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Volume 30 No 12, February 9, 2024

Get the Full Experience at Ariel's Ariel's Barbershop is the spot to be for an awesome hot towel shave, razor-fresh fades and tapers. Kids and walk-ins of all ages are more than welcome. located at 999 Foxon anford, They bring you Road, in the Twin Lakes Plaza in North Branford,



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Attorney Vincent J. Mase Sr., LLC

999 Foxon Road, Unit #10 North Branford, CT. Tel: 203-484-4403 Fax 203-484-4404 mase attorney@sbcglobal.net



In 1977 Vince Mase, while working as a postal delivery person enrolled in South Central Community college, and spent the next 10 years getting his two-year degree while working full-time. Upon his certification, he went to Southern Connecticut State College and received a BS in Business Economics. Upon completion of that degree, Vince, while still working full-time for the Post Office entered law school, coincidentally at the same time as his daughter, Michelle.

Upon graduation from law school he started his own practice in New Haven from 2003 to 2008. From 2008 to 2023 his practice was in East Haven and now Vince has come full circle to the town he has served for more than thirty years to open up a practice in North Branford.

Vince has served the North Branford community for many years as both a Town Council member and a Board of Education member. He will now continue to serve members of the community as he specializes in:

Personal Injury,



WELCOME TO KIKI'S!

The Town of North Branford is thrilled to welcome Kiki's to Northford. Kiki's is a family-owned and operated country diner, located at 1874 Middletown Avenue. They offer locally sourced, farm fresh, homestyle meals for dine-in and takeout Wednesday to Sunday, from 9 AM - 8 PM. They offer breakfast all day, weekly specials, catering, and fresh pastries on weekends. They also offer a variety of local products including sauces, candles, and sweets for sale, with soft-service ice cream coming soon! Stop by and welcome Kathy and her family and try a delicious meal.

PHOTO: L-R: Councilor Marie Diamond, Guilford Savings Bank Northford Manager Chris Henry, Town Manager Michael Downes, owner Kathy Bozzuto, Mayor Rose Angeloni, EDC member Scott Small, Nancy Gerson of Guilford Savings Bank. Photo courtesy of the Shoreline Chamber of Commerce.

Even Italians are Irish on St. Patrick's Day. Celebrate our Corned Beef & Cabbage Dinner &

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to be used for any in-house event. Anyone who signs up for a membership at the dinner will get a 50% dues reduction

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- Labor and Employment
 - Wills
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TOTOKET TIMES

Deadline	<u>Deadline</u>		Publication Date	
February	16	February	23	
March	1	March	8	
March	15	March	22	
March	29	April	5	
April	12	April	19	
April	26	May	3	
May	10	May	17	



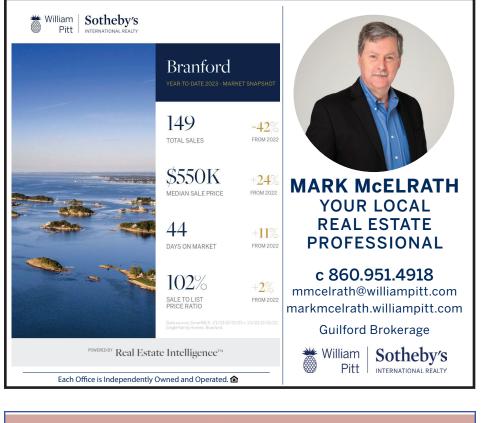
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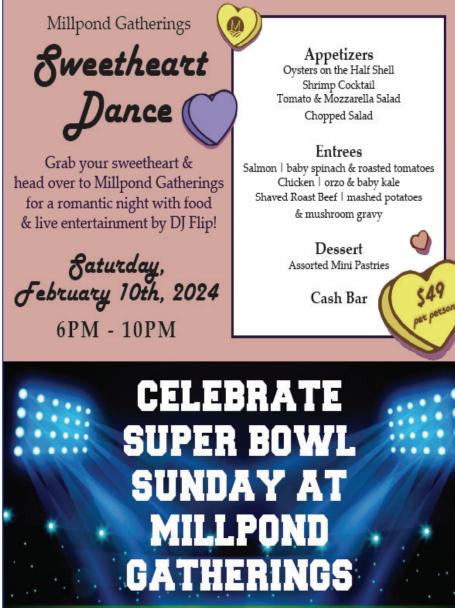
Music

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EDITORIAL





Enjoy FREE domestic draft beer in our Tavern with a purchase of food during the game! *Exclusions apply

Store Drops for 2-23-24 Issue **North Branford** Atwater Library, Patco Service Station, **Town Hall. North Branford Post Office**, **North Branford** Barbershop, Hair Designs, We Fix It, **Central Cafe** Northford **Recreation & Senior Center**, **Edward Smith** Library, Northford **Post Office**, Check out our website at totokettimes. com for the complete edition archives of columnists & our directory of advertisers. Voluntary payments can be sent in at any time to: **Totoket Times**, **PO Box 313,** Northford, Ct. 06472

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EDITORIAL

State Representative Vincent Candelora



Recently, Governor Lamont, recycling a Connecticut news item from earlier last year, generated a fresh national headline when he went live on Good Morning America to announce the state would leverage \$6.5 million of the state's federal COVID relief money to pay off medical debt owed by residents. The state will use the money to partner with a nonprofit organization the governor's administration says

will cancel debt a fraction of the cost.

The end of that news report ended with fawning praise, with one of the morning show anchors, former Democrat party advisor George Stephanopoulos, telling his co-hosts, "This is going to help so many people, I hope other states follow that lead."

The reality in Connecticut, however, is more complex. The governor's policy on medical debt is part of a larger story: The spending choices made by his administration and the legislature.

Should using this money to pay off what's most likely uncollectable debt for hospitals be a priority right now, particularly when there are so many other needs statewide?

The chapters of our tale are being written right now, as some state lawmakers, local leaders, and a variety of advocates and organizations take aim at the state budget they say fails to deliver the money residents need. Many legislative Democrats have suggested the state's strict financial controls-commonly called "the fiscal guardrails"-are, well, too strict. They'd like to open the funding spigot by loosening the rules. Day by day, the total requests grow.

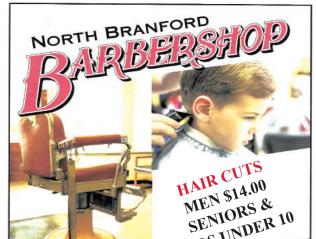
To his credit, Governor Lamont, isn't planning for a radical expansion of spending, and like Republicans, he is holding firm on the guardrails. After all, these controls have helped the state to rebuild its Rainy Day Fund while also allowing us to pay down some long-term debt.

In my view, the problem isn't the controls. It's how we-or more specifically my majority party colleagues—choose to spend the money.

For example, undocumented immigrants are eligible to secure Medicaid coverage until 15, and if they apply by then they can keep it until 19. That policy decision in Connecticut is projected to exceed the budgeted amount by a startling \$30 million. Despite that, some lawmakers want to expand the age of eligibility even as our nation grapples with illegal border crossings.

With priorities like that, it's no wonder there's a struggle to properly fund core government functions such as heating assistance for seniors and other vulnerable populations.

For me, the decision to pay off uncollectable medical bills falls into a similar category. I have little doubt that people with medical debt who don't qualify will be left disappointed, while advocates and local leaders who say they need more money for things such as local special education will be un-



derstandably frustrated.

As the adage goes, Connecticut-one of the highest taxed states in the nation-doesn't have a revenue problem, it has a spending (priorities) problem.

Rep. Vincent

Sen. Cicarella Announces 2024 Legislative Priorities Cicarella to continue push for additional public safety, affordability, and workforce development measures for families and Veterans of the 34th District. PRESS RELEASE HARTFORD - Deputy Senate Republican Leader Paul Cicarella

(R-North Haven) announced his legislative priorities for the 2024 legislative session that begins on Feb. 7. While legislative sessions that fall on even years are statutorily confined to budget-related proposals, lawmakers may submit requests for other individual concepts to be raised through the legislative committees of cognizance. A summary of Sen. Cicarella's legislative requests is below:

Public Safety

As ranking member of the Public Safety and Security Committee, Sen. Cicarella will continue to offer measures that provide more tools for law enforcement to do their job to deter criminals amidst the continued rise in certain crimes across the state. Technology is one such tool that will bolster local law enforcment, and Sen. Cicarella will offer a measure enabling police to utilize license-plate readers to track vehicles traced to criminal activity and identify stolen vehicles, while limiting law enforcement's use and storage of any data collected.

Sen. Cicarella will also enable police to take a proactive approach with a legislative request to restore law enforcement's ability to perform consent searches of a motor vehicle, while providing protections so that there is no undue influence on the operator, and there is an articulable reason for the search.

Juvenile crime continues to surge in the state, most notably by way of motor vehicle thefts. It has become well known that those juveniles found in stolen cars often possess illegal firearms. They then appear in juvenile court, where their case is referred to a communitybased diversion process, which historically had been reserved for minor violations of the law.

One of the reasons for these referrals was a Jan. 1, 2023, practice book change that allowed more serious offenses to be handled outside of court. This change was not made by state statute, but rather by the Judicial Branch. Thus, Sen. Cicarella will request a bill to reverse this practice book change and require a juvenile to be adjudicated within the court system in the following instances: felony theft of a motor vehicle; sale or possession with the intent to sell narcotics; illegal use or possession of a firearm; or, if a crime is committed while the juvenile is on probation. In addition, Sen. Cicarella will request a bill to include serious firearm offenses in the list of discretionary transfers from juvenile to adult court.

To combat the ongoing threat of fentanyl in the state, Sen. Cicarella is requesting a measure to restore proper funding to the statewide narcotics task force to focus on illegal manufacturing and sale of the substance in Bridgeport, Hartford, New Haven, and Waterbury.

Cannabis, while now legal in certain recreational settings, also poses a threat from drivers that operate under the influence of the substance. Numerous stories have outlined concerns over an increase in impaired driving in the past few years, including those impaired by cannabis. Sen. Cicarella will request a bill that revises state statutes permitting law enforcement to conduct a motor vehicle stop when they witness a driver or passenger smoking cannabis. Connecticut law currently prohibits such motor vehicle stops.

Sen. Cicarella also is requesting a specific measure in response to a North Haven tow truck operator who was struck and killed by a vehicle while helping a motorist on the side of I-91 last year. He will put forward a request, in coordination with advocates from North Haven's Nelcon Towing, that permits tow truck drivers to activate standard red and blue hazard lights on the rear of their vehicle while hooking up a vehicle or re-entering the roadway. Several other states currently permit this measure.

Finally, he continues his effort to protect police K-9s injured in the line of duty, while assisting their handlers to protect citizens. He will request that elements of his co-sponsored 2023 bill (S.B. 932) be raised to enable police K-9s to receive medical attention and be transported in EMS vehicles.

Affordability

After supporting a bipartisan budget that returns hundreds of millions to taxpayers, Sen. Cicarella acknowledged that this was a first step. Sen. Cicarella considers duplication of government services as a key contributor to wasteful spending and, ultimately, unaffordability. He will again submit his 2023 proposal (S.B. 381) that will create a workgroup to propose legislation that creates an Office of Accountability to ensure that state agencies are working efficiently and that redundant services are eliminated.

Sen. Cicarella is also asking again for legislation identical to his 2021 proposal (S.B. 670) that establishes Community Investment Boards where community leaders can identify priorities for the use of municipal revenue sharing grants and select grants for payment in lieu of taxes. It also requires the state's Office of Policy and Management to accept proposals for solutions to problems specific to urban areas and establishes pilot programs to implement such proposals. Finally, it creates a task force to study the issues concerning nonprofit providers.

Workforce

A leading voice on workforce development issues, Sen. Cicarella offered a key concept that became law in 2023 that ensured all high school students receive financial literacy education. This year, he is requesting a bill that requires the Connecticut State Dept. of Education to create a high school apprenticeship program guideline that is accessible to all public schools that wish to provide such programs. Sen. Cicarella will also request a legislative adjustment to enable more trade workers to get training and find jobs. Under currently law, there is a certain journeyman to apprentice ratio on a worksite. This ratio is cumbersome and hurts small trade business owners who are thus limited with their ability to hire apprentices. Sen. Cicarella will request legislation to better implement the existing ratio relief process for business owners through Connecticut DOL. The bill ensures that DOL must respond to such requests within 10 business days; the request will be considered approved if DOL fails to respond MARC GUERTIN within this period. ATTORNEY AT LAW **Matt Fraulino Press Secretary** WILLS & TRUSTS Senate Republican Office 860-240-8832



Candelora **House Republican** Leader **86th District** North Branford, **Durham**, East Haven, Guilford

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EDITORIAL

North Branford Fire Department Smoke and Carbon Monoxide Detectors <u>ATTENTION ALL RENTERS</u>

If you rent or lease a room, apartment, condo or house, the Owner/Landlord is responsible for all smoke detectors and carbon monoxide detectors. They are to provide working detectors for you.

Any problems, call the Fire Marshal's Office. 203-484-6016

Make smoke alarms work for your safety.

Smoke alarms are the residential fire safety success story of the past quarter century. Smoke alarm technology has been around since the 1960s. But the single-station, battery-powered smoke alarm we know today became available to consumers in the 1970s, and since then, **the home fire death rate has been reduced by half.**

Important: Working smoke alarms are essential in every household. It is necessary to practice home fire drills to be certain everyone is familiar with the smoke alarm signal, and to determine if there are any obstacles to a quick and safe evacuation (including the inability for some to awaken to the smoke alarm signal).

Installation and maintenance tips

Install smoke alarms on every level of your home, including the basement, making sure that there is an alarm outside every separate sleeping area. New homes are required to have a smoke alarm in every sleeping room and all smoke alarms must be interconnected.

Don't install smoke alarms near windows, doors, or ducts where drafts might interfere with their operation.

Never paint smoke alarms. Paint, stickers, or other decorations could keep the alarms from working.

A life-saving test: check your smoke alarms regularly.

Test your smoke alarms once a month, following the manufacturer's instructions.

Replace the batteries in your smoke alarm once a year, or as soon as the alarm "chirps" warning that the battery is low. Hint: schedule battery replacements for the same day you change your clocks from daylight savings time to standard time in the fall.

Replace detectors every 10 years, new technology makes the old ones obsolete. New detectors have less false alarms and alert to an actual fire quicker.

Never "borrow" a battery from a smoke alarm. Smoke alarms can't warn you of fire if their batteries are missing or have been disconnected.

Do not disable smoke alarms even temporarily. If your smoke alarm is sounding "nuisance alarms," try relocating it farther from kitchens or bathrooms, where cooking fumes and steam can cause the alarm to sound.

Consider installing smoke alarms with "long-life" (10-year) batteries.

Plan regular fire drills to ensure that everyone knows exactly what to do when the smoke alarm sounds. Hold a drill at night to make sure that sleeping family members awaken at the sound of the alarm. Some studies have shown that some children may not awaken to the sound of the smoke alarm. Know what your child will do before a fire occurs.

If you are building a new home or remodeling your existing home, consider installing an automatic home fire sprinkler system. Sprinklers and smoke alarms together cut your risk of dying in a home fire 82 percent.

NBFD has a limited supply of new battery-operated Smoke Alarms and Carbon Monoxide detectors. We also have replacement 9-volt batteries. If you do not have a working alarm, call, or email us @ 203-484-6016 or jobrien@. townofnorthbranfordct.gov

Thank You to all

Dear Editor:

The Thanksgiving and Christmas holidays are now behind us, but the spirit of community generosity and thoughtfulness remains. There are many things in life we must do, things that we are required to do but the sincerity to care for your neighbors is not required although it is prevalent within this community.

For the Health of it...

The Heart of the Matter: Knowing Your Body's Love Language



Relationships, romantic or otherwise, evolve and strengthen through consistent effort. The same is true of your relationship with your body. When you consistently pay attention to its subtle language, it thrives. Hearing the term "love language" brings about thoughts of how love is expressed and received in relationships with others. Similarly, the body uses language to communicate requirements for nourishment, care, and attention. The question is, are you listening? Unlocking the secrets of the body's love language is not just a one-time revelation; it's an ongoing journey of

understanding and adapting to the nuanced cues and signals it sends.

Since February is the month associated with love in all its many forms and is also the month where we are reminded to pay attention to heart health—it's the perfect time to pay closer attention to what your body is telling you. One fundamental aspect of the body's love language is nutrition. It's an area where small changes can make a big impact. Instead of drastic diets, focus on gradually incorporating healthier food choices into your daily routine. Over time, these incremental adjustments can lead to improved energy levels, better digestion, and overall enhanced vitality. It's about the cumulative effect of consistently making choices that nourish your body while remembering that it's also necessary to nourish the soul. However, nourishing the soul more often than the body, can lead to health issues. Making daily micro changes will eventually tip the scales in the opposite direction where those soul nourishing meals will be less frequent *and enjoyed even more*.

Be mindful of how your body feels after eating certain foods, or quantities of food. If you notice discomfort, decide if it's really worth feeling that way. For example: If your favorite pizza has you in the bathroom for the rest of the night and the following day, your body is talking to you, loud and clear. You may want to limit both portion size and frequency. If your comfort food choice is of the highly processed variety, it has likely been formulated to keep you coming back for more. Try making a homemade version of your favorite dish so you are aware of every ingredient. Likewise, it's vitally important to pay attention to what foods and habits make you feel your best. If you notice a pattern of more energy, better sleep, less stress after eating certain foods, slowly make those a more permanent part of the menu rotation. Just as you probably don't enjoy being ignored in personal relationships, your body doesn't like it either. The body, in its innate wisdom, is talking to us all the time. Noticing subtle signals can keep it from turning up the volume and prevent things from getting out of control.

Understanding the body's love language extends beyond the physical and also involves recognizing emotional and mental cues. They are intertwined. Stress, anxiety, and other emotions are signals that your body sends to convey its state of well-being. Practicing mindfulness, meditation, intentional breathing, or seeking support when needed is a way of responding favorably to these signals and can have a profound impact on your mental clarity and emotional resilience over time. Positive emotions are associated with the release of endorphins and other feel-good chemicals in the brain, which can positively influence the cardiovascular system. Studies suggest that individuals who experience more positive emotions tend to have better heart health.

Learning and honoring every part of your body's love language involves tuning into signals such as hunger, fatigue, stress and emotional well-being. It promotes self-love and self-care, ultimately contributing to a healthier, happier, you. It is an investment your future self will thank you for!

Easy Love Language Valentine's Day Recipe

A special Valentine dinner doesn't have to be fancy. Some strawberries dipped in chocolate, a heart shaped cookie cutter, and a little imagination are sure to turn an entree or side dish into a love language meal. Pictured below are a couple that have warmed my heart.

For a free copy of 5 Steps to Stop Dieting and Start Living with Food Freedom reach out at <u>joann@wellnessfusion.net</u>. Remember this monthly article is here for you, For the Health of it!

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Thank you to all the people that reached out without being solicited. People that called sincerely wishing to help another family. People that had the patience and endurance to work with me through voicemails, emails, busy signals, weekend and night calls, and the juggle.

Thank you for your kindness, generosity, and warm hearts. Truly a community composed of integrity and compassion. North Branford Public Works staff, Fran Merola, Director of Public Works, Dan Celetano, Asst Director of Public Works, Steve Kopylec, Justin Paul, Rob Forbotnick, Honeywell Staff, BillieJean Rascati, Cecile Stone, Will Doheny, Veronica Libby, Meghan McGovern, Fran Beaumont, Geri Moyer, Nina Burhardt, Beth Casanova Family, Twin Lakes Child Care, Sharon DiCrosta, Lynn Clark Family, Sarah Pitts Family, Sara Monde Family, St Andrew's Church, Nan Monde, Lauren Davis, Director of Library Services, North Branford Library staff, Dee Fee Family, Country Paint and Hardware staff, David and Angela Lavorgna, Deborah Bowler Family, Knightd of Columbus Council #6801, Wayne Humphrey Knights of Columbus, Grand Knight, Gary Johnson, Knights of Columbus, Recorder' Damian DeNegre Knights of Columbus Past Grand Knight, North Haven Knights of Columbus, Council #37331, Courtney Cleary, Girl Scout Troops 60336, Rhonda Gallo, The Orifice Family, John DellaVentura, Wishing Wheels Bike Drive, Roots 4 Relief, Chief



Louis Romano, NB Fire Co. 1, NB Fire Co.1, Nancy Scilipote, Phyllis and Bill Peterson, Randy Brown Family Branford Bible Church, Jean Jameison Family, Kathleen Malone, Guilford Texaco, Michelle Pompano, Paige Volpe, Guilford Texaco, Anna DeMatteo, The Petrosky Family, Lisa Keagle, Kristen Mitchell, Reitman personnel ,Marjorie Bonadies, North Branford Police Department' Sarah Brown, Deputy Chief James Lovelace, Beth Pisano Family, John, Sarah, Grace, Abigail Della Ventura, Kerry Boughton, Ken Ash.

May you have a spectacular new year and stay safe and well. Town of North Branford office of Social Services.

NORTH BRANFORD HIGH SCHOOL PERIOD II HONORS

<u>High Honors – 12th</u>

Aguiar, Evyn Allen, Caleb Augur, Collin Barrett, Logan Blomster, Luke Brigance, Sienna Brustman, James Cappetta, Aidan Carter, Gianna Carusone, Christiana Chittenden, Aidan Criscuolo, Keana D'Aria, Samantha DeAntonio, Lucas DePino, Lucian Dion, Joshua Evangelista, Samantha Ferrucci, Te'a Fico, Gianna Gamble, Gianna Gott, Samuel Holzer, Callie Jacobs, Joseph Jasudowicz-Crocker, Alexis Kirmali, Cameron LeBeau, Patrick Lin, Sabrina Lucibello, Morgan Lucibello, Natalia Maley, Jack Martinik, Brady Matteo, Michael Mone, Patricia Mullins, Kiley Munck, Cassandra Nuzzo, Giana O'Brien, Mikella Onofrio, Lindsey Patel, Jay Pinette, Leah Plano, Giana Ramada, Peter Rish, Adeline Senerchia, Gabrielle Sigal, Elizabeth Small, Noelle Sommo, Gianni Stoner, Connor Timario, Nicole Toto, Sophia Urrata, Michael Vongher, Frederick

Yacono, Mia <u>High Honors – 11th</u> Allen, Noah Amendola, Ashley Anderson, Kyle Ardito, Lily Cosgrove, Jason Danner, Nathan DeLucia, Ryan Dion, Gabrielle Esposito, Benjamin Falcioni, Alexa Giovanni, Anthony Higgins, Joshua Izzo, Tanner Jarmie, Logan Kamienski, Daytona Krebs, Marley Lucero, Idalis McCullough, Giana Melillo, Karma Nuzzo, Megan Onofrio, Julianna

McCullough, Giana Melillo, Karma Nuzzo, Megan Onofrio, Julianna Patel, Preet Raynor, Catherine Regino, Nicolette Rizzuti, Aaliyah Schmidt, Alivia Spanier, Sofia

<u>High Honors – 10th</u>

<u>Grade</u>

Aiken, Bree Baxter, Caleb Bliven, Alyssa Budd, Michael Cantore, Taylor Carusone, Justin Connelly, Tyler Haeckel, Jason Heffernan, Tyler Ianniello, Gianna Kilstrom, Liam Lacroix, Cameron Mansi, Giavana Marino, Alyssa Pienkosz, Olivia Poston, Jacob Preiss, Emma Sarenas, Benjamin Sargent, Brock Sorrell, Sophia Sudusky, Kyle Tang, Meghan Urbina, Mateo

Vitarisi, Lauren High Honors – 9th **Grade** Aucapina, Isabella Brigance, Reese Caffalette, Talan Chasanoff, Ella Dowson, Marina Johnson, Samantha Kilstrom, Mason Kleckner, Kayla Kundrath, Brianna LeBeau, Autumn Magazzi, Marcus Marashi, Edmira Miller, Craig Nargi, Joseph Paolini, Natalia Patel, Vedi Pereira, Alexander Podzikowski, Siena Sigal, Alexandra Wang, Natalee Wojciechowski, Emma Zulawski, Katheryn Honors - 12th Grade Cassella, Nicholas Cepeda, Destiny Cummings, Thomas

Dodge, Lauren Haggerty, Sofia Herassme, Joelle Hutchinson, Aiden Karpel, Brooke Miller, Tiffany Pedersen, Jake Peterson, Lars Vaspasiano, Katie Vogt, Lucy Vrabel, Austin <u>Honors – 11th Grade</u> Aneiro, Christina Bigio, Gabriella Cahill, Olivia

Caso, Nicolas Chopus, Justin DeFrancesco, Alexa Dell'Aquila, Vincent Diaz, Michael Farina, Natalia Hannan, Catherine Hannan, Mary Hills, Adriana Lamot, Joanna Lin, Tina Melillo, Samantha Meneo, Jeremy Monde, Jack Nay, Emilyn O'Connor, Jason Onofrio, Isabella Penna, Addison Perrelli, Ava Piccirillo, Gennaro Pitcher, Madison Proto, Natalia Scalia, Matthew Virginelli, Adam Honors - 10th Grade Beecher, Zachary Berardesca, Ashley Bliven, Gary

Bliven, Gary Brittell, Avery Brockett, Jack Brown, Makayla Brustman, Leah Budeit, Aijalyn Carbone, Santino Cioffi-Smith, Chase Colon, Atum Colon, Sitareh DePino, Payton Esposito, Alexa Falcigno, Nico Gage, Skylar Gonzalez, Christian Iamunno, Benicio Intravia, Luca Leone, Gavin Morehead, Logan Navarrete, Cassidy O'Brien, Charles Papa, Samantha Raymond, Caleb Ryszczyk, Ava Sigel, Anthony Traill, Gavin Valente, Jonna Venturini, Leo Warren, Isabella Westefeld, John Honors 9th Grade Ahmed, Afran Balliu, Jayden Biehler, Aiden Carbone, Armani Cruz, Christopher Dolzani, Steven Duggan, Finn Ferraro, Myles Forgione, Matthew Frani, Daniel

SCHOOL

Fusco-Cuneo, Aden Gildersleeve, Dustin Guerrero, Gabriel Harper, Mallory Harper, Mia IIitIi, Semih Keil, Brianna Kwalek, Mia Macauley, Kate Martone, Alia Martone, Santino McCullough, Joseph Meneo, Makayla Pearson, Luciano Perrelli, Mya Peterson, Leif Plano, Matteo Rish, Aesop Rosado, Aliyah Salvati, Nicolas Seward, Madelynn Spinelli, Valentina Stewart, Savanah Troche, Gian Troqe, Iris Urbano, Mario Weld, Aubrey Wright, Carly Yarnall, Dylan



Nominations for Rotary Student of the Month Press Release North Branford High School: The following seniors have been nominated by the indicated departments for the North Branford Rotary Student of the Month Recognition Program. Students and their families will be attending an upcoming NB Rotary Dinner meeting with students being recognized as student of the month. Students are pictured left to right in the order of their bio's provided by the nominating department.

English - Patricia Mone Patricia took an ECE Creative Writing class this semester, which earns her dual credit at NBHS and Southern. Throughout the semester, she consistently strived to make her poetry and fiction writing as detailed and polished as it could be, and wrote about a wide variety of topics. Her writing is both poignant and humorous, qualities that are difficult to achieve in an introductory creative writing course. Patricia also consistently gave thoughtful feedback to her peers on their writing during poem and story workshops.

Science - Sienna Brigance The NBHS Science Department would like to congratulate Sienna Brigance on her Rotary Award. Sienna transferred to North Branford High School her sophomore year. As a senior, Sienna is currently aking AP Biology and Chemistry Honors and continues to excel in her science coursework. She exhibits excellent problem-solving skills and a drive to succeed. Her AP Biology teacher, Mrs. Redman, calls her an "inquisitive, highly-driven student who exhibits an interest and passion for all aspects of science every day." Music - Adeline Rish As both a representative of the instrumental and the choral program, Adi has achieved some of the highest accolades available to musicians in high school, such as acceptance to the Shoreline, Regional, and All State music festivals. Adi displays a high level of musical perseverance by auditioning and being accepted to the NBHS Chamber Choir program her first year of choir her senior year. Her musicianship and passion for the arts are apparent. Art - Giana Nuzzo Over the past four years Giana has taken many art classes and has excelled in every one. Giana is diligent, creative and puts her all into everything that she does. This year in particular, Giana took Ceramics and the pieces that she created were outstanding. She has been an inspiration to other students and sets the bar high for herself. Todd Stoeffler - NBHS Principal

Connecticut Sportsplex© FIELDHOUSE FAMILY FUN CENTER

LASER TAG BIRTHDAY PARTIES LASER TAG GROUP OUTINGS

WALK-IN LASER TAG OFFERED FRIDAY 5PM—9PM

> SATURDAY 11AM-7PM SUNDAY 11AM-4PM



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THEY MAKE US PROUD

Griffin Geist, Carolyn Heffernan and Stephanie Sudusky, were named to the Dean's List at the University of Rhode Island in Kingston.

Dylan Altermatt was name to the Dean's List at Dean College in Franklin, MA. **Catherine Pollack and John Pollack** were named to the Dean's List at Nichols College in Dudley, MA.

Braeden LeBeau was named to the Dean's List at Providence College, RI.

CHURCH DIRECTORY

Branford Bible Chapel. 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning: 10:00 - 10:30 Worship & Lord's Supper, 10:30 11:00 Announcements and Music Minity, 11:00 -11:45 Ministering of God's Word & Sunday School. . Nursery provided. Vacation Bible School, missions & outreach programs. www.branfordbiblechapel.org

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

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

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

Northford Community Church. Church is located on Old Post Rd., (corner of Rte 17 and Rte 22), PO Box 191 Northford. Phone 203-484-0795, Fax 203-484-9916.. email; northfordcc@ gmail.com Office Hours: Tuesday 9am - 1pm; other days by appointment. John Vigneri, Pastor . Jane K. Leschuk Minister of Music. Worship Service 10am. Join us for coffee hour following worship. Holy Communion on the first Sunday of each month. Like us on Facebook. Our website is www.northfordcongregational.church

St. Ambrose Parish - Roman Catholic Parish with two church buildings, St. Augustine, located at 30 Caputo Rd. North Branford and St. Monica, located at 1321 Middletown Ave. Northford.

The pastor is Rev. Robert L. Turner. All are welcome and invited to join us for Mass! Summer Mass times include: Monday, Tuesday, Wednesday, Friday and Saturday at 9:00 AM at St. Augustine. Weekend Masses are celebrated on Saturday at 4:30 PM at St. Augustine (English Ordinary no incense used), Sunday at 9:00 AM at St. Monica (English Ordinary, no incense used) and on Sunday at 11:00 AM at St. Augustine (Latin Ordinary with use of incense). The sacrament of Reconciliation is offered a half hour before all Masses, excepting Sunday, and on Monday evenings from 5-6 PM during Adoration. The parish office is located at St. Augustine Church and is open Monday, Tuesday, Wednesday and Friday from 9-1. You can access the bulletin and staff emails at NBcatholics.org. If you are new to the area and looking for a wonderful parish or homeschool co-op to join, please visit us or give us a call!

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

Shoreline Community Church located at 9 Business Park Dr., Units 1-4, Branford, CT. Call us at 203.481.8919. Sunday Services at 8:30 and 10:00 AM (Children and Jr. High activities meet during our 10 AM service). For more information, check out our website <u>www.sccbranford.org</u>. SCC is a diverse community that is dedicated to Making the Invisible God Visible.

United Methodist Church, Branford 811 East Main St, Branford (Route 1, across from Bill Miller's Castle). www.umcbranford.org or (203) 488-0549. Sunday service 9:30am - both in-person and live on our website. "The Church on the Rock," led by Pastor Kent Jackson. We invite you to discover the power of faith in Jesus Christ bringing God's love to the world. Join us to worship, experience God's word, and stay connected. Please join us for worship at St. John's Episcopal Church at 129 Ledge Hill Road in Guilford, CT 06437. Our services are at 10 am each Sunday with Youth Spiritual Foundation for ages 5 and up every first and third Sunday. Coffee hour after our service in our parish hall. See our Facebook page St. John's Episcopal Church, Guilford CT. 203-457-1094. check our website at www.saintjohnsguilford.org

Recycling News

Did you know that there is a 10-cent deposit on:

All glass, metal and plastic drink containers that contain 150ml to 3 liters of a carbonated beverage and 150ml to 2.5 liters of a non-carbonated beverage.

Malt-based hard seltzers were added to the list of covered beverage containers in 2023. The law excludes other spirit or wine-based beverages that are not malt-based.

North Branford's Plastic Bag Recycling Program

We collect plastic bags such as grocery bags, newspaper sleeves, produce bags, bread bags, dry cleaning bags, ice bags, wood pellet bags, salt bags, and zipper bags for recycling. We also accept plastic wraps from water bottle cases, diapers, bathroom tissue, and paper towels, as well as bubble wrap and shipping pillows. Plastic bags with recycling symbols Number 2 or Number 4 are accepted. Please don't forget to turn the bags inside out to remove the crumbs and any liquid. Plastic bags and wraps get recycled into products such as new grocery bags, benches, and decking.

Please remember: PLASTIC BAGS NEVER GO INTO THE BLUE **RECYCLE BIN!**

If you bag your recyclables to bring them to the blue recycling bin, please empty the recyclables into the blue bin and then bring the plastic bag to a plastic film drop off location. If the plastic bag goes into the blue

bin, it gets tangled into the machinery and stops the workflow. Plastic bags with recycling symbols Number 5 or Number 7 (i.e., salad and grape bags), snack bags (potato chips, popcorn, and candy), pet food bags, frozen food bags, and any bags with food residue ARE NOT ACCECPTED at any plastic film drop off location. These bags go into your trash bin.

As a reminder, the town collects plastic film at the following locations: Country Paint and Hardware, T.J's Launderette, Town Hall, Atwater and Smith Libraries, STW Community Center, Northford Store and The Food Pantry of North Branford.

Do you still have your Orange 2024 Recycling/Trash Card that was in your January issue of the Totoket Times? Please keep this card handy all year. It has important dates and information that you will need concerning your trash

pickups and what can be recycled. If the card was missing or you misplace yours, there will be copies at both libraries, public works, STW Community Center and Town Hall. You can also download a copy from the town website: northbranfordct.gov, or the Facebook site: North Branford Community Pride.

Can I recycle it? Connecticut has a website to help with recycling questions: www. recyclect.com. They also have an app.

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

North Branford Congregational Church

"Superbowl Sunday" on Sunday, February 11 at 10:00 am, North Branford Congregational Church. Bring soup for the foodbank, wear team colors or jerseys and hear a message relating to sports and faith.

"Ash on Your Dash" Wednesday, February 14 (Ash Wednesday) from 7 am to 8 am. Start the Lenten journey by receiving ashes in your car as you drive through the North Branford Congregational Church parking lot.

Send Church Notices to Totokettimes@comcast.net

Are you interested in getting involved on a town committee? Does it upset you when you see littering? Do you wonder where the trash goes and how recycling works?

The Solid/Hazardous Waste and Recycling Committee is looking for new members.

The new year is full of possibilities and we could use some fresh ideas. Please call the Town Manager if you are interested.

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

Thank You for Your Participation

RECREATION



"27 Dresses"

Join us during FEBRUARY RECESS for a day of crafts, games, and fun! Tuesday February, 20th STW Community Center - 8:30am - 4:30pm Grades K-6 Pizza party lunch - \$25 Registration closes on 2/15



WONDER EXPLORE DISCOVER Join Ms. Claudia, owner and director of Cool-ology, for a hands-on learning experience!

Each workshop will feature a different, exciting topic. Students from TVES can be walked over by Parks & Recreation staff at dismissal. Students will have a snack time upon arrival and Ms. Claudia will begin her workshop by 3:30.

Roller Coaster Physics

February 13, 3:00-4:30pm - STW Art Room - \$30

Engineering Lab February 27, 3:00-4:30pm - STW Art Room - \$30

February 26, 2024 STW Senior Room 10:30-12:00pm



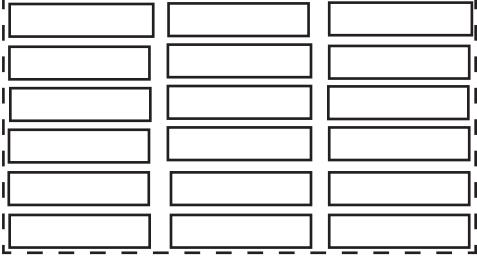
Feb 14, 2024 12:00pm \$5

Cream cheese stuffed French toast casserole, Crepes with raspberry sauce, sausage, & cinnamon buns. Register by 2/12/24

CLASSIFIED

CLASSIFIED AD RATES Personal, For Sale, Help Wanted, Tag Sale, and all non-business classified 1 issue \$9.00 2 issues \$12.00 3 issues \$15.00

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



ELECTRICIAN

TJC Electrical Services. No job too big or too small. Service upgrades and generator specials. Call Tom Cassella at 203-619-2823. Licensed and insured.

PAINTING

WINTER SAVINGS! Banish those winter blues and get ready for Spring with a freshly painted room or two. Best pricesand availability is this month! Smalljobs our specialty. Sole proprietor so NO worries about a house full of strangers! Celebrating 39 years. BBB A+ rated! Trimworks Painting, Lic. #0619599. (203) 484-9181

PLUMBING

John DiMaggio Plumbing - Residential/Commercial repairs/remodeling. Big or small. Water Heater Specials! Licensed & Insured. Call 203 - 627 - 6826. References available.

STONEWORKS

EARTHART STONEWORKS LLC. Specializing in stonewall restoration. Offering hardscape design, custom and made to order stone creations, benches, water features, patios, mailbox posts and more. Licensed and insured. 203 868-9958. <u>www.earthartstoneworks.com</u>

FOR SALE

2006 Cadillac Escalade SUV. 120,000 miles. Black with leather interior and Bosse speakers. Excellent condition in and out, brand new back brakes, good tires. \$4,000 Firm. Call Larry at 203-821-7142

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Sarah L. Rivera Funeral Director sarah.rivera@keenanfuneralhome.com

330 Notch Hill Road, North Branford (203) 481-3217

238 Elm Street, West Haven (203) 933-1217

KEENAN FUNERAL HOME www.keenanfuneralhome.com



CHECK OUT OUR VALENTINE'S DAY SELECTIONS A WWW.JCAKES.COM/SHOP-ONLINE

"Security Systems are best when installed by a professional not the internet"

8

BRANFORD COMPASSION CLUB AND () THE GREATER NEW HAVEN CAT PROJECT INVITE YOU TO JOIN US FOR OUR "PURR-ONI DINNER"



Wednesday, March 27th Christ & The Epiphany Church 39 Park Place, East Haven, CT Doors open at 5:30pm, dinner served at 6:30pm



FOR MORE INFORMATION, PLEASE CONTACT: CHRISKAT32@AOL.COM

