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For Our Town From Our Town

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Volume 32 No 15 June 5, 2026

NORTH BRANFORD HIGH SCHOOL GRADUATING CLASS OF 2026

Bree Aiken
Caleb Baxter
Zachary Beecher
Ashley Berardesca
Gary Bliven
Alyssa Bliven
Gabriel Blyschak
Mark Borzillo
Marcus Brindisi
Avery Brittell
Jack Brockett
Makayla Brown
Christopher Bruno
Leah Brustman
Michael Budd
Aijalyn Budeit
Taylor Cantore
Santino Carbone
Justin Carusone

Jasmine Cenotti-Green
Luca Ciampi
Chase Cioffi-Smith
Sitareh Colon
Atum Colon
Terasa Comfort
Tyler Connelly
Abigail Crane
James Criscio
Tyler DeAngelo
Madelyn DeFelice
Aedan Delpivo
Payton DePino
Madison DiStefano
Da'Riana Douglas
Alexa Esposito
Conor Estes
Nylis Estrada

Nico Falcigno
Jair Falconi
Gregory Ferraro
Gianni Ferrucci
Caden Foley
Patrick Ford
Isaiah Franco
Skylar Gage
Sebastian Gage
Christian Gonzalez
Michael Goodmaster
Austin Gwiazda
Jason Haeckel
Tyler Heffernan
Jayden Horsford
Benicio Iamunno
Gianna Ianniello
Luca Intravia
Wilson Jara

Wilyan Jara
Liam Kilstrom
Matthew Klouman
Bryson Kluk
Jack Knowlton
Christopher Krista
Cameron Lacroix
Aleia Lamotte
Luca Landino
Gwen Leonard
Gavin Leone
Brandon Longo
Sofia Ludington
Nicholas Maher
Giavana Mansi
Alyssa Marino
Nicco Martone
Logan Morehead

Jamie Nastri
Cassidy Navarrete
Chase Nugent
Charles O'Brien
Ashlyn O'Rourke
Arianna Palasiewski
Massimo Palma
Samantha Papa
Carl Perry
Olivia Pienkosz
Christopher Piercey
Jacob Poston
Emma Preiss
Joseph Raffone
Caleb Raymond
Russell Richards
Jayden Rivera
Destiny Rivera

Ava Ryszczyk
Benjamin Sarenas
Brock Sargent
Myrissa Savo
Anthony Sigel
Alexa Snedeker
Sophia Sorrell
Kyle Sudusky
Loretta Tam
Meghan Tang
Sury Torres
Gavin Traill
Mateo Urbina
Jonna Valente
Leo Venturini
Lauren Vitarisi
Isabella Warren
John Westefeld

Kyle Sudusky, *Valedictorian*, (right) has maintained an exemplary academic record throughout high school by consistently excelling in rigorous Honors, Advanced Placement, and Early College Experience coursework. His academic achievements have earned him numerous medals and certificates of excellence across mathematics, science, and history. Last spring, he was awarded the Rensselaer Medal, which recognizes exceptional achievement in math and science. As a result of his efforts in the classroom, Kyle has also been inducted into both the National Honor Society and the Spanish Honor Society. An active participant in extracurricular activities, Kyle is a competitive tournament winner in the Chess Club and a member of the Quiz Bowl and the Model UN team. This year, he was elected to Student Council as the secretary for the Class of 2026. His strong commitment to community service is reflected in his volunteer work with Connecticut Foodshare and environmental cleanups with Save the Sound. In his spare time, Kyle is an avid hiker and likes to produce creative videos. He plans to attend the University of Connecticut in the fall to study actuarial science.

Tyler Connelly, *Salutatorian*(center) is a distinguished scholar and dedicated athlete. A perennial High Honors student, Tyler is exceptionally advanced in mathematics, earning top academic medals for excellence in Algebra II as a freshman, Pre-Calculus as a sophomore, AP Calculus as a junior, and the four-year math award this spring. Beyond the classroom, Tyler is a member of the Spanish Honor Society, the National Honor Society, and the Interact Club. Tyler has earned varsity letters in both ice hockey



and lacrosse. This winter, he led the hockey team as captain and organized team-bonding and conditioning events to support the unification of a multi-town cooperative hockey team. He leverages his sports background to drive positive change by representing his peers on the CIAC Student Athletic Advisory Board and the Student Athlete Leadership Council. His commitment to service is reflected in over 70 hours of volunteer work, including roles at the North Branford Potato and Corn Festival and food drives. He has also supported meal preparation at a local homeless shelter. This fall, Tyler will attend the University of Connecticut to pursue a degree in actuarial science.

Jacob Poston, *Essayist* is (far left) an outstanding student and scholar athlete. Jacob's dedication has resulted in consistent recognition as a High Honors student, scholastic awards for

academic achievement in English, Spanish, science, social studies, and physical education, and induction into both the Spanish Honor Society and the National Honor Society. Last spring, Jacob was awarded the Yale Seton Book Award, which is given to a student who displays outstanding personal character and intellectual promise. Jacob is also a member of the NBHS Dream Team, serving as a mentor to students at TVES, and an active volunteer with Wounded Warriors. On the athletic field, Jacob is a varsity baseball catcher and a two-time Shoreline Conference Champion. Jacob's leadership extends into his community service, totaling over 50 hours of volunteer work. He has helped to support fair booths at the annual North Branford Potato and Corn Festival, packaged essential supplies at the senior center, and coached youth basketball and youth football teams. Jacob will study Sports Management at the University of New Haven in the fall.



TOTOKET TIMES

Deadlines	Publication Dates
June 12, 2026	June 19, 2026
June 26, 2026	July 3, 2026
July 10, 2026	July 17, 2026
July 24, 2026	July 31, 2026
August 14, 2026	August 21, 2026
August 28, 2026	September 4, 2026

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Totoket Times is mailed free to all town residents. If you wish to discontinue contact 203-410-4254.

Wanted: Permission to Metal Detect

Dear Editor:

Hi, we are Katrina and Brian Benica. We're respectful local metal detectors looking for permission to detect private property, (yards, fields or homestead). We enjoy metal detecting is a hobby and always take good care to respect the land. We metal detect for the love of history. Our goal is to uncover and learn about the pieces of history that may be hidden beneath the surface, "Because history isn't just in books - It's still in the ground".

We dig neat plugs, remove all trash that we find and leave the property like we found it. We would be happy to share any interesting finds with you and of course, if there's something you would like to keep it would be yours. We also have extra metal detectors available. You're welcome to join us. If you're interested it can be fun and fascinating way to explore the history of your land together.

We can provide a metal detecting, waiver and release of liability form upon request. If you're open for this, we'd be happy to discuss any conditions that you prefer including dates, times or areas to avoid. Thank you for considering this

request. We would treat your property with the upmost respect, carefully replace any soil of grass and remove any trash found

We truly appreciate your consideration and we will be grateful for your permission.

Join us as we uncover and share the history hiding under our feet and uncover the small pieces of history that time has forgotten

Sincerely, Katrina and Brian Benica

We can be reached at 475-331-4233 (Katrina) or e-mail weana1965@att.net

Totoket Historical Society Quarry Tour – June 24

The Totoket Historical Society will host a bus tour of the Tilcon Quarry in North Branford on Wednesday, June 24 at 6:00 PM. Stone from this quarry has played a vital role in building infrastructure throughout Connecticut. This 90-minute guided tour includes the opportunity to ask questions and, weather permitting, walk the quarry floor.

Cost: \$30 per person.

Recommended for ages 10 and up. Reservations required (confirmed upon receipt of payment)

Mail checks (payable to Totoket Historical Society, Inc.) to: 909 Foxon Road, North Branford, CT 06471. ATTN: TILCON. Please include a phone number.

Arrival: North Branford Town Hall by 5:30 PM
Boarding: 5:45 PM (prompt departure)

For information and reservations: Lynn: 203-214-9172 or Jessica: 203-895-6655

Proceeds support the preservation of historic buildings maintained by the Totoket Historical Society.



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State Representative Vincent Candelora



The state budget garnered a lot of the media headlines this spring, and rightly so given the impact state financial policy has on residents and businesses. With that said, the General Assembly tackled a lot of other topics during the 2026 legislative session. From AI to banking regulations, or child welfare to public safety, the scope of business was substantial.

Veterans saw meaningful gains this year. A wide-ranging bill (P.A. 26-35) carried roughly two dozen provisions, including a new Veteran Dental Care Program to help eligible veterans access certain services at up to \$3,000 per year. The same law created income tax deductions for honor guard details at veterans' funerals and for National Guard pay earned during state active duty.

Accountability was another recurring theme. A Department of Children and Families oversight measure (P.A. 26-26) established a new Child Welfare Policy and Oversight Committee, expanded case worker training, and strengthened cooperation with the Office of the Child Advocate. Recognizing the agency's persistent turnover, the law also created a social worker internship program to build a pipeline of future staff. That same push for accountability reached state spending, where a new law (P.A. 26-27) imposed reporting and oversight requirements on legislatively-directed funds, commonly known as earmarks. It's a topic I've written about in this space, triggered by interest federal investigators have shown in state money received by Hartford-area organizations. Entities receiving this money must now be named specifically, with an explanation of how the funds will be used, and any group passing money along to another organization must first get state approval.

Legislation originating in the Judiciary Committee took aim at a stubborn problem on the roads in many communities. Despite clear laws already on the books, drivers continue to illegally pass stopped school buses, so the General Assembly approved a measure (P.A. 26-95) allowing a six-month license suspension for anyone who fails to stop three or more times.

There was a lot of conversation about our rapidly-expanding digital word. Among the products of that deliberation was consumer protection legislation (P.A. 26-64) that now lets residents submit a single request to have their personal data deleted by all registered data brokers while also setting new rules on how that data can be used to price goods and services, including limits on customizing prices based on a person's behavior or location. Lawmakers also turned their attention to children online, passing legislation (P.A. 26-15) that requires social media platforms to verify a user's age, limits when notifications and personalized suggestions are sent, and restricts minors' access to the algorithm-driven portions of those platforms.

These represent only a fraction of the business that moved during the session, but they reflect the range of issues facing Connecticut residents and the General Assembly's efforts to address them.

The state's nonpartisan Office of Legislative Research has prepared a report detailing major pieces of legislation from the three-month session. I've posted it on my website, repcandelora.com. After you review it, feel free to contact my office if you have any questions about a bill detailed inside—or any other issue related to state government, for that matter: 860-240-8700 or vincent.candelora@housegop.ct.gov.

Rep. Vincent Candelora
House Republican Leader
 86th Assembly District
 North Branford

Let's Be "Frank"

Well brother, in the blink of an eye, the North Branford High School baseball season is finished. The season goes by pretty quickly but what's even worse is my twenty year career as a coach with the North Branford School system has ended in a flash. It seems like yesterday, I started as a volunteer coach, running the newly started NBIS baseball program. Then on to the high school. And just like that it's over.

This was probably going to be my last year but if you are reading my letters regularly, you would know, because of my injury, the good Lord decided to end my career a bit early.

I'll be honest with you, despite some heartbreaking losses, some crazy parents and some difficult students, it's been one of the high lights of my life. I am so grateful to so many for being a part of this ride.

First, to former Athletic Director, Chris Webster. Webb was the ultimate professional. She was fair. She demanded that all the kids respect themselves, their school, their teammates and their coaches. She was always there to support **ALL** the kids, even after they graduated.

Head coach Billy Mitchell was the perfect foil to my sometimes lack of ability to control my emotions. He bled purple for every game and his calm demeanor was the complete opposite of mine. He demanded a lot from the players and **HE ALWAYS HAD THEIR BACKS**. I learned a lot from him both as a coach and a person.

Superintendent of Schools Scott Schoonmaker's support of the kids was unparalleled. He knew all their names. He knew all their backgrounds and when he walked into the dugout before the game it made a big difference to all the players. It gave them a big lift for game time and I hope he knows that.

Mostly, what I will miss are the kids. 99.9% of them made my life better. Their freindship with their teammates, their willingness to learn and their respect for me, made many trying days, end with a smile whether it was a win or a loss. You always use to say that no matter what kind of day you had or the kids had, the most important part of their day was that game and we should remember that in our dealings with them.

To all who have meant something to me throughout the years, I hope I returned the favor and I thank you for your kind support. Of all the names I have been called (and there have been many, good & bad), there were a few that I am most proud of. Dad, was first, poppy was second, friend was third, and coach Mentone was up there right near the top of the list.

Joanne Wentworth (long time servant of the people of North Branford) use to say, "Life is good if you don't weaken". She really nailed that one.

On the newspaper front, printing and mail are constantly increasing. So far for the first four months of the year I have only lost \$4,000. It's becoming an expensive hobby. But that's OK. For the summer only, I will be doing just store drops. Its usually pretty light anyway so I will add more stores to the list below. It will save me a few months postage and give my readers a chance to get out on these beautiful days and meet their local merchants. It will also give me a chance to catch up on expenses. No big deal, I'm not going anywhere and neither is the Totoket Times. People can also read each issue in its entirety, on line.

Finally, thanks to all the readers who reached out through, e-mails, cards, phone calls and text in my times of difficulty. I am not there yet but I am **SLOWLY** getting better. As I always say, me at 70% is better than most at 100%.

Take care and wish the old man a happy Father's Day. I'll see you soon,.

STORE DROPS

NORTH BRANFORD

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NORTHFORD

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Letters to the editor...

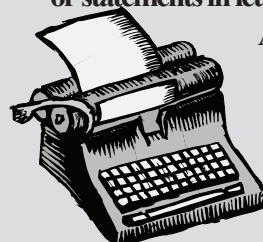
This paper encourages all readers to voice their opinions and comments. The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible. All letters must be signed. A telephone number should be included and no personal attacks.

This paper reserves the right to edit all letters.

All letters should be addressed to :

The Editor

P.O. Box 313, Northford, CT 06472



For the Health of it...

Good News... True Wellness Lies Beyond the Number on the Scale



If the number on the scale sets the tone for how you feel the rest of the day, if you celebrate when it goes down, criticize yourself when it goes up, and allow that one measurement to define how healthy, or even worthy you believe you are, read on. Health is about far more than what that number is telling you and if health is your goal you may be approaching it from the wrong angle. If so, it's not your fault.

While weight can sometimes provide useful information, it is only one small piece of a much larger picture. True wellness includes energy levels, sleep quality, mood, strength, mobility, digestion, stress management, and overall quality of life. Focusing only on pounds gained or lost can cause us to overlook the root cause of weight (which is a symptom of other factors) and miss the mark on meaningful changes happening beneath the surface.

If you've ever gone through a period of consistently eating nourishing foods and moving your body regularly, you may have noticed that you sleep better, think more clearly, and feel more energized, even if the scale barely changes. Those are important victories. In many cases, they are even more significant than weight loss itself. These same changes go unnoticed when we are laser focused on a number, or belly fat, or the body we had 10, 20, or 30 years ago. We have been conditioned through the media and the diet culture to think that thin is better and that if we "fail" it is our fault.

This certainly does not mean all goals related to weight are wrong. For some individuals, losing weight may improve mobility, lower disease risk, or help them feel more comfortable in their bodies. But when the scale becomes the only measure of success, it can create frustration and discourage healthy behaviors that are already making a positive impact.

Our bodies are incredibly complex. Hydration levels, hormones, medications, stress, sodium intake, muscle gain, and even lack of sleep can all affect the number on the scale from day to day. That fluctuation does not necessarily reflect fat gain or loss. Yet many people allow a perfectly normal change of two or three pounds to derail their motivation. Motivation in and of itself is not a strategy. When we practice shifting our focus from weight to health, the rest falls into place. It involves unlearning what we've been conditioned to believe, not all at once but by chipping away and making 1% changes over time. Our thoughts and our beliefs dictate our actions.

Our bodies seem to be tolerant of our behaviors, especially when we're young, but the cumulative effect of our choices show up years later. Here is an *overly simplified* example: If we choose a muffin for breakfast today (which is basically cake for breakfast) the harm won't be obvious tomorrow but make that the norm and we may be prescribed a medication years down the road that comes with a host of "potential" side effects. The doctor may have been telling us for years to lay off the daily muffins but we didn't heed the warning. We may even be relieved that we now have medication that will allow us to keep eating the muffins! Sadly, the belief that a prescription is a free pass to continue with poor lifestyle choices is a common misconception.

Then there are those who seem to "get away with" consistently making poor nutrition and lifestyle choices. No matter what, they don't gain an ounce. We may envy their metabolism and wish we could be that way too. Unfortunately, this group may be less aware of the long term damage their choices are making until someday it shows up in the way of symptoms or bloodwork. And, because that person is thin, they are often perceived as "healthy" by their peers who are shocked when they get sick. Such thinking is clearly misaligned with the truth. There is no armour or guarantee that will make us 100% disease proof, but when our choices are on point most of the time, we will likely feel our best most days and our bodies will be better equipped to go to bat for us if and when something happens. There is something to be said for feeling your best most days and recognizing what that actually feels like.

Your scale can't tell you that you no longer feel exhausted by mid-afternoon and it certainly cannot measure confidence, joy, or self-respect. These are things you will notice when you allow the shift in perception. This becomes especially important because many people begin healthy lifestyle changes with punishment in mind instead of self-care. Exercise becomes something to dread rather than a way to strengthen the body. Meals become centered around restriction instead of nourishment. Wellness shouldn't be a battle, it is a caring partnership with ourselves. Some weeks you may lose pounds. Other weeks you may gain strength, confidence, healthier habits, or a better relationship with food. All of those things create the foundation for long-term well-being.

So, should you *still* decide to step on the scale, remember: that number could possibly be telling you part of the story but it will *never* tell you the whole story. *Did this resonate with you? Do you have questions or comments? Reach out at Joann@wellnessfusion.net. This monthly column is here for you, For the Health of it! JoAnn Begley is a Board Certified Nutritionist, Health & Lifestyle Coach and Holistic Wellness Practitioner. As a former family caregiver, who spent more than a decade as a family caregiver consultant, she knows how difficult it is to take the first step towards self-care and how essential it is to do so.*

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NBHS BOYS LACROSSE WINS SHORELINE CHAMPIONSHIP



THEY MAKE US PROUD

Jaidyn Wein was named to the Dean’s List at Emerson College in Boston,
Conor Grant and Chelsea Shatto-Ranz were named to the President’s List at Southern New Hampshire University in Manchester, NH.

Maiah Raymond was ecognized with the Student Life Award at stoenhill College in Easton, MA.

Calley Waldron received her undergraduate degree at Salve Regina University in Newport, RI



North Branford High School Class of 1976 50th Year Reunion Information

August 14,15,16, 2026 Events Friday August 14,2026 - Join us at Doody’s from 6:00pm to closing. You can purchase your own drinks and food. Saturday August 15, 2026 ? We will gather together in one area at the Rosabianca Vineyard located directly across from the Millpond at 1536 Middletown Avenue at 2pm for those interested . Saturday August 15, 2026 ? Evening reception will be held at the Millpond Gatherings. We have reserved the Forge room which has limited seating from 5:00pm to 9:00pm. Tickets for this event will be \$75.00 per person and will include a light buffet. There will be a cash bar. Payments details to follow. Tickets are limited due to the size of the hall we have. Sunday August 16, 2026 ?Saying good byes! Meet up at the Northford Park at 1829 Middletown Avenue 10am-1pm. We have reserved the Pavillion, so it’s rain or shine. Please checkout our Facebook page-<https://www.facebook.com/groups/NorthBranford.H.S.ClassOf76> or email: bobswick@snet.net for further information

NBHS ATHLETES TO PLAY IN COLLEGE



Sophia Sorrell - Track - Wheaton College



Cameron Lacroix - Lacrosse - Roger Williams



Brandon Longo - Track - University of New Haven



Chase Nugent- Lacrosse - Western CT State University



Mark Borzillo - Lacrosse - Franklin Pierce



Madison DiStefano - Field Hockey - Franklin Pierce



Chris Peirce - Lacrosse - Johnson & Wales



Charlie O'Brien - Baseball - University of St. Joseph





Ashlynn O'Rourke - Field Hockey - University of New Hampshire



Caleb Raymond - Baseball - UMASS



Skylar Gage - Girls Basketball - Albertus Magnus



Caleb Baxter -Ultimate Frisbee - Grover City



Greg Ferraro - Football - Endicott



Marcus Bradisi - Ultimate Frisbee - CCSU



Gabe Blyschyak - Baseball - University of St. Joseph



John Westefeld - Ultimate Frisbee - CCSU



Gavin Leone - Baseball - Keane State



Myrissa Savo - Dance - University of Rhode Island



Week Long Celebration of our Patron Saint Anthony.

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The newly formed **St. Pier Giorgio Frassati Parish** officially brings together the parish communities of St. Ambrose, North Branford and St. Elizabeth of the Trinity, North Haven into one united Catholic community. Rooted in the spirit and example of St. Pier Giorgio Frassati, the parish begins this new chapter of faith, service and community. Parish leaders say the merger is an opportunity to strengthen ministries, foster deeper connections among parishioners and continue the mission of the Church with renewed energy and hope. The parish now includes the worship locations of St. Augustine Church, 30 Caputo Rd, North Branford; St. Monica Church, 1321 Middletown Ave. , Northford; St. Barnabas, 44 Washington Ave. North Haven and St. Therese Church, 555 Middletown Ave., North Haven.

All are warmly invited to join us for Mass and becoming part of our growing parish family. Weekend and daily Masses are offered throughout our parish community, providing many opportunities for worship, prayer, fellowship and service. Whether you are a long-time parishioner, returning to the Church or searching for a parish home, we welcome you to pray with us and experience the joy of our Catholic community!

MASS TIMES, SATURDAY VIGIL MASS, 4 PM St. Barnabas, 4:30 PM St. Augustine

SUNDAY MASS, 8 AM St. Barnabas | 9 AM St. Monica, 10 AM St. Therese | 11 AM St. Augustine. DAILY MASS Monday-Thursday 8 AM St. Barnabas

Mon., Tues., Wed., Fri., Sat. 9 AM St. Augustine

SACRAMENT OF RECONCILIATION: A half hour before all morning daily Masses & Sat. Vigil, during Monday & Wednesday Adoration 5-6 PM Mon. St. Augustine | 5-6 PM Wed. St. Barnabas.

Please reach out to the parish office with any questions 203-484-0403 or 203-239-5378

St. Andrew's Episcopal Church, the White Church on the Hill in the Heart of Northford, has been an integral part of Northford since 1763! Worship services are held Sundays at 10:00 a.m. Refreshments and fellowship always follow. Please join us - we'd love to get to know you! All are always welcome!! The church is also open to all in the community for individual prayer, Tuesdays from noon to 2 p.m. St. Andrew's supports many community programs, and contributes regularly to the North Branford Scholarship Program; North Branford Social Services (NBSS) Thanksgiving Basket Share and Christmas gift and food basket share programs; NBSS Back-To-School Backpacks; clothing donations (donation shed located at the back of the church parking lot); and more. A number of fundraising events are held throughout the year to help us help our neighbors, such as an Annual Rhubarb Fest, summertime Ice Cream Socials, and the annual Harvest Supper. Please join us for the events, and help us help our neighbors! Additionally, the church's Parish Hall is available for rent for birthday parties, showers, receptions, etc. The Rev. Bryan Spinks is St. Andrew's priest; Nan Monde is Sr. Warden. For more information please contact Nan at 203-710-7005

The North Branford Congregational Church, NACCC, 1680 Foxon Road, North Branford CT. Join us for meaningful worship and Bible based teaching every Sunday at 10 am. Sunday School for children during service. Communion on the first Sunday of the month. We offer Bible study, choir, lunch bunch, 2nd Sunday brunch, charity work, book club, praise team, men's fellowship and more. To contact our church: Office hours are Wednesday to Friday from 9:00 AM to 1:00 PM. Phone: 203.488.8456, email: nobdcong@sbcglobal.net, website: www.northbranfordcongregational.org Come grow in faith with us!

Northford Community Church. Church is located on Old Post Rd. (Corner of Rte 17 and Rte 22), PO Box 191 Northford. Phone (203)-484-0795, Fax (203)-484-9916. Email: northfordcc@gmail.com. Office Hours: Tuesday 9am-1pm; Other days by appointment. John Vigneri, Pastor. Catherine Klouda, worship leader. 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.northfordcommunity.church.

Zion Episcopal Church, 326 Notch Hill Road, North Branford. While we are in transition, we continue to hold services of Morning Prayer following Rite 2 in the Book of Common Prayer, and do have services of Holy Eucharist when we are fortunate to get a supply priest. 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 zionepiscopalchurch.org. Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. 203-488-7395

Newly Formed St. Pier Giorgio Frassati Parish

The newly formed **St. Pier Giorgio Frassati Parish** officially brings together the parish communities of St. Ambrose, North Branford and St. Elizabeth of the Trinity, North Haven into one united Catholic community. Rooted in the spirit and example of St. Pier Giorgio Frassati, the parish begins this new chapter of faith, service and community. Parish leaders say the merger is an opportunity to strengthen ministries, foster deeper connections among parishioners and continue the mission of the Church with renewed energy and hope. The parish now includes the worship locations of St. Augustine Church, 30 Caputo Rd, North Branford; St. Monica Church, 1321 Middletown Ave. , Northford; St. Barnabas, 44 Washington Ave. North Haven and St. Therese Church, 555 Middletown Ave., North Haven.

All are warmly invited to join us for Mass and becoming part of our growing parish family. Weekend and daily Masses are offered throughout our parish community, providing many opportunities for worship, prayer, fellowship and service. Whether you are a long-time parishioner, returning to the Church or searching for a parish home, we welcome you to pray with us and experience the joy of our Catholic community!

MASS TIMES,

SATURDAY VIGIL MASS, 4 PM St. Barnabas, 4:30 PM St. Augustine

SUNDAY MASS, 8 AM St. Barnabas | 9 AM St. Monica, 10 AM St. Therese | 11 AM St. Augustine. DAILY MASS Monday-Thursday 8 AM St. Barnabas

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Please reach out to the parish office with any questions
203-484-0403 or 203-239-5378

Recycling News

The next Electronics drop-off will be on July 11th.

We will be taking electronics, mattresses and empty propane tanks – all for free!!

Hazwaste Central opened on Saturday May 30th Safe & Free Disposal of Residential Household Hazardous Waste

They take household batteries.

The Regional Water Authorities' HazWaste Central will be open on Saturdays starting on May 30th through mid-October. They are closed on the weekends of July 4th and Labor Day.

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

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

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

Plastic Wrap Reminder

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

Black plastic plant pots and takeout containers are not recyclable. The machinery can't detect the black plastic. Either try to return the plant pots to the place where you bought your plants or try to reuse them. I find the takeout containers have many uses around the house.

Balloons

We all love celebrating life's special moments with creative colorful displays. Balloons can bring joy and festivity to birthdays, weddings, and countless other events. When balloons are released into the sky (whether intentionally or not) they eventually come back down - often landing in sensitive habitats. Wildlife can mistake deflated balloons for food, potentially leading to choking or digestive blockages. Birds and marine animals also become entangled in the attached strings.

For any balloons you do use, ensure they're properly deflated and disposed of in the trash, they are not recyclable. Removing or cutting strings helps prevent wildlife from becoming tangled.

There are many ways to have fun and celebrate with environmentally-friendly alternatives.

- **Reusable Decorations: Paper pompoms, ribbon dancers, streamers, giant bubbles, garden spinners and lawn signs are a few examples.**
- **Memorial Trees & Flowers: Consider planting a tree or flowers as a more sustainable way to commemorate a loved one or celebrate a milestone.**

By choosing not to release balloons and exploring more earth-friendly celebrations, you can still create memorable moments while safeguarding our planet. Let's celebrate responsibly and work together to keep our oceans, wildlife, and communities healthier for everyone.

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

We are an advisory committee to the Town Manager. Our goal is to develop and implement environmentally sound solutions and best practices for solid waste disposal and recycling management on behalf of our town.

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

Thank You for Your Participation



Branford VFW Presents flags to Jersey Mike's

Recently, Bill Savastano and Lee Hudson, members of Branford VFW Post 12106, presented American Flags to Jersey Mike's Subs in Branford. Representing and accepting those flags was employee Jasmine Ha.

These flags will be handed out to Jersey Mike's customers throughout the 250th celebratory season.



NBLCT Beech Street Grand Opening and Annual Meeting

Join NBLCT on June 6, at 9:30 a.m. for our Annual Meeting and the Grand Opening of our Beech Street Demonstration Forest and CT Trails Day Event.

Meet at our new timber-framed kiosk for a short meeting ribbon cutting, and forestry talk.

Then join us for an easy walk on our newly created trails which will include a scavenger hunt.

Visit us on Facebook or our website for additional information

<https://nblandtrust.org/>

State Sen. Paul Cicarella Receives Republican Nomination for 34th District, Officially Launches 2026 Re-election Campaign

WALLINGFORD — Following his nomination at the State Senate 34th District Convention Tuesday evening, State Sen. Paul Cicarella (R-34) officially announced the launch of his 2026 re-election campaign.

Delegates from across the district gathered at the convention to unanimously support Cicarella's candidacy as he seeks a fourth term representing the communities of Durham, East Haven, North Haven, Northford, and Wallingford.

"I am honored and grateful to receive the support of the delegates and continue serving the families, veterans, seniors, and small businesses of the 34th District," said Cicarella. "Over the past several years, we have been fighting to make Connecticut more affordable and safe. While we've had some victories to achieve these goals, there is a lot more work to do. I am running again to build on that progress and fight for commonsense solutions that put people first."

First elected in 2020, Senator Cicarella currently serves as Senior Deputy Republican Leader in the Connecticut State Senate and Ranking Member on key legislative committees, including General Law and Public Safety & Security. Throughout his time in office, he has earned a reputation for bipartisan collaboration and advancing legislation focused on public safety, consumer protection, workforce development, and expanding opportunities for young people entering the trades.

Cicarella has made affordability and government accountability a central focus of his work in Hartford, advocating for lower taxes, lowering utility costs, and restoring transparency and accountability in state government. His campaign is centered on responsible leadership that respects taxpayers, protects local decision-making, and advances policies that strengthen Connecticut communities.

In addition to his legislative work, Cicarella has been actively involved in bipartisan civic engagement efforts, including partnering with the nation's largest cross-partisan volunteer organization Braver Angels to host a public discourse and civility event in the 34th Senate District focused on encouraging respectful dialogue and community engagement across political differences.

As a member of the bipartisan Future Caucus, Cicarella has also worked to advance practical workforce initiatives, including legislation aimed at providing "ratio relief" to help expand access to careers in the skilled trades and address Connecticut's workforce shortages, while offering a path to well-paying jobs for all residents.

Campaign priorities include:

Affordability: Championing tax relief and policies that reduce the cost of living for Connecticut families.

- **Energy Relief:** Fighting to lower utility costs for ratepayers & offering energy policy solutions.

- **Public Safety:** Supporting law enforcement and strengthening initiatives that keep communities safe.

- **Job Creation & Workforce Development:** Expanding access to job training, apprenticeships, and well-paying career opportunities.

- **Local Control & Government Accountability:** Protecting local decision-making and promoting greater transparency in state government.

- **Support for Veterans & Seniors:** Advocating for policies and resources that support veterans and senior residents.

A Connecticut native, Cicarella grew up in East Haven and currently resides in North Haven with his wife, Christy, and their two children. In addition to his legislative service, he is a small business owner, retired law enforcement officer, longtime community volunteer, and coach.

"Serving in the State Senate has been one of the greatest honors of my life," Cicarella added. "With the continued support of residents across the district, I look forward to continuing the fight for affordability, public safety, accountability, and the values that matter most to our communities."

For more information about the campaign, volunteer opportunities, or upcoming events, visit PaulChic.com or contact the campaign at PaulChic34@gmail.com.



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NEW
BREAKFAST AT STW

\$3 Breakfast will be served in the cafeteria. Please pre-register for meals at least one day prior, by 9am

BAKED CREAM CHEESE FRENCH TOAST CASSEROLE

JUNE 24
8:30AM - 10:00AM

FELTING CLASS

JUNE 9, 2026
5:00PM - 8:00PM
\$30RES / \$35NR

Join us for an Introduction to Needle Felting with Caroline Guthrie from Needle and Fuzz. In this class, you'll use basic needle felting techniques to create an adorable patriotic Gnome. All materials are provided.

STW COMMUNITY CENTER
Space is limited, please register by 6/5

1332 Middletown Ave. Northford (203) 484-6017 nbrecreation.com

NORTH BRANFORD PARKS, RECREATION & SENIOR CENTER PRESENTS

A DATCO NYC MOTOR-COACH BUS TRIP TO THE STATUE OF LIBERTY + ELLIS ISLAND

THIS TRIP INCLUDES ROUND TRIP FERRY SERVICE TO LIBERTY ISLAND AND ELLIS ISLAND, A VISIT TO THE STATUE OF LIBERTY MUSEUM AND THE ELLIS ISLAND NATIONAL MUSEUM OF IMMIGRATION

TUESDAY JULY 21ST

AMERICA 250

CHILD (4-12) - \$125
ADULT (13-64) - \$135
SENIOR (65+) - \$130

DEPARTS STW COMMUNITY CENTER: 8:00AM
ARRIVE AT LIBERTY STATE PARK: 10:30AM
CHECK-IN AT FERRY SECURITY: 11:00AM
FERRY TO ELLIS ISLAND: 11:30AM
FERRY BACK TO LIBERTY STATE PARK: 3:30PM
DEPART FOR STW COMMUNITY CENTER: 4:00PM

— SENIOR CENTER —

SENIOR PICNIC

June 11 5:30-7:00pm

STW COMMUNITY CENTER
FREE: 1332 Middletown Ave. Northford
Register at nbrecreation.com by 6/5/26 : (203) 484-6017

With Entertainment by **DJ Rockin' Richard!**

Co-Sponsored by North Branford Rotary Club

Hot Dogs, Hamburgers & Salads
Dessert & Watermelon

Transportation available
Residents Only
Please let us know at time of registration!

FREE to Residents Age 55+
\$5 for Non-residents Age 55+

ESSEX LUNCH TRAIN AND RIVERBOAT

June 26, 2026
\$90res / \$95 nr
Departs STW at 10:00am
Returns 4:00pm Register by June 5th

Departing STW at 10:00 am, we will have lunch on the Steam Train on our way to board the Riverboat, which will take us out on the Connecticut River. Your meal, train and steamboat ride are included. Adult beverages may be purchased on your own.

Walking for Wellness!

COGINCHAUG
June 23, 2026
10:00am - 1:00pm

Walk this way to better health!
Join us for a nice walk or sit under the pavilion and play cards or watch the world go by! Bring yourself a little lunch and we will stop at Durham Dari Serve! Register by 6/19

PEACE LOVE ACCESSIBILITY

June 25, 2026
1:00pm - 2:00pm

Peace Love ACCESSibility (PLA), a new Connecticut-based grassroots nonprofit organization dedicated to creating more accessible and inclusive communities. Let's welcome this local nonprofit as they share the importance of access for all!

CLASSIFIED AD RATES

Personal, For Sale, Help Wanted, Tag Sale, and all non-business classified
1 issue \$9.00 2 issues \$12.00 3 issues \$15.00
20 words or less, not including phone #. \$.05 per word, per run,
after 20 words

Lost and Found FREE

Business Classified Ads & Real Estate
3 issues \$35.00, 6 issues \$60.00, 12 issues \$100.00
\$.10 per word, per run, after 20 words

Payment MUST accompany all ads. The advertiser must notify this newspaper of any errors.

Send ad along with your check to:

Totoket Times P.O. Box 313 Northford, CT 06472

For more information call 203-410-4254

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TJC Electrical Services - No Job too small or big. Service upgrade & Generator Specials. Call Tom Cassella at 203-619-2823. Licensed & Insured.

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

Scan below to visit our website!!

AUGUST 7-9 2026
nbpocofestival.com

BECOME A VOLUNTEER TODAY!

nbpocofestival.com/volunteers
We invite you to volunteer at the 24th North Branford Potato and Corn Festival! All volunteers will receive a Festival t-shirt and a coupon for a free potato & corn meal!

(203) 484-6017
potatofest@northbranfordct.gov

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MEN \$16.00
SENIORS & KIDS UNDER 10 \$14.00

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