



# Totoket Times

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*For Our Town From Our Town*

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Volume 31 No 22, JAugust 8, 2025



## We All Scream, for Ice Cream

North Haven First Selectman Michael Freda (far right) attended the ribbon cutting for Papa Scoops, 22 Middletown Ave, North Haven, in the rear of Nicks Char Pit. Also pictured is owner Robert Papa, his wife Samantha Papa and their children. Pictured far left is Matt Iovanne Business Development Director for the Quinnipiac Chamber of Commerce.

Nick's is a family-owned business serving the area for over 50 years. Robert Papa is the third-generation owner who has now opened Papa Scoops featuring delicious Parlines Ice Cream.

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## IMPORTANT NOTICES

### PUBICATION DATES AND DEADLINES

Please save the dates and deadlines below. Tihs will carry through November so you can plan your ads for holidays, election and letters to the editor as well as all other press releases.

### IT'S ITALIAN - IT'S ALL GOOD

Beginning with this issue, the Totoket Times will feature a new section with information on the Italian community. There is a large Italian population in our circulation area and hopefully this will keep you informed about events and editorials about your heritage.

Anyone wishing to send something in, feel free to do so.



## Let's Be "Frank"

Well brother, I hate to say this but it's time for you to welcome another "gone to soon" tenant into your place. My buddy Anthony Candelora fought cancer hard for a good number of years but eventually he made his final trip.

I first met Anthony when he ran for Town Council. I knew his brothers Vinny and Joe. Vinny was involved in town politics and we crossed paths serving in different civic organizations. Joe was involved in Little League and

I eventually coached his two boys at North Branford High School.

When I mentioned to Anthony that I never knew there was another brother, he quickly pointed out "I'm the oldest". Then he went into a Godfather routine jokingly mimicking, "I'm the oldest, I'm smart too". Then he smiled and said "just call me Fredo."

We joked about that until the last time I spoke with him. He was the furthest thing from Fredo. He was sharp, wonderful with people, and caring caring for anyone he came in contact with. He had a great sense of humor and when things were at their worst he used it even more frequently.

He was always there for a friend. If I was ever in a foxhole, Anthony would be the guy I'd want in there with me.

We soon became good friends, making hotdogs and burgers at the POCO (when it was a small community event). as we ran the Chamber of Commerce booth. We set up a scavenger hunt so the locals could meet some of the community businesses and he helped me start a local public access tv show to host and identify more of those businesses as well as activities in the community

As you know I can joke with the best of them but when he got his first bout with cancer he greeted it with humor and humility. He fought till the end. I enjoyed talking him. We would talk three or four times a week. At one point I mentioned our new Pastor in New Haven, Father Ralph. With tears in his eyes he explained how Father Ralph was his mentor when he was a young Altar Boy. He loved him and had lost touch.

When he came to Saint Anthony's he surprised him and after the Mass they hugged and cried together. When Father Ralph took ill and was forced into a convalescent home, we would go visit him a few times a month. Even with pain etched in his face he would joke with Father about the pranks he pulled when he was an altar boy.

In the end I didn't speak much to my friend as he sounded to weak and it often seemed he was forcing himself to talk. We texted a bit and he still kept his sense of humor.

Well my brother, take care of my buddy. You should get along well. he's a Giant and Yankee fan.

Take care and I'll see you soon. And Fredo, rest in peace. You put up the good fight and I will always remember the good times we had.

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<u>Deadline</u>		<u>Publication Date</u>	
August	15	August	22
August	29	September	5
September	12	September	19
September	28	October	3
October	10	October	17
October	24	October	31
November	14	November	21

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If you wish to discontinue contact 203-410-4254.*

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## State Representative Vincent Candelora

### “Feeding the Beast:

#### CT’s Legislative Democrats Turned on Their Own”



Back in April, a Democratic Fairfield County state representative made a telling comment caught on a hot mic. She wanted the governor to raise taxes on her constituents because “they won’t even notice.” That candid moment seems quaint compared to the very public meltdown we’ve witnessed this summer—one that’s finally exposed what insiders at the Capitol understand: Connecticut’s Democratic Party has been hijacked by its progressive wing.

Since late June, Connecticut Democrats have been locked in an ugly internal war, and it’s been quite the spectacle.

Here’s what triggered the explosion: Gov. Lamont actually vetoed two bills passed by his own party. One would have allowed striking workers to collect unemployment benefits from the system supported entirely by payments from businesses. The other attempted to override local zoning control in the name of affordable housing. These modest acts of independence sent progressive Democrats into a fury—their anger already simmering over a \$55.8 billion state budget that didn’t shower enough money on their pet programs.

The response was swift and vicious. Two Democratic lawmakers told the governor to pack it in and retire. Another dismissed him as caring only about his wealthy Greenwich neighbors. A fourth launched his own gubernatorial campaign. Let that sink in: these progressives are so radical that even a governor who rubber-stamps nearly everything they want isn’t left-wing enough for them.

This is the same governor who has dutifully signed off on their entire agenda. Continued investment in free health insurance for illegal immigrants? Done. “Accountability” measures targeting police officers? Absolutely. Expensive green energy initiatives that would make California Democrats proud? Of course. But apparently, 99.9 percent compliance isn’t enough for Connecticut’s progressive Democrats, whose values align more closely with socialist activists than with the “moderate” governor voters are often told they elected.

For years, Democratic leaders in the General Assembly have been masterful at concealing the revolution brewing within their ranks. They’ve deployed moderate-sounding rhetoric while keeping their most radical members in the shadows. Publicly, they claim to support job growth, public safety, affordability, and fiscal responsibility. Meanwhile, they’ve used Gov. Lamont as their so-called moderate front man while quietly advancing policies that undermine those very goals.

But this summer’s tantrum has ripped away that carefully constructed facade. Connecticut residents are finally getting a clear look at who’s really running the show in Hartford—and it’s not the person in the Governor’s residence who views himself as a centrist.

The truth is stark: our legislature is exclusively controlled by Democrats who view California politicians as role models. These are lawmakers who believe every problem can be solved with higher taxes funding bigger government programs. They hold press conferences lamenting how expensive Connecticut has become for working families while refusing to acknowledge their role in creating that crisis. And when their own governor dares to suggest “maybe we should think about this one a little more,” they respond with tantrums worthy of toddlers in a toy store.

Governor Lamont brought this chaos on himself. When you spend years feeding the beast, you shouldn’t be surprised when it eventually devours you. He has enabled these legislators at every turn, signed their destructive policies, and now finds himself under attack for the smallest acts of independence. Don’t shed any tears for him—he’s been a willing accomplice in Connecticut’s stagnation.

Democratic lawmakers are betting that voters won’t notice—or won’t care—that their caucuses have been devoured by radical elements. They’re counting on people being too distracted to pay attention to what’s happening in Hartford, all while reflexively blaming President Trump for everything under the sun.

It was Democrats that underfunded state employee healthcare. It was Democrats that imposed a hospital provider tax without consulting the state’s hospital association—a tax hospitals say they can’t afford. And as municipalities struggle with surging special education costs, it was Democrats that decided against fully funding the state’s share, leaving property taxpayers holding the bag. Democrats in Hartford, not Trump, dumped hundreds of millions of dollars into higher education system last year while ignoring overruns in our Medicaid program.

People are paying attention, though. What they’re seeing is a Democratic Party more interested in appeasing its progressive base than governing responsibly. This internal food fight isn’t ending anytime soon, and that’s actually good news for Connecticut taxpayers who deserve to know exactly who’s calling the shots.

Because if this summer has taught us anything, it’s that both sides of the intra-party squabble are toxic for taxpayers—whether it’s the progressive radicals driving the agenda or their willing enabler in the governor’s residence. Connecticut deserves better than this dysfunctional circus.

## For the Health of it...

### What Weighs More: A Pound of Popcorn or a Pound of Nails?



The answer, of course, is neither because a pound is a pound. Whether it’s an enormous mound of fluffy popcorn or a small pile of heavy nails, both weigh the same. Yet time and time again this classic riddle trips people up, having them insist that the nails are heavier.

A similar misconception centers around fat and muscle. You may have heard that muscle weighs more than fat and may even believe it to be true, but once again if we’re talking pound for pound, they weigh exactly the same. Now here’s where it’s relevant to

your body and your health: a pound of fat takes up more space in your body than a pound of muscle. So while a pound of each weighs the same (just like popcorn and nails), fat is... fluffier. This is why someone who weighs 160 pounds for example, and has a higher muscle percentage might look leaner than someone who weighs the exact same but carries more body fat. However, there is absolutely no fluff about the fact that *muscle matters* at every age and the number on the scale seldom tells the whole story. So if you find yourself staring at the number on the scale daily and are discouraged by what you see or worse yet, are allowing it to define you, I have two words for you—*please stop*. Instead, pay attention to those non-scale victories that come with consistent changes over time, like clothes fitting differently, increased energy, and better sleep.

Strength training leads to muscle strength and it is not just for gym rats or twenty-somethings seeking to be beach-body beautiful. So if you were about to pull the age card and think this doesn’t apply to you, you will soon see why that excuse doesn’t hold much weight. I’m about to interrupt your cardio routine with an important message, there is no cut off point and that’s great news! Numerous studies have shown that people in their 50s, 60s, 70s, 80s, and even 90s can gain strength and muscle mass with resistance training, bodyweight exercises, resistance bands, light dumbbells—whatever works for you, your fitness level and comfort. The important thing is consistency, not intensity.

And, there’s no need to panic about needing to lift heavy weights or fear that you might bulk up. For most people, gaining large muscle mass takes intense training and often years of effort. We are talking about muscle strength more so than growth. What strength training *does* at any consistent level is boost metabolism, improve posture, and protect the joints. As an added bonus, the muscle you build burns more calories, even at rest, than fat does. So that strength training workout you did is still burning energy (calories) on your behalf, hours later. How’s that for a bonus!?

Imagine what it would feel like to experience the benefits of improved mobility, bone strength, and even emotional well-being? Although healthy amounts of body fat are necessary, as we age, having muscle strength becomes more important (not less important) than ever. Research shows that older adults who engage in strength training just twice a week can improve in all these areas. Strong Muscles also mean better balance, coordination, and resilience. A report on cognitive health I came across recently mentioned improved memory as another benefit of exercise and most specifically, of strength training.

So, whether you’re 25 or 75, hitting the weights (or even just doing bodyweight exercises in your living room) is one of the best gifts you can give your body and mind. Keep on with the daily walks or whatever else you’re already doing to get movement into your day, but if strength training isn’t part of your regular routine, it’s time to give it a go. And remember: you’re not trying to turn into a bodybuilder. You’re just swapping a little fluff for some functional, powerful, muscle magic and reaping the rewards of all the good stuff that comes with it!

**\*You’re Invited! To Join me for a 30 Day Pushup Challenge (wall pushups and knee pushups count too) to celebrate 4 years of writing this monthly column! No need to leave your home and the only one you’re competing against is yourself. Here’s how it works: Email me at [joann@wellnessfusion.net](mailto:joann@wellnessfusion.net) with “I’m in” in the subject line. You will receive a WhatsApp invitation exclusive to our group. Starting with day one, post in the group your number of pushups whether it’s 1 or 21. It’s a great way to get started with some strength training or simply add a fun twist to your regular workout. I look forward to hearing from you! This monthly article is here for you, For the Health of it!**

**\* (As always check with your doctor before starting this or any exercise routine.)**

**JoAnn Begley is a Certified Nutrition and Lifestyle Coach, Holistic Wellness Practitioner and Reiki Master.**

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

### Letters to the editor...

This paper encourages all readers to voice their opinions and comments.

The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible.

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

This paper reserves the right to edit all letters.

All letters should be addressed to :

**The Editor**

P.O. Box 313, Northford, CT 06472



# IT'S ITALIAN - IT'S ALL GOOD

A special public screening of the docufilm, *"Max Corvo - For Freedom: The War of OSS in Italy, 1943-1945,"* will be presented by the Italian-American Defense League and hosted in Derby by the Order Sons and Daughters of Italy America, at the Derby Lodge. 73 High Street, Derby, Connecticut Friday, August 22, at 6:30 P.M. **All are welcome.**

The film tells the remarkable, true story of Biagio Max Corvo, a young Sicilian immigrant who arrived in Middletown from Melilli, Sicily in 1929, at the age of nine. He came to Middletown with his mother, brother, and sister to join their father, Cesare, who was forced to leave the island six years before because he was persecuted by the Fascist regime. After growing up in Middletown and becoming a proud American, Corvo joined the Army shortly before World War II and became the Chief of Operations of Secret Intelligence of the American OSS (Office of Strategic Services-precursor of the CIA) in Italy during the military campaign of Allied forces in Italy from 1943 to 1945.

The film was produced by Cordan Enterprises, LLC, a Middletown company owned by members of the Corvo family. Ezio Costanzo, the award-winning director and screenwriter of the film, tells this story using a framework of historical events alternating with personal stories during the secret war conducted in Italy by the men of the American intelligence service, the OSS. The wartime events are enhanced with Corvo's individual, brilliant, and meticulous memories.

During World War II, Corvo was quickly recruited into the OSS, where he prepared an intelligence plan (Corvo Plan) for the organization in Sicily of a network of collaborators for the liberation of the island from the Fascists and Nazis (Operation Husky, 10 July 1943). He was appointed Chief of Secret Intelligence Operations for the OSS in Italy. He was chosen for this mission because of his familiarity with Italy and Sicily, for his knowledge of the Italian language and the Sicilian dialect, and his political friendships among the Italian refugees in the United States. Because of this background Corvo was able to propose and implement a series of espionage operations in the field, some of which were spectacular, in support of the war against the Germans and the Fascists. These missions helped achieve victory for the Allies in Italy during the war. Corvo recruited key personnel to work with him in OSS Secret Intelligence in Italy from Middletown. This included Atty. Vincent Scamporino, Attorney and Wesleyan graduate Emilio "Mim" Daddario, Sebastian Passanisi, Frank Tarallo. Louis Fiorilla and Sam Fraulino.

"Corvo's is a truly incredible story," says the director and screenwriter of the film, Ezio Costanzo, "if you stop and think that he joined the OSS when he was only 22 years old, after having lived in America for just thirteen years." Even more amazing is the fact that Max Corvo never graduated from high school, leaving school after the eleventh grade to work to help provide for his family during the Great Depression.

The decision to place this foreign-born, very young man as Chief of Operations for Strategic Intelligence operations in Italy was an authentic act of genius by Earl Brennan, the Head of the Italian Section for OSS in Washington. The success of the missions in the field ensured Corvo the constant support of General William Donovan, Director of the OSS. Donovan was a very tough and demanding man. Following the end of World War II and the surrender of the Germans, Corvo and the other leaders of OSS Secret Intelligence operations in Italy were returned rapidly to the United States as a result of complaints from a number of competing OSS agents in Switzerland, including Allen Dulles. Years later, and thanks to the vast documentation preserved by Max Corvo which his family placed in The Max Corvo Archive at Trinity College in Hartford, Connecticut, it was possible to reconstruct this particular moment of the history of Italy, the American OSS, and his work during the liberation of Italy from the Nazis and Fascists."

*Courtesy of the Italian American Defense League Newsletter - Matthew Guarnieri - President*

## If you cut me, I would bleed garlic and olive oil by Mark Hehl

Connecticut has the highest per capita population of Italian Americans in the USA. Our pizza is award winning and considered the best in the country. Here is a childhood recollection of a local Italian American who grew up in an Italian enclave during the 1950's.

As in most Italian American homes in the 1950s we ate pasta with tomato sauce (*I never heard it called gravy until many years later*). At many, if not most, meals. I remember my mother telling me to stir the sauce every 20 minutes when she went out. We only used a wooden spoon; a stainless steel was not allowed as it was thought to diminish the flavor. When I was young, I incorrectly thought that everyone ate pasta at most meals. As a teenager, I finally realized that only Italian-Americans did so.

In addition to using it to stir the sauce, a wooden spoon was used as a punishing weapon. On many occasions, I was hit with one by my mother for doing something that I should not have done. A wooden spoon brings back memories of the wonderful smell of the sauce simmering on the stove in my childhood home, and also the pain.

One day, the sauce was simmering on the stove, and a loaf of crusty Italian bread was sitting next to the pot. It was customary to break a small piece off and dip it into the sauce while it was cooking, but only one piece. On this day, my brother Dennis and I were talking in the kitchen while dipping the bread in the sauce and became *carried away*. Before we realized it, we consumed all the bread and half of the sauce. We were having some of my parents' friends over for dinner that day and there was not enough sauce left. It took three hours to cook the sauce and there was not enough time to make another batch. I remember listening to my mother's tirade for the following three days. It was not pleasant.

At about sixteen years old, I was invited to a non-Italian friend's home for dinner. They were passing around a bottle of salad dressing and I asked: "what is that stuff?". I have never seen salad dressing before that day. My mother always put olive oil, vinegar, and oregano on the salad prior to serving it. I still do not like prepared salad dressings and eat salad the way that I did as a child. I love olive oil so much that I usually skip the vinegar.

*Mark Hehl is an Italian American engineer, author and public speaker. He is the author of the books An Immigrant's Dilemma and Ameri Sicula: Sicilian Culture in America.*



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# Freshman Orientation to be held at North Branford High School

An orientation to welcome our Freshman Class of 2029 and newly enrolled students will be held on **Thursday, August 21st from 10:00 to 12:00**. Both parents and students are invited and encouraged to attend.

This program is intended to help our new students make a successful transition to North Branford High School. During orientation, students and parents will receive important information about school policies and procedures, learn how to get involved in our school community, tour our new building, and hear directly from current NBHS student leaders about their own high school experiences.

In addition, all attendees will have the opportunity to pick up their school-issued Chromebook early (with a parent/guardian signature) and **enjoy lunch - at no cost** - in our new cafeteria.

We look forward to having your child join us as a **Thunderbird** at North Branford High School! We hope to see you at our orientation on August 21st.

## THEY MAKE US PROUD

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

**Crystal Cham and Rachel Helwig** were named to the President’s List at Goodin University in East Hartford, CT.

**Lisa Munck and Christian Perrotti** were name to the Dean’s List at Goodwin University in East Hartford, CT

## Hall of Fame for Babby Nuhn

North Branford legendary coach Babby Nuhn has been inducted into the Connecticut Field Hockey Hall of Fame. The induction will take place at the 25th Connecticut Hall of Fame Induction Ceremony and Dinner on Sunday, September 7th . Cocktails will begin at 3:00 PM-with dinner starting at 4:00PM.The Dinner will take place at the Aqua Room at the Aqua Turf Club in Southington Tickets are \$75. per person. For tickets please contact [evaunboatman@gmail.com](mailto:evaunboatman@gmail.com)

## 7<sup>th</sup> Annual Richard M DeCrosta Memorial Golf Tournament



The North Haven Sons & Daughters of Italy, Lodge 2805 is holding its annual Richard M DeCrosta Memorial Golf Tournament, benefitting their scholarship program and the Epilepsy Foundation, on Sunday, September 21, 2025 at Hunter Memorial Golf Course in Meriden.

The registration fee is \$165 per player and includes lunch, dinner and refreshments on the course. The tournament will utilize a scramble format. Registration starts at 11:30 am, followed by lunch and a 1:00 pm shotgun start, with dinner taking place at 5:30 pm.

In addition to team score prizes, there will be prizes for closest to the pin, hole in one, and men’s and women’s longest drives. In addition to players, the Lodge has a number of options available for those who wish to sponsor the event.

If you have any questions about this event, please contact the Lodge at 203-239-2999 or visit the golf tournament page on our website: [northhavenlodge2805.club/golf-tournament](http://northhavenlodge2805.club/golf-tournament)



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- Phonics-based reading and spelling instruction
- Certified reading specialist
- In-person sessions at North Branford or Wallingford libraries

**CONTACT ERICA BOZZUTO**

203-494-5784  
[Bozzutoe@gmail.com](mailto:Bozzutoe@gmail.com)

## Recycling News

Hazwaste Central is open for the season

### Safe & Free Disposal of Residential Household Hazardous Waste

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

Now is the time to drop off your hazardous waste. There are no lines and it takes about 5 minutes in-and-out. If you wait until October, the lines will be longer.

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 yellow trash information card.

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](mailto: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 cleaned and turned inside out.

For more information about recycling in North Branford you can check out North Branford's Recycling Committee's website: <https://www.northbranfordct.gov/245/>

SolidHazardous-Waste-Recycling-Committee or our Facebook page: North Branford CT Hazardous Waste & Recycling Committee

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for Your  
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Call for an appointment today**  
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North Haven, Ct 06473

*Did you know:*

**FDR's portrait was on a dime because of  
his associaton with the March of Dimes**

## MILITARY Whist Card Party

**North Branford Congregational Church  
Fellowship Hall**

**1680 Foxon Road, North Branford**

**Friday, September 19, 2025**

**Doors open 6:15 and**

**game starts at 7:00 pm**

**Tickets \$12 each**

**MUST be purchased in advance**

**By contacting Jan at 203.671.8223**

## ST. ANDREW'S EPISCOPAL CHURCH

*The White Church on the Hill In the Heart of Northford*

## \* ICE CREAM SOCIAL \*

**TUES., AUG. 12th 6:00 - 8:00 p.m.**



**\*MAKE\*  
\*YOUR\*  
\*OWN\*  
\*SUNDAE**

**LOTS OF FLAVORS & TOPPINGS**  
**Still only \$4 per dish!!**

**Bring friends &  
family!!**

**\*\*\* ALL WELCOME ! \*\*\***

**St. Andrew's Church Hall  
1382 Middletown Avenue  
Northford**



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# NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

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## AFTER SCHOOL R.E.C Crew

Recreation • Education • Creativity

North Branford Parks and Recreation is thrilled to announce the return of our after school R.E.C Crew beginning Wednesday August 27th! The program will offer after school care at the STW Community Center for grades K-5.

Our program provides a safe environment where kids can..

- Receive homework support
- Enhance social/emotional development
- Engage in recreational activities
- Most importantly HAVE FUN!

**REGISTRATION IS BY THE MONTH (Space is limited)**  
Students are walked over from TVES or take the bus from Jerome Harrison School.

JEROME HARRISON (JHS)	TOTOKET VALLEY (TVES)
5 DAYS A WEEK - \$300/month	5 DAYS A WEEK- \$300/month
3:25pm-5:30pm	M/W/F - \$180/month
1:40pm-5:30pm - Early Dismissal	T/TH - \$120/month
	2:45pm-5:30pm
	12:55pm-5:30pm - Early Dismissal

### AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES

### SAVE THE DATES!

**LEAF JUMPERS**  
Thursday, September 18th 6:00-8:00pm  
Augur Park - 290 Forest Rd

**SUNSET DRIVE**  
Thursday, September 25th 6:00-8:00pm  
Augur Park - 290 Forest Rd

**TBD**  
Thursday, October 2nd 6:00-8:00pm  
Augur Park - 290 Forest Rd

**JUICE BOX**  
Thursday, October 9th 6:00-8:00pm  
Augur Park - 290 Forest Rd

### VICTORY SOCCER SUMMER CAMPS

Ages 5-13 Northford Park

**FULL DAY - August 18-22 - 9:00am - 3:00pm**  
\$185 res/\$190 nr

**HALF DAY - August 18-22 - 9:00am - 12:00pm**  
\$135 res/\$140 nr

Victory Summer Soccer Camp will be held at the Stanley T. Williams Community Center from August 18th to August 22nd. Half day and full day options are available.

The Summer Soccer Camp will feature fun soccer activities, dynamic training, small-sided tournaments, contests, team spirit day and an awards ceremony on Friday.

Each player will receive a participation medal and a camp T-shirt. Please indicate T-shirt size when registering. Participants should bring a soccer ball, shin guards, cleats or soccer shoes, soccer attire, water bottle, snack and lunch.

Participants should bring a sneakers, sports attire, water bottle, snack, and lunch.

## — SENIOR CENTER — CHAIR YOGA

Tuesdays July 22 — Sept 9  
10:30—11:30am \$45 res / \$50 nr


Instructor: Sharon Bailey  
Chair yoga is a gentle form of yoga that is done while sitting and using a chair for support. Chair yoga helps build strength, improve coordination, and promotes relaxation, reduces stress.

## MOVE TO MUSIC

Friday August 1 - \$5res/\$6nr  
Friday August 15 - \$5res/\$6nr  
10:00—11:00am STW Gym/Cafe

Instructor: Adrienne Patrella  
“Move to Music” is a low impact, fun, fitness class which can be done either seated or standing. This easy-to-follow program combines gentle movements with upbeat music to help you improve strength, mobility, flexibility, and balance—all while enjoying the rhythm and having fun.

## IVORYTON PLAYHOUSE



### MY FAIR LADY

At Ivoryton Playhouse

August 13, 2025- \$58res/\$63nr

Lunch (on your own) at Lenny & Joe's then we're off to the theater to enjoy a production of My Fair Lady!  
Departs 10:30 am Returns: appx. 5:00 pm  
Payment is due at time of registration

## GOODSPEED MUSICALS



### A CHORUS LINE

At the Goodspeed Opera House


September 10, 2025  
\$120res/\$130nr

Enjoy lunch at the Gelston House before the show!  
Departs 11:00 am Returns: appx. 5:00 pm  
Payment is due at time of registration

Please register by July 21st to reserve your ticket to lunch and this fantastic show!

The trip leaves from the Senior Center. If you need transportation to the Center, kindly let us know when you register.

## AQUA TURF



### Jukebox45 Show Band: DooWop Show

At Aqua Turf Club

September 9, 2025- \$58res/\$63nr

This group plays some of the most memorable songs from the great era of DooWop. Paul Anka, The Duprees, Fred Parris & The 5 Satins, Larry Chance & The Earls, just to name a few. Celebrating decades of legendary music, you won't want to miss this!!  
Departs 10:15 am Returns: appx. 5:00 pm  
Register by: 8/22 Payment is due at time of registration

## SWEET TREAT TRIP

### Ashley's Ice Cream Branford

August 12, 2025

Departs STW at 12:00pm Returns 2:00pm

Who doesn't like a sweet treat after lunch? We will provide transportation to and from Ashley's Ice cream. Please register by 8/8. The cost is on your own.

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  
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PLUMBING

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

Kitten Shower



BRANFORD -- The Branford Compassion Club feline rescue and adoption organization will hold its third Kitten Shower Saturday, Aug. 9 from 2-5 p.m. at the Branford Community House, 46 Church St.

Its a chance for the public to celebrate BCCs kitten season with an afternoon of fun games, refreshments, including Belgian waffles, and silent and live auction prizes.

This is NOT an adoption events, but visitors there will get to meet some of the babies who are currently among approximately 43 under the care of BCC members in 12 area homes.

There is no admission fee, but attendees are asked to bring one or more gifts for the kittens such as food, toys, kitten litter. Monetary donations and gift cards are also appreciated.

Seating is limited, so reserve at [bcckittenshower@gmail.com](mailto:bcckittenshower@gmail.com)

North Branford Launch Sale

203Roofers.com just expanded up Route 80 and we're celebrating with **\$500 OFF** every roofing job.  
When our schedule fills, the discount disappears. Join the Early-Bird list - get **\$500 OFF**, \$0 down, 0% for 18 months. Family-owned, local staff.

Lines open 24/7 - dial now before this month's \$500 slots vanish.

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

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- Repairs
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[glassdancestudio.com](http://glassdancestudio.com)  
860-614-4816

5 Foxon Rd, North Branford, Ct 06471  
The East Rock Cafe expands to North Branford!

Poppy's Coffee & Kitchen Originally opened in the summer of 2022 and quickly became a town staple in New Haven, now opening a brand new location in North Branford!

Extending their popular menu options from New Haven to a new town! From Avocado toast to Poppy's breakfast (Their take on a classic American style breakfast) there's something for everyone. But the menu doesn't stop at breakfast, you can also dine in for a wide variety of lunch options! Offering sandwiches, salads, wraps & soups, you'll be sure to find some new favorites.

Not stopping there, they're also bringing over their wide variety of specialty coffee, roasted freshly every week by a local roaster and used to make a perfect cup for you! From lattes to cappuccinos to Vietnamese iced coffee. Using their "Gold" espresso roast, and for those looking for a more simple classic American coffee, not to worry they offer freshly roasted and brewed light and dark roast coffee all day!

Come by and show some love to a new small business in town.