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Volume 21 No 15 August 22, 2014



Welcome North Branford

Family Chiropractic & Wellness Center!

Dr. Mark F. O'Loughlin, a resident of North Branford, is excited to announce the opening of North Branford Family Chiropractic & Wellness Center, located in the Brookside Plaza at 2429 Foxon Road in North Branford, Connecticut. Dr. O'Loughlin is a 2010 graduate of University of Bridgeport's College of Chiropractic and brings to his practice over 4 years of experience as a Chiropractic Associate working alongside Dr. Luigi DiRubba in Chesire, Connecticut.

Dr. O'Loughlin specializes in family chiropractic and wellness care and state-of-the-art examination and chiropractic adjusting procedures. Trained in the Gonstead technique, Dr. O'Loughlin utilizes the ultimate standards in hands-on spinal adjusting.

Patients at North Branford Family Chiropractic & Wellness Center receive a complete chiropractic examination, consisting of a thorough health history, orthopedic and neurological testing, postural analysis, and range of motion and bio-mechanical assessment. With the utilization of a surface sEMG Myovision scanner, Dr. O'Loughlin is able to identify patterns of muscle instability that are indicators of subluxations in the spine. Dr. O'Loughlin also offers patients wellness prevention including nutritional consultations, weight loss programs, stress management, and lifestyle education.

Dr. O'Loughlin is an active member of his community, including the non-profit organization The Foundation for Wellness Professionals – a nonprofit organization made up of more than 1000 participants across the country that specializes in natural solutions to stress-related illnesses. As an organization member, Dr. O'Loughlin visits community businesses, companies, organizations and schools in order to provide free educational workshops, lectures, and screenings about natural solutions to stress-related illnesses and work-related injury prevention. He also helps these organizations design a wellness prevention program for employees and staff. Dr. O'Loughlin is an active member of the Connecticut Chiropractic Council.

North Branford Family Chiropractic & Wellness Center accepts all insurances and is now accepting new patients. Please call (203) 208-0163 to schedule an appointment or to discuss any health-related issues or concerns. Dr. O'Loughlin looks forward to meeting you and your family!

It's a "Cake-Walk" from North Branford to the Caribbean for Local Baker!

Hope Looney, Owner of JCakes in North Branford, recently appeared in *People Magazine Espanol* with a Louis Vuitton Purse Cake she created. Hope's cake appeared in the July 2014 issue of *People Magazine Espanol* due to being asked by the fiancé of Adamari Lopez (Toni Costa), to create and deliver a Louis Vuitton Style Purse Cake to Punta Cana, Dominican Republic for the birthday and engagement party of Adamari: Adamari is the host of the Daytime Emmy Award winning Latin Show "Un Nuevo Dia" on Telemundo.

"It was an honor to be asked to create a cake for Adamari. I couldn't say no. But of course the next question was... how am I going to carry a cake on the plane all the way to the Dominican Republic?"

With lots of planning, Hope was able to package the cake with cold foam packs and supplies and carry it onboard the airplane successfully. "I was a nervous wreck" said Hope.

The event was a smashing success and the cake was a focal part of the party. "Cameras were flashing all over when the cake was presented." I couldn't believe the attention it created. It was an extremely exciting, heartfelt and intimate event that I was fortunate to be a part of and share with her friends and family who were extremely welcoming" said Hope.



A large crowd attended the recent Tractor Pull at the North Branford Potato & Corn Festival.

Deadline

August 29
September 12
September 26
October 10
October 24
November 7
November 21
December 5

Date of Issue

September 5
September 19
October 3
October 17
October 31
November 14
November 28
December 12

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Don't Forget The Birthday Party



Tickets are still available for the eightieth birthday party of Deputy Mayor Joanne Wentworth. To list the services Joanne has contributed to the community would take volumes of editions.

Now it's time to thank her by attending a party in her honor on September 14th from 1-4, at Natas Restaurant in Central Plaza, North Branford.

There will be a buffet dinner offered by Chef Rick and tickets are only \$25.00 per person. Tickets can be purchased at Save & Discount on Rte 80 in North Branford or T& J's Laundrette in Northford. There is limited seating so get your tickets now. No tickets will be distributed without payment.

For information, call 203-484-4908.

"Does this Make Sense"

Dear Editor: Thursday evening at a public hearing to change zoning regulations allowing for bulk propane storage and distribution, the four members changed the regulations to allow it on Ciro Road. This is off Rt. 80, a half mile from the new Atwater Library, and the Historic District of North Branford.

The J.J. Sullivan team was there with a few others speaking in favor. I was the lone dissenter and think that we must be aware of what is wanted here. The safety risks and evacuation routes, especially on the head of a dead end road, along with other issues should be addressed.

The town turned down a cell tower for astatic and devaluation of property but they think that 30,000 times 2 tanks won't do the same. And this commission also refused Big Y a filling station for home grills for safety concerns. Does this make sense to anyone?

Sincerely, Nancy Clow



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Potato and Corn Festival Small Town, Americana

Dear Editor:

I'd just like to say thank you to all the community members who helped with the Festival this year. I had the pleasure of working with some absolutely amazing people who were dedicated to the task at hand, providing a fun and exciting time for those guests who attended. I worked the Information Tent.

Every day the same group of elderly women would come, sit and attend to the many questions and sales that were going on at the tent. It was like a coffee clutch, them talking about how it was "back then" and how things have changed but also stayed the same. They reminisced about when they were younger and when their kids were able to run around and not worry about anything. When the town kids are there, I feel the same way. I feel that, as a community, we watch out for our own and although my kids have grown, that has always been the case.

The Festival reunites the kids again after a brief time away from each other during the summer months. The boys and girls walk around in groups, giggling and laughing as they walk by each other. The parents are chasing after their little ones because they can't contain their excitement over the many stimulating things that are bombarding them. Brothers and sisters are fighting and bopping each other over the head with the inflatable baseball bats they have won, and without Mom and Dad's permission, winning a goldfish, a pet of their very own. College kids come home for the summer and bring their boyfriends or girlfriends to take part in a pie eating contest, eat some potatoes and corn or to see a Cow Chip Raffle for the first time ever.

The Festival is a fun place to go to where the kids can get in for free, listen to music, watch a magic show, play games and win prizes...with grins on all of their little painted faces. They stay into the evening to watch the BEST fireworks around. The fireworks light up the sky and you catch a quick glimpse of their wide eyes as they look on.

This is what I observed all weekend. It made me feel proud to live in North Branford. The Potato and Corn Festival belongs to us and EVERYONE knows it. This is our mark on the map.

I ran the Cow Chip raffle this year. I sold tickets from Thursday to Sunday morning. I heard many interesting stories. For instance, one mother told me how her daughter was deployed to Afghanistan and she was buying a ticket for her, because the other soldiers had never heard of such a thing. I also heard how the Grand Prize winner and his buddy—who are special needs—came from Stratford and Oxford, just for the Cow Chip Raffle. It really makes your day when a person with such enthusiasm wins. He was so excited that he had his friend's sister take a picture of the actual pile!

These kids and their parents have fond memories of the Festival and will someday be the ones who are under the Information Tent reminiscing about these years.

Yes, I spent my whole weekend there and so did many, many others. We all take pride in the Potato and Corn Festival and work very diligently to pull things off, but when you look around and see how much joy you bring to others, it is all worth while.

I look forward to many more years of memories.

Sincerely, Kris Smith Cow Chip Coordinator

Clean Up After Your Dogs

Dear Editor,

What amazes me is that some ,(not all) dog owners have the attitude that their dog or dogs can poop in other peoples yards and they are not responsible to pick it up. Most do.

I live on Colonial Drive and there is a person or persons that walk their dog or dogs very early in the morning (when people are not up and around yet) or late in the evening when people are relaxing for the day. This person lets its dog poop in my yard and other neighbor yards and does not pick it up. I cut my own lawn and have to clean the lawnmower and I do not want to have to clean dog poop. If you cannot be a responsible pet owner then get rid of the pet. Other people should not have to clean up after your dog.

I am sure this is not the only neighborhood in which this happens. Dog owners take responsibility for your dog's actions. Clean up after them .

Sincerely,

Alice W. Lehr

Family Talk About Drinking

Dear Editor,

Helping teens make good choices is as simple as starting a conversation, and back-to-school is an ideal time for parents to talk about avoiding peer pressure to drink underage. Research shows that parents are the greatest influence on teens. Exercising that influence by actively listening and holding their teens accountable for decisions about underage drinking is something that parents should be encouraged to do. Asking open-ended questions gets teens thinking about what they would do when and if they're offered a drink – and the potential consequences.

Dichello Distributors, Inc. wants to remind parents about the Anheuser-Busch *Family Talk About Drinking* program, a free parent guide and Facebook community designed to encourage open and honest communication between parents and their children to help prevent underage drinking. Programs like this one, paired with education and effective law enforcement, are essential to reducing underage drinking.

Remember, it's our collective responsibility to help prevent underage drinking. For more information, please visit [Facebook.com/ABFamilyTalk](https://www.facebook.com/ABFamilyTalk).

Sincerely, Tony Lota

Alcohol Awareness Coordinator - Dichello Distributors, Inc.

Thanks to Nick's Service Station

Dear Editor:

Receiving car good repair service should be expected. Get the problem fixed, pay the bill and leave. Excellent service deserves a mention.

I brought my car to Nick's Service Station on Rte 80 for a loud clanging noise. I expected a huge bill but Nick quickly found the problem and fixed it at a very reasonable rate.

A few days later the dreaded "Check Engine" light came on and I took it back to Nick's where he suggested I try a few things, He told me if they didn't work, I should bring the car back. They didn't work so I brought the car back expecting another huge bill. Nick fixed the problem and sent me on my way with "No Charge".

Needless to say, I was greatly relieved and felt it should be mentioned about the great service I received.

Sincerely,

Jonathan Mix

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Letters to the editor...

This paper encourages all readers to voice their opinions and comments. The Totoket Times is not responsible for erroneous information 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

PO. Box 313, Northford, CT 06472



Hot Meals Provided for Residents

Dear Editor;

We would like to remind the residents of Northford and North Branford about the service provided by the North Branford Home Delivery Program. This program is designed to provide meals for people who are recovering from surgery, or an illness, or receiving physical therapy or undergoing treatment for cancer or other medical problems and are unable to prepare meals or have a family member to assist in meal preparation.

Through the generosity of the North Branford Congregational Church we are able to use their kitchen for the purpose of preparing meals at no cost to the program. At present we meet every Tuesday morning from 8:30 A.M. to 11: A.M. We prepare two hot dinners for each qualified person.

Our kitchen staff as well as our drivers who deliver the dinners are all volunteers. Great group of people. We are always looking for volunteers. As the need grows we may cook an additional day.

Judy Baron, Supervisor of the Senior Center along with the visiting nurse determine who qualifies. We are a satellite of the Branford Community Dining and receive most of our protein through them. They also supply us with canned goods and other products. We also receive donations from the community. There is no cost involved for the participants.

If you know of someone who may qualify for this program please call Judy Barron at 203-484-6017 and she will start the process for this service.

This program is open to residents of Northford and North Branford.

Sincerely,

Alice W. Lehr, Diane Farley & Carol Sabia

WIT & WISDOM

Embalmed Food

A recent occurrence prompted this epistle. Our most wonderful granddaughter was helping organize the much needed cupboard that had over the years accumulated a variety of cereals, split peas, cans of beans and you get it, whatever we had accumulated over the years. Looking in amazement on the assortments she was piling on the counter I said, "What are going to do with those?" "Throw them out" she said. "They're "Too old".

I said "they're not bad." "It's past the expiration date on them. They're no good now". was her response.

Deciding this wasn't the time for a lecture I just laughed and shook my head deciding it wouldn't be a serious loss since the chickens would be the winners having their diet supplemented with some unusual additives.

When I was young we depended on our common sense to decide when something was beyond it's lifespan. When you saw a worm or bugs in something you knew it was time to feed it to the chickens. What you also knew was that if the worms and bugs couldn't live on it neither could you. Unlike our present processed food that is so fortified with life extending chemicals that even the bugs can't live on it.

When the raw milk turned, I hate to use the word sour, since that word seems to turn away, even those seeing me reveling in "the elixir of the Gods" this delicious food as though it were a contagious disease. When we had more than we could use we either fed it to the chickens or the pig we were raising. Once clabbered, turned to soft curds, and skimmed from the whey, with the whey often used in making soups or in baking, that made our mother's cakes so superior to the present day abominations it sickens me to even compare them.

Not unlike Yogurt we ate it as an after dinner desert supplemented with a little sugar or honey. Yogurt without it's sugar, syrup, fruit or other varieties of concoctions is more distasteful than Clabbered milk, but to convince those whose minds are made up is a waste in futility so don't try to confuse them with the facts.

What happens when Bt, Bht and the other food preservers, that embalm the products we eat, and we as well as I will soon prove. The food people were almost stricken with apoplexy at the loss confronting them, what with these amendments making their products virtually preserved for decades. In an instant of panic they hatched the idea of setting a time limit of how long we should be allowed to keep their product less it cause us indescribable harm. With sufficient funds to grease the palms of those we elected to represent us, knowing their allegiance is to the almighty dollar not us, obliged their corporate donors for the funds they had provided to keep them true to whatever the donors desired. So from then on the law was that everything had to have an expiration date, the last thing needed since it was already embalmed for life was now unfit for human consumption, in just a short time. And, my granddaughter and all the rest of you so quick to swallow deceit by their food providers while holding their servants, our legislators, who

State Representative Vincent Candelora

Connecticut's Outlook Still Negative



Without much press or fanfare, Fitch Ratings continued its assigned "AA" rating with a "negative" outlook for Connecticut general obligation bonds that sold on August 6th. Fitch has maintained this negative rating for a number of issuances over the past two years and bases its decision on

the state's reduced fiscal flexibility and reliance on one-time revenue and borrowing in its budget. A negative outlook indicated that the state's bond rating may be downgraded over the next couple of years.

Fitch continues its "AA" rating based upon the "vast wealth and income resources", but acknowledges that this wealth should be tempered by the high burden of debt and retirement liabilities. Fitch writes, "The Negative Outlook is based on the state's failure to return to more structurally sustainable budgeting and rebuild flexibility at a

time of unusually slow economic and revenue recovery." In short, Connecticut continues to rely too heavily on borrowing and one-time revenues to balance its budget.

Fitch provides a sobering and simplistic analysis of our pension obligations. The agency states the following: "Funding levels for the state's major pension systems remain a source of concern. As of June 30, 2012, the state employees' retirement system (SERS) was funded at 42.3% on a reported basis, and the teachers retirement fund (TRF) was funded at 55.2%, the latter having benefited from the 2008 issuance of pension bonds [of \$2 billion]. Using Fitch's more conservative 7% investment return assumption (instead of the 8% rate assumed by SERS and the 8.5% rate assumed by TRF) reduces funded ratios to 38.1% and 47.4%, respectively. On a combined basis, the burden of net tax-supported debt and adjusted unfunded pension obligations equals 23.6% of 2012 personal income, among the highest for U.S. states rated by Fitch and more than 3x the median."

I think we can all agree that Connecticut didn't get to this position overnight. It took decades, recognizing this fact, however, it's frustrating that our legislature and Governor continue to approve a budget that keeps us on the same path. We need a grass routes effort to effectuate change. The more dialogue and demands for sound fiscal decisions from the public might just succeed in honest budgeting.

State Representative Vincent Candelora is now hosting, "The State & You w/Vin Candelora. The show can be seen on the Government Channel 20 on Comcast as well as AT & T U-verse.

were suddenly "born again", and baptized in virtue for having saved us from the food merchants who without their life saving actions are saving us from those food merchants who were about to suffer tremendous losses if we, gullible suckers, were allowed to keep their embalmed products from the obvious needless date limit since now it couldn't go bad anyway. With any effect they have had on our health postponed until we're in the grave, they're free from worry since who gives a damn then.

A virtue they never realized was that the BH/Bth and other preservatives was preserving our bodies more perfectly than the embalming fluid used by undertakers, was discovered when corpses laying in the ground in a mid west cemetery for 20 years being exhuming (for what reason I don't know), were found to be preserved in the absolute perfect conditions as the day they were buried. Prompting the determination for the cause of this truly unusual phenomenon they learned that it was the preservatives eaten in their food that had preserved them better than the embalming fluid used by our undertakers.

Special event coming to the Dudley Farm Farmers' Market

On Saturday, September 13 from 9 AM to 12:30 PM, there will be a Fairy Festival at the Dudley Farm Farmers' Market. Children (accompanied by adults) are invited to follow the Fairy Trail, build a Fairy House, decorate a wand, or create a crown with guest author, Cheryl Kling.

The Summer Market is held every Saturday through October from 9 AM to 12:30 PM. It takes place on the picturesque grounds of the historic Dudley Farm Museum, located at 2351 Durham Road in North Guilford. The Market provides the opportunity to purchase local and organic seasonal produce and handmade arts and crafts, while enjoying the beauty and serenity of the Farm as it was in the year 1900.

Contact 860-349-3917 or visit www.dudleyfarm.com for more information. The market is subject to cancellation due to inclement weather.

Lake Gaillard Walk-A-Thon Returns!

The North Branford Women's Club, Inc. GFWC/CT in conjunction with the Regional Water Authority, is sponsoring its 15th Annual Walk/Run-A-Thon at Lake Gaillard in North Branford on Saturday, October 18, 2014 from 9 a.m. to 1 p.m., rain or shine.

Proceeds from this event will be used to benefit the North Branford Scholarship Association, the Watershed Fund, the Greater Federation of Women's Clubs/CT state project Manes & Motions Therapeutic Riding Center and other charitable club projects.

On the day of the walk, buses will be available for transporting participants to the Lake Gaillard property from Jerome Harrison School on Route 80 beginning at 8:30 a.m. Access to the Beech Street entrance will be by bus or on foot only. Parking will be prohibited on Beech Street and Poms Lane where posted. No bicycles, roller blades or pets will be allowed on the trail.

The distance around the lake is 7 miles but participants, as always, may choose any distance with which they are comfortable. Distance markers will be posted around the lake. Water and comfort facilities will be available. No participants will be allowed on the trail after 11am.

Registration fee is \$8.00. Pre-registration is strongly encouraged! Participants may also register on site the day of the walk.

Prizes will be awarded to the top four participants who raise and submit the most money through pledges from sponsors on or before October 11, 2014. First and Second Prizes will be Gift Certificates to area restaurants. Third and Fourth Prizes will be Regional Water Authority recreation permits.

For additional information call Eileen at 203-481-3553.

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PLANNING FOR THE FUTURE

By Attorney Marc P. Guertin

I meet with lots of people who want to "avoid probate." My first question is usually "Why do you want to avoid probate?" There is quite a range of answers- some people don't know why but know they don't want to go.

There are many reasons a person would want to avoid the probate process. Probate is time consuming. It takes from nine months to one year to fully probate an estate, sometimes it takes longer if your heirs are not getting along. This means that it takes a long time to get your assets into the hands of your heirs. We all know that "time is money" and when the process takes upwards of one year you can imagine how expensive it is to probate an estate. Typically, the cost of probating an estate in Connecticut can range from 1-4% of the decedent's gross estate. This means for a probate estate valued at one million dollars the fees can reach (and perhaps exceed) \$40,000.

In addition to being time consuming and consequently expensive, the probate process lacks privacy. Probate is a very public process. Once your Will is admitted to the Court it becomes a public document. Any person can take a look at your Will and see what you had and where it is going. Many people want to avoid such attention.

As you can see there are some very good reasons why a person would want to avoid probate. There are ways to avoid probate. One way would be to not own anything at your death- spend the last dollar on the last day. This is not as easy to accomplish as it sounds. There are more sophisticated ways to bypass the process.

If you would like to learn more about probate and some ways to avoid probate please join us on September 18th at 6pm at our offices located at 26 Broadway in North Haven for Demystifying the Probate Process. Please call 203-234-7400 to reserve your spot as seating is limited.

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. Visit Guertin and Guertin, LLC on the web: www.guertinandguertin.com. Read Marc's blog at: www.deathslittleinstructionbook.wordpress.com.

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An Evening in Roma

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Place: Pompeo's Restaurant

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Italian Buffet Dinner served from 6:30pm - 7:30pm

Togas optional

Tickets are \$30 and can be purchased at BCC Feline Rescue & Adoption Center, 2037 Foxon Rd, North Branford, on Saturdays from 11am to 3pm or by emailing bccspeialevents32@gmail.com.

A portion of the proceeds will benefit Branford Compassion Club's homeless cats.



<http://branfordcompassionclub.org>

The College Process

Lindsay Wallace

As the clocks turned over to midnight, and it became August 1st, I felt as though I had just heard the starting pistol for a race. My entire life until that point seemed to have been leading up to that moment. If I were to speak in theater terms, my preceding years were dress rehearsal; if I use sports parallels, it has all been practice. Now I am officially on the clock: the college process has begun in earnest. Before now there have been meetings with a college counselor, a few visits to schools, and even an interview—but now, my deadline has begun approaching in real time. If the standardized tests I have been taking since elementary school served any purpose other than shortening gym class, it was as preparation for the ones that I am taking now. SATs, SAT Subject Tests, ACTs, and APs dance through my mind, their inscrutable multiple choice questions taunting me, as the Common Application comes online.

As I was informed by friends of mine who are in the thick of the college-centric part of senior year, while I was still biding my time, blissfully playing out my junior year, the all-important college essay, a behemoth that I had once imagined to be at least five pages in length, is meant to be no more than six-hundred words. At first I was relieved. I was dreading writing such a long essay, and now I will not have to.

However, that relief is quickly squashed by the realization that I will now have to craft The Great College Essay, meant to capture my essence and prove to the anonymous members of an admissions committee why I deserve to go to their college, with far fewer words than I had previously believed I had at my disposal. It's like I must build a house, but half of my tools have been taken away. If the idea of a longer essay justifying myself to schools was daunting, at least I knew I would have room to make my point. Now, I was constrained by a word count.

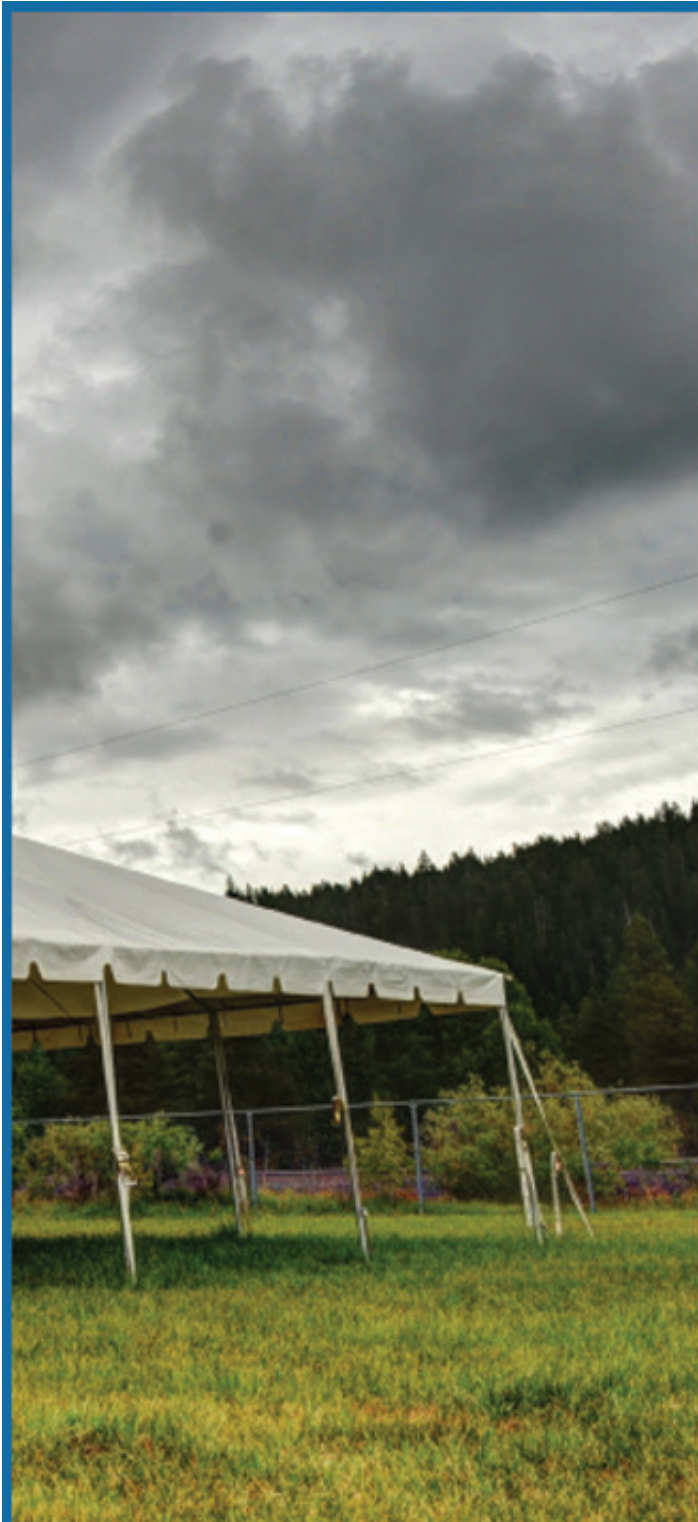
I should not have worried though, for as I soon discovered, I would have plenty more chances to put my thoughts into words. These angels of salvation arrived in the form of supplements—additional essays required by each school. They ranged in required length, anywhere from one-hundred to one-thousand words, and while some schools had only one, others requested as many as four. The questions themselves required me to describe every-

thing from my extracurricular activities to the particular personal significance of my favorite color. As somebody whose main mode of expression is through written words, I consider myself to be lucky. While the writing of thirteen essays upon which hinges, presumably, my entire future, is quite a task, I do believe myself to be capable of expressing myself satisfactorily through words. Unfortunately for many people whose preferred medium of self-expression is not writing, it is a major, and the most personal, component of the college application process. The essays are meant to help the admissions committees get to know you, and if you are bad at putting what you want them to know about you into words, then the deck is stacked against you.

The idea of going off to college is equal parts exciting and terrifying. For me, college represents the beginning of my adult life—I will meet people and form connections and relationships that I will carry with me into the future. I will begin to craft a career path. I will finally be independent. And, hopefully, I will be well on my way to my dream of seeing as much of the world as is possible. The way I see it, we are placed upon this earth with an innate mission to experience as much of it as possible, from the landscapes, to the cities and towns, to the people. Maybe in college I will travel for a class, or spend a year abroad. I will meet folks from all over the world. I will learn things that as of yet I cannot even imagine. I will be on my way to the rest of my life—just as soon as I finish my thirteenth essay.

Lindsay Wallace is a local student who writes this column through the eyes of a student which can hopefully be beneficial to both students and parents.

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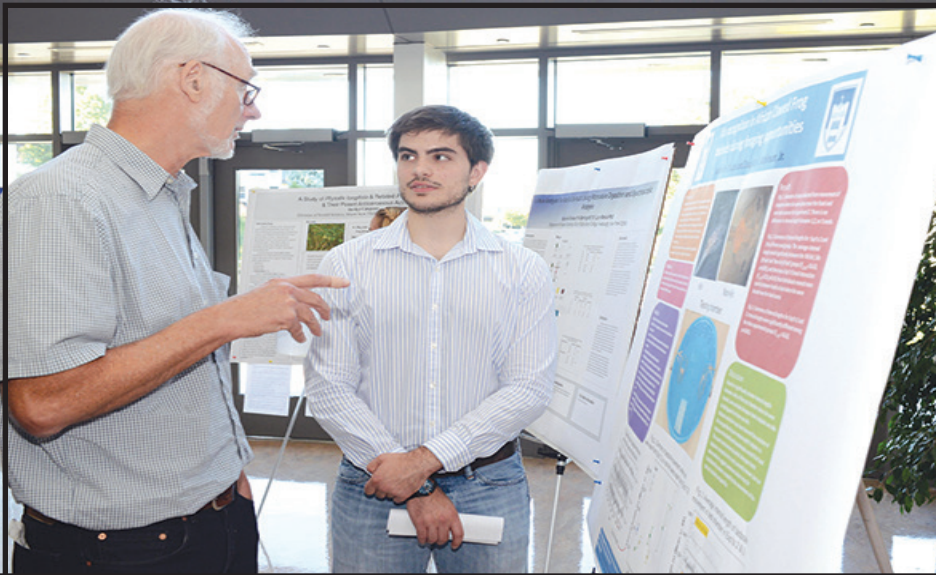
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North Branford, Connecticut



Northford Resident Excels in Natural Sciences

NEWBURGH, N.Y. – August 2014 – Mount Saint Mary College students recently presented their research at the Beta Beta Beta biology honors society's NE-1 district convention, and 15th Annual Undergraduate Research Symposium of the Mid-Hudson Chapter of the American Chemical Society.

At the American Chemical Society meeting, Nathaniel Dziuba of Northford, Conn., a biology/physical therapy and chemistry double major, won an award for his paper titled "Quantitation of Chalconoid Concentrations in Commercial Licorice Root Extracts Using HPLC" with Mount mentors Lynn Maelia, chemistry; and Suparna Bhalla, biology.

Dziuba also won a second place award at the NE-1 district convention for his research, "Kin recognition in American clawed frog tadpoles during foraging opportunities," with Mount mentor Douglas Robinson, biology.

The May 2014 Mount Saint Mary College graduate will continue his education at Texas A&M University this fall.

NBHS Reunion Class of 1989

The class of 1989 is looking for classmates for their upcoming reunion in November. If you would like to join the big 25th Reunion contact Debbie at 203-738-8244 or Ylliereibbed@yshoo.com or Bonnie at 203-230-9066 or abyoun@comcast.net. Leave a message with your full name, address and preferred method of contact.

Please pass this information on to everyone you know so this can be an event to remember.

Branford Chorale Rehearsals

The Branford Chorale is starting rehearsals for their winter concert on Monday, September 8th, 7PM at Walsh Intermediate School, Branford. We are excited about our "Christmas with the Choral" themed concert which will be held on December 6th and encourage all interested singers to join. We are a 4 part mixed chorus who have the pleasure of singing under the direction of Michael Carnaroli alongside accompanist David Bell. If you love to sing, this is the group for you. We meet Monday evenings at 7:15 PM, see you there!

Boy Scouts & Cub Scouts Accepting Registration

North Branford Boy Scout Troop 453 and Cub Scout Pack 455 are accepting registrations. If your son is in grades one through five he can sign up for Cub Scouts. Grades six and above are accepting registrations for Boy Scouts.

Our mission is to develop responsible young leaders with an appreciation for the outdoors. For questions or a registration form, please e-mail Vincent Candelora at vincentcandelora@comcast.net.

**Good Luck
to all our students
returning to school
next week!**

THEY MAKE US PROUD!

Miranda Vogt was named to the Dean's List at SUNY-College of Environmental Science and Forestry in Syracuse, NY. She was also accepted into the Alpha Xi Sigma Honor Society.

Brandon Bennica received high honors at Vinal Technical High School.

Nicole Montalto a junior at Sacred Heart Academy in Hamden, was awarded first place gold medal in Figure Skating, at the Nutmeg State Games. She also went to Boston and was awarded two first place medals in the World Recreational Championships.

Cassandra DeFelice graduated Summa Cum Laude from the honors college at Stony Brook University in New York where she was on the Dean's List for four years. Cassandra also received an Academic Achievement Award given to 100 students out of 38,000.

Stephanie Porto MD graduated from New York Medical College. Prior to her graduation she attended Boston University where she received a bachelor's degree in molecular chemistry and micro biology. The graduation ceremony was held at Carnegie Hall in Manhattan on May 22.

Stephanie will be going into family medicine, doing her residency at Uconn Medical Center in Farmington.

Private First Class Charles A. Rubano, recently graduated from North



Branford High School and enlisted in the U.S. Marine Corps. Charles was a Marine Cadet Sergeant in the Marine Cadets of America Program and due to his exemplary record as a cadet, he was enlisted as a Guaranteed Private First Class.

PFC Rubano graduated from Recruit Training at MCRD Parris Island SC on July 3, 2014 and is currently undergoing Basic Infantry at Marine Combat Training Battalion School of Infantry East at Camp Lejeune, NC.

Upon his completion, MCT, PFC Rubano will be transferred to Naval Base Pensacola, Florida

where he shall be trained to become a member of Marine Air Crew as his permanent Military Occupational Specialty.

Strada Receives National Scholarships



Nicholas Strada, son of Jeff and Lisa Strada, and North Branford resident is the recipient of the National Italian American Foundation (NIAF) Giargiari Estate Merit Scholarship. Nick has been a student at Hamden Hall County Day School since Pre-K and at the recent graduation ceremony was recognized as the class of 2014 Valedictorian. In addition to the NIAF scholarship, he also received the William C. Davini Scholarship from UNICO National, the Citizens Financial Group scholarship as well as several others.

Nick was inducted as a Junior into the Fellowship of The Cum Laude Society. Nick was the 2nd baseman on the Hamden Hall Varsity Baseball team which won the New England Championship (NEPSAC) in May for the second time in two years. At the Hamden Hall prize day ceremony in June Nicky received the Fairchester Athletic Association Scholar-Athlete award and the AP Latin award as well as being recognized as a Hamden Hall "Lifer". Nick received Magna Cum Laude on the National Latin Exam and is an AP scholar with Honors. He has been a volunteer at the Yale-New Haven Hospital for which he has served over 185 hours. Nick has been admitted to the PLME program at Brown University which is a dual admission to Brown University and Brown Alpert Medical School where he will pursue an MD degree and work towards his goal of becoming a surgeon.

New Book Club Forming for Tweens and Teens

Are you going into fifth grade or higher? Do you love reading and talking about what you just read? If so, come to the Edward Smith Library on Monday, August 25th. NBIS student, Becky Sabetta, is organizing a book club for kids in 5th grade or older. The meeting will be from 6:00 p.m. to 7:30 p.m. The first book that will be discussed is The Mysterious Benedict Society by Trenton Lee Stewart. If you don't own it, go to the library and check out a copy. The library has ordered extra copies, so tell your friends and family all about it! The book club will meet once a month and will decide on a new book at each meeting.



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Pat Shortt graduated from North Branford High School in 2007
where he was the captain of the hockey team.

Hours of Operation
 Tuesday - Thursday 10:00 - 6:00
 Friday - 9:00 - 7:00
 Saturday - 10:00 - 4:00

Coming Next Issue!

North Branford High School
Fall Athletic Schedules



Connecticut Sportsplex

New Turf Soccer/Lacrosse Fields Opening Fall 2014

All New Turf Infields Opening October 3rd



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North Branford Parks, Recreation & Senior Events

1332 Middletown Ave. Northford
203-484-6017 or www.nbparkrec.com

Thank You To All NB Kidz Kamp Staff

Thanks many times over for all your hard work,
dedication, and great spirit!
Each one of you made a difference in the camp setting
and the kampers day. You are all appreciated.



Kevin Walker, Dwight Botaman, Stephanie Sileo, Alexandera Stowe, DJ Casper, Kim Orifice (Director JHS), John Lasko, Sue Pomarico (Director STW), Megan Maselli, Evan Cassidy, Daniel Cassidy. Missing from photo – Joe Lynch (Co-Director), Haily Paternoster, Caitlyn Rogers, Katie Saunders.

ADULT PROGRAMMING

CHAIR YOGA

Who: Adults / **Fee:** \$30
Session I: Sept. 18th - Oct. 23rd
Session II: Nov. 6th - Dec. 18th (no class 11/27)
Session III: Jan. 8th - Feb. 12th
Session IV: Feb. 26th - April 2nd
Time: Thursdays, 10:45 a.m. -11:30 a.m.
Where: STW Community Center
Description: Increase your flexibility, range of movement and improve your balance safely and effectively with Chair Yoga. You will be guided through a complete series of seated and standing yoga postures which were specifically designed for seniors and for those with physical limitations. This 45 minute class will also incorporate breathing exercises and guided meditation to help relieve tension and stress.

LEARN TO MAKE A QUILTED TOTE BAG

Who: Adults / **Fee:** \$20
Session: Sept. 22nd - Oct. 20th (no class 10/13)
Time: 10:30 a.m.-12:00 p.m.
Where: STW Community Center
Description: Quilted tote bags are great gifts or as a unique item for you! Learn how to male a simple but striking 16 “by 14 “quilted tote bag, using a variety of fabrics. The finished bag will be lined with 2 handles. Directions will be supplied so you can even make multiples! Basic sewing skills required, either hand or on a machine. Only 4 sessions and you will have a completed project just in time for the Holidays!

SENIORS

TAI CHI FOR

Who: Adults / **Fee:** \$15
Session: Sept. 26th—Dec. 19th
(no class 11/28)
Time: 10:30 a.m.-11:30 a.m.
Where: STW Community Center
Description: Learn about Tai Chi practice. This class will help to increase balance and stability, maintain bone density, and improve circulation and flexibility.

TRIPS

VANDERBILT MANSION & FDR HYDE PARK WITH SUNDAY BRUNCH AT SHADOWS ON THE HUDSON SUNDAY, SEPTEMBER 7th

Cost: \$83 resident/ \$88 non-resident
Enjoy a morning visit to the Vanderbilt Mansion for a guided tour of the “country place” of one of America’s wealthiest families. Then enjoy a Sunday Brunch at Shadows on the Hudson and take in the breathtaking views of the waterfront in a restaurant that is perched forty feet above the Hudson River. In the afternoon take a special visit to the FDR Home, Library, and Museum in Hyde Park. Walk the Rose Garden and discover some history of the President and First Lady.

MOHEGAN SUN TRIP

MONDAY, SEPTEMBER 8th

Cost: \$30 resident/ \$35 non-resident
Take a trip on our motor coach to the Casino! Your package includes 2 \$10 bets on the wheel and a \$15. food voucher for your lunch. Sign-up required.

Potato and Corn Festival THANK YOU!

The North Branford Parks and Recreation Department would like to THANK more than 140 people who came out over the course of the four day weekend to VOLUNTEER at the Festival! These volunteers assisted with prepping potatoes, parking, serving potatoes and corn, ticket sales, information, set up and clean up. Without these volunteers, and the Potato Festival Committee, which meets year round, there could be no festival. We also had the support of many Town departments as well - the Police Department, Fire Department, Fire Marshal’s Office, Building Official, East Shore Health Department and the Public Works Department. With everyone working together this festival has become a true community event. Many people comment throughout the weekend, both vendors & visitors, as to how friendly and helpful everyone is. This speaks well for our Town and community as a whole.

*“Volunteering is the ultimate exercise in democracy.
You vote in elections once a year, but when you volunteer,
You vote every day about the kind of COMMUNITY you
want
To live in” Author Unknown*

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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. Acting Pastor Rev. Price van der Swaagh. Daniel Jared Shapiro, Music Director. Office Hours: Wednesday through Friday, 9:00 - 1:00pm. We worship every Sunday at 10:00am. Nursery care available. Get to know us by joining us for Coffee Hour following Services. The second Sunday of every month is Family Sunday when the children remain with their parents during the Service. This is followed by our second Sunday Brunch. Holy Communion is 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. Pastor. Jane K. Leschuk Minister of Music. Sunday worship service and Sunday School, 9AM. Join us for coffee hour following worship. Holy Communion on the first Sunday of each month. Office hours, Monday an Wednesday 10am - 1pm. Like us on Facebook. Our website is www.northfordcongregationalchurch.com

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 Parochial Administrator is Reverend Robert Turner and Deacons are John Hart & Robert Macaluso. Daily Mass and Homily are celebrated Mondays & Wednesdays at 9am. On weekends, Mass is celebrated on Saturday at 4pm & 11am on Sunday mornings. The Sacrament of Reconciliation is celebrated every Saturday afternoon from 3:00 - 3:30PM 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 visit us online at www.staugustinenobfdct.com

St. Monica Roman Catholic Church. The Church is located at 1331 Middletown Ave. Northford. The Parochial Administrator is Reverend Robert Turner and the Deacons are William B. Bergers, Louis P. Fusco and Joseph Marennna. Weekend Masses are celebrated on Saturdays at 5:30pm and Sunday at 9am. Weekday Masses are Tuesdays, Fridays and Saturdays at 9am. The Sacrament of Reconciliation is celebrated Saturday morning from 8:30 - 9:00AM. In addition, you can make an appointment for Reconciliation by calling our parish office. You can contact the parish office by calling 203-484-9226 or fax 203-484-1189 Mondays, Tuesdays, Wednesdays and Fridays 10am - 2pm. You can contact the Education Center at 203-484-2434 Mondays, Tuesdays, Wednesdays and Fridays, 9am to 2pm.

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.

Focus Pointe Ministries is a young and growing vibrant organization located at Guilford Gatehouse, 2614 Boston Post Road, Guilford. Our Mission—*Renewing Minds & Transforming Lives*. The Ministry is dedicated to assist individuals in finding meaning and fulfilling their life's purpose. Building strong physical, mental, emotional and spiritual health through a personal relationship with Jesus Christ is at the core of weekly teachings. The Ministry offers a unique weekly worship services convene on Sunday's at 10:00 a.m. Visit us online at www.focuspointeministries.org or call 203 533-5569

Bereavement Support Information Session

This one-night information session is designed to help you decide if our eight-week bereavement support program/discussion group, which begins in September, is right for you. Our program is for any adult who has experienced the death of a person who was a significant part of your life (such as child, spouse, parent, sibling, friend). The one-night information session will be held on Monday, August 18th at Faith United Methodist Church, 81 Clintonville Road, North Haven, CT from 6:00 - 7:30 pm. Those who have attended our programs in the past are welcome to join us and reconnect with each other. Please e-mail if you are interested in attending: faithgrief@sbcglobal.net, or call 203-239-2469.

Chicken Barbecue at NBCC

North Branford Congregational Church will have its annual Chicken Bar B Q dinner on Saturday, August 23 starting at 5:00 pm with continuous seating until 7:00 pm. Tickets are \$15 per person and children under 10 are free. So to reserve your tickets for a dinner of: BBQ chicken, baked potato, corn on the cob, salad, dessert, and a beverage please call - Debbie Kelly @ 203.488.1832, Jane Auclair @ 203.488.7919 or Gerry Borgerson @ 203.483.1116.

Bus Trip to St. Anthony Festival

The North Haven Sons & Daughters of Italy, Lodge 2805 is sponsoring a bus trip to St. Anthony's Italian Feast in Boston Massachusetts on Sunday, August 31st.

Price for bus trip is \$35.00 per person. Meet for Bus at 7:30AM at Interstate 91 Exit 13 Commuter Parking Lot located on Route 5.

Call Neil or Sue at 203-239-2999 for tickets.

‘Raisin’ Bell’ Charity Motorcycle Run

A “Raisin’ Bell” Charity Motorcycle Run on Saturday, September 20, will help raise funds for Northford Congregational Church’s bell tower. The ride will start from Northford Center and go to Salem Valley Farms Ice Cream in Salem, Connecticut, with a possible stop at Gillette Castle or other suggested location. Participants can register at 10 a.m. at the church on the day of the ride. A breakfast sandwich will be provided to each participant. Donation is \$20 and additional rider is \$5. “Save the Bell Tower” T-shirts and mugs will be available for purchase prior to the ride.

The historic Northford Congregational Church (203-484-0795) is located at 4 Old Post Road at the corner of Route 22 and Route 17 in the Northford section of North Branford. Website: www.northfordcongregationalchurch.com. Email address: ncchurch@snet.net.

Rummage Sale Fundraiser

Northford Congregational Church will be holding a rummage sale on Saturday, September 13, from 9 a.m. to 2 p.m. to benefit the church. Items for sale will include articles of clothing, household items, books, children’s toys, knick knacks, and kitchen items. “Save the Bell Tower” T-shirts and mugs will be available for purchase. Anyone who has gently-used items to donate can call Aloha at 203-484-0794 to make arrangements to drop them off. No large items or furniture please.

The historic Northford Congregational Church (203-484-0795) is located at 4 Old Post Road at the corner of Route 22 and Route 17 in the Northford section of North Branford. Website: www.northfordcongregationalchurch.com. Email address: ncchurch@snet.net.

Sunday School at Northford Congregational Church

Sunday School will kick off on Rally Sunday, September 7. Pastor Kathryn King and Northford Congregational Church welcome all families to attend their weekly worship service, which returns to 10 a.m. starting Sept. 7.

Families can register for Sunday School that morning, and some fun games and activities including a scavenger hunt will be held for the children. Sunday School classes are held at 10 a.m. each Sunday while worship services are being held. A Rally Day Picnic with hotdogs and hamburgers will follow the church service. For information please contact Kathy Grant, Christian Education Coordinator, at 203-823-1023.

K Of C Looking for Vendors

The Knights of Columbus, Totoket Council 6801 is looking for vendors to fill 86 spaces 15’ wide by 28’ deep at their Annual Fall Giant Tag Sale/ Flea Market on October 4th, at Doody’s Field at 465 Foon Road in North Branford. It will run from 8:00am to 3:00pm. Admission is free and there is off road parking.

To reserve a space, call 203-484-9737. The cost is \$29, per space paid before 9/29 as there is a \$5. late fee after that date. Vendors must provide their own tables.

Masonicare Health Center Seeks Volunteers

Aging, with its many challenges, is often a time when spiritual resources and emotional support are very important to the elderly and their families. Unfortunately, there simply aren’t enough people trained to provide the pastoral care and spiritual resources vital to an elderly person’s well being.

Masonicare and its affiliate, Masonicare Health Center in Wallingford, are meeting that need by offering the “Lay Training in Geriatric Ministry” program. Open to people of all faiths, the program has been teaching basic ministry skills to volunteers from the community for close to 20 years.

Participants will attend a 20 hrs. education program, held in October, at Masonicare Health Center. A sample of topics covered include “Introduction and Orientation to our Facility,” “The Pastoral Care Visit,” “Understanding Dementia,” and “Coping with Loss.”

After completing the course, participants make a one-year commitment to provide approximately four hours of pastoral ministry at Masonicare Health Center each week. In addition to making a valued contribution to the lives of residents, volunteers will learn skills that will enable them to minister effectively to older members of their own families, church, mosque or temple, as well as in the community.

Other opportunities to serve the worshipping community at Masonicare Health Center include transporting seniors to worship and other religious activities and instrumental accompaniment at worship services, vespers and hymn sings.

If you have interest in participating in the Lay Training in Geriatric Ministry Program at Masonicare Health Center, please call Chaplain Thayer Quoos at 203-679-6259 or email tquoos@masonicare.org.

For information about Masonicare and Masonicare Health Center, or to obtain directions, visit Masonicare’s web site at www.masonicare.org or call the Masonicare HelpLine at 1-888-679-9997.

DAY CARE

Sweet Child of Mine Home Daycare is now accepting new children. Please contact 203-584-3765.

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

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Handyman Services - Plumbing repairs and installations. Drywall repairs, electrical work,blinds installed, dryer vents cleaned and replaced. Yard work, general repairs and small jobs. Bulk items hauled away. Dump runs. References, great rates. Call Pete at 203-804-6373.

Greg Tech Computer Services. Certified Technician. On-site support for PC's & Macs. Repairs, virus removals, wireless & network set-ups, software installation, computer training, upgrades, hardware and printer repair and more.Call Greg at 203-980-0782.

Concrete Work. Sidewalks, patios, floors, steps. Fifty years experience. Reasonable rates. Call Tony at 203-641-9363.

Mark the Handyman - Painting, Staining, Deck Restoration & Repair and Spring & Fall clean-up and Landscaping. Licensed & Insured. Reasonable rates. Call 203-376-0835 and ask for Linda.

Simple Sewing and Mending and/or Garden Weeding & Cleanup. gardening by the hour or barter. Reliable. Call 203-988-1108.

HELP WANTED

EXPERIENCED FLORAL DESIGNER. Part time on the Shoreline. Friendly, reliable, flexible schedule. Holidays a MUST. Must be able to type, use a computer and answer phones. This is a fast paced shop, multi tasking is a must. Please send your resume and contact info to flowershop203@yahoo.com.

Twin Lakes Children’s Center is looking for a preschool assistant teacher to work Monday through Friday 1-6. Must be 18 years or older. Please call Carol at 203-484-6700. Position to start mid August for training.

FOR SALE

Patio Set - Seats 8, Tuscan style, tile top, 8 chairs, umbrella stand. 2 years old...in excellent condition. \$600.00. Call 203-537-2579 for further details.

VNA Offers Local Programs

Friday, September 26 – December 19 -10:30 – 11:30 a.m.
Stanley T. Williams Community Center,1332 Middletown Ave.
\$15 for series, Register at center.

Improve your balance, prevent falls and relieve arthritis symptoms with this gentle form of exercise.
Funded by the CT Collaboration for Fall Prevention at Yale University School of Medicine through the Aging Services Division of the CT DSS.

Fund Raiser to Benefit Animal Haven

CLUB 24 of 920 S Colony Road, Wallingford, will be hosting a fundraiser to benefit The Animal Haven. “PAW PARTY - Saving Animals Through Fitness” will take place on Saturday August 23rd from 6pm to 8pm at Club 24.
Come out and sweat for homeless pets. Enjoy innovative HYPE and Zumba classes. There will be food, music and games. There will also be raffles to win great prizes including a beautiful piece of jewelry generously donated by Libero Jewelers. \$5 donation requested – proceeds will benefit The Animal Haven, Inc.

Club 24 wants to find 24 happy homes for our cuddly friends and we need you to show your support!Anyone who attends and adopts an animal from The Animal Haven with-in 24 days will receive a free 1 month exclusive Orange Card membership!
For more information please visit www.club24gyms.com or www.theanimalhaven.com / emailanimalhavenfundraising@gmail.com /or call Jen (203) 215 4702

The Animal Haven shelters adoptable homeless pets and takes pride in matching them with loving, permanent homes. The shelter runs on private donations and receives no funds from town or government sources. Since 1948, The Animal Haven has been proudly serving the people and homeless pets of the Greater New Haven, Connecticut area. Please visit our website at <http://www.theanimalhaven.com> or Facebook page at <http://www.facebook.com/theanimalhaven>

NARFEA Meeting Announcement

The National Active and Retired Federal Employees Association monthly meeting will be held Tuesday, September 2, 1:00 pm, at the North Haven Congregational Church, 28 Church Street. All active and retired federal workers are invited to attend.
NARFE is dedicated to protecting and preserving the benefits of all federal workers and retirees. Info: admin@ctnarfe.org

Calling all vendors!

New for 2014, Our Lady of Mercy’s Christmas Boutique and Craft Fair is searching for small crafters, home demonstrators, and local stores looking for greater exposure for the holiday shopping season. The Boutique will run from Saturday, November 22nd, 9AM-5PM to Sunday, November 23rd, 9AM-3PM, at Our Lady of Mercy School, 149 Neck Road, Madison. There are full and half sized booths available, free admission to the Boutique as well as free advertising. Estimated attendance is 1500 people.
For more information and to download an application, please visit www.olmschool.org.

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Friday September 12, 2014

Time: 7:00PM to 11:00PM

Place: Ballards Center, 2000 N. Broad St., Branford CT

Ticket \$10.00 (includes dinner & drink)

For tickets and additional information, contact Brenda at 203-634-8487 or www.alz.org

Reservations are required by August 15, 2014. All ticket sales are for the benefit of the Alzheimer's Association. All proceeds will go to the Alzheimer's Association. All proceeds will go to the Alzheimer's Association.


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