

# **Totoket Times**

www.totokettimes.com

For Our Town From Our Town

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Volume 28 No 20, April 8, 2022



# Guilford Fence Works Receives Plastic Film Program Bench

On Wednesday, March 9, Guilford Fence Works was presented the latest bench NB has earned from the Plastic Film Recycling Program, sponsored by Trex and supported by our NB Big Y. This is NB's tenth bench.

NB Solid/Hazardous Waste and Recycling Committee members Bill Savastano and Hank Petroskey made the presentation.

Thanks to Lou and Scott Raffone and the entire staff at Guilford Fence for their dedication in collecting the plastic film that much of the fencing they use comes wrapped in.

In the 30 months Guilford Fence has been participating in the Plastic Film Recycling Program, they have collected 2,500 pounds of plastic film.

Thanks to everyone who participates in the Plastic Film Recycling Program and please continue to be diligent in placing only acceptable items in the collection bins. That will help greatly when sorting the material.

The unacceptable items we see the most continues to be pet food and mulch bags, as well as, grape and snack bags. Please also be sure there is no food left in any bag.

The purpose of North Branford's Solid/Hazardous Waste and Recycling Committee is to develop and implement environmentally sound solutions and best practices for solid waste disposal and recycling management on behalf of our town.

Lou and Scott pose with the bench at their Middletown Ave location in front of one of the fences they offer (photo by Hank Petroskey)

# Spring is Here

### Get out and Meet your local Merchants

The April 22 issue of the Totoket Times will not be mailed. Enjoy hte beautiful weather and pick up a copy at one of our local drop offs.

### North Branford

North Branford Post Office, Patco Service Station Cumberland Farms, Atwater Library, Hair Designs MT Cobbler, Good Vibes Nutrition, Town Hall

North Branford Barbershop

### **Northford**

Smith Library, NB Recreation Department Lee's Coffee & Ice Cream

Visit www.totokettimes.com. for the complete issue!







#### **NORTH BRANFORD ROTARY**

**DAY OF SERVICE** 

#### **FOOD DRIVE**

**To Support** 

#### The Food Pantry of North Branford

SATURDAY APRIL 9, 2022 10:00AM TO 2:00PM CONNECTICUT SPORTS PLEX Special Guest:

The Rotary Easter Bunny.









#### Hosted By The North Haven Sons and Daughters of Italy Lodge 2805 Italian Heritage Committee

Join us for Dinner and A Celebration of Frank and Dean!
Saturday May 14<sup>th</sup> 2022, St Frances Cabrini Church!
Dinner Starts at 6, Show Starts Right After Dinner.
Dinner is Ziti, Meatballs, Salad, Bread, Desserts
\$20. for members & \$25. for non members.



Performed By:
Jack Lynn – Website
jacksingsdino.com
&
Steve Kazlauskas – Website
echoesofsinatra.com.



For more information please contact Chairwoman Sueann Mentone at sueann.mentone@yahoo.com

#### **Deadline Publication Date** April 1 **April** 8 15 April **April** 22 29 April May 6 May 13 May 20 27 May June 3 June 10 17 June 24 June July 1 8 July 15 July

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Always time to make a voluntary payment to the Totoket Times.

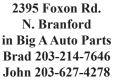
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#### **Passport to Connecticut Libraries**



#### Contest Dates: April 1-30, 2022

Enter for a chance to win a Visa gift card of up to \$150.

Libraries all over Connecticut are participating in this exciting program to make people of all ages aware of the power of their library card. Take your library card and passport to at least five libraries on the list to be eligible to win a \$150 gift card for adults or a \$100 gift card for children.

Ask for your Passport today & begin participating on April 1st!

This is a Connecticut Library Association initiative.

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Sotheby's INTERNATIONAL REALTY

#### NORTHFORD MARKET WATCH

**Total Homes Sold** February 2022

↑ 50.0 % (2) Feb, 2021

**Median Sold Price** February 2022

\$315,000 √-22.2% Feb, 2021

**Average Sold Price** February 2022

\$416,633 1.9% Feb, 2021



All Listing Types, Feb 2022 6 Total Units

■ 3 Single Family Homes ■ 1 Condos/Co-ops 2 Land/Lots

Each Office is Independently Owned and Operated. 🏚 data per ctmls 3.7.22



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### State Representative Vincent Candelora

**Gas Tax Suspension Signed Into Law** 



I'm writing this week with a quick follow up to the topic covered in my last column here: easing the price pressure we're feeling at the gas pump.

The General Assembly on March 23 approved a bill package that included a suspension to the state's 25 cent per gallon excise tax on gasoline. It's a different path than Republicans

advocated for—we targeted the state's wholesale tax—but it's a measure of relief, nonetheless. This gas tax suspension runs through June 30, the end of the state's fiscal year.

While I would have loved to have seen the legislature do more on the issue of high prices at the pump, such as including diesel, this move was one we could accomplish quickly at a time when Connecticut residents are facing considerable inflationary pressure.

The legislation passed with unanimous support in the House of Representatives. It also includes a one-time, weeklong sales tax holiday on clothing a footwear that costs less than \$100. This special tax-free week will run from April 10 to April 16. This does not affect the back-to-school tax-free week you're all accustomed to at summer's end—it stays in place, as is.

I remain committed to working on sensible remedies for consumers during this time of runaway inflation, and I hope the legislature's entire membership will view this as a first step in the direction of making our state more affordable.

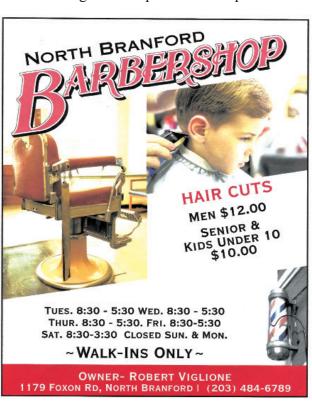
To that end, and on the day of the gas tax vote, I again called for the Governor and the legislature's majority Democrats to scrap the controversial truck tax that's set to go into effect next year. The state's advocacy group for the agricultural industry was in Hartford that day to explain how the tax would increase the cost of doing business and, by extension, what customers will pay for goods and services. The industry asked to be exempted from the tax.

Republicans tried to do just that last year through two separate amendments, both of which were rejected by our majority party colleagues in the House.

I agree that agricultural-related businesses shouldn't have to pay this levy, but neither should anyone else. And there's no better (or easier) way to eliminate a tax than doing it before it starts. We can afford it. Our state has a \$3 billion Rainy Day fund, a sizable budget surplus, and a Special Transportation Fund surplus expected to reach \$500 million by the fiscal year's end.

I submitted legislation this year to repeal the tax but Finance Committee leaders wouldn't schedule a hearing that would have allowed all types of industries to have their say.

While the gas tax suspension was a positive move, one that generated a lot



of talk about bipartisanship, I'm disappointed that it didn't trigger action—or even meaningful discussion—about a tax that's sure to hit people's wallets as we try to grow our economy.

Leader
86th District
North Branford,
Durham, Guilford,
Wallingford

# LET'S BE "FRANK"

As you know brother, for some time, this has been my favorite time of the year. Spring baseball (North Branford High School and Yankees) combined with Easter preparations (spiritually and socially) and a little work (very little) in the yard always took me out of that winter funk.

As you also know, it wasn't always my favorite. First, we start with Palm Sunday. At 13 years old I wasn't interested in the long Mass with the full Passion of Christ. There was also a long procession with our elderly parishioners (many of them immigrants) singing chants in Italian or Latin (I could never tell the difference).

After a Mass that seemed like an eternity, we had to delay our usual Sunday at aunt Tess's, to go first to the cemetery and then daddies sisters, to disperse Palm amonst those unable to get their own. Prayers to a bunch of stones at the cemetery and then wet kisses from toothless aunts was not my idea of an uplifting celebration.

As the week progressed, it was the torture of dealing with the crowd of people at Pacelli's as they stood in long lines to purchase their holiday needs. Mom had gotten me a job working there when I was thirteen. Pacelli's was an Italian import store, unique in the Easter needs. Fresh basket cheese, ricotta, ham, salami, prosciutto and eggs for the ham pies. They also had all the specialty items that were needed to finish a successful Easter feast.

My reward for getting half day Holy Thursday and all of Good Friday off from school was to work two and a half full days a as a runner at the store. Stocking the shelves, carrying out orders to cars, fixing up the olives buckets and dealing with 100 pound bags of rice, wheat and beans were only a few of my endless holiday chores.

If that wasn't enough, I got out of a full day of work just in time to satisfy what mom insisted were my church obligations. A long service on Holy Thursday followed by walking to five other churches in the neighborhood (that was before the arch diocese saw fit to close or combine most of those churches) to light a candle and say a prayer. By the time we got home it was close to midnight and I had to be back to the store at 8am on Friday. I'm sure there were some type of child labor laws we were breaking but no one seemed to care.

No meat on Good Friday ruined one of my few pleasures as I couldn't even sample a piece of ham or salami now and then. Following a full day it was back to church for the stations of the cross and the procession with Gesu morte (the dead Jesus). It was a Italian custom to carry a replica of the dead Jesus around the church, in dedication to what he did to save us.

Finally home with no tv as it was a time for reflection and penance. My penance was getting ready for a store full of people buying their last minute items for a large Easter dinner celebration. Figs, olives, hard cheese, cherries in brandy, panetone's and much more were loaded into the cars. The day ended with another two hour service of lights and High Mass to celebrate the risen Christ.

I agonized for weeks about the coming of the holiday that was suppose to be a grand celebration. As I got older I came to love that holiday more than any others. Yes my least favorite time of year soon became my favorite. The time for reflection, the tradition filled ceremonies and the beautiful music that I later became a part of always seemed to make me happy. To this day I am still a part of the watered down versions of those services.

I long for the family filled conversations at Pacelli's, the long extended church services, the deliscious foods we could only afford to eat once a year and a table full of relatives. Just give me one more toothless kiss from the aunts followed by the gift of a Kennedy half dollar.

It's funny some of the things we hated in our youth, we love in our older years and long for their return.

Hope you're doing ok brother. Your palm cross will be delivered as usual. Say hi to the rest of the family who will be at your dinner table on Palm Sunday instead of mine. Tell them they too will be the recipient of their seasonal Palm Crosses.

I love them and miss them and I'll see you soon.

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#### PUBLISHER-FRANK MENTONE JR.

founders - Bert Bunnell Jr. & Antthony Esposito Jr.

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

#### Letters to the editor...

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

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

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

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!

#### **JOANN BEGLEY**

#### **Springtime Stress Solutions**



Spring is in the air and along with it, the promise of new beginnings. Extended daylight hours gently coax us out of hibernation and renewed energy seeps in. Even the sunshine seems more energizing this time of year; melting the winter blues away. All around us flower beds are waking up, buds are sprouting and birds are chirping. It's the perfect time to take a cue from nature and create some renewed beginnings of our own. Tackling projects like cleaning out the garage or even something as simple as a junk drawer, can help us feel more organized. It also helps declutter the mind and

reduce stress. April is National Stress Awareness month. And while stress is unavoidable, there is an entire month dedicated to assessing and better managing our stress levels, for good reason.

#### Can't live With it-Can't Live Without it

Stress is good. It helps us to meet daily challenges. It comes to the rescue when we need to meet a deadline or perform well in a crisis, run that last lap, or help with a last minute school project because someone just remembered it's due tomorrow! The type of stress that helps us when we feel threatened or in a crisis also serves us well. The "fight or flight response" kicks in and, in an emergency, it's exactly what we need to see us through. However, when we have an overabundance of stressors in our lives and react to *everything* as urgent or a threat, our bodies respond as such. When our perception of a stressor is the same whether it is raining on the day we planned a family picnic or we are experiencing a major life crisis, stress becomes a problem.

#### **Listen to Your Body**

Chronic stress can have a negative impact on physical and emotional health, but sometimes it's hard to figure out what to do about it. Awareness of how physical symptoms of stress may manifest can help. Symptoms may include fatigue or trouble sleeping, headaches, high blood pressure, muscle tension or jaw clenching (when sleeping or awake), and stomach or digestive problems. If a health professional determines a physical symptom is caused by stress, don't dismiss it as being less significant. It's a signal to make changes and better choices for ourselves and our families. Even small changes can make a big difference.

#### **Got Stress?**

So what if you're not feeling quite as chipper as nature's surroundings suggest you should be? It might help to try something new. Choose whichever tips below resonate with you and give them a try. If the solutions seem too simplistic for the level of stress you're experiencing, know that even minor changes can help. The first three may sound familiar but are so worth repeating because these three habits set a good foundation for a healthy mind and body.

*Good Nutrition* - Avoid caffeinated or sugary beverages, keep sweets to a minimum, load up on healthy carbs like fruits and vegetables, healthy fats and protein, and avoid alcohol when feeling blue or as a sleep aid



**Regular sleep patterns** - A regular pattern of sleeping and waking will help to create balance. Try soothing music, sounds of nature, chamomile tea or warm milk to relax you at bedtime. Consult with a health professional for natural sleep aid options.

**Breathe** - Practice deep breathing- an overabundance of stress causes breathing to get very shallow. Take a series of long deep breaths, in through the nose and out through the mouth. Hold for a count of ten and repeat three times. Doing this several times a day is also great exercise for the lungs.

*Exercise* - Regular exercise is a great stress buster. Take advantage of the nice weather and ride your bike, or take a walk.

**Spring Clean your schedule-** Look at your schedule to see what is fulfilling and what is causing more stress. Just as you would throw away what you no longer need around the house, eliminate items on your schedule that are not useful anymore (this may involve setting boundaries and learning to say **no**).

- **1.** An Attitude of Gratitude This tip knows no season. There is always something to be thankful for. Make a list and read it or add to it daily.
- 2. *Make time for yourself* it's not selfish-it's essential. Take an exercise class. Eat a favorite dessert. Go outside and breathe in the beautiful spring air. Read a book. Laugh. Taking good care of yourself helps you give better care to others.
- 3. *Make Connections* Step away from electronics and spend time with humans (pets are good too). Avoid negative people and situations as much as possible.
- 4. **Prayer & Meditation -** In order to hear what your body is saying, it is important to quiet the mind long enough to listen. Walk a labyrinth and enjoy meditation in motion.
- 5. Talk it Out Ignoring stress won't make it go away. Talking can make it feel less overwhelming. Find a friend, family member, or a therapist to talk to about your stress. You may be surprised at how much better it can make you feel.

Remember, not all stress is bad. The key is to identify good stress from bad stress. As long as it's not chronic, stress can be a positive addition to your life. Making some changes at a time when nature surrounds us with positivity can have its benefits.

What's your favorite way to destress? Tell me at <u>joann@wellnessfusion</u>. net. This monthly column is here for you ~For the Health of It!

JoAnn Begley is a health enthusiast and Certified Nutrition Coach who has practiced and taught holistic therapies for more than 20 years. She and her husband Jerry have two children and live in North Branford.

# **Classic Car Show**

**Saturday August 6, 2022 (rain date August 13)** on the grounds of St. Therese Church, 555 Middletown Ave. North Haven, CT. 9 A.M. – 3 P.M. Large asphalt parking lot, grass area. Free admission for spectators. Food trucks, DJ for music, raffle prizes, best-in-show trophies awarded. All makes and car models and motorcycles are welcome. No cut-off years.

Pre-registration to show is \$15. Day-of-Show registration is \$20 and runs from 7:30 AM-8:30 AM. Judging of cars commences at noon. Trophies awarded at end of day.

As per the charter of North Haven Sons And Daughters of Italy, part of the proceeds from the car show will be donated to local charities.

To register your classic car or motorcycle, becoming a food vendor, or merchandise/craft vendor, please visit our website at <a href="https://north-havenlodge2805.club/car-show/">https://north-havenlodge2805.club/car-show/</a> or contact John Giorgio at 203-430-6549, email address jallstarelectric@aol.com.



#### State Senator Paul Cicarella, Announces Candidacy

#### for reelection to the State Senate – 34th District

*NORTH HAVEN* – State Sen. Paul Cicarella (R-North Haven) has announced he will seek a second term in the 34th State Senate District and looks forward to continuing to be the voice for families in the district.

Paul was first elected in 2020 to represent the 34<sup>th</sup> District, which now includes Durham, East Haven, North Haven, Wallingford, and North Branford. Paul serves as the leading Republican on the legislature's Housing and Veterans' Affairs Committees and is a member of the legislature's Appropriations and Public Safety and Security Committees. He was named as the Senate Republican Whip shortly after taking office. Entering the second year of his first term, Paul was appointed to the legislature's Judiciary Committee in addition to his existing committee assignments.

During this time, Paul led bipartisan legislative efforts that resulted in the passage of several key measures that benefit the lives of children, seniors and Veterans in the community.

Notably, Paul introduced a 2021 bipartisan measure now known as 'Tristan's Law', which is designed to enhance children's safety when near public roadways. Governor Lamont signed this bill into law in the summer of 2021. As an example of the bill's bipartisan support, U.S. Sen.

Richard Blumenthal subsequently is seeking to introduce the measure at the national level.

Since then, Paul continues to focus on safety for families in the 34<sup>th</sup> District and ways to get young people and Veterans on a pathway to well-paying jobs.

"I'm looking forward to continue the work that I started in my first term as the voice of families in the 34th District. There is much more work to be done. Families want to feel safe in their communities, they want opportunities for their children, and a state that's affordable. I'm focused on finding solutions to restore prosperity for Connecticut residents, create opportunity and make Connecticut a safe place to live, work, and raise a family. We must work together to recover from the pandemic, return to a sense of normalcy, rebuild our economy, support education, grow jobs, and help all our families move forward with confidence," he said.

Paul is active in the community as a coach and sponsor of youth athletics. He is a member of the North-Haven Republican Town Committee and serves as a founding member and advocate for the Joe Abate Charitable Foundation. He is a member of the East Haven and Greater New Haven Chambers of Commerce.

Paul grew up in East Haven and currently lives in North Haven with his wife Christy, their two children Giada and Paul, who attend North Haven public schools, and their two bulldogs.

In addition to his duties as State Senator, Paul is a retired Connecticut state law enforcement professional and owns and operates a successful private investigation agency.

#### Galvanized Jazz Band Alert

The Galvanized Jazz Band will be performing at the beautifully renovated Millpond Gatherings, in the Tavern, on Sunday, June 12th from 6:00 to 8:30. It will be an eight piece band including: Fred Vigorito- concert/leader, Russ Whiotman-sax, Noel Kaletsky - clarinet, Jim Fryer- trombone, Art Hovey-bass/tuba, Charlie Freeman- keyboard, Torn Palinko - drums, Joel Schiavone-banjo.

The band has waited 22 years for this, as their last Millpond performance was in 2005. Your response to this initial performance will determine the extent of future performances. MAKE YOUR RESERVATION NOW BY CALLING 203-714-4400.

On Sunday April 10, the band will be performing New Orleans Jazz at Aunt Chialda's, 3931 Whitney Avenue, Hamden.

For more information on the Galvanized Jazz Band, go to the award winning website at http://www.galvanizedjazz.com



# HAPPY EASTER



#### SEN. COHEN APPROVES 3-MONTH GAS TAX HOLIDAY, ANOTHER SALES-TAX FREE WEEK

# Over \$100 million in tax savings for CT residents

**HARTFORD** - On a day when regular gasoline prices hovered around \$4 a gallon across Connecticut, state **Senator Christine Cohen (D-Guilford)** voted today to cut Connecticut>s gas tax by 25 cents a gallon for the next three months – saving Connecticut motorists an estimated \$90 million between now and June 30.

**Sen. Cohen** also voted today to create a second sales-tax free week on clothing and shoes valued at under \$100 to take place in April; the move is expected to save Connecticut consumers \$3 million.

Today's vote also saves Connecticut commuters an additional \$8.1 million by providing free public bus service transportation in Connecticut through June 30.

"I have been hearing from neighbors and business owners about the impacts of these recent gasoline price spike to their wallets and bottom lines. We needed to act fast, and due to a hearty Rainy Day Fund that has met its cap, we have surplus to allow for some solutions," **Sen. Cohen** said. «I am happy that we can provide immediate relief with the suspension of the gas tax for three months. I expect that motorists will see lower prices the first week in April. Additionally, we were able to provide families with another sales-tax free week, which has been widely popular, as well as give bus commuters free rides through the end of the fiscal year on June 30. While I think we should continue to put our heads together and seek further relief,

altogether, this will amount to over \$100 million in savings for Connecticut residents.»

**Sen.** Cohen approved the combined \$101.3 million in savings for Connecticut residents today by joining the bipartisan vote for House Bill 5501, "AN ACT SUSPENDING CERTAIN GAS TAXES AND SALES AND USE TAXES ON CERTAIN CLOTHING AND ALLOCATING FUNDS FOR FREE PUBLIC BUS SERVICES." The bill had passed the House of Representatives earlier in the day and now heads to Governor Ned Lamont for his signature into law.

House Bill 5501 requires retail gas dealers to reduce their pump prices by 25 cents per gallon or face charges of unfair or deceptive trades practices. The \$90 million gas tax cut will not affect Connecticut's General Fund budget – which is now enjoying a \$1.7 billion surplus – or its record-setting \$3 billion Rainy Day Fund; the money will only affect the state's Special Transportation Fund, where gasoline taxes are routinely deposited

The April sales tax holiday on clothing under \$100 is designed to provide families with economic relief in the face of rising inflation, and it will be in addition to Connecticut's annual tax-free week on apparel that traditionally takes place in August. Under sales-tax free week, clothing and shoes with retail prices under \$100 will be exempt from the state sales tax of 6.35%.

Items included in the sales tax holiday include socks, hats, belts, blouses, diapers, dresses, employee uniforms, cress or work gloves, golf jackets and shirts, jeans, sweat suits, underwear, jackets, scarves, many types of shoes, sleepwear and swimsuits. Items that <u>remain taxable</u> include specialty boots for fishing, mountain climbing, skiing and firefighting; specialty gloves including athletic, garden, golf, tennis and rubber gloves; handbags; headbands; ice skates; martial arts attire and sports uniforms and helmets; safety equipment; specialty shoes including ballet, bicycle, bowling, football, golf, track and jazz shoes; ski pants; wallets; and wet suits.

# Where are they now? The Totoket Times is starting a new feature called "Where are they Now".

The Totoket Times is starting a new feature called "Where are they Now". Many have graduated through our North Branford school system to go on to acheive great things. It's time to let our community know where they are and what they have accomplished.

This is a great chance to tell people how well you did under our North Brnaford School System or for parents to brag about the successes of their children.

You can do this by filling out the attached information and e-mailing it to **Totokettimes@comcast.net** or going on line at **totokettimes.com** and following the directions to submit it

Don't be shy, we want to know what you've been doing.

North Branford High School Alumni		
Name/Maiden Name		
NBHS Graduation Year		
College(s)/Graduation Year		
Degrees Obtained		
Career Path		
Biography		
Favorite NB Memories		
Attach Photo		

### THEY MAKE US PROUD!

**Griffin Manske** receive high honors at Xavier High School in Middletown.



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Junior Mea Riordan and Sophomore Mikella O'Brien close in on an opposing player in the lacrosse team opening day victory over Branford. *Photo courtsey of Bill O'Brien* 



Junior Nico Falcioni (the Falcon) had two hits and four RBI in the North Branford High School baseball team's home opener against Valley Regional.

Photo courtesy of Dina Falcioni

# PLAY BALL!!!

Boys 13-15 interested in playing in the Shoreline Baseball Summer Baseball League should contact organizer Mike Lucibello by email @ luce23@comcast.net.. Teams from Essex, Guilford,,Madison Clinton, Branford, North Branford, Hamden, Durham, Old Saybrook, Westbrook and and Haddam -Killingworth are eligible to participate. Email for details ...

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# Painting En Plein Air with Patty Meglio

Patty Meglio will share her more than twenty years' experience painting en plein air in New England in a one-hour lecture at the Blackstone Library on April 5. The talk will center around her methods of locating, isolating, and capturing a scene bathed in natural light. Patty will also be exhibiting her artwork on the third floor of the library throughout the month of April. Besides being an art instructor at Guilford Art Center in Guilford and Artsplace in Cheshire, Patty also pens a free online newsletter on art instruction and history and shares her views on art and writing in her blog, Pen 'N Paint on Art and Writing.

For more information, visit her website at pattymegliostudio.com.



### The Sunflower Project

For the fourth year, the Town of North Branford is launching its trademark sunflowers to homes and businesses. This year we have received a generous donation to cover the costs of the program; the goal is to create not only a more beautiful space for those of us who already call North Branford home, but also for the beauty and benefit of Connecticut's bee and butterfly population and our thriving agri-economy.

Sunflowers make people happy and will bring more visitors to our town so please pick up some sunflower seed packets (tall and dwarf alternatives and free of charge) at the following locations:

# Town Hall Lobby Atwater and Smith Libraries Park & Rec Center Outside the Greenhouse at NBHS



If you have any questions about the project, call Roger Salway at 203 484 1034 or email him at: edc@townofnorthbranfordct.com

P.S. The Sunflower is the National Flower of Ukraine, you can show your support by planting your sunflowers.

# **Recycling News**

# Bulky Waste Pickup will be the week of April 18 – 22 on your normal trash day.

Bulky Waste pickup is only twice a year. The next pickup week is November 7<sup>th</sup>.

Bulky Waste includes rugs and tree branches (no thicker than 4") if less than 4' long and tied into bundles. Also included are couches, mattresses, wooden furniture and most items that won't fit in your toter.

#### **Bulky Waste will NOT take:**

Electronics including TVs and computers, construction waste, grass clippings, tires, hazardous materials or scrap vehicle parts. It is also not meant for total home cleanouts.

For a complete list please refer to your green recycling card.

If you are thinking of putting something out for bulky waste and it can be useful to someone else, please post it on the Facebook page: North Branford & Northford Free Items.

There is also 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'.

The leaf drop off will be open on Saturday April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> from 9am till 3pm. There will be curbside pickup of leaves in untapped biodegradable paper bags the week of April 25<sup>th</sup> – 29<sup>th</sup>.

Earth Day is April 22<sup>nd</sup>. The NB Recycling Committee will have a tent at Wall Field on April 23<sup>rd</sup> for Little League opening day. We will have displays, handouts and will be available to answer your recycling questions.

We would like to invite any organizations in town that can offer additional information about protecting our environment, conservation or recycling. Please contact Bill Savastano at 203-484-2784.

For Earth Day, we encourage everyone to do a little to help mother nature. Do a cleanup around your neighborhood. Clean up a hiking trail on your next hike. Teach others not to litter. Learn how to recycle one new thing this week.

#### Can I recycle it?

Connecticut has a website to help with recycling questions: www. recyclect.com.

They also have an app.

The North Branford Police Department has a prescription drop box located in the police department lobby. They take unwanted prescriptions including pet prescriptions in the green drop box.

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

### Support the Food Pantry

The Food Pantry of North Branford has been distributing free supplemental food to town residents since 2015. We are able to provide this service because of the very generous donations of individuals and organizations as well as grants received. 100% of all donations are used for pantry operations. We are staffed completely by volunteers. Because we are not a town agency, we do not receive any government or town funding.

WHERE: 1382 Middletown Ave., Northford (St. Andrews Church, white with a red door). The Pantry entrance is at the rear of the church.

WHO: Town residents may register in person. There is a short registration form for CT Foodshare. There are no financial qualifications.

WHEN: Registered guests may shop once weekly. Hours of operation: Wednesdays from 4-7 pm and Fridays from 10 am-1pm

#### **PROXY SHOPPER:** Registered guests may have a

person shop for them if they are unable to shop themselves. This "proxy shopper" may be a friend, family member or caregiver. A proxy shopper must sign in when they take food for someone else.

**OTHER**: At the current time, masks are still required. The Pantry is not handicapped accessible. Guests are asked to remain in their cars until it is their turn to enter the building. Please bring your own reusable bags and/or box. Our inventory varies weekly. We close promptly at 7pm on Wednesdays and 1 pm on Fridays. Guests arriving after 6:45 pm on Wednesdays and after 12:45 pm on Fridays receive a pre-bagged box of food.

\*\*\*PLEASE DO NOT COME TO THE PANTRY IF YOU ARE SICK. CALL US AND WE WILL HELP YOU MAKE ARRANGE-**MENTS TO GET FOOD.** \*\*\*



999 Foxon Road, **North Branford** 203-484-0330 www.pastryfusions.com

#### **2022 EASTER MENU**

Italian Cream Pie - Italian short crust filled with chocolate and vanilla Italian cream with chopped maraschino cherries \$25.00

Ricotta Pie - Italian short crust filled with ricotta custard \$25.00 Wheat Pie - Italian short crust filled with cooked wheat and ricotta custard \$25.00

Rice Pie - Italian short crust filled with cooked rice & ricotta custard. \$25.00

Ham Pie - Made with imported ham, prosciutto, provolone, hard salami, and basket cheese 10" \$67.50 8" \$47.50

**Banana Cream Pie \$15.50 Chocolate Cream Pie \$15.50 Chocolate Lemon Pie \$15.00 Coconut Custard Pie \$15.00** 

#### **Assorted Italian Pastries - Cookie Trays**

#### **Breads**

Italian Sweet Bread with a sugar frosting \$10.00 Cheese Babka \$12.00 Cinnamon Babka \$10.00 **Snowflake Dinner Rolls** \$5.25/doz

#### **Assorted Stuffed Breads:**

Antipasta, Eggplant Parmesan, Chicken Parmesan, Buffalo Chicken \$15.00. Pepperoni & Cheese, Spinach & Cheese, The Veggie, Spinach Sausage & Cheese or Broccoli Sausage & Cheese \$14.50

Full Stuffed bread menu is also available to order.

To ensure availability, please place all orders by Thursday April 15th

#### **Holiday Hours:**

Friday, April 15th, 7:30 - 4:00. Saturday, April 16th 8:00 - 3:00 Sunday, Monday & Tuesday, April 17th, 18th & 19th Closed

# North Branford Potato & Corn Festival Seeking Vendors The 2022 North Branford Potato & Corn Festival is Thursday, Aug. 4

through Sunday, Aug. 7. The festival is now accepting applications for food vendors, as well as craft, business, and non-profit vendors. In addition, one-day table space applications are also available for North Branford organizations and non-profits (Aug. 4), direct sales and retail (Aug. 5), and handmade crafters (Aug. 6). Applications are available under the 'Vendors' tab at www.nbpotatofest.com.

For information, call 203-484-6017 or email <a href="mailto:nbpotatofest@townofnorth-">nbpotatofest@townofnorth-</a> branfordct.com.







NORTH BRANFORD ROTARY

EASTER EGG HUNT

SATURDAY APRIL 9, 2022

10:00AM

CONNECTICUT SPORTSPLEX

216 FOXON ROAD

NORTH BRANFORD CT



FOOD DRIVE TO SUPPORT



THE FOOD PANTRY OF **NORTH BRANFORD** PLEASE BRING A NON PERISSHABLE **FOOD ITEM** 



Feline Rescue & Adoption Center



https://branfordcompassionclub.org

**Totoket Times April 8, 2022** 

### **CHURCH DIRECTORY**

Branford Bible Chapel. 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning: 9:15 - 10:30 Worship & Lord's Supper, 11:00 -12:15 Ministering of God's Word & Sunday School. . Nursery provided. Awana for kids, vacation Bible School, missions & outreach programs. www.branfordbiblechapel.org

Hope Christian Church "A Place to Belong". 211 Montowese Ave., North Haven, CT. www.hopeag.com Sunday services 10AM. Coffee served every Sunday 9:00 am. Church open for prayer Tuesdays noon to One. Thursday Bible study 7:00 PM. Like us on facebook.

North Branford Congregational Church, UCC, 1680 Foxon Road, North Branford, CT Join us for worship every Sunday at 10:00 AM. On the first Sunday of each month please attend and share communion with us.

Nursery Care is available. To contact our church: Office hours are Wednesday to Friday from 9:00 AM to 1:00 PM. Phone: 203.488.8456, email: nobdcong@ sbcglobal.net, website: www.northbranfordcongregational.org Remember, all are welcome no matter who you are, no matter where you are on life's journey; you will always be welcome here.

Northford Congregational Church. United Church of Christ. 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. . 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

St. Ambrose Parish is a Roman Catholic Parish in the Archdiocese of Hartford comprised of two churches. St. Augustine Church is located at 30 Caputo Rd in North Branford and St. Monica Church is located at 1321 Middletown Avenue in Northford. The Pastor is Rev. Robert L. Turner. Weekday Masses are celebrated on Monday, Tuesday, Wednesday and Saturday at 9:00 AM at St. Augustine. Friday Mass is celebrated at 9:00 AM at St. Monica. Weekend Masses are celebrated on Saturday evening at St. Augustine at 4:00 PM (English Ordinary, no incense) and Sunday at St. Monica at 9:00 AM and St. Augustine at 11:00 AM (Latin Ordinary, with incense). The Sacrament of Reconciliation is offered 30 minutes prior to all Masses excepting Sunday and by appointment by calling the office. The Parish Office is located at 30 Caputo Road and is open M-F from 9:00 AM - 1:00 PM (Wednesdays until 6:00 PM). You can access the parish bulletin and staff emails at our website NBcatholics.org. If you are new to the area and looking for a parish to join or a homeschool co-op, please visit us!

St. Andrew's Episcopal Church, 1382 Middletown Avenue - The White Church On The Hill In The Heart Of Northford (at the intersection of Rtes. 17 & 22). Sunday worship at 10:00 a.m. Coffee and fellowship always follows. The Rev. Bryan Spinks is Priest-In-Charge. St. Andrew's is a member of the Middlesex Area Cluster Ministry Network (MACM Network), along with St. James (Higganum) and Emmanuel (Killingworth). Please join us - we'd love to get to know you! All are welcome! St. Andrew's is the proud home of the Food Pantry of North Branford - a vital community resource serving families in need in Northford and North Branford. St. Andrew's also partners with St. Pauly Textile in a broad outreach program to help people in need here in the U.S. and around the world. Donations of usable clothing, shoes, boots, belts, purses, sheets, blankets, curtains and stuffed animals may be made at the donation shed in the church parking lot, available 24x7. Visit our website at <a href="http://www.">http://www.</a> standrewsnorthford.org. Like us on Facebook - St. Andrew's Episcopal Church of Northford, CT. For more information contact us at 203-484-0895; Nan Monde, Sr. Warden, 203-710-7005; Rev. Spinks, 860-304-5266; or MACM office, 860-345-0058.

United Methodist Church, Branford 811 East Main St, Branford (Route 1, across from Bill Miller's Castle). www.umcbranford.org or (203) 488-0549. Sunday service 9:30am - both in-person and live on our website. "The Church on the Rock," led by Pastor Kent Jackson. We invite you to discover the power of faith in Jesus Christ bringing God's love to the world. Join us to worship, experience God's word, and stay connected.

Zion Episcopal Church, 326 Notch Hill Road, North Branford. 203-488-7395 Rev. Lucy LaRocca, Vicar. Please visit our Facebook page or our website www. zionepiscopalchurch.org. Zion is a registered Integrity Episcopal Believe Outloud Congregation, a designation earmarking Zion as an open and affirming congregation for those seeking a safe place to worship and grow in Christ.

### **NBCC Lenten & Easter Services**

We invite everyone to attend our Lenten and Easter Sunday services at the North Branford Congregational Church, 1680 Foxon Road, North Branford.

Palm Sunday - April 10, 2022 - 10am Worship Service followed by Sunday School Easter Egg Hunt

Maundy Thursday - April 14, 2022 at 7pm - Traditional Service with Readings by 6 of the Deacons.

Easter Sunday - April 17, 2022 at 10am - Traditional

Easter Service with Decoration of the Flower Cross - members are asked to bring a bouquet of flowers to the service to decorate the Flower Cross in the Sanctuary during the Service.

#### NORTH HAVEN CT – HOPE CHRISTIAN CHURCH

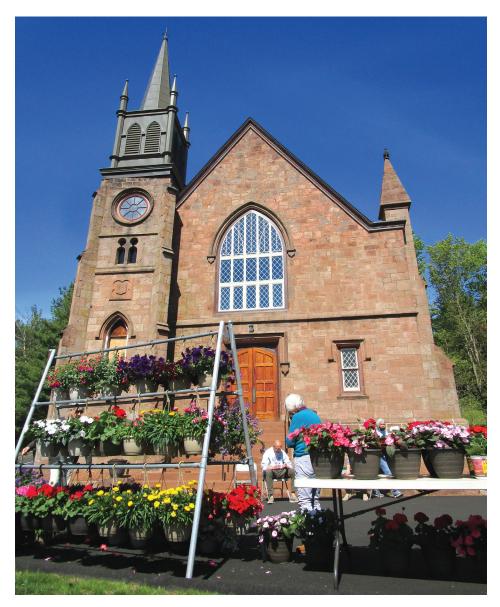
Sunday April 10, 10:00 am (Palm Sunday)

#### Stained ~ A Good Friday Experience April 15, 7:00

Come experience a Good Friday you will never forget. Stained is an evening with a mix of speaking, videos, reflection, music, activities, and visual imagery that strongly contrast the sadness, loss, and death that happened on Good Friday. It is the perfect complement for hearts and souls preparing to gather together and celebrate Jesus' resurrection.

#### Easter Sunday, April 17, 10 AM Easter Resurrection

Could you use more hope in your life? Hope is a beautiful word and a powerful force. It encourages us, motivates us, gives us purpose and impacts the course of our lives. We hope for many things, but hopes aren't always realized. There is, however, another type of hope that never disappoints—this is the Hope of Easter. 211 Montowese Ave North Haven, CT 06473 hopeag.com



#### Flower/Plant Sale

Northford Congregational Church, "A Little Church with a Big Heart," will have an Easter weekend flower/plant sale to benefit the church on Fri. and Sat., April 15-16, from 10 a.m. - 5 p.m., and on Sun., April 17, from 9 a.m. - 1 p.m. The Easter Bunny will be helping.

In the event of inclement weather, the flowers/plants will be sold inside the church social hall downstairs.

The historic church (203-484-0795) is located at 4 Old Post Road at the corner of Routes 22 and 17 in the Northford village in North Branford. Website: www.northfordcongregational.church. Email address: northfordcc@gmail.com. Like us on Facebook.



#### ST. AMBROSE PARISH

St. Augustine Church 30 Caputo Rd. North Branford

St. Monica Church 1321 Middletown Ave. Northford

#### **MASS**

**HOLY THURSDAY** Mass of the Lord's Supper April 14 7:00 AM | St. Augustine

**GOOD FRIDAY** The Lord's Passion April 15 3:00 PM | St. Augustine

**HOLY SATURDAY Easter Vigil** April 16 8:00 PM | St. Augustine

**EASTER SUNDAY Resurrection of Our Lord** April 17 9:00 AM | St. Monica 11:00 AM | St. Augustine

#### THE LIGHT IS ON FOR YOU RECONCILIATION

Monday | 5-6:00 PM | St. Augustine 1/2 Hr. Before all daily Masses **HOLY WEEK** Good Friday | 2-2:45 PM | St. Augustine Holy Saturday | 12-1:00 PM | St. Augustine

> **EVENING PRAYER** 5:30 PM | St. Monica

ADORATION OF THE **BLESSED SACRAMENT MONDAY EVENINGS** 5:00-6:00 PM | St. Augustine

STATIONS OF THE CROSS **FRIDAY EVENINGS** 6:30 PM | St. Monica

### Holy Week Services at St. Andrew's

"Saint Andrew's Episcopal Church, the white church on the hill in the heart of Northford, invites you to join us for Holy Week services. Services and times as follows:

**Palm Sunday,** 4/10, 10:00 a.m.;

Maundy Thursday, including Agape Supper, 4/14, 6:30 p.m.; **Good Friday, 4/15, 7:00 p.m.**;

Easter Sunday, including flowering of the cross, 4/17, 10:00 a.m. All Welcome!! 1382 Middletown Ave., Northford. Nan Monde, Sr. Warden, 203-710-7005 for more info.



# 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

### WHAT ARE YOU DOING THIS SUMMER? WE'RE HIRING FOR SUMMER **CAMP STAFF!**



We are seeking individuals age 16+ to join our summer camp team! Camp is scheduled to run 8 consecutive weeks from June 27-August 19, 2022. Camp counselors will have the option of a part-time or full-time schedule. This is a great opportunity to work in a fun environment Any questions please call Kerry Haynes (203) 484-6017. Please apply by 4/29.



To apply go to www.nbrecreation.com and download the application or scan the QR code!

# PÁRKS AND RECREATION

#### NOW ENROLLING!







Beginning Monday, June 27th, we will be offering 8 consecutive weeks of summer camp for campers entering grades 1-6. This year, camp will run Monday-Friday from 8:30 a.m. to 4:30 p.m. and plan to offer before and after care.

Campers will have the opportunity to engage in arts, crafts, sports, games, fitness and occasional water play throughout the day. Additional classes are available for your children at no cost and are integrated into the weekly schedule.

WEEK 1	6/27/22 - 7/1/22	\$130 res \$150 nr
*WEEK 2	7/5/22 - 7/8/22	\$105 res \$120 nr
WEEK 3	7/11/22 - 7/15/22	\$130 res \$150 nr
WEEK 4	7/18/22 - 7/22/22	\$130 res \$150 nr
WEEK 5	7/25/22 - 7/29/22	\$130 res \$150 nr
WEEK 6	8/1/22 - 8/5/22	\$130 res \$150 nr
WEEK 7	8/8/22 - 8/12/22	\$130 res \$150 nr
WEEK 8	8/15/22 - 8/19/22	\$130 res \$150 nr
* No comp 7/4/22		

\* No camp 7/4/22

Please register your child for camp as far in advance as possible.



Ages 18 mos-5 years STW Community Center

Wednesdays, April 27 - May 25 Cost \$60 res/ \$65 non-res per class

Tiny All-stars (18mos - 2 years) - 4:15 - 5:00pm Mini All-stars (2.5 - 3 years) - 5:15 - 6:00pm

Junior All-stars (4 - 5 years) - 6:15 - 7:00pm

#### **AFTER SCHOOL CRAFTS WITH KARI!**

Come join Parks & Recreation staff, Kari Zargo, for after school holiday crafting classes! Students of TVES will be walked over after school!

Please pack a peanut-free snack.

Grades 3-5 • STW Classroom

\$10/res \$12/nr

EGG DECORATING April 12-3:00-4:30pm



# JUNK YOUR TRUNK

Saturday, April 9th 9am — 1pm

STW Community Center Parking Lot 1332 Middletown Ave. Community tag sale with over 25 vendors!

# 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

Tuesday 5:30 - 7:30pm Cost \$40 res/ \$45 non-res per class

#### **APRIL 12, 2022**

Chicken Scampi and Rice Casserole and Oreo Stuffed Chocolate Chip Cookie













11

# UNDERSTANDING FREE INFORMATIVE SESSION

**MADE CLEAR** 

**MEDICARE** 

Wednesday, April 20 6:00-7:00pm STW Senior Room

Please register by 4/15

Jeffrey Comen, your local New Haven County Medicare
Advocate/Broker, will educate you on all 4 pieces of Medicare - A, B, C
& D. What is covered and not covered, when to sign up and what options are available to add to Original Medicare (i.e. Medicare Supplements, Prescription Drug Plans and Medicare Advantage Plans). A free educational guide will be provided. This is an Educational Seminar only: no plan or carrier specifics will be discussed. Educational Seminar only; no plan or carrier specifics will be discussed.

# SENIOR CENTER

Each April for the past 13 years, the North Branford Senior Center has had the opportunity to host Pizza Wars, a wonderful Senior Center fundraiser showcasing our local Pizzerias and bringing the community of pizza lovers together. Although we are not able to hold Pizza Wars this year, we are hopeful that we will bring it back in 2023. We want to thank all of the Pizzerias, sponsors, volunteers and community for supporting the Senior Center throughout the years. -Parks, Recreation, & Senior Center Staff.

#### COFFEE & CONVERSATION

Join us for a focused discussion on exploring the formation of an Advisory Committee for our Senior Center!

April 18, 2022 STW Senior Room 10:30-11:30am The purpose of an Advisory Committee is for seniors involved with the center to assist in general tasks such as volunteering, programs, events and fundraising as well as some input into the day-to-day

function of the Senior Center all under the direction of the Parks, Recreation & Senior Center Staff.

#### SENIOR DINER

Sign up, jump on the bus, and let's dash to a different diner in the state! We will travel to different areas in the state and enjoy a meal with friends.

**Bell City Diner & Carousel Museum-Bristol April 27, 2022** 



Lunch Costs on own Carousel Museum fee \$7

Departs STW at 11:00am Returns 3:00pm Register by April 20th



**Totoket Times April 8, 2022** 

#### 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

**D.A.E. Plumbing & Excavating -** well pumps, tanks, water softeners, serviced & installed. Spetic systems services and installed. call 203-996-4866

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 and trimming, chipping, and grinding. Please call 203-945-1808 for a free estimate.

#### SERVICES OFFERED

Gutter cleanup, tuneup, gutter guards, property maintenance, small repairs, painting, property maintenance and more. Call 203-441-1146 Wanted Gold, Silver scrap jewelry. Fair Prices offered. Call 203-627-6826 or 203-376-1249

#### LANDSCAPING

J & M Landscapes LLC.Complete Lawn Care & SPRING YARD CLEANUP SERVICE { Mowing, Edging, Weed whacking & Blow off } Tree, hedge & shrub Pruning - Property cleaning & debris removal - Landscape Design { Mulch, shrubs & flower beds} - Stone, Gravel & Mulch delivery -Install Stone shed foundations - Small Backho { excavation work } – Driveway sealing – Power washing – . Gutter Cleaning. Winter Snow plowing.

Vet & Senior discount. For a free quote call John (860) 349-8135.

Monet Landscaping is now accepting new accounts for lawn maintenance including mowing, trimming edging, mulching etc. We are licensed and fully insured. Call Mike or Joe at 203-640-5317 or 475-201-7041 for a free estimate. More than 20 years experience.

#### HELP WANTED

Branford Subway 203-481-0467 66 North Main St. All Shifts available. Will train. Excellent job for high shoool students after school.

#### TAG SALES

Saturday, April 9, 8AM to 2PM. 645 Forest Rd, Northford. Rain or shine. Authentic antique tools, small farm equipment, armoires, religious statues, odds & ends, furniture and household appliances. Household goods. Moving Sale - Everything must go. Friday, April 15, 8-3, Saturday April 16, 8-3 and Sunday April 17, 8-1. 12 Forest View Road, Northford.

Serving New Haven County & the Shoreline Communities for over 100 years Live streaming available at no additional cost **Burials** ~ Cremation ~ Pre Planning At Keenan Funeral Home we work with every family's budget to give your loved one the dignified memorial they deserve. Funeral Director

LEGAL NOTICE

Keenan Funeral Home

238 Elm Street, West Haven

(203) 933-1217

330 Notch Hill Road, North Branford

(203) 481-3217

PARTY-SELECTED DELEGATES TO CONVENTIONS A certified list of party-selected candidates for the Democratic Party in the Town of North Branford for participation as **DELEGATES** to the conventions of said Party specified below is on file in my office at 909 Foxon Road, North Branford, Connecticut, and copies are available for public distribution:

#### **CONVENTIONS:**

STATE CONVENTION **CONGRESSIONAL DISTRICT 3 STATE SENATE DISTRICT 12** DATED AT NORTH BRANFORD, CONNECTICUT THIS 30TH DAY OF MARCH 2022 LISA VALENTE, MMC NORTH BRANFORD TOWN CLERK

"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:

There are more trees on the earth then stars in the Galaxy