VOLUME 27 NUMBER 5

PLAINVILLE'S HOMETOWN CONNECTION

MARCH 2023

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PLAINVILLE POLICE REMEMBER OFFICER CYBULSKI





One year ago when Chief Vanghele came to the Plainville PD he saw a lot of things that needed some attention. One was the kitchen at the PD. His plan was to redo it and he thought it would be a great idea to dedicate it to Officer Brian Cybulski who had been killed in a crash less than 9 months before the Chief started. The room was dedicated with family, friends and co-workers of Brian as the Chief unveiled the Officer Brian J. Cybulski Lounge.

Chief, thank you for keeping the memory of Brian alive! *Photo: Chief Vanghele, Brian's parents, Brian's wife Barbi*

ANNOUNCING GREAT NEWS!!!

THE PLAINVILLE FIRE COMPANY IS PLEASED TO ANNOUNCE THE ANNUAL HOT AIR BALLOON FESTIVAL IS BEING PLANNED FOR AUGUST 25 & 26 AT NORTON PARK. MORE INFORMATION TO COME ~ VOLUNTEERS NEEDED TO HELP WITH THIS VERY POPULAR





EVENT-DETAILS TO FOLLOW...

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MARCH 2023



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Friendly Service YOU can **TRUST**. We will work hard to earn your **TRUST**.

MikesAutoPlainville.com



MARCH 2023

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This paper is published monthly as a service to the citizens of Plainville, Connecticut by Plainville Community News, Inc. It is a non-profit, 501C, all volunteer group of residents who are interested in informing our citizens of community activities and local news. All positive contributions are welcome and will be printed subject to the approval of the staff on a space available basis.

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Dates to Remember in... MARCH

Daylight Saving Time Begins....Sun. 12th St. Patrick's Day..... Fri. 17th First Day of Spring......Mon. 20th

Always Remember..... Your Anniversary & Spouse's Birthday!!

To share your special celebrations FREE, just email to:

Plainville **Property Tranfers**

50 Pierce St Unit 52: Robert H. Sofron of Plainville to Debra J. Pliego, \$135,000 on 12/22/2022

119 Willow Brook Dr Unit 26: Newport Willow Brk Par of Plainville to Susan J. and James A. Kearney, \$396,460 on 12/19/2022

10 W. Pine Way: Naomi Goldsmith of Plainville to Barbara Abbott, \$140,000 on 12/20/2022

85 Maria Rd: John W. and Hanna B. Allen of Plainville to Gino and Janet Orfitelli \$425,000 on 12/19/2022

36 Cody Ave. Max Castrogiovanni of Plainville to Melynda H. Serrano, \$230,000 on 12/20/2022

19 Hardwood Rd: Marek L. and Jadwiga M. Buganski of Plainville to Alyssa R.Dumphy, \$260,000 on 12/21/2022

71 Newton Ave: Cosmas Okon of Plainville to Jeremy Liscio, \$220,000 on 12/29/2022

6 Mountain View Dr: Evelyne Desjardins Ft and Brigitte M. Corey of Plainville to Michael Orsini, \$230,000 on 12/29/2022

90 Ledge Rd: Sebastiana and Salvatore Fragione of Plainville to Nicole N. Dilernia and Matthew L. Rojek, \$365,000 on 12/28/2022

10 Atwood St: Edward H. Rabenold of Plainville to Joy K. and Timothy P. Stpierre, \$232,000 on 12/22/2022

N/A October Twenty-Four Inc of Plainville to Tilcon Ct Inc, \$1,990,000 on 12/27/2022

69 Northwest Dr Unit 22 Lukasz Skawinski of Plainville to Grzegorz and Aleksandra Murglin, \$205,000 on 1/4/2023

7 Pequot Rd: Bucci Ft and Daniel E. Bucci of Plainville to Edward and Rose Rabenold, \$350,000 on 12/29/2022

190 Tomlinson Ave Unit 13B: Anthony T. Mafale of Plainville to Anna Wadolkowska \$192,000 on 1/4/2023 15 Crown St: Stuart Macpherson of Plainville to Fumi Realty Inc.\$169,000 on 12/27/2022

94 Pinnacle Rd Christine A. Cannon of Plainville to Jordan W. and Lauren F. Nicastro, \$400,000 on 1/3/2023

19 Woodland St: CCO Enterprises LLC of Plainville to Ari Fishman, \$312,000 on 1/5/2023

108 Willow Brook Dr: Newport Willow Brk Partner of Plainville to Elwira and Roman Mietkiewicz, \$395,449 on 1/11/2023

to Juliana Kulak, \$215,000 on 1/18/2023

9 Geneva Ave: Kayla Gitterman and Monika Schiebel of Plainville to Lorrie Steele, \$215,000 on 1/10/2023

Questions Asked? Here are some Answers! If you have any questions, Email to: plainvillehometown @gmail.com or call 860-747-4119

> **Town Council** Meetings

> Can be seen on

Nutmeg TV

Channel #96

Friday & Sunday **Evenings**

Steps to Be Taken by Property Owners --When Sewage Back-up Occurs If a back-up occurs during business hours call: Normal Business Hours – Monday – Friday 7:00am – 3:00pm Water Pollution Department: (860)793-0221 Ext. 6518 If a back-up occurs during non-business hours call: Non-Business Hours – Nights, Weekends & Holiday Plainville Police Non-Emergency Line: (860)747-1616 Once contacted a WPC Maintenance crew will be notified of the situation and will arrive to determine if the backup is from the main sewer line. If it is, they will clear it. If the blockage is not in the main sewer line then the WPC Maintenance crew will direct the property owner to contact a local contractor.

To List Tag Sales, Club Activites & Fund Raisers E-mail to: plainvillehometown@gmail.com or mail to: 27 Sherman St. Plainville, CT 06062 **For Vote Information** or Questions Contact:

plainvillehometown@gmail.com <u>or send to</u>:

Plainville Hometown Connection 27 Sherman Street, Plainville, CT 06062

Take a peek... 🤝 S

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25 W. Broard St: Michael and John Snapcott of Plainville to Brenda Everett, \$250,000 on 1/11/2023 69 Webster St: John F. and David M. Buchanan of Plainville to Lucia F. Gonzalez, \$138,750 on 1/10/2023 22 Bicyle St: Brad Barcusky of Plainville Sadri Selmani, \$235,000 on to 1/13/2023 15 Beechwood Rd: Doreen Corriveau of Plainville to Andrew T. Mueller and Kelsea Mullaly, \$349,900 on 1/11/2023 125 Broad St: Dibenigno T. and Angelo Dibenigno of Plainville to Heights 125 LLC, \$340,000 on 1/9/2023 3 Woodside Ln: Anderson Shirley Est and Kimberly R. Beaudoin of Plainville

Susan Abram Democrat **Registrar of Voters** 860-793-0221 Ext. 7161 **Beth Gasparini** Republican **Registrar of Voters** 860-793-0221 Ext. 7162

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MICHAEL PAULHUS, TOWN MANAGER'S REPORT TO TOWN COUNCIL FEBRUARY 6, 2023

CRCOG 2023 Local Transportation Capital Improvement Program – (LOTCIP) Request for Proposals

- The Capitol Region Council of Governments (CRCOG) is soliciting proposals for transportation improvements under their Local Transportation Capital Improvement Program (LOTCIP)
- The engineering department has identified the reconstruction of Red Stone Hill as a top priority for funding. Work will cover approximately 2300 linear feet from Town Line Road to Poitrias Road (Bristol).
- John Bossi, Town Engineer will be present to provide a summary on the scope of work planned for Red Stone Hill. There is an item under New Business to authorize the Town Manager to submit a proposal to CRCOG.

2023 Sidewalk Construction Program

- The engineering department is proposing to use the remaining uncommitted capital sidewalk replacement account funds to replace sidewalks on Florence Lane.
- There is approximately \$240,000 available in these various accounts. The estimated cost for the replacement of Florence Lane is approximately \$200,000.
- The engineering department is requesting to extend the current Bid #2022-16E (Sidewalk Construction) to D&P Morais Construction through a change order.
- D&P Morais Construction successfully completed the installation of sidewalks last summer without issues. They have expressed and interest to continue with a modest increase which the engineering department has determined is reasonable. There is an item under New Business to request approval for a change order to Bid#2022-16E to extend the contract limits and value to replace sidewalks on Florence Lane.

Honor Heights Discussion Update

- The Public Hearing was completed on January 19, 2023 with approximately 31 homeowners/ residents in attendance. The majority of homeowners (50 homeowners) were not present.
- A preliminary design was completed by Tighe & Bond on January 6, 2023 and a portion of that design was used at the public hearing to identify potential lateral connections to homes.
- A letter and map indicating lateral connections was mailed to each homeowner explaining that in most cases accommodations can be made with respect to the movement or relocation of laterals.
- Three easements are required for this project, and I have under taken outreach to schedule meetings to begin negotiating these easements. I have held one meeting with Countryside Condominiums thus far and look to speak with representatives with the Mott Corporation and 23 Robidoux Road.

events with the understanding that a fair amount of the total profits will be donated to local charities. The Town Manager will make a final determination on an appropriate donation amount to each charity.

White Oak Re-development Update

- The project is moving along, but there has been a small change in personnel at DECD. Don Friday who was the Project Manager has left the agency and was replaced with Mark Burno. Mr. Bruno has a history of working with Tighe & Bond was quickly brought up to speed on the White Oak Project.
- Manafort/Newport Realty (MNR) has been accepted into the Abandoned Brownfield Cleanup (ABC) Program. The Town was accepted into the program and was granted a 1 year extension to coincide with the end date for MNR.
- Tighe & Bond has completed the supplemental assessment work with included additional soil borings and water sampling. Upon further review, Tighe & Bond feels there are other areas of concern requiring further delineation.
- Attorney Mastrianni is working to finalize the property title search. On the title search is complete and sent to the state, Attorney Mastrianni will begin finalizing the Financial Assistance Agreement documents with DECD. Once completed the state will be able to release grant funding, allowing the Town to seek reimbursement for eligible costs and move forward with purchase.

Crooked Street Bridge Repairs

- CTDOT is coordinating the repair of two bridges for Crooked Street. Project #1 (0170-3357)
 Bridge repairs to Crooked Street Bridge over I-84 (Pin Replacement/Renovation).
- Preconstruction meeting is scheduled for February 9, 2023. Construction to begin in Spring 2023 with a projected completion date in 2024.
- Residents and motorists can expect lane closures and possible alternating one way traffic. Both day and night construction can be expected.
- Project #2 (0109-0174) Replacement of the Bridge over the Pan Am Railroad. In predesign phase.

Whiting Street Repaving

- Reconstruction project Preliminary design submitted to CRCOG December 2022. Revisions to the preliminary design are on-going.
- Easement negotiations to begin on or about February 17, 2023, with a Public Information meeting on or about March 27, 2023.

Happenings

Town Council Meeting on February 6, 2023 Andy Cirioli, Assistant Town Manager

HISTORICAL SOCIETY

Written applications for appeal hearings are required to be filed by 4:00 PM on February 21, 2023. Applications may be obtained in the Assessment & Revenue Collection Office or online at www. plainvillect.com. Appellants will be notified by mail of the time and date in March of their appeal hearing.

RECREATION DEPARTMENT

Plainville Recreation Department currently has registration open for their Winter/Spring Programs. Residents can view the program brochure on the Rec Department's Facebook page titled, "Plainville Recreation". To register and view more information, please visit Plainvillect.RecDesk.com.

Pavilion Rentals and registration for Summer Camp and all the other Summer Programs will begin on Monday, April 3, 2023 for Plainville Residents and Monday, April 10, 2023 for Non-Residents.

Call the Recreation Department at 860-747-6022 with any questions.

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SENIOR CENTER

For information on Senior Center programs, call the Plainville Senior Center at 860-747-5728. All programs are free and open to the public unless otherwise indicated.

Fall Prevention

Monday, February 13, 2023 at 10:00 AM

• Learn the facts about the intrinsic risk factors of falling, environmental safety techniques, and physical and occupational therapy opportunities. Call the Senior Center to register.

Caregiving Connections

Tuesday, February 14, 2023 at 10:00 AM

• Individuals providing 24/7 care are invited to join this support group to discuss their experiences and challenges.

Infinity Scarf Crafting Class

Wednesday, February 15, 2023 from 9:30 AM to 11:30 AM

• This is an easy-to-make project where participants will make an infinity scarf.

Breakfast Club

Women's Breakfast—Tuesday, February 14, 2023 at 8:30 AM

Men's Breakfast—Friday, February 17, 2023 at 8:30 AM

• Enjoy an informal breakfast with a group of friends at a local restaurant in Plainville. Participants will order and pay for their own meal. Call the Senior Center to register.

Snappy Seniors Photography

Thursday, February 16, 2023 at 10:30 AM • Join this event where participants will share photos of their favorite events or activities.

Memory Café at the Senior Center

Thursday, February 16, 2023 at 2:00 PM • Individuals experiencing changes in their memory and their caregivers are invited to join the Memory Café, a safe and supportive social gathering for people experiencing similar life challenges.

Robertson Airport Events

- Mr. Scata reported that the Airport and the Town have been approached by three organizations that want to use the airport as a venue for their respective events.
- Car Show by Nexgen, April 30th This event will be in Hangar 1. Food Truck Battles by FestEx Productions – May 20th to 21st. This event will be similar in scope to the former Fly In event. There will be approximately 40 trucks. Penny Sale by Plainville Rotary Club – Early May
- The airport will remain open and operation during all three events. A portion of money raised from each event will be donated to local charities.
- The Commission voted to approve all three

The Plainville Historical Society is hosting a twopart program in celebration of Black History Month on Thursday, February 23rd starting at 7:00 PM. The program will feature stories from Plainville's own African American heritage. Presenters are Gail Johnson Williams, a local African American History specialist, and her sisters Lisa and Alison Johnson. Visit www.plainvillehistoricalsociety.com for more information and instructions on how to register to attend.

ASSESSOR'S OFFICE

The Board of Assessment Appeals will hold meetings during the month of March 2023 in the Municipal Center for the purpose of hearing appeals related to real estate and personal property assessments for the October 1, 2022 Grand List, as well as, supplemental motor vehicle assessments on the October 1, 2021 Grand List.

Medicare Patrol (SMP) Presentation & Bingo

Thursday, February 23, 2023 at 10:00 AM

• Learn how to protect, detect, and report Medicare fraud and abuse while playing bingo and winning prizes. Call the Senior Center to register.

Help for Veterans

• Eric Vickers, a Veterans Service Officer from the CT Department of Veterans' Affairs will be at the Senior Center on Wednesday, March 1, 2023, available by appointment only.

• Call Eric Vickers a 203-805-6343 to schedule an appointment.



Town Council February 21, 2023 Town Manager Report

CRCOG RAISE GRANT Presentation by Rob Aloise

- The Capitol Region Council of Governments (CRCOG) has received an award of more than \$16 million for the CT Trail Connections: Building a Network of Trails to Connect People to Jobs project in the City of New Britain and Town of Plainville.
- CRCOG will use the federal funding, along with \$13.2 million of state funds, and a \$600,000 commitment of Community Connectivity through CTDOT, to construct the final gap in the Farmington Canal Heritage Trail (FCHT) in Plainville and to construct a new trail connecting the FCHT through Plainville and New Britain to the CTfastrak trail at the Downtown New Britain station.
- The total federal RAISE grant award is \$16,366,554, which will be applied towards an estimated total cost of \$30,166,554.

Middle School Discussion

- The Superintendent of Schools, Steve Lepage will join me in discussing a smaller scale renovation effort focused on a list of priority items that need to be replaced or upgraded.
- Using a project budget of \$10 million, the scope of work is limited to critical items like the roof and security and other correlating items. Fourteen items were identified as part of the analysis.
- A meeting was held with the State of CT- Office of School Construction Grants & Review (OSCG&R) to understand future renovation options and potential reimbursement rates. The information we received from OSCG&R was helpful in clarifying which items on our list are eligible for reimbursement. Staff members indicated that the roof, elevator, and underground storage tanks (UST) are eligible for reimbursement under nonpriority projects at a rate of 65%. Applications are accepted each month.

Lunch Cart Request

- The Town has been approached by the Owners of Sweetworks (food establishment) run by Jen and Roman Urbina requesting to lease a town parcel at the intersection of White Oak Avenue and Woodford Avenue for a food truck operation.
- Food carts began to gain popularity in Plainville in the 1990s and in

Planning and Zoning Commission adopted a policy that requires food carts, trucks, and vans to obtain their approval.

- The town has previously leased the property for food truck operations and has modified that lease to accommodate Mr. & Mrs. Urbina's business subject to Town Council approval.
- Attorney Mastrianni's office has reviewed the lease which calls for a rent of \$100/month. Insurance is also required. Since the footprint of what is proposed is in substantial compliance with the previous PZC Commission approval, no further zoning approvals are necessary.
- There is an item under New Business to authorize the Town Manager to execute a lease agreement for the use of town owned property.

EDA Revolving Loan Fund

- At the January meeting, EDA members were unanimous in voting in support of increasing the lending cap of the EDA Revolving Loan from \$40,000 to \$50,000, while retaining the previously noted ability to recommend a greater amount, with ultimate funding approval from the Town Council, in the unique circumstances deemed worthy.
- The Revolving Loan has capped lending at its current limit since inception. Members feel the current limit is no longer adequate given rates of inflation. Further, EDA Members see an increase to the current lending limit as a potential recruitment tool, allowing Plainville to publicize the fact that we not only have business assistance programs, but are actively addressing and reexamining parameters, working in the best interest of our businesses. The EDA Fund is currently funded at \$276,000 with only \$5,000 of outstanding loans. This \$5,000 is part of a \$10,000 Forgivable Loan that was awarded to Big Steve's Grill in 2020 to assist with
- relocation and opening costs. There is an item under New Business to approve increasing the lending cap for the EDA Revolving Loan Fund from \$40,000 - \$50,000 as recommended by the Economic

Development Agency. Robertson Airport Administration Building Roof

- The administration building roof is more than 40 years old and needs repair. The Aviation Commission has identified the administration building roof as a priority project.
- Attempts have been made to repair the roof but given the persistence of water infiltration, the roof's age, and the recent renovation of the administrative building's interior, the Aviation Commission and the

- This contractor is available through The Interlocal Purchasing System ("TIPS") USA purchasing cooperative, of which the Town of Plainville holds membership, under Contract Number: 211001.
- The quoted costs are \$65,900 and \$10,840, respectively, for a total project cost of \$76,740. This project would be funded through the Robertson Airport Budget.
- There is an item under New Business to award Bid 2023-20: Robertson Airport Administrative Building Roof to SR Products/ Simon Roofing & Sheet Metal under TIPS USA Vendor Contract Number: 211001 in the amount of \$76,740.

Honor Heights Discussion Update

- The design for sanitary sewer extension was completed by Tighe & Bond and was reviewed and approved by the Engineering Department.
- Three easements are required for this project, and negotiations are on-going and should be finalized in the next six weeks.
- There is an item under New Business to authorize the Town Manager to solicit bids for the Honor heights Sanitary Sewer Extension Project. If authorized, the bid documents would be released to the public on February 27, 2023 and sealed bids would be received by March 20, 2023. The bids would be good for 120 days after bid opening.

Conservation Commission Request

- The Conservation Commission sent me a letter in December outlining there concerns for the FCHT alignment through the Tomasso Nature Park and invited me to attend a future meeting. I attended the Commission's meeting on February 8, 2023.
- Members are concerned about the potential impact pedestrian traffic will have on the tranquil nature of the park. They feel "the park should be available to people – for quiet

Happenings

Reported at the Town Council Meeting on February 21, 2023 Andy Cirioli, Assistant Town Manager

HISTORICAL SOCIETY

The Plainville Historical Society is hosting a two-part program in celebration of Black History Month on Thursday, February 23rd starting at 7:00 PM. The program will feature stories from Plainville's own African American heritage. Presenters are Gail Johnson Williams, a local African American History specialist, and her sisters Lisa and Alison Johnson.

wwwplainvillehistoricalsociety.com

for more information and

first annual Chili Cook Off on Sunday, March 19, 2023 from 2:00 PM to 4:00 PM. The event will take place at the VFW Hall at 7 Northwest Drive, Plainville, CT 06062.

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Tickets can be purchased at the Fire Station or the Police Department. All proceeds benefit the Plainville Food Pantry.

RECREATION DEPARTMENT

Plainville Recreation Department currently has registration open for their Spring Programs. Residents can view the program brochure on the Rec Department's Facebook page titled, "Plainville Recreation".

Berner Pool Season Passes, Pavilion Rentals, and Summer Program registration begin on Monday, April 3, 2023 for Plainville residents and Monday, April 10, 2023 for non-residents.

To register online and view more information, please visit Plainvillect. RecDesk.com. Call the Recreation Department at 860-747-6022 with any questions.

SENIOR CENTER

For information on Senior Center programs, call the Plainville Senior Center at 860-747-5728. All programs are free and open to the public unless otherwise indicated.

Medicare Patrol (SMP) Presentation & Bingo

• Learn how to protect, detect, and report Medicare fraud and abuse while playing bingo and winning prizes.

Animals by the Hungerford Nature Center

Thursday, February 23, 2023

• Meet and learn about animals that live at the Hungerford Nature Center.

Book Buds

Friday, February 24, 2023

• Book Buds will be meeting at the Senior Center to discuss their February literary fiction book, "Ask Again, Yes" by Mary Beth Keane. This is a story of two families intertwined in happiness and sorrow.

• This club is only open to members of the Senior Center.

• Books are available at the Library front desk.

Veterans' Social Hour

Tuesday, February 28, 2023

• Veterans over the age of 60 and their spouses are invited to join this monthly information and support meeting, which is facilitated by Sherri Vogt, Veteran's Liaison for Hartford HeathCare Senior Services.

Please call the Senior Center to register.

Grandparents Raising Grandchildren

Tuesday, February 28, 2023

Grandparents or relatives
who are raising a grandchild, niece,

some instances were popping up uncontrolled in dubious locations. To stop them from popping up everywhere, including in front of established restaurants, the

Building and Grounds Department favor a complete replacement using SR Products/Simon Roofing & Sheet Metal to install the new roof. instructions on how to register.

POLICE AND FIRE DEPARTMENTS

The Plainville Police and Fire Departments will be hosting their

or nephew are welcome to join this support group at the Senior Center where resources, ideas, and common joys and challenges are discussed.



45 Corporate Avenue Farmington Valley Corporate Park Plainville, CT

860-793-9994

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From the Desk of: Cal Hauburger

Economic Development & Special Projects Coordintor

My CT Savings - Earlier this month the State Comptroller's Office launched MyCTSavings, a program offering small business owners and employees the opportunity to save for the long-term through this retirement program. MyCTSavings involves a seamless process with automatic payroll contributions to a Roth IRA. The program is funded by participant contributions, enrollment is free for employers and easily integrates with the employer's payroll process. Registration is open for eligible employers. Businesses with 5-25 employees must register no later than March 30, 2023. Further information is available on both the Town's website and by searching "MyCTSavings" online.

White Oak - Incremental progress continues to be made on the White Oak project. Tighe & Bond has completed all additional on-site testing under their expanded scope of work allowing for further delineation of groundwater and soil contamination that was missed under the previous phase of work. Results will be put into an intermediate report and be discussed with the town and Manafort group. The goal is to design remedial efforts as seamlessly as possible into final redevelopment plans allowing for maximum efficiency and cost effectiveness while meeting all applicable clean-up standards. Once designed, an updated remedial action plan (RAP) will be published by Tighe & Bond as a state-required deliverable.

In the meantime, Tighe & Bond has drafted a report outlining abatement and remediation needs for existing onsite buildings which will be taken down to the studs, cleaned, and developed into retail and residential units. Both the aforementioned reporting efforts will allow Tighe & Bond to publish two separate bids – soil & groundwater, and building – to remediation contractors. Cleanup efforts will first begin in the existing buildings and then expand westward as the project continues.

Americold – Work is continuing on Americold as they continue closing in on obtaining a Certificate of Occupancy. Currently a Temporary Certificate of Occupancy has been issued to allow IT into the site to coordinate interior automation design. Additional testing with the Building Department and Fire Marshal's office will occur next week, and if passed, will put Americold in position to receive the Certificate of Occupancy in short order. No concrete timeline has been provided as to when the town can expect operation to begin, but hope remains by summer or fall of this year.

Tomasso's Opportunity Triangle – As was shared during last month's meeting, the Town has once again been in contact with the Tomasso Group about development potential surrounding the existing Memorial Sloan Kettering Cancer Institute on North Mountain Road. Over the last few weeks I've been working with the group to put together some additional information that has resulted in a

All meetings begin at 1 p.m.

168 Unionville Ave. Plv. CT

Faith Bible Church Hall,

promotional page within the "Planning & Economic Development" page of the Town's website. Tomasso is continuing their efforts with CTDECD and AdvanceCT on further promotion and recruitment efforts for the site.

Carling Technologies – Last week I spoke with the manager of Sentry Realty who have been retained by Carling Technologies to begin promoting their property at 60 Johnson Avenue. Carling had been acquired by Littelfuse and a decision has been made to downsize their Plainville presence to roughly 40k square feet. There's currently no further information as to when a sale and downsize would take place. In dealing with an international company and the given size and technology of the existing location, the Town has limited input in the recruitment and sale process. We're actively working with the manager of Sentry and Carling's site manager to continue to be present in the process as much as possible and do our part in meeting with potential suitors and to have a high quality tenant take over property.

Farmington Canal Trail – Efforts from CT DOT on design of the Farmington Canal Heritage Trail have slowed recently. The delay has been caused by a legal challenge by a property owner in Southington contesting the State's rights to acquire private property in design of the trail. As such, efforts have been temporarily paused as it works its way through the courts and the State Legislature reexamines CT DOT's rights and overarching agency in such a situation.

Miscellaneous -

Following up on a clarification requested on the EDA Tax Abatement granted for the "Chung" property on New Britain Avenue; an abatement of 10 years & 50% for each of the three proposed buildings so long as square footage and projected costs are met. The agreement is good for five years from the date of execution of the first Tax Fixing Agreement with the ability for the Town Council to extend the agreement in one year increments for a total of eight years from the date of first execution. The Tax Fixing Agreement for the Goodwill building was executed in November 2018, meaning the owner will have until November 2023 to build out or request the Town Council begin enacting the extension option to keep the abatement valid.

Proposed changes to the existing EDA Revolving Loan program will be reviewed by the Town Council at their second meeting in February (2/21/23). Applicable changes will be made by my office following evaluation.

First Baptist Church informed us of their intent to close. The property will be added to the Available Property Listing in the next quarterly update.

King Network, a cable and telecommunications company will be taking over the former Briarwood Printing building at 301 Farmington Avenue.

We are in talks to have a new business come to Town and locate in the downtown area. Conversations are still underway between the business and property, but we hope to have news in the coming weeks about a unique business coming to Town.

COME JOIN OUR LIVELY, FUN AND INFORMATIVE AARP CHAPTER 4146 MEETINGS

Meetings For 2023 March 15, 2023 April 19, 2023 May 17,2023 June 21, 2023 *Sign up for some wonderful trips* July and August there are no meetings. September 20 2023 October 18, 2023 November 15, 2023 December 20, 2023

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AARP Chapter 4146 trip to Encore Casino (Boston Harbor) Maggianos Little Italy Italian Restaurant June 7, 2023. Price Only \$110 pp

Trip includes

- Lunch at Maggianos famous Italian Restaurant in Boston's Little Italy...
 New Encore Casino on the waterfront with 40-foot ceilings, red Rubino glass chandeliers, and a dazzling array of classic and state-of-the-art slot machines for every player, at every level at Encore Boston Harbor.
- A bonus pkg from the casino is included

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- Includes Round trip transportation. Bus leaves Plainville at Our Lady of Mercy Parking lot at 8:30 a.m. and return to the lot at 8:30 p.m.
 - ********** Important Notification************
- Sign up does not begin until March 13th, 2023. After March 12th you may call Sally at 860-747-1732 to sign up for trip. \$25 of trip is not refundable should you cancel



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PLAINVILLE'S HOMETOWN CONNECTION

Chinese Buffet Lenchheon

Thursday, March 2, 2023 at 11:30 AM Cost is \$14

Celebrate the Year of the Rabbit and listen to guest speaker Jimmy Ngeow discuss Chinese culture and the zodiac calendar system while enjoying a Chinese buffet.

AARP Smart Driver Class

- Thursday, March 15, 2023 from 12:30 4:30 PM • Cost is \$20 for AARP members and \$25 for non-
- members
 The AARP Smart Driver class teaches valuable defensive driving strategies & provides a refresher for the rules of the road. Participants may qualify
 - for an auto insurance discount by completing the course.

Mammography Bus

- Tuesday, April 4, 2023 from 8:00 AM 2:00 PM
- Hartford Hospital's Mobile Mammography program will be offering screening mammograms at the Plainville Senior Center.
- Mammograms will be offered for women over the age of 40 who have not had a screening mammogram in the past 12 months.
- Hartford Hospital will accept all health insurances and if a woman has no health insurance, donated funds are available to cover the cost of her screening.
- Pre-registration is required. Please call the Senior Center to make an appointment.

"HUNGER BANQUET"

Our Lady Of Mercy will be holding a "Hunger Banquet" on March 15, 2023 (snow date 3/16) at the Parish center located at 19 South Canal St., Plainville Ct. The banquet will start at 6:30. Proceeds from this banquet will benefit St. Vincent DePaul Mission in Bristol, Ct. SVDP has multiple programs to help those in need . Please check their website @svdpofbristol. com/. Christine Thebarge, Executive Director of St. Vincent DePaul Mission will be our speaker. The purpose of the "hunger banquet" is to bring awareness of hunger and to experience human hunger. Our menu will consist of homemade soup, bread, beverage and an apple (a simple Lenten menu). The cost per ticket will be \$10 (children under 10 free). Tickets will be available starting 2/11 & 12 before & after mass or at our Parish center. The parish center's number is 860-747-6825. For additional information or to reserve tickets, please call Chuck @860-593-2008. Volunteers are appreciated. This banquet is sponsored and organized by the Human Needs and Social Justice Committee. All are invited and welcome.

Main Street Community Foundation Seeking Grant Applications from Organizations Serving Plainville

Main Street Community Foundation is inviting nonprofit organizations serving Plainville to apply for grants from the Plainville Community Fund. Either the organization or the program for which the funding is requested must be located in Plainville and/or be of benefit to Plainville residents. All applications are due March 10, 2023.

Further information about the application process, including grant guidelines, eligibility criteria, and access to the online application, can be found on the Foundation's website, www.mainstreetfoundation. org/apply-for-grant. Interested organizations must contact Kate Kerchaert, Director of Grants & Programs, or another member of the grantmaking team at 860.583.6363 for a preliminary discussion at least one week prior to the deadline.

The Plainville Community Fund at Main Street Community Foundation is a permanent resource for charitable programs and projects that was established in 2006 by a group of community leaders in Plainville to enhance the quality of life for town residents. Since 2006, Main Street Community Foundation has awarded over \$118,000 in grants from the Fund, including \$12,000 in grants in 2022. The Fund utilizes a Distribution Committee, made up of Plainville residents who bring a variety of life experiences to the table, to review grant applications and make funding recommendations on an annual basis.

The Main Street Community Foundation is dedicated to enhancing the quality of life for both present and future generations in the communities served by encouraging and promoting gift planning, prudent stewardship of assets, effective grantmaking and community leadership. A nonprofit public charity, created by private citizens, the foundation works with donors in Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott who wish to build permanent charitable endowments to support their communities. Since its founding in 1995, the foundation has provided over \$25.3 million in grants and scholarships. House Republicans Petition Bill to Provide Residents and Business with Financial Relief

GOP Forces Hearing on Proposal to Eliminate Highway Use Tax

HARTFORD—House Republicans have used a parliamentary procedure to circumvent Democrat opposition to a bill that would save inflation-weary businesses and residents money by eliminating the new highway use tax (HUT) on heavyweight trucks. Republicans petitioned to raise H.B. 5290, An Act Eliminating the Highway Use Tax, after the Finance Committee's Democratic leadership refused to even hear it. Republicans on Tuesday secured the required 51 petition signatures to force a public hearing on the bill.

"Many members of the General Assembly proposed this legislation on behalf of their constituents, and the committee's failure to raise the bill meant a large swath of Connecticut residents would be silenced," said Rep. Holly Cheeseman (R-37), House Ranking Member of the Finance, Revenue and Bonding Committee. "That's unacceptable given the farreaching, negative impact this tax will have on the cost of living here, and I'm thrilled my caucus colleagues joined me in petitioning to deliver a public hearing that will give everyone an opportunity to be heard on the most important issue we face-affordability." Passed by Democrats in 2021, the HUT is levied according to a truck's weight, classification and number of miles traveled in Connecticut. Targeted truck owners are required to obtain a permit to remit payments to the state, and it's expected to generate \$90 million in annual revenue. The HUT became effective Jan. 1, and businesses subjected to the tax are expected to make their first payments to the state on Feb. 28.

"Before this legislation was adopted, we heard over and over from trucking company owners who warned us of the trickle-down impact of this tax, which will cause residents to pay more for basic services and goods such as groceries," House Republican Leader Vincent Candelora (R-86) said. "Now that we've raised our bill, Democrats who have gotten more comfortable talking about the affordability crisis they helped create should put their money where their mouths are and encourage citizens and business owners in their districts to testify when a hearing date is set."



Plainville Lions Club Annual Pancake Breakfast Sunday, April 23rd, 8am-Noon Our Lady of Mercy Parish Center 19 South Canal Street, Plv The Best In-Home Care Services Throughout Connecticut We match our competitors prices We accept Title 19 www.EuroHomecare.net

17 Pierce Street, Plainville Phone 860-793-9944 Phone 203-283-9425 Fax 860-793-9943



Tickets: \$8 per person Seniors and kids 7-12 - \$5; kids 6 and under eat free Contact: https://e-clubhouse.org/sites/plainvillect

New Britain Bees Fundraising Event, July 15, 2023 Location: New Britain Stadium (i.e. Willow Brook Park, adjacent to Beehive Field) Cost: \$12 per person, of which \$6 will go to the Lions Low Vision Center. Please send in you orders and checks by: July 1st to the Plainville Lions Club, P.O. Box 92, Plainville Contact: Lion Craig Banks at 860-644-8472 or craig.r.banks@my.ccsu.edu

LaQuerre, Audi, LLC Ryan LaQuerre C.P.A. Tax Preparation, for the Local Community, Individuals and Businesses Phone 860-747-4559 Fax: 860-793-2634 - 106 East Street Plainville

P-l-a-i-n-v-i-l-l-e Here are some of your favorite places, people or things around town to rave about this month Sam Raves: I live in New Haven and whenever I come home in Plainville, My mother always orders WINGS from J. Timothy's. She knows they are my favorite. I have yet not found a restaurant in New Haventhat can find J. Tim's secret. Email to: plainvillehometown@gmail.com If you don't have a computer and have a Fave or Rave Call 860-747-4119 and leave your message OR Mail it to: Plainville Hometown Connection 27 Sherman Street, Plainville, CT 06062 Share your Javes & Raves with everyone! Let's hear what you have to say, we need your comments!			people or things month whenever I come ers WINGS from ite. I have yet not ad J. Tim's secret. nail.com Fave or Rave essage OR nnection C 06062 exyone!	<section-header>KHAPPY & HEALTHY BIRTHDALTHY & HEALTHY BIRTHDALAY DALLA DINTURNATION DALLA DINTURNATION DALLA DAVE UNDERWOODST QUINN CHRISTOPHER 2ND DAVE UNDERWOOD 4TH DALE NIGHTINGALE 5TH BRUCE MORRIS 6TH PAUL MATTEO 8TH RICKSTAUBLEY 9TH EVELYN STELMA 1TH BILL BRAYNE 1STH DOREEN CORRIVEAU 1TH PATRICK BUDEN, SR. 1STH DOREEN CORRIVEAU 1TH PATRICK BUDEN, SR. 1STH BRIAN GLOWIAK 2TT MARK BELANGER</section-header>	
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CLUES ACROSS49. JAPANESE TITLE27. PROFESSIONAL DRIVERS1. HALF-CONSCIOUS STATES50. TV SERIES INSTALLATION28. KISS BOX SET8. UNNATURAL(ABBR.)29. SHORT, FINE FIBERS13. DEEP REGRET51. BELOVED COUNTRY SINGER30. ADMINISTERS PUNISHMENT14. ROGUE55. SINGLE UNIT32. CZECH CITY15. TAKEN WITHOUT PERMISSION57. GENUINE34. NORMAL OR SOUND POWERS19. AN ALTERNATIVE58. DEVELOPOF MIND20. AFTER B59. TRAVELED THROUGH THE35. THE ACADEMIC WORLD21. PARTNER TO FLOWEDSNOW36. CRUSTACEAN22. WEEKDAYCLUES DOWN37. CURRENCY23. BODY PART1. CLUES38. PASTORAL PEOPLE OF24. WORLD'S LONGEST RIVER2. DO AGAINTANZANIA OR KENYA25. ONE OF THE GREATS3. CURRENT UNIT40. CLOTH SPREAD OVER A COF-26. MAKE CLEAN4. NEITHERFIN30. C. CANADA INDIGENOUS5. CORPORATE EXEC (ABBR.)41. GROUPED TOGETHER9EOPLES6. SECOND SIGHT42. ON LAND31. JAPANESE SEAPORT7. THE ABSENCE OF MENTAL43. GLISTENED32. MOST UNCLOTHEDSTRESS45. A TYPE OF EXTENSION33. SMALL GROUPER FISH8. SUPPLEMENTED WITH DIF-48. ONE WHO ASSISTS34. SOLUBLE RIBONUCLEIC ACIDFICULTY51. COLLEGE SPORTS CONFER-35. DISTINGUISHING SOUND9. STOP FOR GOODENCE		 28. KISS BOX SET 29. SHORT, FINE FIBERS 30. ADMINISTERS PUNISHMENT 32. CZECH CITY 34. NORMAL OR SOUND POWERS OF MIND 35. THE ACADEMIC WORLD 36. CRUSTACEAN 37. CURRENCY 38. PASTORAL PEOPLE OF TANZANIA OR KENYA 40. CLOTH SPREAD OVER A COF- FIN 41. GROUPED TOGETHER 42. ON LAND 43. GLISTENED 45. A TYPE OF EXTENSION 48. ONE WHO ASSISTS 51. COLLEGE SPORTS CONFER- 	Please submit your wishes on/or before the 15th of each month Tage Buzz Irish Bread 5 cups Flour 1/2 box raisins 7 tsp. baking powder 1/2 box currants 1 cup sugar 3 or 4 tbsp caraway seed 1 1/2 teaspoon salt 2 eggs, well beaten 1 stick margarine 3 cups milk Pour boiling water over currants & raisins, let drain on paper towels before using.		

Pour boiling water over currants & raisins, let drain on paper towels before using. Mix dry ingredients in a very large bowl. Cut in margarine, blend well with your

40. VIEWS	12. MOST SUPERNATURAL	EAST AND EAST
44. GOD DEPICTED AS A BULL	16. SPANISH ISLAND	54. TYPE OF SCREEN
45. RELIEVE	17. UNLIMITED	56. THE 13TH LETTER OF THE
46. RESIDUE AFTER BURNING	18. WHERE GOLFERS BEGIN	GREEK ALPHABET
47. HABITATION	22. NO CHARGE	
48. POE'S MIDDLE NAME	25. PRINT ERRORS	

11. BONES

38. FRENCH REALIST PAINTER

39. POPULAR BEER BRAND

10. COLLEGE DORM WORKER

52. ZERO

53. MIDWAY BETWEEN NORTH-

Answer on page 27

NOTARY PUBLIC:

KATHY PUGLIESE

50 West Broad Street PLAINVILLE, CT 06062

Phone 860-987-8705

hands (wear latex gloves) Add currants, raisins and caraway seeds, Add 2 beaten eggs which has been mixed with milk. Mix well, put into well greased 10 inch tube pan. Bake 1 hour or so until brown in 400* oven (test with a toothpick) cool slightly, remove from pan & cool completely on rack. Wrap in plastic wrap & aluminum foil. Keeps fresh for over a week, wrapped & in refrigerator. Also freezes well. Enjoy!!

To Submit Your Family Recipe: E - Mail to: plainvillehometown@gmail.com or Mail to: Taste Buzz Hometown 27 Sherman Street Plainville, CT 06062

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Make My Day by:Raymond Cormier

Perhaps you would like to thank a neighbor for a kindness and we would like to help you give this person recognition for a job well done. If this person works for a local business, we are sure his or her employer is going that extra few steps to help their customers.

Mothers & Fathers, I am sure your child has "Made your day". Let us know about some little things they do to help around the home, empty the baskets, wash the dishes, and etc.

We will use first names only, but they will know who they are the one that helped you out. Hello! Raymond,

I was at a gas station on East Street and started to get ready to pump gas. A young man came over and he asked me if he could pump the gas for me because it was so cold. He told me to get back in my car to stay warm. He was so thoughtful.

He really made my day.! J.S.

Made my day! I was shopping in Gnazzo Food Store the other day. And guess what, I was too short to reach a box of cookies on the top shelf, as I was standing there looking at what to do, a young man that was working in the area saw me and asked if I needed help? The employees at Gnazzo's are always willling to assist everyone, it is a pleasure to shop there. Peg

"If you Make Someone's Day"

Flease Share it with our readers

"Ask Sheila"

Q-1) I turned 65 in 2021 and have been covered by my Employer Medical Insurance. Some of my friends said they had signed up for Part A and asked why I didn't ! Are there time restraints for Part A sign-up? Do I have to wait for the Annual Enrollment Period ?

A-1) Part A Medicare has different "rules' than Part B. Once you are 65, you can sign up for Part A at any time. There is no penalty for late enrollment. Your enrollment date for Part A will be back-dated for 6 months, or the date you turned 65; whichever is closest to your date of signup.

Q-2) I enrolled in an Advantage Plan during the AEP (Oct 15-Dec7th) Now it is March and I want to go back to Original Medicare. Is March too late? Am I stuck in the Advantage Plan until Next year?

A-2) You are just in time, this is OEP the three month period (Jan, Feb, March) when you can make a one-time change to your Advantage Plan or go back to Original Medicare. You can choose to enroll in a Supplement Plan also, if you want.

Q-3) I lost my employer coverage in January and am covered under COBRA. I am 67, so when can I enroll in Medicare?

A-3) You should enroll in Medicare now. COBRA coverage does not 'count' as current employer coverage. Since you are over 65 and had Employer coverage, you need to enroll in Medicare within the eight month period after your Employer coverage ended, to avoid a Late Enrollment Penalty.

If you have any specific questions, or would just like to talk about Medicare, give me a call 860-965-0091 Sheila

Cell: 860-965-0091

email: SDow@ASB.Insure

From the Desk of..... Thomas A. Wurz SOCIAL SECURITY BENEFITS Refresher from the past I found!

Social Security benefits continues to be a hot topic for most people as the economy struggles to get back on track and the baby boomer generation inches closer to retirement. In this article, I will outline some of the most prevalent questions I receive concerning benefits and what people need to know.

The most common question I get about Social Security is, "How much income can I earn and not have my benefits affected by the administration?" In 2013, if you have reached your full retirement age of 66 already you may keep all of your retirement benefits, no matter how much income you earn. If you are going to turn 66 in 2013, then SSA will deduct \$1 from your benefits for each \$3 you earn above \$40,080 until the month you reach full retirement age. If you are younger than 66 during all of 2013, we SSA will deduct \$1 from your benefits for each \$2 you earned above \$15,120.

The next most common question I get is "Can I receive SS benefits through my spouse or ex-spouse?" If your current spouse receives SS retirement or is eligible for retirement or disability benefits, you may be entitled to SS benefits even if you never paid into.

Social Security. You would need to be at least 50 years old for spousal disability benefits or at least 62 years old for spousal retirement benefits. The same standard applies for receiving benefits through an ex-spouse with the additional requirement that you were married to them for a minimum of 10 years.

All SS benefits are subject to a calculation by the administration that takes into account the claimant/earner's work history amongst other factors. Many people seem to wonder why their payments are not as large as they expected once they start receiving benefits. The most straightforward answer to this question is that the calculations have been federally enacted by the government and everyone is not entitled to the same amount. So, just because your neighbor may be getting more than you doesn't mean you are receiving any less than you should.

Every thing and anything concerning your finances should always be promptly reviewed by individuals or by a professional as mistakes do happen. Hopefully, this information will serve as some assistance as it should not be construed as legal advice. If you are seeking legal advice, consult with an experienced licensed attorney.

Attorney Thomas A.Wurz

is an associate of his father Attorney Theodore J. Wurz, LLC in the law office of Attorney Richard Witt at 132 East Street. Attorney Wurz is a graduate of Avon Old Farms School in 2001, Providence College in May 2005 on the Dean's list and Juris Doctor Program at Western New England College School of Law in May 2009. He was admitted to the Connecticut Bar and U.S. Federal Court in 2010. His activities and interests are Secretary of Sports Entertainment Law Club at WNEC and is a Special Olympics Volunteer.



132 East Street, Plainville Phone 860-793-9879

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SDow@AmericanSeniorBenefits.com

Sheila Dow Independent Agent



To: All Civic & Religious Organization We would like to invite everyone: to share your activities with our readers. Please forward all news and pictures to: plainvillehometown@gmail.com Thanking you in advance! The Editor "Society Happenings" Congratulations:

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shared with everyone, please submit your information in writing to:

plainvillehometown@gmail.com

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Plainville Civil Air Patrol Join Today

Ages 12 to 17 years old Eric Pearson, Commander Call 860-604-9750 gocivilairpatrol.com Robertson Airport Johnson Ave. Plainville

PLAINVILLE'S HOMETOWN CONNECTION

Plainville Wind Ensemble John Williams Concert

The Plainville Wind Ensemble, a 2022 National American Prize Award winning symphonic concert band, presents an all-John Williams concert, directed by Ken Bagley ."A Tribute to John Williams" on March 12 at 2p at the Plainville High School is in honor of John Williams' 90th birthday. Williams turned 90 on February 8, 2022, and the world honored his celebrated works with concerts throughout the year. The 74 member concert band will perform several popular pieces such as Star Wars, Harry Potter and several other of his popular compositions. The concert is free and accessible. For more information on the Plainville Wind Ensemble and this concert, visit wwwplainvillewindensemble.com.

Four Assisted Living Communities Joined Forces to Watch 80 for Brady

PLAINVILLE- Dressed in red, white and blue to honor Tom Brady's legacy as former New England Patriots quarterback - complete with pom-poms- 60 residents of Hartford Healthcare assisted living facilities were in the spirit for his movie "80 for Brady."

The seniors - from Arbor Rose at Jerome Home, Cedar Mountain Commons, Mulberry Gardens and The Orchards at Southington - traveled from opposite parts of the state to AMC Plainville for the film, which was inspired by the true story of four best friends and New England Patriots fans who take a trip to Super Bowl LI to see Brady play. The movie's stars - Jane Fonda, Lily Tomlin, Sally Field and Rita Moreno - are near or over 80 years old.

"We are thankful for the collaboration. All four of our assisted living communities came together to do something normal, post-COVID. The residents were excited and so were the staff," says Denise Lebrocquy, executive director, Cedar Mountain Commons.

Executive directors of each community rented out an entire theater for residents to laugh, cheer, cry and enjoy the movie with popcorn and cold drinks.

"When they offered to take us to see this movie, I said absolutely! I used to live in Massachusetts and I am a huge Tom Brady fan!" says Alice Zito, a resident of Cedar Mountain Commons.

"This was a group effort for our assisted living communities to get together and have some fun! Watching a movie about Tom Brady and the four leading actresses, all proving that no matter your age you still have hopes, dreams and can do whatever you set your mind to. This movie, based on a true story, shared a heartfelt message, to keep going no matter what the challenges are. Our residents live this every day – showing us that no matter what ails them, they are still thriving," says Lori Toombs, regional director of assisted living, Hartford HealthCare.

For more information contact Leaja Johnson at 860.406.6864.

Hartford HealthCare Senior Services - Committed to helping seniors remain as healthy and independent as possible through every stage of their lives. With services spanning a wide array of wellness and preventive care – from fitness and nutrition to pet therapy and more – seniors are able to continue enjoying basic things in life.

LifeWith Wanda



Moving along through the winter months perhaps you might like to give a call to an elderly friend or neighbor. During the winter the elderly aren't able to get out as often as they do during the spring and summer months. Just last week I called my friend and even though she is in her early nineties she is still able to drive, lives on her own and does all her own grocery shopping. I call her almost every other day, just to make sure she is doing alright. When I called her a few days ago she related she was not feeling well and had spent that morning in bed. With all the Covid going around I was a little concerned and I suggested she might take one of those Covid tests you get at the drug store. She said she didn't feel well enough to go out and get one and I said I would call the store and ask if they might deliver a test to her. I called the store and asked the young girl that answered the phone if they might deliver one of those tests they advertise on TV to my friend as she wasn't feeling well enough to come to the store. As luck would have it the delivery boy was just going out on deliveries and she would have him run a test right over. I called my friend and gave her the news, the test would be over within the hour and I would call her the next morning to get the results and see how she felt.

From the office of: David R. Edelson, DMD, MAGD

92 East Street, Plainville, CT 06062-2302 (860) 747-1004



Renate Saunders, DDS, FAGD

Dr. David R. Edelson and Plainville Dental Group are pleased to announce the association of Dr. Renate Saunders to the practice of general dentistry. Dr. Saunders was born on the twin-island of Trinidad and Tobago and attended New York University's College of Arts and Science in 2001. She then continued onto New York University's College of Dentistry where she graduated with a degree in Dental Surgery in 2008. Afterward, she

went on to complete a one-year General Practice residency at Jacobi Medical Center in Bronx, NY. Dr. Saunders has been an active member of the Academy of General Dentistry (AGD) since 2009 and received her Fellowship in 2015. She currently serves on the CE committee for the AGD Northeast Region. Dr. Saunders is also a member of the Connecticut State Dental Association and has served as President of the Naugatuck Valley Dental Society from 2014 - 2019. She is a Fellow of the American College of Dentists, and a member of the Board of Trustees for the Connecticut State Dental Foundation. Dr. Saunders loves being a mother to her four children and enjoys capoeira and dancing samba, when not chasing after them.

COVID-19 BOOSTER CLINICS FOR THE PUBLIC OFFERED AT COMMUNITY HEALTH CENTER LOCATIONS AND AT PLAINVILLE SENIOR CENTER

COVID-19 booster shot clinics will be offered to the public at Wheeler's five Family Health & Wellness Centers on Wednesdays in March, as well as the Plainville Senior Center through Wheeler's Mobile Family Health & Wellness Center, on March 20 and April 10. No appointment or referral is needed, and insurance cards and IDs are recommended.

The Wednesday clinics are offered* on March 1, March 8, March 15, March 22 and March 29 from 1 pm to 3 pm at the following locations:

• Wheeler Family Health & Wellness Center, 91 Northwest Drive, Plainville

• Covid booster vaccine clinics also will be offered through Wheeler's Mobile Family Health & Wellness Center stationed at the Plainville Senior Center from 9:30 am to noon on: • Monday, March 20, 2023, Plainville Senior Center, 200 East Street, Plainville

Monday, April 10, 2023, Plainville Senior Center, 200 East Street, Plainville **Event Support**

These events are supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$189,922 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Medicaid, Medicare, and commercial health insurance welcome. No patient will be denied health care services due to an individual's inability to pay for services.

The Women's Club of New Britain

The Women's Club of New Britain will meet at 2:00 PM on Thursday March 2 The meeting will be at the First Congregational Church, 830 Corbin Ave. New Britain, CT.

The program is: GARDENS OF THE WORLD

Professor Richard Benfield from CCSU has spent his career touring Gardens of

The next morning, as promised, I called for an update on her condition. When she answered the phone she didn't sound any better and I asked if she had received the test and did she have the results.

With that she said, "Do you want the good news or the bad news?" I said, "Give me the bad news first." She said, "Well, I'm still sick as a dog, but the good news is, according to that test you sent me, I'm not pregnant so we can rule out morning sickness." the World. He will take us on a tour of his favorite gardens, including his English garden. Each person will receive a package of seeds to start their own Garden of the World. Following the program coffee, tea and cookies will be served. Guests are welcome to attend for a \$10.00 fee.

New members from The Greater New Britain Area are welcome to join the club.

Robertson Airport Website www.plainvillect.com/airport Welcome to Plainville HTX Helicopter Phone 860-846-6095 Charter Flights & Flying Lessons Gift Certificates For all Occasions (or for the person that has everything)



Jerome Home Ribbon Cutting

NEW BRITAIN- The Jerome Home team recently cut the ribbon on a new addition that expands senior living to those diagnosed with dementia and Alzheimer's, and a new wellness pavilion offering inpatient and outpatient services.

"Augustus Jerome had a vision for Jerome Home and we are very excited to be able to expand the memory care and rehabilitation services we provide to the greater New Britain community. We look forward to continuing our service to the community," says Tina Richardson, executive director, Jerome Home.

The new addition features modern touches throughout, from New Britain artwork, comfortable yet stylish furniture, a fireplace, sleek lighting features, nooks for reading and paying games. Lining the halls are wellness check-in rooms, spacious apartments and, upstairs is a rehabilitation gym and lymphedema suite.

At Arbor Rose, 20 modern but homey memory care apartments opened, providing safe and secure senior living for those who want to maintain an active lifestyle along and those needing memory care.

Families can make a deposit for a memory care apartment at Arbor Rose. The new build features:

- On-site dementia care experts and clinicians
- On-going staff and family education and support for people with Alzheimer's and dementia
- Private and shared suite apartments.• Monthly rentals, no buy-in fees
- Meals
- Help with activities of daily living, medication management and other services.
- An expanded wellness pavilion of Jerome Home that includes a new outpatient rehabilitation gym for physical and occupational therapy, speech therapy, lymphedema therapy and GoodLife Fitness classes taught by certified exercise physiologists.

"We wanted the best for the senior population when designing this expansion, to help cater to the specific needs of our community and uphold our reputation, all while really keeping the vision of Augustus Jerome alive," says Lori Toombs, regional director of assisted livings, Hartford HealthCare.

For more information contact Leaja Johnson at 860.406.6864.

Jerome Home, which offers skilled nursing, short-term rehabilitation, residential care, memory care and assisted living, is affiliated with Hartford HealthCare Senior Services. Jerome Home is located at 975 Corbin Ave., New Britain. For more information about Jerome Home, visit jeromehome.org.

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THANKS TO OUR MENTORS



The Plainville school district celebrated their volunteer mentors on "Thank Your Mentor Day" with a breakfast at Plainville High School on Thursday, January 26th. January is National Mentoring Month and the time to say thank you for giving the gift of friendship and for making a difference in the life of a child. The Plainville Community Schools Mentor Program is currently in need of six male mentors, could that possibly be YOU? Contact Sue Bradley, Volunteer Program Coordinator at 860-793-3210 x6110 if interested.

Toffolon Students Create "Mitten Tree"



Toffolon Louis Office staff members Chiara Ramos and Caitlin Butkus created the "Toffolon Mitten Tree" initiative during the last school year and tradition the continues this year. The Mitten Tree is on display at Toffolon over the winter holidays,

but collections of winter mittens and cold weather item donations continue all year. Toffolon families and staff members continue to support those in need throughout our community through their Mitten Tree initiative donations. The items are gathered throughout the school year, and donated to the

PLAINVILLE UNIFIED SPORTS PROGRAM ON THE MOVE!



The Plainville Unified Sports program is on the move once again, picking up a win at the annual "Unified Team Versus Faculty Team" basketball gameheld at Plainville High School on January 19th. Unified Sports is a registered program of Special Olympics that combinesathletes with and without intellectual disabilities or other developmental delays on sports teams. As of last year, Plainville Community Schools was approved to run threeseasons of Unified Sports for middle and high school students in Plainville, includingsoccer and kickball in the fall, basketball and bowling in the winter, and track & amp; field, volleyball, and cornhole in the spring. Coaches for

the program include Plainville HighSchool faculty member Mikayla Wells and Plainville High School Counselor KellyHickey. Faculty member Jennifer Jambard serves as an interim coach, and high

school staff members Lisa LaRue and Lonnie Bradley also support the Plainville UnifiedSports program.

"Unified Sports are played by athletes together with peer helpers who support the athletes' success in each sport," explained Coach Wells. "This season we have 11middle and high school athletes, and more than 15 peer helpers who support the athletes playing the game. We have been lucky to watch the program grow over the past year to the size it is now!"

On January 19th, the Unified team beat the "Plainville Faculty team," comprised of faculty members and administrators from across the school district, in a friendly game of basketball. The high school's gymnasium was filled with families and fans whocheered the athletes on.

"I am incredibly proud of our Unified Sports program in Plainville. This program provides unparalleled experiences for all who are involved, including the athletes, peer helpers, staff, families and our entire community" said Superintendent of Schools, Steven LePage.

Wheeler Students Recognized for Art and Music Achievements



Frank T. Wheeler Elementary School fifth graders Mico Albert and Will Chase were recognized for their achievements in art and music at the Connecticut Association of Schools annual Elementary Celebration of the Arts banquet held at the Aqua Turf on February 7th.

PHS Social Change Association Sponsoring "Prom Wear Drive"

The Plainville High School's Social Change Association is holding a "Prom Wear Drive" from February 27 - March 7. The group is collecting new or gently worn formal dresses, skirts and tops, suits, jackets, slacks, shoes, jewelry, and handbags, as well as monetary donations to fund cleaning and repair of clothing. For each item someone donates, they will be entered into a raffle to win a gift card donated by Craft Kitchen. Prom attire and cash donations may be dropped off at the Plainville High School Main Office, 47 Robert Holcomb Way, between 7:30am and 3:15pm. Donations are also accepted via Venmo at: @phs-blue-devils (note "Prom Wear Drive"). Can't make it during those hours? Contact wasleye@ plainvilleschools.org to schedule a pick-up.

FEBRUARY 27 - MARCH 7 PROM OUTFIT PROM OUTFIT HANGING IN THE BACK OF YOUR CLOSET? CONSIDER DONATING IT TO THE PHS SOCIAL CHANGE ASSOCIATION PROM ATTIRE DRIVE!

Plainville Community Food Pantry. **In photo:**

Louis Toffolon Elementary School fourth grader Dominik Sykut with his donation bag for the "Mitten Tree" initiative at Toffolon!



The Unified Sports team will be participating in a CIAC Unified tournament on March 8th.



DROP OFF DONATIONS AT THE MAIN OFFICE OF PLAINVILLE HIGH SCHOOL (7:30am - 3:15pm) Or contact us to schedule a pick-up!

47 ROBERT HOLCOMB WAY PLAINVILLE CT , 06062

I Pledge Allegiance to the Flag....



Linden Street School Students Celebrate World Read Aloud Day





On February 1st, the Linden Street School community celebrated World Read Aloud Day! World Read Aloud Day (WRAD) was founded by LitWorld in 2010 because reading aloud is a powerful and transformative act. There are over 170 countries around the world that participate in WRAD. Throughout the day, Linden students had the opportunity to virtually meet with authors and illustrators and many guest readers visited Linden classrooms to share a book or two!

Toffolon School Highlights "No Bake Cooking" At Afterschool **Enrichment Program**



Wheeler School Students Celebrate **Reading and Research Project**





Second graders at Frank T. Wheeler Elementary School recently enjoyed a non-fiction reading celebration culminating their hard work in completing a research project and presentation. The students researched information about inspiring people such as Martin Luther King Jr., Rosa Parks, Helen Keller, Abraham Lincoln, and many more. They then created biography projects to answer text dependent questions and to retell non-fiction books. At the conclusion of the project, families were invited to Wheeler to view the students' projects via presentations.



ELIZABETH H. NORTON TRUST **FUND GRANTS SUPPORT NUMEROUS** DISTRICT INITIATIVES

A variety of school district programs and initiatives are underway this year thanks to

grants received from the local Elizabeth Norton Trust Fund.

Linden Street School second grade teacher Joan Corey received a grant to purchase "wobble stools", cushions and sensory items for the classroom. The items allow students to focus and move freely while completing work and participating safely in lessons. At the secondary level, Middle School of Plainville art teacher and PRISMS Club Advisor Laura Meehan received a grant for the club to create and stock a "Giving Shelf" for Middle School students. The shelf holds a variety of hygiene products that middle

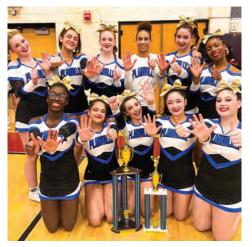
Blue Devil Wrestling Places 6th Overall in Class S Championship



Plainville places 6th placed overall at the Class S Championship. Congratulations to our 5 Blue Devil place winners. They will be competing next week in New Haven for the State Open.

> J. Kennedy C. Theriult-Dinelli J. Boucher N. Dennis A. Quirion La Oz

PHS Cheerleading Team Wins CC **Grand Championship Title**



PHS Cheerleading team won their 6th CCC Grand Championship title, had 5 athletes named to the All-Conference team, and senior captain Seth Anderson was announced as the highest scoring athlete in the conference

Plainville Community Schools Board of Education Members

Rachel Buchanan, Vice Chair **Cassandra Clark** Lori Consalvo, Chair **Roberta Lauria Rebecca Martinez** Laurie Peterson Crystal St. Lawrence **Becky Tyrrell Foster White**

Louis Toffolon Elementary School's "No Bake Cooking" Afterschool Enrichment Program is in full swing. Students in the program recently made homemade lemonade and every student helped squeeze lemons (30 total!) to add to the recipe. The student group makes two no bake recipes weekly and is also working on creating a cookbook with recipes made in the program.

Pictured is staff member Jamie Chacho and Connor Pierce.

schoolers can access if needed, or donate to if they would like.

Elementary Band Director Michael Boncimino received a grant to purchase two drum sets for Frank T. Wheeler Elementary School and Linden Street School. The drum sets support continuing to modernize the music curriculum, and offer a broader variety of instruments for students to access, while improving ensemble quality by providing also enriching percussion experiences for all elementary students in the Plainville school district.

"Elizabeth H. Norton Fund grants have been an incredible, long-time resource in support of school district improvement efforts" said Superintendent of Schools, Steven LePage.

Plainville Board of Education **Plainville Municipal Center One Central Square** Plainville, CT 06062

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MARCH 2023

PLAINVILLE'S HOMETOWN CONNECTION

The Connection Between Neck and Shoulder Pain

Neck and shoulder pain are two seemingly disconnected problems, but they are actually more connected than you think. If you have pain in your shoulder, you might really have a neck problem. And sometimes a sore neck can mask a shoulder problem. So, how are they connected? It's important to understand the connection and find out what's causing the pain so you can get the right care and, on your way to feeling better.

Understanding the Connection

Many people have a difficult time deciding whether their pain originates in the neck or shoulder. This is because pain in your neck can radiate into the shoulders – the nerves that give sensation to your shoulders originate at the neck. The neck and shoulders are interconnected areas. These body parts share bones, tendons and ligaments, connective soft tissues, and nerves, making it easy for pain to radiate throughout these areas.

"Pain from the shoulder area can sometimes be coming from your neck. This is because the nerves and muscles that arise from you neck pass through your shoulder on their way down the arm. The nerves from your neck (Nerve Roots) also travel down your arm (via Brachial Plexus). So, neck pain may extend down your arm. Pain from the neck is usually felt at the top of your shoulder over your trapezius muscle, while pain from your shoulder is felt over your upper arm."

However, many people can experience pain in both the neck and shoulder. It takes an experienced clinician to help you differentiate the two sources of pain.

Available 1st Class Medical Office Suites

300 Queen Street is a first class, 2-story medical office building with great visibility, located in the active commercial center of Southington.

There is currently a 4,731 SF suite available on the first floor and a 1,214 SF Suite available on the second floor.

300 Queen Street offers flexible floor plans, 5/1000 parking and close proximity to I-84.

Please contact Maury Smith of Avision Young for additional information.

Phone 1-860-327-8304 Mobile 1-860-748-2508

Shoulder vs. Neck Pain Symptoms

Even though the neck (or cervical spine) and the shoulder are closely connected, there are accompanying symptoms for each. Health Essentials from the Cleveland Clinic identifies pain that originates in your shoulder typically:

Develops in the shoulder itself or on the outside of your upper arm

Radiates pain into your upper arm

Gets worse when you reach overhead or behind your back, or when lifting

Is worse at night, especially when lying on your side Is more of a dull, persistent ache

Feels better after resting your arm

They also identify that neck pain can cause these

symptoms:

*Radiates to your shoulder blade, or close to or on the side of your neck

*Pain that feels like an electrical shock, sometimes radiating down your arm

*Radiates pain down past your elbow or even into your hand

*Pain that gets worse when you twist or move your neck

*Pain that's not relieved by rest, but may be relieved with support

Causes of Shoulder and Neck pain

While some people experience only neck pain or only shoulder pain, others experience both. Common causes of neck pain (sourced by WebMD) are:

- *Abnormalities in the bone or joints
- *Trauma
- *Poor posture
- *Degenerative diseases
- *Tumors
- *Muscle strain

The same medical professionals' site the common causes of shoulder pain are:

*Strains from overexertion

- *Tendonitis from overuse
- *Shoulder joint instability
- *Dislocation

*Clavicle or upper arm bone fractures

*Frozen shoulder (stiffness and pain in your shoulder joint)

*Pinched nerves (also called cervical radiculopathy) *Rotator cuff tears (rotator cuff is a group of muscles and tendons that surround the shoulder joint, keeping the head of the upper arm bone firmly within the shallow socket of the shoulder)

Getting the Right Treatment

If your neck and shoulder pain is mild, you can help relieve the pain with a few home remedies. For more severe symptoms, see a doctor or licensed Physical Therapist.

Take a break from sports or other activities that may aggravate the area.

Use an ice pack on the area for the first three days after your pain starts. Wrap the ice pack in a towel and use it for up to 20 minutes, 5 times a day. This will help reduce swelling.

Take OTC pain relievers.

Gently massage the neck and shoulder area.

Our team of licensed therapists provide physical therapy for shoulder pain to help improve your function and relieve your pain.

Knowing why you're experiencing shoulder pain is the first step to treating it.

If you are experiencing neck and/or shoulder pain, request an appointment at Physical Therapy & Sports Medicine Centers of Plainville. Call us at (860) 517-8885 or www. PTSMC.com/Plainville. We are here to help you reach your goals and get your life healthier and more comfortable today!



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PLAINVILLE'S HOMETOWN CONNECTION

Which One Is Pink? A Brief Examination of Composers and Lyricists

By Francis Rexford Cooley

Roger Waters announced he is re-recording Pink Floyd's 1973 album, "Dark Side of the Moon," to better reflect his vision of the work. Water's noted to the British paper, "The Telegraph", that "it's my project and I wrote it." Water's pronouncement set social media fan posts a twitter with fans of the band defending Water's downplaying of the other Pink Floyd members' contributions to the half-century old project or objecting to Water's characterization of the work being "his project" and arguing on behalf of guitarist David Gilmour, keyboardist Richard Wright, and drummer Nick Mason's contributions in composing the album. The crux of the fan debate, which has been on-going since before Waters left the band after "The Final Cut" album, centers upon whether one views the success of Pink Floyd as the result of a singular genius or a successful collaboration of lyricist and composers that morphed over time based on changes in how the group functioned.

The question of collaboration is often blurred even when the distinctive roles are clear. Gershwin's "Porgy and Bess" is an American classic. George Gershwin's musical compositions have become American standards. For most however Ira Gershwin, George's lyricist brother, is often unmentioned or forgotten when speaking of "Gershwin" and the twelve shows and four films the brothers wrote together, George as composer and Ira as lyricist. George's early death at 39 left Ira to continue working as a lyricist with a number of other composers including Jerome Kern though it would be his work with his brother that is most recognized today. Likewise in discussing the work of Pink Floyd fans of the band often focus on "which one's Pink?" attempting to define the primary genius within the band rather than

discuss how each member contributed to the success of the band and how that success changed the manner in which the band worked over time.

Pink Floyd emerged from the London music scene with 1967's "Piper at the Gates of Dawn" written primarily by guitarist/singer Syd Barrett. Barrett's mental health issues saw the band recruit guitarist David Gilmour to join the band for their sophomore effort "Saucerful of Secrets." In there subsequent albums, save for 1969's "Ummagumma" for which each member wrote a half of an album side, bassist Roger Waters, keyboardist Richard Wright, Gilmour, and drummer Nick Mason developed a method of collaboration with Waters being the lyricist as well as composing, Gilmour and Wright mainly composing the music, and Mason focusing on sound effects with members bringing in material and working on many of the pieces as a collaborative group. This method of collectively reworking material together in the studio led held together through the making of "Dark Side of the Moon" in 1973 and "Wish You Were Here" released in 1975. The albums have sold an estimated 45 and 20 million copies worldwide and catapulted the band from a live theater act playing the Waterbury Palace Theater in 1973 to playing massive sports stadiums.

The success also made the members tax exiles from the United Kingdom and radically changed the way the band composed their songs. The band became limited in the amount of time they could spend in Britain working so the collaborative method of composition was not as economically feasible for the recording of "Animals" and "The Wall" released in 1977 and 1979 respectively. It also changed the power dynamics in the band. Waters, as Floyd's lyricist, was more focused on the story arc of their albums that had come to define the band from their soundtrack work for the films "More," "Le Valle" (Obscured By Clouds), and "Zabriskie Point" through "Dark Side" and "Wish You Were Here." With the tax issues the members of band faced and time constraints on recording in Britain those tax issues created Waters could, and did, demand his musical vision to dominate the writing and recording of the band's work.

The impact on the band was two-fold. Waters became not only the lyricist but the dominant composer for "Animals" and "The Wall" and only composer for "The Final Cut." Richard Wright, whose jazzinfluenced composition contributions helped fuel Floyd's progressive rock sound, was effectively cut out of songwriting and ousted from the band at Water's insistence during the recording of "The Wall," David Gilmour's songwriting contributions were minimized though he still retained his producer credits, and the band's sound greatly changed to more of a guitar driven shorter rock song format and was still extremely successful as "The Wall" has sold an estimated 30 million copies. Waters decision to embark on a solo career declaring Pink Floyd over led Gilmour to revive the band with Mason and eventually bringing back Richard Wright for three more albums. The last two, "Division Bell" and "The Endless River" (the latter reworked and released after Wright's death) brought back the more collaborative approach of composition with Gilmour and Wright composing in the studio and Mason working on sound effects and the band returning, at least musically to their older more progressive and jazz influence sound. Thus while fans of the band can debate as to "which one is Pink?" what they are really debating is which approach to composition they preferred for the band. For the Pink Floyd themselves the band faced a common and near universal issue of collaborative artistic endeavors, the natural evolution such collaborations must endure including the demise of such endeavors. For Ira Gershwin, it was the death of his brother and working as a lyricist with other composers. For Pink Floyd it was a divergence in preferred methods of writing that accelerated artistic divisions in the band that continue to this day. In the end what should be celebrated is the work that the collaboration created while it existed.

Ready, Set, Read: Superstar Sports Reading Program Kicks Off Weeklong Reading Celebration

More than 1,000 first- and second-graders are participating in the weeklong program with the opportunity to select a new, free, sports-themed book of their choice to take home, along with bookmarks, reading certificates, word searches, and a flyer for parents with tips on engaging children in reading at home.

"Reading is one of the most important building blocks of a child's education, giving them the foundation needed to be successful in school," says CEF President Joslyn DeLancey. "Bringing fun and play into reading and putting a brand-new book in a student's hand encourages them to pick up books and develop reading habits that will help them throughout their life."

This year's Read Across America event brings together the excitement of professional sports and the energy of television, radio, and sports personalities to highlight the fun of reading. On Thursday, March 2, the Connecticut Sun women's professional basketball team will host a basketball clinic at Ridge Hill Elementary School. Throughout the week, guest readers at various Hamden elementary schools will read aloud from the award-winning children's book Jabari Jumps, by Gaia Cornwall. Guest readers include: • Morgan Tuck, former WNBA star, UConn standout, and assistant general manager and director of franchise development for the Connecticut Sun reflected in, as well as real-life sports celebrities that many children recognize. Titles include:

- Arthur and the Best Coach, by Marc Brown
- Cartwheel Katie Woo, by Fran Manushkin
- Good Sports, by Jack Prelutsky and Chris Raschka
- Winner Never Quit, by Mia Hamm

• Salt in His Shoes, by Deloris Jordan, Roslyn Jordan, and Kadir Nelson

Read Across America is a yearly initiative of the National Education Association designed to bring the joy of reading to students of all ages. The event is held the week of March 2 to celebrate the birthday of beloved children's author Theodor Geisel, commonly known as Dr. Seuss.

"We are dedicated to supporting public school teachers, and we understand the importance of literacy and the need to instill a love of reading in our students and get books into their hands," says Renee DiNino, on-air personality at The River 105.9 and director of community affairs for iHeartMedia Connecticut.

"For many years, CEF, the nonprofit arm of the Connecticut Education Association, has been working together with our passionate and dedicated educators across the state to promote literacy," DeLancey adds. "This year, we are fortunate to have a new community partner, the Connecticut Sun, join our returning sponsors, iHeart Radio and the National Education Association, in bringing this program to Hamden students." All materials are also available online for educators across the state at cea.org/read-across-connecticut. For further information, contact Lesia Day at 860-725-6315, lesiad@cea.org. Excerpts: email from

The Patriotic Voice

President Biden's Brother Makes Shady Deal with Saudi Arabians

Joe Biden is the President of the United States. If there's anyone who should be setting an example of being honorable, it's him. And yet, we constantly see how his family is making money off of his position as the leader of one of the most powerful countries in the world.

This time, we're not talking about Hunter Biden. Instead, we turn our attention to Joe's brother James.

New court documents have been revealed by the House Oversight Committee. James Comer (R-KY) has revealed that there's more to be investigated when it comes to looking at the Biden family. Beyond wire fraud, tax evasion, and even money laundering, it looks as though James Biden negotiated a secret deal of \$140 million with the Saudi Arabian government. And this all happened because his brother was the VP at the time.

It all started back in 2011 when the Saudi Arabians refused to pay Hill International, a US construction company, \$140 million. James Biden was brought in to help with the negotiation because, as affidavits show, they "would not dare still the brother of the Vice-President who would be instrumental to the deal." James had a prior working relationship with the company's subsidiary as executive VP, holding a minority stake. There have already been alleged confessions where James Biden said that he dropped his name on purpose knowing that it would help his case.

Renee DiNino, on-air personality at The River 105.9 and director of community affairs for iHeartMedia Connecticut
Laura Hutchinson, WTNH Good Morning Connecticut co-anchor

Hamden elementary schools, with special events taking place on the following days at these schools. In the event of a weather-related school cancellation, that day's events will be rescheduled by Hamden Public Schools for a later date. About NEA The Nationa

"These events not only put new books into the hands of children but also open new worlds and experiences to students," says DeLancey.

Every student will receive a free book to take home. Books include diverse characters that students can see themselves



The National Education Association is the nation's largest professional employee organization, representing nearly 3 million elementary and secondary teachers, higher education faculty, education support professionals, school administrators, retired educators and students preparing to become teachers. Learn more at https://www.nea.org/ The investigation has been picked up and dropped several times already.

Now that the House GOP is taking the lead, we should be able to learn just how shady the Biden family really is.

Plainville Legislators Have Coffee and Talk Issues with Local Residents



To update Plainville residents on the 2023 Legislative Session, State Sen. Henri Martin (R-31) and State Rep. Francis R. Cooley (R-22) held a coffee and conversation at Uncle Bob's Ham and Eggers in Plainville.

The two lawmakers spent the better part of the coffee hour listening to constituents talk about a myriad of issues such as a bill prohibiting the use of certain rodenticides in order to preserve hawk and other raptor populations in the state, a proposal to require heating and cooling levels at animal shelters, the latest on early voting, littering on Routes 372 and 10, an ill-conceived proposal to eliminate SROs in our schools.

"I want to thank everyone who came out. In my short time as the State representative for the 22nd District, my favorite part of the job is talking with and getting to know residents and the issues they are passionate about," said Rep. Cooley. "I will take these thoughts and conversations to the State Capitol as debate on these issues move forward."

Sen. Martin said, "We are elected to represent the people of our districts. It is imperative that we hear from them and about the issues that matter to constituents. I appreciate members of the community that came out to be heard. It is our duty to take concerns, whether those be on the state or local level to the proper officials."

If members of the public have any additional questions or couldn't make the event but would like to connect with the representatives, please call (800) 842-1423 for Rep. Cooley or (860) 240-8800 for Sen. Martin.

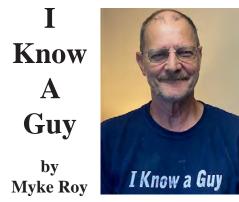
Ask the Brayne...

Q. Someone told me that our President Joe Biden is keeping the Southern border open because his son has a deal with the Cartel and China. If that is the case then the President & Vice President are perhaps also getting a cut.

A. I believe this Republican Congress will be investigating them. I will keep checking it out also.

Q. Is it really true, that the Classified page ads are FREE?

A. It is FREE for you because Stan Mizzy pays for the page! He is the owner of Mizzy Construction Company on East Street. In fact the entire paper is FREE for you and every household and business in town because of the businesses that advertise pays for the printing and mailing each month. The paper is produced by all volunteers. starts of the business in the paper is produced by



Is it March already? I am sitting here on the last weekend of February writing my column. For some reason the older I get the quicker time seems to pass. February was actually not a bad month; the above average temperatures helped save us some money on heating our homes and businesses, gas prices seemed to stay in check, and although inflation is rearing its ugly head it could be so much worse...we could be living under the rule of a murderous dictator. So that being said, let's try and save some money.

1. Make a list of all the food you throw out this month such as spoiled leftovers, soggy lettuce, food that has expired and so on. This may not help you much this month, but it will show you an area you can always save money. By writing down the food you throw away it may actually help you in finding creative ways to use up everything in your fridge or pantry before it goes bad.

2. Get stuff for free. You would be surprised how much good stuff there is out there that people are just giving away. I have a neighbor who accepted a job in Boston, so in exchange for me helping him with a couple of small projects around his house, he gave me several pick-up loads of things he no longer wanted or needed. A lawn mower, three air conditioners, a gas grill and furniture just to name a few things. You can also check out places like Craigslist and Facebook

Marketplace.

3. Although I am not a fan of credit cards I believe if used properly, they can actually put money in your pocket. I know a woman who has a credit card from one of the big box stores. She uses it on almost all of her every day purchases and pays it off each month. She just received a check for over \$160.00. She was buying these things anyway, the only difference was that she used the credit card instead of cash.

4. I have a checking account at one of the banks in Plainville. I am not going to mention which bank because I don't want to upset anyone. Not only is the checking account free, whenever I swipe my debit card for purchases over twenty five dollars, they give me back twenty five cents. Just check around.

5. Never pay full price for something. Always look through the sale flyers before going shopping and plan your meals around the food that is on sale whenever possible.

6. Wait forty eight hours before making any purchases over \$100.00. That's right, I have seen this pot and pan set that I really want. Well actually it is a toss up between 2 sets. One is \$150.00 and the other is \$230.00. I have been eyeballing these sets since the week after Christmas. The funny thing is, I don't need new pots and pans...I want them. But by waiting forty eight hours, I realize that it is a want and not a need. I am much better served saving the money for something that I need.

7. Shop at thrift stores. You would be amazed at how much money you can save by buying used instead of new. Well there you have it. So what are you going to say when someone asks you where all this information is coming from? Just say "I Know a Guy".

Dear friend,

Reduced demand from warm weather and increased production from shale suppliers have led to a sharp decrease in electricity prices. CT consumers must closely watch the electricity market and make appropriate choices, so they are not stuck paying a high bill. It could mean hundreds of dollars in savings each month. Below are essential things to keep in mind.

Your electricity bill consists of two parts- Supply and Delivery: Supply refers to the electrons flowing when you use your lights. Delivery refers to the costs for

To submit questions call 860-747-4119

E-mail: plainvillehometown@gmail.com or write to: Hometown Connection, 27 Sherman Street, Plainville, CT 06062

Deadline for submitting questions is the 15th of the month Thank you for this issue questions. Please keep them coming! Happy St. Patrick's Day

To List Tag Sales, Club Activites & Fund Raisers E-mail to: plainvillehometown@gmail.com or mail to: Hometown, 27 Sherman St. Plainville, CT 06062 wires and substations needed to get those electrons flowing to your home. The critical point is that supply is deregulated, and its price is volatile and goes up and down based on market forces. On the other hand, delivery is regulated, which means that the price is set by the monopolistic utility (Eversource or UI), and any change has to be approved by the state regulator. For example - if a household consumes 400 Kwhr in a month, their supply cost could be \$32 or \$96 depending upon the supplier contract. However, the delivery cost will be 12c / Kwhr for every household. One can review and compare various suppliers conveniently on www.energizect.com

If you do not choose a supplier, you get default standard service prices: Many residents believe that the entire bill is approved by the regulator and never compare and shop for electricity. If customers do not choose a supplier, the statute requires that Eversource and UI procure electricity for those customers. The standard service for the first half of 2023 was procured via auctions over the last 18 months at an astronomical price when natural gas prices were high and is 24c / Kwhr,



MARCH 2023



Best Offer! Queen Size Head Board & Foot board with railing

> \$60.00 Or Best Offer!

Vanity Table 28" wide with Mirror & Chair \$75.00 Or Best Offer!

Call Jackie 860-770-9983

For Sale 21 M & M Characters Like New Condition Any Reasonable Offer is fine! Call 860-747-3274 "Leave a message if no answer, for a return call"

2006 Chev-Silverado Truck "A" CREAM-PUFF Good Shape "Extra-Extra" Low Milage **ONLY SERIOUS OFFERS** CONSIDERED **Call for Appointment** 860-628-7535 Leave call back number

This offer of FREE ads by Mizzy Construction, Inc. are just for you! So, this is an opportunity to sell items you no longer need and/or an opportunity to buy items that you wanted but didn't think you could afford. All other newspaper's Classified Ads are mostly for out-of-town ads. Now, you can advertise your excess items and/or shop right here in Plainville. Call (860) 747-4119

Commitment to America

If you are 60 Years or older **Come & Join the Most Active Senior Center in** the State! Plainville **Senior Center East Street** Call for listing of activities: 860-747-5728 See Senior News on Page 19





 \Box Rein in the IRS

 \Box Secure the Border

 \Box Fund the Police

□ Unleash American Energy

□ Secure our Elections

 \Box Curb Inflation & Spending \square Pass the Parents Bill of Rights

We're going to build (1) an economy that's strong, (2) a nation that's safe, (3) a future that's built on freedom, and (4) a governmen that's accountable -

The only thing missing is YOU!

ARE YOU IN?

*A new 'Breakfast Club' get-together is being offered – one for men and one for women. This will give our members an opportunity to socialize while enjoying a meal at D'Marie's. Please call the Senior Center to register. *The annual Chinese Buffet Luncheon is set for March 2nd to celebrate the Year of the Rabbit. *Join us for the day-long Women to Women, Aging Gracefully and Confidently. This event will be held on March 23rd and will include a continental breakfast, workshop offerings, lunch and give-aways. *Hartford Hospital's Mobile Mammography will be at the Senior Center on April 4th from 8:00 a.m. – 2:00 p.m. Appointment and pre-registration are required. Phone numbers and more information on Page 19.

Young at Heart.....Plainville Seniors

PAINVILLE SENIOR CENTER ACTIVITIES

Maxine Kollar Editor/Office Assistant

HELP FOR VETERANS

Veterans Service Officer, CT Department of Veterans' Affairs, Eric Vickers, will be at the Senior Center March 1, 2023 at 10:00 AM. By appointment only. To schedule an appointment, call Eric at 203-805-6343.

BETTY WHITE, HER LIFE AND TIMES

Join the Plainville Senior Center on Thursday, March 9 at 10:00 AM for a FREE presentation from Joe Ouellette, "The History Guy" on Betty Marion White Ludden, an American actress and comedian. White was noted for her vast work in the entertainment industry and being one of the first women to work both in front of and behind the camera. Let's share a few moments in laughter. Remember Password, Mary Tyler Moore Show, The Golden Girls, Saturday Night Live, Hot in Cleveland and many more funny moments. Call the Senior Center at 860-747-5728 to register.

PET THERAPY -COME & GET SOME RYDER LOVE!

Ryder, a Golden Retriever, a Pet Therapy dog will be at the Plainville Senior Center on Monday, March 13 from 10:00 AM to 11:00 AM. Ryder loves to visit with everyone! Ryder and his 'Mom', Karen, are registered with Pet Partners and have been visiting hospitals, schools, colleges and Senior Centers since he was 2 years old. He has visited with babies as young as 7 months and seniors as old as 103! He likes hugs, kisses, belly rubs and pets. Call the Senior Center at 860-747-5728 to register.

CAREGIVING CONNECTIONS

Connect with other caregivers on Tuesday, March 14 at 10 AM at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

AARP SMART DRIVER

Sign up for this AARP Smart Driver class on Wednesday, March 15 from 12:30 PM to 4:30 PM at the Senior Center. This class teaches valuable defensive driving strategies & provides a refresher for the rules of the road. You may qualify for an auto insurance discount by completing the course (check with your auto insurance agent for details). COST: \$20—AARP MEMBERS. \$25—NON-AARP MEMBERS. Call the Senior Center at 860-747-5728 to register.

SNAPPY SENIORS PHOTOGRAPHY-FOR SENIOR CENTER MEMBERS

Share photos on Thursday, March 16 at 10:30 AM at the Senior Center. Show us something you learned OR a special photo OR one of your all time favorites! Bring ideas for future classes, trips and lectures. Call the Senior Center at 860-747-5728 to register.

MEMORY CAFÉ AT THE SENIOR CENTER-OPEN TO THE PUBLIC

The Plainville Senior Center will host a memory café on Thursday, March 16 at 2:00 PM. Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging. Call the Senior Center at 860-747-5728 to register.

COME TALK TO YOUR LEGISLATOR MONDAY, MARCH 20, 9:30 —10:30 AM CALL THE SENIOR CENTER TO REGISTER

*Local lawmakers State Rep. Francis R. Cooley (R22) and State Sen. Henri Martin (R-31) will be speaking at the Senior Center to provide a legislative update on the state issues near and dear to Plainville seniors.

*The event is designed to provide residents with an opportunity to speak with each of the lawmakers in a relaxed setting about issues affecting the district, bill proposal ideas, or other legislative related topics.

*If you have questions or cannot make the event but would like to connect with representative, please call 800-842-1423 for Rep Cooley or 860-24-8800 for Sen. Martin.

Sen. Henri Martin serves on the Finance, Revenue & Bonding Committee, Ranking Member, Commerce Committee, Ranking Member, Transportation Committee, Member and Executive & Legislative Nominations Committee. Member. Rep. Francis Cooley serves on the Education Committee, Higher Education and Employment Committee and the Environment Committee.

COVID-19 BOOSTER CLINICS OPEN TO THE PUBLIC MONDAY, MARCH 20 AND APRIL 10, 9:30 AM—12:00 PM. NO APPOINTMENT OR REFERRAL NEEDED, WALK-INS ONLY

AT THE PLAINVILLE SENIOR CENTER Pfizer COVID-19 Bivalent Boosters offered by Wheeler's Family Health & Wellness Center.

Please bring your insurance cards, IDs and Vaccine Cards with you. Only the Pfizer COVID-19 Bivalent Booster will be offered. You can get the Pfizer COVID-19 Bivalent Booster even if you have had the Moderna vaccine in the past. The Pfizer COVID-19 Bivalent Booster is available to those who have had the primary two shot series and the COVID-19 booster in the past. There must be a two month time span from your last COVID-19 vaccination prior to being able to receive this booster. Note the Bivalent Booster is a one-time booster, you cannot get two bivalent boosters.

The clinics are made possible by a grant to Wheeler from the U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA).

GRANDPARENTS RAISING GRANDCHILDREN

BEYOND THE AMISTAD: BLACK HISTORY

The CT Historical Society will be presenting a FREE program at the Plainville Senior Center on Wednesday, March 22 from 2:00 PM to 3:00 PM. Tour the items from the CT Historical Society representing a spectrum of the Black experience in CT. You'll learn about a Harlem Renaissance writer, examine daguerreotypes by Augustus Washington, browse through the photo album of a Hollywood actress and marvel at the gorgeous costumes created by CT's West Indian community. This informative program will also provide insight into the Civil Rights movement in our state. Call the Senior Center at (860)747-5728 to register.

WOMEN TO WOMEN,

AGING GRACEFULLY AND CONFIDENTLY Join other ladies on Thursday, March 23 from 9:00 AM to 2:00 PM at the Senior Center for the day-long Women's Day Conference. Start the day with a continental breakfast after which you will be able to pick from 4 different topics pertinent to women as we age gracefully. They will include: The Benefits of Healthy Sleep, Cardiac Health in Women, Urinary Health and Why We Never Mention It, and Brain Health. Our keynote speaker, Heather Hitchcock, Community Education Manager, Bristol Behavioral Health, will present: "Who are Your People and Where are They Hiding?" Why is socialization so important in healthy aging and how you can develop friendships, create joy and find the spark to make life more fun. Following the workshops, enjoy a Panera lunch of sandwiches, salad, chips and dessert. One lucky lady will be eligible to have a free makeover (during lunch) by famed celebrity make-up artist and educator, Joby Rogers. Call the Senior Center at 860-747-5728 for cost and registration information.

VETERANS' SOCIAL HOUR

Join other veterans at the Plainville Senior Center on March 28 at 10:00 AM. These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.

MAMMOGRAPHY BUS

Hartford Hospital's Mobile Mammography program will be offering screening mammograms on Tuesday, April 4 between 8:00 AM and 2:00 PM at the Plainville Senior Center. The Mobile Mammography bus will be in the Senior Center parking lot. These mammograms are offered for women over the age of 40 who have not had a screening mammogram in the past 12 months. Hartford Hospital will accept all health insurances and if a woman has no health insurance, donated funds are available to cover the cost of her screening. Appointment and pre-registration is required. Call the Senior Center at (860)747-5728 to register by

March 17.

ST. PATRICK'S DAY LUNCH THURSDAY, MARCH 16, 12:00 PM Cost: \$12.00. SIGN UP BEGINS MARCH 1. MUST REGISTER BY MARCH 13.

Enjoy a traditional corned beef and cabbage lunch including potatoes, carrots, cabbage, Irish soda bread, and dessert. Following lunch, the Senior Center's very own ukulele players and singers will serenade guests. If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group on Tuesday, March 21 at 10:30 AM, at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center at 860-747-5728 to register.

INCOME TAX APPOINTMENT SIGN UP

The Plainville Senior Center will once again host AARP Tax-Aide, a free program that provides income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers. The dates for 2023 (tax returns for calendar year 2022) are every Tuesday and ending Tuesday April 11. Appointments are required. Call the Senior Center beginning Wednesday, January 18 to schedule an appointment. IMPORTANT REMINDERS: Before your appointment, please stop by the Senior Center to pick up a checklist of items required to bring to your appointment and an intake packet that MUST be completed before your appointment.

860-747-5728

Plainville Senior Center, East Street Senior Center Hours: Mon. 9:00-6:00 pm, Tues. Weds. & Thurs. 9:00-5:00 pm, Fri. 9:00-1:00 pm

Shawn Cohen, Director Ronda Guberman, Assistant Director

OBITUARIES

~ Steven R. Carter ~



64, loving husband, father, and grandfather, of Plainville, passed away peacefully on Saturday, February 4, 2023 in the comfort of his home surrounded by family. He was the beloved husband of 39 years to Mary (Kammel) Carter.

Steve was born in Springfield, MA on October 7, 1958 son to Catherine J. (Boulia) Carter and the late Richard H. Carter. A faithful man, he was a communicant of Our Lady of Mercy Church and was a member of the Knights of Columbus. He worked as a project manager at Cushman & Wakefield for many years. Steve was a lover of music, especially country tunes, and enjoyed playing the guitar. He covered various songs by classic country artists, always with his family as his biggest fans. He loved fishing or kicking back to watch the UCONN Huskies basketball games. Above all, he cherished the time surrounded by his family and friends and they will miss him deeply as they remember his great sense of humor, unfailing love, and heart of gold.

In addition to his wife, Mary, and his mother, Catherine, Steve is survived by: his daughter, Tanya Paradis and her husband, Aaron; his son, Jesse Carter; his grandson, who he was blessed to meet, Charlie Paradis; 3 brothers, 4 sisters, and their spouses; 1 sister-in-law, 2 brothers-in-law and their spouses; and multiple nieces and nephews.

Funeral services were at Plainville Funeral Home, 81 Broad St., Plainville. A Mass of Christian Burial was celebrated on Saturday. at Our Lady of Mercy Church. Family and friends gathered at Plainville Funeral Home. In lieu of flowers, donations in memory of Steve can be made to the American Cancer Society, 111 Founders Plaza 2nd floor, East Hartford, CT 06108 (cancer.org). For more information or to leave online expressions of sympathy, please visit www.PlainvilleFuneralHome. com.

~ Daryl Anthony Hinkson ~



It is with great sadness that his family announces the passing of Daryl Anthony Hinkson on Friday, January 13, 2023. He was the beloved father of daughter Jessica Hinkson of Ashland, MA and son Dennis Hinkson, daughter-in-law Kimberly, and grandsons Gabriel and

Logan of Southington, CT. He also leaves a brother Robert Hinkson and wife Jeannette of Kissimmee, FL, brother-in-law Gerald Unwin and wife Rosemarie of Southington, CT, cousin-in-law Barbara Duffy of Old Saybrook, CT, and several nieces and nephews.

Born February 3, 1946, Daryl was the son of the late Stanley and Pauline Hinkson. He served his country in Vietnam, earning the Purple Heart for his bravery and sacrifice. After returning home, he met and married the love of his life, Janet (Unwin), who predeceased him in 2003.Daryl worked as a skilled electrician for many years throughout central CT, recalling most fondly his many years at New Britain General Hospital where he is remembered for his kindness and ease in making new friends. He was happiest playing with his grandkids, fishing on the open water, chasing down genealogy leads, working with stained glass, wrestling with very large dogs, and tinkering with one of his countless ongoing projects. Funeral services for Daryl were with a service at Farrell Funeral Home, 110 Franklin Sq. New Britain. Burial with Military Honors followed in St. Thomas Cemetery, 209 Belleview Ave, Southington CT. Visitation were held at the funeral home. In lieu of flowers, donations in Daryl's memory can be made to the American Kidney Fund http://www. kidneyfund.org/

~ Colon V. Cox ~



81, of Bristol, passed away after a brief illness on Tuesday, February 7, 2023 at Bristol Hospital. He is now reunited with his loving wife of 53 years, Jeneanne Marie (Detour) Cox and his granddaughter, Kennedy Cox.

Colon was born in Caribou, Maine on July 4, 1941 son to the late Delmar and Georgia Cox. He grew up in Maine and married his better half, Jeneanne, who was truly the love of his life. Together they raised a family of five and proudly watched the family grow with the younger generations. Colon served our country in the U.S. Army and retired as a coach bus driver after many years of dedication. Colon enjoyed working on cars back in the day and he had a love for NASCAR and watching Old Western Movies. The family genealogist, Colon found excitement in researching family member history, visiting many cemeteries over the years to connect the family tree. His family will forever remember and love him as the "grumpy old man" that he was.

Colon is survived by his children, Bradley Cox, Brian Cox, Elizabeth "Lisa" Cox, Shelly Cox, and Robin Cruz, all of Bristol; his grandchildren, Corey, Kylie, Shana, Alexia, and Jacob Cox; Taylor and Josh Martin, Maggie Siemiatkaska, Noah, Kyle, Melanie, and Amber Cruz; his great-grandchildren, Oliver, Luis, Calvin, Hendrix and was expecting another great-grandchild due in the summer of 2023; his brother, Richard McDougall and his wife, Phyllis, of Southington; his nephew, Richard McDougall II; and his nieces, Karen Roy and Pamela Angelillo; and several extended family members. He also leaves behind his four-legged best friend, JC.

Colon's family will celebrate his life privately. He will be buried with his wife, Jeneanne, in Maine at a later date.

The staff at Plainville Funeral Home, 81 Broad St., Plainville extend their gratitude to the Cox family for their trust. For more information or to leave online expressions of sympathy, please visit www. PlainvilleFuneralHome.com.



~ Nolan James Derosier ~



fun-loving, freckled face and much loved son, brother, nephew and friend, left this earthly life tragically on Sunday, February 12, 2023.

He leaves his heartbroken parents, Doug and Kelly (Marquis) Derosier; his older sisters who will miss his

teasing and mischievous ways, Grace, Faith, and Hope Derosier; his uncles, Rob Marquis, his wife Kerry and their children, Madelyn and McKenna and Donald Derosier, Jr., his wife Kimberly and their children, Colby and Shea and her fiancé, Travis. He also leaves his Godfather, Dave Marquis; his adopted grandparents, Cathy and Gerry McQueeney; countless friends, teammates, extended family, his church family at St. Paul Episcopal and his three-legged best buddy, "Charlie".

A young "foodie", Nolan loved all things seafood and anything spicy and enjoyed being an assistant chef in the kitchen. He was a lover of the outdoors, and of shadowing his Dad doing "guy stuff" including fishing, building, or repairing, all while listening to his eclectic mix of music from classic rock to old school hip-hop. Always active, he played a variety of sports including football with the Colts and baseball with Plainville Little League, and recently took an interest in golf; but most days he could be found walking at Norton Park blasting his favorite tunes. Forever 13, he was an old soul with a helpful heart, who was loved by many and will be missed beyond words.

Those who wish may assist Nolan's family with contributions to the Derosier Family Fund, c/o Liberty Bank, 48 East St, Plainville or by visiting the following link: http://spot.fund/rlkg1sc Additionally, this tribute page will be updated with any future fundraising events being held in his honor.

Family and friends gathered at Plainville Funeral Home, 81 Broad St, Plainville. Prayers and words of remembrance were shared. Casual attire, in Nolan's favorite color Blue, was welcome and encouraged! To share memories and expressions of sympathy, please visit www.PlainvilleFuneralHome.com

~ Jacqueline ("Jackie") Marie Watrous (Faria) ~



61, has joined our Lord and Savior Jesus Christ. The daughter of Antonio and Denise Faria (deceased), Jackie is survived by her husband of 39 years, Michael J. Watrous, four children, three grandchildren, four sisters, and several nieces, nephews, and friends.

Family was "the spice of her life," and she loved to host big gatherings where all were invited. Creative and caring, Jackie was always there for those in need.

A wake for Jackie was held on at Plainville Funeral Home, 81 Broad St., Plainville. A Mass of Christian Burial was celebrated at Our Lady of Mercy, 94 Broad St., Plainville. Everyone is asked to meet directly at the church. Burial followed in Saint Mary Cemetery, New Britain. In lieu of flowers, please consider donating to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 (stjude.org) to continue Jackie's monthly contributions. For more information or to leave online expressions of sympathy, please visit www.PlainvilleFuneralHome.com.

> **MOM** She brightened the sky on a cloudy day, and brought happiness and friendship

OBITUARIES

~ Jacqueline (Thompson) Ferguson ~



Farmington, 91, of formerly of Plainville, passed away peacefully on Wednesday, February 8, 2023 at the Hospital of Central CT New Britain General Campus. She is now reunited with her loving husband of 55 years, Thomas Ferguson,

who predeceased her in 2008.

Jackie was born on March 27, 1931 daughter to the late Katherine (Hogan) and Raymond Thompson. She grew up in Plainville, attended local schools and graduated from Plainville High School. A talented athlete and sports enthusiast, Jackie was inducted into the Plainville Sports Hall of Fame Basketball team and was a dedicated fan of the UCONN women's basketball team. In addition, she was an avid golfer and enjoyed bird watching, gardening, and, of course, her Coors Light. Alongside her husband, she owned and operated Ferguson Electric Co., Inc. until 1995. In 1999, she purchased Sullivan Benson and operated the business until her passing. Jackie was well-known and respected in town as she supported the many organizations that her husband was involved in through the years. She was a member of the former Church of Our Saviour in Plainville and the VFW Ladies Auxilliary. Jackie loved traveling, especially to her vacation home in Myrtle Beach, SC, where she made lifelong friends, including her cherished friends, June and Dottie. She was a genuinely compassionate, strong-willed, business-minded lady who will be missed dearly leaving her family, friends, and employees with many cherished memories.

Jackie is survived by her son, Lee T. Ferguson and his significant other, Joanne Erdman, of Farmington; her daughter, Dale Stroczkowski, of Amherst, NY; her grandsons: Ryan Ferguson and his wife, Kayla, of Farmington, Geoffrey Ferguson and his wife, Lindsey, of Bristol, Thomas Ferguson, of Plainville, Andrew Ferguson, of Farmington, and Nicholas Stroczkowski and his wife, Katie, of Kenmore, NY; her granddaughters: Caitlin Thibodeaux and her husband, Elvin, of Dallas, TX and Alison Stroczkowski, of Chicago, IL; her greatgrandchildren: Emilia, Everleigh, Leo, and Declan Ferguson, all of Farmington, Jack Ferguson, of Bristol, and Ethan, Jacob, and Nathaniel Ferguson, all of Wallingford; and several nieces, nephews, and extended family members. She was predeceased by her sisters, Leatrice (Dee) Carroll and Janice Thompson.

A funeral service was held at Plainville Funeral Home, 81 Broad St., Plainville. Burial followed in West Cemetery, Plainville. Family and friends gathered. at Plainville Funeral Home. In lieu of flowers, memorial contributions in Jackie's name may be made to The Plainville High School Athletic Backers Club, P.O. Box 664, Plainville, CT 06062. For more information or to leave online expressions of sympathy, please visit www. PlainvilleFuneralHome.com.

~ Frank "Chick" Wilbert Ierardi ~



Bantam, Ct. died of peacefully on February 1,2023 with his wife and his fairy goddaughter by his side. Chick was born on June 23, 1933 in New Britain, Ct. to Earl and Dorothy (Coons) Ierardi. Chick is survived by his wife, Carolyn Ahern, his

daughters Laura McBride and Francine Bashir, his honorary son Scott (Sally) Perron, his grandchildren James (Jaime) McBride, Joshua McBride, Sarah (William) Cruz, his great grand princesses Jemma and Julia McBride, his great grand princes Cameron "Cal" and William "Scooter" Cruz, his sister Patricia (Bruce) Logan, his nephews Kevin and Brian (Marlyn) Logan and Drew Sagal, his nieces Dr. Debora Logan and Kaili Sagal, his great nephew AJ (Stephanie) Wright, his great nieces Brittany and Samantha Logan, his fairy godchildren Shannon (Kyle) Hassmann, Collin and Kelly Dunn, his Aunt Beverly Werner, his brother -in- laws Edward, Steven and Joseph (Geri) Ahern and Karl Sagal and numerous cousins and friends throughout the world.

Chick was predeceased by his parents, his son James "Moose" Ierardi and his best friend Donald Perron heaven just got a little more lively now that Chick & Don are reunited.

Chick was a tool and die designer for 30 plus years and had a second career at Tunxis Golf Club. Chick was a talented artist and musician and played bass in a band for many years. Chick was very proud of his service in the Air Force. Chick absolutely loved spending time with the multiple generations of "kids" in his life and looked forward to attending their sports events, concerts and school events, playing games especially scrabble, eating breakfast together and going on all kinds of adventures - many of them where "there are trees". Chick loved golf, his radio controlled airplanes, traveling, visiting SC and Fla, Deb's piano playing, cooking usually with a glass of Kendall Jackson Chardonnay in hand, his house in the woods, his tractors, the Giants and Yankees, watching the games and talking about sports, the latest projects and wildlife with Mike, catching up on the news with Kim, hot margaritas and a good G&T. Chick always had multiple projects going and he left Carolyn a number of projects to complete along with a couple of 6 packs of Yuengling since every project should finish with an ice cold beer.

Chick's physical presence will be sadly missed however he lives in the hearts of many and will continue to watch over those he loves.

A Memorial Mass will be held at Our Lady of Lourdes Shrine in Litchfield, Ct. on Saturday, June 10, 2023 at 1 pm. Chick felt strongly that no child should ever go to bed hungry. Donations in honor of Chick can be made to Connecticut Foodshare, 2 Research Parkway, Wallingford, Ct. 06492

~ Charles William Porter ~



80, of Plainville passed away peacefully after a brief illness on Wednesday, February 1, 2023 at Hartford Hospital. He was the loving husband of 58 years to Jean (Carucci) Porter.

Charlie was born on November 11, 1942 in New Britain, CT son to the late

Charles C. and Kathryn (Pryor) Porter. He worked for Pratt and Whitney as a millwright and retired after 42 dedicated years. Charlie was an active member of the Southington Elks Lodge No. 1669 and the Plantsville Polish Falcons of America Nest 307. He was a lover of the outdoors and embraced the beauty of nature, whether that be by sitting on his deck reading a book or maintaining his lawn. Charlie was a motorcycle enthusiast and cherished the time spent riding his Harley Triglide, taking many trips over the years both locally and long distance. He held an annual pass through the National Park Services for over 15 years and was always willing to go on the next adventure accompanied by his wife. Together they traveled many miles on the motorcycle and if it was up to Charlie the rides were always hours' worth. Charlie was a simple man and never took a nice day to ride for granted as no hour is wasted when spent on two, three, or four wheels.

In addition to his wife, Jean, Charlie is survived by his daughter, Heather Seymour and her husband, Jon, and their daughters, Shayla and Paige Seymour; his son, Lawrence Porter and his wife, Mary, and their son, Benjamin Porter; his nephew, Craig Giomblanco and his wife, Roberta, and several other nieces and nephews; and his good friends, Cindy and Brian Umberger and Sharon and Bob Crosle. In addition, he leaves behind his golden doodle, Bailey. Charlie's family will honor his life privately. In lieu of flowers, donations may be made to organizations that Charlie proudly supported: St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or Wounded Warrior Project, P.O. Box 758516, Topeka, Kansas 66675-8516 or Tunnel to Towers Foundation, 2361 Hylan Boulevard, Staten Island, NY 10306. The staff at Plainville Funeral Home extends their gratitude to the Porter family for their trust.

~ Pasquale Avallone ~



Naples Italy, Pasquale came to the US with his family, in search of the American dream. He made the dream a reality by starting a business, a family, and a church. He was the pastor of Grace Faith in Christ Christian Church in

From a small, humble town in

Plainville for over 15 years. He valued hard work,

An Unusual Gift To Plainville Food Pantry

Kevin Palladino, owner of Pals Power

He will clean your cemetery monument and in return, you can make a donation check to the Plainville Food Pantry. Kevin noted that we have three cemeteries in Plainville To contact him: Phone: 860-919-8748

Email: palspower@aol.com www.palspowerwashing.com "Don't be a statistic Call Pals Nowfor a Cleaning"

NOTICE: SAINT JOSEPH CEMETERY

No mulch is allowed in front of any cemetery markers. It is difficult to maintain the placement of the mulch when mowing the grass or during the process of cutting weeds around the stones. Please help us keep the cemetery tidy and clean.

Thank you.

passed peacefully in his home, surrounded by loved ones, from family & friends, to brothers and sisters of his faith. He leaves behind his loving wife Sherry, his children Victor, Franco, Nikolas, Amanda, his step-

children Michael, Haley, and Brady, his grandchildren MiaBella, Mackenzie, Reese, Karlee, Ashton, and Lyla, his siblings Franca and Franco, and all extended family.

helping others and most of all his family. Pasquale

Family and friends gathered at Plainville Funeral Home, 81 Broad St., Plainville. A service in celebration of Pasquale's life was held.. Pasquale will be laid to rest alongside his grandfather and mother, Vito and Assunta Colossale, in Saint Mary Cemetery, New Britain. For more information or to leave online expressions of sympathy, please visit www. PlainvilleFuneralHome.com.

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~ Thomas St. Onge ~



74, beloved husband of 56 years to Rachel (Cyr) St. Onge, of Plainville, died peacefully on route home to Connecticut from his second home in New Smyrna Beach in Florida.

Born on March 21, 1948 he was raised in Madawaska, Maine and he moved to

Connecticut in 1966 after his marriage to Rachel Cyr. He is survived by Rachel; his son, Robert (Bob) and Marietta (Krahula) St. Onge; his daughter, Debra and Kevin McMahon; and his six grandchildren: Sierra, Cassandra and Jesse St. Onge and Una, Adam and Andrea McMahon. He was predeceased by his mother, Adeline (Pelletier) St. Onge and his father, Normand (Paul) St. Onge; his sisters, Carol Plourd and Lorraine St. Onge; his brothers, Robert and Don St. Onge; and many beloved Pelletier and St. Onge Uncles and Aunts. A special Aunt, Rita St. Onge, is still going strong at 97.

He leaves three brothers and one sister: Richard and Elsie (Campbell) St. Onge, of Old Orchard, Maine; Daniel (Dan) and Sheila (Mitchell) St. Onge, of Saraland, Alabama; James (Jim) and Maria St. Onge, of Bristol; Linda (St. Onge) and Jim Leis, of Stoneham, Mass.; his sister-in-law, Margie St. Onge; his brother-in-law, Maurice Plourd; and many nieces and nephews.

Tom will be missed by his friends at McDonald's coffee get togethers as well as his friends at the Senior Center. Tom was a sociable friend to all around town where he knew and spoke regularly to every grocery cashier. He frequented and supported Plainville small businesses and recommended each to the other, making connections that helped many people get the right person for the job or connect old friends.

Tom was known by coworkers as a very hard worker. He started out his 40 years as a meat cutter at various stores in the area, becoming manager and even owned his own butcher shop in Farmington. He even worked part time butchering meat when he started working at Pratt and Whitney Southington Repair until he was transferred to Hartford Engine Repair as manager of the paint shop where he retired after 29 years.

His retirement took Tom and Rachel by RV to Alaska via several National Parks, visiting family in Boise, Idaho and Bremerton, Washington, and driving the Yukon and British Columbia provinces of Canada. Maine was a regular RV trip for reunions and seeing friends like Jacques and family. Camping on the Cape or at Fishermans Memorial with the Gondeks, Sebastians, Noyes and our kids were special. Our regular RV trips in winter to Florida to visit Bob and Gloria or Dick and Marilyn Ruff led to purchasing a 5th wheel which we enjoyed the last three years.

Tom's adult kids and 6 grandkids are his proudest accomplishments. Helping them with college or buying a car made him feel closest to them. He will

~ Salvatore J. Cristofaro ~



91, loving husband, father and grandfather, of Plainville, passed away peacefully on February 19, 2023 in the comfort of his home, surrounded by his family. He was the beloved husband of 64 years to Vincenzina (Olivadese) Cristofaro. Salvatore, fondly known to

all as "Joe the tailor" was born in Girifalco, Calabria, Italy on June 2, 1931, to the late Elizabeth (Marinaro) and Salvatore Cristofaro. In addition to his parents, he was predeceased by his three brothers, Michael, Dominic, and Rocco.

Salvatore apprenticed with a tailor in his hometown and, at the age of 17, he left Italy and came to Plainville. His first job as a tailor was at Magson Uniforms in New Britain, doing alterations on suits and uniforms. He was paid \$18 a week. His room and board was \$15 a week. In spite of only netting \$3 a week, within a few years he took over a small tailor shop on West Main St. in Plainville and eventually bought Yale Cleaners, expanding it to Yale Cleaners and Tailors which was a fixture in downtown Plainville for many decades.

In 1958, Salvatore returned to Girifalco to marry Vincenzina. He brought his bride back to Plainville where they have resided ever since. Salvatore and Vincenzina, more commonly known as Joe and Maria, raised their family initially consisting of two daughters, which over the years grew to include two sons-in-law and five grandchildren.

In addition to his wife, Maria, Joe is survived by his daughter, Attorney Elizabeth M. Cristofaro and her husband Attorney Raymond R. Cuatto, Jr.; his daughter, Maria Cristofaro, M.D. and her husband, David C. Stekler, M.D.; his granddaughter, Christina Cuatto and her husband Timothy Fuir; his grandson Andrew Cuatto; his grandson Alexander Stekler and his wife Penelope Ganske; his grandson Nathan Stekler; and his granddaughter Lauren Stekler. Joe is also survived by his sister-in-law, Rachele Cristofaro and her two children, Sal and Babette; his brother-inlaw Vincenzo Olivadese and his wife Rafaella; along with several nieces and nephews.

Joe may be remembered with contributions to the American Heart Association, PO Box 840692, Dallas, TX 75284 or http://www.heart.org

Funeral services will be held on Thursday, March 2, 2023 at 9 a.m. from Plainville Funeral Home, 81 Broad St, Plainville, followed by a Mass of Christian Burial at 10 a.m. at Our Lady of Mercy Church 94 Broad St. Plainville. Committal will follow at St. Joseph Cemetery, Plainville. Family and friends are welcome to gather on Wednesday March 1, 2023 from 5:00-7:00 p.m. at the funeral home. The staff at Plainville Funeral Home, 81 Broad St., Plainville have been entrusted with the arrangements.

An Unusual Gift To Plainville Food Pantry

~ Stewart Gregg Stanley ~

80 of Plainville, formerly

of Thomaston, passed away peacefully at his home, surrounded by the love of his devoted wife and family on Monday, February 20, 2023. He was the husband of Rosemarie (Smith) Stanley, with whom he celebrated nearly 50 years of love,

travels and life adventures.

Born in Waterbury on May 27, 1942, Gregg, as he was known to many, was the son of the late Willard D. and Marguerite (D'Ambrisi) Stanley. Raised and educated in Cheshire, he and Rose settled in Thomaston shortly after their marriage where they raised their five children. Gregg joined his father's manufacturing company at a young age, WD Stanley Co., working his way up to President. Upon his retirement, he worked as head of security for BJ's, and traveled the state as an auto parts sales representative. A lifelong member of Bethel Baptist Church in Prospect, Gregg also served the town of Cheshire as a member of the Cheshire Fire Department, Company 2, and upon moving to Plainville 12 years ago, he became a member and volunteer for the Plainville Historical Society. An outdoors enthusiast, he enjoyed many years of boating and snowmobiling at his vacation home in Old Forge, NY; camping on his family's property in Sheffield and East Otis Massachusetts going fishing and appreciating all of nature's beauty while traveling throughout the United States. A devoted husband, father and grandfather, he will be missed dearly, leaving a lifetime of priceless memories.

In addition to his wife, Rose, he leaves his children, Jennifer Doty (Mark), Lisa Eroh (Joseph), Stewart Stanley (Jennifer) Anthony Franceskino (Kelly); his son-in-law, Steven Urbano; his grandchildren, Kristin Hayes, Sarah Rossi, Monica Franceskino, Alicia Eroh, Rachel Doty, Melissa Franceskino, Timothy Doty and Brianna Eroh; his great-grandchildren, Michael Rossi, Edward Hayes, and Devon and Tyler Rossi. He also leaves his sister, Leda Stanley Fidrych (John) and many nieces, nephews and extended family. He was predeceased by his daughter, Lori A. Urbano.

Gregg may be remembered with contributions to the Bethel Baptist Church, 150 Union City Rd, Prospect, CT 06712 or the Plainville Historical Society, 29 Pierce St, Plainville, CT 06062.

Family and friends gathered at Plainville Funeral Home, 81 Broad St, Plainville. Funeral services in celebration of Gregg's life were at Plainville Funeral Home, followed by committal at West Cemetery, Plainville. For online expressions of sympathy, please visit www.PlainvilleFuneralHome.com

NOTICE:

be missed dearly by all of his family and friends.

Donations in memory of Tom can be made to the Plainville Senior Center, 200 East St, Plainville, CT 06062 or to the Plainville Community Food Pantry, 54 S. Canal St., Plainville, CT 06062.

A Mass of Christian Burial was celebrated at Our Lady of Mercy Church, 94 Broad St., Plainville. Burial followed in Saint Joseph Cemetery, Plainville. Family and friends gathered at the church prior to Mass. The staff at Plainville Funeral Home, 81 Broad St., Plainville have been entrusted with the arrangements.



Kevin Palladino, owner of Pals Power He will clean your cemetery monument and in return, you can make a donation check to the Plainville Food Pantry. Kevin noted that we have three cemeteries in Plainville

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advanced training and has a background in medical Dermatology. She strives to provide the highest quality care and prioritizes patient safety while achieving natural, refined, and refreshed results.

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SKIN TALK - Wrinkles

Dynamic lines. What are they?

Dynamic wrinkles are caused by a combination of collagen depletion and muscle movement. As collagen levels decline, the skin becomes looser and less elastic; this makes it prone to puckering and folding when the muscles below it are flexed. Dynamic wrinkles typically include crow's feet, frown lines, forehead wrinkles, and smile lines. Dynamic lines eventually turn into static lines.

Static lines. What are they?

These lines form from relaxation and contraction of the facial muscles along with slower production of collagen and elastin related to the aging process. Collagen is a natural component which supports the skin by reinforcing its underlying tissues. Elastin promotes skin tightness or elasticity. These lines stay present when muscles are relaxed.

How can we treat them?

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Akshay Patel, D.O. Board-Certified Otolaryngologist Dr. Akshay Patel was born and raised in Rocky Hill, Connecticut. After graduating from the top of his class at

the Chicago College of Osteopathic Medicine. Dr. Patel pursued his residency training in otolaryngology-head and neck surgery and facial plastics surgery at St. Barnabas Medical Center in New Jersey, where he also served as chief resident. Shortly thereafter, he obtained fellowship training in head and neck surgical onocology and microvascular reconstructive surgery at Case Western University-University Hospitals in Cleveland, Ohio. Dr. Patel's clinical interests include head and neck surgical oncology and reconstructive surgery, as well as program development, patient outcome, resident teaching and reconstructive techniques. Hehas presented nationally and published on subjects relating to reconstructive surgery and head and neck cancer.

Carl Moeller, M.D. Board-Certified Otolaryngologist

Dr. Moeller is an ear, nose and throat (ENT) doctor, serving both pediatric and adult patients. Dr. Moeller treats common ENT ailments, such as



acute sinus infections, allergies and ear infections, as well as more complex problems, such as sleep apnea, snoring, salivary gland tumors, thyroid tumors, chonic sinusitis and nasal polyps. He is one of the few surgeons in the Northeast to offer inspire hypoglossal nerve stimulation to treat sleep apnea. Dr. Moeller joined Connecticut Ear, Nose & Throat Associates in 2011 after attending Loyola University Chicago-Stritch School of Medicine and completing his residency and training in otolaryngology-head & neck surgery at Loyola



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Kyle Chambers, M.D. Board-Certified Otolarygologist Dr. Chambers provides evidence

Dr. Chambers provides evidencebased surgical and medical treatment for adult and pediatric patients with

-

sinus,ear, nose. and throat conditions. Dr.Chmbers received his undergraduate degree from Dartmouth College and his medical degree from the University of Washington. He completed his surgical training through Harvard Medical School. Following his surgical training, he received additional training in allergy diagnosis and treatmtnt. Dr. Chambers is an active member of the American Academy of Otolaryngology-Head and Neck Surgery and the American Academy of Otolaryngic Allergy. He has won awards for his teaching and research.

Jake's Sport Talk



Hi, welcome my last Super Bowl Article. I want to let you all know that after the conclusion of the Plainville Baseball season. I will no longer be doing my column Jake's Sports Talk. I have enjoyed my time as the Plainville Hometown Connection Sports Editor and I would like to thank Helen for giving me this opportunity. Now on to my Super Bowl article.

Super Bowl 57 Game Notes

#1 Jalen Hurts 1 yard Rushing Touchdown Jake Elliott extra point is good 7-0 Eagles with 10 minutes and 49 seconds left in the 1st Quarter. Patrick #15 Mahomes' 18 Yard Touchdown pass to #87 Travis Kelce. Harrison Butker's extra point is good with 7 minutes and 37 seconds left in the 1st quarter. #1 Jalen Hurts 45 yard touchdown pass to #11 A.J. Brown. Jake Elliott's extra point is good. 14-7 Eagles with 12 minutes and 68 seconds left in the 2nd quarter. #1 Jalen Hurts fumble recovered by the Chiefs by #32 Nick Bolton for a 36 Yard Touchdown. Harrison Butker's extra point is all tied up 14-14 9 minutes and 29 seconds left in the 1st half. #1 Jalen Hurts 4 year touchdown run. Jake Elliott extra point is good 21-14 Eagles with 2 minutes and 10 seconds left In the 1st half. Jake Elliott Field goal made the score 24-14 Eagles with 88 seconds left in the 1st half. Halftime score 24-14 Eagles.

#10 Isaiah Pacheco 1 Yard touchdown Run and Harrison Butker extra point is good 24-21 Eagles with 9 minutes and 70 seconds left in the Third Quarter. Jake Elliott 33 Yard Field Goal is good 27-21 Eagles with 2 minutes and 29 seconds left in the third quarter. Start of the 4th quarter. #15 Patrick Mahomes 5 yard Touchdown pass #19 Kadarius Toney. Harrison Butker's extra point is good 28-27 Chiefs with 10 minutes and 59 seconds left in the game.#15 PatrickMahomes 9 yard Touchdown pass to #24 Skyy Moore 35-27 Chiefs with 9 minutes and twenty two left in the game. #1 Jalen Hurts 2 Yard Rushing Touchdown and 2 point attempt is good. All tied up 35-35 with 5 minutes and 15 seconds left in the game. Harrison Butker 27 Yard Field Goal is good 38-35 Chefs with 8 seconds left in the game. #1 Jalen Hurts incomplete pass.

The Chiefs win the Super Bowl 38-35. Congratulations to the Chiefs for being this year's Super Bowl Champion.

How bout those Chiefs! Hope you all liked this article with the scoring plays of Super Bowl 57!



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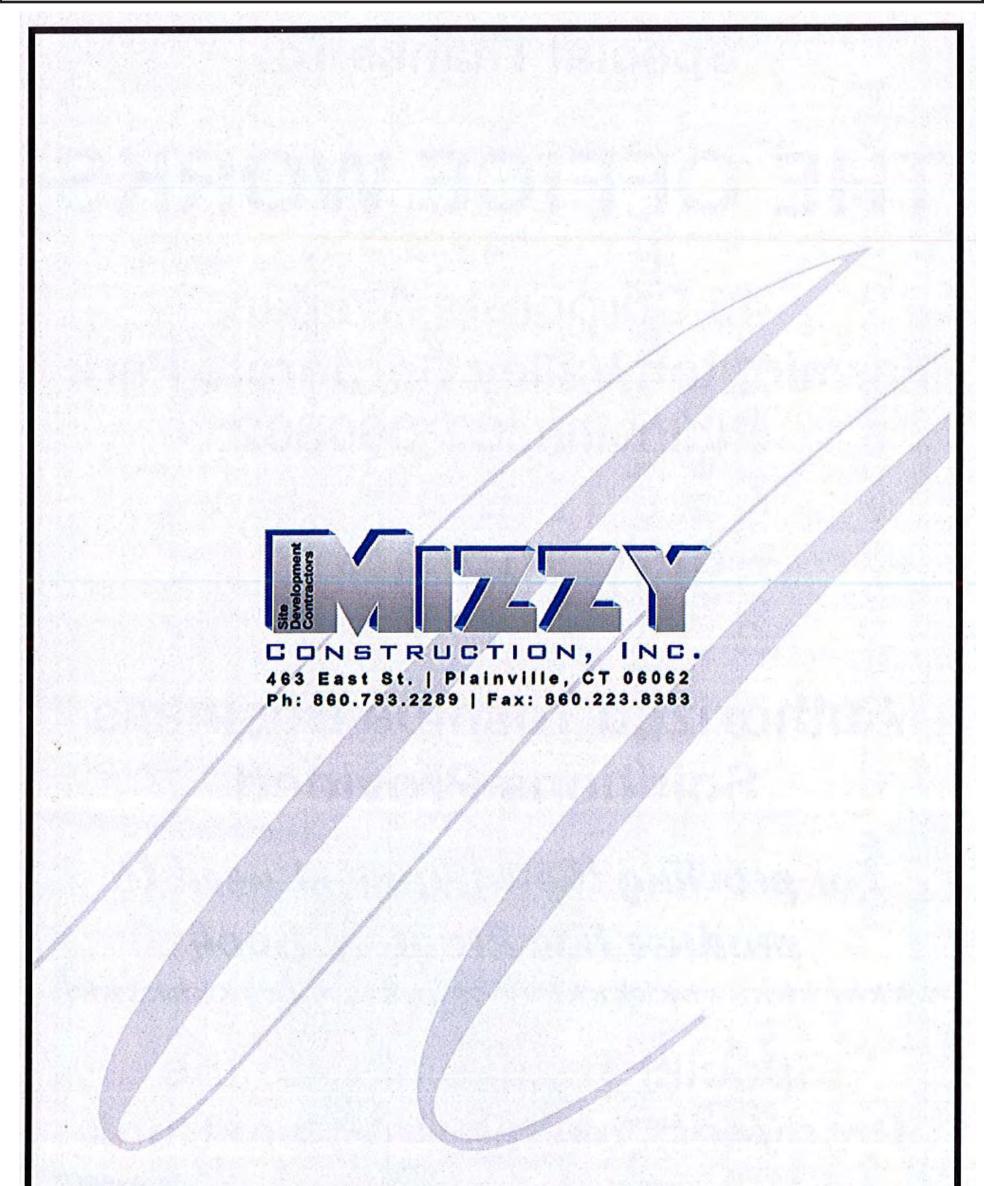
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Happenings



CANNABIS CONVERSATION with Dr. Palina Miklosz

DNP, APRN

Last month's introductory article discussed some cannabis basics with an overview of the Endocannabinoid System (ECS)– a system in our bodies responsible for regulating vital processes including our immune response, inflammation, hunger, pain and more! Unfortunately, because the ECS was discovered relatively "recently" (1988), it has yet to make its way into medical textbooks and college curricula. In fact, only ~ 13% of medical school and nursing program graduates in 2020 reported learning about the ECS during the course of their studies. This is problematic because it indicates that most healthcare providers (even the excellent ones) know very little, if anything, about arguably one of the most important systems in the body. The ECS is sometimes referred to as "the master regulator" because of its ability to regulate many of our body's vital processes like digestion, inflammatory response, stress tolerance,

pain control, etc. But how does the ECS actually do this? Here's an analogy to better explain its function: Imagine that your body is an orchestra and the ECS is its conductor. The conductor guides the different sections of the orchestra to play in harmony, creating beautifully balanced music. In a similar manner, the ECS works to create balance (or homeostasis) among our body's many systems. The ECS has its own set of "instruments" that it uses to achieve this balance, including endocannabinoids, which are like musical notes, and cannabinoid receptors, which are like the different sections of the orchestra. When the ECS needs to restore balance in a particular system, it produces the right endocannabinoid "note" that fits into the corresponding cannabinoid receptor "section" like a key fitting into a lock. While a conductor can direct a section of the orchestra to play louder or softer, the ECS can signal certain parts of our bodies to downregulate or upregulate their receptor activity in an effort to restore homeostasis.

Dr. Ethan Russo, neurologist and world-renowned Cannabis medicine researcher, proposes that the underlying cause behind many of the most common chronic conditions (including chronic pain syndromes, migraines, fibromyalgia, irritable bowel syndrome, etc) may stem from deficiencies in one's endocannabinoid system. Studies have examined the role of the ECS in veterans suffering from PTSD and found that PTSD symptom severity was associated with lower levels of anandamide (a naturally occurring endocannabinoid that promotes feelings of joy and pleasure). Treatment with cannabis may help to restore anandamide levels, bringing balance to the CB1 receptors in the brain and often improving PTSD symptoms. It is important to note that cannabis should not be used by persons with a history of psychosis and/or psychotic disorders. Those who cannot or prefer not to use cannabis can still improve the health and tone of their endocannabinoid system, however. Some of the best ways to support our bodies' ECS include: exercise, diet, stress management, sleep and supplementation. In next month's article, we'll go into detail on how each of these lifestyle topics play a role in supporting our endocannabinoid health.

Dr. Paulina Miklosz is a doctorally-prepared Family Nurse Practitioner with over 10 years of experience in primary care, population health and advanced diabetes management. She is the owner and medical director of Higher Med, a Plainville-based health clinic specializing in Cannabinoid Medicine. For more information,

Rep. Cooley, House Republicans Petition Bill to Provide Residents and Business with Financial Relief, Force Hearing on Proposal to Eliminate Highway Use Tax



HARTFORD—State Rep. Francis Rexford Cooley (R-22) and his House Republican colleagues were compelled to use a parliamentary procedure to circumvent Democrat opposition to a bill that would save inflation-weary businesses and residents money by eliminating the new highway use tax (HUT) on heavyweight trucks.

Republicans petitioned to raise H.B. 5290, An Act Eliminating the Highway Use Tax, after the Finance Committee's Democratic leadership refused to even hear it. Republicans on Tuesday secured the required 51 petition signatures to force a public hearing on the bill.

Rep. Cooley, who proposed a bill to eliminate the highway use tax this session was taken back that the Finance Committee has refused to raise a bill so many members proposed on behalf of their constituents.

"It's unfortunate we had to petition the committee in order for this proposal to be heard but this is critical and costly issue to my constituents and their voices were being silenced without a legislative public hearing," said Rep. Cooley. "Make no mistake, this tax will be passed on to consumers, who are already facing massively high inflation."

Passed by the Legislative Democrats in 2021, the HUT is levied according to a truck's weight, classification and number of miles traveled in Connecticut. Targeted truck owners are required to obtain a permit to remit payments to the state, and it's expected to generate \$90 million in annual revenue. The HUT became effective Jan. 1, and businesses subjected to the tax were expected to make their first payments to the state on Feb. 28.

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business owner in the town of Plainville. I've owned my business for approximately 3 years and it's been the best experience ever! I have been in the Auto Detailing business for roughly 21

years, perfecting my craft, and I just love what I do. I pride myself on taking good care of everyone that walks through my doors. The town of Plainville, CT has been especially supportive of my business and for that blessing I am very grateful. Our half and full car detailing services are available at amazingly low prices and don't forget to ask about our prices on Ceramic Glass Coating services...You won't be disappointed!"

PAGE 27

MARCH 2023 PLAINVILLE'S HOMETOWN CONNECTION Health & Wellness Expo Have you tried to achieve a healthy body weight through many methods, only to fail repeatedly? The 10th Bi-Annual Passport to Health & Wellness Expo will be held April 23, 2023, from 10am to 4pm, at The Bristol DoubleTree by Hilton. The Is your inability to control Passport to Health & Wellness Expo is a free your eating frightening? event, and all door proceeds will be donated to the Children's Health Defense New England Chapter. The 2:00 pm keynote Speaker will be Mary Holland **Overeaters** Anonymous President/J.D. of Children's Health Defense. Topic: "Making a Difference -- Helping ensure safeguards for our families now and in the future". There will is here to help! also be speakers every half hour and a free sound healing event with Fred Maerkle will close out the day from 4pm-5pm. A Free raffle will also be held for all attendees with a grand prize of an overnight stay with breakfast for For more information please call two. Exhibitors are now accepted to apply online. The Benefit EXPO has Free (860) 840-2475 admission to attendees. For more information, call Shirley Bloethe at 860-989-0033, email or visit www.Connecticutoa.org YourHolisticEvents@gmail.com or visit www.YourHolisticEvents.com Answers **Benefit Events** Call for exhibitors and speakers for the 10th & 11th Notary Bi-Annual Passport to Health & Wellness Expo will be held April 23, 2023, and October 15, 2023 from 10am to 4pm, at The Bristol DoubleTree by Hilton. The 0 \leq **Public** Passport to Health & Wellness Expo is a free event, and door proceeds will be σ 0 σ Ш σ 0 O ⊳ Ш σ Ш Л donated to the Children's Health Defense New England Chapter. Helen Additional events at the VFW in Plainville will also accept applications for \subset z z 0 0 Ш л п Ρ ≤ ⊳ vendors for May 21, 2023 and September 17, 2023, S Л Ш O > Л 0 z 0 ⊳ ≶ Л For more information, call Shirley Bloethe at 860-989-0033, email **Bergenty** z 0 0 Л 0 YourHolisticEvents@gmail.com or visit www.YourHolisticEvents.com ш ⊳ S Х 27 Sherman St. z σ S ш -Ш **Connecticut Cactus & Succulent** z m Л τ ~ -Ш S ⊳ Plainville, CT Ν ω S ⊳ \leq 860-302-3783 Show and Sale S m z Ш z ⊳ Ш S S ω ⊳ Or April 1 & 2, 2023 ש|ת z Ш Ш -0 z 860-747-4119 Saturday 10-5 & Sunday 10-4pm z ш ш z Ш Л Ш ⊳ 0 Free Admission. **Our Office or** 0 ⊳ Л Ш z Ш \neg ⊳ Л There will be food Trucks, Vendors, Book Sales, Auction. S S ⊳ \leq Л Ш Ш Л ⊳ Ш **Your Office /Home** The show features plants from all over the world competing Т S S ⊳ Л 0 < Ш Л 0 ш for prizes. For more information Contact Mayra Dube 860-690-7779 z Т S Н S ш Л Ш σ ш **PLUMBING SERVICES** CREATIVE PROMOTIONS Water Heaters Lowest Prices, Great Quality & Service Promote Your Business, Special Events, Teams, Reunions • Plumbing Repairs • Water Lines-Gas Lines CUSTOM PRINTED APPAREL

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MARCH 2023

Trashy Behavior: 16% of Nutmeggers admit to illegal dumping, finds survey.

Food waste is the most common item to be dumped. Over half would report a neighbor for illegal dumping.

Illegal dumping: we've all seen it, whether we're strolling down the sidewalk or driving down the highway. The sight of abandoned furniture, old mattresses, and washing machines just waiting to become someone else's problem. But while we can all agree it's a blight on our hometowns and green spaces, how many of us are actually guilty of doing it ourselves?

According to a recent survey of 3,000 (anonymous) respondents by PestDude.com, a shocking 16% of Nutmeggers have done just this – left their old, no-longer-useful possessions somewhere, rather than taking the proper and correct course of action.

So who are the biggest culprits? Well, according to PestDude.com, it's the folks from the ironically named Treasure State who take the top spot, with a whopping 38% of Montanans admitting to illegal dumping at some point. It's a problem that needs to be tackled before the state's natural treasures are lost in a sea of discarded junk.

The most community conscious are those from Colorado, where only 4% admit to having illegally dumped. The state places a strong emphasis on sustainability and eco-consciousness, with many Coloradans actively seeking out ways to reduce their environmental impact. Or maybe it's all that fresh mountain air that's keeping them level-headed and conscientious...

Interactive map showing illegal dumping across the states

But what are the most common items to be dumped? Well, according to PestDude.com, it's food waste at 57%. This was followed by old mattresses (17%); TVs (8%, perhaps unsurprisingly, given the rate at which TV technology improves); computers (6%); furniture, washing machines and fridge/freezers (all 4%).

Zachary Smith, owner of PestDude.com says: "Illegally dumped trash is a haven for all kinds of unwanted pests and vermin. Rats, mice, and cockroaches are some of the most common pests that are drawn to illegally dumped trash. These pests can breed and multiply quickly in the piles of garbage, leading to an infestation that can quickly spread to neighboring areas. Flies and other insects are also attracted to the rotting food and waste, which can cause not only a nuisance but also health hazards".

When it comes to getting rid of unwanted items, 81% of us are taking the semi-honorable route by tossing it in someone else's dumpster. Nine percent think it's perfectly acceptable to litter the sidewalk with their trash. Then we have the 4% who treat roads and highways as their personal dumping grounds. And if you happen to take a refreshing dip in a local river or lake, you might want to keep an eye out for the 4% who have no qualms about turning it into their own personal landfill. And finally, there are the daring 2% who sneak into parking lots to unload their unwanted junk.

The Interactive map showing illegal dumping in Connecticut is 16% of Nutmeggers admit to illegal dumping.

Finally, over half (58%) said they would (quite rightly) report a neighbor for illegal dumping. All content is from PestDude.com with a link if you use these insights. This helps us continue to provide you with valuable content in the future. *apricot content | news | info@apricotcontent.com 3415 NE 25th Avenue, Portland, Oregon, 97212*

Letter to the Editor: Friend,

A Benjamin Rush Institute (BRI) medical student sat with Heartland Daily News to discuss the push for radical wokeness in medical schools.

This BRI member had to stay anonymous to avoid repercussions for speaking out about what's really happening in medical schools. Here's what the student had to say:

"Higher profile residency programs have paid staff whose job it is to scrub social media platforms and [perform] Google searches to learn about what applicants have posted. They say it is to address "professional" concerns, but it is likely to identify the social justice warriors and to make sure they pick someone who won't rock the boat."

Medical schools are replacing the doctor/patient relationship with radical wokeness and social justice.

That's why BRI is establishing chapters on college campuses to teach students about free market healthcare and the importance of the doctor/patient relationship.

Friend, can you support medical students who are fighting back against radical wokeness in medicine?

Instead of learning how to treat and heal patients, this anonymous student and others are now:

Spending an entire semester in clinical medicine on gender

Learning all the "genders" and "sexual orientations"

Simulating conversations with patients about their pronouns

Learn to use "assigned at birth" when describing biological sex and "chestfeeding" to describe breastfeeding

Learn that puberty blockers and cross-sex hormone treatments are harmless and reversible

"They talk to us about "big medicine" and how under corporate medicine, or socialized medicine, we will likely have 15 minutes with a patient, but I must spend five of those minutes playing alphabet soup trying to learn about gender preferences."

- Anonymous Student

How are doctors ever supposed to get to know their patients in under 15 minutes?

BRI believes everyone suffers when bad healthcare regulations undermine the patient-doctor relationship.

Can you help us educate and inform medical students about positive, proven healthcare policies that preserve and protect the fundamental doctor/patient relationship?

Benjamin Rush Institute sets up chapters in medical schools across America. We provide resources to chapters to host pro-free market and pro-liberty speakers on campus. These chapters also network with other likeminded organizations to protect the doctor-patient relationship.

Our chapters have been blocked on some medical school campuses by radical left-wing administrators, even though BRI's nonpartisan, free-market approach focuses on improving healthcare — not politics.

But we're fighting back and your immediate help is needed to get resources into the hands of students to stop the indoctrination.

Can I count on you to join BRI in connecting with and educating medical students?

Thank you, Richard W. Walker *Executive Director*

Benjamin Rush Instituterichardbenjaminrushinstitute.org *Phone (214) 507-4610*

P.S. If you wish to help with this problem of educating medical students. Your can mail a check of any amount to: BRI, P.O. Box 610001 DFW, Airport, Texas 75261

If you have someone you would like to write about, perhaps a neighbor or friend, we would be very happy to hear about them and their successes,. Email to:plainvillehometown @gmail.com or *Mail to: Plainville Hometown*, 27 Sherman St. Plainville, CT 06062

Beds Available at Blesses House

Blessed House (Residential Care Home)is located at 122 E Main Street Plainville Connecticut. Serving the central Connecticut area including Avon, Farmington, Hartford, Southington, and New Britain. Blessed House (Residential Care Home)offers care for older adults who want all the benefits of living independently without the worry of maintenance, chores, or even cooking. We offer senior living a home-like setting. We are family owned Residential Care Home and we treat your loved one as we would treat our own. Our goal is to provide our elderly seniors service with dignity, compassion, respect, and the personal assistance they need in a small, home-based environment. Blessed House has a maximum capacity of 24 clients. Blessed House's rates are daily and at a fraction of the cost compared to nursing homes, daycare programs, and in-home assistance. Feel free to call us and discuss flexible payment plans. Most of the apartments are small studio types and are set up with a 5-foot kitchenette complete with a microwave, cocktail sink, waist-high refrigerator, and cabinets. Most rooms have a private bathroom with a walk-in shower. All come furnished, but home furnishings are welcome. All rooms have a call for aide pull cords in the room and bath along with hand grab bars and railings. Call us at 860 747 4759 or email bestcarewb@gmail.com. https://www. blessedhouserch.com/

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All other sizes will be quoted by an Ad Representative To list your business on the Locator Page ONLY \$10.00 per month We are also Online at www.plainvilleshometownconnection.com To place an ad: "Call the office 860-747-4119 & leave your message" or E-mail your ad to

plainvillehometown@gmail.com & we will invoice you. Deadline is the 15th of the month for the following month issue.

Thanking you in advance!!



~ Plainville Historical Society ~

www.plainvillehistoricalsociety.com e-mail: plvhistorical@gmail.com LIKE us on Facebook: Plainville Historical Society 860-747-6577

March!

Its very name suggests, well, forward. That's where we are here at the Plainville Historic Center. A time for sweeping away, embracing renewal and exciting projections; all the while honoring reverence for the past. Our wonderful volunteers have been busy housekeeping and catching up on our filing and sharing our treasures with the wider community.

The Research Room has been especially popular under the steady hand of Rosemary Morante. Trending are new families who have moved into historic houses and are curious about the property's past and those who lived there. Could there be bumps in the night? Then there are siblings raised in Plainville, now far-flung around the country, doing joint virtual searches for their roots here and thirsty for information about their ancestors. Our research team is delighted to be working with and for them.

Special appointments can be made to launch a research project or to find the answer to your question. Our best contact is our e-mail address.

OLD NEWS

March 1933...FDR issues a Presidential Proclamation declaring a "Bank Holiday" from Monday, March 6th through Thursday, March 19th. The U.S. Treasury Dept. authorized the "Issuance of Script" so-called to take the place of actual money.

March 10, 1933...Plainville, Connecticut "А meeting of the bankers, manufacturers & merchants of Plainville was held. To cope with the situation, it was decided to place in circulation for local uses "Payroll Orders" in denominations of \$1 and \$5, as a temporary medium of exchange. Manufacturers paid in script and all but one of our merchants accepted the script at face value."

We have copies of the script issued by Trumbull Electric and signed by John Trumbull at the Historic Center.

NEW TO THE COLLECTION

An original oil painting of the New Broad Street School by Plainville artist, H. Kyson. A gift of Thomas Maskery, you can find it in the Children's Room.

The Dewyea family cradle, bought second-hand in 1901, dating to the late 1800s, six generations of the Dewyea family used it. A gift of the children of Everett and Rita Aiudi Dewyea and delivered to us by Brenda Ahlquist, it is available for view in the Children's Room.

MARCH IS..... WOMEN'S HISTORY MONTH Plainville Women Who Write... (See March Program) **Presented by Rosemary Morante** Saturday afternoon, March 25 at 1:30 P.M.

Spring cleaning....Do you Remembering... remember the Fuller Brush man? If you remember spring cleaning, then you remember the penny post card.

When spring would come to New England all households practiced a ritual of spring cleaning. Every inch of the house would be cleaned, curtains changed, windows washed, rugs "beaten" on clotheslines. I found this piece written several years ago by Hazel Decker, a long-time member of the Woman's Club, for the March issue of the club's flyer. I remember Hazel DeckerJanice

We lived near the railroad tracks when I was a kid and cleaning windows there was an endless task and a two-pail job. In the spring the whole house was cleaned room by room, ceiling to floor and all in between. When a room was completed (especially the first few) boy!-stay out of that room. My job was to clean the wallpaper by rubbing it with a sillyputty type substance. Nobody fought me for the job, but I thought it was great. It was a family effort and a time of sharing; just like washing dishes used to be.

Do you remember aprons? I always thought that aprons were a good idea. There were dining room aprons, all starched and ruffles, full cover aprons used for kitchen work and then the bottom of the drawer aprons pulled out to use when washing dishes or cleaning house.

...an immaculate house is a wonderful and elegant thing...a clean window is fine, but it isn't a precious memory to store away"..... Gladys Taber

BLACK HISTORY MONTH PROGRAM



Photo by: Dayna Snell

Stories about growing up in a depression-era Plainville. A child and then young man growing, thriving, working hard, raising his children here, and leaving his mark on the world. That was the message of the evening and the source of the laughter and fun in the Court Room at the Historic Center February 23. The sharing of similar stories by the guests contributed to the warmth in the room against the winter chill of the night.

P.S. Plainville Historical Pages are in Black & White, we are starting to research when color photo's were started.

Anyone that should know please contact us at 860-747-6577.

Thank you!

PLAINVILLE HISTORICAL SOCIETY WELCOMES NEW **MEMBERS**

Participation and membership are encouraged. Society members are all volunteers. We love to have new people involved! Please see Membership and Support for more information. Call at 860-747-6577

Plainville Historical **Society** Welcomes

New

Members

During

The Year



Gail Johnson Williams, our specialist in African-American History in Plainville, presented this vision of her father's early years through his stories.

Then "Lutt" Johnson's twin daughters, Lisa and Alison; reenacted an interview with Leven Harris, a Civil War Veteran who lived in Plainville, as recorded in Henry Castle's History of Plainville. Brilliantly delivered in costume and flawless vernacular of the day, it charmed the crowd.

"But truly, it was the people who gathered there who provided the joyous vibe"

MARCH PROGRAM **PRESENTING: "Writing Women" on March 25**

This year's program in recognition of Women's History Month will highlight a group of Plainville's women writers. Come learn about a published poet, mystery writer, children's author, two journalists, romance novelist, and several others who all have a Plainville connection. The program will take place on Saturday, March 25 th at 1:30 PM at the Plainville Historic Center located at 29 Pierce Street. Please register by sending an email to plvhistorical@gmail.com with your name, phone, and number of _people. Elevator access is available at the Historic Center.

PLAINVILLE HISTORIC CENTER

29 PIERCE STREET

PLAINVILLE, CT 06062

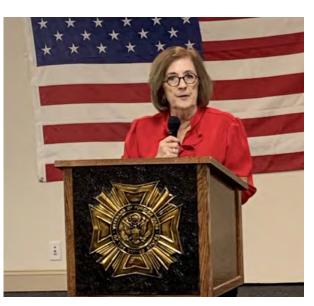
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PLAINVILLE'S HOMETOWN CONNECTION

MARCH 2023









Friday • February 17, 2023

Plainville VFW 7 Northwest Drive • Plainville, CT 6 pm

Hosted by

Plainville, Farmington, New Britain & Southington Republican Town Committees

> Gayle Dennehy Plainville Town Committee Chair

Kerry R. Callahan Farmington Town Committee Chair

Tremell Collins New Britain Town Committee Chair

Mark Lajoie Southington Town Committee Chair

Program of Events

Welcome *By: Gayle Dennehy* **Chair, Plainville RTC**

Invocation

Witt Betts Keynote Speakers: Republican National CT Committeewoman Leora Levy State Senator Henri Martin State Representative Francis Cooley Plainville Town Council Chairwoman Kathy Pugliese





"You cannot escape the responsibility of tomorrow by evading it today."

Abraham Lincoln



BANQUET AND ATERING SPECIALIST



President Donald J. Trump visited Fast Palestine, Ohio The Fast Palestine community warmly welcomed President Trump as hundreds of people lined the streets to show their support.President Trump met with local officials and residents from East Palestine.While on the ground in East Palestine, President Trump met with members of the police and fire departments, first responders, local and statewide officials, and residents to pledge his support for the community and to always fight on their behalf."We have told you loud and clear, you are not forgotten. You are not forgotten. We stand with you, we pray foR you," President Trump said in a speech at the East Palestine Fire Department.sidents. Tucker Carlson highlighted the efforts of Blue Line Moving's John Rourke to partner with President Trump to deliver bottled water to the community.

William Galske. III Attorney of Law Zagorsky, Zagorsky & Galske, P.C. 73 East Main Street P.O. Box 218 Plainville, CT 06062 Phone (860) 793-0200

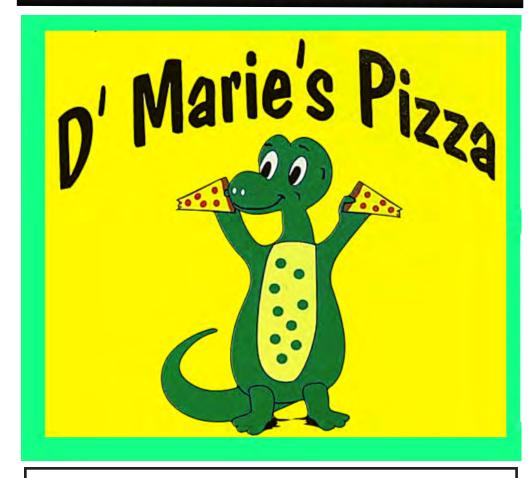
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PLAINVILLE'S HOMETOWN CONNECTION

MARCH 2023

CELEBRATE ST. PATRICK'S DAY MARCH 17TH 2023



Saint Patrick's Day, or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, lit.'the Day of the Festival of Patrick'), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. 385 - c. 461), the foremost patron saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland),[7] the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general.

[5][8] Celebrations generally involve public parades and festivals, céilithe, and the wearing of green attire or shamrocks.[9] Christians who belong to liturgical denominations also attend church services[8][10] and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.[8][9][11][12]

Saint Patrick's Day is a public holiday in the Republic of Ireland,[13] Northern Ireland,[14] the Canadian province of Newfoundland and Labrador (for provincial government employees), and the British Overseas Territory of Montserrat. It is also widely celebrated in the United Kingdom,[15] Canada, United States, Argentina, Australia and New Zealand, especially amongst Irish diaspora. Saint Patrick's Day is celebrated in more countries than any other national festival.[16] Modern celebrations have been greatly influenced by those of the Irish diaspora, particularly those that developed in North America. However, there has been criticism of Saint Patrick's Day celebrations for having become too commercialised and for fostering negative stereotypes of the Irish people.[17]



According to legend, Saint Patrick used the three-leaved shamrock to explain the Holy Trinity to Irish pagans.

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Attorney Michael W. Mastrianni is a member of the Connecticut Bar Association's Family Law Section, and has over 39 years experience in divorce, custody, modification and other family legal matters.

> Mastrianni & Seguljic, L.L.C. Attornevs At Law

ST. PATRICK'S DAY PARADES IN CT 2023



- Sponsored by the Central Connecticut Celtic Cultural Community, the Greater Hartford St. Patrick's Day Parade, Hartford, Saturday, March 11, at 11 a.m. features many area towns marching in the parade. So you don't miss any of the festivities, get your seat early on the parade route!
- One of the state's largest St. Patrick's Day parades, the Milford's will be held on March 11, at 1 p.m.
- Be Irish for a day by wearing green at the New London St. Patrick's Day Parade, Sunday, March 12, at 1 p.m.
- One of New England's premier Irish events and one of the largest single-day spectator events in Connecticut, the Greater New Haven St. Patrick's Day Parade, Sunday, March 13, showcases music and many marchers celebrating the diversity of many cultures. The parade begins at 1:30 p.m. on Chapel Street.
- Gather in Mystic on March 19 for the annual historic Mystic Irish Parade. This celebration of Irish culture features 2,500 participants as well as classic antique cars, high school area bands, and local Scout troops.
- On March 19, the Greenwich St. Patrick's Day Parade begins at 2 p.m. from Greenwich Town Hall.
- On March 25, the Essex Go Bragh Parade kicks off in downtown Essex!

TIPS FOR PERFECT CORNED BEEF

St. Patrick's Day is just around the corner! To celebrate the holiday, we suggest the iconic Irish-American classic of corned beef and cabbage. Not only is this meal a delicious way to celebrate the Irish-American holiday, but making corned beef at home is also a satisfying cooking project! Whether you're making corned beef for the first time or a cooking pro curious about how others make it, take a look at the list below of the five mistakes to avoid and what to do instead to ensure corned beef perfection.

NOT RINSING THE MEAT BEFORE COOKING

If you cook the meat straight from the plastic packaging or pulled the meat right away from the brine solution in the fridge without rinsing, you just might be in for a saltier meal than you bargained for.

Instead: Whether you bought a ready-to-cook corned beef or you cured your own, rinse the meat several times under cool water to remove any excess salt. Don't worry about rinsing away the flavor, the meat is fully infused with flavor by this point.

COOKING OVER A HIGH TEMPERATURE

Brisket is not a fan of high temperature. When cooked on high for too long, corned beef is likely to turn out tough and chewy rather than soft and tender.

Instead: Regardless of the cooking method, corned beef is best cooked over low heat. A low, gentle simmer on the stovetop or in the slow cooker are two excellent methods for cooking up soft, tender slices of corned beef every time.

NOT FILLING THE POT WITH ENOUGH WATER

Simmering corned beef on the stovetop is a tried-and-true method that results in very tender beef. One of the keys to simmering corned beef correctly is the amount of water in the pot. When there's not ample liquid to cover the meat, your dreams of tender corned beef may be replaced by a tough, chewy result.

Free Initial Consultation

Michael W. Mastrianni, Esquire Jonathan D. Chomick, Esquire

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Running of the Green If parades aren't your speed and you'd rather do a 5K while wearing your best

If parades aren't your speed and you'd rather do a 5K while wearing your best green running wear (or costume), join one of these fun organized road race events throughout the state.

- O'Shenanigans 5K, Southington, March 11
- Courthouse O'Putnam 5K, March 12
- O'Niantic 5K, March 18
- O'Hartford 5K, March 20

Instead: Start by filling a large pot with enough water so the corned beef is completely submerged. Remove the lid to check the level of liquid throughout the cooking process and add more water, if necessary. This small step will ensure a super-tender corned beef is the end result.

NOT COOKING THE MEAT LONG ENOUGH

Brisket, the cut typically used for corned beef, is a naturally tough cut of meat. Cooking corned beef is a process that cannot be rushed. Even when the meat is cooked through, it still needs more time to transform the chewy bite into one that's beautifully tender.

Instead: Cooking corned beef takes patience as it's a tough cut of meat that benefits from a lengthy cook time. For stovetop cooking, plan on at least three hours for a three-pound corned beef or eight to 10 hours for a three- to four-pound cut that's cooked on low in the crock pot.

CUTTING THE MEAT INCORRECTLY

The way you slice your cooked corned beef actually makes a big difference. Always avoid slicing meat with the grain (or in the same direction as the muscle fibers) because it leaves you with a chewier piece of meat.

MARCH 2023

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Hometown Religious Directory

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168 Unionville Ave P.O. Box 72 Plainville, 06062 860-747-5209 Fax/Prayer Line 860-747-5011 Email: fbc1902@yahoo.com Web: www.faithbiblect.com Rev. Dr. Jim Caron, Pastor **Purpose:**

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For info please contact Pastor Andrea Osborn at (860) 919-7470 ozzyunk@gmail.com Visit our website: wwwspiritualistloveandlight.org also on Facebook: https:/www. facebook.com/CongregationSCLL/

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CHURCH OF THE BIBLE

160 West Main Street, Plainville An Independent Fundamental Bible Church *"Where The Holy Bible Is Wholly Taught"* Phone: 860-747-1691 **Peter A. Stonis, Pastor**

WEEKLY WORSHIP SCHEDULE

Nursery Care is provided for all Sunday Services Sunday 10:00 am Sunday School for All Ages 11:00 am Morning Worship Service 11:00 am Junior Church Ages 4-8 11:00 am Evening Worship Service 6:30 pm Bible Study & Prayer Wednesday7:00 pm *For information about the church visit our website* @cobplainville.org

PLAINVILLE HOMETOWN CONNECTION

Every home and business in Plainville receives our monthly newspaper in the mail free of charge. We publish 10 issues a year-not for August or January. There is no charge for churches to post worship information on our Religious Directory page or special event announcements placed throughout the paper. The easiest route is to e-mail your prepared posting to us. Note for the Religious Directory. We will acknowledge receipt by e-mail. It is helpful if you provide us with a contact phone number where we can reach someone, should there be any questions. If you need to contact us by phone, use 860 747-4119. It is safe to leave a message. You can add, change, cancel or update your post any time by e-mail. We like to receive it before the 15th of the month for the upcoming publication.

THE TABERNACLE

A Contemporary Christian Church Sunday Church Services at 10:00 a.m. "Come As You Are"

Worship & Healing Night the last Friday of Every month at 7 p.m. *All are Welcome, of course!* <u>Visit our website at:</u> www.tabernacleonline.com or see us on Facebook 1445 West Street (Route 229) Southington, CT **860-276-0400** Family Prayer Meeting @ 6:30 p.m The Lord Jesus Christ loves you John 3:16

GRACE LUTHERAN CHURCH

222 Farmington Ave., Plainville Phone 860-747-5191 **Rev. Chris Dion, Pastor** Worship: Sunday at 9:00 a.m. Visit us at: facebook.com/graceinplainville or www.graceinplainville.org "To check out our activities Or better yet, join us on Sunday!" An Invitation You are invited to join the <u>volunteers</u> of the Hometown Connection. We need you to be in charge of contacting the member churches of the Hometown Religious Directory. Name your own hours. Call 860-747-4119 For more information.

We welcome you to participate.

Pets Page From the Plainville Animal Control Desk:



It sure looks like an early spring. That means the wild creatures will return to our world soon. While they've been resting up, your animal control officers have been boning up on their handling and habits for their return. Donna Weinhofer and Kelly Curtiss chose a seminar this year on Reptile and Snake training for their required continuing education. Yes, snakes do exist in Plainville and we may encounter them. They slither largely unnoticed. Here in Plainville, any old timer will tell you about the "dead swamp", area back of the pinnacles, on what used to be called Rattlesnake Mountain; now known as East Mountain.

In Connecticut we are known to have 10 species of non-venomous snakes and then 2 venomous. The venomous snakes here are the timber rattlesnake and the northern copperhead. There are not many and you would not be likely to encounter one of them. In fact, the timber rattlesnake is on the endangered species list.

It is illegal to own a venomous snake in Connecticut. There are legally licensed rehabbers who are licensed and prepared to handle them. If you find the need for this service you can contact one by calling 860-424-3011.

There are ten other species of snakes, all non-venomous. All snakes are predatory and eat insects, toads, frogs, small birds or mammals depending on their relative size. Water snakes, of course, like fish and hang around near the rivers. Others like damp forest areas and yards where there are big stones, piles of wood, gardens or tall grass. It is a good idea to clean up your yard, to avoid their finding a home on your property. Spilled bird seed, pet food, household garbage, and similar items attract mice and rats which, in turn, attract snakes. It is also a good idea to seal up foundation cracks or any pencil-sized holes around basement windows and doors.

Most snakes will avoid meeting you, or your pet . If left alone they will pose no threat, but if they are threatened, they can bite and do substantial damage. If a snake bites your pet you should see the Vet., especially if you cannot determine if the snake was venomous. You can get additional information on identification by contacting the Connecticut Non-harvested Wildlife Program at the Division's Franklin office: 860-642-7239.

You can always call us if you need help.

In closing, let us note that this seminar on Reptiles and Snakes handling included lessons on how to wrestle an alligator. Just Saying!

We will see you at the Plainville Fire Department's Balloon Festival this year.

For Information About Rabies

Department of Agriculture Animal Control Division

860-713-2506



www.ct.gov/dph

PLAINVILLE

PET CEMETERY CREATED

To honor your beloved pets, the Plainville Cemetery Association has created a Pet Cemetery at the West Cemetery at 180 North Washington Street. Located in



Plufl Bed

DID YOU KNOW?

Did you know that you can adopt an animal from the Plainville pound on Granger Lane? When you choose to consider our animals, you can rest assured that it has had its shots up-to-date and has been neutered. While in our care, all pets are monitored for temperament, habits, and interactions with people and other animals. We will answer your questions honestly and share whatever history on the pet is available. It is our goal to achieve happy homes for all.

Did you know that our animals are affordable? There is sometimes a minimal fee, often none.



VCA Old Canal **Animal Hospital**

Diva Malinowski Green, DVM Certified Veterinary Medical Acupuncturist Medical Director



a wooded area behind the office. For information, call Plainville Cemetery Association at (860)747-2314

Share with us some pictures of your pets and their thoughts about you, your family, and life in general!! Email to: plainvillehometown@gmail.com



49 E. Main Street, Plainville, CT 06062 Tel: 860-747-2759 Fax: 860-747-8338

Welcome!

If you want to add a lot of "PEP" to your life & are interested in joining our ALL VOLUNTEER staff, Call: 860-747-4119

> for more information or "Just Stop In"

MARCH 2023

Scenic Passenger Rides.....Gift Certificates Available



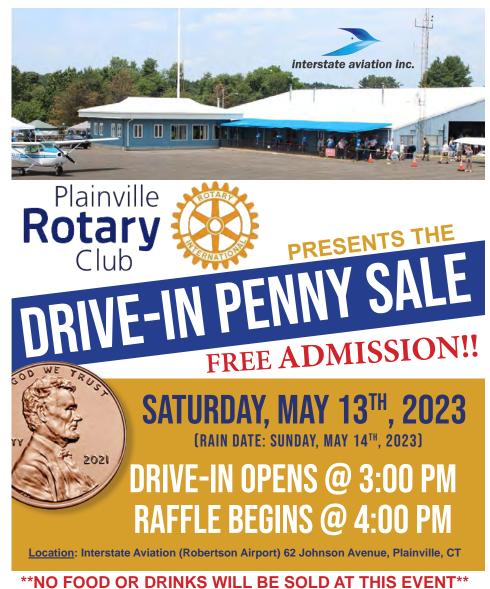


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SAFETY & HEALTH PROTOCOLS ADHERED TO

