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Volume 32 No 20, August 14 2026



For more than 30 years, one Connecticut family has lived with a simple but powerful belief, while they continue searching for a cure for Friedreich's Ataxia, they refuse to wait to live life. That belief will come to life on Thursday, September 3, 2026, when Peace Love ACCESSibility (PLA) and the Bode/Caruso family host Living Life Happily: Access to a Cure at the Owenego Inn in Branford. The evening is more than a fundraiser. It is a celebration of resilience, hope, inclusion, and the extraordinary community that has walked alongside the family throughout a journey spanning more than three decades. When siblings Sam and Alex Bode were diagnosed with Friedreich's Ataxia as children, their family could have allowed the diagnosis to define their future. Instead, they chose hope. Year after year, they organized fundraising events to support research through the Friedreich's Ataxia Research Alliance (FARA), believing that every dollar raised could help bring the world one step closer to better treatments, and ultimately, a cure. Today, that hope remains stronger than ever. But along the way, the family's perspective grew. As advances in research continued, they recognized another important truth: while scientists work tirelessly toward tomorrow's breakthroughs, people living with disabilities deserve every opportunity to experience full, meaningful, happy lives in their communities now. That realization inspired the creation of Peace Love ACCESSibility, a Connecticut nonprofit dedicated to building communities where people with mobility impairments are welcomed, included, and able to participate fully in everyday life. Through education, advocacy, and collaboration with law enforcement, healthcare providers, municipalities, businesses, and community partners, PLA works to remove barriers so accessibility becomes an expectation, not an exception. The organization's philosophy is captured perfectly in this year's event theme: Living Life Happily: Access to a Cure. "We've learned that while we continue working toward a cure, people can't put life on hold," said Alex Bode, Executive Director of Peace Love ACCESSibility. "Every person deserves the opportunity to experience happiness, connection, independence, and belonging today. Access isn't just about ramps or parking spaces, it's about opening doors to life's experiences." For the Bode family, happiness has never meant pretending life is easy. It has meant choosing gratitude over fear, community over isolation, and purpose over despair. Through every challenge, they have discovered that while a cure remains the ultimate goal, creating a life filled with laughter, friendship, opportunity, and belonging is just as important. That philosophy has become the foundation of both Peace Love ACCESSibility and this annual event.

continued on page 2

Northford Resident Pens First Book

Believe: My life's journey with love for Mary the Mother of Jesus and Friendship with Mother Delores Hart



At the young age of nine, Charles Sommo promised his Pastor, Father Gafney at Saint Donato Church in New Haven, that he would be there to serve Sunday Mass. With twenty seven inches of snow, his parents forbade him from going. He headed out the door against their wishes and in a "light jacket and shoes not made for winter" he served his first Benediction. On the way home on the top of the a snow covered, empty street, he found a five dollar bill. "This was only the first of many miracles I've experienced in my lifetime."

Charles, a former Corporal in the Marines, faced many trials in his lifetime but overcame any decision difficulties with prayers to Mary and Jesus. In the book he talks of the many times Mary and Jesus came to him in his obstacles in life and led him to his decisions.

He talks about Mary coming to him and sitting with him in his police car and the many miracles she performed for him. He talks about his close relationship with Mother Delores Hart. Mother Hart was a Hollywood star from Connecticut and was in two movies with Elvis Presley. She left a \$5,000 a week acting career as she was called by Mary to become a nun.

Charles remembers his phone calls from different convents asking him to pray with them. He also recalls the Blessed Mother coming to him and sending him to different places to perform miracles in her name.

"I have been given the power to bless people and they would see God. People will randomly come to me and ask me if I was a disciple of Mary and then ask me to pray for /with them. These people were sent to me by Mary."

Charles had been working on the book for ten years and going through many setbacks in trying to get it published. He feels that another miracle helped him to get the book published.

While in the Dollar General he began a conversation with a woman about prices. He told her about his story and the women was intrigued, especially about his devotion to Mary. She told him her son was an author and writer and hooked him up with her son.

After talking with Charles, Bill Fleck was so taken by his story and he agreed to help him publish the book.

Charles hopes that by reading his story people will develop a closeness to God and Mary.

The book can be purchased on Amazon Prime or by sending a letter to Charles Sommo, at 57 Indian Hill Road, Northford, CT 06472

TOTOKET TIMES

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September 18, 2026

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Ataxia continued from page one

Funds raised during the evening will benefit both the Friedrich's Ataxia Research Alliance (FARA), supporting groundbreaking research toward treatments and cures, and Peace Love ACCESSibility, whose work continues to expand opportunities for individuals with mobility disabilities across Connecticut. Guests will enjoy dinner, inspiring stories, raffles, silent auction items, and meaningful moments that celebrate not only the progress being made in rare disease research, but also the incredible power of community to create change today. What makes the evening especially meaningful is the community itself. Sponsors, volunteers, police partners, healthcare organizations, public officials, local businesses, neighbors, and friends have all become part of something much larger than a single event. Together, they have created a network of hope that has carried one family, and countless others, for more than 30 years. "This event reminds us that none of us creates change alone. It truly takes a village," said Mary Caruso. "We've been doing this for more than 30 years, and the best part has never been the event itself, it's the people. Every year we leave with a little more hope, a few more jokes to tell, and a year's worth of wonderful memories," added Sam Bode. Organizers invite the public to join an evening that celebrates the best of what a community can accomplish when it comes together, not only to invest in tomorrow's medical breakthroughs, but also to ensure that every person has the opportunity to live a life filled with access, dignity, purpose, and happiness today.

Event Information Living Life Happily: Access to a Cure Thursday, September 3, 2026 Owenego Inn – Branford, Connecticut Proceeds benefit: the Friedrich's Ataxia Research Alliance (FARA) and Peace Love ACCESSibility (PLA). For ticket information to learn more about the event & our sponsors, please visit: <https://linktr.ee/PeaceLoveACCESSibility> About Peace Love ACCESSibility Peace Love

ACCESSibility (PLA) is a Connecticut-based non-profit organization dedicated to creating more inclusive communities for individuals with mobility disabilities through education, advocacy, awareness, and collaboration. By working alongside healthcare providers, law enforcement, municipalities, businesses, and community members, PLA strives to remove barriers and create communities where everyone belongs. About the Friedrich's Ataxia Research Alliance The Friedrich's Ataxia Research Alliance (FARA) is a nonprofit organization dedicated to curing Friedrich's Ataxia through research while advancing treatments and improving the lives of individuals and families affected by the disease.



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State Representative Vincent Candelora

Telework and Needed Change at DCF



With gubernatorial and congressional primaries, and various controversies surrounding voting, including whether police officers can be at polling locations, it's been a busy news cycle. One recent story that in my opinion didn't get enough attention centered on the Department of Children and Families.

The commissioner, as described in news media reports, just took a step toward a much-needed tightening of telework policies following concerns expressed by Connecticut Child Advocate Christina Ghio, who is relatively new to the job. In short, newly hired social workers will be prohibited from working from home during their first six months on the job. Additionally, every social worker will now receive formal supervision in person.

I'd like to see more changes, but at least the needle has moved. However, it is frustrating that it took so long to get here.

In October 2023, the Office of the Child Advocate, under its previous leader, released a 59-page report on the death of 2-year-old Liam Rivera, found buried in a Stamford park. According to that report, DCF never obtained his medical records and never followed up when a pediatrician called to say the boy was losing weight. Liam weighed 17 pounds at autopsy, seven pounds less than when he left his foster home.

When that report was released, I said Liam's case demanded deep scrutiny of every agency that touched his life, and I named the specific issue the legislature needed to examine: the impact of state employees working from home on case management. That was nearly three years ago.

The former Child Advocate had made the same recommendation, asking lawmakers to review how telework and workloads affect DCF case practice and supervision. So in March 2024, I opened a public hearing in support of House Bill 5389, which would have allowed commissioners of state agencies that provide human services to require in-person work up to 60 percent of the time. I told the Labor and Public Employees Committee that three child fatality reports were the primary driver behind the bill. If those did not motivate us to look at telework, I said, I did not know what would.

More than 300 pieces of written testimony came in, overwhelmingly opposed, most of it from DCF and DSS employees. The bill died. I filed a similar measure in 2025. That also died under the weight of testimony from state workers.

DCF has faced a lot more scrutiny since the report on Liam Rivera in 2023, whether it be the headline-grabbing case of a Waterbury man who was allegedly held captive for years, or the unrelated deaths of young girls in New Britain and Enfield. Legislators from both sides of the aisle, whether through public statements, meetings or hearings, have asked pointed questions about the agency's policies and procedures.

Few, however, zeroed in on the issue of telework.

Governor Lamont has indicated to me that he wants employees back in the office. But he hasn't gotten it done, and the legislature's majority Democrats have shown no interest in making it happen despite their critiques of DCF.

I can only hope this small but meaningful step by DCF will light a fire under the Governor and my legislative colleagues on this issue, creating a stronger negotiation position the next time state employee contracts are up

for deliberation.

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



For the Health of it...

The GLP-1 Conversation, What You Need to Know



GLP-1s have quickly become one of the hottest, and somewhat controversial, topics in health and wellness. From the office break room, to social media, and endless commercials. It seems everyone is talking about it or knows someone who is considering it as a health or weight-loss option. Even with so much exposure, it's often misunderstood. If you were to survey hundreds of people, asking the simple question, "What is GLP-1?", chances are the majority would respond, "a weight loss drug." While that may seem to be an acceptable answer, GLP-1 is actually a naturally occurring hormone produced by the body. GLP-1s are medications created to mimic what the GLP-1 hormone does. Since hype tends to cause confusion and overshadow facts, I will attempt to shed light on both the hormone and medication, and explain why it is so popular. Please note that the forthcoming information is intended as talking points to be discussed with your physician and is not intended as medical advice.

As mentioned above, GLP-1 is a hormone and your body's natural appetite monitor. It communicates with several organs to help regulate appetite, digestion, and blood sugar. It tells your brain that you've had enough to eat, slows the emptying of food from your stomach so you stay satisfied longer, and encourages your pancreas to release insulin when blood sugar begins to rise after a meal. This carefully coordinated system helps your remarkable body maintain energy and avoid dramatic spikes and crashes in blood sugar.

The body's natural GLP-1 production can most often be supported through healthy lifestyle habits. Eating meals rich in lean protein, fiber-rich vegetables, legumes, whole grains, and healthy fats stimulates GLP-1 release. Regular physical activity also appears to improve your body's sensitivity to this hormone, allowing it to work more effectively. Getting enough sleep and managing stress further supports the hormones involved in appetite and metabolism.

When your natural GLP-1 system is working well, you may notice several benefits, including:

- Feeling full sooner during meals
- Staying satisfied longer between meals
- Better blood sugar regulation
- Fewer cravings for sugary snacks
- More consistent energy throughout the day

In recent years, medications that mimic your natural GLP-1 hormone have become a valuable, medically necessary prescription for chronic conditions such as obesity and type 2 diabetes. This class of medications are referred to as GLP-1s. Under the guidance of a healthcare provider, these medications can significantly improve health outcomes for individuals who are medically qualified and must be taken continually for lasting results.

However, it's worth asking whether medication is the right choice for someone who wants to lose 10 or 15 pounds before a vacation or special event.

Like all medications, prescribed GLP-1s can have side effects, including nausea, vomiting, constipation, diarrhea, and decreased appetite that may make it difficult to consume enough nutrients. Some people also lose muscle mass along with body fat if they don't prioritize adequate protein intake and strength training during weight loss. In addition, once the medication is stopped, weight regain is common.

When discussing GLP-1s with a medical professional, ask if they offer guidance or ongoing support around diet, exercise, and if necessary, side-effect management. Pro-active dietary and fitness support are crucial. Cost is another important factor to consider. Many insurance companies cover GLP-1s to manage chronic conditions, like diabetes or sleep apnea, but do not provide coverage for weight loss alone. Without insurance coverage these medications can be expensive.

For someone who is otherwise healthy and only hoping to shed a small amount of weight, relying on medication without addressing nutrition, exercise, sleep, and stress may not offer lasting success. Keep in mind that the diet industry is a multi-billion-dollar business built on promises of quick results and lasting weight loss. Healthy habits build a foundation that supports lifelong wellness, regardless of the number on the scale.

The excitement surrounding GLP-1 medications has also opened a conversation on something encouraging: awareness that your body already has an incredible system designed to help regulate hunger and metabolism. By nourishing your body properly, with balanced macro and micronutrients, staying active, getting quality sleep, and managing stress, you can help your natural GLP-1 work the way it was intended.

While medications play an important role for many individuals, they are a tool, not a "get out of jail free" card when it comes to protecting our health and managing weight. We still have a responsibility to do our part by making healthier choices alongside any prescribed treatment. For many people, supporting the body's own remarkable biology remains one of the most powerful and sustainable paths to improve health. For guidelines on how to spot a quality protein powder, reach out at joann@wellnessfison.net. Please keep those questions and comments coming! I love reading them.

Thank you for the questions and comments! Please keep them coming; I love hearing from you!

JoAnn Begley is a Board Certified Nutritionist, Health & Lifestyle Coach and Holistic Wellness Practitioner. This monthly article is here for you, "For the Health of it".boost energy, and enhance well-being for years to come.

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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some reason, I thought that these ruins had been removed, but fortunately for me they were still there. I left my wife and proceeded to walk these ruins alone. The smell of goats (or sheep) permeated the air. A feeling of transformation overcame me, as I walked past these severely damaged stone structures. I was walking down the same streets that my great grandparents, Giuseppe Tardi and Laura LaMarca, along with other ancestors, had walked and lived. A million thoughts buzzed through my head as I slowly walked past each and every crumbled structure, while snapping countless photos. Slowly,

Mark is the 2025 recipient of the Italian American Ambassador Award from Italian Charities of America. He is the son of a Sicilian mother and spent his early years around his Sicilian relatives in Brooklyn, NY. Additional information is available at: www.markhehl.com

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NORTH BRANFORD PUBLIC LIBRARIESEVENTS

Quilters Club
NORTH BRANFORD: Those who enjoy quilting are invited to meet at Atwater Library from 10 a.m. to 3 p.m. Friday, Aug. 14 and 21. Newcomers welcome; bring your own materials. To register, go to northbranford.librarycalendar.com or call 203-315-6020.

Pop-In Storytime with Teachers
NORTH BRANFORD: Join us from 10:30 to 11 a.m. on Friday, Aug. 14, at Atwater Library for an all-ages storytime with a surprise guest teacher from Jerome Harrison School or Totoket Valley Elementary School. No registration required.

Monday Night Mah-Jongg
NORTHFORD: Those interested in playing Mah-Jongg are invited to the Smith Library, 3 Old Post Road, from 6 to 8 p.m., Monday, Aug. 17 and 24. Participants should bring their Mah-Jongg sets. To register, go to northbranford.librarycalendar.com or call 203-484-0469.

Tots and Tunes
NORTHFORD: Young children ages 18 months and up and their siblings can enjoy 30 minutes of songs, stories and movement at Smith Library, 3 Old Post Road, from 10:30 to 11 a.m. Tuesday, Aug. 18. Parent or guardian must attend. Registration not required.

Monthly Writing Group
NORTH BRANFORD: 10:30 a.m. to 12:30 p.m. on Tuesday, Aug. 18, at Atwater Library, 1720 Foxon Road. The workshop is for beginning and unpublished writers, but writers of all levels are encouraged to attend. Share your past and current writing, ask and offer thoughts and criticisms, and enjoy discussions with fellow writers. To register, visit northbranford.librarycalendar.com or call 203-315-6020.

Drop-In Tech Help
NORTH BRANFORD: Personal tech help is available from noon to 3 p.m. on Tuesday, Aug. 18 and 25, at Atwater Library, 1720 Foxon Road. First come, first serve. Limited to 30 minutes each. Bring a device that you need help with. No registration required.

Needle Arts
NORTH BRANFORD: Those who like to knit, crochet, embroider, quilt, etc. are invited to Atwater Library from 10:30 a.m. to 12:30 p.m., Wednesday, Aug. 19 and 26 (and every Wednesday). For more information, go to northbranford.librarycalendar.com or call 203-315-6020.

Garden Rock Painting
NORTH BRANFORD: Come paint garden rocks with us, from 6 to 8 p.m., Wednesday, Aug. 19, at Atwater Library, 1720 Foxon Road. Each participant will be able to decorate two garden rocks to take home. All supplies will be provided. Rocks will be available to take home the next day after we spray them with a sealant. If you have attended our garden rock painting events in the past, please consider waiting until closer to the event date to register and give newcomers a chance to attend. To register, visit northbranford.librarycalendar.com or call 203-315-6020.

Drop-In Tech Help
NORTHFORD: Personal tech help is available from 10 to 1 p.m. on Thursday, Aug. 20 and 27, at Smith Library, 3 Old Post Road. First come, first serve. Limited to 30 minutes each. Bring a device that you need help with. No registration required.

Dance Mode
NORTH BRANFORD: Get ready to dance, sing, and play instruments on Thursday, Aug. 20, from 10:30 to 11 a.m., in this family-oriented program at Atwater Library, 1720 Foxon Road. Recommended for ages 18 months and up. Siblings are welcome. Registration not required.

Garden Rock Painting
NORTHFORD: Come paint garden rocks with us, from 6 to 8 p.m., Thursday, Aug. 20, at Smith Library, 3 Old Post Road. Each participant will be able to decorate two garden rocks to take home. All

THEY MAKE US PROUD

Isabella Martone was named to the Dean’s List at CLark University in Worcester, MA.

Georgia Fowler, Griffin Geist and Alexa Teodoro were named to the Dean’s List at The University of Rhode Island in Kingston.

Jessica Garcia, Crystal Cham, Isabella Bunosso & Christian Perrotti were named to the Dean’s List at Goodwin University in East Hartford,CT

supplies will be provided. Rocks will be available to take home the next day after we spray them with a sealant. If you have attended our garden rock painting events in the past, please consider waiting until closer to the event date to register and give newcomers a chance to attend. To register, visit northbranford.librarycalendar.com or call 203-484-0469.

Movie Matinee - “You, Me & Tuscany”
NORTHFORD: Our monthly movie matinee returns at Smith Library, 3 Old Post Road, on Friday, Aug. 21, from 1 to 3:30 p.m. This month’s movie is, “You, Me & Tuscany,” the 2026 romantic-comedy. “When a woman crashes at an empty Italian villa, posing as the owner’s fiancée, she discovers an unexpected romance that could transform her life” - IMDB. Starring Halle Bailey, Régé-Jean Page and Lorenzo de Moor. To register, visit northbranford.librarycalendar.com or call 203-484-0469.

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Recycling News

Labor Day is September 7th. This is a trash Holiday. Trash pickup will be one day later this week. Hazwaste Central in New Haven is also closed for Labor Day weekend.

Please clean off your local storm drains. These past few storms have showed that flooding can happen if the water can not flow freely into the drain.

Please do not use the storm drains as a waste basket. Do not throw your dog’s waste, your yard waste or your drain oil in the storm drain. This clogs the pipes in between the drains and is very difficult to remove.

The water that goes into our storm drains empties into our local waterways. Not only are the waterways a great area of natural life, they filter the water that becomes our drinking water.

Hazwaste Central is open

Safe & Free Disposal of Residential Household Hazardous Waste

They take household batteries.

The Regional Water Authorities’ HazWaste Central will be open on Saturdays through mid-October. They will be closed the weekend of Labor Day.

HazWaste Central helps area residents in member towns protect water quality by safely disposing of household wastes. Located at RWA at 90 Sargent Drive in New Haven, HazWaste Central is open from 9 a.m. until noon on Saturdays only. Household hazardous waste comes from everyday products used in the home, garage, yard or garden.

A visit to HazWaste Central is quick and easy. Participants never have to leave their cars, and the waste is off-loaded by professionals. Some of the household wastes that can be dropped off include aerosol cleaners and sprays, antifreeze, oil-based paint and pool chemicals. We also list some of the accepted items on your blue trash information card.

Please visit <https://www.rwater.com/about-us/in-the-community/haz-waste-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.

When having your picnics, try to have a separate bin for recyclable bottles. Now that the deposits are 10 cents, someone will want to cash them in when the picnic is over. Or there are plenty of non-profits that would love to have them.

Plastic Wrap Reminder

Most bird seed, pet food and mulch bags are not made of the right plastic to be considered plastic film. And even if they are labeled as recyclable, they would need to be clean to go into the plastic film bin. Please put these items into the trash unless it has a recycle symbol on it and has been turned inside out and clean. Please remember that it is your neighbors that are sorting through this plastic film.

The North Branford’s Solid/Hazardous Waste and Recycling Committee is looking for people with fresh ideas to join us. You are invited to attend one of our meetings to see if you may be interested. Our meeting schedule is on the Community Calendar on the Town Website.

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

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“Blessing of the Back Packs “: We will be having our annual school year kickoff off of: “Blessing of the back-packs” on Sunday August 23 at our 10:00 AM service. Please let the kids know! Have them bring in their backpack, we will be filling them with supplies and treats to help them start their learning year knowing that NBCC has “got their back”.

NORTH BRANFORD CONGREGATIONAL CHURCH
COMMUNITY TAG SALE
Join us for a fun community tag sale!
SATURDAY, SEPTEMBER 12, 2026
8:00 AM – 2:00 PM
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PROCEEDS WILL HELP MEMBERS OF OUR COMMUNITY

It’s Festival time

St. Pier Giorgio Frassati Parish is pleased to announce we will be having our annual Festival to be held at St. Therese Church, 555 Middletown Ave., North Haven. The dates for this event are August 20, 21, & 22. On Thursday, August 20 and Friday, August 21 the Festival runs from 5-10pm and Saturday, August 22 the Festival runs from 3-10pm.

There will be carnival rides, food including fried dough pizza, hamburgs and hot dogs, steak and cheese, sausage & pepper, meatball and eggplant subs, french fries and chicken nuggets, cannoli and various desserts to eat.



There will be live entertainment every evening. We will also have lovely basket raffles to take a chance on.

Come one come all for great family fun! For more information call 203-239-5378



NORTH BRANFORD

PARKS, RECREATION, AND SENIOR CENTER

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— SENIOR CENTER —

IVORYTON PLAYHOUSE

Come From Away

At Ivoryton Playhouse

August 12, 2026 - \$60res/\$65nr

Lunch at Lenny & Joe's (on your own) then we're off to the theater to enjoy a production of Come From Away! This show celebrates the power of human connection, reminds us that kindness can bring people together in the most difficult of times.

Come From Away tells the true story of 7,000 airline passengers stranded in the remote town of Gander, Newfoundland in the aftermath of September 11, 2001. In a moment filled with fear and uncertainty, joy and resilience prevail as the tiny community of Gander pulls together and strangers become friends. Through music, humor and heart this show celebrates the power of human connection, reminds us that kindness can bring people together in the most difficult of times, and affirms that hope can arise in the unlikely of places.

Departs 11:30 am Returns: appx. 5:00 pm

Payment is due at time of registration



HAND AND FOOT CARD GAME

Here's a great opportunity to try something different, and just enjoy a fun social atmosphere. Come join us, be ready to shuffle up and play! Our friend, Barbara Amatrudo will be our instructor.

STW Senior Room

Aug 13, 2026 - 1:00-2:00pm

Aug 20, 2026 - 1:00-2:00pm

Aug 27, 2026 - 1:00-2:00pm

Registration required

JUKEBOX 45

AQUA TURF CLUB

JUKEBOX45 SHOW BAND:

DooWop Show

Tuesday September 8, 2026

\$62res / \$67nr

DEPARTS 10:15 AM RETURNS 4:00 PM

Roast Beef/ Chicken Francaise Please register by: 8/7

GOODSPEED OPERA HOUSE

The Snow Goose

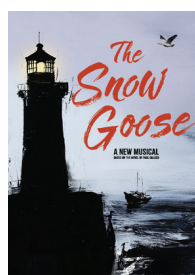
October 8, 2026

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

Enjoy lunch at the Gelston House and a show at the Goodspeed Opera House!

On the windswept coast of England an unlikely bond forms between Philip, a reclusive artist shunned by society, and Frith, a resilient young woman, when they rescue a wounded snow goose.

Please register by 9/11



RUNNING CAMP

Grades 2-4 August 17 - 20 - 5:15 - 6:15pm \$60 res/\$65 nr

Grades 5-8 August 17 - 20 - 5:15 - 6:15pm \$60 res/\$65 nr

Come join certified personal trainer, Coach Jill, for some fun running activities. Some things we will go over are running form, stretching, quick feet, sprints, and even hand eye coordination. We will incorporate fun games while learning about being active and healthy!

AMERICA **250**

PATRIOTIC POWER WHEELS PARADE

AUGUST 22, 2026

STW BACK SOCCER FIELD

10:00AM - 12:00PM

KIDS AGES 10 AND UNDER ARE INVITED TO DECORATE THEIR POWER WHEELS, BIKES, OR RIDE-ON TOYS IN A FUN, PATRIOTIC THEME. SHOW OFF YOUR STARS, STRIPES, AND CREATIVITY AS WE CELEBRATE AMERICA'S 250TH BIRTHDAY IN THIS FAMILY-FRIENDLY PARADE. THIS EVENT IS ALL ABOUT FUN, PRIDE, AND HONORING THE SPIRIT OF OUR COUNTRY—NO POLITICS. JUST CELEBRATION!

PLEASE REGISTER BY 8/17

SAVE THE DATES!

AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES

Sunset Drive
September 17th

TBD
September 24th

Jen and Tonic
October 1st

Juicebox
October 8th

6:00-8:00pm at Augur Park - 290 Forest Rd

FOOD TRUCKS



9/24, 10/8



9/17, 9/24, 10/8



9/17, 10/8



9/24, 10/1 10/8

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

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HEATING & COOLING

Avallone Heating & Cooling - Heating & air conditoning repair, maintenance or installation. Call 203-530-9329

Celebrate Life!



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Every goodbye, special.



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★★★★★

"Keenan Funeral Home was truly amazing and very attentive to all of our needs. Thank you Keenan, for being there in our most painful time."

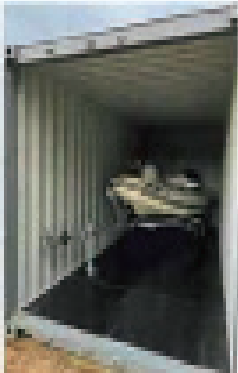
"I truly cannot say enough how grateful my family and I are to Keenan for their exceptional service. From the moment we met to make arrangements to the actual service, they were great. There was no financial pressures, our limits were respected, and everything was said outright."

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

Scan below to visit our website!!







RENTAL SPECIAL

PREPAY FOR 3 MONTHS GET 4th MONTH FREE

- Storage Containers are 20x8x8 with full wide swingout doors
- Clean, Modern, Weather tight, fresh cross air ventilated
- Drive right up to unit for loading & unloading
- No lugging items on to carts, up elevators & down long hallways
- Conveniently located at the Northford/North Haven town line on Rt. 17 (Middletown Avenue)
- Minutes from major highways I-91, I-95 and Merritt Pkwy
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- Month to Month contracts



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203-484-4753

Rental office hours: 9-5 weekdays or by appointment





Coffee and... Cats

Saturday, Sept. 19, 2026
1-3:30 pm
An Afternoon with Big Cats
presented by
Gail Cameron, DEEP Master Wildlife Conservationist
Connecticut Beardsley Zoo Curatorial Team

Discover the unique physical & behavioral traits among domestic cats & their big cousins



Admission
\$25
gnhcp.org/coffeeandcats



GNHCP Center
1874 Middletown Ave, Northford, CT