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Volume 20 No 10 June 14, 2013

Father's Day Generations



5 Generations of Eliason Men

Alton Eliason (Wit & Wisdom), his son Les, his son Sean and his son Bill, recently welcomed Bill's son Mason into the family. Mason has 4 great-great grandparents, 9 great grandparents, and 8 grandparents.



Four Generations of John Bozzuto's

The Bozzuto's will be celebrating four generations this Father's Day with John III, John IV, John Sr. and John Jr. pictured above.

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North Branford Fire Department 75 Years of Service

Fire protection in North Branford before 1938 consisted mostly of hastily organized "bucket brigades" with help from the Town of Branford, who already had an organized fire department. But this proved to be mostly ineffective and many houses and barns were lost. After the fire at St. Andrew's church in 1938, a few town men resolved to organize a fire department.

A special town meeting was called on April 27, 1938, for the purpose to organize a fire department in North Branford. That night, proposals were made and voted on to establish a board of fire commissioners to be appointed by May 1, 1938, by the first selectman who would act as chairman.

A call for volunteers was made. F.Lober, Chester Gedney, George Gedney, Arnold Schlenam, John Hartigan, Leslie Brindley, Allan Gilbert, Sterling Stevens, Fred Damutz, Vincent Matt, Charles Leonard, Edward Daly, Paul Royce, Burton Atwater, Peter Gibney, Paul DeCunto, Richard Scholtz, Floyd Griswold, Ernest Rose, Nathan Harrison, Charles Fair, and August Quertfeld, all responded.

On April 29, 1938, the board of selectman appointed; E.B.Foote, Walter Chinsey, D.M. Doody, A.L. Harrison, Clarence Williams and Edward Lelasher as Fire Commissioners. First Selectman, Charles Fair will serve as chairman.

June 23, 1938, North Branford Fire Department, Headquarters Company 1 was formed.

At a town meeting for an appropriation of \$6,000 to purchase a fire engine and equipment, it created an incident that has become one of the town's favorite stories. Opposition to the request was expressed by one irate lady who declared she would sue the town for wasting the taxpayers' money for an engine that would never be needed. Needless to say, the first call responded to by the new fire engine was at the lady's house.

The new fire engine was housed at Nate Harrison's barn on North Street, and responded from there until in 1954, when land was leased from New Haven Trap Rock (Tilcon), and Company One's firehouse was built, where it still stands today. The original 1938 Diamond T fire truck still sits inside.

(Thanks to North Branford Historical Society for their assistance. Photo is Nate Harrison and Chief Hartigan with first NB Fire Engine)



Meet North Branford's New Town Manager

Local businesses and town residents are invited to meet North Branford's new Town Manager, Michael Paulhus on Wednesday, June 19, 2013 at the North Branford Town Hall.

The event is being held by the North Branford Chamber of Commerce. The breakfast meeting will be held from 7:30 to 9 a.m. in the Council Chambers. Cost is \$10.00.

For additional information, or to make a reservation, please call the Chamber at 203-483-6803.

Deadline		Date of Issue	
June	21	June	28
July	5	July	12
July	19	July	26
August	2	August	9
August	16	August	23
August	30	September	6
September	13	September	20
September	27	October	4

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Thanks for Making it a Great Event!

Dear Editor;

The outdoor spring track season at North Branford High school has come to an end. We, the coaches for the boys' and girls' outdoor track teams would like to thank all of the volunteers who made the May 22, 2013 Shoreline Championship track meet a huge success.

North Branford was responsible for sponsoring the race this year. Due to only having a 6-lane track, we were required to move the meet to a venue with a 8-lane track. Coginchaug High school in Durham gladly accommodated our needs for a location. We still needed the personnel to run the meet (e.g. collect entry fees at the gate, sell t-shirts, hand out awards, move and remove hurdles from the track, keeping score, run from the timer/official's table to meet the announcer to the awards table to the posting area; and assist officials with all the running, throwing, jumping and vaulting events by measuring, raking, retrieving apparatus, and moving and replacing bars). Volunteers also set up and

broke down the tents, tables, and placed and removed chairs as needed. Everyone who remained helped in the clean up of the site. The meet ran efficiently and quickly.

Without naming names for fear of missing a vital volunteer, we thank all of you for driving to Durham and helping. You know who you are: track alumni, parents, honor students, community service volunteers, non-competing athletes from the track and football teams, friends and relatives of the coaches and the Coginchaug track community. It is such a relief to know that when help is needed, the North Branford community is there to assist, wearing smiles, in any capacity.

Thank you for your support. we could not have done it without you.

Kirt Westfall - Boys Head Coach

Floyd Parness - Boys Assistant Coach

Chris Manner - Girls Head Coach

Jon Erik Newell - Girls Assistant Coach



Helen Lope de Haro M.D.
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Thank You from Matt's Mission 5K

Dear Editor,

I would like to thank our sponsors for donating to our 4th annual 5K road race. Without our sponsors, those who donated online and our race participants our success would not have been possible. I am happy to report 1,055 people registered to run or walk this year and \$50,000 was raised for our no profit organization.

For those of you who do not know, all proceeds go back into our community. Every year we donate to the Board of Education earmarking funds for Jerome Harrison's School Night to Care and to families who qualify by sending their children to summer camp. The Matt Picciuto Scholarship is awarded to deserving students. To date, 28 students have received this award totaling \$28,000.00. Class dues have been paid for many students who otherwise would not have been able to attend prom, graduation or project graduation. Letter jackets, a computer, tumbling lessons, cheer camp, soccer camp, prom bids and year books have been purchased. Donations have been made to many families struggling with illness, death and various hard times. It is not uncommon to assist a family by paying their rent, electric or phone bills when warranted. North Branford High School's Big Give program and Project Graduation are programs we strongly believe in and donate to. Monies have been donated to purchase uniforms and sports packages for students playing various sports. Lunch tickets are available in the Guidance Department year round for students who are hungry and have no money to eat. Copays have been paid for a wheel chair, eye glasses and contacts purchased. Numerous Christmas gifts have been bought for many children and their families. The North Branford Police Department and The North Branford Fire Department work so hard to keep all of us safe, therefore Matt's Mission Fund board members have voted several times to donate funds to both departments when it has met our criteria. A medical van was rented for a family in need of transportation. Knowing that we played a part in a family's cherished memories is worth all our efforts and hard work. Three days before Matt died he went on a class trip to New York City. I believe all students should be given opportunities such as this therefore we paid for several students to attend the chorus/band competition in Virginia. Matt's Mission also raises awareness to the consequences of destructive driving decisions, encouraging everyone to slow down and to drive safe; with our NO NEED TO SPEED campaign. My hope is to spare other families heartache and despair.

I would like to thank: Abate's Pizza & Restaurant, Absolute Interiors, LLC, Absolute Liquor, All Season's Energy Oil Co., Allingtown Fire Fighters, Allingtown Volunteer Fire Association, INC, Anthem Blue Cross Blue Shield, Apicella's Bakery, Aquatic

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Sincerely, Lynn Riordan

Rotary to Host

Annual Shredding Fundraiser

Box up your documents and head to the North Branford Rotary Club Annual Shredding Fundraiser. **PROTECT YOUR IDENTITY, REDUCE AND RECYCLE.**

The North Branford Rotary Club is once again sponsoring a "Shredding" program. **Shredding is scheduled for June 15, 2013 from 8:30 - 11:30 AM.** The location for this project is the North Branford Town Hall located on Foxon Road (Route 80) at the intersection of Route 22.

Proceeds from this and other Rotary sponsored programs support local projects like Project Graduation, food for the North Branford Food Bank, Clothes for Kids, North Branford and Northford Library literacy work stations at both town libraries. International projects include working to eliminate Polio from all countries and providing clean drinking water to Central American and Asian countries.

The fee for shredding is \$10.00 for each file size box. Come out support your community while getting rid of those unwanted old financial, tax and personal records. This is a great opportunity to "clean up" the basement or your office. The North Branford Rotary thanks you for your support of its many projects. For further information regarding this project please contact committee chairman Frank Popolizio at 203-915-7089.

If you would like to volunteer, join us at our meetings and/or join our great team please contact Mary Lou Gargiulo President at 203.488-7125. We would love to have you as a member.

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This publication is published bi-weekly by

Doss enterprises LLC

PO Box 313

Northford, CT. 06472

Tel: 203-484-4729 Fax 203-484-4729

email: totokettimes@comcast.net

PUBLISHER - FRANK MENTONE JR.

founders - Bert Bunnell Jr. & Anthony 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 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



Driver’s License for Illegal Immigrants

Dear Editor;

Just weeks upon my return to North Branford from Allegheny College I was anxious to get my hands on a Totoket Times to familiarize myself with the latest happenings in town. Having recently earned a bachelor of arts with a major in political science, Mr. Vincent Candelora’s piece, Driver’s License For Illegal Immigrants, naturally caught my attention.

Clearly a restrictionist conservative, Mr. Candelora urged his readers to help stop House Bill 6495 from passing through the Senate by calling their local senator, claiming that the issue “required more studying.” The bill would require the Department of Motor Vehicles to issue valid drivers’ licenses to undocumented immigrants. Well, based upon Mr. Candelora’s short-sighted opposition to the bill, I would have to agree: politicians in Washington need to better educate themselves on this important issue.

Careful students of American history will notice that the language of restrictionists characterizing immigrants as shiftless, lazy, and crime-prone borrows motifs from the openly racist arguments leveled against southern and eastern European immigrants in the late nineteenth and early twentieth centuries. Immigration critics frequently protest that people like John McCain and his colleague Lindsay Graham unfairly characterize them as racists and nativists. The problem is that so many of them are, including Mr. Candelora.

He claims the legislation “creates conflicts in our existing law and poses safety threats to local and national security.” Often, the most desperate argument is one with the broadest potential appeal: national security. There are two parts to this argument. The first is that immigrants are crime-prone; the second, related, point is that welcoming in large numbers of people from south of the border would leave us vulnerable to terrorists. Yet, numerous government and nongovernmental studies show, immigrants commit less crime than native-born Americans and have been committing less crime for decades. According to the Justice Department, while noncitizens make up 7 percent of the population, they account for only 6.4 percent of the prisoners. This should not be surprising, considering the fact that the vast majority of immigrants—especially those hailing from Latin America, who face great hazards in doing so—come to America to work and make a better life. As for the fear that a generous border policy or worse, drivers licenses would leave the country susceptible to Islamic terrorists is ludicrous.

With 12 million illegal immigrants in our country who are a vital part of our workforce, it is critical that they have the means to get to work and support their families. In light of Mr. Candelora’s ill-conceived knock against House Bill 6496, I too urge you to call your senator at 1-800-842-1429 and let him or her know your feelings on this legislation. Or better yet, because you will probably talk to an undergraduate intern rather than our beloved senator, talk to your neighbor, draft a facebook post, or send a tweet instead. After all, as Mr. Obama tells us, “If you’re walking down the right path and you’re willing to keep walking, eventually you’ll make progress.”

Sincerely, Joseph Lasko

WIT & WISDOM

When I wrote about Dr. Maynard Murray a year ago and again last October about his many years of research and the amazing results he attained by applying sea minerals to the soil I spoke from his findings. Now I speak from my own. Last year I had my son, Les, who without his having taken over all the physical efforts involved in maintaining this organic homestead we would be totally passe, spread Sea 90 on the orchard. I had 2 peach trees that had never done well and the past 2 years were hardly worth saving so I ordered replacements. The replacements were late in arriving and when I went to plant the new I was amazed that those near death last years were flourishing with a heavy crop of fruit equally amazing as to their large size this early in the season.

I had remembered Dr. Murray telling of treating Peach Trees suffering “Curley Leaf” affliction by spreading sea minerals under all but one. The following year that one was the only one still affected. Well, while ours were long past any expectations the results are amazing. Thanks to Sea 90 our heirs will have two more peach trees

In my 67 years as an organic gardener I say, unequivocally, the two most important products that had the most affect on the growing of our fruit and vegetables were Sea 90 and Potassium Bicarbonate. Sea 90 for providing the minerals, not only to enrich the soil, but increase the nutritional value of the food grown thereon, and Potassium Bicarbonate, baking powder, for eliminating virtually all varieties of Blight.

The most important factor in growing fruit, particularly apples, but not limited to them since people suffering animal and insect damage are also resorting to bags for protection. One of the most unusual phenomenon in horticultural history is that it is not the organic people who learned of doing this to eliminate spraying and bird and animal damage, but the large commercial operations. In fact one of the most noted organic authors holding educational demonstrations at a hefty price per attendance never answered how he could ignore the wonders of growing apples in bags applied when the fruit is ½ to 1 inch in diameter, eliminating the hitherto almost prohibitively expensive, sometimes weekly saturations of the most toxic

Let’s Be “Frank”

Many people have influenced me in my lifetime. To name them all would take a book, not just a column. However, as Father’s Day approaches, I get nostalgic thinking of two of the special men in my life.

No one could ever replace my dad. He was a quiet man who never preached and never disciplined us (that was mom’s job). Although I didn’t realize it at the time, I learned a great deal from my father without him ever outwardly teaching me. I learned through the examples he set.

I watched a man who with very little education was smarter than anyone I ever knew. He made sure his three children got the education he missed.

A man with just a fourth grade education was able to raise a family through hard work and love.

He worked an uninspiring factory job to “put food on the table”, but whatever he did he always gave 100%.

He was a man who worshipped his wife and kids, loved his brothers and sisters and was always there for every one of them, as well as any church function my mother volunteered him to work at.

He was a man who never missed one of my Little League games or adult softball games for that matter. He never missed a school basketball game or my daughters’ dance recitals (he slept through all but their performances).

He was a man who never lectured but on the morning of my wedding he advised, “Put food on your table and be good to your family, the rest will take care of itself.”

He was a man who two days before he died (it was unexpected) told me for the first time in my life, that he loved me. He never told me that before. He never had to.

My father died when I was 34 and he left a void. Father Joe Moffo the new pastor at our church filled that void. NO, he did not replace my dad, but watching him gave me great inspiration. He had an infectious laugh that would light up the room. He wasn’t concerned with educational homilies or lectures about living life, although he could deliver both. He too was a man who lived by example. He entered the lives of all his parishioners because they were his family and they were there for him to serve. He didn’t carry his prayer book under his arm as a sign of his devotion, he read it in the quiet of his rectory which was open to anyone who was in need.

He was an inspiration as he fought ailment after ailment (including two bouts of cancer) with grace and humility. While suffering through these illnesses he continued to run our church with a smile and the statement, “these things only happen to the living.” He gave until he could no longer give.

Although I am a “bit” more outspoken than either one of these men I have tried to live by their examples. What they taught me through their examples, I could never learn through lectures and admonishments.

There message was simple. Enjoy life. Give something back whenever you can and always offer a hand to those in need.

The bad news is I miss these two men every day. The good news is, I miss these two men every day. *Happy Father’s Day to all!*

North Branford Fire Department

Fireworks

Fireworks are enjoyable and exciting to watch, but every year they injure thousands of people, many of them children, and cause thousands of fires. **ALL FIREWORKS** with the exception of sparklers **ARE ILLEGAL**, in Connecticut, and may not be sold, purchased, or used. Only regulated firework displays by state licensed, professional pyro-technicians, which have been approved by local and state officials, are permitted.

The only safe way to enjoy fireworks is to attend an approved public display.

Do not buy fireworks from road side stands. Local establishments that are licensed to sell fireworks are inspected by the fire marshal. “Sparklers” as determined by the State, include sparkling devices of not more than 100 grams of mixture per item and are non-explosive and non-aerial. These include common stick sparklers, cone, base, spike and fountains. These are the only items that can be legally sold or purchased in Connecticut.

Department News: The Fire Department responded to 146 calls for the month of May. Total calls for the year are 767

Questions:

If you have questions or concerns, contact the Fire Marshal’s office 203-484-6016 or email deputyfiremarshal@townofnorthbranfordct.com

sprays to assure insect and blemish free fruit. No matter how you enrich your soil involving mulches and other enrichment the codling moth, apple maggot, plum curculio and other predators will feast on the naked fruit. The effort involved in applying the bags while thinning those too close for maximum size fruit is minimal as compared to all the other

The Japanese, who discovered this refused to buy U.S. fruit unless grown in bags, forcing our large Washington orchards to do so much to their original reluctance, but now realizing it was a blessing in disguise. For those of you having just a few trees can now raise apples as perfect as those in the super-markets and a lot healthier for you.

Alton Eliason

State Representative Vincent Candelora End of Session Wrap Up



This session was probably one of the most physically challenging. The last three weeks consisted of consecutive late night sessions. I found myself many times coming home and meeting my children getting ready for school. As the last day of session arrived, the process required a more demanding pace in order to pass legislation before the deadline. Your

ability to physically keep up with the demand became equally as important as reading all of the bills and amendments that flew across the system.

I sponsored several pieces of legislation that made it through the process and now awaits the Governor's signature. Given that many school districts are looking to provide armed security with North Branford leading the pack, the legislature adopted Senate Bill 1099. This bill creates minimum standards and procedures that school districts must follow in order to permit the use of deadly force in their buildings. Namely, the bill requires that these guards be either police officers or retired officers in good standing with certain state training in firearm and school safety. While legislators disagreed on the effectiveness and need for armed security, we all came together to make sure that schools provide this service in a safe manner. The bill received unanimous support in both the House and Senate.

Senate Bill 876 also passed both chambers. This bill enables North Branford to receive state reimbursement totaling approximately \$3,000,000 for our related school construction projects at North Branford Intermediate School and High School.

Finally, Senate Bill 465 requires newborn screening for Adrenoleukodystrophy ("ALD"). This bill, which Representatives Pat Widlitz and Lonnie Reed, Senator Len Fasano and I proposed on behalf of Jack and Jean Kelly of Branford, will provide for an additional screening for newborns in order to detect for ALD. ALD is a genetic disorder that causes the accumulation of fatty acids in the nervous system and adrenal gland, which causes a range of neurological, physical, and behavioral symptoms. While females are genetic carriers for the disease, males become symptomatic between ages four and eight. Childhood onset results in a long-term coma approximately two years after the development of neurological symptoms and usually results in death after 10 years. If detected before the symptoms occur, ALD can be treated by eating a diet low in very-long-chain fatty acids and taking special oils, called Lorenzo's oil.

So while many controversial policies came out of the legislature this year and many of them I did not support, I was pleased to be a part of some important legislation that improves the safety and health of our community.

PLANNING FOR THE FUTURE

By Attorney Marc P. Guertin

Past columns have focused on how Long Term Care Insurance (LTCI) is one of the best ways to protect your assets from nursing home exposure. With the cost of care in a Connecticut skilled nursing facility approaching \$14,000 per month, owning an LTCI policy makes sense for many people, but there are problems afoot.

The cost of LTCI is based on the age and health of the applicant. LTCI companies gamble a bit on the health of their clients, but they need to minimize their risk in order to stay in business. One way to minimize said risk is to charge high premiums for their older and less healthy clients. Many older people will simply not qualify for an LTCI policy because there is too much risk for the insurance company to insure them. One strategy to avoid the higher premiums is to apply for LTCI when you are younger and in better health. However, you will be paying your premiums over a longer amount of time, so there may be no real savings. To make matters worse, recently there has been a trend by insurance companies to increase their rates across the board for all of their policy holders. So, even if you got the LTCI policy when you were young and in good health, there is a good chance that rate could increase dramatically over the lifetime of the policy.

There are about six insurance companies left who still offer LTCI, and the number continues to dwindle. Companies who still issue LTCI policies are looking for ways to manage their own risk in the form of increasing rates. One of the major LTCI companies just announced a forty percent (40%) increase in their premiums, leaving their customers with some tough decisions. The rate increases force people to do one of three things: reduce the amount of benefits within the policy to make it more affordable or bite the bullet and pay in the 40% increase (if they can afford it) or to drop the policy and effectively flush all of the premiums they have paid in the past down the toilet. None of these options are very appealing to most people.

With LTCI turning out not to be the magic bullet we thought it was, people are left without many options on how to protect their assets long term. Without a good LTCI policy some people will end up using up all of their assets to pay for their care, leaving nothing for their heirs. Others will try to gift assets away in advance of needing skilled nursing care, which is a dangerous proposition.

If you would like more information about this complex topic, call our office at 203-234-7400 and schedule a free consultation. We can discuss your situation and your options.

If you have estate planning questions that you would like answered in this column, email me at marc@guertinlaw.net.

Marc Guertin, is a partner at Guertin and Guertin, LLC. Guertin and Guertin, LLC is dedicated to Estate Planning, ElderLaw, Trust and Probate Administration. He is co-author of Planning for the Future: A Practical Guide to estate Planning and Avoiding Bad Heir Days.

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1997 Honda Accord EX 163K 4 cyl. AT	\$2,895
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2002 Chevy 1500 ext cab 4 x 4 105K	\$4,995
2003 Ford E-150 Van V-6 AC	\$4,995
2000 Toyota Camry LE 118K 4cyl AT	\$5,495
2002 Honda CRV AWD EX AT 4Cyl	\$5,995
2004 CRV LX AWD	\$6,995
2005 Accord LX 2Dr. 116K 4cyl. AT	\$7,495
1997 Lexus LS400, 117,500 Miles	\$7,995



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Folson Receives Most Improved Student at North Branford High School



Jakestina “Nicole” Folsom recently received a “Most Improved Student” award at the North Branford High School Academic Awards program. Nicole was nominated for this award by staff members. She was selected for this award because of her academic growth and maturity over the last four years.

Nicole was determined to get a high quality education. Her academics have been strong and have earned her a place on the Honor

Roll nine times. Nicole is incredibly motivated and tries very hard to be successful. Her teachers have commented on the consistent, conscientious effort she has put into her work.

Nicole has been a student in the Open Choice program in the North Branford school system since first grade. The Open Choice program is an opportunity for students from urban school districts to attend school in neighboring suburban districts. The Open Choice students have to adjust to attending school with students they are not familiar with. They must make new friends and establish themselves in a new environment. Despite the fact that Nicole must be on the bus before most students are out of bed, she starts each day with a positive, refreshing attitude.

Nicole recently completed an Independent Performance Project with a Licensed Social Worker to get a hands on experience. She spent 40 hours with the social worker and clients learning some of the skills necessary to become a social worker. Nicole will be attending Southern Connecticut State University in the fall. She will major in Sociology, with plans to become a Social Worker.

Open House

Tuesday June 18, 2013
6:00pm-7:00pm

The Nursery on Notch Hill

Providing quality early childhood education since 1971



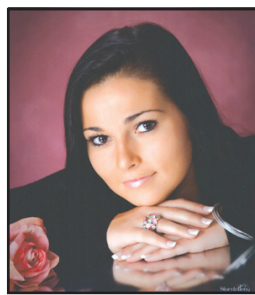
Preschool program for children ages 3 to 5 from 9am to 1pm
Early care and extended day options are available
Now accepting registration for Fall 2013

- Now Opening at 8am with optional extended day until 3pm!!
- Our program encourages creativity, curiosity, independence and self-confidence. All of our teachers are committed to treating each child with respect and will provide developmentally appropriate activities to help each child grow at their own pace.
- Qualified teachers and small classes with a favorable 1:6 teacher to child ratio!
- We accept the Care 4 Kids Program!

FOR MORE INFORMATION Or FOR A TOUR OF THE SCHOOL PLEASE CALL:

The Nursery on Notch Hill
320 Notch Hill Rd. North Branford, CT 06471
Phone: **203-481-0240**
Email: Nurseryonnotchhill@gmail.com
www.nurseryonnotchhill.com

They Make Us Proud!



Angela Onofrio, graduated from Sacred Heart Academy in Hamden on Saturday, May 25, 2013 at 11:00 a.m.

Ms. Angela Onofrio will attend The University of Connecticut in the fall and intends to major in Computer Science.

She was also accepted at Bryant University, Florida Atlantic University, Hofstra University, Providence College, Roger Williams University, Southern Connecticut State University, University of Rhode Island, University of Tampa and Wentworth Institute of Technology and earned scholarships and grants at: All of the above Colleges.

During the Honors Convocation ceremonies, Ms. Angela Onofrio was the recipient of the the Four Year Honors and Outstanding Senior in Business/Computers Awards.

Meagan Halligan was named to the Dean's List at St. Anselm College in Manchester, NH.

Adriana Acquarulo, Michelle Burns, Ronald Agnello, Peter Pelczar, Jeannine Rockefeller and Bryan Canning graduated from Quinnipiac University in Hamden, CT.

Stephanie Avila was named to the Dean's List at Dean College in Franklin, MA.

Matthew Vumback graduated from Providence College in Providence, RI.

Michael Matthews, Taylor Ciambra and Jessica McKee were named to the Dean's List at Keene State College in NH.

Robert Kiwanis graduated from Nichols College in Dudley, MA.

Jeanette Ferraro graduated from Bryant University in Smithfield, RI.

Laura Bernstein and Alyssa Clarino graduated from Salve Regina University in Newport, RI.

Dwight Boatman was named to the Dean's List at Worcester Polytechnic Institute in Worcester, MA.

Michael Coe, Alphonse DePalma, Thomas Farnsworth and Bryon Hardt graduated from Eastern Connecticut State University.

Michael Coe, Angela DiLella, Bryon Hardt and Chelsea Myers were named to the Dean's List at Eastern Connecticut State University.

Kelly McGovern received The St. Anselm College Book Award was from Sacred Heart Academy in Hamden, CT. This award is presented to a junior who has earned high academic grades in a very competitive curriculum, has an awareness of social responsibility and possesses strong character.



Cadet Colleen Dufton Harrison of Northford, graduated from the U.S. Military Academy. While in West Point she concentrated her studies in U.S. History. She was commissioned as a second lieutenant in the U.S. Army within the Military Intelligence branch and will report to Fort Hood Texas for her first assignment.

Scholarship Association Celebrates 50th Year

On June 5th, Senior Awards Night was held at the North Branford Auditorium. The North Branford Scholarship Association presented awards totaling \$33,225 to 117 graduating seniors.

For a full list of recipients and donors, visit the Totoket Times website at www.totokettimes.com



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Chris Caron Recognized With Prestigious Award From Greater New Haven Diamond Club

Chris Caron (third from left) recently received the "Whitey Piurek No I in Team Award" from the Southern Connecticut Diamond Club. The award is given to a baseball player who demonstrates the team concept of high school athletics.

Chris played first base for the North Branford Thunderbirds and was instrumental in leading the team to a 20-5 record and a trip to the quarter finals in the State Tournament.

Chris is pictured above (left to right) with North Branford baseball coach Billy Mitchell and Diamond Club representatives Ed Klinkhamer and Fred Norman.

Chris will be attending Salve Regina in Newport Rhode Island.

Boys Spring Track Wrapup

Captains/positions and team contributions:

Our captains were Rocco Morgan (disc), Joe Delucia (pole vault), Alex Raffone (200,400,4x4), Gary Falanga (400,4x4) and Ryan Proto (800,4x4). Each of these guys were slated to make Regionals in one way or another.

Newcomer Shelby Franklin (a freshman) allowed our 4 x4 relay team to compete for the Class M championship. They were in 3rd place, on target for a 3:28, when Raffone was knocked to the ground on the final turn of his anchor leg.

All Seniors/positions and their contributions:

Special thanks to senior Jimmy Girslauskas, who worked diligently for 4 years and finally made it to the conference championships in the shot put.

Special noteworthiness also goes to senior Mich Nowak, for making it to state Class M championships and placing 6th in the javelin and to senior Matt Fisher for helping Mitch get there.

Biggest accomplishment of the season:

Raffone set 2 school records: 22.29 in the 200 and the 4x4 record with Proto, Falanga and Franklin. Morgan set a new NB record in the disc, 145-10, placing 3rd at the State Class M championships. Delucia demolished the school and conference record in pole vault, hitting his mark at the Shoreline Conference Championships - 14-6.

Next Year's Outlook

Shelby Franklin returns as our best sprinter. As only a sophomore, he will team up with juniors Eddie Miller, Christian Iuteri and Bryce Mase in the 400 200 and 100. Mike Kaiser and Jake Sidle return as juniors and they will be strong candidates to win conference championships in the throwing events. Nick Schneidt will take over for Joe Delucia as our top-level pole vaulter. He cleared 12 ft at the conference championships and looks primed to go over 13 and more next year.

Coach Comments

We will have a young team next year. If Franklin puts his mind to it, he just might rebuild another outstanding 4x4 relay team. He will need to convince several teammates to put out the same level of intensity and perform at the same intense level that he learned from his senior-captains this year.

A single high school seldom sees an array of such outstanding young men as our senior-captains this year. Rocco Morgan, Joe Delucia, Gary Falanga and Ryan Proto have grown into outstanding young men who will accomplish much in their lives and shall do well to represent their home town.

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Antonio DiNallo

Owner

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North Branford CT
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5TH ANNUAL COW CHIP RAFFLE

Oops!

Prizes Totaling \$5,000
Only 3,000 Tickets Available

SALES RUN FROM MAY 4, 2013
UNTIL EVENT TAKES PLACE ON
SUNDAY, AUGUST 4, 2013 AT 1PM



**At The Potato & Corn Festival
Purchase "Your Own Little Plot
Of Land In NB for \$10 Each!"**

TICKETS MAY BE PURCHASED AT PARK & REC DEPARTMENT,
SAVE & DISCOUNT OR FROM ANY NB YOUTH FOOTBALL PLAYER OR CHEERLEADER

**PLEASE SUPPORT THE 2013 POTATO & CORN FESTIVAL AND
THE NB YOUTH FOOTBALL PLAYERS AND CHEERLEADERS
BY PURCHASING A TICKET!**



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Camps! →

Discounts when registering for multiple weeks

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BASEBALL and SOCCER CAMPS
OFFERED THE WEEKS OF:
July 8-12 • July 22-26 • August 12-16

For more information
Call 203-484-4383
or visit www.ctsportsplex.com

Week 1	June 24 - 28
Week 2	July 1 - 5
Week 3	July 5 - 12
Week 4	July 15 - 19
Week 5	July 22 - 26
Week 6	July 29 - Aug 2
Week 7	August 5 - 9
Week 8	August 12 - 16
Week 9	August 19 - 23

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Spring marks the start of the summer driving season. Make sure your vehicle is ready with our free safety inspection, accompanying every \$19.95 oil change. We'll also make sure your old oil is safely recycled. Call today for an appointment.

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Open Mon - Fri 8AM - 5PM, Sat 8:30AM to 1PM

North Branford Parks, Recreation & Senior Events

203-315-6017 or www.nbparkrec.com

CAMPS

LITTLE FOLKS CAMP. 3 - 5 years old (must be potty trained)

Where: North Branford Community Center
Session I: July 8 - July 26
Session II: July 29 - August 16
Time: Mon., Wed., & Fri., 9:00 a.m. -12:00 p.m.
Fee: \$85 per session

KIDZ KAMP 2013

**NOW OFFERING CAMP AT STANLEY T. WILLIAMS
 AND JEROME HARRISON SCHOOL**

For children entering Grades 1 - 6. Mon.– Fri. 9 a.m. – 4 p.m.
 Before Care begins at 7:30 a.m. and After Care until 6:00 p.m.
 (additional fee) **Only \$85 per week!**

SUMMER SPORTS CAMPS

MULTI SPORTS CAMP Ages 7 – 16 July 15 – 19

Half Day: Mon – Fri 9 am – 12 noon \$125*

Full Day: Mon – Fri 9 am – 4 pm \$170*

at Memorial Field. *FEES INCLUDE SHIRT

SKILLZ & DRILLZ BASKETBALL CAMP Ages 11 – 15 \$160

Mon – Fri 8:30 am – 3 pm

Session I: July 8 – 12; **Session II:**

July 15 – 19 at Jerome Harrison School

SUMMER CONDITIONING CAMP Grades 1 – 8 \$50

Mon., Weds., Fri. 6 – 8 pm

Register for both Sessions for: \$75

Session I: July 15, 17, 19; **Session II:** July 22, 24, 26

Football Field at Totoket Park

COMPETE WITH YOUR FEET SOCCER AGES 6 – 14 \$115

Session I: July 8 – 12 9 am – 12 pm at North Farms Park

Session II: July 29 – Aug 2 5 – 8 pm at North Farms Park

AGES 7 – 14

Session I: July 8 – 12 9 am – 3 pm at North Farms Park \$175

FIRST KICKS MINI SOCCER Ages 3 – 4 Mon – Fri 5:20 – 6:30 pm \$70* Aug 5 - 9

Ages 5 – 6 Mon – Fri 5 – 6:30 pm \$80*

*FEE INCLUDES SHIRT Wall Field

T-BIRD SOCCER CAMP Ages 5 – 9 Mon – Fri 8:30 – 10 am \$50

Aug 12 – 16. Ages 10 – 14 Mon – Fri 8:30 – 11:30 am \$90

SOCCER TOTS Ages 3 – 4 Mon – Fri \$65

Session I: July 8 – 12 9 – 10 am; **Session II:** July 29 – Aug 2 5 – 6 pm

Ages 5 – 6 Mon – Fri \$80

Session I: July 8 – 12 10:30 am – 12 pm;

Session II: July 29 – Aug 2 6 – 7:30 pm

FIELD HOCKEY Grades 2 – 8 Mon – Fri 9 – 10:30 am \$75

July 15 – 19 at North Farms Park

PROGRAMS FOR ALL AGES

NRA PISTOL SAFETY COURSE Ages 21 and over \$140

July 20, 2013 – Sat 9 am – 6 pm.

LEARN TO ICE SKATE Ages 3 – Adult Mondays 6 – 7 pm \$140

July 8 – Aug 26 at Northford Ice Pavillion

KICKBOXING & BODY CONDITIONING Teens – Adults \$75

Mondays and Thursdays 6:15 – 7:15 pm

June 24 – Aug 5 (No class July 4th) at NB Community Center

TAP DANCE Ages 3 & 4 Saturdays 8:30 – 9:15 am \$35

Ages 5 – 7 Saturdays 9:30 – 10:30 am

Session II: June 29 – Aug 3 at the North Branford Senior Center

PERFORMING ARTS SUMMER PROGRAM Ages 6 – 12 \$205

Monday – Friday 9 am – 2:30 pm July 19 – Aug 2 at NB Community Center

MUNCHKIN TENNIS Ages 5 – 7 Mon – Fri 8:30 – 9:15 am \$85

Session I: July 8 – 12; **Session II:** July 22 – 26; **Session III:** Aug 5 – 9

Memorial Tennis Courts

JUNIOR TENNIS Ages 7 – 13 Mon – Fri 9:30 – 11 am \$130

Session III: July 8 – 12;

Session IV: July 22 – 26;

Session V: Aug 5 – 9

Memorial Tennis Courts

BUS TRIPS

NY Yankees vs Rangers Thurs. June 27 at Yankee Stadium

\$88 1:05p game Section 202

NY Yankees vs Detroit Tigers Sat. Aug 10 at Yankee Stadium

\$115. 1:05p game Section 232

Martha's Vineyard Sat. August 24 \$85

Round Trip Bus, Ferry and a Chartered Bus Tour

UPCOMING EVENTS

TAILS ON THE TRAILS

SATURDAY JUNE 22, 2013 AT 9 AM

At Augur Farm~Same Location as 5K Run for the Potato & Corn Festival

Take a 1.5 mile walk to benefit the future Dog Park

COST: \$15.00

On-line registration is available

11th ANNUAL SENIOR PICNIC

THURSDAY JULY 11, 2013. 6 PM ~ Dinner

6:30 – 8:30 PM ~ Outdoor Entertainment

Totoket Valley Park – Admission is FREE for residents
 (Nominal Fee for Non-Residents)

BATTLE OF THE BANDS

FRIDAY JULY 12, 2013. 5 – 10 PM

Totoket Valley Park

Winning Band Plays at the Potato & corn Festival on August 1st
 TO REGISTER OR FOR INFORMATION CALL (203)315-6017

SENIOR CORNER

CRACKER BARREL LUNCHEON & CHRISTMAS TREE SHOP

Monday, June 17, 2013. \$5.00 res / \$10.00 non-res

ITALIAN FEST @ AQUA TURF

Tuesday, July 16, 2013. \$42.00 res / \$47.00 non-res Enjoy Boston's best Italian band, The Italian Connection. Lunch includes salad, pasta, Italian roast beef, Italian chicken, vegetable, potato and desert!

LENNY & JOE'S LUNCHEON & OCEAN STATE JOB

LOT Friday, July 19, 2013. Cost: On Your Own. Lunch and shopping

CHEESECAKE FACTORY LUNCHEON

West Hartford. Friday, July 26, 2013. \$5.00 res / \$10 non-res

MEMORIAL LUNCHEON Tuesday, June 25, 2013 **FREE**

Celebrating the life of Joan Renchy, Sister of Betsy Fitzgeralds

BALLROOM LINE DANCING, Adults 55+, Fri., 10:30a - 11:30a

\$25. June 14th – August 16th - At the North Branford Senior Center

GET FIT AND STAY FIT Adults and Seniors, Weds. 10 – 11am \$25

June 19th – August 7th at the North Branford Community Center

Totoket Historical Society

TILCON QUARRY TOUR

The Totoket Historical Society of Northford/North Branford is sponsoring a bus tour of the Tilcon Quarry in North Branford on Wednesday, June 19 at 6:30 pm. The Quarry is located at the junction of Routes 22 and 80 in North Branford. Buses will depart from the North Branford Town Hall and transport everyone across the street to the Quarry.

During the tour, there will be an ongoing description of the quarry operation by two guides from Tilcon who personify Tilcon's commitment to good community relations. Weather permitting, everyone will be able to leave the bus and explore the quarry floor to have a look around.

In 1914, the Quarry property was incorporated as the New Haven Trap Rock Company. The quarry company became the primary customer of the Branford Steam Railroad, which carried the trap rock (basalt) to Juniper Point in Branford for loading into barges as it still does today. In 1979 the company became Tilcon Tomasso. In 1990 the company's name was changed to Tilcon Connecticut reflecting its 23 locations in Connecticut. It has played a vital role in building infrastructure throughout Connecticut and supplying quality crushed stone, hot mix asphalt and ready mix concrete. In 1972 this quarry was considered the world's largest single-faced trap rock quarry with a frontage of 1-¼ miles.

Don't miss this opportunity to explore this hidden quarry treasure that so many people pass each day. RESERVATIONS (necessary) may be made by calling Cappy at 203-484-2133 during the day or Florence at 203-484-5072 after 6 pm. The cost is \$15 per adult or child. Checks should be made out to the Totoket Historical Society and mailed to PO Box 491, Northford CT 06472. **Your reservation will only be confirmed upon receipt of payment.** Participants should arrive at the North Branford Town Hall by 6:30 pm on June 19. Parking is available at the Town Hall. The tour will last about 1 ½ hours.

Seats are limited and sell out early. Don't delay! All proceeds go toward the upkeep of the historic buildings in Northford/North Branford under the care of the Totoket Historical Society.

For more information about these activities and more, go to the web site at totokethistoricalsociety.org or e-mail any questions to totokethistoricalsociety@gmail.com.

CHURCH DIRECTORY

Branford Hill Chapel. 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Breaking of Bread, 9:15am. Sunday, Ministry and Sunday School, 11:00am. Nursery for infants and toddlers at both meetings. Mid-week Bible studies. For spiritual help, call 203-239-9845.

North Branford Congregational Church, UCC. 1680 Foxon Rd., North Branford, CT, 203-488-8456 or nobfdcong@sbcglobal.net or www.northbranforducc.org. Interim pastor search/pulpit supply ministers at this time, Daniel Jared Shapiro, Music Director. Office Hours: Wednesday through Friday, 9:30 - 1:30pm. We worship each Sunday at 10:00am with nursery care available. Holy Communion on the first Sunday of every month. Church School through grade 8, meets during worship. All are welcome. No matter who you are, no matter where you are on life's journey you are 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: ncchurch@snet.net. Reverend Kathryn King. Acting Pastor. Jane K. Leschuk Minister of Music. Sunday Worship Service and Sunday School, 10am. Join us for coffee hour following worship. Holy Communion on the first Sunday of each month.

St. Andrew's Episcopal Church, Middletown Ave. (Rte 22 & 17) Northford. 203-484-0895. or <http://standrewsnorthford.org> We are a member of the Middlesex Area Cluster Ministry. The Reverend Jim Bradley, Interim Missioner in charge of MACM, 203-525-6846. The Cluster office is 860-345-0058. Sunday morning Eucharist is 10am. We have a rotating clergy & choir during the academic year. Join us for coffee and fellowship following service. All are welcome.

St. Augustine Roman Catholic Church. The church is located at 30 Caputo Rd., North Branford. The Pastor is Reverend Robert Rousseau and Deacons John Hart & William Lovelace. Daily Mass and Homily are celebrated weekdays at 9am with the exception of Thursdays. On weekends, Mass is celebrated on Saturday at 4pm in Winter and 5pm in Summer months and 9 & 11am on Sunday mornings. The sacrament of Baptism is celebrated on the first and third Sundays of the month immediately following the 11am Mass. The Sacrament of Reconciliation is celebrated every Saturday afternoon in the Father Reilly Chapel, one hour prior to Mass time. In addition, you can make an appointment for reconciliation by calling the parish office at 203-484-0403. If you are new to the area and are looking for a parish family to join, please visit us. You can contact the church office at 203-484-0403 or fax 203-484-0132 weekdays, 9am to 1pm or email us at StAugustineNoBfdCT@sbcglobal.net.

St. Monica's Roman Catholic Church. Middletown Ave. Northford, CT. Rectory 203-484-9226. Education Center—203-484-2434. Reverend Joseph Parel, Pastor; Deacons William B. Bergers, Louis P. Fusco and Joseph Marenna. Weekend Masses; Saturday Vigil 5pm and Sunday—9 & 11am. Weekday Masses—9am except Thursday. Celebration of Penance—Saturday—4-4:30pm.

Zion Episcopal Church. 326 Notch Hill rd., North Branford. 203-488-7395. The Reverend Lucy LaRocca, Vicar; Sunday Holy Eucharist 8 & 10:00am. Coffee hour follows both services. Child care available. Email; www.zionepiscopalchurch.org.

Choir Camp comes to North Branford

Choir camp is for kids entering grades 1 – high school and is called “Rescue in the Night.” This 40-minute musical tells the story of Daniel in the lion’s den with humor and dramatic impact. Camp runs **July 22 - 26** and will culminate in two performances one **Friday, July 26th at 7p.m. and the other Sunday, July 28th at 9:30 a.m..** There are plenty of parts for both boys and girls – and lots of fun, upbeat musical numbers!

All campers bring a bag lunch and snack daily. Sessions begin at 9 a.m. at Zion Church. Pick-up is at 3 p.m. every day except for Wednesday when pick up is at 5p.m. Each afternoon features an exciting field trip including Bowling, T-shirt Day, Lake Compounce, Bounce-U, and Movie Day. Children and their families do not have to attend Zion Church to attend Choir Camp; however there are a limited number of spaces available and camp will fill up quickly.

Reservations can be made by emailing heather.meachen@gmail.com or by calling the Zion office, 203-488-7395. The cost for camp is \$225 per child – including all field trips including Lake Compounce!

51st Irish Festival at North Haven Fairgrounds

The longest running Irish Festival in New England, and according to organizers, the United States, is returning to the North Haven Fairgrounds on Saturday, June 22 and Sunday, June 23. The Connecticut Irish Festival, sponsored by the Irish American Community Center in East Haven, will be featuring the finest in Irish music, dance and sports. Headlining the event both days is the internationally popular Irish folk group the *Wolfe Tones*, celebrating their 50th anniversary tour. Other musical acts appearing are *McLean Avenue Band*, *the Screaming Orphans*, *the Fighting Jamesons*, *the Narrowbacks*, *Mean Carlene*, *the Auld Locals*, and *Tommy Goodwin and Sharon*.

Affordable family-friendly activities will be featured at the Fairgrounds, located on Route 5, 300 Washington Avenue, Exit 12 off I-91 in North Haven. Children under 16 will be admitted free when accompanied by an adult. Family entertainment will include Gaelic youth football scrimmages, sheep shearing, alpaca display, spinning, weaving, and knitting demos. Inflatable amusements available for children and pony rides. Cultural offerings include language and instrumental competitions as well as genealogy, traditional music presentations, and carving demonstrations. The cultural building will also house area Irish organizations such as the CT Irish Historical Society who will spend time assisting in researching Irish ancestry. Exhibitors will include the Greater New Haven St. Patrick’s Day Parade Committee, the Knights of St. Patrick, the Ancient Order of Hibernians, the West Haven Irish American Club, and the New Haven Gaelic Football & Hurling Club.

For a full schedule of activities and times, visit the website at www.ctirishfestival.com or visit the Festival Facebook page “CT Irish Festival.”



Jesse Dean Schwartz Jr. is Baptized

Jesse Dean Schwartz Jr, was Baptized on Sunday, June 3rd at North Branford Congregational. The proud parents, Jesse and Ashley Schwartz who presently reside in Hamden are both former residents of North Branford. A reception followed at the home of Joe and Carol Dynderski the maternal grandparents. Many family members were present including paternal grandparents Dean and Roberta Schwartz also of North Branford, Godparents were Kinnon Schwartz and Allison DePaola, both formerly of North Branford.

Italian American Historical Society of CT

ARTHUR AVE - BRONX - BUS TRIP

Friday, September 20, 2013

Join us on a bus trip to the Real Little Italy of New York! We'll start the morning with a guided tour in one of the last authentic Little Italy's in the country. Guests will see butcher shops, bakeries, and the famous Arthur Avenue retail market where traditional Italian foods are all on display. It's an opportunity to stock up on hard-to-find Italian products and step back in time to a neighborhood that's almost frozen in the 1950's. Lunch is included at Ann and Tony's and after lunch there will be time for shopping!

The bus will depart at 8:00 a.m. from the commuter lot at exit 10 in North Haven on Devine St. (the lot on the left of the exit). We'll leave Arthur Avenue in the Bronx around 4:00 p.m., returning to North Haven by approximately 6:00 p.m.

Seating is limited, so reserve your spot now! Requests will be honored on a first come, first served basis as payment is received.

Mail checks payable to IAHS, c/o Joanne Ludwig, 22 Leigh Dr., East Haven, CT 06512. Please include your name and contact phone number (preferably a cell phone number) in the event we need to contact you. Also select one lunch choice per person from the following: Chicken Marsala, Veal Parmigiana, or Tilapia Oregonata.

Cost is \$85 per person, for the bus, driver tip, tour and lunch! For more information contact Joanne Ludwig at 203-468-1776 or jlud@att.net.

Audio Loop System at NCC

In order to help people better hear the word of God, Northford Congregational Church has installed a new Audio Induction Loop System. This will allow people who use hearing aids with telecoils or t-coils installed to be able to hear anyone who is speaking or playing music over the Church sound system. If people do not have the t-coils, they may be able to upgrade their hearing aids with them, or get new ones already equipped with this option.

The Church has also purchased a new ear-mounted personal microphone for the pastor and has installed a new microphone at the pulpit. These have greatly improved the sound for everyone in the sanctuary, whether they are hearing impaired or not.

Services are held at 10 a.m. every Sunday in addition to Sunday School. They are followed by coffee hour in the social hall. Holy Communion is held on the first Sunday of each month. Family/Mission Sunday, which features contemporary music and focuses on a mission, is held on the third Sunday of each month.

The Church is located at 4 Old Post Road at the corner of Route 22 and Route 17 in the Northford section of North Branford. Church office hours are Monday and Wednesday from 9 a.m. to 1 p.m. The Church office phone number is 203-484-0795 and email address is ncchurch@snet.net.

Jolanta M. Vitale Recognized with Nightingale Award for Excellence in Nursing



Jolanta M. Vitale, RN, a nursing supervisor with Masonicare Health Center in Wallingford, was recently awarded a Nightingale Award for Excellence in Nursing at a special awards dinner and program held on Monday, May 13, at Anthony’s Ocean View in New Haven. Ms. Vitale was one of 11 nurses nominated by Masonicare, Connecticut’s leading not-for-profit provider of senior healthcare and retirement living. She has been with Masonicare since 2006.

The Nightingale Awards program recognizes nurses throughout Connecticut for their dedication, commitment and generous contributions to the field of nursing. The program is open and inclusive of all healthcare settings -- hospitals, home health care, health centers, schools, health departments, long-term care, nursing schools, agencies and medical practices. This year, at the thirteenth annual Nightingale Awards presentations, nurses from throughout Connecticut were honored at four award dinners held in Groton, Hartford, Stamford and New Haven.

Ms. Vitale, a resident of North Branford, is a graduate of Mohawk Valley Community College.

North Branford Police Department Blue Report - or June 2013



From The Desk of
Police Chief Matthew Canelli

The North Branford Police Department has been busy on the job keeping our community safe during the past month.

Here are some of the challenges we faced:

- 758 Calls for service
- 36 Criminal arrests
- 31 Traffic accidents
- 55 Motor vehicle citations issued
- 32 Written warnings issued
- 7 Arrests for driving while intoxicated
- 1 Burglaries
- 31 Activated burglar alarms

Important Information Regarding Obeying the Posted Speed Limits

Speeding reduces reaction time and increases the level of damage in a collision. Approximately 1/4 of all fatalities occurred in traffic collisions where speed was a factor. A five per cent decrease in average speed leads to approximately a 10 per cent decrease in injury collisions and a 20 per cent decrease in fatal collisions. Keep these tips in mind when you think you need to get somewhere in a hurry.

- The best way to ensure you arrive safely is simply to stay within the posted speed limit. It’s the law, and it will increase your ability to react in time in dangerous situations.
- For better control, reduce your speed in bad weather, heavy traffic or construction zones.
- Slow down when driving at night, especially on unlit or poorly lit roads.
- Follow at a safe distance, at least three seconds behind the vehicle in front of you.
- Driving at lower speeds can help save you money. For example, driving 55 miles per hour on the highway instead of 65 per hour uses 20 per cent less fuel. It’s also better for the environment.
- Adapt your driving to the conditions on the road, not to your schedule.

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