



Totoket Times

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For Our Town From Our Town

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Volume 28 No 1 June 25, 2021



A Heroes Reception

A North Branford High School graduate was greeted with a surprise reception after leaving the stage with her diploma. Members of both the North Branford and Branford Police departments presented roses to Kaila Manner in honor of her father Chris.

Chris, a 25 year retired officer of the NBPD department went on to a career at BPD. Manner passed away in September at the age of 56. He was always there for the youth in this town and the class act of both departments in conjunction with NBHS brought a standing ovation from the graduates and attendees as it represented to Kaila that Chris was with her on this special day.

Photo by Bill O'Brien.



Throwback movies by local producer

Anthony Leone graduated from NBHS and continued his education with a degree in Digital Media from Middlesex College. For a college project Anthony (with the help of a friend) created a short video based on the fictitious character Buster Brandy.

The short black and white silent movies incorporate his love of old movies and cartoons with his special skills in drawing and videography. The stories are based on holidays and have a mixture of cartoon, three stooges and reality genre. The animation and old time holiday themes are picking up quite a following and can be found on utube "the buster brandy show".

Each episode goes in order and it all follows a story. Recurring characters come back and reused story elements are used in each of the episodes to reference one another.

Although Anthony is director producer and main character, and does all the drawings, animations and graphics, he gets a lot of help from family and friends. His parents and grandparents help with the props, setting up locations. "They make the production environment more enjoyable and their support and assistance means the world to me" commented Leone.

Anthony is also grateful to his crew mates, Joe Nieves, Cameron Gould, Joe Scott, Emily Minor, Colby Hunt, Starlyn Loffredo, Pete Zaehring, Mike Humowitz, Sam Burr, Justin (GenoHaunter) Sara Messori and Bert and Linda Bunnell and the North Branford Parks and Rec Center.



Enjoy this Beautiful Weather

The weather has been beautiful and it's time to get out and enjoy the season. The July 9th issue of the times will not be mailed. It will be dropped off at locations listed below as well as posted in full on the website.



This will give you a chance to get out

and meet our neighboring merchants who do so much for our community and help to bring this newspaper to your mailbox throughout the year.

The July 23rd issue will continue with normal mail delivery.

North Branford

North Branford Post Office

Town Line Wines
RV Variety & Cafe
Patco Service Station
Cumberland Farms
Atwater Library
Hair Designs
MT Cobbler
Good Vibes Nutrition
Town Hall

North Branford Barbershop

Northford

Northford Post Office

Town Line Wines
Patco Service Station
T & J Launderette
Smith Library
NB Recreation Department
Northford Coffee & Ice Cream

Visit

www.totokettimes.com
for the complete issue!



Sons & Daughters of Italy

Lodge 2805

Distinguished Citizens

Awards Dinner!

North Haven Sons & Daughters of Italy Lodge 2805 have rescheduled their Distinguished Service Dinner. The Dinner honoring

Mary Jane Merola
and Nick Mastroianni

will take place on Sunday, August 29, 2021 at 1:00
Il Monticello in Meriden Ct.

Tickets are \$50.00 per person and can be obtained
by contacting
northhavenlodge28052.club

Deadline		Publication Date	
July	2	July	9
July	16	July	23
July	30	August	6
August	13	August	20
August	27	September	3
September	10	September	17
September	24	October	1

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Matt in the Minors

Another two weeks in the books. At this point things have started rolling. The days all merge together and the nights are the same. The only thing that occasionally changes is the stadium we play in which also leads to new fans. Please try your best to not be the overly intoxicated father trying to make people laugh by making fun of the poor outfielders. If you make a nice dad joke, that would be perfect. Everybody can have a nice giggle, even I may crack a smile. But no need to be mean.

We are a common destination for school trips and little league teams in the area. I know exactly what the parents are telling the kids, because I was once that kid. “Watch those guys, they do everything right”. Now



I am “those guys” and we do far from that. Our team makes the same mistakes that little leaguers would make, maybe just a little less often now. Many mental errors every game and even some physical errors such as throwing the ball 3 rows deep into the stands.

On the topic of throwing balls...if you ever go to a game and ask for a ball. There is a high chance we will say no. It is not because we can’t or I don’t want to, but usually the way that people ask. Screaming “ball” a million times does not make us want to give you a ball. Being kind and respectful does. In fact, when fans are nice to us, we have the power to give them a lot more than a ball. Tickets, bats, or even batting gloves. So next time you go to a baseball game, let’s be nicer to those players. After all, we are people too.
Till next time- matt
Matthew Chamberlain

Healthy Shakes, Teas, Ice Cream Bowls, Coffee, Slushies, Yummy treats and lots of kindness and love!



Stop in and say HI!

1715 Foxon Road, North Branford,

203-481-2323-Likeusoninstagram & Facebook@goodvibesnutritionct



NORTHFORD MARKET WATCH

Average Days on Market May 2021 20 Days ↓ -79.6% May, 2020	Year-to-Date Homes Sold January- May 2021 18 ↓ -5.3% (19) from YTD, 2020
Average Price per SqFt May 2021 \$205 ↑ 18.3% May, 2020	Percentage of Asking Price May 2021 105% ↑ 7.3% from May, 2020
New Listings May 2021 7 ↑ 40.0% (5) from May, 2020	

Each Office is Independently Owned and Operated. 🏠 data per ctmls 6.16.21



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Let's Be "Frank"

Well brother, I usually don't print tributes to my self but this is also a tribute to you and your number one son so for this time I thought it would be okay. I woke up on Father's Day morning to find this tribute on Facebook.

Wanted to get this in before the multitude of e-traffic hits over the next 24 hours. Sunday's holiday doesn't mean much to me any more, in either direction. My father was a great man but left us 11.5 years ago, and fatherhood was not a path I chose.

Like in many Italian-American families, the men in mine weren't always great about talking about feelings and such. All too often the first time such thoughts are expressed are in eulogies.

So this is as good a time as any to thank my uncle Frank Mentone Jr. for all he's done for me throughout my life but especially since my father (his brother) died. From a verification of the family values my parents taught us, to being an older male figure to tell things I can't tell Dad anymore, to his handling of my aunt's estate, to his home always being open, especially on Thanksgiving and Christmas Eve, to watching his eyes light up around his grandchildren, Uncle Frank has given my father every reason to be proud.

In an age where many of us look to entertainers and sports stars to be our role models, my uncle often says he has three male heroes. One was a priest, and the others were my grandfather and my father. Uncle Frank was only 18 when I was born, and maybe my parents thought he wasn't "ready" to be my Godfather. Hopefully I made things right at my confirmation.

Lastly, many of you compliment me on my "letter to my father" style of posting here, which I deeply appreciate. What you may not know is I stole that style from my uncle. Since my father's death, Uncle Frank writes every column in his Totoket Times to "brother," with a request to "say hi to Mom."

Dad, ya did good. Your other son is a damn good husband and citizen, and your little brother is not only taking care of his family, but keeping an eye on yours.

Happy Father's Day to Uncle Frank and to all the Mentones (and Velardis) in heaven.

So you see brother, your legend will always live on through the family. I hope after reading this you celebrated a great Father's Day with the old man and your buttons (Do they even have those in heave?) are popping with pride.

Take care. I'll see you soon and say hi to the rest of the family.

State Representative Vincent Candelora

The End to the 2021 Virtual Legislative Session



To call the last couple of days of the legislative session unusual would be an understatement, and these final hours were certainly emblematic of the entire five-month period that was nothing short of turbulent for a body that sidelined tradition for virtual meetings and social distancing.

By now, you've seen that the General Assembly approved a two-year \$46 billion state budget inside the session's last 48 hours. I was among many Republicans who voted for the plan, which was a far cry from the original vision conjured by majority party Democrats who sought tax hikes. The minority party's voice proved too true to ignore, pushing our colleagues to not only produce a budget that didn't include new tax increases, but one that stays true to financial controls such as the Constitutional Spending Cap.

What's more, the budget prioritizes spending in areas important to parties such as nursing home funding, youth suicide prevention, and preservation of funding for local school districts. This work was made easier by pandemic aid from the federal government. That we have a budget in place—on time—is good news for municipalities and employers. Both need stability. However, we can't let this bipartisan milestone cloud the fact that more work is needed to solidify our state's financial future.

Developing and negotiating a budget's details is complex. Democrats control the agenda, and it was hard enough for them to get that budget work done in the final 48 hours let alone passing dozens of bills critical to many constituencies. Add their 11th hour haphazard push to legalize marijuana, and suddenly the General Assembly—and a midnight deadline—presented as a heaving pressure cooker.

The situation exploded when it was discovered their marijuana legislation gave an individual an advantage in the permitting process to enter what will be a lucrative industry. The bill was tainted, and the shocking news eroded support. Naturally, they blamed Republicans with a false filibuster narrative, ignoring the fact that they not only hold the governor's office but also enjoy wide margins in the House and Senate. The legislature suddenly found themselves out of time. When it became clear they'd be unable to offer appropriate debate on that 300-page bill, they announced overtime was on the way—the bill would be considered in special session.

The session's final hours were spent uncharacteristically debating bills of little importance, with Republicans wondering when they'd see legislation needed to implement the budget. Democrats left that late, too, and were unable to finish its details—another item added to the special session agenda. I can only hope that clock management improves in the future—that it's somehow a product of burdens placed on a session that was bereft of tradition and in-person participation.

This week we found ourselves returning to the building to pass the budget implementer and the commercialization of cannabis bills. Both bills brought passionate debate, and many last-minute amendments. I will continue my columns this summer to update you all of those various provisions, but hopefully, I'll be writing them from a lawn chair rather than the Capitol.

LEGAL NOTICE

TOWN OF NORTH BRANFORD OFFICE OF THE TAX COLLECTOR

Taxpayers of the Town of North Branford are hereby notified that the first installment of Real Estate, Personal Property, and Motor Vehicle taxes on the October 1, 2020, Grand List are due and payable on July 1, 2021. Taxes will be considered delinquent on **August 2, 2021, and** will be subject to interest at the rate of 1.5% per month or fraction thereof, from the due date of July 1, 2021, with a minimum interest charge of \$2.00. **Payments received with an August 2nd postmark are considered on time.** Payments may be made at the Tax Collector's Office, North Branford Town Hall, 909 Foxon Road, North Branford, CT. Hours are 8:30 a.m. to 4:30 p.m., Monday through Friday. You may also pay by credit card at www.townofnorthbranfordct.com and clicking on the link Online Services. **Credit cards may also be used in the Tax office. There is a fee for this service. Payments postmarked after August 2nd, 2021, are considered late and subject to interest.** If you do not receive your tax bills by July 5, 2021, please call the tax office at 203-484-6011. Failure to receive a tax bill does not invalidate the tax or interest as per State Statute 12-145.

Kenneth A. Delfini, CCMC, Tax Collector
Dated at North Branford – June 4, 2021

NEXT LEVEL NEUROFEEDBACK

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Dr. Tom Woodman, DC, BCN
Dr. Laura Pardue, DC, BCN



For more info please visit us at:
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Phone: (203)316-8212

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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



How Brainwave Training Can Help Improve Academic and Athletic Performance.

[Dr. Tom Woodman and Dr. Laura Pardue are excited to announce the opening of Next Level Neurofeedback at the Connecticut Sportsplex this summer. They are Board Certified in both Chiropractic and Neurofeedback, and both doctors have personally experienced the tremendous benefits that neurofeedback can provide. Dr. Woodman has long desired to bring these services back to his beloved hometown of North Branford. Below is his introductory letter that explains his experience with neurofeedback and outlines the academic and athletic enhancement programs that they will be offering this summer.]

Neurofeedback therapy (NFB) is a unique form of exercise that helps develop and organize the neurological networks within the brain, making the brain itself operate more efficiently and produce more desired patterns of brainwave activity. My partner (Dr. Pardue) first came across NFB in 2010 when she was looking for a drug-free way to help her with the panic attacks and the horrible anxiety that she suffered from. After careful consideration, she decided to do it, and after 30 sessions of this “brainwave training” her panic attacks were gone and her anxiety was reduced by “about 95%”. All of this was life changing for her. She also was happier and was sleeping better, was procrastinating less and more productive. Quite frankly, she was shocked at how this improved her life.

I began my own training shortly after she finished her program. Being 37 years old at the time, I was hoping that NFB would help improve sleep issues and mild anxiety that I had developed later in life, as well as improve my focus and concentration, which I struggled with since childhood). After 28 sessions, many of these issues were significantly better. But the changes I realized elsewhere in my life were much more significant to me – my personal relationships were now deeper and more meaningful; I was able to break repeating patterns that hindered my personal development; and I was just happier in life. My story doesn’t end there. Four months later, my outdoor soccer league resumed after a long winter break, and I was shocked at the changes that I discovered with my soccer performance. My position awareness, depth perception, emotional reactions and general timing all improved dramatically, and I was able to get into “the zone” much quicker and for longer periods of time than what I was previously used to. That season alone, I scored more goals off my head than I had in the prior 10 seasons combined. And according to my teammates, I was easier to play with. These changes were significant and noticeable to me and those familiar with my game, and all of it occurred without any conscious effort on my part – it was instinctive.

It turns out that I wasn’t the only one to recognize the benefit that brainwave training could have on sport performance. In 2006, the Italian men’s soccer team used NFB to help them win the World Cup that year; the Canadian Olympic Committee endorsed neurofeedback for all of their athletes during the 2010 Winter games held there; Kirk Cousins and Josh McCown both did brainwave training just prior to their respective “breakout” seasons; and Kerri Walsh Jennings did it prior to her winning her last Gold Metal. Even ESPN has done segments highlighting the benefits that this type of training can have on sport performance. Understanding what I know now, this all makes sense – more efficient brains allow you to be more present, have less anticipatory worry, and lets you simply flow with the game.

Neurofeedback has experienced a significant boom in recent years. Of the 2,039 peer-reviewed studies involving neurofeedback, 93% of them have occurred in the last 11 years. It has been shown to improve attention, executive functioning, and reading/spelling skills; it has helped improve

cognitive deficits in elderly patients; and it has helped surgical residents recover from the “burnout” that is common within that population. The wide array of applications for NFB similar to how physical therapy can help a variety of different physical conditions – when different networks are not working efficiently, different presentations develop.

Neurofeedback training can also help students with academic performance as well. Not only can this therapy help improve focus and concentration, but there are specific protocols that can help improve reading comprehension and emotional regulation. When all this training gets put together, preparation is better, focus is better, and it is easier to understand what is being asked for, and most students report being much more relaxed during exams. We have seen this help many students at various grade levels, including “older students” that have used NFB to help them with licensing exams, professional certifications and passing medical boards. [If you wanted to read people’s experiences with us, please visit the testimonial page on our website.]

Thirty years ago, I graduated from NBHS. In high school, I was academically strong but didn’t fully apply myself; I was gifted athletically but was insecure and lacked self-confidence; and personally, I was also immature, defensive and defiant. We have worked with several adolescents over the last 12 years that demonstrate what I just described in myself, and the maturation, growth and development that parents report (and that we observe) is incredibly rewarding for us. Brainwave training can help people reach the “Next Level” and realize their fullest potential, and we would love the opportunity to help you and your family experience this as well.

We will be providing neurofeedback services at the Sportsplex four days a week for seven weeks over the summer, and we have created “performance enhancement programs” that are based on various studies that have shown to help enhance academic, athletic, and personal performance. These programs are intended for “well-adjusted individuals” who want to elevate their performance and give them an “edge” over others. For more complicated cases, we might suggest having a qEEG evaluation done, which we can provide. This provides information about an individual’s specific brainwave patterns, and also provides individualized training protocols for that person. We have space for approximately 20 individuals at this location, so space is limited. We do also offer training in Norwalk, and also offer at-home training options using the same systems that we use in-office.

“I highly recommend this program as it has helped my son in a number of areas of his life. His focus, work ethic, rationality and emotional reactions are all much better. Overall, he is a more mature, responsible and independent person since doing neurofeedback. In school, both his grades and SAT’s considerably improved, and has since transferred to a much more challenging school (and doing incredibly well). And while COVID prevented him from football competitions, his performance in other sports have improved considerably as well. If your child is struggling, I encourage you to learn more about this program.” -father of a 17 year old North Branford student.

About the Author: Dr. Tom Woodman, DC began offering chiropractic services in Fairfield county in 2005. In 2010, he was introduced to neurofeedback therapy and he quickly changed the course of his professional development. In 2012, he became “Board Certified in Neurofeedback” through BCIA, and then in 2015, he began teaching 12-hour continuing education seminars on Functional Brain Development, Neuroplasticity and Neurofeedback. He has lectured throughout the country, has taught Grand Rounds at Norwalk Hospital, and has mentored other healthcare providers seeking Board Certification. He is considered an expert within the field of neurofeedback. For more information, please visit www.nextlevelneurofeedback.com – or call or office at (203)316-8212.



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

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Branford Compassion Club Returns to Public Fundraising

Branford – Branford Compassion Club feline rescue organization will be holding its first public fundraising event since the pandemic. Summer Feline Festival will take place on Saturday, July 24 from 11 a.m. to 4 p.m. on the grounds of Avant Garde Holistic Center, 328 East Main Street. The minifestival will include a pie bake sale, gift baskets, raffle, small silent auction, white elephant table, cat motif items and more.

BCC will also be participating in the Age of

Aquarius Festival at Avant Garde Holistic Center on Sunday, June 27. The New Age festival runs from 10 a.m. – 5 p.m. and will feature a variety of bands, vendors and vegan food trucks. Please stop by Branford Compassion Club’s booth #50.

For more information, please log on to www.branfordcompassionclub.org. Branford Compassion Club is a 501(3)C nonprofit feline rescue operating a no kill shelter at 2037 Foxon Rd in North Branford.



All Conference Lacrosse

Five members of the North Branford High School lacrosse team were named to the All Conference Team. Left to right: Dradon Brindisi, Ryan Vaspasiano, coach David Carpenter, Matt Pederson, Jamison O'Brien and Nick Poulin.

Photo courtesy of Bill O'Brien

Wee Care of North Branford, Inc. Daycare and Preschool



At Wee Care of North Branford, Inc. all day preschool is available for children ages 3-6 from 7 a.m. - 6 p.m. Monday through Friday. Some of the highlights of the program are:

- Two licensed Preschool Teachers
- Curriculum and disciplinary procedures aligned with local kindergarten classes
- Teacher directed learning centers
- Morning lessons reinforced by afternoon activities
- Extracurricular activities at no extra cost including Yoga, Music, Library visits, and Science classes

Openings currently available.

1680 Foxon Road (Rt. 80)
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203-481-3909
www.weecarenb.com



FRIENDLY REMINDER!

North Branford Public Schools'

Food Service Department will continue to provide free meals to ALL students!

Important Location Information :

Totoket Valley Elementary School
1388 Middletown Avenue

MONDAY - FRIDAY

Important Pick-Up Hours Information:

Hours for pick-up are 10:30 am - 11:00 am.

You may utilize the drop-off zone in front of the main entrance to temporarily park and pick up meals.

Menu available on the district's website:

www.northbranfordschools.org

We strive to maintain the highest level of safety in protecting the community and our staff. Please follow the posted instructions at the entrance.

Feel free to contact Michael Augur - Food Service Supervisor
203-907-5794 for assistance.

THEY MAKE US PROUD

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

Elisa Palmieri graduated cum laude from the Special Jesuit Liberal Arts Honors Program at the University of Scranton in PA.

Jessica Cirivello, Nicolette Molnar, Ryan Stephens, Emma Garrett, Meagan Hanratty and John Pellegrino were named to the Dean's List at Eastern Connecticut State University in Willimantic.

Colby Anastasio, Sarah Cook, Aiden Ferrucci and Gabriela Panico were named to the Dean's list at the University of Rhode Island in Kingston.

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

Jared William Jamieson was named to the Dean's List at Western New England University in Springfield, MA.

Jillian Damiani graduated Summa Cum Laude with a B.F.A. in Creative Writing, from Roger Williams University.

Anthony Lucibello graduated Magna Cum Laude with a B.S. in Engineering at Roger Williams University in Bristol, RI.

Floyd's Legend Still Lives

The legend of coach Floyd Parness lives on as this year the Floyd Parness scholarships were awarded to Omna Gotta and Conor Leete.

Also, the Floyd Parness 5K race will be back in person this year. Join the group at the 5th Annual race to take place on August 8th by registering at runsignup.com/floyds5k

NEXT LEVEL NEUROFEEDBACK

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Summer programs available at

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training also available

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Recycling News

Next Electronics Recycling

Saturday July 10, 2021 9:00 AM - Noon

North Branford Recycling Center (Public Works - Rte 22)
290 Forest Road

Now is the time to recycle all your electronics and propane tanks*.
*1, 5 or 20 lbs. - \$2 ; 10 lb. - \$5 ; 30 lb. - \$8 ; 40 lb. - \$10 ; cash only

HazWaste Central is open for the season!
Located right behind the Regional Water Authority’s headquarters,
90 Sargent Drive, New Haven
Hours are 9am to noon -
Saturdays through October 30th, 2021

Note: Center is closed for Independence Day and Labor Day holiday weekends.

Not Accepted at HazWaste Central

Asbestos, Commercial Waste, Electronics, Fire Extinguishers,
Gas-Grill Size Propane Tanks, Medicine, Needles, Smoke Detectors,
Pharmaceuticals

Call 203-401-2712 or email ask.hazwaste@rwater.com for more information

Reduce Contamination in the Recycling Totes

Help our town reduce the contamination of our recycling to avoid fines and increased taxes!
Recent contaminations included: wood, paint, construction debris, auto parts, dog waste, plastic bags

- Empty your recyclable items from the plastic bags before putting into the tote
- Do not mix designated recyclables with trash
- Leave metal caps and lids on glass jars and bottles, Empty and rinse all containers
- Do not shred, box, bag or bundle recyclables (recyclables in plastic bags are treated as trash)
- **Reduce** the single-use items you bring into your home and try to reuse or donate them where they can be used.

Learn what can and cannot be recycled using the **RecycleCT Wizard**:
<https://www.recyclect.com>

Type in the name of an item to learn how to recycle or dispose of it properly.

- To find additional recycling locations using zip code and radius, use **Recycler Finder** at recyclerfinder.com
- Please put these common non-recyclable items in the trash:

garden hoses, paperboard and corrugated cardboard contaminated with food residue, **black plastic containers**, Styrofoam, light bulbs, mirrors, window glass, ceramics, pottery
Thank you for recycling responsibly

Plastic Film Drop Off Program Restarted April 5th

4 convenient drop off sites: Town Hall, Atwater and Smith Libraries and Park & Rec

As a reminder, please do not include: grape/cherry bags, candy bags (Hershey, Werthers, etc.), individual tea bag packets, Saran wrap, and plastic bags that make a loud crinkling sound. These items cannot be used for this program.

.....*Thank You for Your Participation*.....

Dignity of Life Seminars

The Catholic Cemeteries Association Inc. (CCA) will be sponsoring a presentation focused on educating families about the challenges and the importance of Advance Planning, Maintaining the Dignity of Life during end-of-life discussions, and information about our NEW service called the Catholic Funeral Plan®. *The CCA* will offer evening Seminars with the assistance of an Elder Care Attorney. Professionals will answer questions on how to manage the elements of the golden years. The Seminar is designed for those age 50+ and their adult children, but all are welcome to attend. Please give us an **hour and 30 minutes** of your time.

Seminars will be held at the Sacred Heart Cemetery Chapel in Meriden from June until November every other Wednesday evening beginning at 5:30pm until 7pm.

All interested, MUST register. Seating is limited. Refreshments and materials will be provided.

Rosary Walk 2021 No. Haven
Walking for a Purpose and a Cause



All are welcome to join us every Tuesday evening at 6:00 PM at All Saints Cemetery (rain or shine). Meet in front of the main building.

The Rosary Walk began on June 8th and will continue until October (with a time change in October).

We are praying for World Peace and for each of your intentions. This Season, we will be walking to benefit

the CT Diaper Bank in hopes to help families with children. Let us make a small change in the world through our prayers and a simple act of love for thy neighbor. Making changes from the bottom up!

Please visit our website EVENTS Calendar to learn more and to donate by click on the link provided.

If inclement weather, please meet in front of the Mausoleum instead. Programs will be provided. If you have questions, please call Barbara at (203) 780-8418 or visit our website for additional info. at www.ccacem.org.

A Pathway Through Grief

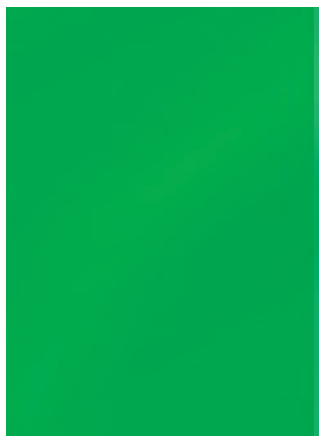
North Haven Funeral Home is offering an eight (8) week bereavement support program July 7 – August 25. This program is designed to provide comfort and counsel for those who have lost a loved one and are finding it difficult to cope with their loss.

The program will take place on Wednesday evenings from 6 - 8PM at the Hamden Miller Library Sr. Center at 2901 Dixwell Avenue.

Together, we will embark on an eight week journey to rediscover that we can, once again, have peace and joy.

There is no cost to participants. For information please call: Jean M. Hadley (Facilitator) 203-433-4552

Masks and distancing is required.



Sons & Daughters of Italy Resume

The Sons & Daughters of Italy have resumed indoor meetings and functions. Become a part of a growing organization that embodies the Italian culture,

The July meeting will take place on July 6, 2021at 7:00 in the St. Frances Cabrini Church Hall in North Haven. Come and visit to see what we are all about.

For more information call Frank at 203-410-4254 or go to northhavenlodge2805.club

NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

STW COMMUNITY CENTER 1332 MIDDLETOWN AVE NORTHFORD

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

FOLLOW US ON FACEBOOK! @NBPARKSANDRECREATION



Ongoing enrollment for camp, grades 1-6!

Monday, June 28 - Friday, August 20

8:30am - 4:30pm

\$125 weekly resident rate

Daily lunch is included!

Specialty classes at NO ADDITIONAL COST!

Register online at www.nbrecreation.com



Virtual Camps by Kidscapades - \$65 per week

July 12 - July 15 at 9:00-9:30 • Virtual Princess Days: ages 3-6

July 19- 22 at 9:00-9:30 • Adventureland Camp: ages 3-6

July 26-29 at 9:00-9:30 • Summer Sizzling Science ages 5-8

Visit nbrecreation.com for full details and descriptions! Please do not hesitate to reach out with any questions!



HARRISON FARM PRESERVE SCAVENGER HUNT

Come and enjoy the beautiful trails and participate in our Family Scavenger Hunt in collaboration with the North Branford Land Trust at Harrison Farm Preserve located at 95 North St, North Branford, CT 06471

Scavenger Hunt forms can be found at nbrecreation.com

After you complete the scavenger hunt, stop by Atwater Library (Monday - Friday, 10 - 5 & Saturday 9 - 12) to enter our Nature Raffle! Which includes a butterfly habitat, reusable tote, Agway gift card, and more!

Mary's Culinary Classes

Ages 5-14

STW Community Center • 5:30 - 7:30 pm

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

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

JUNE 29, 2021

Cold Chicken Pasta Salad and Flag Fruit Pizza

JULY 13, 2021

Orange Chicken and Berry Cheesecake

JULY 27, 2021

Chicken Parmesan and Sweet & Salty Sand Pudding Cups



SLAMMA-JAMMA BASKETBALL

Grades 3-9 — Jerome Harrison Elementary School

Session 1: July 12-July 16

Session 2: August 16-August 20

Monday - Friday, 9:00 a.m. - 1:00 p.m.

\$155/res \$160/nr

Instructor: Slamma Jamma Coaches



Description: The Slamma-Jamma staff shows campers how to develop basketball fundamentals and a winning attitude. With 38 years of experience, the knowledgeable and skilled camp directors and clinicians hold each camper's best interests as their priority as they work on skills to help create great players and great kids on and off the courts.

FIELD HOCKEY CLINIC

Grades 2-8 — Northford Park

July 14 - July 16—9:00 a.m. - 1:00 p.m.

Wednesday—Friday, \$65/res \$70/nr

Instructor: Cheryl Canada-Associate Head Coach at Quinnipiac University, USA Field Hockey Level II Accreditation, CPR and First Aid Certified

Description: Open to boys and girls that are new to the sport or looking to enhance their skill level. This camp is designed to develop the basic skills each athlete has by focusing on tactical game awareness, 1v1 defense, elevated passing, elimination and shooting skills. This camp is fun, exciting, and creates player synergy. Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.



FAMILY NIGHT AT PARKS & REC

Co-sponsored by North Branford Parks & Recreation & The North Branford Public Libraries

Tuesday, July 13 - 5:30 - 7:30pm
STW Community Center

Family entertainment by:
Jason Tardy: High Energy Juggling
Food available from: D&S



Pack a blanket, lawn chair and enjoy an evening of family fun! Please register in advance, nbrecreation.com

ZUMBA

Family Zumba: Monday June 28

Ages 4+ - STW Community Center Multipurpose Court
5:45pm - 6:45pm

What a great way to have fun as a family!
Join us for Outdoor Family Zumba! \$10 for adults & \$5 for children under 18!

July Zumba: July 1 - 22

Monday's & Thursday's

Ages 18+ - STW Community Center Multipurpose Court
5:45pm - 6:45pm

Instructor: Marina Rossi

As a ZUMBA® instructor of 10 years my style is bright, bold and loud. I believe in feeling the music and joining the party to find your confidence, your workout and your success. I got my start when a coworker invited me to take a class that night. I was 70 pounds overweight, self conscious, tired and depressed but 60 minutes later I was hooked. Now my goal is to show people that they don't need to be fit, have their "ideal" body, or be a pro dancer to participate in a group fitness class. I work hard every time I instruct to bring a great workout to everyone in the room whether beginner or fitness junkie. You can be ready to try something new or as intimidated as I was that first day, but check out my schedule and come Join the Party™.



CAFETERIA RE-OPENING

Beginning Tuesday, July 6, the North Branford Senior Center will be back to in-person senior meals.

Daily lunch pricing remains \$3.00 per meal and a pick-up option will continue to be available. Transportation services to the Senior Center are available on a limited basis.

Lunch will be served at 11:30 a.m. daily unless otherwise noted. Please call by 9:00 a.m. to order your meal for the day.

North Branford Parks, Recreation & Senior Center will continue to follow best practices to prevent the spread of COVID-19 by implementing safe distancing, mask wearing when not eating and limiting the number of individuals at each lunch table. Should you have any questions or concerns, please call the office at (203) 484-6017.

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

ANF Construction. residential or commercial remodeling and new construction kitchens, baths, decks and more. Call for free estimate. **Artie,** 203-927-5275.

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

ELECTRICIANS

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

LANDSCAPING

J & M Landscapes LLC.Complete Lawn Care { Mowing , Edging , Weed whacking & Blow off } Tree, hedge & shrub Pruning - Property cleaning & debris removal - Landscape Design { Mulch, shrubs & flower beds} - Stone, Gravel & Mulch delivery -Install Stone shed foundations - Small Backho { excavation work } - Driveway sealing - Power washing - Spring & Fall Yard clean -ups. Gutter Cleaning. Winter Snow plowing.

Vet & Senior discount. For a free quote call John (860) 349-8135.

Mone Landscaping LLC. we are now accepting new accounts for landscaping. Including but not limited to Lawn Mowing, Mulch, Trimming, Edging, etc. We are licensed and fully insured. Morethan 25 years in business. Call Mike at 203-640-5317 for a free estimate.

CASH IN ON OLD JEWELRY

Wanted Gold, Silver scrap jewelry. Fair Prices offered.

Call 203-627-6826 or 203-376-1249

PLUMBING

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

TREE SERVICES



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

TAG SALES

Northford Congregational Church, "A Little Church with a Big Heart," will be holding an outdoor tag sale on the lawn to benefit the church on Sat., June 26, from 9 a.m. - 1 p.m., at 4 Old Post Rd., Northford. Contact Aloha at (203) 484-0794 for information.

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. Office hours are 9 a.m. to 1 p.m. on Tuesday and other days by appointment. Website: www.northfordcongregational.church. Email address: northfordcc@gmail.com. Like us on Facebook.

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238 Elm Street, West Haven

(203) 933-1217

Keenan Funeral Home

www.keenanfuneralhome.com

wecare@keenanfuneralhome.com

HELP WANTED

Arborist - The Town of North Branford is accepting applications from qualified individuals for the position of Arborist in the Public Works Department to perform all types of tree work that are related to removal of trees and brush on Town Roads. Requires. Bachelor's degree in Arboriculture, Urban Forestry, Plant Science, Environmental Science, or a related field, Master's preferred. Arborist license, pesticide license, electrical hazard certification, trained in aerial rescue and first aid including CPR. **As a minimum,** the employee must have a valid State of Connecticut CDL Class A license and be able to drive a standard transmission vehicle. Starting wage is \$31.50 plus benefits.

Applications are available on-line at www.townofnorthbranfordct.com. Applications can be mailed or dropped off to the Town Manager's Office, North Branford Town Hall, 909 Foxon Rd, North Branford CT 06471 this position will remain open until filled. (No faxes or emails). EEO/AA

Drivers Needed: Must have good driving record and be on time. Apply in person at Petals 2 Go in Central Plaza, North Branford, or call Dave at 203-484-7800