



# Totoket Times

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*For Our Town From Our Town*

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Volume 30 No 2 September 1, 2023

## Sons & Daughters of Italy Name 2023 Distinguished Citizens

North Haven Sons And Daughters of Italy Lodge 2805 will be hosting their annual Distinguished Citizen Awards Banquet on Thursday, September 29th. The event will take place at woodwinds in Branford and tickets are only \$50 per person.

This years honorees are Arthur and Angel Natalino and Bill Mitchell.



Arthur and Angel Natalino are dedicated heroes in the world of philanthropy. Their compassion has made a significant impact on the lives of countless children and families. As the President of the New Haven chapter of the St. Jude Children's Research Hospital Arthur with Angel by his side has tirelessly devoted his efforts to raising funds for children battling cancer, providing them with a glimmer of hope and a chance at a brighter future.

Artie's roots in St. Jude run deep. His earliest memories involve visiting schools with his father Mike collecting donations in cans.

Angel's passion for making a difference has inspired those around her to rally behind this cause. Her ability to bring together a team of volunteers, donors, and supporters showcases her exceptional leadership skills and her knack for nurturing a sense of purpose within the community. She has inspired many of her closest friends to become apart of the chapter.

Born and raised in New Haven, CT. Bill Mitchell displayed an early passion for working on the railroad. He worked as a Machinist and Mechanical Inspector at Metro North Railroad for 10 years. He then pursued his true passion as a General Chairman for IAMAW (International Association of Machinist and Aerospace Workers) as Union Representative for 14 years. He continued his career with this Union as an Assistant to the Directing General Chairman for 10 years, culminating in a 34-year career with the railroad. He worked tirelessly and relentlessly for the rights of the workers that needed his assistance in work and labor matters. He built long lasting relationships with workers and best served the needs of those he represented until his retirement in February 1998. His career culminated with him receiving the RR Bell Award for honesty and integrity. He also received the Certificate of Loyalty and Honesty from another Union that he worked with and represented.

Not only has Bill excelled in his professional endeavors, but he also was the driving force in creating positive changes in his community of North Haven, CT. Bill has devoted his time and resources to support this community that he loves. His dedication to making a difference has touched the lives of countless individuals. He served in the community in numerous fashions including 2<sup>nd</sup> Selectman for the town of North Haven, CT for one term, as well as an active member on the Republican Town Committee. He sat as Assistant



Chairman of the Ethics Committee, and served on the Fire Commission for two terms, and one term at the Fire Commission Chairman.

Bill was a legendary baseball coach for the town of North Haven, from 1967-2010. He coached in the Max Sinoway Little Baseball League, the North Haven Babe Ruth League, and the North Haven Senior Babe Ruth League. He instilled the values of honesty, integrity, and discipline in all the children he coached over the years and in doing so, poured his heart and soul into helping shape and mold the lives of all of them. He built lifelong relationships throughout his coaching career. He received the Andrew Milano Memorial Award for his service in the Max Sinoway baseball league.

Bill also served the North Haven Tomahawk Club from 1980 to the present day. He worked tirelessly for this Club to enable that all the High School Sports programs, teams, coaches, and student athletes in North Haven had all the necessary equipment that they needed. He was inducted into the North Haven High School Sports Hall of Fame for his accomplishments as a coach and Tomahawk member.

For tickets contact Gail Norup at [gail.norup@yale.edu](mailto:gail.norup@yale.edu).

### Angeloni and Symansky Recognized as "Women of Excellence" by Shoreline Chamber of Commerce

NORTH BRANFORD – North Branford residents Rose Angeloni and Bonnie Symansky were recognized by the Shoreline Chamber of Commerce during their annual Women of Excellence luncheon and awards ceremony held at Woodwinds in Branford on Tuesday, August 22<sup>nd</sup>.

The Women of Excellence awards ceremony recognizes women from the towns of Branford, Guilford and North Branford who exhibit inspirational qualities and demonstrate a vision to better our communities through their career, volunteer-

ing, or empowering others to leadership.

Rose Angeloni was recognized for her three decades of dedication to the Town, including her service as a member of the Board of Education, Planning and Zoning Commission, and her seven terms on the Town Council. She was also recognized for her work as one of the primary coordinators for the successful Potato and Corn Festival held every August in town, as well as her work as a member of the North Branford Booster Club, North Branford Relay for Life, North Branford Land and Conservation Trust, and the Totoket Historical Society.

Bonnie Symansky was recognized for her hours of volunteer work, particularly with the North

Branford Land and Conservation Trust where she has served as a Board member, and shepherded through numerous collaborative projects and trail expansions, her production of "Destination North Branford," a video promoting the welcoming vibrancy of North Branford, and her work with the Sunflower Project and support of the Pollinator Pathway.

Both Angeloni and Symansky received their awards as well as citations from federal, state and local officials recognizing them for their service.

#### TOTOKET TIMES

Deadline		Publication Date
August	25	September 1
September	15	September 23
September	29	October 7
October	14	October 21
October	28	November 4
November	11	November 18



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## Totoket Times Next Issue

In keeping with our two issues per month, schedule, The Totoket Times will skip a normal week.

The next issue and will come out on September 22 with a deadline of September 15. Also, we will be adding more stores for your convenience to pick up additional papers, please stay on top of these announcements through the paper or the website [totokettimes.com](http://totokettimes.com)



## NB Education Foundation Looking for Help!

The North Branford in Education Foundation, is looking for anyone interested in becoming a board member.

The members have six to eight meetings a year and 2 to 3 events.

All profits raised, go to grants and scholarships for the children in the North Branford and Northford community.

Anyone interested is asked to call Frank at 203-410-4254.

## School is back in Session. Drive Safely



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## State Representative Vincent Candelora



In most years, business at the State Capitol is relatively slow during summer and early fall. It's been a little different this year, however, as conversation on several topics have percolated and could even lead to a bit of action before the end of leaf-peeping season. Here's a quick grab bag that summarizes some of the discussion that's been happening.

### Ban on sales of new gas-powered vehicles

As I described in this space previously, the state's Department of Energy and Environmental Protection (DEEP) has proposed regulations that would ban the sale of new gas-powered vehicles by 2035. Yes, that's under 12 years from now, and a recent public hearing allowed residents statewide to share their thoughts on the topic. They ranged from support, steeped in concerns for the environment, to stern opposition driven by worry over consumer costs and doubts about the (slow) proliferation of charging stations and the capacity of our already-strained electrical grid. The most noteworthy news from the hearing came via testimony provided by Eversource, which put a more than \$2.5 billion price tag on the heavy-duty grid infrastructure upgrades that would be required to meet demand driven by the mandate. The legislature's Regulations Review Committee—a bipartisan panel of lawmakers that has the final say on proposed regulations and will meet this fall. Stay tuned.

### Looming tax on employers

An issue familiar to Connecticut employers has returned: the state's Unemployment Trust Fund that's used to cover the benefits paid to jobless individuals could run out of money. If that happens, it will force the state to borrow money from the federal government to pay those benefits, and the burden of paying back loan—with interest—would fall to employers. Over the last couple of years, I've argued that the General Assembly and Governor should use more of Connecticut's substantial surplus to help steer Connecticut clear of this predicament. Given persistent fears about the possibility of a recession that would impact our state's economy, this knife's-edge situation is quickly becoming a priority issue.

### Tax relief for parents

Over the next few months, expect to see more talk about the implementation of a permanent child tax credit, a push from legislative Democrats that would allow taxpayers to lower their tax liability to zero and collect a refund from the state. My opinion? If a family doesn't owe taxes after some of the credit is applied, they shouldn't get a refund by using remaining credit value to get a benefit refund when they haven't paid anything in. Instead, we should pursue a child tax deduction that would simply reduce total taxable income. Last session, Republicans offered a \$2,000 per-child deduction in our budget plan. It's a path that hews to the basic purposes of tax collection—to fund the operations of government.

### Presidential Primary date change: Bipartisan agreement

It's possible that we'll hold a special legislative session to take up a concept upon which Republicans and Democrats agree: rescheduling our state's presidential primary from the last Tuesday in April to the first Tuesday in April. It would make Connecticut more relevant in the discourse and process involved in determining who carries the banner for each party in the general election. During the 2023 legislative session, a bill to make the change passed through the House of Representatives unanimously, but the clock ran out on State Senate members before they could hold a vote. To have an impact on the 2024 presidential nomination process, we'd need to make the change now for scheduling purposes rather than waiting until the next legislative session that begins in early February.

As always, feel free to contact my office about these topics or any other issue tied to state government: 860-240-8700, [vincent.candelora@house-gop.ct.gov](mailto:vincent.candelora@house-gop.ct.gov)

**Rep. Vincent Candelora**  
**House Republican Leader**  
**86th District**

**North Branford, Durham, East Haven, Guilford**

## Let's be "Frank"



For the past twenty years or so, I have spent my Saturday mornings having coffee with Mike Montalto at M.T.Cobbler. This Saturday morning stop brought back memories of Floyd the Barber on Andy Griffith (a show we both enjoyed). People would gather and hang out talking about the news of the day as well as the news of yesterday.

Many of our conversations were about being brought up in an Italian family. The food, the family bonds

and traditions and especially the Sunday family gatherings. Mike and I would often lament about those dinners and traditions being a lost art. We often longed for the days of the seven fish dinner on Christmas Eve, the days before everyone was gluten or carb free and macaroni (not pasta) with sauce (not gravy) with salad, bread and wine, were all we needed to have a great dinner with the family..

We also talked about our cooking skills and recipes and what we were making for dinner. I must admit although I enjoy cooking (and eating), Mike seemed to be the better chef than me with his combinations and his skills to cook up leftovers and turn them into new meals.

As we got a bit older the talks would always turn to our physical ailments. Our backs, our stomachs, our poop schedules and our frustrations with doctors. Mike is younger than I am, but he was catching up fast.

I can say this now as Mike has retired, we would often talk about the different personalities and characters that entered his place. Guys with broken down shoes asking for a polish as though that would make a difference. People arguing over the price even though they new he was always fair and competent in his work. Women complaining that he was trying to sell them larger sizes when they had been forcing a size nine foot into a size seven shoe and wondering why their feet always hurt. We had a lot of fun. At one point we even tried to start a North Branford Business Association to increase awareness of the small businesses in our town but it seemed no-one had the time.

During our conversations Mike would always talk about his dream. He wanted to buy an RV, travel around and get a place in South Carolina. "A lot of land, a lot of open space and a lot of space between neighbors". As my dream was always to last a long time before taking my spot at All Saints Cemetery, I often just listen as dreams like that almost never come true.

But this week, my good friend is realizing his dream. Mike and his wife are jumping in the RV and moving on to South Carolina. Caroline has designed the house of their dreams and they will be living in the RV until it is finished.

It's sad to see a town legend who was a master of his craft, move on. There are very few talented cobblers left. It is a dying art. Most of all, there are very few places like Floyd's Barbershop and MT Cobbler left. A cup of coffee and a dream and we could change the world. I will miss my Saturday morning visits and I will miss sharing stories with my friend, even though we repeated some of those stories many times over.

The good news is that few people reach their dreams. Mike worked hard in a very difficult job and now he will be turning a dream into reality.

Good luck my friend, I will miss our visits and I am marking my calendar for my trip next year. Stay safe and stay "old school", there aren't to many of us left.



### 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



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## For The Health of It...

### Brain Power-Can Diet Affect Learning?



Summer days are slipping away and the flurry of new textbooks and stylish backpacks tells us the Back to School Season is here. Despite a well known TV commercial that shouts “it’s the most wonderful time of the year,” there is one thing that tends to remain a challenge for both eager learners and busy adults alike-mealtime.

In a world where fast food restaurants stand tall on every street corner, and candy bars beckon us from the checkout line, maintaining a balanced diet can feel like a heroic feat. It can also seem like a quick solution to solving the mealtime dilemma.

But, before diving headfirst into a mountain of fries in despair, you need to consider that dietary choices could be sabotaging your quest for knowledge and also that of your young learner. What we eat may impact how the brain decides to behave during study time. If you’re thinking this doesn’t apply to you because you’ve been out of school for decades and your kids are grown, consider hanging in there a bit longer because this applies to all of us. Both growing minds and grown minds require proper fuel.

Imagine your brain as a high performance sports car. Just like the right fuel and maintenance keeps the car performing at its best, the right nutrients allow the brain to do the same, zipping through complex calculations and deciphering solutions to the complexities of daily life. When we use subpar fuel in our prized vehicle, it sputters and stalls and causes a lot of frustration. Similarly, when we indulge in a diet *primarily* consisting of processed snacks and sugary delights, the brain may not be firing on all cylinders. Note the key word here is “primarily.” We want to, and should indulge from time to time.

The allure of the office vending machine is not just your imagination—sugary treats designed to entice can lead to a roller coaster of highs and lows, both in your energy levels and your ability to learn. Downing a soda might give a temporary burst of energy, but that’s often followed by a sudden crash. Fast food indulgences might send your taste buds to euphoria, but do this on a regular basis and your brain will be calling out for help! A once a week “celebration meal” (as my coach and mentor calls it) won’t put you over the edge, but if you’re making it a steady diet, chances are your brain may not appreciate the after party.

To break it down a bit, the brain is like a tiny command center, orchestrating everything from solving equations to belting out the lyrics of your favorite song. To keep this mental symphony going, the brain requires a steady supply of essential nutrients to enhance cognitive functions, support memory, and possibly even help prevent those embarrassing “tip-of-the-tongue” moments. Nutrient dense foods like an array of colorful fruits and vegetables, lean proteins, and whole grains are what the brain deserves. They’re packed with antioxidants, vitamins, and minerals that can help reduce inflammation and promote healthy brain function.

The good news doesn’t stop there. Research suggests that eating a balanced diet isn’t just about avoiding the pitfalls of unhealthy foods—it’s also about embracing the wonders of food that can enhance your cognitive abilities. Blueberries, for instance, have earned the nickname “brain berries” due to studies that show their potential to improve memory and learning. A 2017 article from Rutgers.edu cites one such study where young and old participants who ate blueberries showed an increase of blood flow to key areas of the brain, improvements in memory, and attention to required tasks.

In the end it’s all about balance and choices. Another coach and mentor of mine says, “once you know something, you can choose not to do it, but you can’t unknown it.” It’s true, so think about that before you trade a home cooked meal for a fast food option and know that a poor diet may be holding back your inner genius (or your little genius). The internet is filled with healthy recipe options of snacks and meals that can be prepared in minutes using budget friendly ingredients. If you check it out and find one you like, please let me know!

The recipe below is a cookie treat made with 3 simple ingredients that kids of all ages enjoy. I’ve been making this recipe (from Dani Spies of Clean & Delicious) for years but tend to modify recipes over time. You can make it a 4 or even 5 ingredient cookie by adding walnuts, raisins or even unsweetened coconut flakes.

#### 3 Ingredient Chocolate Chip Oatmeal Cookies

2 very ripe bananas

½ c dark chocolate chips (plus a little more)

1½ c rolled oats

Mix all together, use a tablespoon to scoop and form cookies

Bake at 350 for 10 minutes- cool on a wire rack and enjoy!

Store in refrigerator

**JoAnn Begley is a Certified Health & Nutrition Coach with 24 years experience in holistic, mind/body therapies. She and her husband Jerry have two children and live in North Branford. Reach out with questions or comments to [joann@wellnessfusion.net](mailto:joann@wellnessfusion.net) or [wellnessfusion.net](http://wellnessfusion.net).**

## Estate Planning for Everyone: The Importance of HIPAA Authorizations, Healthcare Proxys, Living Wills and Powers of Attorney for College Students

### By Attorney Marc

Leaving the nest to pursue higher education is a momentous step in a young adult’s life. The thrill of new experiences, intellectual growth, and newfound independence is often at the forefront of college students’ minds. Yet, in the midst of this excitement, there exists a crucial but often overlooked aspect: the need for comprehensive healthcare planning. The combination of a HIPAA authorization, healthcare proxy, living will, and power of attorney forms a vital shield of protection for college students, ensuring their well-being, autonomy, and peace of mind.

The HIPAA authorization, an acronym for the Health Insurance Portability and Accountability Act, is a legal document that permits designated individuals, often parents or guardians, to access a college student’s private medical information. Once a student reaches the age of 18, their medical records are legally shielded from family members’ access without explicit permission. The HIPAA authorization acts as a bridge between privacy and the need for critical health-related communication.

In a scenario where a college student is incapacitated due to illness or injury, the HIPAA authorization empowers their trusted family members or representatives to collaborate with healthcare providers, gather essential medical information, and make informed decisions about treatment options. It safeguards the student’s privacy while allowing their support system to actively participate in their healthcare journey.

The healthcare proxy, also known as a medical power of attorney or advanced directive, is a document that designates an individual to make medical decisions on behalf of the student if they are unable to do so themselves. A college student might find themselves in a situation where they cannot express their preferences due to an unforeseen medical event. The healthcare proxy steps in as their voice, ensuring that medical decisions align with the student’s values, beliefs, and wishes.

Consider a case where a college student is involved in a car accident and is unconscious. The healthcare proxy, appointed based on the student’s prior wishes, can collaborate with medical professionals to make decisions about treatments and procedures. This grants peace of mind to both the student and their family, as they know that critical medical choices will be made according to the student’s desires.

While contemplating end-of-life decisions might be unsettling, a living will is a compassionate gift a college student can give to their loved ones. This legal document outlines the individual’s preferences regarding medical interventions and end-of-life care. It removes the burden from family members who might otherwise have to make emotionally challenging decisions during a time of crisis.

The transition to college marks a period of newfound independence, where legal and financial responsibilities often fall on the student’s shoulders. However, life is unpredictable, and accidents or illnesses can strike at any time. A power of attorney (POA) is a legal instrument that empowers a trusted person, often a parent or family member, to manage legal, financial, and administrative matters on behalf of the student if they become incapacitated.

Imagine a college student facing a severe medical condition that renders them unable to handle their finances or legal obligations. The designated power of attorney can step in, ensuring bills are paid, contracts are managed, and critical financial decisions are made with the student’s best interests in mind. The POA provides a safety net, allowing the student to focus on recovery while ensuring their affairs are managed competently.

The whirlwind of college life can distract students from considering their vulnerability to unexpected health challenges. The quartet of a HIPAA authorization, healthcare proxy, living will, and power of attorney stands as an indispensable fortress of protection for college students. These documents empower students to maintain their privacy while enabling their loved ones to support their healthcare journey. They guarantee that medical decisions reflect the students’ wishes and values, even when they cannot express them directly. Moreover, these documents ensure that legal and financial matters are handled seamlessly during times of incapacitation. By embracing these legal instruments, college students embark on their academic journey with the assurance that their physical, emotional, and legal well-being is fortified against life’s uncertainties.

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



## Smoke Alarms

Smoke alarms save lives. Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out.

### Here's what you need to know!

- A closed door will slow the spread of smoke, heat and fire. Install smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home.
- Smoke alarms should be interconnected. When one sounds, they all sound.
- Large homes may need extra smoke alarms.
- Test your smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions yet mitigate false alarms.
- When a smoke alarm sounds, get outside and stay outside.
- Replace all smoke alarms in your home every 10 years.

## Carbon monoxide alarms

Although the popularity of carbon monoxide (CO) alarms has been growing in recent years, it cannot be assumed that everyone is familiar with the hazards of carbon monoxide poisoning in the home.

- Often called the invisible killer, carbon monoxide is an odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.
- The dangers of CO exposure depend on several variables, including the victim's health and activity level. Infants, pregnant women, and people with physical conditions that limit their body's ability to use oxygen (i.e., emphysema, asthma, heart disease) can be more severely affected by lower concentrations of CO than healthy adults would be.
- A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- In 2016, local fire departments responded to an estimated 79,600 carbon monoxide incidents, or an average of nine such calls per hour. This does not include the 91,400 carbon monoxide alarm malfunctions and the 68,000 unintentional carbon monoxide alarms.
- Data from the Center of Disease Control and Prevention's (CDC's) National Center for Health Statistics shows that in 2017, 399 people died of unintentional non-fire carbon monoxide poisoning.

### • Fire extinguishers

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the #1 priority for residents is to get out safely.

Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

### Safety tips

- Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.
- To operate a fire extinguisher, remember the word **PASS**:
  - Pull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
  - Aim low. Point the extinguisher at the base of the fire.
  - Squeeze the lever slowly and evenly.
  - Sweep the nozzle from side-to-side.
- For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.
- Choose a fire extinguisher that carries the label of an independent testing laboratory.
- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher trainings.
- Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.
- Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

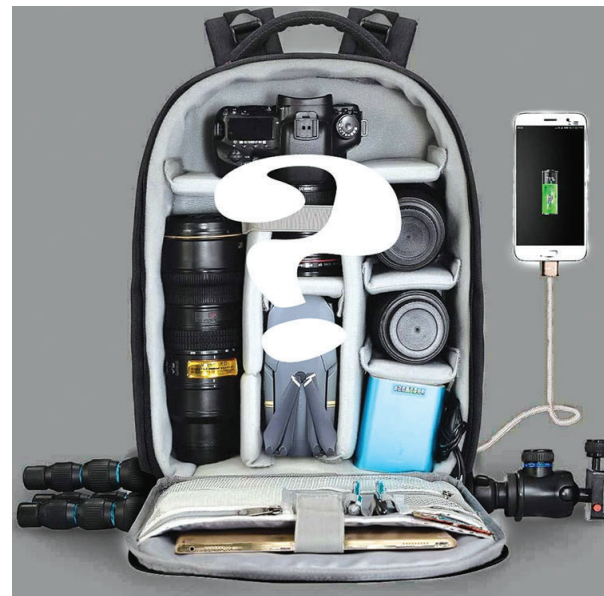
**NBFD has a supply of battery-operated smoke alarms and carbon monoxide detectors. Call or email us @ 203-484-6016 or [jobrien@townofnorthbranfordct.gov](mailto:jobrien@townofnorthbranfordct.gov)**

## Title: 'What's In Your Bag?'

North Haven Camera Club will be starting its 2023-24 season with an in person meeting titled 'What's in Your Bag'. on Tuesday, Sept. 5th at 7 pm. Members will be sharing the contents of their photo bags with other members.

The world of photography is constantly evolving, and the meeting will give members an opportunity to share and learn about all different types of photographic equipment from DSLR's to mirrorless cameras and maybe even a few cell phones too. What cameras, lenses, flashes and other photographic gadgets worked well for them and maybe a few that didn't as well.

The club hosts monthly informative meetings on the first Tuesday of the month and photo competitions online on the third Tuesday of the month.



This meeting will be held at the meeting room of the Hope Church at 211 Montowese Ave. in North Haven. If interested in attending as a guest or to join the club send an email to [north-havencameraclub@gmail.com](mailto:north-havencameraclub@gmail.com) or visit our website at [www.north-havencameraclub.com](http://www.north-havencameraclub.com).

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# Summer is Over School is Back in Session

The summer is over and school is back in session. The new North Branford High School project is in Phase II. The foundation will be poured shortly for the new gymnasium and weight room. (Photo above)

The outside of North Branford Intermediate School has be power washed to create a clean picture for traffic on Route 80 to view. Also, a new roof is scheduled to be installed next summer.

Superintendant of Schools Scott Schoonmaker has also introduced new teachers who will join the staff for the 2023-2024 school year.

## Jerome Harrison Elementary School

Samantha Celentano	Special Education Teacher
Marisa D’Amico	Special Education Preschool Teacher
Lauren Kramar	Special Education Preschool Teacher
Mendy Midzenski	Music Teacher

## Totoket Valley Elementary School

Caroline Beatty	Special Education Teacher
Ryan Bisson	Music Teacher

## North Branford Intermediate School

Angela Conte	Language Arts Interventionist
Kory Kevorkian	Health Teacher
Hailey Reed Language	Arts Teacher
Rebecca Sabetta	Science Teacher

## North Branford High School

Ashley Dalton	Special Education Teacher
John Hansen, Jr.	Spanish Teacher
John Kleckner	Mathematics Teacher



## Let The Games Begin NBHS Fall Varsity Sports Schedules

### Girls Volley Ball

Thursday	9-7	@Hale RAY	5:30
Saturday	9-9	@Branford	11:00
Monday	9-11	@Morgan	5:30
Wednesday	9-13	@Portland	5:30
Thursday	9-14	@Cromwell	5:30
Monday	9-18	@ H-K	6:00
Wednesday	9-20	@OLd Lyme	6:00
Thursday	9-21	Coginchaug @EH	6:00
Wednesday	9-27	@Valley	5:30
Friday	9-29	@East Hampton	5:30
Monday	10-2	@Hale Ray	5:30
Wednesday	10-4	@Morgan	5:30
Friday	10-6	@Portland	5:30
Monday	10-9	@Cromwell	11:30
Monday	10-16	@Old Lyme	5:30
\Wednesday	10-18	@Coginchaug	6:00
Thursday	10-19	@Valley	5:30
Monday	10-23	East Hampton	6:00
Wednesday	10-25	@ West Haven	5:30

### Girls Soccer

Thursay	9-7	@Valley	3:45
Saturday	9-9	East Hampton	10:00
Monday	9-11	Old Lyme	3:45
Thursday	9-14	Westbrook	3:45
Saturday	9-16	Old Saybrook	10:00
Monday	9-18	@Morgan	3:45
Thurssay	9-21	@Cromwell	3:45
Monday	9-25	Platt Tech	6:00
Wednesday	9-27	Harding	4:00
Friday	9-29	Coginchaug	3:30
Wednesday	10-4	Oxford	6:00
Friday	10-6	@Old Saybrook	6:30
Tuesday	10-10	@Harding	4:00
Friday	10-13	@ H-K	3:45
Tuesday	10-17	Portland	3:45
Tuesday	10-24	@Amistad	3:45

### Boys Soccer

Friday	9-8	Valley	3:45
Tuesday	9-12	@Old Lyme	4:00
Friday	9-15	@Westbrook	4:00
Tuesday	9-19	Morgan	3:45
Friday	9-22	Cromwell	3:45
Monday	9-25	Platt Tech	4;00
Wednesday	9-27	Whitney Tech	6:00
Friday	9-29	@Coginchaug	3:45
Wednesday	10-4	East haven	3:45
Friday	10-6	Old Saybrook	4:00
Tuesday	10-10	@East Hampton	6:00
Thursday	10-12	H-K	4:00
Monday	10-16	@Portland	3:45
Thursday	10-19	@Hale Ray	6:00
Wednesday	10-24	@Platt Tech	3:45
Thursday	10-26	Wright Tech	6:00

### Football

Friday	9-15	@Ellington	6:30
Thursday	9-21	@Plainfield	6:00
Friday	9-29	Capital Achieve.	6:30
Friday	10-6	@Granby	6:30
Friday	10-20	H-K	6:30
Friday	10-27	Valley	6:30
Friday	11-3	Rockville	6:30
Friday	11-10	@MSW	6:30
Friday	11-17	Cromwell	6:30
Wednesday	11-22	@Coginchaug	6:00



Babby Nuhn - Hall of Famer

GENEVA, N.Y. — The National Field Hockey Coaches Association (NFHCA) is pleased to announce Babby Nuhn has been selected to the National Field Hockey Hall of Fame class of 2023, and is the 2023 NFHCA Lifetime Achievement Award winner.

Babby Nuhn, the current varsity head coach at North Branford High School in North Branford, Connecticut, boasts an impressive record spanning from 1972 to 2022, amassing a 557-209-103-7 record, which equates to a remarkable .720 win percentage. During her tenure at North Branford, her teams have achieved outstanding success, securing six state championships, making appearances in eight state championship finals, and clinching 14 conference championships.

Nuhn’s exceptional coaching prowess has garnered her numerous prestigious accolades. She had been honored as the Connecticut High School Coaches Association (CHSCA) Coach of the Year in Class S for both 2010 and 2017. In recognition of her remarkable career, she was inducted into the CHSCA Hall of Fame in 1998 and the National High School Athletic Coaches Association Hall of Fame in 2019.

“What started out as a teaching and coaching



job right out of college in the 70’s became an extremely rewarding career as an educator and coach at North Branford High School in Connecticut,” Nuhn remarked. “And now to be recognized by the NFHCA is the quintessential award of my career! To be included with other Hall of Famers is such a humbling experience. I have been surrounded with strong and positive coaches, parents, players, colleagues, my friends and family, and the entire North Branford community for these five decades. Each of them are the reasons I have stayed with coaching for so long!”




North Branford Field Hockey team showing off their State Championship rings

Field Hockey


Thursday	9-7	@Westbrook	3:45
Tuesday	9-12	@H-K	3:45
Wednesday	9-13	Sacred Heart	4:00
Friday	9-15	Old Saybrook	4:00
Tuesday	9-19	Morgan	6:00
Thursday	9-21	@Valley	3:45
Saturday	9-23	@East Lyme	11:00
Tuesday	9-26	@Amity	4:00
Thursday	9-28	Westbrook	3:45
Tuesday	10-3	H-K	6:00
Thursday	10-5	@Old Saybrook	6:30
Saturday	10-7	Stonington	5:30
Tuesday	10-10	@Morgan	3:45
Friday	10-13	Valley	6:00
Tuesday	10-17	Watertown	6:00
Tuesday	10-24	@Branford	6:30






**Southern Connecticut Diamond Club**  
**2023 Hall of Fame**  
**Banquet & Induction Ceremony**


**Thursday, October 12 | The Woodwinds, Branford**  
**\$60 per person -- Advance Sales Only**




**Mike**  
ANQUILLARE




**Al**  
CARBONE




**Steve**  
KESSES




**Matt**  
MERULLO




**Jim**  
PASCARELLA



**Joe**  
ROCHE



**Andrew Gassira**  
Memorial  
Umpire Award  
**KATHLEEN**  
**MORRISON**



**Tony Mentone**  
Memorial  
Distinguished  
Service Award  
**DENIS HALEY**

[www.southernctdiamondclub.org](http://www.southernctdiamondclub.org) | [info@southernctdiamondclub.org](mailto:info@southernctdiamondclub.org)  
"To foster and promote the game of baseball."

**NORTH BRANFORD**  
**BARBERSHOP**



**HAIR CUTS -**  
**MEN \$14.00**  
**SENIORS &**  
**KIDS UNDER 10**  
**\$12.00**

**Tues, 8:30 - 5:00 Wed 8:30 - 5:00**  
**Thur 8:30 - 5:00 Fri, 8:30 - 5:00**  
**Saturday 8:30 - 2:00**  
**- WALK - INS ONLY -**

**OWNER- ROBERT VIGLIONE**  
**1179 FOXON RD, NORTH BRANFORD | (203) 484-6789**



**Pet Shield**  
VETERINARY HOSPITAL

**2033 Foxon Road**  
**North Branford, CT 06471**  
[www.petshieldvet.net](http://www.petshieldvet.net)

**Ph: (203) 481-1492**  
**Fx: (203) 481-4144**  
[petshieldvh@yourvetdoc.com](mailto:petshieldvh@yourvetdoc.com)

**LAST CALL - SIGN UP TODAY**  
**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**  
**\$150 per person Incudes Lunch & Dinner. Prizes will be awarded.**  
**For more information or to sponsor, Call Tim at 203-843-7157.**  
**Portions of the proceeds go to the Epilepsy Foundation of Connecticut.**

**Connecticut Sportsplex®**

**NOW HIRING**

**Must be 16 years-old (18 years or older preferred)**  
**Must be able to work weekends**  
**Some weeknights available**  
**Please call 203-484-4383**  
**or**  
**Stop by and fill out an application**

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





**100+ Quilts Show & Sale**  
**Highlights Needlework of Talented Church Members**  
**Fundraiser on September 15 & 16**  
**at United Methodist Church, Branford**

*Branford, CT:* On Friday, September 15 (5 - 9pm) and Saturday, September 16 (9am - 5pm), The United Methodist Church, Branford will be filled with the vibrant colors and designs of over 100 quilts, many available for purchase. The church's "Sewing for God" group has been hard at work for several months to meet their goal of completing over 100 quilts, as well as many other hand-crafted items, such as cloth books, table runners, large cubby bags, and microwave cozies.

There will also be several demonstrations by the church's talented stitchers and local quilters, plus sewing and craft vendors displaying their wares. Guests can also visit a bake sale and order food from the café.

Admission is \$10 for adults, \$7 for seniors, and \$5 for children ages 5+. Tickets are available at the door. A portion of the net proceeds from the Quilt Show will benefit local autism support agencies.

The United Methodist Church, Branford is located at 811 East Main Street (Route 1); there is ample on-site parking.

**NORTHFORD-NORTH BRANFORD WOMEN'S CLUB, GFWC MEETING**

The first meeting of the club year will be Tuesday, September 19<sup>th</sup> at 7:00pm. The meeting is being held at the Stanley T. Williams Community Center, 1332 Middletown Avenue in Northford. We will have a speaker from Rise and Shine, CT. Rise and Shine provides support and assistance to children and families in need throughout Connecticut. The public is invited to attend. For additional information about the meeting or membership, please contact Vicki at [victorialanza2017@gmail.com](mailto:victorialanza2017@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](http://www.nbranfordlibraries.org)







**ADULT DEPARTMENT NEWS - SEPTEMBER 2023**




**Mother, Mogul, or Menace: The History and Influence of Barbie - Livestreamed Event**  
*Tuesday, September 12th @ 6:30PM at Smith & Zoom*  
Join us for an interactive workshop on the history of this legendary toy and her significance in an ever-evolving worldview throughout the decades.




**How Upcoming Tax Changes May Impact Your Retirement**  
*Wednesday, September 13th @ 6PM at Atwater*  
Please join us for a workshop with USA Financial Tax Services to learn how effective planning and timing can alter the outcome of your retirement.




**Pat's Picks Movie Club, "Kramer vs Kramer"**  
*Thursday, September 14th @ 1PM at Atwater*  
This month's title is, *Kramer vs. Kramer*, a 1979 Drama. "After his wife leaves him, a work-obsessed Manhattan advertising executive is forced to learn long-neglected parenting skills, but a heated custody battle over the couple's young son deepens the wounds left by the separation" - IMDB.




**Movie Matinee, "Moving On"**  
*Friday, September 15th @ 1PM at Smith*  
This month's movie is, *Moving On*, a 2022 Comedy! "Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before" - IMDB.




**Macramé Class**  
*Saturday, September 16th @ 10AM at Smith*  
Join special guest, Vanessa Fasanella, and learn basic macrame knots, designs, and supplies. Go home with a finished plant hanger or piece of wall art.



**Retirement Planning Workshop**  
*Tuesday, September 19th @ 6PM at Smith*  
Join the father/daughter team of Lou and Jessica Pelletier of Pelletier Senior Planning for an Interactive Comprehensive Retirement Planning Workshop.



**Read Between the Vines Book Club**  
*Thursday, September 21st @ 6PM at Rose Vineyards & Winery* \*Copies of book available at both libraries\*  
Please join us for our new offsite book club! Come to Rose Vineyards for a fun and lively discussion with other members in our community! Our first featured book is, *Ninth House*, by Leigh Bardugo.



**Understanding & Responding to Dementia Related Behavior**  
*Thursday, September 28th @ 10:30AM at Smith*  
Please join us for a conversation about the primary ways people with dementia communicate as their ability to use language is lost.

**Recycling News**  
**Labor Day is a Trash Holiday!**  
**There will be no pickup on Monday September 4<sup>th</sup>.**  
**Trash pickup will be delayed one day this week.**  
**Important Dates for the Fall**

Scrap Metal Pickup – week of October 23-27  
Electronics collection at Public Works – Saturday November 4.  
Bulky Waste Pickup – week of November 6-10  
You may ask: Why the November 6<sup>th</sup> date for Bulky Waste?  
This is so the scrap metal can be picked up and recycled before bulky waste. Also, it is after the electronics collection so your electronics can be recycled.

**Hazwaste Central is Open**  
Located right behind the Regional Water Authority's headquarters,  
90 Sargent Drive, New Haven  
Hours are 9am to noon - Saturdays through October 28<sup>th</sup>.  
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](http://rwater.com) or call 203-401-2712.

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

**Plastic Film Reminder**  
We receive a TREX bench every 6 months because of the amount of plastic film we collect. The last one went to Fire Company 4.  
The town's drop off locations are:  
[Atwater and Smith Libraries, Northford Store, STW Community Center, The Food Pantry of NB, Country Paint and Hardware, T.J.'s Launderette](#)

**Helpful Hints for Packaging Recycling**  
Cardboard boxes can go into the recycle bin but the plastic bubble wrap cannot. Bubble wrap is considered plastic film. You can drop this off at any of the town collection locations or your nearest grocery store.  
Plastic shipping envelopes are also considered plastic film if the inside is plastic also.  
Mixed media shipping envelopes (paper on the outside, plastic on the inside) need to go into the trash.

**How to find good homes for your extra stuff.**  
You can post useful items on the Facebook page: [North Branford & Northford Free Items](#). There is also [Freecycle.org](http://Freecycle.org) in East Haven or New Haven.  
You can look up your item in the **New Haven Downsizing Donation Guide**. It lists multiple organizations that want your stuff! Just Google 'New Haven Downsizing Donation Guide'.  
Some places even pick-up large items.  
**Can I recycle it?**  
Connecticut has a website to help with recycling questions: [www.recyclect.com](http://www.recyclect.com). They also have an app.





### Beam Signing Ceremony Held at New Police Department /EOC Construction Site

A beam signing ceremony was held at the site of the new Police Department / Emergency Operations Center at 305 Forest Rd. on August 17<sup>th</sup>. The beam was signed by town officials including the Board of Police Commissioners, the Town Council, town administrators, the Permanent Project Building Committee, the town’s State legislative delegation, and North Branford Police personnel.

Following remarks from North Branford Police Chief Kevin Halloran, Town Manager Michael Downes, Mayor Jeff Macmillen and Deputy Police Chief Jim Lovelace, the signed beam was lifted into place by Newfield Construction.

Participants in the event also included Town Council members Nick Palladino, Marie Diamond and Vincent Mase; Police Commissioners Victor Pietrandrea, David Palumbo and Jacob Manner, State Representative Vincent Candelora, State Senator Christine Cohen, State Senator Paul Cicarella, and Public Works Director Fran Merola.

The Police Station project is expected to be completed in mid-2024.

*Legislators, Police Commissioners, and Town administrators photo by Town of North Branford.*

### Annual Lake Gaillard Walk Returns!

The Northford-North Branford Women’s Club GFWC, in conjunction with the Regional Water Authority, is sponsoring its 23rd Annual Lake Gaillard Walk in North Branford on Sunday, October 1<sup>st</sup> 2023 from 9 am to 1 pm, rain or shine.

Lake Gaillard is normally closed to the public and is not included in the Regional Water Authority’s pass, so this is a once-a-year opportunity to enjoy a walk around this beautiful property. The distance around the lake is 7 miles, walkers can choose to do the full loop or a partial section. Participants must start on the trail by 11 am to allow enough time, all walkers have to exit the property no later than 1pm.

Buses will be available to transport participants to the Lake Gaillard property from **ATWATER LIBRARY** beginning at 8:30 am. Access to the Beech Street entrance will be by bus or on foot only. Parking on Beech Street and Poms Lane will be prohibited where posted. Sturdy strollers and wagons are welcome. Bicycles, roller blades and pets cannot be allowed on the trail.

Registration fee is \$10.00 for ages 3 and over. **Pre-registration is strongly encouraged!** Participants may also register on site the day of the walk for \$15. Payment can be sent through Venmo @NorthfordWomens-Club, please include your full name and a contact phone number, or by check made out to the Northford-North Branford Women’s Club. For additional information send an email to VictoriaLanza2017@gmail.com.

#### LAKE GAILLARD WALK REGISTRATION

Simply complete the following pre-registration form and mail it with your registration fee by September 25<sup>th</sup> to:

**Lake Gaillard Walk, 65 Skylark Dr.,Northford, CT 06472**

Name: \_\_\_\_\_

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

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

Phone #: \_\_\_\_\_

Individual Registration Fee \$10.

Participant Name & Phone \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### North Haven Camera Club Introduces New Board Memebers

The North Haven Camera Club is happy to announce its new board of directors for the 2023-24 season. This year’s first club meeting will be ‘What’s in Your Bag’ to be held on Tuesday, Sept. 5th at the Hope Christian Church in North Haven at 7pm. The club meets the first and third Tuesday of the month from Sept. to June and hosts informative seminars and monthly competitions. As always, guests are welcome to attend. Please visit our website for more information. [www.northhavencameraclub.com](http://www.northhavencameraclub.com)

*Photo Introducing the new board of directors for North Haven Camera Club. From L-R: bottom row, Sandy Nuhn, Darlene Whitmore, Laura Parisi. Upper Row: Joe Whitmore, Don Rocklin, Scott Jezierny, Rick Taft and Bill Rothfuss*



### Bulky Waste Pickup Set for Week of November 6<sup>th</sup>

**NORTH BRANFORD** – The Town’s bulky waste pickup collection this year has been set for the week of **November 6-10, 2023**. During that week, town residents can place bulky waste curbside up to a week before their regular collection day.

Bulky waste includes tree limbs, tree branches, scrap wood, rugs all cut to less than four feet in length, no thicker than four inches, and bundled and tied. It also includes mattresses, box springs, picnic tables, and furniture. It does not include scrap vehicle parts, or home clean-outs.

Bulky waste is collected twice during the calendar year- once in Spring and once in Fall. A bulky waste collection date for Fall of this year had not been set due to the requirement of the town’s contract with John’s Refuse that they renegotiate the terms of bulky waste collection for years 3,4 and 5 of the five-year contract. The Town Council agreed to terms on bulk waste collection earlier this year resulting in the new date being set.

You can learn more about this and other waste collection details and events by visiting [northbranfordct.gov](http://northbranfordct.gov).



**Rotary**  **Club of North Branford**

**Declutter your home and office!**  
**Get rid of old documents!**  
**Create more space!**  
**Spark joy and less stress!**  
**Safe, secure onsite shredding.**

**Saturday, September 30, 2023**  
**North Branford Town Hall**  
**909 Foxon Road, North Branford, CT**  
**9am – 12pm**  
**\$10/banker’s box**  
**[NorthBranfordRotary@gmail.com](mailto:NorthBranfordRotary@gmail.com)**

**Please contact Anne Merola, NBRC President,**  
**at 203-988-2898 with any questions**



## 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](http://www.branfordbiblechapel.org)  
**Hope Christian Church "A Place to Belong"**. 211 Montowese Ave., North Haven, CT. [www.hopeag.com](http://www.hopeag.com) Sunday services 10AM. Coffee served every Sunday 9:00 am. Church open for prayer Tuesdays noon to One. Thursday Bible study 7:00 PM. Like us on facebook.  
**North Branford Congregational Church, UCC**, 1680 Foxon Road, North Branford, CT Join us for worship every Sunday at 10:00 AM. On the first Sunday of each month please attend and share communion with us.  
Nursery Care is available.To contact our church: Office hours are Wednesday to Friday from 9:00 AM to 1:00 PM. Phone: 203.488.8456, email: [nobdcong@sbcglobal.net](mailto:nobdcong@sbcglobal.net), website: [www.northbranfordcongregational.org](http://www.northbranfordcongregational.org) Remember, all are welcome no matter who you are, no matter where you are on life's journey; you will always be welcome here.

**Northford Congregational Church.** Church is located on Old Post Rd., ( corner of Rte 17 and Rte 22), PO Box 191 Northford. Phone 203-484-0795, Fax 203-484-9916.. email: [northfordcc@gmail.com](mailto:northfordcc@gmail.com) Office Hours: Tuesday 9am - 1pm; other days by appointment. John Vigneri, Pastor . Jane K. Leschuk Minister of Music. Worship Service 10am. Join us for coffee hour following worship. Holy Communion on the first Sunday of each month. Like us on Facebook. Our website is [www.northfordcongregational.church](http://www.northfordcongregational.church)  
**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](http://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](http://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 (Higginum) 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](http://www.umcbranford.org) or (203) 488-0549. Sunday service 9:30am - both in-person and live on our website. "The Church on the Rock," led by Pastor Kent Jackson. We invite you to discover the power of faith in Jesus Christ bringing God's love to the world. Join us to worship, experience God's word, and stay connected.

**Zion Episcopal Church**, 326 Notch Hill Road, North Branford. Our vicar is the Rev. Lucy LaRocca. At this time, we have a single service at 9:15 a.m. on Sunday morning. Refreshments and fellowship to follow service in the parish hall. Please visit our Facebook page or our website [zionaepiscopalchurch.org](http://zionaepiscopalchurch.org). Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. 203-488-7395

### Changes at Historic Northford Church

The historic Northford Congregational Church is no longer run by long-time members of the church. After the long-time members hired a new pastor in the spring of 2022, the church has changed dramatically. It had been in continuous existence since 1750. It is no longer a viable Congregational church. It has been taken over by a growing group of Born-Again Christians led by Pastor John Vigneri. It is now called Northford Community Church.

Sunday morning traditional services have changed, and there is a once-a-month modern Saturday evening service. Check Facebook or the church website for more information: [www.northfordcongregational.church](http://www.northfordcongregational.church).

The church is located at 4 Old Post Road at the corner of Routes 22 and 17 in the Northford village in North Branford. Phone: 203-484-0795.

### Saint Anthony Church Military Whist

St. Anthony's Society will have our 7<sup>th</sup> annual Military Whist on Friday, October 13, 2023 at St. Anthony Parish Center, 70 Washington Avenue, New Haven.

Doors open at 6 pm, Game begins at 7 pm promptly. Refreshments served from 6 to 7 pm. No outside food please. Raffle prizes. Admission is \$12. For tickets call Anna Simeone 203-710-5004 or the Parish Office 203-624-1418.

## St. Andrew's Episcopal Church

### Ice Cream Social

September 5, 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**

## Knights of Columbus Looking for Tag Sale/Flea Market Vendors



The Knights of Columbus, St.Ambrose Council 6801 is looking for vendors to fill 86 spaces 15'w x 28'd at their annual fall giant 80,000 sq. ft. tag sale / flea market on october 7<sup>th</sup>.. (rain dates october 21<sup>th</sup> & 28<sup>th</sup>) at doody's field 465 foxon road north branford. It will run from 8:00 a.m. to 3:00 p.m. free admission and off road parking. To reserve a space, call 203 484-9737. The

cost is \$42 per space paid before 10/1, after this date +\$5 late fee. Vendors must provide their own tables and be in their space before 7:30am.

## Zion Episcopal Church Tag Sale

On Saturday, September 9, Zion Episcopal Church, 326 Notch Hill Road, North Branford, will have its annual tag sale, with a rain date of September 23. The sale will start at 8:30 (No earlier) and continue until 2 p.m. Bring a box or bag.

We have again decided that there would be no set prices, everything is a free will donation. Please be generous as this is one of two fundraisers held at Zion yearly. There is a large selection of housewares, electronics, books, puzzles, furniture and much more! Every year Zion tithes (10%) of the proceeds to local outreach.



### MILITARY WHIST

**\$10.00 Per Person**

**Doors Open at 6:30 PM**

**Game Starts at 7:15.**

**For Tickets call or E-mail Sharon**

**203-234-0215**

**[lric@yahoo.com](mailto:lric@yahoo.com)**





# NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

STW COMMUNITY CENTER • 1332 MIDDLETOWN AVE NORTHFORD

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

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

## AFTER SCHOOL R.E.C Crew

*Recreation • Education • Creativity*

The after school program will offer after school care until 5:30pm at the STW Community Center on Mondays and Wednesdays for grades K-5.

Fee: \$100/monthly

Our program provides a safe environment where kids can...



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

## Mary's Culinary Classes

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

Ages 5-14 at STW Community Center

5:00 - 7:00pm Cost \$40 res/ \$45 non-res per class



**TUESDAY**

**SEPTEMBER 26, 2023**

PUMPKIN FETTUCCINE ALFREDO  
& S'MORES SUGAR COOKIE PIZZA



# FALL TENNIS AT NORTHFORD PARK

Join us for a 6 week introduction to Tennis program at Northford Park! Lessons will be offered with Guilford Racquet & Swim Club Pros once a week for 45 minutes and includes age appropriate skills and drills! Lessons include a Racquet!

## FALL TENNIS

(Ages 11-13)

Wednesdays

Sept. 13 - Oct. 26

4:30-5:15pm

**\$75**



(Ages 5-10)

Wednesdays

Sept 13. - Oct. 26

5:30-6:15pm

(Ages 5-10)

Wednesdays

Sept 13. - Oct. 26

6:30-7:15pm

## ★ ARY'S ALL-STARS ★

We know that you and your little athlete will love Ary's All-Stars! Her programs are for ALL children, ages 18 months to 5 years and are designed to introduce basic sports skills, aid in fine and gross motor development and foster social & emotional growth through promoting self-confidence, teamwork and a positive coaching experience.

STW Community Center Gym/Cafe

Saturdays, Sept 23 - Oct 21

Tiny Allstars (18mos - 2.5 years) - 9:00 - 9:45am

Mini Allstars (3 - 4 years) - 10:00 - 10:45am

Cost \$50 res/ \$55 non-res

## — SENIOR CENTER —

## SENIOR CENTER HOEDOWN

Come to our Hoedown! A great time with fabulous food, friends, live music & a Square Dance demonstration.

**OCTOBER 6, 2023**

**12:00pm - 2:00pm**

**STW Community Center**

**\$10res/\$12nr per person 55+**

Pulled chicken sliders, mac n' cheese, cornbread, cowboy salsa and apple crisp!

Pre-registration required by September 29th

## SENIOR DINER DASH

Green Olive Diner in Meriden

and Townline Square shops

**September 6, 2023**

*Lunch Costs on own*

Departs STW at 10:00am Returns 2:00pm

Register by August 30th

Join us for lunch on your own at Green Olive Diner. After lunch we will go shopping at Townline Square shops.

## SHOPPING TRIPS

**September 11th**— Brunch at Colony Diner & Wallingford Walmart  
Bus departs 10:30am from STW and returns around 3:00pm. *Lunch cost on own* FREE Please register by 9/4

**September 18th**— State Street Cafe & North Haven Target  
Bus departs 10:30am from STW and returns around 3:00pm. FREE Please register by 9/15

**September 25th**— Twin Pines Diner & East Haven Dollar General  
Bus departs 10:30am from STW and returns around 3:00pm. *Lunch cost on own* FREE Please register by 9/22

## COFFEE & CONVERSATION

Join us for coffee and conversation and let's talk about upcoming programs!

**September 13, 2023**

STW Senior Room 10:30-11:30am Register by 9/8



## MOHEGAN SUN BUS TRIP

**Tuesday, September 26 - 8:00am - 4:00pm**

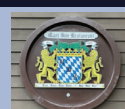
**\$20 res / \$25 nr**

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 9/20

## SUMMER TIME SUPPER CLUB

**Sept 27th - 4:30 pm**

Join us for dinner (pay on your own) at East Side German Restaurant in New Britain at 4:30 pm. Register by September 20th



## CHAIR YOGA

**Tuesdays Sept 26-Nov 14 10:30 - 11:30am \$45 res / \$50 nr**

Instructor: Bhogah Yoga

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.



CLASSIFIED AD RATES

Personal, For Sale, Help Wanted, Tag Sale, and all non-business classified  
1 issue \$9.00 2 issues \$12.00 3 issues \$15.00  
20 words or less, not including phone #. \$.05 per word, per run, after 20 words  
Lost and Found ..... FREE  
Business Classified Ads & Real Estate  
3 issues \$35.00, 6 issues \$60.00, 12 issues \$100.00  
\$.10 per word, per run, after 20 words  
Payment MUST accompany all ads. The advertiser must notify this newspaper of any errors.  
Send ad along with your check to:  
Totoket Times P.O. Box 313 Northford, CT 06472  
For more information call 203-410-4254



CONSTRUCTION SERVICES

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

PLUMBING

**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.

HELP WANTED

**Part-Time Equipment Mechanic-** The Town of North Branford is accepting applications from qualified individuals for the position of Part-Time Equipment Mechanic in the Public Works Department to perform all types of repairs to road and grounds maintenance equipment. High School or GED diploma required. ASE certified in brake, air, diesel brake, hydraulic and tune up procedures. Three to five (3-5) years of employment in the repair and maintenance of mechanical or motorized equipment; OR trade school, technical school, or apprenticeship training in automotive repair or shop practice substituted on the basis of one to two (1-2) years of employment of the above type; OR an equivalent combination of training and experience. As a minimum, the employee must have a valid State of Connecticut driver’s license, CDL Class A preferred, and be able to drive a standard transmission vehicle. Starting wage is \$31.94/hr., after a year the wage is \$35.11/hr., no fringe benefits.  
Applications are available on the Town’s website [www.northbranfordct.gov](http://www.northbranfordct.gov). Please submit applications via Town website, in-person at 909 Foxon Road, by mail, or email: [rburke@northbranfordct.gov](mailto:rburke@northbranfordct.gov). The position is open until filled. EEO/AA

**Part-Time Seasonal Grounds Attendant-** The Town of North Branford is accepting applications from qualified individuals for the position of Part-Time Seasonal Grounds Attendant in the Public Works Department to assist the Grounds Division within the Public Works Department by keeping local Collects and removes litter from designated areas. Cleans and/or removes graffiti and makes minor repairs to vandalism municipal buildings, parks, and properties clean and tidy by the regular removal of litter and graffiti. High School or GED diploma preferred. As a minimum, the employee must have a valid State of Connecticut driver’s license. Starting wage is \$17.00/hr., no fringe benefits.  
Applications are available on the Town’s website [www.northbranfordct.gov](http://www.northbranfordct.gov). Please submit applications via Town website, in-person at 909 Foxon Road, by mail, or email: [rburke@northbranfordct.gov](mailto:rburke@northbranfordct.gov). The position is open until filled. EEO/AA

Live streaming available at no additional cost



Burials ~ Cremation ~ Pre Planning



Philip M. Appell  
Funeral Director & Managing Partner  
[phil.appell@carriageservices.com](mailto:phil.appell@carriageservices.com)

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Funeral Director  
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330 NOTCH HILL ROAD, NORTH BRANFORD  
(203) 481-3217

238 ELM STREET, WEST HAVEN  
(203) 933-1217

KEENAN FUNERAL HOME  
[www.keenanfuneralhome.com](http://www.keenanfuneralhome.com)

PUBLIC NOTICE  
LEGAL NOTICE  
NOTICE OF PUBLIC HEARING  
SEWER USE CHARGE

The North Branford Water Pollution Control Authority, pursuant to Section 7-255 of the Connecticut General Statutes, will hold a public hearing on Tuesday, September 19, 2023, at 7:15 p.m. at the Town Hall Town Council Chambers, 909 Foxon Road, North Branford, for the purpose of establishing a proposed Sewer User fee for the 2023/2024 fiscal year. The proposed charge is **\$500.00** per unit and a copy of the proposed charge is on file in the Town Clerk’s office and is available for inspection by the public.

Dated in North Branford, Connecticut this **1<sup>st</sup> day of September, 2023**  
Water Pollution Control Authority  
Town of North Branford

“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:*  
Your heart generates enough energy to run a flashlight when beating at rest.