



Totoket Times

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For Our Town From Our Town

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Volume 29 No 24 July 7, 2023



Honor Them with a Flag

The Northford-North Branford Women's Club, GFWC would like to thank everyone who supported the Honor them with a Flag project this year. This year 102 flags were purchased and we received a generous donation from a retired army Colonel. The money we raised will be given to worthy veteran organizations selected by the club members. Thank you to all our volunteers for helping us put the event together each year. We want to thank Chuck Larkins, Joe Anderson and Vicki Lanza for their help with the scouts and the many supporters who purchased flags. Most of all we would like to thank and celebrate our Veterans, Military personnel, and first responders who have served our country. Flags will be displayed on the Green until July 4th. If you purchased a flag, you may pick them up from the green until July 11th. Afterwards, any extra flags will be placed in a box at the town hall entrance where you can pick them up the following week.

Without the support of our community, we would not be able to raise funds for Veteran services. We celebrate all of you. For more information about the Northford-North Branford Women's Club, GFWC, please contact Vicki @ victorialanza2017@gmail.com.

Summer schedule for Totoket Times

Publication Date	Deadlines	Delivery Method
July 21	July 14	Store Delivery
August 4	July 28	Mail & Store
August 18	August 11	Store Delivery
September 1	August 25	Mail & Store
September 23	September 15	Mail & Store

Pick up Locations

North Branford

Atwater Library
Patco Service Station
Town Hall
Cumberland Farms
North Branford Post Office
North Branford Barbershop
Hair Designs

Northford

Recreation & Senior Center
Patco Service Station
Edward Smith Library
Northford Post Office

*Check out our website at
totokettimes.com*

*for the complete edition
archives of columnists*

& our directory of advertisers.

*When you are good
the other competitors eat your dust..*

Come on down to the Augur Farm on July 22 2023
for the great farm tractor pulling. (rain date July 23)

Kevin Augur Memorial Tractor pull

298 Forest Road North Branford (rt 22)
Weigh in at 8am Pulling starts at 9am

Come and enjoy a day at the farm....



TOTOKET TIMES

Deadline	Publication Date
july 14	July 21
July 28	August 4
August 11	August 18
August 25	September 1
September 8	September 15
September 22	September 29
October 6	October 13



MARC GUERTIN
ATTORNEY AT LAW

WILLS & TRUSTS
ASSET PROTECTION
ESTATE PLANNING

203-500-0201

MARC@ATTORNEYMARC.COM

222 RIMMON ROAD • NORTH HAVEN, CT 06473

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Time to Make a Move

The North Branford Market Report

Average Days on Market May 2023 31 Days ↑ 51.6 May, 2022	Year-to-Date Homes Sold January - May 2023 30
Average Price per SqFt May 2023 \$228 ↑ 6.3% May, 2022	↓ -25.0% (40) from YTD 2022
New Listings May 2023 10 ↓ -52.4%(21) from May 2022	Percentage of Asking Price May 2023 101% ↓ -0.9% from May 2022

Each Office is Independently Owned and Operated. 🏠 data per ctmls 6.28.23



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5/25 RAHSAAN LANGLEY

6/1 BERNIE G MUSIC

6/8 RAHSAAN LANGLEY

6/15 GARRETT ERFF

6/22 RAHSAAN LANGLEY

6/29 BERNIE G MUSIC

7/6 RAHSAAN LANGLEY

7/13 NICK SPROV

7/20 RAHSAAN LANGLEY

7/27 GARRETT ERFF

8/3 BERNIE G MUSIC

8/10 RAHSAAN LANGLEY

8/17 NICK SPROVIERO

8/24 RAHSAAN LANGLEY

8/31 BERNIE G MUSIC





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State Representative Vincent Candelora



Each legislative session a handful of big topics dominate press coverage. This year, it was the promise of a bipartisan budget and tax relief, and perennial topics such as aid-in-dying (it didn’t advance) and electric rate relief (nothing particularly meaningful happened.)

Of course, General Assembly members do—and did—much more than debate the topics that make for top-of-the-fold newspaper coverage.

A few hundred bills made it through the process, most in bipartisan votes. I thought I’d highlight just a few of them for you while also providing a couple of resources where you can find more information.

One Public Act, 23-106, expands a program that allows a judge to order the type of GPS monitoring of an offender that will notify law enforcement if that individual comes within a certain distance of the victim. The legislation also prohibits a perpetrator of family violence from receiving alimony from a victim.

Another, Special Act 23-30, deals with catalytic converter thefts, and requires, the state’s DMV and its Department of Emergency Services and Public Protection must enter into agreements with authorities in surrounding states to develop a regional approach to combating the problem which often involves the sales of stolen converters to out-of-state dealers and nefarious actors. While I also contend greater accountability for the thieves themselves should be a focus, targeting those who buy them is an important part of the equation.

CT residents who follow school board business closely know that education-related mandates handed down by the state, well-intended as they may be, can cause headaches for local officials—particularly when they come without funding. Public Act 23-160 creates a working group to perform an overdue review of mandates on local school districts. Additionally, this bill includes two provisions pulled from proposals I supported: studying the development of a virtual education program for students who, for health-related reasons, cannot be in a traditional classroom setting; and, requiring that curriculum approved by school districts be viewable by parents upon request.

Through Public Act 23-161, individuals such as broker-dealers and investment advisors, as well as financial institutions, to take action to protect funds of a senior citizen that is believed to be financially exploited. The bill provides “good Samaritan” protection for qualified individuals for good-faith actions meant to protect the senior citizen.

The state’s nonpartisan Office of Legislative Research (OLR) has just released its customary report that briefly highlights some of the actions taken by the General Assembly this year. You can find that document as well as a link to all the new Public Acts posted on my website, repcandelora.com.

Here in Connecticut, we’re blessed to have a robust set of online resources that allow citizens to track what’s happening in state government—including the General Assembly’s website, cga.ct.gov. If you have questions about anything you find there, any of the bills I’ve mentioned above, or Acts described in the new OLR report, don’t hesitate to contact my office by calling 860-240-8700 or via email at vincent.candelora@housegop.ct.gov.

Rep. Vincent Candelora
House Republican Leader
86th District
North Branford, Durham, East Haven, Guilford

LET’S BE “FRANK”

Well brother it’s been a while and a few things have happened. SueAnn spent eight days in California with Gina. When we are apart I still miss her after close to 42 years. But once again I proved I am not ready for the glue factory yet.

Frank and Erica called me every day to make sure I was okay. Erica kept trying to do things she thought I needed done and when I asked her to stop Nico was not happy. “You know pop, you’re very rude. We are trying to help you in your time of need and you are not accepting it”. Too bad you can’t smack a kid.

Johnnie watered some of the plants and Nico brought over some games to keep me busy. Frankie kept calling me to make sure I didn’t need anything. If I did, I don’t know how he would have been able to help. Maybe he could mimic you and if I said yes he would have delegated to someone else to take care of the problem.

Another thing I was able to do without the little lady was pass a kidney stone. For a few days I thought it was just my back acting up. However when trying to piddle, it became very difficult. You know how I hate doctors. I waited for Erica to leave and I started downing water by the gallons. Finally at 3:00am with a bit of pain and discomfort, it passed. Problem solved.

I finally had to call Erica and Frankie and I gave them the circle of life speech. “There comes a day when the children become the parents and the parents become the children.” As I explained this sad fact I then let them know “**THAT TIME HAS NOT COME YET**”. I thanked them for caring (we are fortunate to talk to all of our kids every day) and I told them when that time came I would let them know and I hope they still feel the same way.

Another accomplishment I had was that I was able to handle to news of the closing of Rocco’s Bakery. I must admit I did go to Rocco’s on occasion but they usually weren’t my first choice.

But after reading all of the Facebook posts it was a bit amusing. I understand the loss of a tradition more than most. However, it wasn’t the last pharmacy on earth to carry heart medicine closing its doors. It’s a bakery. Just get over it.

I took a ride down Wooster Street Friday night while I was waiting to pick up SueAnn. You would have been booming with happiness and pride at the sight of your old hangout. The place was packed. Every restaurant had lines and the streets were filled with people just walking around. All I could think of was the hell with Boston, Rhode Island and New York. We have Wooster Street.

Well SueAnn is home and life is good. Take care my brother. Say hi to the family and I’ll see you soon.

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, 2022, Grand List are due and payable on July 1, 2023. Taxes will be considered delinquent on **August 2, 2023, and** will be subject to interest at the rate of 1.5% per month or fraction thereof, from the due date of July 1, 2023, with a minimum interest charge of \$2.00. **Payments received with an August 1st 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/debit card/e-check at www.northbranfordct.gov 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, 2023, 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.

Gerri Winnick CCMC, Tax Collector
Dated at North Branford – June 16, 2023

This publication is published bi-weekly by
Doss Enterprises LLC
PO Box 313 Northford, CT. 06472
Tel; 203-410-4254 Fax 203-484-4729
email: totokettimes@comcast.net

PUBLISHER - FRANK MENTONE JR.

founders - Bert Bunnell Jr. & Anthony Esposito Jr.

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

Letters to the editor..

This paper encourages all readers to voice their opinions and comments. The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible.

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

This paper reserves the right to edit all letters.

All letters should be addressed to :

The Editor

P.O. Box 313, Northford, CT 06472



For the Health of it July 2023

Summer Wellness Series-Part 2 of 3:

Nutrition Hacks for Summer Gatherings and Beyond



The time has come to embrace the season of adventure, relaxation, and rejuvenation. To make the most of Summer and maintain optimal well-being all year through, it's essential to fuel the body with proper nutrition. But can you do that and still enjoy barbecues and summer celebrations? Let's explore the PFC nutrition model, which emphasizes a balance of Protein, Fats, and Carbohydrates, and discover how it can be your guide towards a healthier, happier experience and a guilt free indulgence of your Summertime favorites!

Protein: The Energizing Foundation

Protein is the backbone of a well-rounded diet, providing the building blocks for muscle repair, supporting immune function, and sustaining overall energy levels. Replenishing the body's protein stores is crucial to aid in post workout recovery and in maintaining your personal active lifestyle, whether that means keeping up with your kids, grandkids, or engaging in sports.

Summer meals should incorporate lean sources of protein such as grilled chicken, turkey, fish, tofu, and legumes that offer a wealth of nutrients without weighing you down. Remember to embrace the abundance of seasonal vegetables like leafy greens, tomatoes, and cucumbers to complement your protein intake. Get creative with colorful salads, refreshing wraps, or protein-packed smoothies to keep your meals light, flavorful, and satisfying.

Fats: The Essential Elixir

Don't be afraid of fats! They play a vital role in supporting brain health, promoting satiety, and aiding in the absorption of fat-soluble vitamins. Opt for healthy fats like avocados, nuts, seeds, and olive oil. During the warmer months, the body craves lighter fare. Indulge in fresh salads drizzled with a homemade dressing made from olive oil and vinegar, or whip up a batch of guacamole to enjoy with colorful veggie sticks (and some protein on the side). Savor the goodness of omega-3-rich fatty fish like salmon, which provides a dual benefit of healthy fat and protein. Remember, moderation is key, so enjoy even healthy fats mindfully.

Carbohydrates: The Sustaining Energy Source

Carbohydrates are an essential part of a well-balanced diet. They provide the body with the fuel it needs to power through activities and maintain energy levels. However, not all carbs are created equal. Opt for complex carbohydrates like whole grains, quinoa, sweet potatoes, fruits and vegetables to nourish your body with long-lasting energy. Seasonal fruits provide a natural source of sweetness and offer an array of vitamins, minerals, and antioxidants. Make a refreshing fruit salad or enjoy a colorful smoothie bowl to cool off on hot summer days.

So What About Those Guilt Free Barbeques?

Since Summer is synonymous with outdoor barbecues, picnics, and festive gatherings, it's natural to associate these events with guilt or concerns about straying from a healthy eating routine. The key is to approach them with a balanced mindset. Yes, you can enjoy barbecues and celebrations guilt-free while staying true to your wellness goals.

First, decide in advance if you are going to pull out all the stops and indulge to the max or if you are going to maintain balance with healthier choices. If you choose complete indulgence don't make the mistake of not eating until you arrive. Logic may tell you you're banking your calories for the occasion but in reality, this will cause hormones to be out of whack and intensify cravings which can turn indulgence into overindulgence. Overindulgence causes bloat, discomfort and regret. Having even a good protein bar or shake before you go will ensure you won't arrive hungry, giving you more control of the choices you make.

Next, *savor* your favorite dishes. Take sensible portions and eat until you're satisfied, not full. Then, get up and get moving. Summer celebrations often offer opportunities for physical activity. Take a post-meal walk, go swimming or play a game of volleyball or corn hole. Don't like games? Help clean up. Engaging in movement supports well-being and helps to offset indulgences.

Three hours later, if those favorite foods are still calling your name, make another plate, being mindful of portions and balancing with a variety of options -lean proteins, colorful salads, and grilled vegetables. By balancing with nutrient-dense choices, you can enjoy the flavors of summer without deprivation or feelings of guilt. And, with the PFC model, if you get off track, the opportunity to get back on, is just 3 hours away.

Beyond Summertime

While summer may inspire a fresh focus on health and wellness, embracing a PFC lifestyle year round ensures adequate nourishment to help main-

Estate Planning for Everyone: The Role of a Successor Trustee.

By Attorney Marc

A living trust is a powerful estate planning tool that allows individuals to have control over the distribution of their assets during their lifetime and after their passing. Central to the effective functioning of a living trust is the role of the successor trustee. A Successor Trustee has many duties and responsibilities.

When the creator of a living trust (the grantor), becomes incapacitated or passes away, the successor trustee steps into action. As the grantor's chosen representative, the successor trustee assumes a fiduciary role, with the primary objective of safeguarding and managing the trust assets. This includes collecting, valuing, and managing the trust property, as well as overseeing the trust's administration in accordance with the grantor's wishes and applicable laws.

One of the key responsibilities of a successor trustee is the prudent management of the trust's assets. They must exercise sound judgment and make informed decisions to preserve and grow the trust's value. This involves overseeing investments, monitoring market conditions, and making adjustments when necessary. The successor trustee should act in the best interest of the trust beneficiaries, ensuring that the assets are used wisely and generating income or growth.

Maintaining accurate records and providing comprehensive accounting is another essential duty of a successor trustee. They must keep detailed records of all trust transactions, including income, expenses, distributions, and investments. Regular account statements should be prepared and provided to beneficiaries, demonstrating transparency and accountability. Additionally, the successor trustee may need to file tax returns on behalf of the trust and ensure compliance with tax regulations.

Open and effective communication is crucial for a successor trustee. They must keep beneficiaries informed about the trust's administration, addressing any concerns or queries promptly. Regular reports should be provided, detailing the trust's financial status and any significant decisions made. By maintaining transparent communication, the successor trustee fosters trust and minimizes the potential for conflicts or misunderstandings among beneficiaries.

Upon the grantor's passing or as directed in the trust document, the successor trustee assumes the responsibility of distributing trust assets to the beneficiaries. This process requires careful attention to the grantor's instructions and any applicable legal requirements. The successor trustee ensures that the distribution is carried out fairly and in accordance with the grantor's wishes, taking into account any specific conditions or timing outlined in the trust.

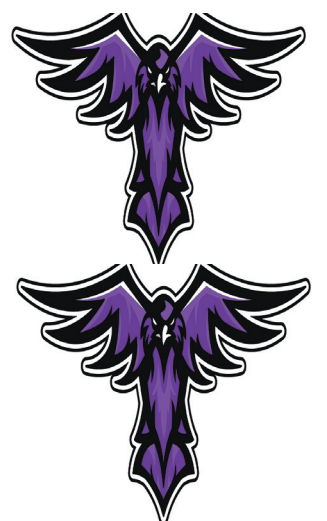
The successor trustee plays a vital role in the effective administration of a living trust. From asset management to record-keeping, communication, and distribution, they shoulder the responsibility of ensuring the grantor's intent is honored and the trust's objectives are achieved. It is crucial for individuals creating a living trust to choose a successor trustee wisely, someone who possesses the necessary integrity, financial acumen, and organizational skills to fulfill these duties and responsibilities diligently.

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

tain overall well-being regardless of the season. Prioritize balanced meals that incorporate all three macronutrients: protein, fats, and carbohydrates. Experiment with new recipes and explore the abundance of fresh, seasonal produce available throughout the year and don't forget to stay well hydrated.

Foster a positive relationship with food and create a nourishing environment for yourself. Know that it is possible to enjoy the flavors and social aspects of an event while maintaining a balanced approach to nutrition. When at gatherings, allow yourself to indulge in the complete experience moments spent with loved ones, the laughter shared, and the memories created. Partake in fun activities, and soak up the light-hearted atmosphere. When the focus is on the experience, food becomes just one aspect. Wellness is about finding a sustainable balance that allows you to enjoy life to the fullest. By adopting a guilt-free mindset and incorporating these strategies, you can fully embrace the joy of summer barbecues and year round celebrations while staying on track with your wellness goals!

JoAnn Begley is a Certified Health & Nutrition Coach with more than 20 years experience in holistic, mind/body therapies. She and her husband Jerry have two children and live in North Branford.



NBIS PERIOD IV HONORS

Grade 8 High Honors Ahmed, Afran Anderson, Matteo Angiollo, Luca Aucapina, Isabella Balliu, Jayden Brigance, Reese Chasanoff, Ella Dolzani, Steven Dowson, Marina Duggan, Finn Padraig Ferraro, Myles Forgione, Matthew Frani, Daniel Artur Gauvin, Cameron Gierla, Gavin Anthony Graham Jr, James Guerrero, Gabriel Harper, Mallory James Johnson, Samantha Kleckner, Kayla Anne Kundrath, Brianna LeBeau, Autumn Rae LeMay, Peyton Macauley, Kate Joan Magazzi, Marcus Marashi, Edmira Martin, Jake Tyler McCullough, Joseph Meizies, Tyler James Meneo, Makayla Miller, Craig Clyde Page, Ava Leigh Paolini, Natalia Faith Patel, Vedi Nilesh Pereira, Alexander Perrelli, Mya Isabel Peterson, Leif Morgan Podzikowski, Siena Rish, Aesop Orion Rivera, Luis Manuel	Rosado, Haylee Marie Salvati, Nicolas Sibley, Chloe Peyton Sigal, Alexandra Spinelli, Valentina Stewart, Savanah Rae Troche, Gian Josee Wang, Natalee Weld, Aubrey Drew Wojciechowski, Emma Yarnall, Dylan Parker Zulawski, Katheryn Grade 7 High Honors Abanoz, Eda Acampora, Justin Adinolfi, Ava Marie Allan, Taylor Susan Beisaw, Mia Jeanette Biolzi, Sadie Rose Brennan, Dalton James Brindisi, Nadia Elle Budd, Ellie Catherine Camarco, Logan Castro, Lance Angelo Cereni, Mariela Chittenden, Shelby Connelly, Kylie Ann Cook, Quinn Mitchell Cronan, Alexander John DiStefano, Mason Fekieta, Justyna Fuina, Grace M Gambardella, Lilah Getman, Lylllianah Graham, Ryan Horotan, Henry Ian Jaracy, Jake Dylan Kingsbury, Riley Kirmali, Layla Rose LeClaire, Isabella Leko, Emma Emily	Lorenti, Olivia Eva Luangsay, Natalie Mann, Emily Grace Martinez, Andrew McDermott-Miliano, Gabriella Merry, Jacob Robert Murphy, Ryan Paul, Liam David Pavic, Marin Pearson, Antonio Pelczar, Carson ,Prato Emilia Lyn____ Rivellini, Joseph Sickinger, Ryan Smith, Broden Joseph Taylor, Quincy Traill, Ian Leland Virginelli, Sophia Walston, Joshua Wyatt, Adilyn Marie Grade 6 High Honors Alves, Mya Lyn Anderson, Nico Atwood, Caden Balg, Will Mahoney Bello, Brynn Bernardo, Bella Mia Blansfield, Joseph Brigance, Evangeline Brochu, Landen John Brustman, Owen Burke, Siobhan Caffalette, Avery Caso, Caisey Jenna Criscuolo, William Cucinotta, Jackson Deleo, Maddox John DeLucia, Tessa Lyn Demiroz, Ekin DiMeo, Jaxson John	Downes, Alexandra Dowson, Lauren Dynderski, Marlie Fusco-Cuneo, Lucy Gentile, Lola Giannotti, Brinleigh Gilkes, Blake Patrick Guercia, Oakleigh Gwiazda, Macey Hannon, Carli May Hansen, Emma Rose Heon, Nora Jane Horotan, Alfred Karim, Fatima Kavanaugh, James Leigh, Ava Scott Levix, Caroline Rose Lucero Perez, Brianna Lucibella, Gary Lucibello, Tessa Luong, Genevieve McCauley, Jack MacDougall, Kendall Malkin, Riley Theresa Manning, Avery Manske, Gunner Luke Marino, Gia Caterina Mazzucco, Gianna Montero, Christian Onofrio, Christian Oyanedel, Emma Page, Gavin Arthur Pantano, Mason Paulino, Kimberly Podzikowski, Sophia Poston, Tyler Mason Potocsky, Addison Rodriguez, Maya Rolston, Brielle Rubino, Leah Marie	Salvati, Gianni Salz, Arianna Isabelle Sandagata, Luciano Santiago, Giana Saulino, Nicolas Savo, Lucas Dominic Sinski, Emma Spanier, Elisia Belle Speringo, Gabriella Stavrides, Nicholas Toto, Lia Morgan Tracz, Tanner Asheton Tynes, Jason Antonio Yanza-Rivera, Jaquelyn Grade 8 Honors Caffalette, Talan Carbone, Armani Cinquegrana, Jonathan Frost, Adrienne Olivia Harper, Mia Katherine Karbowski, Theadeous Keil, Brianna Rae Kwalek, Mia Rose Martone, Alia Jo-Ann Martone, Santino Montero, Justin Joel Pancak, Skye Pearson, Luciano Plano, Matteo Ramage, Mae Rosado, Aliyah Marie Sheridan, Evan Trindade, Tyler Wright, Carly Evaline Wright, Christian Grade 7 Honors Behrens, Greta Brockett, Emma Cantore, Nicholas Caporale, Kaydence	Cappella, Jason Cuozzo, Nicholas Ferrucci, Ava Rose Hortillo, Ethan Gerard Intravia, Natalie Mara Lake, Evan Richard Landino, Marco Enzo Leonard, Quinn Riley Parisi, Francesca Patel, Dhanvi Nilesh Pitcher, Payton Emily Redman, Colby Paul Rodican, Natalie Ann Tilton, Dylan Barry Vander Wyk, Noah Grade 6 Honors Apuzzo, Jake Thomas Cappetta, Nathan Chilmark, Kaitlyn Colafati, Damien Collins, Natalia Dennis, Lilianna Diaz, Max Avery DiBenedetto, Gianni Duffy, James Iamunno, Santino Ilitli, Sercan Jaracy, Jack Thomas Knowlton, Benjamin McLain, Jerimaiah Morales, Alaysia Osegueda, Elias Pascale, Sophia Reep, Brian John Roberts, Cassidy Salemme, Bailey Scasino, Marie Smith, Jade Sativa Timario, Nathan Zolnik, Gavin Smith
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NORTH BRANFORD PUBLIC SCHOOL

Confidential records of former students who received Special Education services from North Branford Public Schools, who have a birth date between January 1, 1995 and December 31, 1995, will have their confidential records destroyed on August 4, 2023.

Former students who wish to pick up these records may contact the Special Services Office at 203-484-1230, to make arrangements, before July 26, 2023. Destruction of these records is permitted in accordance with Section 7-109, of the Connecticut General Statutes.

NBEF Awards \$2,000 Grant

The North Branford Education Foundation recently awarded a \$2,000, grant for students at NBIS. After reading the novel *When Stars Are Scattered* , the students were given the challenge to create a visual representation of a quote or symbol from the book. Each student designed and painted a rock with a quote or symbol that exhibited one of the five attributes of PRIDE(Productivity, Respect, Integrity, Dependability and Empathy). The rocks were then used to create a rock garden at NBIS which was in memory of long remebered teacher Mrs. Papa.

The North Branford Education Foundation is an organization that gives grants to teachers for projects not covered in the school budget. They also hold an Annual Alan Davis Shining Star Dinner recognizing outstanding members of the community.

Anyone interested in joining the organziation or making a donation is asked to call Frank Mentone at 203-410-4254

THEY MAKE US PROUD

Sophomore Griffin Manske received honors at Xavier High School in Middletown.

Jamison Obrien, Megan Muzyka, Jamison Welch, Ariana Fiondella, Emily McCormack and Emma Yacono were named to the Dean’s List at Eastern Connecticut State University in Willimantic, CT.

Juniors Katelyn Bailey and Georgia Baldini received honors at Mercy High School in Middletown.

Catie Dow was named to the Dean’s List at Clark University in Worcester, MA.

Braeden LeBeau was named to the Dean’s List at Providence College in RI.

Colby Anastasio, Sarah Cook, Grace Singer and Stephanie Sudusky were named to the Dean’s List at the University of Rhode Island in Kingston.

Regan Leete was named to the Dean’s List at Lehigh University in Bethlehem, PA.

Emily Neubig was named to the Dean’s List at Roger Williams University in Bristol, RI.

Dhruvi Patel, Noah Ackerman and Kyle Nichols were named to the Dean’s List at the University of Hartford in CT.

NBFH YOUTH CAMP



August 8th, 9th, 14th, 15th

5:15pm-7:15pm

For All Girls Grades 3 Through 8

Cost Is \$100 For 4 Days Or \$30 Per Night



DON'T YOU WORRY!!!!

STICKS WILL BE PROVIDED!

But Shin Guards And Molded Mouth Guards Are MANDATORY!

T-Shirts For All Participants Who Register!



Scan QR Code To Register!

Once Done, Make Copy/Print, Share/Deliver To
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Make Checks payable to NB Field Hockey and send to:
Mrs. Deb Toto 233 West Pond Road Ext North Branford CT, 06471

If interested please contact: [Coach Babby Nuhn](mailto:bnuhn@northbranfordschools.org) or [Deb Toto 203-871-9256](tel:203-871-9256)
bnuhn@northbranfordschools.org or dtoto@htlpemail.com

NORTH BRANFORD FIELD HOCKEY 2023 LIABILITY WAIVER

All participants in the North Branford Youth Field Hockey Clinic are required to read and sign the liability waiver form. **The liability waiver form must be received prior to or on August 7, 2023.**

I realize that anytime one engages in physical activity such as field hockey, there are inherent risks and dangers including, but not limited to, muscular or skeletal problems, heart attack, and voluntarily assume all risks and dangers of any injury or damage to my person, which may arise from my participation in the clinic, whether occurring prior to, during or after the event.

With acceptance of this entry, I hereby release and discharge the Town of North Branford, and North Branford Field Hockey, its officers, employees, organizers, volunteers, other representatives or their successors, and all other persons connected therewith, from all causes of action, claims, demands, damages, and liability whatsoever that I or my representatives have or may have against any of them, arising from my child's participation in the clinic held on **August 8th, 9th, 14th and 15th.**

I have carefully read, understood, and agree with this release and all its terms and conditions.

Date: _____ Grade (entering 2023) _____

Child's Name: _____

Parent/Guardian

Signature _____

Cell phone numbers in case of emergency (please provide 2 numbers);

Email address (for communication)

T-Shirt Size (please circle): Youth Large *Adult Small* Adult Med* Adult Large*Adult XL

****** Tee shirts will be provided
only if you register by August 1st ******



NORTH HAVEN SONS & DAUGHTERS OF ITALY

5th Annual Richard M. DeCrosta

Memorial Golf Tournament.

Sunday, September 24, 2023

Hunter Golf Club, 688 Westfield Road, Meriden, CT. 06450
203-634-3366.

\$150 per person Includes Lunch & Dinner.

Prizes will be awarded.

Women are urged to participate!

For more information or to sponsor,

Call Tim at 203-843-7157.

**Portions of the proceeds go to the Epilepsy
Foundation of Connecticut.**



2023-2024

**NBHS Touchdown Club
Ad Book Sponsor Form**



Kickoff Sponsor	Banner at the field + Full Page Ad	\$500
Touchdown Sponsor	Full Page Ad	\$200
Field Goal Sponsor	1/2 Page Ad	\$100
First Down Sponsor	1/4 Page Ad	\$50
Fan Sponsor	1/8 Page Ad	\$25

Name of Company/Family: _____ Phone Number: _____

Address: _____ City/State: _____

E-mail address: _____ Website: _____

Kickoff _____ Touchdown _____ Field Goal _____ First Down _____ Fan _____

Amount Paid (By July 15): _____ Checks payable to NB Touchdown Club

Message: _____

Contact Liz Hoskins with any questions or to submit artwork, business card or photo to 203-804-5772 or enhoskins@sbcglobal.net. To pay by credit/debit card or bank account, please use the QR Code or QR Link below and indicate "Ad Book" in the contribution box: <https://app.autobooks.co/pay/north-branford-touchdown-club>
Mail payment and form to: NB Touchdown Club, P.O. Box 47, North Branford, CT 06471



Connecticut Sportsplex®

FIELDHOUSE FAMILY FUN CENTER

LASER TAG BIRTHDAY PARTIES

LASER TAG FIELD TRIPS

LASER TAG GROUP OUTINGS

NOW AVAILABLE BY RESERVATION

GROUPS OF 10 OR MORE ONLY



203-484-4383

www.ctsportsplex.com



Brothers on their way to the Championship



North Branford Intermediate School students Jake and Jack Jaracy have qualified for the National Championship by finishing first and second in the Junior division during the 2022 tournament season. Jake will be in 8th grade this upcoming school year and Jack will be in 7th grade. The tournament is 2 days, with a 5 bass limit each day, per team. Their boat captain for the tournament as well as the season has been their dad.

The 2023 National Championships for the hugely popular [Bassmaster High School](#) and [Junior Series](#) will be decided on the renowned waters of Lake Hartwell. The 2023 Bassmaster Junior National Championship for second- through eighth-grade anglers will head to Anderson, S.C., 7-21-23.

Family Honors Legacy of Floyd Parness

Saturday, August 5 will be the seventh annual Floyds 5K Cross Country Race. This race is in memory of Floyd Parness. Floyd was a beloved coach in North Branford for more than 15 years. He touched many lives over the years through his warm smile, his kind heart and kind demeanor. He was not only a coach, but he was a role model, a mentor and a friend. In May 2017 Floyd passed away suddenly.

Floyd built a course for this race and started the event in 2009. The course later became the home of the North Branford Cross Country Team. Floyd dedicated many early mornings and endless hours to maintaining this course. He would personally clear the course by hand, spray, paint, hazardous spots, mark and measure of the course and chase dirtbike riders off the property when necessary. In 2018 his athletes worked hard to dedicate a course in his honor at the second annual Floyd’s 5K. A beautiful piece of granite along with a picture of Floyd is placed near the start of the course.

Floyd won’t be running around in his Timberland boots, and infamous beard, while screaming at runners to “use their arms” and “run through the finish line”. This race will never be the same. His legacy however will always live on at the course. We will continue to run for him.

We sincerely appreciate your support for Floyd’s 5K and we hope you will continue to sponsor this great cause. All proceeds will be donated to the Floyd Parness Scholarship Fund. The scholarship is awarded to two North Branford graduating seniors on an annual basis. Floyd did so much for the youth of North Branford. It is important to us mainly that we continue to give back to his athletes in some small way. Thank you for allowing us to do this.

If you’re interested in sponsoring the race, please be sure to fill out the form below by July 28. If you have any questions, don’t hesitate to reach out to Todd at Toddp530@gmail.com or go to [Floyd’s5KSponsorshipform](#).
With Gratitude,
The Parness Family

Help the Friends of the James Blackstone Memorial Library continue to make a difference in the community

What could be more important than reaching the lives of others through books? Friends of the James Blackstone Memorial Library offers the community inexpensively gently loved books through their books sales which financially support the library.

This year the friends are celebrating their 36th anniversary supporting the Blackstone Library. The friends is a nonprofit entity whose focus is to support the James Blackstone Memorial Library. In support of this effort, friends host, one of Branford’s premiere community events. The annual fall book sale under the tent on the Branford town Green. This beloved event has that attracted 3000 people over a four day period in 2022 from Branford and surrounding towns.

Friends organization is 100% volunteer-based of hard-working individuals who work year-round to support our library in our community. Friends supports Blackstone Library by funding community events such as writing, workshops, special programs for the children and adult, additional library materials, museum passes, equipment, furniture and more.

Over the past fiscal year Friends donated over \$50,000 to the Blackstone Library. However, friends continues to be challenged with raising costs. To continue to host this family friendly event and to maintain affordable prices for all, Friends is seeking sponsorships for the annual book sale. Business sponsorships can help Friends support a great cause, and what greater gift is the gift of reading.

Businesses and individuals can participate, through sponsorships, or through small donations. Sponsoring this event will help offset the rising costs, and allow Friends to continue to support the Blackstone Library.

If you were interested in becoming a sponsor to help the Friends, please email friendsblackstonelibrary.org. If you are interested in making a donation, please visit www.blackstonelibrary.org/friends and scroll to the bottom of the page.



North Haven
Sons & Daughters of Italy Lodge 2805



2nd Annual Car Show

On the Grounds of
St. Therese Church, 555 Middletown Ave. North Haven, CT. 06473

Fun for the whole Family



Food, Music, 50-50 Raffle



Saturday August 12, 2023
Rain Date August 19, 2023

Bring Your Classic Car or Motorcycles / All makes and models, no cut off year.
Large Asphalt Parking Lot - Grass Area - Bring your chairs and enjoy the day!

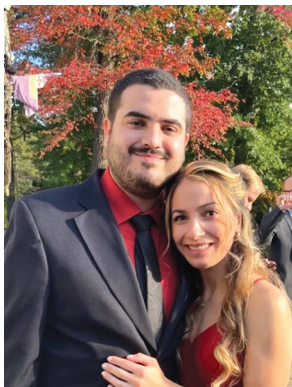
Pre Registration \$15.00 / Registration on Day of Show \$20.00

Registration 7:30am to 8:30am – Show 9am to 2 pm
Judging Starts at 12 Noon - Trophies at end of Day

Name: _____
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 _____

Mail form with payment to Mark DeFranco, 374 N. Brooksvale Rd. Cheshire, CT. 06410
Make Checks Payable to: North Haven Sons & Daughters of Italy Lodge 2805
For more information contact John Giorgio 203-430-6549 or email jallstarelectric@aol.com
Visit our website at <https://northhavenlodge2805.club/car-show/>

Engagement Announcement
Sarah Gabrielle Stone to Jake Andrew Gray



The families are excited to announce the Engagement of Sarah Gabrielle Stone (formally of North Branford, Connecticut) currently of Simpsonville, South Carolina, daughter of Joseph and Marianne Stone, (formally of North Branford, Connecticut) currently of Simpsonville, South Carolina, to Jake Andrew Gray also of Simpsonville, South Carolina, son of Dennis Gray (Cheryl) of Meriden, Connecticut, and Lisa Gray-Loza (Donald) of Carolina Beach, North Carolina.

Having both attended North Branford High School, they maintained a long-distance relationship before settling in sunny South Carolina. The bride-to-be, volunteered at Yale New Haven Hospital and was a hostess at Longhorn Steakhouse in North Haven, Connecticut before moving to South Carolina. The groom-to-be, graduated from Wentworth Institute of Technology in 2019 with a bachelor's degree in electronic engineering. He is a Manufacturing Engineer for Collins Aerospace in Simpsonville, SC. Plans are being made for a Wedding in southern Connecticut.

Cookout with the Mick Louis Band
All the Kings Horses Equine Rescue
July 22 4:00PM - 8:00PM
New Haven Raccoon Club 853
New Haven Rd. Durham, CT

B.Y.O.B., burgers, hotdogs
& sides provided
Tickets \$30.00
E-Mail Amanda at
atkher2010@gmail.com

ENGAGE EDUCATE ENTERTAIN
Atwater Memorial Library Edward Smith Library
1720 Foxon Road 3 Old Post Road
North Branford, CT 06471 Northford, CT 06472
203-315-6020 203-484-0469
www.nbranfordlibraries.org

NORTH BRANFORD PUBLIC LIBRARIES

ADULT DEPARTMENT NEWS - JULY 2023

Fungi Frenzy
Wednesday, July 12th @ 6:30PM at Atwater
Join Tri Gable Lea Farm's master gardener, Mark, in this hands-on workshop where you'll learn how to cultivate three easy-to-grow mushroom varieties; Shiitakes, Oysters and Wine Caps.

Pat's Picks Movie Club
Thursday, July 13th @ 1:00PM at Atwater
This month's title, *The Best Exotic Marigold Hotel*, is 2011 Comedy-Drama. "British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways" - IMDB.

Movie Matinee
Friday, July 14th @ 1:00PM at Smith
Come see, *The Good House*, a 2021 Comedy-Drama. "Life for New England realtor Hildy Good begins to unravel when she hooks up with an old flame of hers from New York" - IMDB.

Lotions, Potions & Elixirs
Wednesday, July 26th @ 6:30PM at Smith
Join special guest, Vanessa Fasanella, to learn the myths and facts about essential oils and how to use them. You'll also create your own scented hand lotion, sugar scrub, elixir oil, and bath salt.

Ask-a-Lawyer
Wednesday, July 26th @ 6:30PM at Smith
Free, 15 minute consultation with a lawyer to help you with your legal issues.
First come, first served. Register with a library staff member the evening of the event.

Nintendo Switch
Available for Check-out at Atwater
Circulates for 1 Week - No Renewals
We have added our Nintendo Switch to our Library of Things!
Must be checked-out & returned to the Atwater Memorial Library.
Both Atwater & Smith also now have Switch Games to check-out for 3 weeks!

Atwater Owns:

- Pokemon Sword
- Pokemon Shield
- Super Smash Bros. Ultimate

Smith Owns:

- Pokemon Scarlet
- Pokemon Violet
- Mario Party Superstars
- Mario Kart 8

Switch Sports

- Legend of Zelda: Link's Awakening
- Animal Crossing: New Horizons

RESOURCE SPOTLIGHT

Recycling News

The Next Electronics Drop Off will be on July 8th.
Please be aware the entrance to Public Works has moved a little up on Forest Road. The traffic pattern while dropping off electronics may be a little different during construction.

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 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 28th.
Gather your household chemicals so they can be disposed of properly.
Accepted: Waste oil, antifreeze, cleaners, pool chemicals, oil-based paints, pesticides, compact fluorescent light bulbs and much more.
The water company collects these items so they don't go into the trash and pollute your local drinking water.
To find the complete list and the registration form go to Hazwaste at 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.
Please visit <https://www.rwater.com/in-the-community/hazwaste-central> for a complete list of what is accepted along with the online registration form. You can also call 203-401-2712 or email ask.hazwaste@rwater.com.

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.

The next Bulk Pickup isn't until November.
Please be courteous to your neighbors and do not place your bulky waste curbside until then.

Fluorescent light tubes do not go into the recycle bin.
Balloons go into the trash bin. They are not plastic film and don't go in the Recycle bin.
Black plastic planter pots, or trays are not acceptable in CT's mixed recycling program. Reuse or trash. Ask your local garden center if they have a return program that will accept your used planter pots for reuse.
Only plastic planter pots (green, white, red) are acceptable in the recycle bin.

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

Thank You for Your Participation

CHURCH DIRECTORY

Branford Bible Chapel. 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning : 10:00 - 10:30 Worship & Lord’s Supper, 10:30 11:00 Announcements and Music Minity, 11:00 -11:45 Ministering of God’s Word & Sunday School. . Nursery provided. Vacation Bible School, missions & outreach programs. www.branfordbiblechapel.org

Hope Christian Church “A Place to Belong”. 211 Montowese Ave., North Haven, CT. 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, website: 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. 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 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

Shoreline Community Church located at 9 Business Park Dr., Units 1-4, Branford, CT. Call us at 203.481.8919. Sunday Services at 8:30 and 10:00 AM (Children and Jr. High activities meet during our 10 AM service). For more information, check out our website www.sccbranford.org. SCC is a diverse community that is dedicated to Making the Invisible God Visible.

St. Ambrose Parish – Roman Catholic Parish with two church buildings, St. Augustine, located at 30 Caputo Rd. North Branford and St. Monica, located at 1321 Middletown Ave. Northford.

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

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.saintandrewsnorthford.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 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

Pray the Rosary for World Peace



All are welcome to pray the Rosary for World Peace and all of our dearly departed loved ones at **All Saints Cemetery located at 700 Middletown Avenue.**

Tuesday evenings beginning at 6pm. Join us as we gather in front of the main building by the Crucifix.

For **inclement weather**, please meet by the entrance to the Mausoleum on the cemetery property. If you are walking, please wear comfortable shoes and bring your rosary. Programs with prayers will be provided.

There is **NO** need to register for this event as it meets every Tuesday until the Fall (until the time changes). Keep checking our website for scheduling and time changes. If you have any questions or would like to forward us your prayer



Thank You and Good Luck

After ten years as the Grand Knight of the Knights of Columbus Council 6801, Damian DeNegre (left) has stepped down from that position.The new Grand Knight will be Wayne Humphrey (right).

- The New officers for the Council are
Grand Knight: Wayne Humphrey
Deputy Grand Knight: Mike Colella
Chancellor: Frank Mentone
Financial Secretary: Frank Carrano
Treasurer: Mike Souza
Recorder: Gary Johnson
Advocate: Mark Sharier
Lecturer: Dave Coombs
Warden: Charles Taft
Inside Guard: Lou Panzo
Outside Guard: Paul Cicarella
Trustee - 3rd Year: Damian DeNegre
Trustee – 2nd Year: Steve Crisante
Trustee – 1st Year: John Calamita
Chaplain: Bill Lovelace



St. Andrew’s Episcopal Church
Ice Cream Social

July 11, 2023 - 6:00-8:00 p.m.
Please join us for this fun-and tasty!!-event
Make you own Ice Cream Sundaes
Only \$4 per person
Bring friends and family



St. Andrew’s Church Hall
The White Church on the Hill
in the Heart of Northford
1382 Middletown Avenue,
Northford, CT 06472

Future ice creams social dates:
8/8/2023 and 9/5/2023

intentions, please contact our Outreach Coordinator, Barbara Gode at (203) 507-9213 or email her bgode@ccacem.org. Call if you would like to receive the Rosary Walk Newsletter as a reminder and to stay connected. God bless you.

Visit our new website at www.cca-cem.org for more information about other events. Our Lady Queen of Peace...pray for us!





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STW COMMUNITY CENTER • 1332 MIDDLETOWN AVE NORTHFORD

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

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



August
4, 5, & 6
2023



BECOME A VOLUNTEER TODAY!

northbranfordpocofestival.com/volunteers

We invite you to volunteer at the 21st North Branford Potato and Corn Festival! All volunteers will receive a Festival t-shirt and a coupon for a free potato & corn meal!



(203) 484-6017

potatofest@townofnorthbranfordct.com

FIELD HOCKEY CAMP

JULY 24 - JULY 27 9:00AM - 11:00AM - \$80 RES / \$85NR
NORTH FARMS PARK SOCCER FIELD - GRADES 2-8

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

Open to boys and girls of all skill levels 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 no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.



LACROSSE CAMP

Grades 3-8 STW Front Field
July 24 - 27 5:00 - 7:00pm \$75 res/\$85 nr

This clinic will provide youth athletes a fun opportunity to enhance their skills or play lacrosse for the first time. Athletes will grow as a player, learn drills and rules, and will work on their stick skills, foot work and field play

Instructor: Jillian Temple, Personal Trainer & Southern Connecticut State University Woman's Assistant Lacrosse Coach

HALF DAY FOOD EXPLORERS COOKING CAMPS

You'll make your own snack while learning all about food, playing games and exploring nutrition with a nutritionist. Each child will make their own portion, and all recipes are nut free but may contain dairy and eggs.

CHOCOLATE BAKING CAMP

July 17th - July 21st

1:00pm - 4:00pm - STW Kitchen \$140 Ages 5-11

ITALIAN BAKING CAMP

August 21st - August 25th

2:30pm - 5:30pm - STW Kitchen \$140 Ages 5-11

LOCAL HEROES

Join us at the Parks and Rec Department to learn about the jobs performed by our police, fire, and EMT workers in our community. See their different vehicles and learn what it means to be a hero in Our Town. This program is recommended for all ages.

- WEDNESDAY, JULY 12, 2023 6:30 PM
- STW COMMUNITY CENTER 1332 MIDDLETOWN AVE., NORTHFORD



NORTH BRANFORD
PUBLIC LIBRARIES

— SENIOR CENTER —

CAMP ROCK DRESS REHEARSAL & PARTHENON DINER

Tuesday July 18, 2023 - 9:30am - 3:00pm

Departs STW at 9:30am Returns 3:00pm

Register by July 13th

Enjoy the excitement of the dress rehearsal of Camp Rock the musical presented by the Branford Parks & Rec Shoreline Theater Company with lunch on your own at Parthenon Diner following the show.

MAGIC WINGS & YANKEE CANDLE

Tuesday July 18, 2023

9:30am - 4:00pm - \$5res/\$7nr

Magic Wings and Lunch Costs on own

Departs STW at 9:30am Returns 4:00pm

Register by July 12th

Experience the magical butterflies at Magic Wings, enjoy lunch at Wolfie's, and some shopping at Yankee Candle. Magic Wings fee for Seniors is \$14 (please pay at the door) and lunch cost is on your own.

MOHEGAN SUN BUS TRIP

Monday, July 24 - 8:00am - 4:00pm

\$20 res / \$25 nr

If you are meeting at the STW Community Center, we will be leaving at 8:00 a.m. Per Mohegan Sun, the buses are not being greeted by staff and no packages are being issued out. Please register by 7/17

NORTH BRANFORD SENIORS CITIZENS- PAY YOUR TAXES AT THE STW COMMUNITY CENTER!



Wednesday, July 12th 10:00am - 12:00pm

STW Community Center Senior Room

Register by: 7/11/23

Employees from the North Branford Tax Department and Tax Assessor's Office will be at STW for you to pay your taxes, answer any questions you have, and inform you on all the programs the Town of North Branford has to offer to senior residents.

Registration for an appointment is required
call (203) 484-6017 for available appointment times

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.


LANDSCAPING

Mone Landscaping LLC is now accepting new accounts for mowing, trimming, mulching etc. We are licensed and fully insured. More than 25 years in business. Call Mike at 203-640-5317. for a free estimate.

PLUMBING

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

TREE SERVICES

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

CAREGIVER NEEDED

Caregiver needed for a gentleman in his 70's. Lives in Northford. Light house keeping, meal preps, companion. 3-5 days per week. All negotiated. Call 203-996-6474 or 203-996-6463.
Personal homecare needed weekends for elderly female. Nonsmoker, experienced, references. Branford. Morning 7-11.Evening 5:30-6:30 - \$25hr. Please call 203-481-4524.

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



(203) 288-1000
355 Sackett Point Rd North Haven, CT 06473

Did you know:

The human brain uses 20 watts of electrical energy per day.

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



Burials ~ Cremation ~ Pre Planning



Philip M. Appell
Funeral Director

At Keenan Funeral Home we work with every family's budget to give your loved one the dignified memorial they deserve.

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

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

Keenan Funeral Home

www.keenanfuneralhome.com wecare@keenanfuneralhome.com

northbranfordpocofestival.com

August 4, 5, & 6 2023



BECOME A VOLUNTEER TODAY!

northbranfordpocofestival.com/volunteers

We invite you to volunteer at the 21st North Branford Potato and Corn Festival! All volunteers will receive a Festival t-shirt and a coupon for a free potato & corn meal!



(203) 484-6017
potatofest@townofnorthbranfordct.com