

# Totoket Times

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Volume 28 No 25, July 1, 2022



## HAPPY FOURTH OF JULY



**GOD BLESS AMERICA**



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voluntary payment to  
the Totoket Times.  
Venmo@  
Frank-Mentone - 1

<u>Deadline</u>		<u>Publication Date</u>	
July	8	July	15
July	22	July	29
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“Decide to Ride”

Dear Editor:

As fireworks light the night sky this Fourth of July, friends, families, and communities will gather together to celebrate our independence and toast to our nation’s birthday.

Wherever you’re raising a glass this weekend, if your plans involve alcohol, Dichello Distributors, Inc reminds you to ‘Decide to Ride’ and plan ahead for a safe ride to and from your holiday celebrations to help keep our community safe. Drunk driving is 100% preventable so whether you choose to ride with Uber, public transportation or a non-drinking designated driver, if you drink, don’t drive.

For over 35 years, Anheuser-Busch and its network of independent wholesalers nationwide have invested more than \$1 billion in initiatives and community-based programs to prevent underage-drinking, impaired driving and other harmful uses of alcohol.

Dichello Distributors is proud to work alongside Anheuser-Busch, Mothers Against Drunk Driving and Uber to encourage everyone to “Decide to Ride” this Fourth of July weekend.

From all of us at **Dichello Distributors** we wish you a happy and safe Independence Day.

**Tony Lota**  
Alcohol Awareness Coordinator  
Dichello Distributors, Inc.  
Orange CT.

“Thank You company 3”


Dear Editor:

I want to thank the NB Volunteer Fire Dept. Co 3 for their quick response to my 911 call. My husband had an issue that I was totally unprepared to take care of myself. After assessing the situation, my husband was taken to the Emergency facilities in Guilford. The EMT informed us that his heart medication appeared to be in need of reevaluation. The doctors agreed. His next day visit to his Cardiologist confirmed the EMT diagnosis! His meds were readjusted, and my husband has had no problems.


Many thanks for the Volunteers’ expertise. These men and women are an integral part of Northford. They make our outstanding Community a safe place to reside. I hope, if other residents can, that they send a donation to CO #3 so that they may continue to continue their excellent work.

Sincerely,  
**Marie S. McDermott**





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State Representative Vincent Candelora



In my years serving in the General Assembly, I’ve come to appreciate that old phrase “variety is the spice of life.”

Yes, over the last decade or so it’s been the budget that has dominated most of the headlines produced by the capitol press enclave. Yet we do much, much more than that. The votes are largely bipartisan, too.

Our work during the 2022 legislative session was no exception. While talk about tax relief and federal pandemic relief funds kept reporters busy, we worked on bills that affected banking, transportation and everything in between.

For example, bipartisan work produced landmark legislation focused on data privacy. Under Public Act 22-15, companies that collect certain levels of consumer data will be required to honor requests to delete, amend, or provide copies of data they share. Those companies must also limit collection of personal data to only what is reasonably necessary to serve their purpose. On top of that, they must provide an opt-out provision to consumers who don’t want their data shared.

A bill for which I advocated was included in Public Act 22-58, establishing a 13-member Rare Disease Advisory Council that will advise and make recommendations to the Department of Public Health and other state agencies on the needs of residents living with rare diseases as well as their caregivers.

Over the last year, concerns about the mental health of children moved to the forefront of our efforts as parents and educators began to see the impact of government policies that kept kids isolated during height of the pandemic. Public Act 22-47 includes concepts proposed by Republicans, including the establishment of the 9-8-8 suicide and mental health crisis line as well as development of a peer-to-peer support program for students in grades six through 12. The legislation also increases telehealth services for kids who need mental health support, and it provides funding for recruiting and hiring more student mental health specialists and psychiatrists focused on children and adolescents.

While budget debate is necessary and a critical topic for public consumption, bills such as those described above, or even one (Public Act 22-34) that allows veterans of Operation Enduring Freedom or Iraqi Freedom to secure license plates recognizing their service, are equally as important to residents who supported them. Stopping theft of catalytic convertors (Public Act 22-43)? Ditto. More transparency in the state’s bidding and contracting process (Public Act 22-65)? Yes, just as weighty.

Check out the “Major Public Acts” report posted on my Web site, repcandelora.com, to get a look at the variety of the work we do—it’s the spice of legislative life.

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



Let’s Be “Frank

Well brother, it’s that time of year again. High school baseball is over. I am convinced more and more each year that I am at the point where I need the kids more than they need me and I appreciate them accepting and respecting me.

Now that it’s over it gives me a lot of free time to think and a lot of time to get pissed off about stuff I don’t have time to worry about during the season. So here comes my annual after the season rant.

I am witnessing a new wave of people bringing their pets to work as either the person or the pet has anxiety. In my day, we were so busy at work we didn’t have time for anxiety. Also, why can you bring your dog to work but not your kids.

Saint Anthony Church in New Haven is going under some ridiculous changes. The diocese with no input from the parishioners has decided to group all the New Haven Churches under one governing body. They changed our 10:30 Mass to 8:00AM and our two Spanish Masses to one Mass at 1:00. Both completely inconvenient if not impossible for many parishioners.

The simple answer was they are making it easier to attend Mass by offering choices at six different churches. My choice is simple. I go to Saint Anthony Church. Our family has been going to this church for four generations. I have been going there for 65 years and singing for 50. The Church is profitable, very active in the community and last check served close to 300 families. I remember when the church was for the people and the people had a say in what happened. Now we are under a dictatorship and have nothing to say about the church and parish we built.

They haven’t even had the decency to come in and explain a plan. We are on a what they think we need to know basis. Maybe these brain surgeons can spend time figuring out why they are losing people instead of how to lose more.

For a year now (since going on medicare), my insurance stopped covering the insulin I was taking which kept my numbers perfect. I have now been put on six different types of insulin and none seem to work. Due to the high numbers, my eyes are getting bad and inflammation is taking over my body because of the high numbers.

Although my doctor is trying, he can’t get the right combination. When I told him I was getting depressed he offered a therapist. So the insurance will play for a damn therapist but not the insulin I need, which is the reason I’m depressed in the first place.

I’m tired of businesses closing because no one wants to work. If the government would stop giving people free lunches, paying for college loans and extending unemployment wages, people would have to go to work. In the same sense if parents would teach kids the value of a dollar and force them to take a job to earn money instead of giving them what they want, businesses would be able to survive without gauging the customers to compensate.

I don’t like people who stand in line at grocery stores and are loudly talking on the cell phone. It can’t be too important that you can’t wait till you get out. Also, I don’t give a rat’s backside what they’re doing after dinner or how they made out at the proctologist.

I don’t like liars. If you can’t tell me the truth then tell me you can’t tell me the truth. But don’t make up a lie to cover your butt. If I can’t trust you there is no friendship.


I don’t like change for the sake of change. If you can convince me how the change will be a good thing that’s great. But if your best argument is we’ve been doing it that way too long then that’s not an argument. Change for the sake of change is senseless.

I don’t like tardiness. Pop always taught us that being on time means being there fifteen minutes early. Being late means you don’t respect yourself or the people or event you are going to.

I don’t like the fact that I have visited my uncle and a good friend at the cemetery on several occasions and someone keeps stealing the flag on their grave. These men served our country with pride and sacrifice and deserve to be recognized even in death. Besides, what moron would steal a flag off a grave.

Well that’s it for now bro. My best to the rest and I’ll see you soon.

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**  
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# For the Health of it

## Living the Sweet Life

### Some Facts About Sugar



It’s hard to be certain of what direction to take when navigating the maze of nutrition “facts” we hear while taking a social media scroll, skimming headlines, watching the news or talking with friends. Even recommendations from doctors who have our best interest at heart can seem confusing or incomplete.

For example, have you ever been told to avoid or “watch” sugar intake in order to help correct a health issue or as a preventative measure? As a stand alone statement it could be misleading as all carbohydrates including fruit, vegetables and grains (fiber excluded) are metabolized into sugar. Sound advice without the proper guidance and tools typically is not enough.

Surprised to hear that fruits and vegetables are carbs? You’re not alone. Carbs get such negative press these days, it’s hard to imagine anything healthy falls into this category. So now that you do know- please don’t avoid them! Diets that eliminate fruits and vegetables also eliminate the vitamins, minerals, fiber and phytonutrients they provide. The right carbs are essential and provide the body with energy.

It’s actually refined sugar, sugar that’s not naturally occurring in food (think processed foods, pastries, donuts, soda, candy) that should be kept to a minimum. Studies show that diets high in refined sugar are known to create inflammation in the body and spike blood sugar, causing fat storage, bloat and with enough consistency, a host of health issues. An article in Harvard Health Publishing, states chronic inflammation plays an important role in the development of many diseases. And, according to the American Heart Association, the body doesn’t need *any* added sugar to function healthily.

**So why do we crave sweets?**

This is far from breaking news but, sweets taste good. Sugar cravings are extremely common among both men and women. Sugar releases the brain’s feel good chemicals, like serotonin. Some food companies actually conduct research to determine which foods will tempt our taste buds and leave us coming back for more. Not very nice, is it? But to a great degree, it works...for them.

Many who have given up sugar completely claim they have never felt better. However, that may not be a realistic solution for everyone. Generally speaking though, there are things we can do to take back control on a day to day basis and be set up to win when we choose to indulge in our favorite treat.

Sugar cravings can be caused by not eating enough throughout the day. Those cravings can be greatly reduced by eating balanced meals containing a protein, healthy fat and a carbohydrate. This helps to create hormonal balance and can decrease or even eliminate sugar cravings.

**Having your cake and...**

Chocolate is the most common go-to food people reach for when craving sweets. This is especially true for women. When craving chocolate, reach for the dark variety (chocolate that contains more than 70% cocoa) which is a healthier choice. The upside is, it also contains healthy plant compounds known as polyphenols. If you’re a milk chocolate lover, you may have to gradually make the switch by starting with semi-sweet and working your way up. Be mindful though, that like milk chocolate, dark chocolate contains sugar and fat, so it’s best to limit yourself to a couple of squares to satisfy your craving. (Check the serving size and cut it in half.)

Naturally sweet carbs, like fiber rich berries, are low in sugar, yet can stop a craving right in its tracks. **Berries** are great as dessert after a meal (allow yourself to savor the sweetness) or as a balanced snack with plain yogurt.

**Sweet potatoes** are another carb that can be added to a meal making it more balanced, while providing the sweet taste you crave. Try it roasted with just a spray of olive oil and a sprinkle of cinnamon and nutmeg. It’s naturally bursting with sweetness plus lots of other good stuff like potassium and beta carotene. Serving size is important, with 3oz being a standard sweet potato serving.

Get creative with **protein powder** and use it for more than shakes and smoothies! The recipe below is easy, and satisfying using protein powder as a base.

**Chocolate protein bites**

I once brought these no bake bites to work for a breakfast meeting and they were a big hit. They’re good as a grab n go snack, for dessert or when you’re simply craving some chocolate.

1- 2 scoops quality chocolate protein powder (determined by “scoops per serving” of your favorite brand.)

- 1/3 cup nut butter (I used almond)
- 2 tablespoons of honey or organic maple syrup
- 2-3 tbsp chopped walnuts
- 2-3 tbsp mini dark chocolate chips
- This recipe makes about 12 bites
- 2 bites per serving

Mix ingredients together, roll into balls and keep refrigerated in an airtight container. (You may need to add a little water if the “dough” seems too dry.) You can also roll them in unsweetened coconut. To reduce the sugar even further, leave out the honey or syrup and add a tbsp or 2 of water. I also have made it sans chocolate chips and these bites are still delicious.

Once we start reducing refined sugar and other additives, food actually begins to taste better. Most desserts and sweet treats are simply carbs and fat. When you want the real deal, make it work for you by having a lean protein first. For example, before you make a trip to your favorite ice cream stand this summer, have a few slices of deli turkey or some other lean protein before heading out. This will change the way your body processes and metabolizes the sweets you’re about to eat.

As always, those with specific health concerns should consult with a trusted medical professional before implementing dietary changes. Have questions? Please contact me at [joann@wellnessfusion.net](mailto:joann@wellnessfusion.net). This monthly column is here for you, “For the Health of it!”

*JoAnn Begley is a health enthusiast and Certified Nutrition Coach who has practiced and taught holistic therapies for more than 20 years. She and her husband Jerry have two children and live in North Branford.*



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Matty in the Minors



It has been a crazy few weeks without writing for the Totoket Times. I have been relocated to Palm Beach, FL until further notice and it was quite a ride down. Before I continue, a big congratulations to all of the recent graduates from North Branford High. Especially a Mr. Jonathan Christiano. Keep being you and enjoy this summer and your next year at SCSU. Love you man! Nothing has changed on the baseball field. The talent anywhere is really good. I am playing every day which has been nice. My last off day was in the first week of April. But that’s the way I like it. Maybe I will give Cal Ripken a run for his money one day. Off the field a lot has changed. It is now roughly 10 degrees hotter every day. The food is much better. And there are beaches right down the street. Off days will be well spent. Just about halfway through the season. I’m looking forward to the trip home. Flying into New Haven instead of Bradley should be an interesting experience. Matthew Chamberlain

Pick up the July 15th Issue of your Totoket Times

The July 15th issue of the Totoket Times will not be mailed. It will be dropped off at community locations and businesses as well as on our website. Please continue to locate us on those rare occasions we do not mail as we are trying to negotiate our distribution to save on the outrageously high rates of mail. We will continue to be primarily be a mail delivery publication.



North Branford

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

Northford

Northford Post Office, Patco Service Station  
Smith Library, NB Recreation Department

Fireworks

Fireworks are enjoyable and exciting to watch, but every year they injure thousands of people, many of them children, and cause thousands of fires. ALL FIREWORKS except for sparklers ARE ILLEGAL, in Connecticut, and may not be sold, purchased, or used. Only regulated firework displays by state licensed, professional pyro-technicians, which have been approved by local and state officials, are permitted.

The only safe way to enjoy fireworks is to attend an approved public display.

Do not buy fireworks from roadside stands. Local establishments that are licensed to sell fireworks are inspected by the fire marshal. “Sparklers” as determined by the State, include sparkling devices of not more than 100 grams of mixture per item and are non-explosive and non-aerial. These include common stick sparklers, cone, base, spike and fountains. These are the only items that can be legally sold or purchased in Connecticut.

Call the Fire Marshal’s office with any questions:  
203-484-6016

Residential Burning Permits

- 1) Open Burning Applications are available on the Town’s website [www.townofnorthbranfordct.com](http://www.townofnorthbranfordct.com)
- 2) Completed forms must be returned to Fire Marshal’s Office by email, regular mail or dropped off at Town Hall. Applications must be received by the Fire Marshal’s office three days prior to burning.
- 3) Upon receipt of a completed signed form, the Fire Marshal’s office may physically inspect and photograph the site where the brush is to be burned. Only brush can be burned. No limbs over 3 inches in diameter. No stumps or leaves. Permits are issued for 30 days. Burning can only take place between 10am and 5pm.
- 4) A copy of the form will also be faxed to the North Branford Police Department.
- 5) The resident will be instructed to contact the North Branford Police Department @ 203-484-2703 on the day they wish to conduct the burn.
- 6) If complaints are received, police or fire will be dispatched to determine if a nuisance exists. If deemed necessary, the appropriate fire company will be dispatched, and the fire will be extinguished.
- 7) If the resident does not have the appropriate approval to burn, at the discretion of the local burning official or the incident commander, police intervention may be required. Pursuant to Connecticut General Statute sec. 22a-174, failure to obtain the necessary approval to burn is a Class C misdemeanor and punishable by fine of \$ 200 or imprisoned not more than six months or both.
- 8) Applicants must follow all guidelines and requirements.
- 9) You are required to have a 50-foot buffer from any structure or property line. You are required to have a water supply, capable of extinguishing the fire.
- 10) Chimineas and fire pits less than 3 feet in diameter do not require a permit.

Email forms to:  
[firemarshal@townofnorthbranfordct.com](mailto:firemarshal@townofnorthbranfordct.com)

Call the Fire Marshal’s office with any questions:  
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Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Are you a member of OSDIA Yes-No  
Email Address: \_\_\_\_\_  
Car Club Affiliation: \_\_\_\_\_  
Vehicle info: Year: \_\_\_\_\_ Make: \_\_\_\_\_ Model: \_\_\_\_\_  
Please Initial – This Vehicle is Registered and Insured \_\_\_\_\_ Date \_\_\_\_\_  
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Grade 8 HH

Aiken, Bree  
Bliven, Alyssa  
Bliven, Gary  
Budd, Michael  
Carusone, Justin  
Cioffi-Smith, Riley  
Connelly, Tyler John  
Cucchiarelli, Jack  
DePino, Payton Hope  
Dodge, Tyler Daniel  
Haeckel, Jason Edward  
Heffernan, Tyler John  
Kuczynski, Madison S  
Lacroix, Cameron  
O’Brien, Charle  
Papa, Samantha Marie  
Pienkosz, Olivia  
Poston, Jacob Logan  
Preiss, Emma Louise  
Raymond, Caleb  
Sargent, Brock Keith  
Saulino, Luca Aniello  
Sherman, Aiden Heath  
Sigel, Anthony Joseph  
Sorrell, Sophia Marie  
Sudusky, Kyle Joseph  
Tang, Meghan  
Venturini, Leo Patrick  
Vitarisi, Lauren  
Westefeld, John

Grade 7 High Honors

Ahmed, Afran  
Anderson, Matteo  
Aucapina, Isabella  
Brigance, Reese

Caffalette, Talan  
Carbone, Armani  
Chasanoff, Ella Rose  
Cinquegrana, Jonathan  
Dolzani, Steven  
Dowson, Marina  
Duggan, Finn  
Forgione, Matthew  
Francisco, Connor  
Frani, Daniel Artur  
Frost, Adrienne Olivia  
Fusco-Cuneo, Aden  
Gauvin, Cameron  
Gierla, Gavin Anthony  
Graham, James  
Guerrero, Gabriel  
Harper, Mallory James  
Harper, Mia Katherine  
Havens Myles  
Johnson, Samantha  
Kleckner, Kayla Anne  
Kundrath, Brianna  
LeBeau, Autumn Rae  
LeMay, Peyton  
Macauley, Kate Joan  
Magazzi, Marcus  
Martin, Jake Tyler  
Martone, Alia Jo-Ann  
Masella, Izabella  
McCullough, Joseph  
Meizies, Tyler James  
Miller, Craig Clyde  
Montero, Justin Joel  
Page, Ava Leigh  
Paolini, Natalia Faith  
Park, Adam Jong

Patel, Vedi Nilesh  
Pearson, Luciano  
Peterson, Leif Morgan  
Podzikowski, Siena  
Rish, Aesop Orion  
Rivera, Luis Manuel  
Seward, Madelynn Eve  
Sheridan, Evan  
Sigal, Alexandra Grace  
Sigal, Michael  
Stewart, Savannah Rae  
Troqe, Iris Arjeta  
Urbano, Mario  
Wang, Natalee Theresa  
Weld, Aubrey Drew  
Wojciechowski, Emma  
Wright, Carly Evaline  
Yarnall, Dylan Parker  
Zulawski, Katheryn  
**Grade 6 High honors**  
Abanoz, Eda  
Acampora, Justin  
Adinolfi, Ava Marie  
Allan, Taylor Susan  
Altland, Gabriel  
Amendola, Sophia  
Baker, Leann Joyce  
Beisaw, Mia Jeanette  
Biolzi, Sadie Rose  
Brennan, Dalton  
Brindisi, Nadia Elle  
Budd, Ellie Catherine  
Caffalette, Matthew  
Camarco, Logan  
Castro, Lance Angelo  
Cereni, Mariela

Chittenden, Shelby  
Collins, Andrew  
Connelly, Kylie Ann  
Cook, Quinn Mitchell  
Corsini, Gianna Rose  
Cronan, Alexander  
Cuozzo, Nicholas  
DeFrancesco, Ava  
DiStefano, Mason  
Durkin, Alexa Grace  
Fekieta, Justyna  
Flynn, Siena Frances  
Fryer, John Paul  
Gambardella, Lilah  
Getman, Lyllianah Joy  
Graham, Ryan  
Horotan, Henry Ian  
Hortillo, Ethan Gerard  
Intravia, Natalie Mara  
Jaracy, Jake Dylan  
Kingsbury, Riley  
Kirmali, Layla Rose  
Knoob, Tyler Joseph  
Lake, Evan Richard  
Landino, Marco Enzo  
LeClaire, Isabella  
Leko, Emma Emily  
Lorenti, Olivia Eva  
Luangsay, Natalie  
Lucibella, Dessa  
Martinez, Andrew  
McDermott-Miliano, Gabriella Luisa  
Merry, Jacob Robert  
Murphy, Ryan Michael  
Negron, Ellexis Paige

Pacelli, Luca Vincent  
Parisi, Francesca  
Paul, Liam David  
Pavic, Marin  
Pearson, Antonio  
Pelczar, Carson  
Prato, Emilia Lyn  
Redman, Colby Paul  
Rivellini, Joseph  
Rivera, Joel Anthony  
Rodican, Natalie Ann  
Sickinger, Ryan August  
Smith, Broden Joseph  
Taylor, Quincy Huston  
Traill, Ian Leland  
Vander Wyk, Noah  
Virginelli, Sophia  
Walston, Joshua  
Wyatt, Adilyn Marie  
Young, Caden Calvin  
Grade 8 Honors  
Albrecht, Danielle  
Beecher, Zachary Scott  
Brustman, Leah Abigail  
Burke, Madelyn  
Cioffi-Smith, Chase  
Fowles, Kaelyn Jean  
Gage, Sebastian  
Gwiazda, Austin Henry  
Ianniello, Gianna  
Johnson, Aiden Javier  
Marino, Alyssa Charla  
Navarrete, Cassidy  
Riordan, Zachary  
Ryszczyk, Ava Diana  
Schreiner, Jakub

Traill, Gavin Ian  
Grade 7 honors  
Angiollo, Luca Anthony  
Annunziato, Lorenzo  
Biehler, Aiden Louis  
Ercolani, Jacob  
Karbowski, Theadeous  
Keil, Brianna Rae  
Koelle, Adam Peter  
Kwalek, Mia Rose  
Nargi, Joseph  
Pereira, Alexander  
Perrelli, Mya Isabel  
Plano, Matteo  
Rosado, Haylee  
Salvati, Nicolas  
Spinelli, Valentina  
Trammel, Cole Boone  
Trindade, Tyler  
Troche, Gian Josee  
Trudeau, Camden  
Wright, Christian  
Grade 8 Honors  
Biron, Isabella Luisa  
Brockett, Emma  
Cappetta, Donato  
DeLieto, Melanie  
Farquhar, Dominic  
Guercia, Harlen  
Hench, Clifford  
Karpel, Ethan Peter  
LaRock, Monnique  
Mann, Emily Grace  
Minnocci, Cole Mark



Students and staff at Totoket Valley Elementary School welcomed the opening of the “Ed Cann Bird Sanctuary” in June. The outdoor location in the back of TVES near the Land Trust hiking trails was designed, built, and maintained by TVES staff members in honor of Ed Cann. Ed, who passed away this fall after battling cancer, was a custodian at the school for over 48 years. Students, staff, and the community wanted to honor his long time legacy at the school with some kind of meaningful dedication. The idea of a bird sanctuary came together with key input from custodial colleague - Jimmy Perrelli, art teacher - Elyse Mortensen, grade 3 teachers - Karyl Morton and Mary Ellen DiLella, paraprofessional - Karen Doyle, and security officer - Art Huggins. Together with principal Carter Welch, this group secured this outdoor space so that students, staff, and visitors for years to come can enjoy a peaceful learning and relaxing location. The area highlights birdhouses, a bird bath, bird/butterfly friendly plantings, a seating area, and a meditation space. The goal is to allow students and staff to practice active relaxation and mindfulness in this area to enhance their emotional regulation. Additionally, the space will serve as an outdoor learning space, where students and staff can study birds, butterflies and other

flora and fauna live in nature as connected to their science curriculum. In partnership with this space, TVES is seeking grant funding for binoculars and other science supports (bird guides, nature guides, studying kids, etc.) so that learning and relaxing will go hand in hand in honor of Ed Cann. During Ed’s life he was an active appreciator of nature, outdoors, birds, flowers, etc. and was a wonderfully talented photographer as well, often using nature as his inspiration. It is our hope that Ed’s legacy will be honored for years to come by this wonderful space at his beloved Totoket Valley Elementary School. The design group, mentioned here, will continue to add to, enrich, and develop this space over time with input from our students and their families as well. We hope all who visit this area will enjoy the space and the learning that comes with it, and we hope Ed continues to smile down upon all of us as we do!

Principal Welch thanked the committed members of the design team pictured here who helped the vision come to a reality this June, and he wanted all to know both science and mindfulness are alive in the back of TVES on a daily basis!

Respectfully submitted by Carter Welch, Ed. D. principal of TVES.



NORTH BRANFORD HIGH SCHOOL PERIOD IV HONORS

<b>HH 12<sup>TH</sup> GRADE</b> Ackerman, Lauren Aucapina, Jade Burke, Saoirse Camejo, Genesis Carter, Alyiah Caso, Maissa Cavalier, Christopher Christiano, Jonathan Cronan, Tyler Crouch, Kayla Danner, Jacob Danz-Manner, Ashton DePino, Gianna DeSena, Dane Esposito, Joseph Gomez, Nichole Iuteri, Mila Jarmie, Aubrey Langlan, Charles LeBeau, Braeden Leete, Regan Levine, Taylor Marcarelli, Lexi Marra, Grace Melillo, Kate Norman, Delaney Nuzzo, Ryan Parente, Carley Patel, Dhruvi Pearson, Blake Pearson, Elena Pfeiffer, Olivia Pinto, Gabriella Pollock, Catherine Proestakis, Nikolas Pujois, Cynthia Reynolds, Benjamin Ricardo, Marissa Rivera, Sheyenne Rossicone, Jalen Rossicone, Paige Salani-Bathija, Tara	Saldutti, Jake Salzillo, Ariana Senerchia, Hanna Spinelli, Francesco Stone, Makenna Toto, Olivia Yacono, Emma Yarnall, Paige <b>HH 11<sup>TH</sup> GRADE</b> Annunziato, Nina Barone, Gabriella Beardsley, Alyssa Beecher, Nicholas Betzner, Bridget Bogardus, Grant Bureau, Shelby Candelora, Ava Capasso, Chelsey Carbone, Carmela Carroll, Spencer Chasanoff, Ryan Cotton, Alexa D’Amico, Cecelia DeSisto, Nicolas Esposito, Alexander Falcioni, Nico Gallagher, Stephanie Gallipoli, McKenna Gambardella, Ava Gambardella, Sophie Girardi, Drew Heffernan, Carolyn Higgins, Nathan Ianniello, Alexandra Johnson, Charles Juniver, Tessa Kamienski, Payton Katz, Avery Martone, Isabella Palma, Gianna Patel, Anuska Powell, Carly Raymond, Maiah	Riordan, Mea Rojas, Cristian Shadman, Alexander Sim, Paulynna Sorrell, Jaiden Teodoro, Alexa Tranquilli, Nathan Wray, Dana <b>HH 10<sup>th</sup> Grade</b> Augur, Collin Barrett, Logan Brigance, Sienna Cappetta, Aidan Carter, Gianna Carusone, Christiana Criscuolo, Keana D’Aria, Samantha DePino, Lucian Herassme, Joelle Holzer, Callie Hutchinson, Aiden Jacobs, Joseph LeBeau, Patrick Lin, Sabrina Lucibello, Morgan Lucibello, Natalia Martinik, Brady Miller, Tiffany Mone, Patricia Mullins, Kiley Nuzzo, Giana Onofrio, Lindsey Patel, Jay Peterson, Lars Senerchia, Gabrielle Sigal, Elizabeth Stoner, Connor Toto, Sophia Urrata, Michael Vogt, Lucy Vongher, Frederick Yacono, Mia	<b>HH 9<sup>th</sup> Grade</b> Allen, Noah Amendola, Ashley Aranda, Isaac Danner, Nathan Dion, Gabrielle Esposito, Benjamin Falcioni, Alexa Hannan, Catherine Hannan, Mary Higgins, Joshua Hills, Adriana Kamienski, Daytona Krebs, Marley Lin, Tina McCullough, Giana Melillo, Karma Melillo, Samantha Monde, Jack Nay, Emilyn Proto, Natalia Raynor, Catherine Rizzuti, Aaliyah Spanier, Sofia <b>HONORS 12<sup>TH</sup> GRADE</b> Adamczyk, Lauren Aguiar, Sarenna Angelini, Julia Bagley, Gabriel Belbusti, John Bonapace, Ava Brennan, Robert Brittell, Cameron Chopus, Jake Crocker, Alanie Damiani, Maya Diglio, Stefania Green, Trevor Hills, Isabella Monde, Ryan Nye, Morgan Oliverio, Mia	Patel, Diya Pietrandrea, Lauren Scalia, Dominic Stakaj, Franceska Teodosio, Demetrios Vollono, Abigayle Waldron, Cailey <b>HONORS 11<sup>TH</sup> GRADE</b> Brindisi, Dradon Burwell,Dylan Castellano, Richard Collins, Jason D’Onofrio, David Defaranos, Elias Dolzani, Robert Farrell, Ally Garrett, Cameron Geist, Aidan Herassme, Ryan Hoskins, Nathaniel Izzo, Eric Jackson, Carl Krista, Cassidy Lacroix, Molly Luciano, Edwardo Mansi, Heather Park, Mia Provencher, Mason Schmidt, Gabriella Serenson, Tyler Solomon, Tyrek Stegina, Benjamin Vincent, Vada Wang, Marissa <b>HONORS 10<sup>TH</sup> GRADE</b> Blomster, Luke Brustman, James Carofano, Joseph Cepeda, Destiny DeAntonio, Lucas Dion, Joshua	Dodge, Lauren Doody, Jalynn Ferrucci, Te’a Gamble, Gianna Gott, Samuel Kluk, Alexander Maley, Jack Medina, Thomas Munck, Cassandra O’Brien, John O’Brien, Mikella Olsen, Christopher Palasiewski, Jasmine Pinette, Leah Ramada, Peter Ryszczuk, Nicolo Small, Noelle <b>HONORS 9<sup>th</sup> GRADE</b> Anderson, Kyle Ardito, Lily Bigio, Gabriella Cahill, Olivia Cappella, Robert Caso, Nicolas Chopus, Justin Cosgrove, Jason DeFrancesco, Alexa Dell’Aquila, Vincent DeLucia, Ryan Giovanni, Anthony Izzo, Tanner Keil, Jordan Lamot, Joanna Meneo, Jeremy Nuzzo, Megan Onofrio, Isabella Onofrio, Julianna Patel, Preet Scalia, Matthew Schmidt, Alivia Virginelli, Adam Yu, Archie
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THEY MAKE US PROUD

Griffin Geist, Kailey Oliverio & Stephanie Sudusky were named to the Dean’s List at the University of Rhode Island in Kingston.  
Sarah Anastasio and Marcus Williams were named to the Dean’s List at Holy Cross College in Worcester, MA.  
Catherine Moran, Emma Randolph & Ethan Despres recently graduated from the University of Hartford.

Igniting Talent Launches Trevor Green

Like many students, Trevor Green entered his senior year at North Branford High School with no plans after graduation and months behind on his state mandated capstone project. After his experience last semester with a new CT program called Igniting Talent, Trevor graduated this month and will attend Gateway Community College in the fall with a career track in place.  
Trevor was recommended for the first-of-its kind [career launch pad Igniting Talent](#) program, which partners schools with local businesses. The CT based non-profit conducted interest & capabilities assessments with Trever and set him up with a rotation of micro-internships to give him hands-on experience at three local businesses.  
Trevor interned with [Guilford Texaco North](#), [Impact web development company](#) and Frank J. Mari Photography. After completing the Igniting Talent program and post-internship assessments, Trevor will pursue computer science and web development at Gateway.



NBHS Athletic Hall of Fame Class of 2022

Due to COVID, the North Branford High School Athletic Hall of Fame was unable to induct any new members since 2019. On August 14, 2022 the next group of inductees will be honored at Millpond Gathering in Northford.

**Coach Floyd Parness** will be inducted posthumously. He was an extremely caring and dedicated man who was truly devoted to all of the student-athletes that he coached in cross country, indoor track, and outdoor track & field.

**The 1981 girls Field Hockey team won its first State Championship in 1981. Their coach, Miss Nuhn,** and the team will be honored for this achievement. These girls set the standards for the future teams and success has been consistently repeated, most recently this fall when they won another State title.

Individuals that will be inducted include: **Rhonda Mautte** graduated in 1975 after an outstanding athletic career. She played basketball for 4 years and as a captain, helped instill an exceptional work ethic attitude. The team won the school’s first-ever State Championship in 1976. Rhonda was also exceptional as a track athlete. She set many records in running and jumping events.

In 1978 **Beth Anderson** graduated after completing her very impressive athletic career. She ran cross country, competed in gymnastics and ran track. She set many school records and was instrumental in helping the cross country team win State title in 1977.

**Bobby Wells** graduated in 1996 then attended Curry College where he continued to compete in football. In high school he was an All-Area and All-State football player and also demonstrated his athletic ability on the baseball field.

Another exceptional athlete being recognized is **Matt Barbaro** who graduated in 2002. His work ethic, dedication, and skills all contributed to his personal success and he was rewarded by being named as an All-State football player for 3 years.

**Karl Derbacher** was an All-Area baseball player for 3 years and was named as an All-State player as a junior & senior. He was also honored as the “Player of the Year” for the Shoreline Conference. He graduated in 2005.

MADISON HOOP DREAMS  
SUMMER BASKETBALL CAMPS

We invite every family to send their children to Madison Hoop Dreams for a week of skill development, competition and fun. With 5 weeks to choose from (June 27- July 1; July 5 - 8; July 11- 15; July 18 - 22; July 25 - 29), we hope you will join us for at least 1 week. Our program is for players entering grade 3 to grade 10 and runs from 9 AM to 3 PM each day (we are there from 8:30 am to 3:30 pm). Our location is the HK Middle School (451 Rt 81, Killingworth) with 3 full courts. . Every effort is made each day of camp to motivate every camper to do their best and to “get better”.

We have openings every week and welcome the opportunity to give your camper their favorite week of summer camp.

Our pricing now includes an opportunity to get the “family price” of \$250 for a week of camp by having 3 or more members of a school, AAU, travel, or rec team come the same week. For more information about our camp, pricing, and to register, please visit <http://www.madisonhoopdreams.com>.

Connecticut Sportsplex®

NOW HIRING

Must be 16 years-old (18 years or older preferred)

Must be able to work weekends

Some weeknights available

Please call 203-484-4383

or

Stop by and fill out an application

Call 484-4383 or visit [www.ctsportsplex.com](http://www.ctsportsplex.com)  
FOR MORE INFORMATION

North Branford High School  
2022-2023  
Football  
Ad Book



The North Branford Touchdown Club is creating an ad book.

Kickoff Sponsor	Banner at Field & Full Page Ad	\$500.00
Touchdown Sponsor:	Full page ad	\$200.00
Field Goal Sponsor:	½ page ad	\$100.00
First Down Sponsor:	¼ page ad	\$ 50.00
Fan Sponsor:	1/8 page ad	\$ 25.00

Thank you for your sponsorship

- ☐Yes, I would like to sponsor Level: \_\_\_\_\_
- ☐Enclosed is a check in the amount of: \$\_\_\_\_\_
- ☐Committed, payment will be mailed before July 15th

Name of Company/Family: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Website: \_\_\_\_\_

For more information please contact Michelle Provencher at 203-988-0794 or email [mcan2352@hotmail.com](mailto:mcan2352@hotmail.com)  
Please email business card or artwork to: [mcann2352@hotmail.com](mailto:mcann2352@hotmail.com)  
Or write your message here: \_\_\_\_\_

Mail payment and form to NB Touchdown Club, PO Box 47 North Branford, CT. 06471

# Recycling News

The Next Electronics Drop Off will be on July 9<sup>th</sup>.

The event will be held at Public Works from 9am to noon. We will be collecting electronics such as 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** (clean and dry), **BATTERIES** and **USE OIL** for free.

There is a small fee for recycling **PROPANE TANKS** in reusable condition.

When you bring us your mattress, you are creating jobs for those who take them apart to recycle the components.

## Hazwaste Central is now open.

Located right behind the Regional Water Authority's headquarters, 90 Sargent Drive, New Haven

Hours are 9am to noon - Saturdays through October 29<sup>th</sup>.

Gather your household chemicals so they can be disposed of properly.

To find the complete list and the registration form go to Hazwaste at [rwater.com](http://rwater.com) or call 203-401-2712.

**Not Accepted at HazWaste Central: Asbestos, Commercial Waste, Electronics, Fire Extinguishers, Gas-Grill Size Propane Tanks, Medicine, Needles, Smoke Detectors.**

## Unacceptable Curbside Waste Reminder

Construction debris (such as toilets, concrete blocks, roofing material), propane tanks, TVs, monitors, printers, home cleanouts may not be placed curbside. These items will not get picked up; please dispose/recycle properly.

**Fluorescent light tubes do not go into the recycle bin.**

Black plastic planter pots, or trays are not acceptable in CT's mixed recycling program. Planter trays are not acceptable. Reuse or trash.

Only plastic planter pots (green, white, red) are acceptable.

Ask your local garden center if they have a return program - that will accept your used planter pots for reuse.

**Please dispose of your deflated balloons and put them into the trash.**

**Balloons do not go into the Recycle bin and they are not plastic film.**

**To protect our wildlife, please prevent balloons from going into the storm drains or blowing away.**

## The Solid/Hazardous Waste and Recycling Committee is looking for new members.

We are on the lookout for someone who is concerned about recycling and is willing to spend a little time each month helping out at our recycling events.

We especially need someone who can help our schools with recycling.

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](http://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

# AMERICANA MUSIC

## 1880s – 1940s

## Dixieland – Swing & Bebop

1880s Only women played the piano in those days and wrote about children and love letters. Pianos were a feminine instrument then. Men played violins and guitars.

1890s Around this time, what we call Jazz today, came into being. As well as Ragtime.

1895s. Men started playing in Saloons and places like Storyville where ladies of the night could be found. One of the first tunes, published in 1901, was by a Yale graduate, Porter Steele called High Society and one of the first building blocks of this new music. He used and still in use is 2/4 & 4/4 time rhythm a march tempo, fast, slow, medium.

1912 Following this music, came the "Blues." Its own art form developed by itinerant workers in the cotton fields and train "Hobos." "I've got the blues, I've lost my wife, I've lost my home, I've got the blues etc."

1930s From the 30s to the 40s came Swing & Bebop (Glen Miller etc.)

1940s Following that The Beatles, Chubby Checker and Rock & Roll. Jazz was developed by New Orleans blacks. Nothing was recorded in the early days as there were no recording studios. Three styles of Jazz: New Orleans Uptown/Downtown (a more polished style.) New York style Chicago style (heavy Sax)

Black musicians could not read music. There was no such thing as good or bad bands. They simply played different styles and totally non-rehearsed music.

**ARMSTRONG:** The greatest Jazz musician that ever lived. He revolutionized popular music. In 1912, he shot off a gun in celebration of July 4th and was put in a home for black wayward boys. It was there that he learned to play the Cornet and then the Trumpet. The rest is history.

**RAGTIME:** In the late 1890s, Ragtime came into being. The music had an uneven beat using the march beat and syncopation. When we think of Ragtime we think of Scott Joplin's <Maple Leaf Rag.>

If you are wondering where black music came from, black preachers and black sacred music. Outbursts of Amen's and the like, heightened the preacher's sermon to almost a music rhythm. One of the first spirituals taken from this background was When The Saints Go Marching In.

**Jean Hadley**  
**Northford, CT.**

## North Branford is Certified by CEDAS

(New Haven, Connecticut) – The Connecticut Economic Development Association (CEDAS) is proud to announce its certification of twelve cities and towns as exemplifying best practices in economic development and land use. These communities participated in a rigorous application review process that required documentation of their procedures for development projects, community engagement, and consideration of their economic development strategies.

CEDAS created the Best Practices Certification Program in 2019 to improve the overall quality of economic development services by creating process standards; to drive communities to pursue excellence in land use and economic development by recognizing communities with best practices; to accelerate sharing of best practices among community decision-makers; and to encourage more transparent, efficient, community-engaged economic development throughout Connecticut. The application contains four components: communications & marketing; coordination & collaboration; organizational capacity & strategy; and policies & programs.

The 2022 certified communities are:

**Gold Level:**  
Town of Cheshire;  
City of Norwalk;  
Town of Orange

**Silver Level:**  
Town of Ellington;  
Town of Guilford;  
Town of Hamden;

**Town of North Branford;**  
City of Torrington;  
City of West Haven;  
Town of Willington;  
Town of Woodbridge

CHURCH DIRECTORY

**Branford Bible Chapel.** 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning : 9:15 - 10:30 Worship & Lord’s Supper, 11:00 -12:15 Ministering of God’s Word & Sunday School. . Nursery provided. Awana for kids, vacation Bible School, missions & outreach programs. [www.branfordbiblechapel.org](http://www.branfordbiblechapel.org)

**Hope Christian Church “A Place to Belong”.** 211 Montowese Ave., North Haven, CT. [www.hopeag.com](http://www.hopeag.com) Sunday services 10AM. Coffee served every Sunday 9:00 am. Church open for prayer Tuesdays noon to One. Thursday Bible study 7:00 PM. Like us on facebook.

**North Branford Congregational Church, UCC,** 1680 Foxon Road, North Branford, CT Join us for worship every Sunday at 10:00 AM. On the first Sunday of each month please attend and share communion with us. Nursery Care is available.To contact our church: Office hours are Wednesday to Friday from 9:00 AM to 1:00 PM. Phone: 203.488.8456, email: [nobdcong@sbcglobal.net](mailto:nobdcong@sbcglobal.net), website: [www.northbranfordcongregational.org](http://www.northbranfordcongregational.org) Remember, all are welcome no matter who you are, no matter where you are on life’s journey; you will always be welcome here.

**Northford Congregational Church. United Church of Christ.** Church is located on Old Post Rd., ( corner of Rte 17 and Rte 22), PO Box 191 Northford. Phone 203-484-0795, Fax 203-484-9916.. email; [northfordcc@gmail.com](mailto:northfordcc@gmail.com) Office Hours: Tuesday 9am - 1pm; other days by appointment. John Vigneri, Pastor . Jane K. Leschuk Minister of Music. Worship Service 10am. Join us for coffee hour following worship. Holy Communion on the first Sunday of each month. Like us on Facebook. Our website is [www.northfordcongregational.church](http://www.northfordcongregational.church)

**St. Ambrose Parish is a Roman Catholic Parish** in the Archdiocese of Hartford comprised of two churches. St. Augustine Church is located at 30 Caputo Rd in North Branford and St. Monica Church is located at 1321 Middletown Avenue in Northford. The Pastor is Rev. Robert L. Turner. Weekday Masses are celebrated on Monday, Tuesday, Wednesday and Saturday at 9:00 AM at St. Augustine. Friday Mass is celebrated at 9:00 AM at St. Monica. Weekend Masses are celebrated on Saturday evening at St. Augustine at 4:00 PM (English Ordinary, no incense) and Sunday at St. Monica at 9:00 AM and St. Augustine at 11:00 AM (Latin Ordinary, with incense). The Sacrament of Reconciliation is offered 30 minutes prior to all Masses excepting Sunday and by appointment by calling the office. The Parish Office is located at 30 Caputo Road and is open M-F from 9:00 AM – 1:00 PM (Wednesdays until 6:00 PM). You can access the parish bulletin and staff emails at our website [NBcatholics.org](http://NBcatholics.org). If you are new to the area and looking for a parish to join or a homeschool co-op, please visit us!

**St. Andrew’s Episcopal Church,** 1382 Middletown Avenue - The White Church On The Hill In The Heart Of Northford (at the intersection of Rtes. 17 & 22). Sunday worship at 10:00 a.m. Coffee and fellowship always follows. The Rev. Bryan Spinks is Priest-In-Charge. St.Andrew’s is a member of the Middlesex Area Cluster Ministry Network (MACM Network), along with St. James (Higganum) and Emmanuel (Killingworth). Please join us - we’d love to get to know you! All are welcome! St. Andrew’s is the proud home of the Food Pantry of North Branford - a vital community resource serving families in need in Northford and North Branford. St. Andrew’s also partners with St. Pauly Textile in a broad outreach program to help people in need here in the U.S. and around the world. Donations of usable clothing, shoes, boots, belts, purses, sheets, blankets, curtains and stuffed animals may be made at the donation shed in the church parking lot, available 24x7. Visit our website at <https://www.standrewsnorthford.org> Like us on Facebook - St. Andrew’s Episcopal Church of Northford, CT. For more information contact us at 203-484-0895; Nan Monde, Sr. Warden, 203-710-7005; Rev. Spinks, 860-304-5266; or MACM office, 860-345-0058.

**United Methodist Church, Branford** 811 East Main St, Branford (Route 1, across from Bill Miller’s Castle). [www.umcbranford.org](http://www.umcbranford.org) or (203) 488-0549. Sunday service 9:30am - both in-person and live on our website. “The Church on the Rock,” led by Pastor Kent Jackson. We invite you to discover the power of faith in Jesus Christ bringing God’s love to the world. Join us to worship, experience God’s word, and stay connected.

**Zion Episcopal Church** 326 Notch Hill Road, North Branford. 203-488-7395. Rev. Lucy LaRocca, Vicar.Sunday Worship at 9:15, coffee and fellowship follow. Masks are required in worship while North Branford is in the ‘red’ zone for COVID positivity. Worship is also accessible through Facebook Live. ALL are invited. Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. [www.zionepiscopal.org](http://www.zionepiscopal.org)

Summer Hours at Saint Andrew’s

“NORTHFORD - Saint Andrew’s Episcopal Church, the White Church on the Hill in the Heart of Northford, 1382 Middletown Avenue, Northford, welcomes all to Sunday services at 9:00 a.m. (Summer Hours, now through the end of summer). Coffee and fellowship follows. Please join us, we’d love to get to know you!

For information visit [saintandrewsnorthford.org](http://saintandrewsnorthford.org). The Rev. Bryan Spinks is Priest-In-Charge. For further information, contact Nan Monde, Sr. Warden, at 203-710-7005, or Rev. Spinks at 860-304-5266.”

Vaccine Clinics

VACCINE CLINICS at Zion Episcopal Church 326 Notch Hill Rd, North Branford, for ALL AGES- SIX MONTHS AND UP.

East Shore Health East Shore District Health Department and Griffin Health have confirmed that they will have pediatric and adult vaccine clinics at Zion every Tuesday in June, July, and August.

All clinics are from 1-5 pm in our parish hall.

NO APPOINTMENT NECESSARY.



It’s Time for Ice Cream

St. Andrew’s Episcopal Church, the white church on the hill in the heart of Northford,1382 Middletown Ave, will be holding our Summertime Ice Cream Socials July 12<sup>th</sup>, August 9<sup>th</sup> and September 6<sup>th</sup> 6pm-8pm. For information call Nancy Monde 203-710-7005

Huge Day Lily Plant Sale – July 9!



**What:** Perennial Plant Sale featuring an excellent selection of Day Lilies, Hosta, Sedum, Echinacea, Lavender, Shasta Viburnum, Bridal Wreath Spires, Limelight & Annabelle Hydrangea, and more! All plants propagated by UMCB congregation member Ruby L. Pricing: \$6 to \$35. **When:** Saturday, July 9, 2022; 9 am - 3 pm**Where:** United Methodist Church, 811 East Main Street, Branford (1 mile east of Chowder Pot on Route 1) **More Info:** (203)

488-0549 or [umcbranford1966@gmail.com](mailto:umcbranford1966@gmail.com)

Crafters Care Events  
Presents ...  
A HOLIDAY ARTISAN MARKET  
@Millpond  
Sunday, November 13, 2022  
11am to 3pm  
Millpond Gathering  
1565 Middletown Ave. Northford, CT  
\$5 Entry Fee Benefits  
The Food Pantry of  
North Branford  
HOLIDAY SHOPPING FROM  
LOCAL HANDCRAFTED  
VENDORS



# NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

STW COMMUNITY CENTER • 1332 MIDDLETOWN AVE NORTHFORD

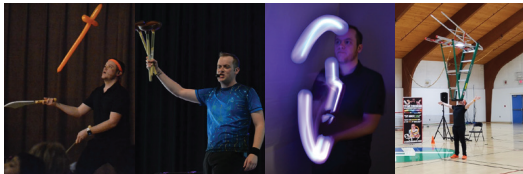
WWW.NBRECREATION.COM • CALL (203) 484-6017

FOLLOW US ON FACEBOOK! @NBPARKSANDRECREATION AND INSTAGRAM! @NBPARK.REC.SENIOR

## SAVE THE DATE! FAMILY NIGHT AT PARKS & REC JULY 12, 2022 5:30 - 7:30PM

Join us for an evening of family fun and more!

Entertainment by: Showtime Steve



## Kids Paint Night!

WITH PAINTED BY THE SHORE



## BIRDHOUSE WORKSHOP

Thursday, July 7th

5:00-7:30pm STW Gym/Cafe

**\$19.95** Ages 12 and under!

register at [paintedbytheshore.com](http://paintedbytheshore.com)

*Pizza - \$5 cash at the door!*

Each ticket includes materials and instruction. Kids will be encouraged to create their own designs on this project.



**Session 1:** July 18-July 22  
**Session 2:** August 8-August 12  
Monday - Friday, 9:00 a.m. - 1:00 p.m.  
Location TBD  
Grades 3 - 9 Fee: \$160res / \$165 nr  
Instructor: Slamma Jamma Coaches

The Slamma Jamma staff shows campers how to develop basketball fundamentals and a winning attitude. With over 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.



## COOKING CAMP



Join Food Explorers to

*Taste the Rainbow in this half-day cooking camp!*

Explore new flavors, cooking techniques and recipes by delving into a new color each day, learning all about foods of that color. You'll also discover fun facts about food and nutrition through interactive games and activities between recipes. Each day will feature a snack and meal. All recipes are nut free and some will contain dairy and/or eggs.

*Each recipe is nut free but all recipes contain dairy*

**August 22 - 26, 9:00am-12:00pm**

STW Kitchen

**\$135 res / \$140 non-res**

## YOGA TO RELEASE THE WEEK

July 21-Sept 1, 6:30-7:30pm \$75RES/\$80NR

STW Classroom/OUTSIDE

Appropriate for all ages and levels. A fluid (vinyasa) class taught with basic foundation poses, alignment and options for the beginner students, as well as, seasoned practitioners. This class will focus on releasing the stress of your busy week in both the mind and body leaving all students with more space to breathe, ease in their body and calm in their mind. All classes will be specifically designed to the students' needs who are attending.

Instructor: Bhogah Yoga

## — SENIOR CENTER —



## CONNECTICUT SUN DAY

- NON-STOP ACTION
- THE EXCITEMENT OF LIVE BASKETBALL



**TUESDAY, JULY 19TH  
11:30AM**

**CT Sun vs. NY Liberty  
at Mohegan Sun**

**July 19, 2022**

Departs: STW 9:30am

Returns: 3:00pm

\$20res / \$25nr

Register by 6/28

## JOURNEYING THROUGH GRIEF

Wednesdays 1:00—2:00pm STW Classroom

Group facilitator: Bob Johnson

Join us here at the Community Center for a weekly bereavement program. This program is designed to help those who have lost a loved one and finding it difficult to cope with their loss. There is no charge for this program. Please register, visit [nbrecreation.com](http://nbrecreation.com) or call the office (203) 484-6017

## CELEBRATE ITALIA!

WITH THE SAM VINCI BAND AT AQUA TURF

**July 12, Departs STW 10:00am \$52res / \$57 nr**

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! *Please register by June 28th*  
Meal: Meatballs & Sausage/ Chicken Parmesan

## SURPRISE SWEET TREAT TRIP!

**June 22, Departs STW 9:30am \$5 RES/\$7 NR**

Who doesn't like a sweet treat after lunch? Once a month we will stop by a local shop for a sweet treat. The cost is on your own.  
*Register by July 5th*

## LAVENDER POND FARM & COPPER SKILLET FOR LUNCH

**July 12, Departs STW 10:00am \$5 RES/\$7 NR** NEW

Let's visit beautiful Lavender Pond Farm in Killingworth! Visit the gardens, the bees, the shoppe, and take a stroll around the pond. Lunch on your own after our visit at the Copper Skillet. *Register by July 8th*

## DINER DASH

**July 13, Departs STW 11:00am Lunch costs on own**

Country Corner Rest. & Freihofer's Bakery Outlet *Register by July 11th*

## CHRISTMAS IN JULY DAY

**July 22, STW Senior Room 10:00am-2:00pm** NEW

Let's celebrate Christmas in July! Morning activities- decorate the Senior Room, enjoy hot chocolate and cookies, and watch the NBHS Chamber Choir Holiday Music video compilation, which they put together for us last December. Afternoon activities: Christmas Craft & Yankee Swap. *Register by July 18th*

## SUMMERTIME SUPPER CLUB

**July 20, Departs STW 3:30pm Dinner costs on own**

Take the Senior bus or meet at 4:30 pm at Dockside located at 145 Block Island Rd, Branford, CT for a night of good food with friends! We will be ordering off their menu and get individual checks. Menu at [docksidebranford.com/menus](http://docksidebranford.com/menus)  
*Register by July 15th*

## SENIOR STITCHERS



**Mondays at 10:30am**

**Beginning June 20 - Senior Room**

Let's get together to give back to our community! We will make lapghans, lap blankets, and winter beanies together to donate to local charities.

*Bring your crochet hooks or knitting needles - we have yarn and patterns!*

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

**D.A.E. Plumbing & Excavating** - well pumps, tanks, water softeners, serviced & installed. Spetic systems services and installed. call 203-996-4866  
**John DiMaggio Plumbing** - Residential/Commercial repairs/remodeling. Big or small. Water Heater Specials! Licensed & Insured. Call 203 - 627 - 6826. References available.

TREE SERVICES

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

SERVICES OFFERED

**Wanted Gold, Silver scrap jewelry.** Fair Prices offered.  
Call 203-627-6826 or 203-376-1249

LANDSCAPING

**Monet Landscaping** is now accepting new accounts for lawn maintenance including mowing, trimming edging, mulching etc. We are licensed and fully insured. Call Mike or Joe at 203-640-5317 or 475-201-7041 for a free estimate. More than 20 years experience.

VOLUNTEERS WANTED

The 20th Anniversary Potato & Corn Festival will be held Thursday, August 4, through Sunday, August 7. We are very excited to be back after a two year hiatus. Come join us, cook potatoes with your neighbors, park cars with your friends, meet new members of the North Branford Community and have some fun!  
Please go to the website at [www.nbpotatofest.com](http://www.nbpotatofest.com). and fill out the form.  
We look forward to seeing you there.

WEEKEND HELPER- Morning 10-12 Flexible

Garden work, organize, fill bird feeders. nonsmoker, logical, ethical, affable, honest, energetic, animal enthusiast.  
Please call: 203-481-4524



North Branford Congregational Church, 1680 Foxon Road, North Branford, will hold a Tag Sale on Saturday, August 13, from 9am to 2 pm. **For a \$25 donation (bring your own table) you can ‘RENT A SPACE’** by calling the Church office at 203.488.8456. We are also accepting donations which can be dropped off at the church. Please help make this event a success by letting friends and neighbors know about our Church Tag Sale!

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



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Philip M. Appell  
Funeral Director

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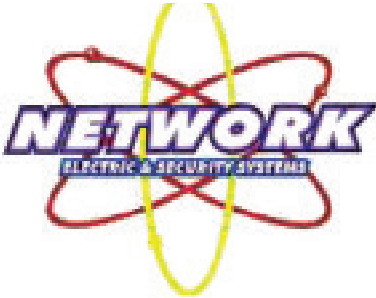
330 Notch Hill Road, North Branford  
(203) 481-3217

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

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by a professional not the internet”



(203) 288-1000

355 Sackett Point Rd North Haven, CT 06473

*Did you know:*

The thigh bones of humans  
are stronger than concrete

CRAFT FAIR

CRAFTERS CARE

An Event That Stocks The Food  
Pantry of North Branford  
Saturday, Sept 24, 2022

10:00 am – 2:00 pm  
Handcrafted vendors, raffles, food  
drive & more!

DOODY'S INN  
465 Foxon Rd. North Branford