managing stress levels, for good reason. If you're not routinely engaging in stress reducing activities, be patient with yourself and remember the 1% rule. Choose one thing to do consistently - progress over perfection. Learning to recognize personal triggers, followed by action is key, as is seeking help when

needed. By doing what you can to manage stress, you'll be well on the road from burnout to balance - a much better place to be!

In honor of Stress Awareness Month, I am offering free 30 minute nutrition/stress assessments in my Guilford office on Saturdays. Assessment includes stress reducing techniques & recipes.

Questions or comments? Contact me at joann@wellnessfusion.net. This monthly column is here for you, for the health of it!

NORTH BRANFORD BARBERSHOP

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

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Pancake breakfast with characters from A Galaxy Far, Far Away...

Please join us to support our school. All proceeds go to Nursery on Notch Hill

Date: Saturday April 22, 2023

Where: Zion Episcopal Church Parish Hall

Times: 1st seating 8:30am - 9:45am
2nd seating 10:00am - 11:15am

Price: \$8.00 per person if paid in advance (recommended)
\$10.00 per person at the door

Free for children 4 and under

- For reservation text Ms. Raelene at 203-246-8820 or send an email to nurseryonnotchhill@gmail.com by Friday April 13
- Checks may be made payable to NONH and mailed to:

The Nursery on Notch Hill

Attn: Misaki Vongher / pancake breakfast

320 Notch Hill Rd.

North Branford, CT 06471

- Or Venmo @Neil-LeBeau-1

Enjoy pancake breakfast with family and friends

Take some pictures with characters from a galaxy far, far away

Children are welcome to dress up in a space theme costume and/or pajamas

The Nursery on Notch Hill is a non-profit preschool serving children and families in North Branford and surrounding towns since 1971

MILLPOND GATHERINGS

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YOUR TABLE AT THE FARM

At Millpond Gatherings, we are an all encompassing hospitality center where you can eat, celebrate, shop and stay with us here in the quaint town of Northford, Connecticut.

Join us in the Steakhouse and Venue for

EASTER BRUNCH

Sunday, April 9th

VENUE

Brunch Buffet

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STEAKHOUSE

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DINNER

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 4:00 - 10:00 pm

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North Branford Students- Shine for the Geen & Gold

Notre Dame High School recently held their National Honor Society Induction Ceremony. Pictured from left to right are students from North Branford: Marco Goodmaster, James Mascari, Matthew Prato, and Michael Riordan. Missing from photo is Jack Cahill.
Photo by Dawn Mascari

Beautiful Music from North Branford Students

Over the past two weeks the incredible musical talents of our students were on display in the North Branford Auditorium. Not only were the talents of choral and band students on display, but the spirit of collaboration and community were also on display as teachers and students from JHS, TVES, NBIS, and NBHS performed together. Families and audience members were treated to spirited music and also that collective T-Bird spirit as all worked collaboratively and with care as they sang and played together.

First up on 3/15/23 was the 2023 Band Spectrum Concert. The event featured instrumental musicians in grades 5-12. An astonishing 115 students from across the district were involved. The students played a variety of music, including well known band classics and modern popular songs. The students performing were also members of the audience when not on stage, and expressed their enthusiasm for seeing their peers in other grades truly displaying that sense of community that is a hallmark of North Branford. In addition, the 5th grade, 8th grade, and NBHS students performed a joint number at the end of the concert of “Everything is Awesome” with the message of “everything is cool when you’re part of a team”. This piece said it all, the important part of the district approach and music program to connect all through the power and teamwork of music! A special thank you to NBHS teacher - Maria Berte, TVES teacher - Jill Rizzo-Flower, and NBIS teacher - Meredith Zoll for their efforts in creating such a successful concert program.

Next, on 3/22/23 was the Choral Spectrum Concert. There were an incredible 160 students involved in this event as well. The choirs from JHS, TVES, NBIS and NBHS sang a wide range of uplifting and challenging repertoire, including impressive soloists. The audience was enthusiastic and provided several standing ovations. The highlight of the night was the finale performance of “Green”, a spirited spring-themed piece. A special thank you to NBIS teacher - Jaci Giammattei, NBHS teacher - Nick Filippides, TVES teacher - Jill Rizzo-Flower, and JHS teacher - Linda Franklin-Biggs for their efforts in creating such a successful choral program. Just like the band performance, this was a truly enjoyable occasion that brought the North Branford community together through the beauty of music.

We are so proud of this event and all it represents for our students and staff working together. A special thank you and congratulations to K-12 Music Coordinator Meredith Zoll, who continues to lead and inspire our teachers and students across the district. There is no doubt music is indeed alive in North Branford!

Teachers Participate in Fellowship Program

Mrs. Rebekah Polemeni and Ms. Chelsea Dodds will be participating in the Fund For Teachers Fellowship Program this summer. Both submitted separate proposals to the Fund For Teachers Organization earlier this year and then both were then notified on March 28 of their awards. Below are summaries of their professional development plans as outlined in their proposals. Both are two time award recipients!

Mrs. Polemeni, NBHS Science Department (pictured right)

Document in England and Italy the impact that pandemics have historically had on their societies. In addition, to strengthen student understanding of disease and pandemics while participating in a fundraising campaign to support the Pandemics Sciences Institute.

Ms. Dodds, NBHS English Department (pictured left)

Study the setting of Steinbeck’s “Of Mice and Men” in central California to examine how culture, geography, and history impact the idea of community, within marginalized groups and humanity as a whole, to help students further build empathy in their communities.



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visit: www.northbranfordschools.org
Under the "Summer Camp" tab for registration information!




**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.

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



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FLOWER/PLANT AND BAKE SALES

Northford Congregational Church will have an Easter flower/plant sale and family fun weekend to help support our church, and the missions we support, on Fri. and Sat., April 7-8 from 10 a.m. - 5 p.m., and on Sun., April 9 from 9 a.m. - 1 p.m. There will also be a bake sale on Saturday and Gertrude Hawk chocolate candy bars for sale all weekend. We will have pony rides on Saturday from 12 p.m. to 2 p.m., face painting and the Easter Bunny will be hopping around on Saturday. In addition, there will be an Easter egg hunt on Sunday April 9th at 12:00 p.m. In the event of inclement weather, the flowers/plants will be sold inside the church social hall downstairs. ALL are always welcome in God’s house!

Our church is located at 4 Old Post Road at the corner of Routes 22 and 17 in the Northford village in North Branford. Phone: 203-484-0795. Website: www.northfordcongregational.church. Like us on Facebook.

Easter Bake Sale

April 8, 2023
on the
Branford Town Green
9:00 a.m. to 11:00 a.m.

Home-baked goodies for sale!
You never know what you might find —cookies, cakes, cupcakes, brownies……. OH MY!

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



St. Anthony's Society

44th Night of Prizes

In Memory of Maria Pierelli



SAVE THE DATE!
St. Anthony’s Parish Center
@ 7:00 p.m.
Friday, April 28, 2023
70 Washington Avenue,
New Haven, CT 06519
Admission Tickets--\$5.00
Big Raffle! 5 for \$5.00
(The night of the event regular raffle tickets will be 15 for \$10.00)

Join us for a wonderful evening of fun & prizes to support St. Anthony Parish.

For Admission Tickets Call:
Anna Simeone at 203-710-5004
Or contact the Parish Office at 203-624-1418 or
Joan Kuchinski at 203-234-9161

(No admission tickets will be sold after Sunday, April 23, 2023)
Reserve your table now!!!

Recycling News

Bulky Waste will be the week of April 17th – 21st 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 toter.

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.

For a complete list please refer to your pink recycling card.

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Check the town’s website for information regarding Fall 2023.

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The leaf drop off is open Saturdays 9-3

The location is located around the field to the left of the police station. The leaf drop off will be open on April 8th, April 15th and 22nd. There will be curbside pickup of leaves in untapped biodegradable paper bags the week of May 1st to May 5th

=====

SCRCOG (South Central Regional Council of Governments) is having a sale on composters and rain barrels. Please visit <https://scrcog.compostersale.com/> for pricing and pick-up locations. Orders must be placed by April 21st and picked up on April 23rd.

=====

Earth Day – April 22nd 2023

For Earth Day, the NB Recycling Committee will be having an event at Wall Field on April 22nd during Little League opening day. 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, please contact Bill Savastano at 203-484-2784.

There will be tables, displays, handouts and we will be available to answer your recycling questions.

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.

Can I recycle it?

Connecticut has a website to help with recycling questions: www.recyclect.com. They also have an app.

=====

For more information about recycling in North Branford you can check out North Branford’s Recycling Committee’s website: townofnorthbranfordct.com/government/boards-commissions/hazardous-wasterecycling-committee.aspx or our Facebook page: North Branford CT Hazardous Waste & Recycling Committee

Thank You for Your Participation

SUMMER CAMP

SUMMER CAMP

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Summer Camp Early Registration is now open! Get ahead on your summer schedule and register today!

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@prodigydancecompanyct office@prodigydancect.com

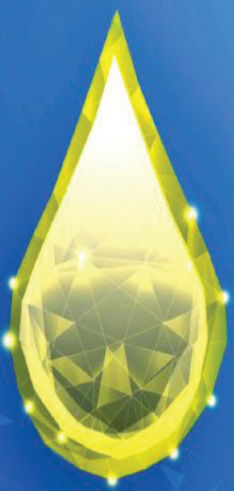
Military Whist Card Party

The Northford-North Branford Women’s Club GFWC is sponsoring a Military Whist Card Party on Friday, May 12th at *Totoket Valley Elementary School*, 1388 Middletown Avenue, Northford, CT. Doors open at 5:30 pm and games start at 6:00 pm. Refreshments will be served. We are collecting non-perishable food items for the Food Pantry. Anyone donating to the Food Pantry will receive a ticket towards our raffle. There will be plenty of beautiful gift baskets and other donated prizes. Proceeds benefit various charitable organizations in the local area. Entry is \$12.00/pp. You can either contact Elissa @ (203) 793-7180 to reserve your space or use our Venmo @ NorthfordWomens-Club. If you would like to sponsor a raffle basket or donate a gift card please contact Elissa!!

THE ABC's OF CBD

SEPARATING FACTS FROM FICTION

Please join Vannesa Moreno of Your CBD Store in North Haven, as she talks about the many health benefits and misconceptions of CBD, a non-psychoactive natural hemp plant extract.



WEDNESDAY, APRIL 12, 2023
6:30 PM

ATWATER LIBRARY COMMUNITY ROOM

FREE, IN PERSON

REGISTRATION REQUIRED. CALL 203-315-6020 OR VISIT NBRANFORDLIBRARIES.ORG.

Medicare and Beyond

WITH SPECIAL GUEST SPEAKERS

Lou and Jessica Pelletier

WEDNESDAY, APRIL 19, 2023
6 PM

ATWATER LIBRARY COMMUNITY ROOM

FREE, IN PERSON

Join the Father/Daughter Team of Lou and Jessica Pelletier from Pelletier Senior Planning as they sort through the various parts of Medicare coverage.

AMONG THE TOPICS COVERED:

- Differences between parts A, B, and D
- The pros and cons of Medicare Supplement Plans and Medicare Advantage Plans
- IRMAA (Income Related Monthly Adjusted Amount)
- Medicare Savings Programs
- Medical Power of Attorney
- How to protect your assets from nursing homes without having Long-Term Care Insurance

REGISTRATION REQUIRED. CALL 203-315-6020 OR VISIT NBRANFORDLIBRARIES.ORG.



NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

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TENNIS AT NORTHFORD PARK

Due to the overwhelming success of our Tennis Program last year we are excited to offer it again!

Spring and Summer sessions are open for registration. Join us for a 6-week introduction to Tennis program at Northford Park. Age appropriate skills and drills will be offered with Guilford Racquet Club Pros! Racquet included.

SPRING TENNIS
Ages 11-13 • 4:00-4:45pm • April 19 - May 31
Ages 5-10 • 5:00-5:45pm • April 19 - May 31

SUMMER TENNIS
Ages 11-13 • 4:00-4:45pm • July 5 - August 16
Ages 5-10 • 5:00-5:45pm • July 5 - August 16

\$75 per session



REGISTRATION IS OPEN!

Beginning Monday, June 26th, we will be offering 8 consecutive weeks of summer camp for campers entering grades 1-6. \$130res/\$150 nr per week
*Lunch and field trips not included.

UNIFIED COOKING & GAME NIGHT

This inclusive "Cooking with Friends" class is a great opportunity for young adults to develop skills needed to live on their own in an accessible environment. Participants will learn to follow a recipe, measure, chop, combine ingredients, learn team building, and operate a burner to cook a simple meal. After making the perfect dinner, participants will eat together and have fun socializing, playing board games and enjoy a movie.

Monday April 17, 2023 5:00-7:30pm NEW
Chicken Alfredo Shells
STW Gym/Cafe \$30 res/nr Ages 18+
Register by 4/10/23

Mary's Culinary Classes

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

Ages 5-14 at STW Community Center
5:00 - 7:00pm (Please note the new time)
Cost \$40 res/ \$45 non-res per class

WEDNESDAY APRIL 19, 2023
PERSONAL PIZZAS AND EASTER PEEP CUPS

TUESDAY MAY 9, 2023
DIJON DILL SALMON AND OREO BOMBS

ADULT CO-ED SOFTBALL

North Branford Parks and Recreation Department is excited to be offering Adult Co-ed Softball again. Join us at Totoket Valley Park beginning June 13 for a fun, recreational league!

Two games will be played each Tuesday, one at 6:15 p.m. and the other at 7:30 p.m. Potentially one Thursday night game will be added depending on registrations. Additionally, please contact the office if you do not have a full team but are interested in playing!

Team Captains must register your team (minimum 8 players) at nbcreation.com, submit a roster to the Assistant Director, Kerry Haynes at recreationsupervisor@townofnorthbranfordct.com

FEELING LIKE YOU NEED A GETAWAY?

Check out some great cruise opportunities on our website!

Panama Canal with Costa Rica and Caribbean - November, 2023
Alaska - September, 2023

northbranfordct.myrec.com/info/activities
Department Info -> Trips - Grand American Cruises

— SENIOR CENTER —

BLOOD PRESSURE/ VITAL SIGNS SCREENING

These monthly blood pressure & vital signs screenings will take place at the Senior Center. Those who attend will receive a small wellness give away as well.

April 18, 2023
12:00pm-1:00pm - STW Classroom

STAY HEALTHY



Celebrate Italia

AQUA TURF CLUB

Tuesday July 11, 2023
Bus departs STW: 10:15am Returns: Approx 4:00pm
\$57res \$62nr

Featuring: The Sam Vinci Band has been an Italian-American staple at numerous Italian festivals throughout CT. Sam and his band know how and what to play to please a crowd!!

Special Appearance by: Aaron Caruso
Aaron's operatic voice brings his Italian songs to life!
Meatballs & Sausage/ Chicken Parmesa

Register by: 6/16/23

Summer Stock

At the Goodspeed Opera House
Enjoy lunch at the Gelston House before the show!

August 23, 2023 \$110res/\$120nr
Departs 10:15am Returns: 5:00pm

Please register by July 19th to reserve your ticket to lunch and this fantastic show!

Goodspeed Opera House policy is that our audience is strongly encouraged to wear a mask inside the Goodspeed, but it is not required. Our staff will continue to wear masks. The trip leaves from the Senior Center. If you need transportation to the Center, kindly let us know when you register.

Lunch at the Gelston House is at 11:30 a.m.

Lunch choices are:
*Parmesan Encrusted Cod *Pasta Cavatappi
*Gelston Chicken *Kobe Beef Burger
*Bistro Steak

Lunch includes Mixed Green Salad and dessert. Coffee & tea are not included, but each can be purchased for \$3.50. Alcoholic beverages can be purchased and paid for during lunch.

Forget your troubles—come on, get happy! The tradition of turning a barn into a theater finds fertile new ground in a joyous world premiere inspired by the classic Judy Garland-Gene Kelly movie. When theatrical Gloria invites fellow troupers to the family farm with the idea of putting on a show, her practical sister Jane is stubborn as a mule but relents because the farm needs work—and workers. Sisterhood, budding romance and a Broadway-bound musical are all at risk. But there's nothing like the sunshine of hits from the American songbook to chase all your cares away!

GOODSPEED MUSICALS

CLASSIFIED AD RATES

Personal, For Sale, Help Wanted, Tag Sale, and all non-business classified
1 issue \$9.00 2 issues \$12.00 3 issues \$15.00
20 words or less, not including phone #. \$.05 per word, per run, after 20 words
Lost and Found FREE
Business Classified Ads & Real Estate
3 issues \$35.00, 6 issues \$60.00, 12 issues \$100.00
\$.10 per word, per run, after 20 words
Payment MUST accompany all ads. The advertiser must notify this newspaper of any errors.
Send ad along with your check to:
Totoket Times P.O. Box 313 Northford, CT 06472
For more information call 203-410-4254

CONSTRUCTION SERVICES

Southern CT Restoration. Insurance restoration and general contracting services. New construction, remodeling, kitchens, baths, roofing, siding, windows, doors, decks and painting. Call 203-239-9600.

PLUMBING

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

TREE SERVICES

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

HELP WANTED

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

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

CARE GIVER AVAILABLE

Care giver available, days full time, flexible hours, experienced 20+ years, Alzheimers for home care, assisted living caring & compassionate care/ 203-619-4493.

Public Stargazing at Young’s Park in Branford

This is the first public viewing event for 2023! The AstronomicaSociety of New Haven is hosting a free stargazing event on Saturday April 22nd at 7pm at Young’s Park, 60 Blackstone Ave. in Branford.
Admission and parking are free. All are welcome, including children and grandparents. The telescopes will be pointed at Venus, Mars and the Orion Nebula and you will learn how to find them when you get home. It will be a dark night so there will be some nice deep sky objects to find through the telescopes.
The other 2023 dates will be May 20, June 10, October 21 and November 18. Directions and cancellation due to weather (including clouds) will be posted to our website, www.asnh.org or call 866-808-ASNH.

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Funeral Director

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(203) 933-1217

Keenan Funeral Home

www.keenanfuneralhome.com wecare@keenanfuneralhome.com

TOWN OF NORTH BRANFORD
OFFICE OF THE TAX COLLECTOR

LEGAL NOTICE OF SEWER USER FEES AND SEWER ASSESSMENT INSTALLMENT CHARGE DUE April 1, 2023

Property owners of the Town of North Branford are hereby notified that the Second installment of Sewer User fees and Sewer Assessment charges are due on April 1, 2023. Payments not received or postmarked by May 1, 2023 will be considered delinquent and statutory delinquent interest charges will apply. Interest will accrue at the rate of 1 ½% per month with a minimum interest charge of \$2.00 for Sewer Use and \$5.00 for Sewer Assessment.

The annual Sewer User fee of \$500.00 was set by the North Branford Water Pollution Control Authority at its September 20, 2022 meeting. Bills may be paid at the North Branford Town Hall, Tax Collector’s office Monday through Friday from 8:30 to 4:30. Payments can also be made online at the town website: www.townofnorthbranfordct.com, under Online Services. There is a fee for this service: 2.5% for any balance paid: \$3.95 for Visa Debit and \$2.00 for an ACH check withdrawal. If you have lost or misplaced your bill, call the Tax Department for a replacement at 203-484-6011. If remittance is made by mail and a receipt is requested, please enclose a self-addressed stamped envelope. Checks should be made payable to the Tax Collector, Town of North Branford.

Dated this 17th Day of March 2023
Michael Downes Town Manager

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



(203) 288-1000

355 Sackett Point Rd North Haven, CT 06473

Did you know:

If you drive to the sun at 50 MPH it would take you about 193 years!