



# Plainville's Hometown Connection

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## P.H.S. Class of 1943~70th Class Reunion



Plainville High School Class of 1943 celebrated their 70th Class Reunion recently at Tucsayn Steak & Seafood Restauerant. Seated Left to right are: Andy Antonelle, Fred Johnson and Irma Trevisan Palmisana, Jo D' Addese. Standing from Left to right are: Norm Peltzer, Howard Blackston, Charles R.Weldon, Mary Ventrelli Vasile and Mary Nivelos Albrycht. Plans were already being made for next years reunion.

## 132<sup>ND</sup> REUNION OF THE CROCODILE CLUB



**LAKE  
COMPOUNCE  
BRISTOL, CT**

Shown above: Kathy Pugliese, Jeannette Hinkson, Michael Schroeder, PublisherOwner of The Herald, Andrea Saunders, Laurie Peterson

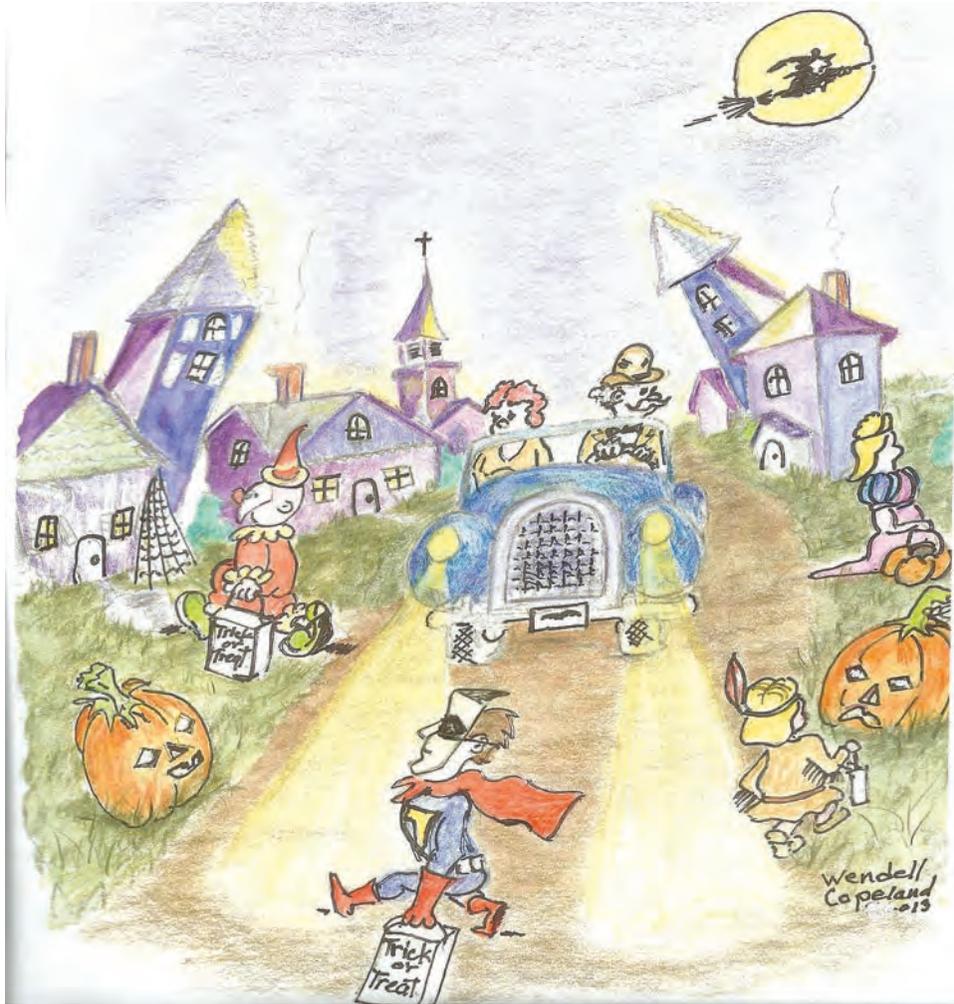


Senator Richard Blumenthal



Radio Personality and Crocodile Club President Ray Dunaway

*See Story on Page 15*



## Take a Peek....



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\*must not have been a member in the last 12 months.

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## St Anthony's Society of Our Lady of Mercy Church



Installation of of officers at a recent Pot Luck Dinner held at the Parish Center. Shown in photo (left to right) Valena Palumbo, Kathy Egri, Co-chair of Hospitality Committee, Barbara Bordeau, Cheer Chairman, Laurie Fasciano, President, Janice Brayne, Memebership Chair, Claire Camp, Secretary and Rita Dewyea, Treasurer. Not pictured, Allison Casinghino, Vice President.

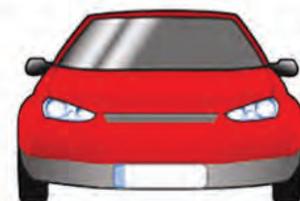
St. Anthony Society will hold their next meeting Thursday, October 24, at Our Lady of Mercy Parish Center, Room 106. The Christmas Party will be held Thursday, December 5 at 5:30 PM. he committee will announce details of where it will be held and the menu at a future meeting. Plans will be discussed on how to proceed with the Society's 75th Anniversary in 2014.



## October International Credit Union Day

For the month of October in honor of International Credit Union Day bring a pumpkin to UBI Federal Credit Union, 120 Woodford Ave, Plainville or our Berlin Branch located at 40 Chamberlain Hwy, Kensington. You're spooky, silly, sweet, painted or carved pumpkins will be displayed in our lobbies Pumpkin Patch and you will be given a Halloween Treat Bag...No Tricks... We Promise!

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**Bill Brayne serves All Plainville Schools with the delivery of "The Hometown Connection"**

**~ ADVERTISING ~**

To place your advertisement contact us:

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**Postal Address**

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 27 Sherman Street  
 Plainville, CT 06062-0387

**EMAIL:**

**hmtnn@comcast.net**

**OUR WEBSITE: Complete Paper**

www.plainvilleshometownconnection.com  
 All contributions, news items and advertisements may be dropped off in the box at 27 Sherman Street or sent to the above email address.

**Legal Advisor**

Attorney Thomas A. Wurz  
 132 East Street, Plainville, CT

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.

**Welcome!**

If you want to add a lot of "PEP" to your life & are interested in joining our ALL VOLUNTEER staff, join us on the 2nd Wednesday of each month at 7 p.m. to tour the office & attend the staff meeting  
**Call: 860-747-4119**  
*for more information or "Just Stop In"*

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**Plainville, CT 06062**

Deadline for submission is the 15th of every month. Call us for a quote on your special advertisements. Tabloid Size Paper (11 x 17). Printed ten times a year. Each issue is mailed FREE to every Plainville household & business. Circulation is 9,500.

**NEXT ISSUE WILL BE:**  
**NOVEMBER 2013**

**DEADLINE IS:**  
**OCTOBER 15th**

**HAVE A SAFE  
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**From Our Entire Staff**

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**plainville**

**f a v e s   a n d   r a v e s**

Here are some of your favorite places, people or things around town to rave about this month!

{Jeff raves}

Just wanted to write and let you know how wonderful Petillo Electric is. I needed an electrician to wire 5 rooms for cable and internet, and also wire in an attic fan. Jeff was very professional, and very neat and meticulous, even where most people wouldn't see the wiring (through the attic), Jeff neatly dressed and tied the wire up and out of the way. I highly recommend him if you need electrical work.

{Bob & Bill faves}

West Main Pizza on East Main Street, is a great place to meet and eat. Sunday night pizza and a glass of wine with friends to start a new week.

Email your "fave or rave" in today to be in the November issue. Praise your contractor for doing a good job or tell us about your favorite restaurant, store, or service you received by a professional. **Phone 860-747-4119 ~ Thank you!**

**Email your faves and raves to share it with everyone!  
 Let's hear what you have to say, we need your comments!**  
**plainvillefavesandraves@gmail.com**

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## Robert E. Lee, Town Manager's Report to: Town Council

*Excerpts of the report of September 16th*

### New Britain Foundation Grant Application – Senior Center

- Senior Center Director Shawn Cohen updated the Town Council on a proposed grant application to the Community Foundation of Greater New Britain.

### Tax Sale Policy

- At the July 15th meeting the Town Council heard a presentation regarding Tax Auctions. This process of recovering delinquent taxes has proven to be an effective tool that is gaining popularity with tax collectors in CT. Tax Auctions are an alternative to Tax Foreclosures for collecting back taxes.
- The tax auction process works much faster than a tax foreclosure. After the July 15th discussion, the Town Council directed Town staff to come up with a recommendation for which delinquent tax accounts would be subject to a tax auction.
- Town staff is recommending the following procedure: (a) the taxes owed exceed \$10,000, (b) the amount owed is more than 3 years past due, (c) the property owner has not responded to any correspondence and/or phone calls regarding their past-due taxes, (d) the property owner fails to make their monthly payments as arranged by the Revenue Collector to catch-up with the past due amounts and (e) the Revenue Collector shall submit a list to the Town Council those accounts being recommended for a tax sale.
- No account will proceed to a tax auction sale without approval by the Town Council.
- There is an item under New Business should the Town Council wish to move forward with the Tax Auction recommended policy.

### Land Acquisition Matter

- Recently, the Town was offered two parcels of the land for purchase. The first parcel is located on Milo Road owned by Mr. Zavorski with an asking price of \$16,000. The second parcel is located at the intersection of Forestville Ave. and Route 72 and is owned by the State of CT with an asking price of \$24,000.
- Both offers were referred to the Land Acquisition Committee for a recommendation. The Land Acquisition Committee met earlier this month and has concluded that there is no reason to purchase either property.
- No action is required by the Town Council at this time and the property owners will be notified of the recommendation of the Land Acquisition Committee.

### Hazard Mitigation Grant Program Update

- The Town has purchased eight of the fourteen homes that are eligible for the FEMA buy-out program. So far one home has been demolished.
- The fire department and police SWAT team have each held training practices in some of the abandoned homes and several other training sessions have been planned as well. The remaining property owners in the area have been made aware of the training schedule.
- Some of the purchased homes are currently in the process of having the hazardous materials removed and it is anticipated that several of these will be demolished shortly.
- Of the six remaining homes to be purchased, three have notified the Town Attorney to schedule a closing.
- Town staff recently inquired to the state whether there was an opportunity to apply for FEMA and state monies for those homeowners who originally chose not to participate in the buy-out program. There appears to be an opportunity to apply for these funds and we are taking steps to notify the residents but a decision must be made quickly.

### Plainville Affordable Housing Corporation

- The Plainville Affordable Housing Corporation is seeking to disband and to pass their responsibilities to the Town of Plainville. The Corporation was formed many years ago when Cassidy Commons, a 32 unit housing project was developed. They subsequently developed another 20 houses situated on Franklin Ave., Burnham Street, and Farmington Ave. They are looking to disband because they are unable to find new board members to manage their responsibilities.
- These responsibilities mainly revolve around ensuring that the caveats that have been placed on these properties are followed as they are sold. For these homes to be sold, the owners of the houses require that the Plainville Affordable Housing Corp. – or some suitable successor – be available to certify as to the low/mod qualifications of prospective purchases and to oversee administration of the other restrictions that apply to Cassidy Commons.
- Since Town staff has generally performed similar administrative functions with the Small Cities rehabilitation housing program, turning this over to the Town Manager's office seems to be a logical option.
- In a letter dated August 28, 2013, the State of CT Department of Housing has stated that they would have no objection to having the Town Council decide whether or not to have the Town take on these responsibilities.
- Town staff and the Plainville Affordable Housing Corp. would appreciate any suggestions that the Town Council may have regarding this issue. No action is being requested at this time.

### Old Linden Street School Hazardous Materials Proposal – Weston & Sampson Engineers

- At the last meeting the Town Council reviewed a proposal from Weston & Sampson to perform environmental consulting services for hazardous material inspection, remediation design and remediation monitoring services of the Old Linden Street School building. The project cost is \$17,400.
- Town staff indicated that they would seek a least two additional quotes, however, since that meeting we became aware that the school administration issued an RFP for environmental services last year and, after a comprehensive review of the proposals received, chose Weston & Sampson as their on-call consultant for a three-year period. The School Business Manager explained that they were chosen based upon their experience as well as the price that they charged for their services.
- Because a procurement procedure has already been performed for these professional services, Town and School administrative staffs are recommending that the Town Council authorize that the Weston & Sampson proposal be accepted. If the Town Council is of a mind to accept this recommendation this evening, we would ask that you add an item under New Business.

### Reconstruction of Camp Street Project Update

- In 2010 as part of the American Recovery & Reinvestment Act (ARRA), the Town received a grant to reconstruct and repave a portion of Camp Street. That project was completed and a recent review indicated that the Town will receive a total of \$572,368.07 as reimbursement for the project. This amount includes 100% of the construction costs which includes \$31,679.82 to reimburse Plainville for the staff time spent on this project. Rather than hire an outside inspector for this work, Town engineering staff took on this responsibility and, as a result, they were able to get reimbursement of almost \$32,000 to offset their salaries. I want to thank John Bossi, Director of Technical Services and Mike Perry, Town surveyor for taking on this initiative in-house. They did not receive any extra remuneration for taking on this extra responsibility and, as a result, the Town was able to receive additional revenue as part of this project.

## TOWN OF PLAINVILLE HAPPENINGS

*Reported September 16th*

*By: Shirley Osle, Assistant Town Manager*

- The Downtown Block Party Committee would like to thank everyone for their attendance at this year's Block Party. This event benefits the Robert Holcomb Memorial Scholarship Fund and the Plainville Community Fund.
- The last day of the Farmers Market was on Friday, September 13, 2013. It was a very successful summer for both merchants and residents. We received a lot of positive feedback with people looking forward to next year. The Board members of the Market would like to thank the Market Master Linda Garcia, the Town, the Board of Education, the Farmers, the volunteers that came out every Friday to help and all the residents that came and purchased their fresh produce.
- The Building Department reports that they have given a Certificate of Occupancy to Ultra, 5Below and Charming Charlie's at the Plainville Plaza. Also the Firestone store is open.
- The Town's Wellness Committee has been very busy and is offering a program tomorrow presented by Dr. Cooper from the Hospital of Central Connecticut on Prostate Health Awareness and another on September 27 offered by Dr. Jane Grant from UCONN concerning skin protection. Farmington Bank will be doing an identity theft presentation in October.
- The community is invited to attend the Rachel's Challenge Community event on Tuesday, October 1, at 7:00 PM at the Middle School of Plainville. The Plainville Middle School and High School have taken on the Rachel's Challenge program which encourages young people to start a chain reaction of kindness and live up to the challenges that Rachel Scott, a remarkable young woman who was killed in the Columbine High School shooting set forth in writings that were found after her death. The Community event is open to the public and encourages all members of the community to learn about embracing Rachel's example of kindness and compassion, so that the Plainville schools and community can become a more caring and compassionate place to live. The program is supported by the Petit Family Foundation, Plainville Youth Services and the Plainville Rotary Club.
- KNITTING AND CROCHET GROUP RECOGNIZED: On September 12, representatives from the Sexual Assault Crisis Service (SACS) of the YWCA of New Britain, Threads of Compassion New Britain and State Representative Betty Boukus honored the Plainville Senior Center Knitting and Crochet Group for their generous donation of scarves. The scarves that were donated by the group are given to sexual assault victims when they go to the hospital for emergency treatment.
- ART OF EXPERIENCE: Congratulations to the following Plainville Senior Center members whose art work has been selected for the 2013 CT Senior Juried Art Show: Wendell Copeland, Ellen Couture, Judy Humphrey, Irene Kelsey, Don Liljedahl, June Demanski, Dianne Misko and Martha Trask. The exhibit is held at Pomperaug Woods in Southbury
- Fitness Tracking Made Easy: Tim Molnar, from the Plainville Public Library, held a Fitness Tracking Program at the Plainville Senior Center. The free apps showcased included calorie counters, exercise guidance, and fitness tracking. Participants were encouraged to bring their devices and questions to the class. Call the Senior Center to register.
- Questions for the Social Worker: Stephanie Soucy, Plainville Senior Center Outreach Coordinator, held Questions for the Social Worker, Stephanie will be available to answer questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program, Housing Options, Alzheimer's Help, Caregiving, Homecare etc. Call the Senior Center for more information.
- (NEAT), 33 Coventry Street, Hartford. This free seminar and breakfast is for seniors with vision and hearing loss or relatives, caregivers or service providers of a senior who has these conditions. Attendees will learn more about vision and hearing loss, including practical tips from experts on improving communications skills, and they will get the chance to try new technology, including amplified phones, pocket talkers and other adaptive equipment.

*The above are excerpts of the Happenings  
More Senior News on Page 19 . . .*

**To Contact Town Councilors: E-mail: [towncouncil@plainville-ct.gov](mailto:towncouncil@plainville-ct.gov)**

## News In Case You Miss it: Plainville Property Transfers

164 Broad St.: Studley Duncan R Est and Roger W. Duhaime of Plainville to Michael A. Czuchta and Garnet Brennan, \$173,000 on 07/30/2013

31 Cassidy Drive, Unit 31: David J. Massey of Plainville to Dianne Sabonis, \$73,900 on 07/31/2013

38-r East St.: Joan M. and Steven H. Widger of Plainville to Connecticut Vly Props LLC, \$180,000 on 08/02/2013

39 Farmington Ave., Unit F3: Martha K. and Diane M. Couture of Plainville to Christopher Bidorini, \$140,000 on 08/01/2013

26 Maria Road: Laurie A. and John T. Myska of Plainville to Carol L. and Rober J. Casey, \$334,900 on 07/31/2013

17 North St.: Magdalena A. and Krzysztof Swiderski of Plainville to Adis Bilal, \$220,000 on 08/01/2013

58 Robert St.: Cheryl L. and Frank J. Iris of Plainville to Plainville Town Of, \$150,000 on 07/31/2013

25 Tyler Farms Road: Caryn S. Nicklis of Plainville to Marta and Dariusz Weidl, \$350,000 on 07/30/2013

111 Williams St.: Mary J. Lozefski of Plainville to Lesley and Dave J. Massey, \$228,000 on 08/02/2013

6 Crown St Unit 6: CHFA of Plainville to April R. Masters, \$40,000 on 08/07/2013

144 Farmington Ave: Nicole F. and Brian A. Butkiewicz of Plainville to Maura Musial and Matthew Hopkins, \$215,000 on 08/05/2013

32 Great Plain Dr Unit 32: JNS Development LLC of Plainville to Heath E Henry, \$407,000 on 08/09/2013

48 Milford St: Carol C. and Thomas E Loiselle of Plainville to Joyce A. Grem and Sara M. Lanza, \$174,000 on 08/09/2013

69 Northwest Dr Unit 35: Oleg Metlitsk of Plainville to Joao M Pereira T and Victo D. Pereira, \$177,500 on 08/09/2013

9 Norton Place Ext: Margaret Straub of Plainville to Plainville Town Of, \$128,600 on 08/05/2013

23 Park St: Webster Bank NA of Plainville to Leon J. Abramczyk, \$89,900 on 08/05/2013

421 Camp St.: Andrew D. Lauzon and Wells Fargo Bank NA of Plainville to Wells Fargo Bank NA, \$134,040 on 08/19/2013

11 Cassidy Drive, Unit 11: Karin Agritelli of Plainville to William Alicea, \$68,500 on 08/20/2013

12 Norton Trail: Sherry G. and Rodger E Foster of Plainville to Lynn C. and Michael J. Norman, \$340,000 on 08/19/2013

17 Phelan St.: Tina M. and Anthony J. Woznicki of Plainville to Sebastian L Miano, \$217,000 on 08/19/2013

421 Camp St.: Wells Fargo Bank NA Tr of Plainville to Cornerstone Investing LLC, \$117,000 on 08/29/2013

35 Cody Ave.: Frank J. Uryga of Plainville to Andrea L. and David J. Mamula, \$170,000 on 08/29/2013

Cooke Street: Maureen and Donald Mikolajcik of Plainville to Michael W. Michaud, \$215,000 on 08/27/2013

3 Harvest Lane, Unit 3: Daniel Cousins of Plainville to Emily Staszewski, \$347,000 on 08/27/2013

15 Jude Road: Lynn C. and Michael J. Norman of Plainville to Katherine A. Supranovich, \$236,000 on 08/29/2013

18 Junior Road: 18 Junior LLC of Plainville to Halsey T. Husson and John R. Lozyniak, \$219,000 on 08/26/2013

5 Norton Place Ext.: Shirley and Leon L. Stefanski of Plainville to Plainville Town Of, \$140,400 on 08/28/2013

41 Peach Orchard Hill: Jason Sicotte of Plainville to Anna and Daniel Darmoros, \$315,000 on 08/26/2013

72 Robert St.: Marlene Dube of Plainville to Plainville Town Of, \$213,500 on 08/28/2013

77 Robert St.: Danuta and Kam Adamczyk of Plainville to Plainville Town Of, \$160,450 on 08/29/2013

## TOWN OF PLAINVILLE MUNICIPAL OFFICES CLOSED

The Municipal Center, Library and Senior Center will be closed:

**Monday, October 14, 2013**

in observance of Columbus Day.

All municipal offices will open again on Tuesday, October 15.

**There will be no change in the weekly refuse collection.**

## Friends of the Public Library

### Bus Tour to Rough Point

The Doris Duke Estate  
Newport, Rhode Island  
Saturday, October 19th

The cost of the trip, including lunch and entry into the estate with a 75 minute guided tour.  
\$89 per person

Bus departs from the library at 7:45 am and will return at 6:30 pm

For reservations,

call Lois Taft 860-747-8457

Jeanine Martino 860-747-2496

or Marie Ragaglia 860-747-5694

The tour is run by Friendship Tours

## ANNUAL PLAINVILLE CHILDREN'S FISHING DERBY

Sunday, October 6 from 7:30 to 10:00 am

ONLY Plainville children ages 5 to 15

Paderewski Park- Rain or Shine

Pre-Registration at Town Hall Lobby

Wed. October 2nd & Thurs. October 3rd

From 6 to 8 PM

Plainville Police Station Conference Room

Sat. October 5th from 9 am to NOON

Park in Town Hall Parking Lot

Sponsored by:

Plainville Conservation Commission

Raffle to follow Fishing Derby

## ATTENTION PLAINVILLE RESIDENTS

### Valley Water Systems Hydrant Flushing

Flushing began on September 15, 2013 on the following streets:

Cooke St., Farmington Ave., Metacomet Rd., and New Britain Ave.

Please note that adjacent streets will also be affected by the flushing.

Low pressure and discolored water is to be expected during flushing and for a short period afterwards.

For weekly updates go to our website:

[www.valleywatersystems.com](http://www.valleywatersystems.com)

or you can contact one of our customer representatives

Monday – Friday

8:00 A.M.-4:30 P.M. at (860)747-8000

## Insurance Commission Opening

The Town of Plainville has openings on the Insurance Commission. It is the duty of this Commission to obtain contracts of insurance and bonds in its judgment that are reasonably necessary to safeguard the interests of the Town against loss or damage. If you are a registered voter in the Town of Plainville and wish to serve on the Insurance Commission or any other board or commission, please call the Town Manager's Office at 860-793-0221 x205 to request an application.

## Library Open Saturdays

*By: Peter Chase, Library Director*

The Plainville Public Library resumed its fall schedule starting after Labor Day. In addition to weekday hours, the library will also be open on Saturdays from 10 to 5 p.m. The regular hours now are: Monday – Thursday 10 – 9 p.m. (the children's section closes at 8:00) and Fridays and Saturdays 10 – 5. On the average day, more than 435 people will visit the library and borrow more than 575 items including books, magazine and videos.



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Today, we use the United States Postal Service and the computer "We are on Line"

# Life with Wanda



I am back from my vacation and not much was funny around our country this summer. I believe it was around the middle of July, I began to receive several invitations requesting I attend some parties celebrating class reunions, birthdays and even some weddings. I hesitated at first but then I thought...what the heck these could be fun, and I would get to see some "old" friends and classmates. Many of these affairs were described on the invitation as casual dress. Now, what do you think casual dress means? Some attended these functions wearing shorts they had worn for several days, sporting a tee shirt so faded you could hardly read "Harley's give the best vibrations"; and, obviously, not taking time to shave or comb their hair. I don't think a woman should go out in public looking like that; do you? Thank God the invitation didn't say "come as you are." One bright spot was at an event when I met a woman that really had kept herself in trim for her seventy or so years. I hadn't seen her in some time and asked how she managed to stay in shape and keep that glow so many of us have lost over the years. She explained she kept herself on a very regimented diet. Boy, was I anxious to hear what kind of diet that was. She said she lived mostly on salad. Ok, I could do that but what kind of salad I asked? She then said her salad was sprinkled with grapes, well actually, she admitted it was comprised of mostly grapes. OK, it was all grapes, grapes that have fermented were really the best she said. Grapes that had fermented and been crushed and bottled. It didn't take me long to realize she only drank WINE... We became fast friends and spent about four days together as she explained the importance her "salad" diet. I have followed this diet faithfully for the past few weeks and today, even though it is only three o'clock in the afternoon, I have had six salads. I don't know if I have lost any weight, but when I look in the mirror I look a lot better to myself than I did this morning. Here's looking at you, bottoms up!

## Excerpts of the PLAINVILLE TOWN COUNCIL MINUTES REGULAR MEETING SEPTEMBER 16, 2013 - 7:00 p.m.

### 7-7:30pm TOWN COUNCIL/CITIZENS FORUM

Chairwoman Pugliese called the meeting to order at 7:00pm on Monday September 16, 2013 in the Council Chambers of the Municipal Center One Central Square. Also in attendance was Vice Chairman Saunders, Council members, Drezek, Wazorko, Christopher, Toffey, Hurley, Town Manager Lee and Town Clerk Skultety.

### TOWN COUNCIL CITIZENS FORUM

**Lou Frangos**, 10 Fairbanks St complimented town staff for their positive responses whenever he's called, requested clarification of the 6th Amendment of the Town Manager's Agreement and asked for more information regarding the public hearing.

Chairwoman Pugliese responded the Town Council has an annual evaluation and had set goals and objectives for and with the Town Manager and after meeting with the Town Manager, approved the 6th Amendment of his contract for a salary increase based on his performance.

**Joanne Edman**, 166 West Main St commented on Old Linden Street School and asked what is going to happen to the school.

Councilwoman Pugliese responded experts will be investigating the condition of school and the fence has been put in place to protect the students and public.

Lou Frangos mentioned his confusion of the purpose of the Capital Projects Building Committee and the need for \$25,000.

Councilwoman Pugliese and Town Manager Lee clarified the Capital Projects Building Committee was formed eight (8) years ago and charged with large building projects that the acting Town Council assigned to them from time to time.

The business portion of the meeting was called to order at 7:30pm. Councilwoman Christopher led the Pledge of Allegiance. Assistant Town Manager Osle and Town Attorney Mastrianni were in attendance.

Vice Chairman Saunders motioned to ratify and establish a public hearing for Monday September 16, 2013 in the Council Chambers of the Municipal Center, One Central Square in Plainville to hear public comment on an additional appropriation of \$25,000 for the Capital Projects Building Committee for administrative needs. The motion was seconded by Councilwoman Toffey and passed 7-0.

### PUBLIC HEARING

Town Clerk Skultety read the following legal notice:

LEGAL NOTICE - NOTICE IS HEREBY GIVEN that the Plainville Town

Council will hold a public hearing at 7:30 p.m. on Monday September 16, 2013 in the Council Chambers of the Municipal Center, One Central Square in Plainville to hear public comment on the following:

- An additional appropriation of \$25,000 for the Capital Projects Building Committee for administrative needs.

Dated at Plainville, Connecticut this 12th day of September 2013.

Councilwoman Pugliese opened the hearing for public comments.

### REPORT OF TOWN MANAGER (See Page 4)

Happenings (S. Osle) (See Page 4)

### NEW BUSINESS

- Establish public hearing regarding Sewer User Rate
  - Proposal for Hazardous Materials Services at Old Linden Street School
- The motion was seconded by Councilman Wazorko and passed 7-0.

**BOARD OF EDUCATION LIAISON** ~ Chairwoman Saunders announced the dates

for an open house at the Middle School and the High School. There will also be "Rachel's Challenge" community event on October 1 at the Middle School.

### ORAL PETITIONS (New/Old Business Agenda Items)

Lou Frangos, 10 Fairbanks St. addressed the appropriation and suggested attaching an explanation as to where funds will be designated and not approve appropriations for undefined items.

Arthur Screen, 62 Robert St Ext asked the Town Council to table the motion to approve the Tax Sale Policy as he would like to have private conversation with Town Council members.

### MINUTES OF PREVIOUS MEETING

Councilman Drezek motioned to approve the minutes of the August 19, 2013 Regular Meeting. The motion was seconded by Vice Chairman Saunders and passed 7-0.

### ANNOUNCEMENTS - REPORTS

Chairwoman Pugliese read a Proclamation Recognizing September as Leukemia, Lymphoma & Myeloma Awareness Month and commented on the Board of Education meeting she recently attended. The Board approved the plan to study the consolidation of building & maintenance departments.

### APPOINTMENTS/RESIGNATIONS

- Firefighter Appointments
  - a. Councilman Drezek motioned to appoint Gregory Bemby, 175 Arcadia Avenue, as a probationary firefighter of the Plainville Fire Department. The motion passed 7-0.
  - b. Councilman Drezek motioned to appoint Troy Dixon, 30 Sandy Drive, Bristol, as a probationary firefighter of the Plainville Fire Department. The motion passed 7-0.
  - c. Councilman Drezek motioned to appoint Brian Roper, 3 Pinecrest Drive, as a regular firefighter of the Plainville Fire Department. The motion passed 7-0.

### NEW BUSINESS

- Consider additional appropriation for the Capital Projects Building Committee to appropriate \$25,000 Discussion followed. The motion passed 7-0.
- Resolution - FFY 2012 State Homeland Security Grant Program See Addendum
- Councilman Wazorko motioned to adopt a resolution regarding a Memorandum of Agreement for the FFY 2012 State Homeland Security Grant Program. The motion pass 6-0. Councilwoman Toffey abstained because she works for the SSA agency.
- Tax Sale Policy See Addendum
- Motion to approve the Tax Sale Policy as recom. The motion passed 7-0.
- Establish public hearing regarding Sewer User Rate
- motion to establish a public hearing for Monday, October 7, 2013, at 7:30pm in the Council Chambers of the Municipal Center, One Central Square to hear public comment regarding the sewer user rate effective November 1, 2013 to October 31, 2014. Motion passed 7-0.
- Proposal for Hazardous Materials Services at Old Linden Street School
- Motion to accept the recommendation of the town and school administrative staff to utilize Weston & Sampson Engineers, Inc., Rocky Hill, CT, for hazardous material inspection, remediation design and remediation monitoring services at the Old Linden Street School. The motion passed 7-0.
- Tax Refunds - see addendum
- Motion to approve the tax refunds as listed on the addendum. The motion passed 7-0.

### MATTER APPROPRIATE FOR EXECUTIVE SESSION

### ADJOURNMENT

Carol A. Skultety, Town Clerk & Clerk of the Town Council

### AUTHORIZING RESOLUTION OF THE

Plainville Town Council

RESOLVED, that the Plainville Town Council may enter into with and deliver to the State of Connecticut Department of Emergency Management and Homeland Security any and all documents which it deems to be necessary or appropriate; and

**FURTHER RESOLVED**, that Robert E. Lee, as Town Manager of the Town of Plainville, is authorized and directed to execute and deliver any and all documents on behalf of the Plainville Town Council and to do and perform all acts and things which he deems to be necessary or appropriate to carry out the terms of such documents, including, but not limited to, executing and delivering all agreements and documents contemplated by such documents.

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**For your convenience study the Sample Ballot for the November 5<sup>th</sup> Election**

**Polling Places:**

**District 1- Linden St. School**  
**District 2- Our Lady of Mercy**  
**District 3- Toffolon School**  
**District 4- Wheeler School**  
**Polls are Open at**  
**6 am to 8 pm**

**For Absentee Ballots**  
**Call the**  
**Town Clerks Office**  
**860-793-0221**  
**Ext. #246, #247 & #248**

OFFICE ↓ PARTY	Town Council Vote for Any Seven				
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
REPUBLICAN PARTY	1A Katherine M. Pugliese	2A Lee C. Toffey	3A Scott D. Saunders	4A Danny B. Carrier	5A Deborah J. Tompkins
DEMOCRATIC PARTY	1B Richard D. Ireland, Jr	2B Christopher J. Wazorko	3B Quinn E. Christopher	4B Patrick M. Kilby	5B Tony Tarascio

Board of Education Full Term Vote for Any Four				Board of Education To Fill Vacancy for Two Years Vote for One	Constables Vote for Any Four				Library Trustees Vote for Any Two
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8A Brent T. Davenport	9A Ezio Capozzi, Jr.	10A Andrea C. Saunders	11A <Candidate>	12A Laurie E. Peterson	13A William G. Brayne	14A Gail S. Pugliese	15A Ezio Capozzi, Jr.	16A Anthony J. Bartolotta	17A Nancy J. O'Toole
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8B Cheryl A. Provost	9B Becky Tyrrell	10B Randall P. Peck	11B <Candidate>	12B Foster S. White	13B Robert B. Ciotto, Sr.	14B Tara M. Scrivano	15B Jason H. Rupaka	16B Christine P. Kuzia	17B Kenneth J. Laska

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 email: lobm1@comcast.net

**Plainville Republican Town Committee invites all to attend the Town Committee Open Meetings**

**4th Wednesday of each month at 7:00 P.M.**  
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**1 Central Square-Council Chambers**  
*For information or questions call:*  
**Robert Pugliese, Chairman 860-(747-2583)**

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## LETTERS TO THE EDITOR

### I am supporting Quinn Christopher for Town Council. . .

Quinn is the only councilor who supports the return of citizen's voices to town council meetings. Many citizens have been asking the council to return oral petitions to the regular council meetings only to be met with lame excuses and deaf ears.

As a first-term councilor Quinn has stated that since she was elected by the people, their concerns and issues should be heard by the council during regular meetings so the public can be informed by watching meetings on Nutmeg television.

By standing alone against six other councilors, Quinn has proved that she has the qualities of courage, strength and honesty of her convictions.

Quinn's intelligence and common sense bring a breath of fresh air to the council.

Quinn can't do it alone. She has supported the people, so it would be great if every voter in Plainville would give Quinn their vote to let the council know that we want our voice heard in the government of Plainville

It is unfortunate that many Plainville residents do not get involved in our government; less than 5% of the registered voters bothered to take a few minutes of their time to come out and vote on the budget!

Some people say that it doesn't make any difference who gets elected! This is not true; we have had past council members stop many ridiculous money-wasting schemes by not going along with the bobble heads. It isn't often that someone of Quinn's caliber comes along and is brave enough to question the bully! How about if every voter in Plainville, regardless of party affiliation, votes for Quinn and sends her back for a second term?

**The people win with a vote for Quinn!**

John Kisluk

*Letters to the Editor....for the November issue letters must be received by October 15th. It will be first come..first serve as space allows. Letters to the Editor are not the opinion of the Plainville Hometown Connection and are unrelated to any personal views of the Hometown Connection staff.*

*Please limit your letters to 100 words.*

Dear Editor,

In this small town of Plainville, I feel it is so important as a community to realize that times are changing, whether good or bad, they are changing. My opinion is to look forward and change for the good. WE CAN DO THAT if we have a clear focus on what we want to achieve.

Myself and the concerned citizens have an understanding about hen keeping but the zoning board lends a deaf ear and its so frustrating and sad because we ARE taxpayers and the annointed individuals seemed they could care less about what we had to say in past meetings this year.

My thoughts are they are scared to learn something new! OPEN MINDS = OPEN LEARNING = OPEN OPPORTUNITIES FOR ALL! What's wrong with that?

Citizens of Plainville, please be aware of who you are voting for in the next election and what they stand for! If we can't have a voice in the town we live in, we have nothing.

Diana Doughty

Dear Editor,

Last election cycle the Town citizens voted and swept the Republican candidates into office to "clean up the mess" and establish harmony.

I am proud to say they have accomplished the goal They promised to combine the Town Council and Board of Education Finance Departments to create transparency and eliminate suspicion. The Town Charter was revised to keep them combined. They promised to keep a critical eye on spending to help replenish the Town's fund balance.

Indeed, cooperation between the School Board and the Town is at an all time high. Information is exchanged freely and the Board is firmly again part of the town and not some quasi-state agency as some before had claimed.

However, there is still more to do. More efficiencies and savings can be realized. Plainville is in good financial shape but the future of our State and economy is still unclear. Plainville has been well served by your Republican Council and Board.

As Chairman of the Plainville Republicans I ask you to please support the Republican Team again this election.

Robert Pugliese

Chairman Republican Town Committee

Dear Editor,

The Republican led Board of Education made the decision this year to only cut programs that did not directly impact the students. There was no talk of "pay to participate", cutting sports, music, teachers, etc. Instead, the Superintendent and BOE realigned teaching staff to better meet needs, added all day Kindergarten, purchased Chrome books for grades 8-12, and implemented a new Math program. While the surrounding Towns saw projected increases of 8%, 10% or more, Plainville BOE asked for an under 1% increase in their budget, the second lowest in the State. Re-elect the Republicans in November.

Thank you, Laurie Peterson

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# Ask the Brayne

**Q.** How does one join the Tea Party?

**A.** To join the Tea Party you can go on the computer: [info@theteaparty.net](mailto:info@theteaparty.net) or Write To: The Tea Party Group, Pennsylvania Ave., Washington, D.C. Better still come join locally: "Come and join the Tea Party Group live EVERY TUESDAY 5 to 6 PM in front of STARBUCKS (near Denny's) in Southington.

**Q.** I have a real problem with the trash collection at a commercial building next door to my home. The driver empties the dumpster at 4:30 a.m., I am sure you know what I want to know. Is there a law about noise in the middle of the night? Somehow can we stop the trash contractor from coming so early?

**A.** First, Plainville does not have a noise ordinance. I spoke to the owner of the business next door to your home and he suggested you call P&M and request a route change for the pick-up later. He has no problem with you making the request.

To submit questions: Call 860-747-4119, E-mail [hmtnn@comcast.net](mailto:hmtnn@comcast.net), or write to Hometown Connection, 27 Sherman Street, Plainville, CT 06062 or drop them at the office. Deadline for submitting questions and/or articles is the 15th of each month. Thank you for the above questions. Keep them coming!!

**Thanks, Bill Brayne!**

## Thank You..... From HORSE of CT!!

THANK YOU to all of those who supported the fundraiser dance at the Plainville VFW Hall on Sept. 21st.

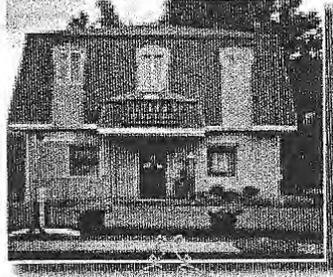
It was a huge succes and the Volunteers hope you had a good time. DJ Swazae and The Crown Imperials provided excellent music for dancing and listening.

The need is ongoing. Rescuing horses and pets of all kinds is continuous and expensive for those committed to this effort. Please consider ongoing donations to HORSE of CT, 43 Wilber Road Washington, CT 06777.

860-868-1960. <http://www.horseofct.org/>

This organization has proudly rescued, rehabilitated and cared for animals in need for over 31 years. Roberta Lalama

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**Saturday, October 5<sup>th</sup>**  
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Come meet our staff, enjoy refreshments and take a tour of our spa and salon. Complimentary raffle tickets will be offered to win gift cards and door prizes.

To further celebrate our 30th year Buy one product and receive **30% off** a second item!!

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 Boss's Day Wednesday 16th  
 United Nations Day Thursday 24th  
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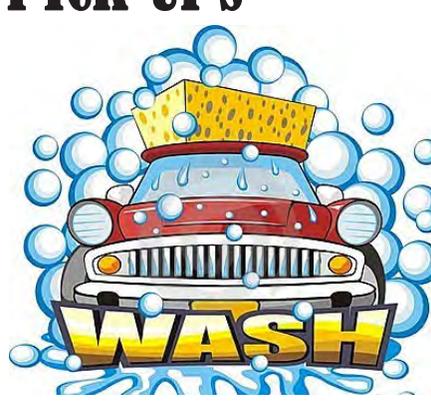
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## 2013 PLAINVILLE HALL OF FAME

# Induction Banquet

Saturday, October 5th

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Phone 860-747-5761

Dr. Michael Lantiere- 29 Park Street

Phone: 860-747-9339

## Inductees are:

### Robert O'Dea

Robert J. O'Dea, CFSP, CPC is the recipient of the John E. Toffolon Distinguished Service Award. The Plainville Athletic Hall of Fame recognizes Bob for his unselfish dedication and service to athletics and the community. Bob graduated Plainville High School in 1967. He was a member of the CIAC Class M runner up cross country team and was on the basketball and track teams. While attending CCSU, Bob was a volunteer assistant basketball coach at PHS for two years. He has been a high school basketball referee for 43 years and a high school and college soccer referee for 38 years, including several NCAA Division II quarter final games. Bob officiated in the town recreation leagues in both soccer and basketball for many years. He is secretary of the Connecticut Soccer Officials Association and a longtime member of "Timing is Everything" which is a timing and scoring organization that handles those duties at most NCAA member institutions, including UCONN, where he is the official scorer for the men's and women's basketball programs. Bob has been a member of the Plainville Fire Department for 43 years, holding the unique distinction of being the only member to serve in every management position. A 1971 CCSU graduate, he is a member of the CCSU Alumni Association Board of Directors and has been a funeral director for more than 40 years, graduating in 1972 from Indiana College of Mortuary Science in Indianapolis, where he was president of his class and fraternity secretary.

### BRIAN VERRASTRO

Brian Verrastro graduated in 1991 as a 3 sport star with Northwest Conference and All State honors in Swimming for the 4 years during which he competed. He currently holds Plainville High School records in the 50 Meter Free Style and 3 different relay teams. As the team captain his senior year, he led the relay team to a State Championship and was voted Northwest Conference Swimmer of the Year. During his illustrious swimming career Brian only lost 1 individual meet. In addition to his achievements in the pool, Brian was a Northwest Conference and All State Soccer player who helped lead his team to the Northwest Conference Championship his sophomore year. Brian participated in the Track and Field State Open his junior and senior years and was voted to the Northwest Conference Team.

Brian earned a scholarship to swim at The University of Rhode Island, where his career was cut short by a shoulder injury. He is currently the head boys and girls swimming coach at East Hartford High School. During his 15 year coaching tenure at East Hartford, he has guided the Hornets to 10 League Titles, coached more than 40 All-League Swimmers, and 4 All-State Swimmers. Three of his former swimmers are now coaching — 2 on the high school level (South Windsor and Simsbury) and one on the collegiate level (Wesleyan).

### Darren Raymond

Captain Darren Raymond was an All State and 3-time All Northwest Conference in baseball while batting 417 with 5 home runs and 29 RBIs. As a pitcher his senior year, he had a 5-2 record with 70 strike outs when he received the Most Valuable Player Award. As a senior, he was selected All New England, one of only three to be nominated in Plainville History with current Hall of Famers Jeff Howes and brother Dan Raymond. Darren played on TEAM USA in the outfield and batted .450 while competing in Japan and Hawaii. The team's only loss was to Team Hawaii College All Stars 8-7 in Aloha Stadium.

In Basketball as a captain he averaged 15 points / 13 rebounds / 5 blocks per game while jumping center and playing swing forward. His contributions earned him the Hustle and Determination Award.

Mark Newman current Senior VP of the New York Yankees realized the talent and offered Darren a scholarship to play at Old Dominion University where he became a 3-year starter in the outfield. His team-leading 22 steals in 1991 were 2nd in the Colonial Conference and earned him the honor of captain his senior year. ODU was nationally ranked in the top 25 which allowed Darren to participate in the College World Series regionals two of three years.

Darren received the Male Athlete of the Year and the Most Athletic by Plainville Athletic Backers and Coaches.

### Rhonda Snyder Wisniewski

Rhonda Snyder Wisniewski earned her varsity letter in 3 sports and was captain while participating in soccer, indoor track and softball. She earned All Northwest Conference honors in soccer for 2 years and indoor track for 4 years for the shot put event and as part of the Sprint Medley Relay (SIVIR) team. Rhonda and her teammates qualified for the State Open Indoor Track meet for three years where she earned All-State honors. She was selected for the New England Indoor Track meet where she placed 7th her junior year and 5th during her senior year. Rhonda also earned All-State and All-Northwest Conference honors in softball.

During her final campaign she was selected to participate in the Senior All-Star softball game. She received the Backers Club's Athlete of the Year Award.

Rhonda went on to compete at Lafayette College where she continued developing her skills for the Indoor and Outdoor Track Teams. Rhonda was a field athlete and threw the shot put, indoor weight and hammer. Rhonda's first competitive throw of the hammer broke the 12 year school record by over 20 feet. She was a 3 time NCAA qualifier in the hammer throw and Patriot League Champion in the shot put 4 times, indoor weight throw 2 times and hammer throw 2 times. Rhonda was All-Patriot League in both indoor and outdoor track for four years. She was named Patriot League MVP for indoor and outdoor track two years and was named the ECAC Division I Track and Field Performer of the Week five times during her four years at Lafayette while placing in the top 3 at the Penn Relays for the hammer throw three times. She won the Hershey Relays four times for the shot put and weight throw. During her collegiate career she was ranked 21st in the world for the hammer throw and was named Patriot League Athlete of the Decade, the Lehigh Valley Association of Intercollegiate Athletics for Women's Most Outstanding Track and Field Athlete.

### Roger Roy

Roger Roy was a four-year member of the football, basketball, and track teams.

While at PHS, he was a member of 3 State Championship teams. In 1958, as a senior on the football championship team that went 8-1, he played on the offensive line where he was known as a clutch receiver and hard-nosed blocker. In basketball he was a solid rebounder on the 1959 State Championship team and the 1958 Runner-up team. Track, his best sport, is where he excelled. As the captain, his team won the 1959 State Title after finishing 2nd in 1958. During his senior year, he set a school record at PHS in the Pole Vault. When his record was broken in 1972 Roger had the distinct pleasure of being the Head Coach of the track team and the individual who broke the record. During his 6 years of coaching, he influenced the lives of current Hall of Famers Mark Gediman, Bill Petit, Gary and Bob Heslin. In addition to coaching track, Roger was a member of the Football coaching staff during the memorable years of current Hall of Famers Vet Mason and Jeff Palmer.

Roger continued his athletic prowess at the Teachers College of Connecticut where he participated in both Football and Track.

Roger truly embraced the Blue Devil culture spending 32 years in the school system where he was head of the Tech Ed Department for 6 years.

### Ted Christopher

Theodore "Ted" Christopher graduated from Plainville High School in 1976. He began his noteworthy racing career shortly after high school and went on to become a nationally recognized racing star successfully competing in every form of motorsports from go-karts to the NASCAR Sprint Cup Series. Among Christopher's numerous accomplishments were being named the 2001 National NASCAR Weekly Racing Series recipient and winning the NASCAR Whelan Modified Tour Championship in 2008. He was the first driver to win 5K modified track championships at all three Connecticut NASCAR Whelan All-American series tracks with a total of 14 championships.

Ted has been named one of NASCAR Series All Time Top 50 drivers. In 2008 Stafford Motor Speedway named a section of its grandstand after him in honor of his 100th victory there.

Christopher has racked up 42 NASCAR modified touring series wins during his career and more than 100 wins at the Stafford Motor Speedway where he still competes today. Christopher also continues to compete in the NASCAR Whelan Modified Touring Series and several other racing series.

Ted was a member of the PHS wrestling team for four years, serving as captain in his senior year.

### 1937 State Champion Football Team

The inaugural year of the Blue Devils school name was introduced during the most improbable football season. After a 2-6 outing in 1936, PHS welcomed new teachers and coaches Charles "Chuck" Hardy and Ivan Wood to help turn the program around. Not only were they instrumental in selecting the PHS nickname but were able to motivate 32 young athletes to achieve the impossible. The 1937 Football Team achieved greatness by winning the Farmington Valley League and State Class C title while producing the only undefeated and unscored upon team in Plainville history. Their 7-0 record was highlighted by scoring 90 points while not allowing any points to be scored.

The Farmington Valley League was considered to be strong in 1937 and the Blue Devils were not expected to show much. The season opened at Farmington and fullback Louis Tucker crashed through the line for a touchdown with 3 minutes left. It was all they needed to start this miraculous run. In the second game Simsbury then headed to Plainville and Dick West's 2 touchdowns secured the victory. The 3rd game of the season was pitted against Berlin who expected to stop the run. However, led by Tucker's three touchdowns Plainville went on to a 20-0 victory. Mid way through the season was the annual game against the alumni. This was a classic defensive battle and the only score came on a pass play from Tucker to Alden Doughty for six. The team then traveled to Winsted to face a tough Gilbert team. The scoring opened with a 55-yard pass play to Dick West. Tucker and Dom Forcella added 2 touchdowns each for a 31-0 victory. The team that was expected to be mediocre had now played 5 games, scored 77 points, and allowed none. At this point of the season the state had only 9 unscored upon teams and Plainville led in scoring with Hillhouse next at 76 points.

The team was put to the test against Collinsville and only a second quarter passing attack that put Dick West in the end zone for 6 showed any offense on the part of Plainville's game. The contest from start to finish was a bitter defensive battle. The only remaining challenge was arch rival Southington who was coming into this game outscoring their opponents 129-14. The game would decide the league championship and state C title.

On Plainville's first possession they marched 63 yards capped by a Tucker rush for the touchdown. Early in the 2nd quarter Tucker was injured and was put out of the game, thus immobilizing the offense. The defense with West the leading tackler and Hubert Royce's booming punts held the ferocious air attack

unleashed by Southington. The final stand was in the forth quarter when the defense held Southington to a "four and out". At that point the score ended at 7-0 capping the miraculous season of unbeaten and unscored upon as the most successful season in Plainville Football history.

### 1937 State Champion Football Team

- |                       |                  |
|-----------------------|------------------|
| Bob Cassidy           | Frank Salomone   |
| Alfred Salomone       | Steve Galagan    |
| Albeet Berarducci     | Frank Riggs      |
| Bill Foren            | Arnold Peltzer   |
| Ray Hummel            | George Blackston |
| William Orvis         | Bob Ehrlich      |
| Leroy Corlette        | Royal Hadfield   |
| Art Dalpe             | Stanley Morse    |
| Alden Doughty         | Joe Brow         |
| Hubert Royce          | Fernando Otero   |
| John Toffolon         | Charles Klatt    |
| Lewis Tucker          | Dick West        |
| Roland Demarest       | Bill Griffiths   |
| Robert Nielson        | Harvey Kalish    |
| Tony Lepore           | Jack Logan       |
| Louis Ibitz           | Dom Forcella     |
| Ivan Wood – Coach     |                  |
| Charles Hardy – Coach |                  |

**Regarding the 1937 Football Team**  
 We would appreciate it if any friend or family member could add an introduction of a team member, so that we can learn more about these individuals since many may have passed.

**Contact Keith D'Amato**  
**860-250-2514**  
 with information before October 5th  
 Thank You.....



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*Samuel Butler (1835-1902) English novelist*

## An Ear of Corn and A Lesson Learned

By: *Sally Miller*

As I recently devoured the last of the fresh corn on the cob of the season, memories flooded through me of a day in summer when I was 9 years old. When I was a child my grandfather and I were inseparable. He taught me many things. I would observe him in his garden and would always go out to see if I could help. Time with him was such an exciting time. Now that I am older and can't seem to find time to plant like I used to, I think of those times and I miss those times. Granddad always allowed me to have my own

special little plot. I can remember worrying his very last nerve about planting my own row of corn. He must have gotten weary of hearing me beg and pester him. He finally broke down and allowed me to plant two ears of corn. He stood by my side and patiently showed me how to prepare the earth and plant the seeds. Night after night, I would lie in my window and peer out at the garden to see if the corn had grown any taller. Every morning I would get up and head straight for the garden to see if maybe they had grown taller while I was sleeping.

The whole time he and I were in the garden I had on my coveralls with a little straw hat and my own little hoe. I thought I was a farmer and he told me no different I had my own little watering can and I was one problem farmer. As I look back on the situation I was my grandfather's worst nightmare but he never made me feel like I was. The corn grew 2 inches and my question was, "how long before I can eat the corn granddad?" His answer was "not yet dear"... He told me that the corn had to grow higher than he was tall.

The middle of summer came and I grew weary of the corn because it did not seem to produce as quickly as I thought it should. Once the corn started to develop, I became a nuisance. I think Granddad began to hide from me. Now that I look back at the situation, I was a downright a pain in the \_\_\_\_.

On day 1110 of nagging, he finally told me go pick the corn. I was the happiest little girl in the whole world I put on my straw hat grabbed my little basket and headed for the garden. I picked the corn and Granddad took a picture of me in had in my little straw hat, plaid shirt and coveralls. I held onto my corn so hard that my hand hurt. We went into the house and asked Gram to boil some water. I began to husk the corn and immediately knew why Granddad did not want me to pick the corn yet. There were hardly any kernels on the cob. I wanted him to think that I was a big girl, so I did not cry. When the corn cob was cooked, I swallowed hard and let the disappointment slide down my throat. I soaked it in butter and sucked the flavor out since there were few full kernels. I wished that I had waited for the kernels to grow in and grow larger. I should have listened to Granddad and been more patient. As I lay the cob on the plate, with a tear threatening to drop from my eye, I peered over at Granddad and he winked at me and smiled. Today, as I eat my corn, I picture him across the table and remember that the corn was one of the many lessons that he taught me in life. I realize now that I received one of my first lessons in life from my grandfather. He taught me about patience and learning by our mistakes. I realize how much he must have loved me to have that much patience.

How much he must've loved me to listen to me 1110+ times about that you know what ear of corn.

*From the Desk of ...*

**Thomas A. Wurz, Esquire**



### THE IMPORTANCE OF HAVING A WILL

A "Last Will and Testament" is an essential estate planning instrument that just about everybody needs. If you have any assets or debts in your name, you should have a Will. Whether you have children or not, if you want to devise your possessions the way you want upon your death you better have a Will.

If you have young children it is essential that you have a Will crafted to include an A to B trust for your children. This will ensure that if you pass away your children will continue to be supported by the assets from your estate. This trust should name an administrator who will manage the funds and apportion them to your children. The formation of this trust may be essential as a common disaster may claim the lives of both parents.

Additionally, A Last Will and Testament allows you to devise specific possessions where you would like them to go. You may wish to leave a portion of your estate to your High School or College. You may wish to give a special watch to your nephew. More importantly, you may want to limit the tax exposure when allocating your estate. This control is what we all strive for and the way to achieve it is with a Will. Without a Will you leave everything you have in jeopardy to be fought over, which usually ends up padding the state's coffers.

A Last Will and Testament is essential for a well-planned estate whether you are Rockefeller or Joe Schmo. In life all we can be sure of is death and taxes, so doesn't it make sense to make a Will so that your hard earned money ends up with your family instead of the government? Remember, even if you have a Will already be sure to review it because it may be outdated and in need of updating.



**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.

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# 2013 YMCA PROJECT GRADUATION .... "WINTER WONDERLAND"



**THANK YOU  
THANK YOU  
THANK YOU!!**

As the **Plainville High School Class of 2013** moved on to the next chapter of their lives, we would like to thank the following for their donations, time and effort on yet another successful **YMCA Project Graduation**, a drug & alcohol-free party held on graduation night June 20<sup>th</sup>, 2013.

**A Special "THANK YOU" to the Wheeler YMCA** for donating their facility every year, and especially to **Sally Miller** and her staff for their tireless support and dedication to this Special Event. We couldn't have done it without you!!

**"THANK YOU"** to the following restaurants for food donations throughout the night: **Applebees, Asian Bistro, Bagels Plus, Big Steve's Grill, Big Y, Bolo Bakery & Cafe, Capri's Restaurant, Catanzaro Quality Meats, Central Cafe, Confetti's Restaurant, The Cottage, D'Amico Ristorante & Lounge, D'Angelo's, Dairy Queen, Dunkin Donuts-East Main St., El Paso, Fiore's IV Restaurant, First & Last Tavern, Friendly's, Gnazzos, Imperial Buffett, J. Timothy's, Jim's Deli, Johnny Parkos Pizza, Mangiafico's Bakery, McDonalds-Maple St. & New Britain Ave., Moe's Southwest Grill, Pagliacci's Restaurant, Parma Pizza, Pralines Ice Cream, Riverbend Pizza, Saints, Sliders, Plainville Subway, YMCA Subway, Tong Sing, Tuscany Steak & Seafood, Uncle Bob's, Vero's Pizza, Village Pizza, and West Main Pizza.**

**"THANK YOU"** to the many parents, PHS faculty, businesses, and organizations/clubs who made cash donations including: **The Class of 2013, The Plainville Police, Rotary Club, AARP, Norton Trust Fund, the Plainville Community Foundation, the Woman's Club of Plainville, and ZUMBA instructor Cindy** who donated her time and high energy to raise funds for us!!

**"THANK YOU"** to the local newspapers, Plainville's Hometown Connection, Plainville Citizen, Plainville Observer, and the New Britain Herald who were instrumental in getting information out to the public about the fundraisers, meetings and the graduation party.

And last but not least, **"THANK YOU"** to the many **AARP** members, parents, grandparents, aunts, uncles and volunteers from the community who made it such an unforgettable night for this year's Grads!!!

*Sincerely,  
The 2013 Plainville High School Project Graduation Committee*



**KELLY BURNS was the lucky graduate whose name was chosen to receive the \$1,000 Grand Prize CONGRATULATIONS KELLY!!**

**2014 PHS / YMCA  
PROJECT GRADUATION MEETING ANNOUNCEMENT!**

**YOU'RE INVITED TO:**

The 2nd meeting held at the Plainville YMCA teen center on Wednesday, October 2nd, 2013 at 7:00 pm

**"Come Vote for Your Favorite Theme!"**

Contact Dawn with any questions: 860-637-6640

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# Schools in Review

## Make a Difference... Volunteers Needed for Plainville Students

Plainville Community Schools are in need of volunteers for a variety of programs. Adult volunteers are needed to serve as mentors, tutors and classroom helpers in each of the schools in Plainville. Volunteers are asked to give approximately one hour per week during the school year. If you are interested in paying it forward in your community and making a difference in the life of a Plainville student, please contact Sue Bradley, Volunteer Coordinator, Plainville Community Schools, by phone at 793-3210 x212 or via email at: bradleys@plainvilleschools.org.

## NOMINATIONS SOUGHT FOR MEMORIAL WALL OF HONOR

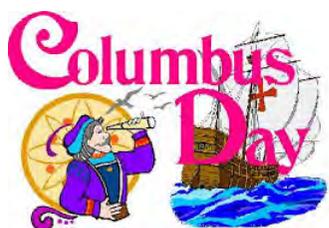
The Plainville Board of Education is seeking nominations for the Memorial Wall of Honor, a permanent tribute to honor individuals who have contributed significant volunteer service to the educational community.

According to the school district policy regarding recognition of meritorious services to education through the memorial wall of honor, individuals selected must meet the following criteria: 20 or more years of significant educational community service contributions, sustained the quality of life or had a positive impact on the lives of Plainville students, created opportunities for students through new facilities or programs, must be a Plainville resident during the time the nominee provided educational community service, has not been previously honored by other actions of the town, such as facilities named in their honor or memorial, candidate must be deceased, and was a positive role model and exemplified high moral character.

Requests to nominate an individual to be recognized on the Memorial Wall of Honor must be made in writing on an approved nomination form. The form is available on the Plainville Community Schools website, or via email by contacting Joan Calistro at: calistroj@plainvilleschools.org. Completed applications must be submitted by October 31, 2013.

A Selection Committee, appointed each year, will review the nominations and submit a recommendation to the Board of Education, who will provide final approval in February. No more than three applications per year will be selected for recognition. Nominations not selected for Board consideration will remain in the file for one year without resubmission. An induction ceremony for this year's honorees will take place during the month of April, 2014.

For additional information about the Memorial Wall of Honor, please contact the Superintendent's Office at (860) 793-3200.



**Remember!!!**  
**Monday**  
**October 14th**  
**Schools Closed**

## Teacher of the Year Leanne Gmeindel Speaks at Convocation



Shown above, Leanne Gmeindel addressed the faculty of Plainville Schools at the August 28th convocation. Leanne has been an educator for 17 years and is currently a Special Education teacher at the Middle School of Plainville. She explained that her philosophy of teaching is that she believes that every child can learn. She noted, "I expect the best from them, I pay attention to them and I have a vested interest in their lives."

## Rachel's Challenge

*Hear the inspiring true story about one girl's dream to change the world.*



Parents of Middle School of Plainville students and all Plainville residents are urged to attend this inspiring community program.

**Tuesday, October 1, 2013: 7:00 p.m. – 8:00 p.m.**  
**Middle School of Plainville**  
**George Ventrelli Auditorium**  
**150 Northwest Drive, Plainville**

*"I have a theory that if one person will go out of their way to show compassion, it will start a chain reaction of the same." .... Rachel Joy Scott*

While her life was tragically cut short during the Columbine High School shooting on April 20, 1999, Rachel Joy Scott's shining example of kindness and compassion was not defeated that day. The presentation is a powerful reminder of the little things we can do every day to make our world a better place.

Child care & light refreshments will be provided. For child care, please RSVP to: Pat Osborne, (860) 793-3250 ext. 1104. or: osbornep@plainvilleschools.org by Thursday, 9/26/13

## LOWELL HUMPHREY NAMED DISTRICT RESIDENCY OFFICER / HIGH SCHOOL MONITOR

Mr. Lowell F. Humphrey, former Canton, Connecticut Chief of Police, has been named District Residency Officer and Plainville High School Monitor, according to Superintendent of Schools, Jeffrey Kitching.

In this position, Humphrey will hold a variety of responsibilities including student residency investigations, working with local law enforcement agencies, and monitoring the student population at Plainville High School.

Humphrey's career in law enforcement and public safety spans more than 30 years, culminating with his retirement as Canton, Connecticut's Chief of Police in 2009. In addition, he has served as a member of the Canton Volunteer Fire Company for more than 20 years, and as its Chief for 7 years. In addition, he has served as an Emergency Medical Technician (EMT) for 30 years. Through his involvement as a law enforcement official, Humphrey was extensively involved in the implementation of emergency plans and security for Canton public schools.

Humphrey also served on the Canton Board of Selectmen and Canton Board of Education, and in a number of youth serving volunteer roles. "I am excited to begin in this role with Plainville Community Schools. It is a natural extension of my training and background in public safety," said Humphrey. "I know that the Plainville school district strives for well behaved, respectful school environments, and I am looking forward to supporting that focus, while utilizing my training and experience in public safety." Humphrey holds an associate degree in Law Enforcement from Manchester Community College. He and his wife reside in Canton, Connecticut. He began as District Residency Officer and Plainville High School Monitor on September 3, 2013.

"This new position will provide better supervision in and around PHS during the school day and bring much needed assistance to Central Office as we continue to improve our efforts to verify residency of new students. It is a critical position and we are thrilled to have someone with Lowell's background and credentials joining us," noted Superintendent of Schools, Jeffrey Kitching.

### Plainville Girls Travel Basketball

Girls in Grades 4-8 are invited to attend the basketball clinic/tryouts for our Girls Travel Basketball Teams



**October 2nd**

6:30- 8:30 Middle School  
Main Gym

Please wear basketball attire  
(sneakers, shorts, T-shirts,  
hair pulled back in a ponytail)

Contact: Carolyn Cronkhite 860-209-0580 or  
Guy Ginatonio 860-833-0157

*of The United States of America.*

# College Choice: US or Europe? Decisions, Decisions, Decisions

by: Ashley Nalewajek

As my junior year came to an end, I knew that the summer would fly by and the time for sending in applications to colleges would come sooner than I would expect. I've wanted to go to University in England for years however; I've never actually been there. I didn't look into too many colleges in the United States and figured it would fall into place when the time came. So, over the past few weeks I spent time in both England and the U.S experiencing what college feels like.

At the end of June, I flew to England to attend a two week course in Oxford. I enrolled in the Oxford Royale Academy for a global leadership course. Oxford University consists of 38 colleges spread around the city of Oxford and I was assigned to stay at Lady Margaret Hall. There were about 150 students between the ages of 16-18 that were also staying on the same campus. The first few days, "ice breaker" activities were planned for everyone to get to know each other along with tours of some of the other Oxford colleges and the city itself. We had classes every weekday that would vary from four to six hours. The global leadership class consisted of 15 students from countries including: Poland, Pakistan, Norway, Spain, Portugal, Russia, Brazil and Italy. Our teacher, who is a student receiving his PhD at Oxford University, provided us with background information and discussion starters and the rest would be left to us. Our topics ranged and consisted of government systems, the nation state, ideologies, and globalization. In my opinion, it was the best class I've had not only because I got to voice my own opinions, discuss my countries policies and provide criticism, but because I got to hear the opinions of other people from around the world. It was a firsthand encounter hearing what others have to say about what goes on in international politics.



*Ashley tries out a British phone booth in London, England*

Although it was an academic course that I was enrolled in, we engaged in many other activities. We had a field trip to London. There, we had some free time where we could walk around the city with our friends and after went to see Wicked at the Apollo Theatre. We also went on an excursion to Blenheim Palace where Winston Churchill was born and Hampton Court Palace. As a class, we went to London separately to tour the House of Parliament, it was an amazing experience but the rooms of the House of Commons and the House of Lords look much larger in photos and on television than they actually are. When we had spare time, we were free to do what we wanted whether it was to stay in our dorms, play a sport, or go walk around the city.



*Ashley's view of the Thames River in London with Big Ben and Parliament in the background*

After all of the goodbyes were said, I departed from England to Poland. There, I stayed with my family in a small town Sobótka in the south western part of the country. I saw many of my family members and friends and caught up on my sleep. During my stay, my family drove me to Berlin, Germany to visit one of the friends I made while I was in Oxford. Although I was only there for two days, we tried to see as much as we possibly could. Berlin is a beautiful city, it was very clean and green and the history that it holds made it so intriguing.



*Brandenburg Gate in Germany*

Upon my arrival back in the United States I had merely three days to unpack, pack once more and get used to our time zone before I left for Washington DC. The course that I was enrolled in was International Diplomacy part of the National Student Leadership Conference that took place at American University. The program was set up very differently from the one that I took in Oxford. The international diplomacy program consisted of approximately 50 students, mostly from various states, and all of our time was spent with each other. Unlike Oxford, we had seldom free time and each day we had many events scheduled.

One of the activities that was planned was the security council. The Security Council was similar to MUN (Model UN) but not exact. The 50 of us were split into groups that were assigned a topic including: the Israeli Palestinian conflict, nuclear non-proliferation, child refugees etc. Then in our groups we were each assigned a country that is currently on the UN Security Council and based on our topic we had to come up with resolutions based off of the beliefs of the nation we were representing had. So, if one was to represent China but had a different personal view than what the nation advocated, they had to disregard what they thought and put themselves into the shoes of someone actually on the council representing China. Another activity that was organized was a world simulation where groups had to develop their own nation and then as a crisis arose, they had to use the resources that the country had to try to fix it.

We also had guest speakers that came to speak to us. Mr. Colman McCarthy who was a columnist for the Washington Post and founder of the Center for Teaching Peace in Washington D.C, Mr. David Burgess who volunteered in the Peace Corps and later served as a global Director of Planning and Policy Analysis for the Peace Corps, and Mr. David Lambert who was appointed by President Clinton to Rome as the Foreign Agricultural Service counselor to the US mission to UN agencies and currently provides advice to various agencies and the governments on global food security. Also, a series of lectures were given by a professor at American University on International Relations.

Field trips were organized for us to explore part of Washington DC including Capitol Hill, the Smithsonian, Georgetown and the monuments. However, we were fortunate enough to also visit other places that others may not have the opportunity to see. Our group visited the embassy of Saudi Arabia and where we learned more about the nation, its culture, and its relations with the United States through the years. There was also a trip to the State Department. There, we got a lecture about the BRICS nations (Brazil, Russia, India, China, and South Africa) who are becoming more developed nations and about the continent of Africa and the potential that it has with all of its resources. At the United Nations, we sat in a conference room where someone who specializes in the Israeli Palestinian conflict spoke to us about the conflict itself and then about how she became involved in the UN. It was interesting to see how people in these positions spoke and how at times they dodged questions (as politicians have a tendency to do) without giving proper answers.



*Capital Hill, Washington, DC*

Not only was I able to get a taste of university life in England and DC, I got to see if international relations was really something that I was interested in, and I learned how wonderful it is to have the access to technology that allows me to communicate within a matter of minutes. I say this because during my weeks in Oxford and Washington DC I met so many people from all corners of the world. I have new friends from close to home (Washington D.C), to Dubai to Thailand. They were some of the best people that I've met and I greatly cherish the friendships I've made. I'm thankful that with the access that I have to Skype and Facebook I'm able to keep in contact with my new friends.

As my adventures ended and I came back home to Plainville, I had to come to a decision on what I would do. I loved both England and Washington DC, but I decided that I would apply to schools in the United States with the hope that I'll be able to study abroad in England. I'm thankful for all that I've been able to experience this past summer and hope the friendships I made will last a lifetime.

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# 132nd REUNION OF THE CROCODILE CLUB

Message from: President, Ray Dunaway and Secretary, Louise L. DeMars

In answer to inquiries and misapprehensions in regard to the origin and object of the Crocodile Club, the following explanation is made:

In 1875, Mr. Gad Norton petitioned to be "set off" from the town of Southington to the town of Bristol. Members of the Legislation, influential in securing the granting of the petition, were invited with their friends to a sheep roast at Compounce Lake. At dinner, a permanent organization was created and the name Crocodile adopted, and in this informal and unpremeditated manner the Club began. It meets annually, and has several hundred members. It is simply a social organization and not political, as has been supposed. Requisites for membership are an invitation from a member, gentlemanly conduct, and fifty dollars for the dinner. Billiards and row boats are no longer included with the dinner because the no longer exist, but there were free rides on the Carousel.

Ray Dunaway was Master of Ceremony, he introduced the Legislators, both Republican and Democrats. Most poked fun at themselves and each other, that made the afternoon "The full spirit of the Crocodile Club, The Nations Oldest Eating Club" Lamb not Sheep was served with corn and potato, watermelon for dessert, plus a "Crocodile Tears Cash Bar".

# Tea Party Patriots

By: Gene

**OCTOBER 1ST IS HERE!** Now, it's your turn to make a decision on Obama Health Care, or as they refer to it Affordable Health Care.

Watch how the shenanigans in the House of Representatives bypasses to defund ObamaCare then the Senate and President will bypass it to the House. ObamaCare advocates are struggling to convince Americans that the takeover of health care is the best thing ever.

One thing they aren't willing to say is that it isn't really about health care; ObamaCare is really about centralized government control.

A dramatic expansion of Medicaid that will add millions of people onto an already stretched and underperforming government program and cost most states millions of dollars.

The establishment of ObamaCare exchanges that will funnel billions of dollars in taxpayer subsidies to government-run health care programs.

**It's about control of one-sixth of the economy!**

**It's about control of physicians!**

**Example:**

If someone was prescribed an antidepressant for something as benign as helping them stop smoking; for example, it could raise a flag and cause them to fail a background check for a gun permit.

For anyone critically examining the cost of ObamaCare, it is obvious the middle class will take an enormous hit.

**It's about control of your freedom!**

Because ObamaCare is a socialized collectivist system, everyone is tied together.

Put simply, ObamaCare is a corrupt scheme that has fooled too many Americans into entering a system limiting their health care choices, encroaching upon their freedom, robbing them of their hard-earned money, and destroying their privacy.

Should President Obama survive the IRS targeting mess, the Benghazi debacle and his administration's spying on the Associated Press, it will be through the mainstream media's abdication of responsibility in actually serving the public interest.

Much has been written of Obama's use of "Saul Alinsky: tactics. "Rules for Radicals" has been the text for Obama's entire career.

The rules are quite simple. Paint your opponent as the devil, seek his public humiliation, infiltrate his establishment and usurp his power for your own. Above all, hold yourself out as the one who has only the public's interest as heart. Humiliate your target, reward your friends, and punish our enemies.

**Sons of the Republic arise and take a stand!**

Defend the Constitution, the Supreme Law of our land. Preserve our Great Republic, and each God-Given Right! And pray to God to keep the torch of freedom burning bright!

**"IT'S A REPUBLIC IF YOU CAN KEEP IT?"**

**The Congress of the United States possesses no power to regulate, or interfere with the domestic concerns, or police of any state; it belongs not to them to establish any rules respecting the rights of property; nor will the constitution.**

Saint George Tucker

Excerpts from *The Patriot; A Grassroots Newspaper*

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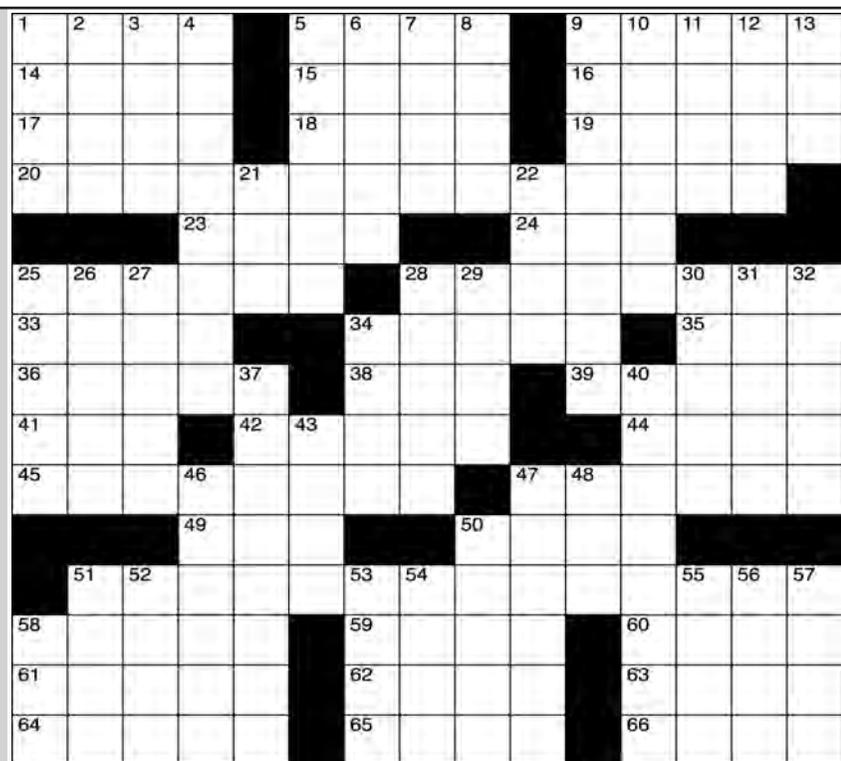
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CROSSWORD



**CLUES ACROSS**

- 1. BABY OR INFANT
- 5. COMMON INDIAN WEAVERBIRD
- 9. WALK
- 14. SHIITE SPIRITUAL LEADER'S TITLE
- 15. MIRISH
- 16. NOSTRILS
- 17. CONFISCATE
- 18. POWDER MINERAL
- 19. MOSS, LACE OR BANDED STONE
- 20. DOYLE DETECTIVE
- 23. NEW ROCHELLE COLLEGE
- 24. "CASE OF THE EX" SINGER
- 25. RAYS OR DEVILFISH
- 28. CUTTING IMPLEMENTS FOR SEWING
- 33. TWO-TOED SLOTH
- 34. LIGHTLY FRY
- 35. JAPANESE APRICOT
- 36. GARGLE
- 38. CONSUMED FOOD
- 39. SWATS
- 41. DOCTORS' GROUP
- 42. BASEBALL TEAMS
- 44. JAPANESE WAIST POUCH
- 45. IMPAIRED BY DIMINUTION
- 47. A FIXED PORTION OF FOOD
- 49. GALL
- 50. A BLOCK OF SOAP OR

**WAX**

- 51. POLITE PHRASE FOR "WHAT?"
- 58. BLACKBERRY DRUPELETS
- 59. WILD SHEEP OF NORTHERN AFRICA
- 60. RIVER IN FLORENCE
- 61. CARRIED
- 62. WAS VISUALIZED
- 63. GIANT ARMADILLO
- 64. DWARF BUFFALOES
- 65. AN ACCOUNT OF EVENTS
- 66. AVERY DARK BLACK

**CLUES DOWN**

- 1. MORSELS
- 2. INDIAN WET NURSE
- 3. COOK A CAKE
- 4. RETIRED WITH HONORARY TITLE
- 5. CONDUCTOR'S INSTRUMENT
- 6. MANILA HEMP
- 7. YELLOW PORTION OF AN EGG
- 8. CURVED SUPPORT STRUCTURE
- 9. REASONINGS
- 10. MOLTEN ROCKS
- 11. HILLSIDE (SCOT.)
- 12. LEASES
- 13. POINT MIDWAY BETWEEN E AND SE
- 21. MAUNA \_\_, HI, VOLCANO
- 22. LEAVE OUT

**25. WALL PAINTING**

- 26. COLORFUL JAPANESE ANIMATION
- 27. GRANDMOTHERS
- 28. FULLY SATISFIED
- 29. BILLIARDS STICKS
- 30. A CITIZEN OF OMAN
- 31. DUPLICATE OR COPY
- 32. MUNICIPALITY IN PHILIPPINES
- 34. MENTALLY HEALTHY
- 37. CAPACITIES FOR WORK OR ACTIVITY
- 40. ABLE TO READ AND WRITE
- 43. DARK BLUIISH BLACK
- 46. LOUDENVILLE COLLEGE
- 47. SEIZURE OF PROPERTY BY FORCE
- 48. ALIAS
- 50. SHOWING NO MERCY OR PITY
- 51. SACRED PICTURE
- 52. HUNGARIAN PEN INVENTOR
- 53. HOPS KILN
- 54. CARBAMIDE
- 55. DULL IN COLOR
- 56. UPON
- 57. PERSON, PLACE OR THING WORD
- 58. SLEEVELESS ARAB GARMENT

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# Town Council Meetings

Nutmeg TV & Mark Chase

Brings the Town Council to You!

Every Tuesday following the Meetings

on Channel #96 at 6 p.m. & Saturday at 11 am & 6 p.m.

Answer on page 29

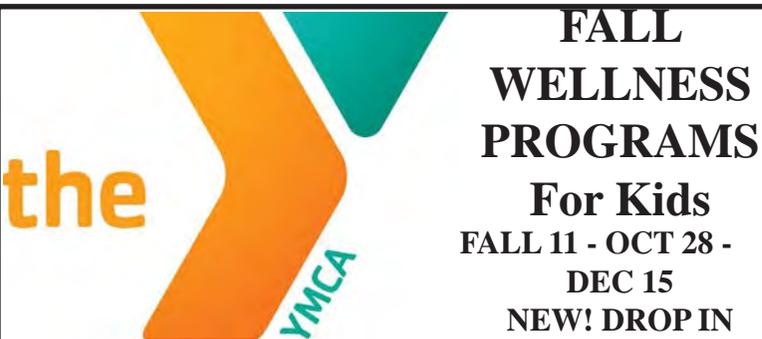
# What's Going On...

## LIONS CLUB PANCAKE BREAKFAST

**Sunday, October 6th  
8 am to Noon**

**Our Lady of Mercy  
Parish Center  
19 South Canal Street**

**Try our pancakes with Strawberries  
& Whipped Cream!!!  
"Um, Um, Good"**



## FALL WELLNESS PROGRAMS

**For Kids  
FALL 11 - OCT 28 -  
DEC 15**

**NEW! DROP IN  
FITNESS CLASS –**

**9:15-10:45am M/W/F**

**we will be offering a drop in fitness class for kids from  
9:15-10:45**

**so you can still attend your 9:30 classes,  
and kids will get fit too!**

**\$7 per class, \$59 for 10 classes or  
\$99 for a 20 class punch card.**

**Includes both exercise and nutrition. Ages 5-17,  
2 instructors to split class by age.**

**Dance with Kristi - Saturday 11:45 and 12:30**

**Kids Run Club - Wed 4:30-5:15pm**

**Kids Indoor O'Course - Wed 4:30-5:15pm**

**Parent-Child Yoga - Wed 10:30-11:15am (ages 2-5)**

**Teen Strength and Fitness (ages 10-12) -**

**Thurs 5-6pm or Sun 12-1pm**

**(Group sessions or accelerated one-on-one)**

**Registration now available!!**

**For more info, contact April at**

**april.chevalier@ghymca or 860-793-9631**

**Triathlon Club - Calling all kids that love to swim, bike  
and run but never did all three at once. Must have their  
own bike and helmet (mandatory). Great fun for kids  
ages 5 and up!**

**Location: Plainville High School**

## FALL WELLNESS PROGRAMS FOR ADULTS

**FALL 11 Oct 28 - Dec 15**

**Run Club - (varying times): All Levels!**

**Adventure Race Training - Mon 5:30pm**

**Train outdoors for an adventure race like the Tough  
Mudder or Warrior Dash!**

**Aquatics Arthritis Relief - Fri 11am:**

**Uses a combination of exercises in the pool to help  
alleviate pain of arthritis.**

**Xtreme - Varying days/times (small group training)**

**Ballroom Dance - Tues 7:15-8:15pm**

**Lose to Win Challenge - Weight Loss Program - 9/16  
to 11/10**

**Registration Available NOW!**

**For more info, contact April Chevalier at april.  
chevalier@ghymca or 860-793-9631**

**Woman's Club presents: Bus trip to the Wrentham Premium Outlet  
Come One, Come All and do Your Holiday Shopping!**

**Saturday, December 7, 2013**

**The Schedule For The Bus Trip Is As Follows:**

**8:00 a.m.: Bus leaves from the Plainville Library (in front)**

**6:30 p.m.: Bus returns to Plainville Library**

**\$38.00 Per Person ~Price includes the following:**

**\* Transportation to and from Wrentham Premium Outlet Mall \* Driver's tip**

**\* Movie, bottled water, and snack on the return trip**

**To reserve a seat on the bus, please send your check by November 15, 2013 to:**

**Linda Roche, 860.833.8106, P.O. Box 295, Plainville, CT 06062**

**Please make checks payable to the "Woman's Club of Plainville"**

**Bus Activities: Bus Bingo, movies and snacks!**

## Plainville Recreation Dept. \*\*\*Fall Programs\*\*\*

*Registration for the Recreation Department's fall programs has started.*

The Recreation Office is open Monday through Wednesday from 8:00 a.m. to 4:00 p.m., Thursday from 8:00 a.m. to 7:00 p.m. and Friday from 8:00 a.m. to noon. Fee payment must accompany registration for programs carrying a charge. Programs with insufficient enrollment are subject to cancellation. Recreation programs are offered for youth and adults.

**Youth programs** include pillo polo grades 1-5, Kempo-Kung Fu Martial Arts grades k to 7, toddler time ages 2 & 3, kidz-r-size ages 3-6, mommy & me yoga for kids ages-all, recreation basketball grades 3-9, recreation basketball grades k-2, gymnastics ages 1-6, youth/modern dance grades k-8, swim team ages 4 & up, jr. lifeguarding ages 11-14, parent & child aquatics ages 6 mos. To 5 and red cross swim instruction PCA through Level 6.

**Adult classes include** swim instruction, water aerobics, co-ed volleyball, yoga, adult fitness, men's basketball, Plainville Wind Ensemble, men's over 30 basketball, dog obedience, knitting circle, jewelry making program and zumba.

For further information please contact the Recreation Office at 860-747-6022.

## Fall Drop-In Storytimes at the Plainville Public Library

**October 1-December 19, 2013**

**On October 1, 2013 the Plainville Public Library will begin offering fall drop-in storytimes. These classes are free and open to the public. No registration necessary.**

**Tuesdays from 10:30 –11 am – On the Loose with Mother Goose.**

**Children ages 0-23 months and their caregivers are invited to this fun-filled interactive morning of stories, nursery rhymes, musical instruments, puppets, and more.**

**Tuesdays from 6:30 –7:15pm – Books and a Bonus.**

**A book-based program for kids in grades k-3 will explore great read alouds including narrative non-fiction with lots of interactive fun and games.**

**Thursdays from 10:30 – 11:15am – 2s & 3s.**

**This class is recommended for two and three-year olds and their caregivers (sibling are welcome). Stories, fingerplays and songs are built upon, and we will begin working on fine motor skills and tactile discovery through the introduction of simple crafts exploring shape and form.**

**Please call the Children's Department at (860) 793-1450 for more information.**

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# What's Going On...

## See What We Have To Offer!

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\*Aircraft Rental\*Gift Certificates Available  
for \*Passenger Rides/Sightseeing

Call today for more information

**860-747-5519**

We Welcome all "airplane watchers" and little "future pilots" to come down and spend some time with us. We look forward to meeting you and your family!

## The Plainville United Methodist Church Annual Roast Pork Dinner

**Saturday, October 5th**

The dinner will be served from

**4:30 to 7 PM**

Dinner will feature glazed roast pork  
with fresh potatoes and vegetable,  
assorted breads and  
apple crisp for dessert.

There will be a silent Gift Basket Auction.

Tickets are \$12 for adults, \$6 for children,  
4 and under are free.

Reservations are strongly suggested  
by calling the church office at 860-747-2328.

## ATTENTION

### PHS Class of "1946"

The Class of "1946" will celebrate  
their "67th" Class reunion Luncheon

### Tuscany Steak & Seafood Restaurant

Rt. #10 - 253 East Street

**October 16th**

Social Hour 11:00 am~Lunch 12:00 pm

Friends and relatives

plus all former PHS students are  
welcome!

For more information and reservations  
please call 860-747-5691

**Dress is casual!!!!**

'oom-pah, 'oom-pah, 'oom-pah-pah

## OKTOBERFEST

Join us, Saturday, October 12, 2013, at 6:00p.m.

for a wunderbar (wonderful) authentic traditional Oktoberfest celebration, filled with family fun.

### Delicious dinner

knockwurst and bratwurst, potato pancakes, German potato salad, saû erkraut, sweet red cabbage,  
and black forest cake.

Sound good? Yum!

After eating, perhaps some dancing to work off the calories and of course a spektakuläre  
(spectacular) raffle.

**Admission is \$10.00 per adult and children under 10 are free.**

All this will happen at **Church of Our Saviour**

115 West Main Street, Plainville, CT 860-747-3109.

Call the church office for tickets.

Everyone is willkommen (welcome), dress is casual, lederhosen, full skirts and  
braided hair are acceptable too.

## American Legion Monthly Breakfast

**Post #2 in Bristol**

**22 Hooker Court**

**Sunday October 13th**

**8 am to 11 am**

Choose from omelets off the menu or eggs any  
style, served with French Toast or Pancakes,  
Hash Brown Patty, Bacon Sausage or Ham  
with Juice and Coffee for

**Only \$6.00**

**Kids are FREE under 10**

*Breakfast served on the 2nd*

*Sunday of each month*

## Northeast Produce, Inc.

### 3rd Annual Golf Tournament Wednesday, October 9th

**Hawk's Landing**

**Country Club**

To benefit Plainville Fuel Bank &  
Plainville Youth Sports

Registration must be received  
by October 1st

For Information Call:

**Mike Michaud (860)747-4559**

**Mike Melninkaitis (860) 793-2700**

## PLAINVILLE SENIOR CENTER JOB OPENING

The Senior Center has an open position for a  
Part-Time Office Assistant.General office work  
including writing/editing monthly newsletter,  
composing and typing general correspondence,  
word processing, filing, phones, etc.

### Qualifications

Must have knowledge of Windows 7, Microsoft  
Word, Excel, Microsoft Publisher and Microsoft  
Access. Written communications skills required.  
Hours: 15- 19 hours per week. Weekdays,  
primarily mornings.

Rate of Pay: \$14.35 per hour. No benefits

Apply to:Shirley Osle, Human Resources

Town of Plainville

1 Central Square

Plainville, CT 06062

[www.plainville-ct.gov](http://www.plainville-ct.gov)

## Wanted: Reading Partners Volunteers

Do you love to read? If so, please consider becoming a  
Reading Partner at Toffolon Elementary School or Linden  
Street School. The Reading Partners Program matches  
volunteers with students in grades kindergarten-5. The  
goal of the Reading Partners program is to inspire a child's  
love of reading, enjoy a one to one reading experience and  
increase social interaction through discussion of books.

The Reading Partners Program began in the late 1990s, and  
through the loyal support of General Electric employees for  
the past 16 years, AXA Equitable Insurance in their second  
year, and members of the local community, this program  
continues to thrive.

The Reading Partners Program meets once a week during  
the school day, for 45 minutes, and will begin in late October.  
Books are provided or you can bring in your favorites.

If you are interested in becoming a Reading Partner, please  
contact Sue Bradley, Plainville Community School's  
Volunteer Program Coordinator at 860-793-3210x212, or  
email at [bradleys@plainvilleschools.org](mailto:bradleys@plainvilleschools.org)

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## What's Going On...

### “All You Can Eat” BREAKFAST O.L.M. PARISH CENTER

19 S. CANAL ST.

SUNDAY, OCTOBER 13th

8 AM TO 10:30 AM

Donation: Adults \$4.00

Children \$1.00~Under 6 FREE

Orange Juice, Eggs, Texas Toast, Sausage,  
Ham, Hash Browns, Bagels, Donuts & Coffee

### “KIDS CORNER”

Children activities will be a surprise

for “Halloween”

*“There are no strangers in Plainville,  
only friends you have yet to meet”*

**Open to the Public**

### Wheeler Evening of Wonder October 12 at Marriott Hartford Downtown

Hartford, CT – Wheeler Clinic hosts its third annual An Evening of Wonder event at the Marriott Hartford Downtown on October 12, 2013 to celebrate hope, healing and transformation. .

Additional information can be provided by contacting Jennifer McHale at 860.224.6375 or [jmchale@wheelerclinic.org](mailto:jmchale@wheelerclinic.org).

### Watercolors on Display at Library

Sixteen watercolor paintings by noted artist, Gail Bannock, will be on display at the Plainville Public Library through mid October. The display entitled, “Watercolors Over the Years”, includes some work just finished last month and some done 10 years ago. They include landscapes, still life, flowers and fishing. Many of the painting were done on a yearly retreat with other painters to Rockport, MA. The paintings, “Autumn Time” and “Twin Lights” both reflect scenes in Rockport.

Bannock began concentrating on watercolors over twenty years ago. She has painted thousands of painting, participated in many juried art shows, exhibits, and fairs and has been selected for numerous awards. She is an active plein air painter who seeks her gardens and favorite local areas as a constant source of inspiration. She is a member of the Connecticut Watercolor Society and is active on the Board of Directors at the Southington Arts and Crafts Association. She has been teaching watercolor painting for over twenty years.

### NORTON TRUST GRANT APPLICATIONS AVAILABLE

2013 application forms may be obtained at the Plainville Municipal Center and the Plainville Public Library. The complete application package must be submitted via U.S. mail to the address above and post-marked by Friday, November 1, 2013. Approved grants will be distributed in December 2013. For more information, please contact the Grants Committee: [norton.trust.info@gmail.com](mailto:norton.trust.info@gmail.com).

## PARC Walkathon to feature local ‘celebrities’

The 2013 walkathon benefiting PARC, Family Centered Services for People with Developmental Disabilities, in Plainville, continues its tradition of featuring a unique theme. The 13th Annual Helen Coughlin Walkathon, scheduled for Saturday, Oct. 5, 9 a.m. to 1 p.m., will be “star studded” with local celebrities to recognize and honor people of merit. The walk will be held at Norton Park.

Organizers said “celebrities” can be anyone from a spelling champion to youngest member of a family to anyone who has won an award or achievement in the past or present. Other examples are students of the month, bowlers of month, honor roll achievers, Eagle Scouts, baseball and sports champions, firefighters, police, community volunteers, employees of the month/year, teachers, club or organization officers, Little Leaguers, veterans, active military, cheerleaders, public servants, or just a favorite someone.

Celebrities will receive an award of recognition, T-shirt and certificate at the event.

Registration and continental breakfast will begin at 9 a.m., followed by opening ceremonies at 9:30 a.m. with the PARC family, Coughlin family, celebrities, Navy and Marines, Color Guard and National Anthem. The walk will begin at 10:30 a.m. The event will also feature a chili contest, and walking or dancing to the music of BBPRO DJ.

Participants can register the morning of the walkathon or by visiting the website [www.plainvillearc.org](http://www.plainvillearc.org). Supporters can either walk, pledge or be sponsors. There are also opportunities for businesses and signage. For more information or to notify PARC of the celebrity to be honored, call the PARC office at (860) 747-0316 or e-mailing [parc.plainville@gmail.com](mailto:parc.plainville@gmail.com).

## PLAINVILLE STADIUM 2013 REUNION

The Nutmeg Kart Club with the Berlin Lions Club  
World of Wheels

**INVITES YOU!!!! To the 5th Plainville Stadium  
Racing Reunion Saturday, October 12th  
Berlin Fair Grounds 430 Beckley Rd., East Berlin**

**10 am to 3 pm**

**Admission \$5.00**

**Children 12 and under FREE**

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## NOTARY PUBLIC

**KATHY PUGLIESE**

**50 WEST BROAD STREET  
PLAINVILLE**

**PH. 860-747-2583**

**CELL 860-681-2645**

## Young at Heart... Senior News

### AT RISK LIST

The Plainville Senior Center maintains a list of Plainville residents who are at risk in the event of an electrical power outage. Individuals of any age, who have medical problems dependent on electrical power to operate medical equipment, should be on the "At Risk List". Those who are not on the "At Risk List", and need to be, should call the Senior Center, 860-747-5728.

In the event of an electrical power outage, Plainville residents with health risks and no other alternative, should call the Plainville Police Department at 860-747-1616. Neither the Police Department nor the Senior Center will call them.

The Connecticut Light and Power Company, not the Police Department, should be called to report a power outage or to inquire when the power will be back on. The Connecticut Light and Power Company can be reached at 860-947-2000, option #1. In a true emergency, call 9-1-1.

### SENIOR CENTER TRIPS

The public may sign-up for trips seven days after a trip is made available to Senior Center members. Sign-ups, held at the Plainville Senior Center Monday through Friday, are between 9:15 a.m. and 12:00 noon only. Payment is due at the time of sign-up. Complete itineraries are available at the Senior Center Front Desk.

The Senior Center is offering a trip to Williamstown, MA for a Germanfest at the Williams Inn on Tuesday, October 29. The cost is \$80.00 per person and includes transportation, lunch, stop at Lee Outlets and gratuity.

The Senior Center is offering a trip to the New York Botanical Garden Holiday Train Show and lunch at Ann and Tony's Restaurant. The cost is \$99.00 and includes transportation, all garden pass to the NY Botanical Garden and Train Show, lunch and gratuities.

### OUTDOOR ADVENTURE CLUB

There are many exciting trips planned for the outdoor adventure club. For more information about the club, contact the Plainville Senior Center.

### THE PLAINVILLE SENIOR CENTER IS COLLECTING CELL PHONES AND SMALL ELECTRONICS

The Plainville Senior Center has expanded its collaboration with Cellular Recycler to make the most of not only used cell phones, but also laptops, cameras, iPOD players and video game consoles. Don't throw your old electronics away, donate them to the Senior Center and raise money for the Dial-A-Ride program. Please bring used cell phones and small electronic donations to the Senior Center front desk.

### SENIOR CENTER BAND JAM

The Plainville Senior Center has a live band at the Center every Thursday from 2:30 – 4:30 p.m. Come down and dance or just sit back and enjoy the music. The band plays all the favorite standard classics and more! Cake and punch are served, friendships are made. Call the Senior Center, 860-747-5728, for more information.

### QUESTIONS FOR A SOCIAL WORKER

Stephanie Soucy, Plainville Senior Center Outreach Coordinator, will be available to answer questions on a "walk-in basis" (no appointment needed) on October 7 & 21, from 12:30-1:30 p.m. Stephanie will be available to answer questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program, Housing Options, Alzheimer's Help, Caregiving, Homecare etc. No registration is necessary for these one-on-one meetings. This program is open to Plainville Senior Center Members who are residents of Plainville. Call the Senior Center, 860-747-5728, for more information.

### CURRENT EVENTS

The Current Events Group meets at the Senior Center every Monday, from 10:00-11:30 a.m. Anyone who is interested in current news is invited to join this stimulating group. Keep in touch with the latest happenings in the local, state and national news. Issues are not debated, just discussed. There is no cost to participate. Call the Senior Center for more information.

### AARP DRIVER SAFETY CLASS

An AARP Driver Safety Class will be held at the Plainville Senior Center on Monday, October 21 from 1:00-5:00 p.m.

This course covers the effects of aging and medication on driving, local hazards, accident prevention measures and more. Films and discussions will be presented and a driver's manual provided. No written or on the road test required. Upon completion of the course, an insurance company must give a discount of at least 5% on auto insurance. The cost for the class is \$12.00 for AARP members, providing a membership number and \$14.00 for other attendees. Register and pay at the Plainville Senior Center in advance, between 9:15 a.m. and 12:00 noon.

## Chromebook Information Session

Each student in the 8th to 12th grade in the Plainville School System recently received a Chromebook laptop computer that will play a crucial role in the students' education. Linda Van Wagenen, Director of Curriculum, Instruction and Assessment and Kevin Ross, Director of Information Technology, will present a program at the Plainville Senior Center, 200 East Street, on Friday, October 11 at 10:00 a.m., about the Chromebooks and how they will be used in conjunctions with the school curriculum. This program is open to the public and is a great program for parents, grandparents or relatives with any responsibility for childcare, either legally or just after school monitoring. The session will provide an understanding of the purpose and philosophy behind the Chromebook initiative. A clear explanation of the expectations of students and the impact Chromebooks will have on teaching and learning will be provided. Participants will get to ask questions and will have the opportunity to use a Chromebook and get some training from Plainville Staff. Call the Senior Center, 860-747-5728, to register for this free program.

*Angels DON'T gossip because they find no joy in another's misfortune.*

## Amazing frozen lemons

### *All it is.....is a frozen lemon*

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste?

Simple.. place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it to your vegetable salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky.... the list is endless.

All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before. Most likely, you only think of lemon juice and vitamin C. Not anymore.

Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting.

But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier.

It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body.

So place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret! Better late than never, right? The surprising benefits of lemon!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits.

You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy.

How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations?

As you know, the lemon tree is known for its varieties of lemons and limes.

You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors.

This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas...

The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells.

And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

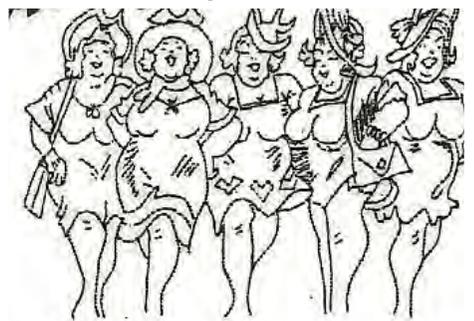
So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!!!!

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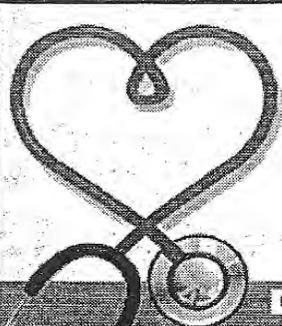
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# Healthy-Behaviors

## Rethinking Halloween Treats!

By: Linda Coveney, Certified Health Coach

Yes, it's almost Halloween and you are probably looking forward to another year of the neighborhood kids looking so frighteningly cute. Perhaps it reminds you of a time when you walked around town dressed up in your parents' old clothes and used pillowcases to collect your goodies.

Halloween has gotten bigger and bigger and the home decorations are starting to rival what we see at Christmas. It's a fun holiday, a time for make believe, scary stories and getting a lot of happy visitors.

Not sure how you prepare for this event, but in the past, I would pick up the most convenient, attractive bag of sweet candy that I could find. To be safe, I would also get an extra bag just in case we got an influx of Trick or Treaters. Of course, this never happened, so the remaining candy would be consumed over the next few days/weeks at home and some would go to the office for my co-workers to enjoy. Even though we all protested the amount of candy in the office, there are really only so many times you can pass that enticing dish without taking a piece. Considering that sugar is addictive, this candy would be gone in no time.

Now that I know what I know about sugar, I have to re-think this plan. I'd like to share some sugar information and potential alternatives with you.

Cane sugar was first discovered in Polynesia from where it spread to India around 500 BC. It became known as "the reed which gives honey without bees" and because of its profitability, became known as white gold. Much later, it was introduced to Europe where only the rich could afford it. Christopher Columbus brought this plant to the West Indies and then it travelled to America where it was again considered a rare treat.

Production methods were developed to refine this plant to white granular sugar and make it accessible and affordable to all. According to Dr. Robert Lustig, Professor of Pediatric Endocrinology at the University of California, refined sugar is considered toxic and has been equated to cocaine and is four times more addictive. He has many informative YouTube videos on this topic. Sugar is in so many things we eat everyday. In the early 1900's, the average sugar consumption per person each year was 95 pounds. Today, it is closer to 156 lbs./per person per year or the equivalent of 13 pound bags per month, per person.

Sugar contributes to a rise in blood sugar levels followed by a deep crash and then cravings for even more sugar. Our insulin levels are taxed and this demand can lead to diabetes. Sugar has lots of calories, but no nutrients and can be one of the reasons for the high obesity rates we see today. Sugar goes by many names and many new sugar substitutes have emerged. HFCS (high fructose corn syrup) was introduced to the US in the mid 1970's. It is a concentrated sweetener that is in most foods. It overrides your body's natural ability to feel full - so you eat more. Now that is scary!

I don't want to be the one who is known as the Goblin Who Stole Halloween, but I'm thinking perhaps it's time to give some creative thought to what else might be desired by this year's Trick or Treaters. Definitely have to make sure that it's something of value because I don't wake up to a car wrapped in toilet paper.

### Here are some ideas that I'm kicking around:

- A dime - if more people gave these out, it can add up for the kids.
- Small box of raisins.
- Crayons, notebooks, cool pens or pencils.
- Bag of trail mix or almonds. (Watch those nut allergies.)
- Stickers or Bubbles.
- Spooky Halloween items, such as plastic eyeballs, rubbery rats, and fake fingers.
- Play-Doh
- Glow in the dark wands, bracelets or necklaces.

I'm sure there are many more wonderful ideas out there. Let me know and I'll post on my Healthy-Behaviors Facebook page. <http://bit.ly/healthy-behaviors>.

You may or may not want to change your routine this year. However, perhaps one thing you can do differently is to buy only what is needed so you don't have tempting leftovers at home. You might want to do your co-workers a favor and keep your candy home.



Linda Coveney is an AADP Certified Health Coach who provides one-one coaching and group wellness programs. Her advice and articles are not meant to replace a one-on-one relationship with a qualified health care professional, and they are not intended as medical advice. She can help you set up wellness programs that are sustainable and deliver results for both the employer and employee. You can reach her through [www.healthy-behaviors.com](http://www.healthy-behaviors.com) or [lindacoveney@healthy-behaviors.com](mailto:lindacoveney@healthy-behaviors.com). Let her know what topics you would like to hear about in the next newsletter.

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# "I.T. Jim" .....

## New iPhones and a Major iPhone/iPad Update

In September Apple released two new iPhones and also made a major update to iOS, the operating system that runs on your iPhones, iPads, and iPod touch devices. Here is a summary of what's new.

Two new phones were announced on September 10th by Apple. The iPhone 5s is the next generation of the familiar iPhone. Apple's cycle is new phones every other year, between them are modest updates. 2013 is the year of the modest update.

The iPhone 5s improves on the iPhone 5 by adding a new faster processor. An improved camera promises better quality, especially in low light, a "True Tone" flash improves skin tones and adjusts for lighting conditions. It also boasts image stabilization for less jittery video and burst mode which takes 20 pictures in just 2 seconds. The biggest new feature is the "Touch ID" fingerprint reader built into the home button. This fingerprint reader will unlock your phone and allow you to make purchases in iTunes without typing in your password. More functionality is sure to come that takes advantage of the fingerprint reader. For now it only works on Apple apps. Apple promises that your fingerprint is encrypted and stays on the phone. It does not get uploaded to iCloud or anywhere else. Otherwise, the iPhone 5s is identical in size and shape as the iPhone 5.

The iPhone 5s 16GB model is \$199, 32GB is \$299, and 64GB is \$399 with a new contract and is available with silver, gray, and gold metallic finishes on Verizon, AT&T, T-Mobile, and Sprint in the U.S.

Apple introduced a new, economically priced, and colorful iPhone 5c. The 5c is essentially the iPhone 5 wrapped in a plastic body (The 5 & 5s have metal bodies). The plastic back is sturdy and available in bright green, blue, yellow, red, and white. This is a perfectly capable phone with a modestly improved camera and battery life, better cellular data, and an improved front facing camera for better "selfies".

The iPhone 5c 16GB model is \$99, 32GB is \$199 with a new contract from Verizon and AT&T. As of Sept. 20th, Sprint is offering the 16GB model free to customers switching from another carrier. T-Mobile has the 16GB model for \$0 down with a two year payment plan totaling \$528.

Both the iPhone 5s and 5c come with iOS 7. The iPhone 4, 4s, 5, iPod touch 5th gen, and the iPad 2, 3rd gen iPad, and iPad Mini received the iOS 7 update on September 18th.

If you haven't already updated your device you are in for a pleasant redesign of the system. Here is a summary of what's new.

- The update features a fresh new look with new icons, new colors, new fonts, and a new flatter cleaner brighter appearance.
- Control Center is a menu available with a swipe up from the bottom of the screen. It offers quick access to "toggle switches" for Wifi, Bluetooth, Do Not Disturb, orientation lock, brightness, media control, flashlight and more.
- Notification Center has been redesigned with at-a-glance views of upcoming events, text messages, traffic, weather and more.
- Multitasking is improved allowing you the flip through preview screens of open apps, switch easily between them, and close apps by swiping them off the screen.
- The Camera app has been upgraded to allow easy swipe to switch between photo, video, slow motion, pano, and square. The slo-mo feature is new. It also allows you to add filters to your images.
- The photo app now uses your location, date, and time to organize your pictures by years, collections, and moments. There are also new sharing tools for photos.
- AirDrop allows you to share anything with nearby Apple product users.
- Safari (The internet browser) has been improved to hide navigation tools while you are browsing and pop out when you need them. A new tab view makes switching between websites easier.
- iTunes radio is a new group of radio stations that you can choose to fit your listening preferences. It is much like Pandora.
- Siri now provides answers using Bing search, Wikipedia, and Twitter. It also controls voicemail and iTunes radio.
- Find My iPhone is improved with new security features that locks your device down if stolen.

Should you upgrade to iOS7? Yes. At first it may look different, but it is really much of the same with some new bells and whistles.

Note that some new features may not be available in older devices.

As always, if you have any questions about this column or ideas for future columns, please send along an email to jim.phc@gmail.com.

## FROM MY BALCONY

By: Jeannette Hinkson

I would like to thank all my readers that took time to call or stopped me as I shopped to talk about my column last month. At first, I had to think what subject I touched on in September, but apparently, it had struck a nerve. I said things many had thought about, spoke to friends about, and might even were afraid to say out loud fearing they might be labeled a racist. For those of you that asked so many questions and given me your own thoughts, as promised, I would not use your names but would answer as best I could this month. Let us talk about this racism thing some more, but it will be short and to the point!

First, I do not believe we have a town of racists! I will direct this to those that want to keep this racism thing going and have virtually painted all white people as racists lately. Some of the questions asked by my readers and myself are: "How would Al Sharpton and his band of merry men feel if we had a White Miss American Contest. Boy, how do you think that would go over? What if we opened a university for white students only. Oh yes, we did have such schools and that is what Martin Luther King fought to stop. It was called integration! We have the Negro College Fund, but not a white college fund, and I see no one marching in the streets to stop that. We have many things happen lately that are aimed at keeping racism alive in parts of our country. WHY? People today are afraid to speak out about many things or we might hear from Washington, or perhaps even receive a visit from Al Sharpton and his gang, including Jessie Jackson. We don't hear much from Jessie Jackson lately after his son and daughter-in-law just received jail time for embezzlement, or after it was revealed he had an affair that produced a child while he was married. It seems like some of our leaders need an adjustment in their life styles, but we are expected to look up to these people and our youth should follow their example or we are called racists. Hog wash! Who is keeping this racism thing going? As reported by some of the media, there are those that make their living by keeping the racism pot boiling, and as long as they can pit one race against the other, they will have a job.... I look around, and if the person next to me might be black, white, yellow or brown, they are my friends until they do something to hurt me or those I care about. At a function one afternoon, I walked along shaking the hands of persons being honored, and as I extended my hand in friendship to a man of color, he withdrew his hand. I never thought of calling him a racist; perhaps he just didn't like me. I know he reads my column, and he will remember that day but I certainly didn't march in the streets against him or hold his actions against his organization. I just added his name to my list of persons I refer to as "perfect rectal spheres."

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# AAA Speaks Out: October is Car Care Month

Last winter, AAA's Roadside Rescue Team responded to more than 78,000 calls for emergency road service in greater Hartford and eastern Connecticut. With that in mind, AAA urges motorists to conduct periodic checkups of their vehicles to maintain safety, particularly during the fall and winter months when ice, snow and freezing temperatures can make a breakdown especially dangerous. AAA recommends that motorists use a simple checklist to determine their vehicle's fall and winter maintenance needs. Many of the items on the list can be inspected by a car owner in less than an hour, but others should be performed by a certified technician:

**Battery and Charging System** – Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. A battery typically lasts three to five years. Also, make sure the battery terminals and cable ends are free of corrosion and the connections are tight.

**Drive Belts and Engine Hoses** – Inspect the underside of accessory drive belts for cracks or fraying. Many newer multi-rib "serpentine" belts are made of materials that do not show obvious signs of wear; replace these belts at 60,000-mile intervals. Inspect cooling system hoses for leaks, cracks or loose clamps.

**Tire Type and Tread** – Installing snow tires on all four wheels will provide the best winter traction. All-season tires work well in light-to-moderate snow conditions provided they have adequate tread depth. Replace any tire that has less than 3/32-inches of tread.

**Tire Pressure** – Check tire inflation pressure on all four tires and the spare more frequently in fall and winter. The proper tire pressure levels can be found in the owner's manual or on a sticker typically located on the driver's door jamb.

**Coolant Levels** – Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level annually with an inexpensive tester available at any auto parts store.

**Keep an Eye on the Little Things** – Windshield wipers, headlights, and turn signals help drivers see and be seen during inclement weather and at night. Wipers should be replaced every six months. Keep an eye on headlights and turn signals to ensure bulbs do not need to be replaced.

**Emergency Road Kit** – Carry an emergency kit equipped for winter weather. The kit should include a fully-charged cell phone, first-aid kit, drinking water and snack foods, blanket, ice scraper, snow shovel, jumper cables, hazard signs, and a basic tool kit.

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# LIVING HEALTHY CHEMICAL FREE Your Smoke Is Killing Me

By: Donna Ziccardi Gross



What a wonderful Fall Saturday night. The air was cool and dry, perfect for sleeping with the windows open. After a busy day, Jeff and I had a relaxing time at D'Amico's.....we chilled out with our favorite scotch and a delicious Sweet Sausage and Broccoli Rabe Pizza. Ahh, life was good until our drive back home. What HORROR!!! As we were approaching our house, we saw a raging fire blazing from our neighbor's outdoor fire pit. "NICE!", Jeff said...."and right under the trees, too. Now that's smart." But the stupid part about this scene...no one was sitting around it. They light the fire....and go in the house! WHY?!

What can be wrong with a fire pit, you ask? Well, from a severe asthmatic....I am dying to tell you. Burning wood is not as benign as one would think. Let's see what the EPA says about the health dangers of burning wood. Not only does wood smoke cause air pollution, but as a lung irritant it is responsible for breathing problems, heart problems, can even cause cancer and death. It can trigger an asthma attack, heart attack, bronchitis, pneumonia and aggravate emphysema. It irritates the eyes and triggers headaches and allergies and long-term exposure may lead to emphysema, chronic bronchitis, arteriosclerosis, and nasal, throat, lung, blood, and lymph system cancers. It can lower the immune system and even damage your DNA. And wood smoke interferes with the normal lung development in infants and young children

How can that be you ask? Well what do you think is in the smoke? The burning of the wood not only produces smoke, particulates and ash....but also harmful toxic chemicals and gases. Harmful carcinogens such as benzoprenes, dienzanthracenes, dibenzocarbazoles, aldehydes, phenols and cresols, nitrogen oxides, and sulphur oxides float through the air, invade your living space and you breathe them into your lungs. Wood smoke also creates tons and tons of carbon monoxide and arsenic. YES!....arsenic, I bet you did not know that. The worst part about the arsenic is it sticks around (no pun intended) long after the smoke is gone and accumulates, taking every opportunity to enter your system and do the nasty. Also, if your home has vinyl siding....the smoke attaches itself to the siding and burrows into the pores and stays there to harbor a nasty dirty smell.

But what the EPA is really concerned about are the particulates that floats around in the smoke. They are too small to be filtered out by your nose and upper respiratory system so they get buried deep in your lungs where they cause structural damage and chemical changes. The cancer causing gases that are created by the wood smoke enters your lungs by attaching themselves to the particulates. When deep into the lungs, they can start to work on the cells and it's DNA and voila....abnormal cell division until a nice tumor is formed. Also, these particulates are so ultra fine that they also pass through the lung tissue and into the blood stream where they carry high levels of polycyclic hydro carbons at a concentration higher than cigarette smoke. But the sad part about this is....people CHOOSE to smoke so they are in control of killing themselves. When someone else's smoke invades MY space, I do not have any say in the matter. I consider this an assault on my life and this should be a crime. It doesn't matter to me what people do in their own yard....as long as it does not invade my yard and home.

How can the wood smoke get into your home if your doors and windows are closed? According to the EPA...."the particulate matter in wood smoke leaving chimneys is so small that it is not stopped by doors and windows and often seeps into neighbor's houses." The EPA also states burning wood in the winter months poses more of a danger due to temperature inversions....keeping the smoke close to the ground where it enters neighbors' yards and houses, schools and hospitals....and finally entering their lungs and damaging perfectly healthy tissues. Infants, children, pregnant women, senior citizens and all those suffering from allergies, asthma, or any heart/lung illness are most affected by wood smoke even at very low levels.

So now you have a good idea why Jeff and I were so irritated when we saw flames a-blazing and smoke arising. Not only were we not able to enjoy the pleasure of sleeping with the windows open, but even with the windows closed, we are still bothered by someone else's smoke. It is becoming more popular these days, in the better neighborhoods for home owners to junk their old outdated wood burning fire pits, wood stoves and fireplaces for gas fired ones. It results in the same pleasures of lighting an outside fire then going in the house to sit, without creating damaging wood smoke. Once again, it is to your advantage (and mine) to "Live Healthy Chemical Free".....

Please go to my blog....<http://livechemicalfree.blogspot.com/2013/09/your-smoke-is-killing-me.html>....where I provide the link for more EPA facts and statistics regarding wood smoke. And please read my other articles....your comments are welcome.



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*The Sample Ballot for this  
November Local Election is  
on Page 7*

## AARP Chapter #4146 Installs Officers and Board of Directors



Pictured seated with the President Jim Stuart are to his left Vice President Sally Miller, Recording & Corresponding Secretary Patricia Kulas and the Board of Directors, Barbara Cichon, Elsie Senaldi, Wendell Copeland, Frank Macri, Sue Holcomb, Edna Pires, Carol Perry, Marie Cassidy and Deanna Tino. Board of Directors names do not correspond with their positions in the picture.

**Important Notice~The Chapter #4146 new meeting location: The Plainville Public Library, East Street, next meeting is Wednesday, October 16th at 1:00 p.m. "Guest are Invited to Attend"**

## Republicans Present Check to Plainville Community Fund



Representing the Republican Town Committee, Kathy Pugliese and Andrea Saunders present a \$500.00 check to Dolly Chamberlain, Chairman, benefitting the Plainville Community Fund. The proceeds were from the first annual Taste of Plainville sponsored by local Republicans.

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# CHIROPRACTIC AND YOU

By: Dr. Marc Leuenberger



## Chronic Back Pain

The effectiveness of chiropractic management generally and manipulation or joint adjustment specifically, is now firmly established for most patients for acute low back pain according to the US government-sponsored Clinical Practice Guidelines for Acute Low Back Problems for Adults. But what about chronic pain patients, those who have suffered for several months or years? These patients have particular economic significance because, although they represent under 10% of back pain patients, they generate approximately 80% of the cost incurred by patients, their employers and society in general.

The first authoritative systematic review of clinical trials for treatment of patients with chronic back pain has been that of Van Tulder, et al. from Vrije University, Amsterdam, The Netherlands, published in 1999. This review founded by the Dutch Health Insurance Board, is particularly impressive because it includes a review of trials for all common nonsurgical treatments - not only spinal manipulation but also exercise therapy, back schools, bed rest, analgesics, NSAIDS, muscle relaxants, antidepressants, epidural steroid injections, TENS, traction, behavior therapy, orthoses, electromyographic biofeedback and acupuncture.

Van Tulder, et al. concluded that there is "strong evidence" that spinal manipulation is effective and that there is moderate evidence that manipulation is more effective for chronic low back pain than usual care by the general practitioner, bed rest, analgesics and massage.

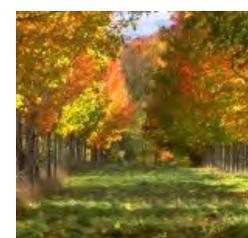
The following points concerning Van Tulder's review are noted:

- a) Very strict standards were adopted. Firstly, only randomized controlled trials (RCTs) were considered. Secondly, the quality of RCTs was assessed according to a list of trial design criteria, trials were then ranked for quality, and higher weight was given for the higher quality trials. Finally, the overall strength of the evidence was rated according to the rating system used in the US government-sponsored Clinical Practice Guideline for Acute Low Back Problems in Adults.
- b) For the purpose of this review, chronic pain was defined as "pain persisting for twelve weeks or more."
- c) Extra weight was given to trials with the most important outcome measures" - patient self assessments of "pain intensity, overall improvement and functional status."

The new Australian trial from Townsville General Hospital in Queensland included patients with chronic neck and/or back pain and compared the effectiveness of three interventions for chronic pain patients - chiropractic spinal manipulation, standard anti-inflammatory medication and acupuncture. It found that only chiropractic spinal manipulation was effective.

It can safely be said that the debate has now been settled for chronic back pain. Compelling new evidence from interdisciplinary research teams in Europe, North America and most recently Australia means that there is now strong evidence of the effectiveness of chiropractic spinal manipulations for most patients with chronic back pain - those with objective biomechanical and/or neurologic signs.

For further information, please contact Plainville Chiropractic at 793-6824.



In fall (autumn), New England is famous for its glorious foliage as billions of leaves change from green to a kaleidoscope of colors. The air is crisp and cool - perfect for hiking, biking or a classic fly-drive break along back roads, where farm stands are piled high with crunchy apples and orange pumpkins. Take some time to enjoy this wonderful time of the year.

## Reader Submitted Photo...

### Mama and Baby Deer

Nature continues to deliver unexpected surprises. The photo below of a mother and baby deer was recently submitted to the Hometown Connection by one of our readers. The visitors were spotted in a yard on Wainwright Avenue in Plainville



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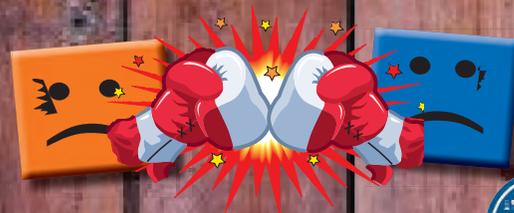
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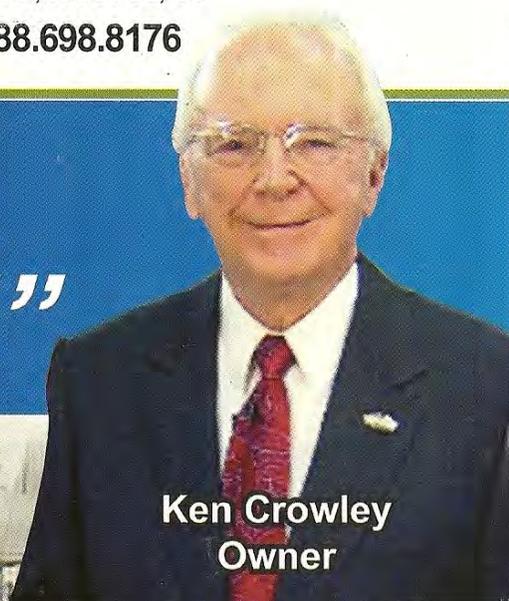
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# Dental Health

by: David R. Edelson, D.M.D.

## Fluoridated Water

I read with great interest an article in last month's Hometown Connection called "Living Healthy Chemical Free" by Ms. Gross. Now I will agree with Ms. Gross that Plainville's water leaves much to be desired but I must disagree with her point of view on water fluoridation for the prevention of dental caries, the number one malady known to mankind. The American Dental Association and the United States Public Health Service has extensively researched the fluoridation of community water systems through legitimate scientific avenues and peer reviewed methodical studies since the 1950's. Both agencies have continually endorsed the optimal fluoridation of community water supplies as a safe and effective measure for the prevention of tooth decay. Fluoridation is the most effective public health measure to prevent dental decay for children and adults, reduce oral health disparities and improve oral health over a lifetime. The American Medical Association and World Health Organization also support community water fluoridation. These plus several other national and international organizations support water fluoridation based on years of scientific studies performed by internationally known researchers. Unfortunately, with today's technology age there comes a great deal of "pseudo-science literature". Often the public accepts this information because it is in print or posted on a web-site. However, the facts remain clear on community water fluoridation as a safe and effective means of preventing tooth decay.

The American Dental Association has endorsed fluoridation of community water supplies as safe and effective for preventing tooth decay for more than 40 years. Fluoride is nature's cavity fighter, occurring naturally in the earth's crust, in combination with other minerals in rocks and soil. Small amounts of fluoride occur naturally in all water sources, and varying amounts of the mineral are found in all foods and beverages. Water fluoridation is the process of adjusting the natural level of fluoride to a concentration sufficient to protect against tooth decay, a range of from 0.7 parts per million to 1.2 ppm.

"Water fluoridation has been recognized by the Centers for Disease Control and Prevention as one of the 10 great public health achievements of the 20th Century," said ADA President Richard F. Mascola, D.D.S. "Fluoride's benefits are particularly important

for those Americans, especially children, who lack adequate access to dental care. It is safe, effective and by far the best bang for the nation's public health buck."

Thanks in large part to community water fluoridation, half of all children ages 5 to 17 have never had a cavity in their permanent teeth. According to the April 2000 Journal of Dental Research, the use of fluoride in the past 40 years has been the primary factor in saving some \$40 billion in oral health care costs in the United States.

In addition to the ADA, nearly 100 national and international organizations recognize the public health benefits of community water fluoridation for preventing dental decay. They include the World Health Organization, the U.S. Public Health Service, the American Medical Association, the American Academy of Pediatrics, the American Academy of Family Physicians, the International Association for Dental Research, the National PTA and the American Cancer Society. And just last month, Surgeon General David Satcher wrote in his report, Oral Health in America, "Community water fluoridation is safe and effective in preventing dental caries in both children and adults. Water fluoridation benefits all residents served by community water supplies regardless of their social or economic status."

Unfortunately, despite overwhelming evidence of fluoridation's safety and efficacy, more than 100 million Americans still do not benefit from fluoridated water. The ADA, along with state and local dental societies, continues to work with federal, state and local agencies to increase the number of communities that benefit from community water fluoridation.

The ADA's policies regarding community water fluoridation are based on generally accepted scientific knowledge. This body of knowledge is based on the efforts of nationally recognized scientists who have conducted research using the scientific method, have drawn appropriate balanced conclusions based on their research findings and have published their results in refereed (peer-reviewed) professional journals that are widely held or circulated. Confirmation of scientific findings also reinforces the validity of existing studies. Sixty years ago, Grand Rapids, Michigan became the world's first city to adjust the level of fluoride in its water supply. Since that time, fluoridation has dramatically improved the oral health of tens of millions of Americans. Community water fluoridation

is the single most effective public health measure to prevent tooth decay. Additionally, the Centers for Disease Control and Prevention proclaimed community water fluoridation as one of 10 great public health achievements of the 20th century.

Fluoridation of community water supplies is simply the precise adjustment of the existing naturally occurring fluoride levels in drinking water to an optimal fluoride level recommended by the U.S. Public Health Service (0.7-1.2 parts per million) for the prevention of dental decay. Based on data from 2002, approximately 170 million people (or over two-thirds of the population) in the United States are served by public water systems that are fluoridated.

Studies conducted throughout the past 60 years have consistently indicated that fluoridation of community water supplies is safe and effective in preventing dental decay in both children and adults. It is the most efficient way to prevent one of the most common childhood diseases—tooth decay (5 times as common as asthma and 7 times as common as hay fever in 5- to 17-year-olds).

Early studies, such as those conducted in Grand Rapids, showed that water fluoridation reduced the amount of cavities children get in their baby teeth by as much as 60 percent and reduced tooth decay in permanent adult teeth nearly 35 percent. Today, studies prove water fluoridation continues to be effective in reducing tooth decay by 20-40 percent, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste.

The average cost for a community to fluoridate its water is estimated to range from approximately \$0.50 a year per person in large communities to approximately \$3.00 a year per person in small communities. For most cities, every \$1 invested in water fluoridation saves \$38 in dental treatment costs.

The American Dental Association continues to endorse fluoridation of community water supplies as safe and effective for preventing tooth decay. This support has been the Association's position since policy was first adopted in 1950. The ADA's policies regarding community water fluoridation are based on the overwhelming weight of peer-reviewed, credible scientific evidence. The ADA, along with state and local dental societies, continues to work with federal, state, local agencies and community coalitions to increase the number of communities benefiting from water fluoridation.

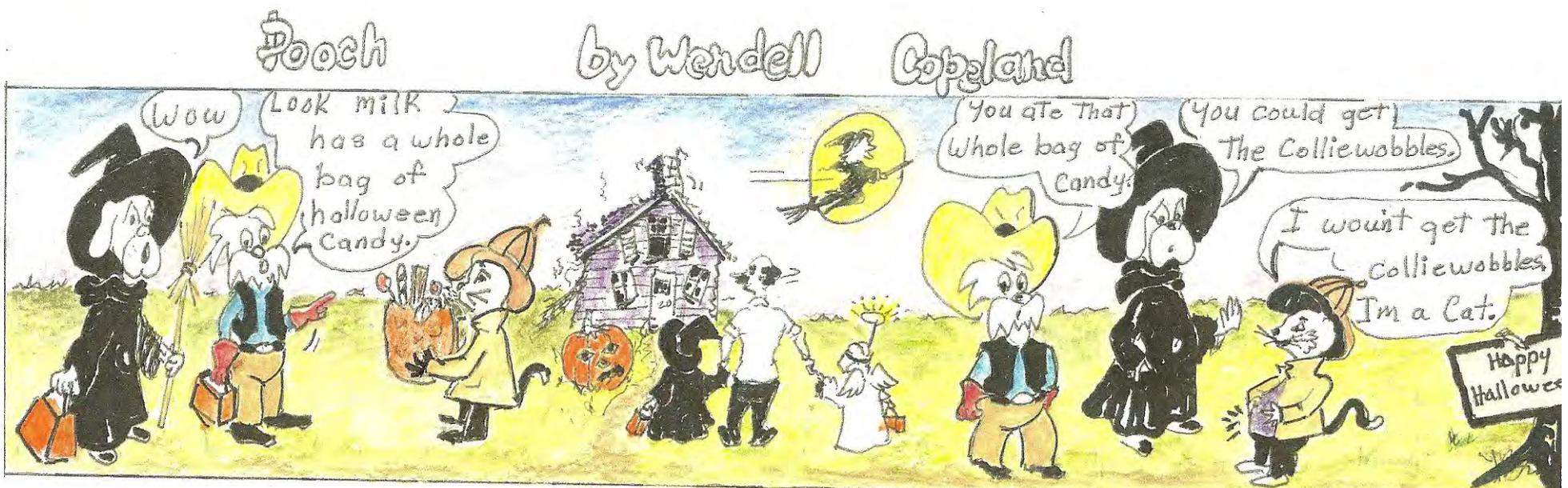
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of the American Dental Association.**



**David R. Edelson, D.M.D., M.A.G.D.**

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JAKE STEFANSKI
SENIOR, OL

Coach Chris Farrell couldn't stop raving about his big lineman's footwork and believes he has the chance to be great. The Blue Devils like to run the ball, so he and his other linemen will be asked to play an important role.

3 GAMES 2 WATCH



SEPT. 20 VS. WEAVER

The Blue Devils lost their first two games a year ago by a total of five points, and a better start will be key to a potential turnaround. If Plainville is to reach its goals it has to win this game.



OCT 18: VS. BERLIN

This rivalry isn't what the two teams produce on the baseball field, but Plainville has closed the gap in recent years. This is always the biggest game on the schedule for the Blue Devils.



NOV. 15 AT BLOOMFIELD

The Devils nearly pulled the upset a year ago, and winning this one would go a long way toward getting the program going in the right direction.

New attitude for Blue Devils

By MATT STRAUB
STAFF WRITER

PLAINVILLE — The Plainville Blue Devils have new helmets. They're black and painted in the matte finish, which has become the rage around college and pro football. They are not complete, however.

For the moment, they are simply black. Players earned the blue and white stripes which go down the middle when they completed their conditioning drills. The blue "P" which will go on each side of the helmet still needs to be earned by finishing a grueling preseason schedule which goes a week longer than most schools.

The Blue Devils don't begin their season until Sept. 20, but they feel they will be more than ready when they do. That's because the only thing as new as the helmets in 2013 is the team's attitude.

"The kids worked hard in the offseason. In the winter we had a little bit of a lull and shut the weight room down for a couple weeks and got some attitudes adjusted," Plainville coach Chris Farrell said. "We got our minds right and the kids haven't stopped working hard since. I can't say enough about how hard this group has worked. The attitude as a whole with this group is probably as good as we've had since I've been the coach."

The mindset was clear to Farrell after the first day of practice, when he says players began asking for two-a-day practices. He and his staff decided to go with one longer session per day, but Farrell knew immediately he had a hungry group.

"There's a huge difference in the energy," senior fullback R.J. Gross said. "Everyone is more excited. We're coming to play. We want to make a difference this year."

Gross could be one of those players who makes that difference. He came into his own toward the end of last season, taking home Plainville's MVP honors in the Thanksgiving clash with Farmington. The strong stretch

has Gross in position to lead a crowded Plainville backfield this season.

"I also had a couple of other games I did well in, too," Gross said. "It gives me confidence going into this year. I know I'm starting to get better."

Jeff Ziegenhagen's knee is also better, which is a problem for the rest of the CCC. The senior missed last year with a torn ACL suffered over the summer, but is back at 100 percent and coming off a phenomenal training camp. He'll see plenty of time at quarterback on offense, where his size, speed and leadership skills fit nicely.

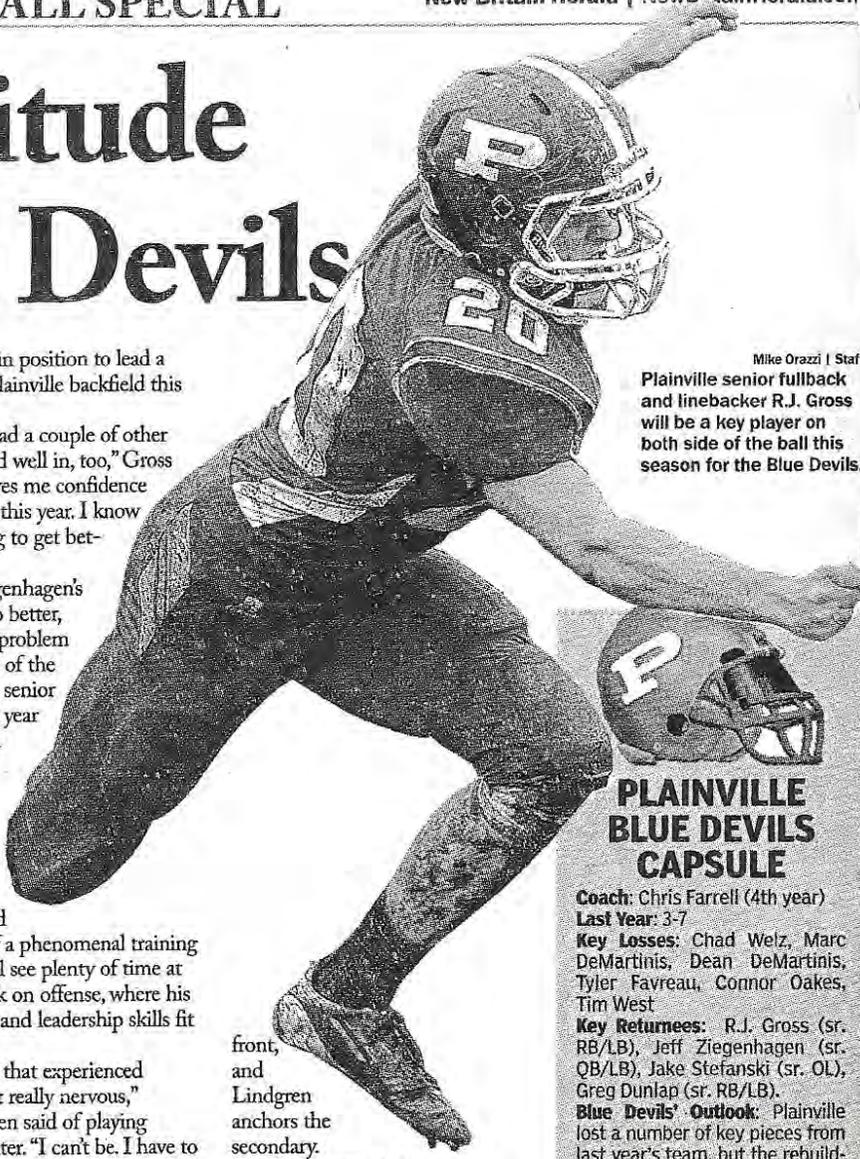
"I'm not that experienced but I'm not really nervous," Ziegenhagen said of playing behind center. "I can't be. I have to be a leader. I control the huddle."

Jon Lindgren should also emerge as a fixture in the backfield for the offense. The sophomore has impressed Farrell with his fast development. The group will run in front of an offensive line that features Jake Stefanski, Chris Agustin, Jason and Matt Monteleone and Dylan Fusco up front. With receivers like Kevin Bielawski and Andre DeGregorio, Plainville can mix it up on offense, and Farrell intends to.

"We're going to do some stuff. We're going to be interesting to watch," he said. "We won't get too crazy, but we'll do some different stuff that's best for us. I'm not throwing out everything, but we're going to be a little bit different."

It's likely safe to expect Plainville to run the ball a lot, but not necessarily for three yards at a time.

Ziegenhagen and Gross lead a strong linebacking corps. Jay Monteleone and Brian Poetsch join Agustin and Nick Cyr up



Plainville senior fullback and linebacker R.J. Gross will be a key player on both side of the ball this season for the Blue Devils.

Mike Orazzi | Staff

PLAINVILLE BLUE DEVILS CAPSULE

Coach: Chris Farrell (4th year)
Last Year: 3-7

Key Losses: Chad Welz, Marc DeMartinis, Dean DeMartinis, Tyler Favreau, Connor Oakes, Tim West

Key Returnees: R.J. Gross (sr. RB/LB), Jeff Ziegenhagen (sr. QB/LB), Jake Stefanski (sr. OL), Greg Dunlap (sr. RB/LB).

Blue Devils' Outlook: Plainville lost a number of key pieces from last year's team, but the rebuilding project might be a fast one. Led by Ziegenhagen, who missed last year with an ACL injury, Plainville is athletic and tough. There are any number of players who can run the ball, including Ziegenhagen himself, and the Blue Devils will try and trick teams as much with their depth in the running game as with their schemes. A couple of sophomores, Buzz Adams and Jon Lindgren, provide weapons outside for the Blue Devils, but this team will run a lot. Defensively, Plainville is strong in the front seven, led again by Ziegenhagen at middle linebacker, though the secondary is inexperienced. If Plainville's front seven can create pressure, it has a chance to be very good defensively. The key to the season will come early. Plainville not only has to fit in its new pieces, but overcome the rough start which sent last season into a spiral. The Blue Devils lost a pair of heartbreakers and never recovered, and open this year with winnable games against Weaver and Platt. If the Blue Devils get to 2-0, they could take off.

front, and Lindgren anchors the secondary.

Ziegenhagen said his goal for the defense is to not allow any rushing yards. While it might be a bit lofty, Plainville probably has the horses to prevent some of the big rushing efforts opponents had last year. If Plainville can limit the pass, it could have something special.

The other key will be making all the new faces become a cohesive unit. If the fall is any indication, however, much of that work may be complete.

"A lot of coaches are nervous with inexperience, but I'm not," Farrell said. "Not with this group. This is like the group I had in 2010 when we had a bunch of guys who didn't have much varsity experience and had been 0-10. They loved the game and practiced hard and good things came their way because of it."

The Blue Devils are hoping energy and chemistry overcome youth and that Plainville can overcome more opponents this season.

Scatch & Peck by Leesha

There are two issues here:

Store Policy and Insensitive Shoppers.

I frequently shop at a large chain store. Not because their goods are better or cheaper, but because I can walk there and back home carrying my purchases in a reusable canvas tote bag.

I have had many interesting conversations with the cashiers and other shoppers in line with me, and all kinds of things can occur. One day, I motioned an old lady with only one item ahead of me. Oh boy, what a mistake. While she argued with the poor cashier over the price, two shoppers with full carts in the next lane checked out ahead of me. No good deed goes unpunished.

As for store policy, this market's cashiers are ordered not to turn away any shopper even if he/she has a full cart.

Another objectionable policy is the preponderance of do-it-yourself check-out lines. No thank you!

Often, those shoppers can't figure it out and call for HUMAN help. I, and others refuse to use them. I don't want my friendly, helpful cashiers put out of work. I have also heard several stories (true or not, I don't know) about some of these customers who use these lines and toss half of their purchases into their cart without scanning them. Who pays for that in the long run?

Recently, in the 12 items or less line waiting for an "Over the Limit" shopper, I began talking with another old white haired lady. I had a dozen eggs, a six pack of beer, a large package of toilet tissue, two tomatos, two cukes, six ears of corn, a jar of salsa and a bag of Doritos, a box of a dozen canning jars and a box of Pectin. Was I over the limit? We laughed ourselves all the way to the door. I can't say that I have ever made a best friend in a check-out line, but the conversations can be fun and sometimes enlightening. If one must wait... be patient and make the most of it. Laugh at yourself and with others. You will be happier and live longer.

Some policies are just plain stupid; some people are mean and selfish.

Get over it! Life goes on!

Submitted By: Roberta Lalama

Plainville Opens Football Season With Win Over Weaver

Plainville 28
\*\*\*\*\*
Weaver 12

Plainville High Soccer ~ Blue Devils are at 4-0

The Plainville boys soccer team first void came from graduation when Mike Constantini, Jon Saraceno and Chris Utley. The second came from injuries. The younger players were ready to fill the voids.

Coach Tim Brown said, "We're not playing our typical brand of soccer, we're doing things differently, You make adjustments."

The Blue Devils were trying to find the right opportunity to strike, and got the opportunity in the final 20 seconds of the match. Shane Pugliese with 16 seconds left gave his team the victory. Score 1-0.

"We know how to win" Plainville senior Shane Pugliese. "We get anxious, but we don't panic," Brown Said.

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# My Uncle Pete

By: Mary Ziccardi



I will always remember my Uncle Pete. He lived in Meriden with his wife, Rose and his only child, Anthony.

In those days marriages were arranged and when Uncle Pete proposed to Rosa she told him she wanted to see his bank book. She went into the closet, and turned on the light. She opened the bank book; she couldn't read but saw

there were some numbers and decided he had money and agreed to marry him. They had one son and were married over 50 years.

As a child we occasionally drove to Meriden to visit them on Sunday afternoon.

In those days my father was one of few people who owned a car. It was a 1926 Chevrolet, Touring Sedan with a convertible top. In the daytime the top was removed and the car was used as a farm vehicle.

On Sunday afternoon we used a whisk broom to sweep the car, then we went to Rockwell Park in Bristol. What a Treat!! Uncle was a little man. He walked slightly hunched over with his elbows back. He looked up at you always with a smile or laugh.

He had large teeth. When one needed to be extracted he used a plier and did it himself.

He made wine in his basement as most Italians did in those days. My father made wine also and I was the only one in school with purple hands during wine making season. My brother Alex and I helped with making wine. We were glad when it was over.

Whenever someone did something nice for Uncle Pete, he rewarded them with a bottle of his wine.

Uncle Pete did not make good wine. He added water to make more and that made the wine sour.

Italians were proud of their homemade wine in those days. Today we buy it.

Aunt Rose was a big woman. She criticized Uncle Pete for everything. He only laughed and went into his cellar for another glass of wine.

The neighbors loved him. One summer, because of a drought, there was a ban on the use of water. Uncle Pete was proud of his garden, and he would stand in his cellar hatch way and water his garden, thinking no one could see him using his garden hose. None of the neighbors turned him in.

He rewarded the co-workers who picked him up for work with a bottle of his beloved wine each week.

Uncle Pete never had a car. I can't imagine him driving.

He was more patriotic than most. He displayed the American Flag from his front veranda every Sunday.

He spoke highly of America, however he never registered to vote and of course, Aunt Rose was more concerned with keeping a spotlessly clean house than anything.

Recently, I learned that his daughter-in-law, Colleen, had passed away. The writing said that she was the widow of Anthony Columbus DeFransico. I never knew that Tony's middle name was Columbus. I am sure Uncle Pete was responsible for choosing that middle name because Tony was born on Columbus Day. As I said, he loved America. I am sure Tony didn't want anyone to know his middle name. I never knew it.

Since I am the last remaining of the entire family, I have no one to tell of my Uncle Pete, except to my daughter, Donna, and now I am telling it to the Hometown, as well.

**To Submit Class Reunion Announcements or Pictures of Your Reunion**  
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**27 Sherman St., Plainville**

## OCTOBER BIRTHDAYS

*"HAPPY & HEALTHY BIRTHDAY TO ALL!"*

- 1ST MICHAEL MASTRIANNI
- 2ND JIM CASSIDY
- 3RD SUSAN MCLAUGHLIN
- 5TH KAREN JEANNE MORRIS
- 7TH ANDREA SAUNDERS
- 8TH JACKIE CIANCHETTI
- 10TH ARTHUR SCREEN
- 11TH ROBERT DEBLOIS
- 12TH JEANNE SHUGUE
- 13TH CHRISTINA TUFTS
- 17TH JOANNE BOUTWELL
- 18TH SOPHIE MILLER
- 21ST LAURA SYCZ
- 22ND ROBERT BERUBE
- 23RD GAYLE BASSETT
- 24TH JOHN HAMM
- 25TH RYAN KLAPPRODT
- 26TH STEPHANIE BROW
- 26TH SUSAN ABRAM
- 28TH JUSTIN ABRAM
- 30TH DAVID LAURIE
- 31ST RICHARD IRELAND



\*\*\*\*\*

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**AND LEAVE THE MESSAGE ON THE ANSWER MACHINE, PLEASE SPELL THE NAMES.**

You may also bring your announcements to the office, if we are not in, there is a drop off box on the porch. **DEADLINE IS THE 15TH OF EACH MONTH "THANK You" For this month's Birthday**

**PS: If you want to announce your own-Birthday and/or Anniversary, just call..... it pays to advertise!!!**

## TASTE BUZZ.....

### CHEESE PASTRY

- 2 Cups sifted flour~2/3 cup butter
- 1 cup grated American Cheese
- Cold water

With two knives cut butter and cheese into flour until they are the size of small peas. Add water gradually, stirring until dough is just moist enough to hold together.

Form into a ball. Roll to 1/8 inch thickness and make into cheese cups.

Cheese cups-Cut pastry into rounds with 3 inch cutter. Fit into small ungreased muffin pans and prick with a fork. Bake at 425 degrees F. for 10 to 12 minutes.

Fill with chicken salad or tuna salad.

*IF YOU HAVE A SPECIAL RECIPE YOU WOULD LIKE TO SHARE WITH OUR READERS, PLEASE EMAIL, MAIL OR DROP OFF AT THE OFFICE. ADDRESS, EMAIL, PHONE ON PAGE 3.*

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## A truly great day.....

What makes the day great is not what it brings you. What makes the day great is what you choose to do with it.

What makes the moment memorable is not the situation. What makes the moment memorable is the way you handle the situation.

You can make any day a great day. And that most certainly includes this one.

Think back to the truly great days you have experienced.

You'll see that those were the days when you were living most authentically, and giving the best of yourself to life.

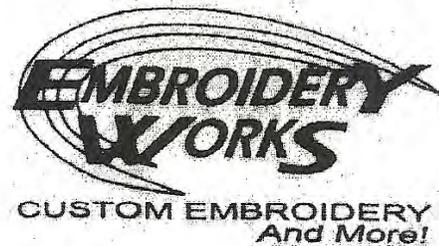
You can choose to do the same thing today and every day.

There's no need to wait for some special circumstance or condition.

Life is yours, right here and now, and you can make it great. Be yourself, give of yourself, and make for yourself a truly great day.

By Ralph Marston  
 Ronald P. Davis, President  
 New Britian Branch NAACP #2006

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# Firestone Complete Auto Care Grand Opening



Firestone Complete Auto Care recently invited local residents to their Grand Opening September 20th at 459 Farmington Ave., Plainville. Invited guests to the Ribbon Cutting included local town officials from Plainville as well as representatives

from both Plainville and Farmington Chambers of Commerce. Lower Left picture are Service Managers, Dave, Omar, Joe, District Manager and Chris Petrucelli General Manager of the Plainville Store. Upper center photo Chris with District

Manager Joe DeAngelis. Lower center are members of Petrucelli family. Lower right photo is Julie Wanamaker, Public Relation Director and Bob Petrucelli, District Manager for Firestone enjoying the refreshments catered by First & Last Restaurant.

## Downtown Block Party ~ Saturday, September 7th

Plainville Police Holcomb Scholarship Fund, Downtown Merchants & Plainville Community Fund



### Plainville Community Fund

Bountiful Basket Contest was a huge attraction, the committee wishes to THANK all who entered the contest: Connecticut Casualty Company, Republican Town Committee, The Rosado Family, Womens Club of Plainville, Plainville Chamber of Commerce, Gnazzo Food Center, Friends of the PCF, Democrat Town Committee, Faith Bible Church, Grace Lutheran Church and Plainville Fire Department. The winners were 1st Place, "Party Time Again, Again and Again" by the Grace Lutheran Church and 2nd Place was "The Lobster Clause" by the Faith Bible Church. Winners were determined by the amount of Raffle Tickets placed in front of each basket.

**The Police Association, Downtown Merchants, The Community Fund and Crafters wish to Thank everyone that volunteered and attended. Hope to see you next year, it will be bigger and better. Have a safe winter!!!!**

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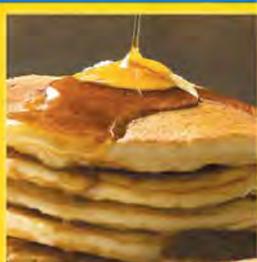
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# The Faith Bible Church~5th Annual Lobster/B-B-Q- Chicken Fest



Rev. Jim Caron commented:

We traveled to Friendship, Maine on Friday. On Saturday we got the lobsters out of the ocean and returned to cook them for you. There's nothing like a Maine Lobster.

We wish to thank all the volunteers that prepared the dinner, served the dinner and did the cleaned up.

A special THANKS to all that supported our 5th Annual Lobster/ BBQ Chicken Fest.



Micky & Honey Mastrianni celebrated their Wedding Anniversary at the Lobster Fest with friends and relatives. The food was great and the family friendly atmosphere was beyond everyones expectation.

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Reservations & Dinner Selection Required

860-582-1108 or go on-line and visit:

www.nuchiesrestaurant.com for further details

### Menu.....

~Simple Italian Cheese Table~Beef Barley Soup  
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50/50 Raffle & Door Prize

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Remember to bring a non-perishable food item

Next Ladies Night: Tuesday, November 19th

\*\*\*\*\*

## Men's Night Out

Thursday, October 24th~ 6:00 - 9:00 pm

Reservations required call: 860-582-1108

Dinner Menu featuring.....

**\$33.00**  
(pp incl tax/tip)

Italian Table featuring Suffrette & Rope Sausage

~Beef Barley Soup~Spaghetti & Meatballs~Fresh Chicken  
Cutlet~Green Beans~Wedge Roasted Potatoes~Dessert

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# Our Lady of Mercy Church ~ Annual Picnic



Our Lady of Mercy Annual Picnic was held at Padarewski Park, Sunday, September 22nd.

Deb and John Hardy were co-chairpersons with the assistance of the Knights of Columbus members and volunteers from the parish.

It wouldn't be a Catholic outing without Bingo, Helen Marinelli and Rich Dziura were the callers and they made a rule "One card per person" making it rather hard to win. Regardless, fun was had by all.

Michael Guiliano was Chairman of the childrens games and he awarded prizes to the winners.

Father John, Father Savino and Deacon Robert Berube manned the grill with the Knight's just for the picture.

Father Savino was visiting last week from Gahna, Father served Our Lady of Mercy as he stated "One year and seven months ago. His visit was a pleasant surprise he was on a Mission to the United States.

Jeanne Giofriddo, Director of Religious Education & RCIA, paused to visit with Paul and Peg Matteo's grandchildren.



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## Plainville Optical 20 Years & Counting ~Part Three~

By: *Jonathan Lindberg*  
*Licensed Optician*

Plainville Optical is celebrating 20 years in business and our new location has plenty of parking. The central location with easy access will ensure another 20 years of service to our customers and patients.

Plainville Optical opened for business in June of 1993 amidst a moderate recession. The genesis of the store was a laboratory and door to door service business called Licensed Optician Services based out of my home in Plainville. I attended to disabled clients in their own homes and convalescent facilities, filling their prescriptions at my laboratory in the cellar then returning to dispense the eyewear.

Soon after the business was up and running well, I expanded the service to Medicaid clients in their own homes. Optometrists in four different cities referred examined patients to me for eyewear fittings. That kept me busy 3-4 days each week while I filled in the days with freelance coverage at independent practices all over Connecticut.

In three years I worked at nearly 50 different stores. Many of these businesses also used my laboratory for fabricating their eyeglass orders. During those 3 years I worked an average of 6 days a week for about 70 hours per week covering about 100,000 miles in Connecticut. The job taught me that good service, competency and a friendly willingness to help was all I needed to do to succeed with a retail store front.

So I was confident when I signed a 3 year lease June, 14th 1993 with the Olde Canal Square owners for 1500 sq. ft. at about \$1,000/month that Plainville Optical would grow. It did and next month I will write about the changes and improvements that were made over the earlier years.

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- ▶ International Academy of Collaborative Professionals
- ▶ Connecticut Bar Association Family Law Section



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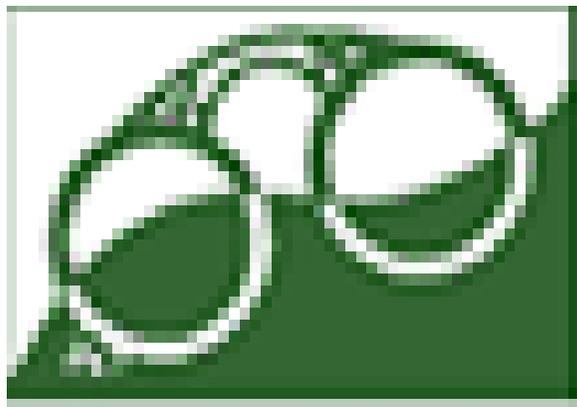
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# OBITUARIES

## ~ Doris (Ritchie) Decker ~



85, of Southington, formerly of Plainville, passed away peacefully at her home, surrounded by her girls, on Wednesday, September 4, 2013.

Born in New Britain on June 21, 1928, she was the youngest of six children to the late Frank J. and Onda M. (Lagasse) Ritchie. Raised in Plainville, she was a 1946 graduate of Plainville High School, and married Robert J. Barbier shortly after in 1947, with whom she raised four daughters. After his death in 1962, she went to work for Parsons Buick Company for 26 years, where she met John F. "Jack" Decker, and retired in 1992. She and Jack were married in 1976, sharing 27 years together until his passing in 2002.

A longtime member of St. Dominic Church, Doris led a full and active life. She loved to go to a movie, bake, sew, knit, golf, work on puzzles, and especially enjoyed spending time at West Hill Lake with her family. She also enjoyed her many trips with her friends from the NADA Buick Dealer 20 Group throughout the U.S., Australia, and Paris. While in Paris, she was able to take a side trip to Holland where she was able to visit the grave of her brother, William, who died during W.W. II.

She is survived by her four daughters, Donna Salsbury, Nancy Barbier, Beth Bussett (Mike), and Carol Misbach; six grandchildren, Corey Barbier, Kelly Misbach Osterling (Christie), Audra D'Agostino, Mallory D'Agostino, Spencer D'Agostino, and Griffin D'Agostino, and her great-grandson, Jack Osterling. She also leaves her sister, Helene Arel, and Sisters-in-law, Alice O'Hala and Ruth Johnson, along with many nieces and nephews. She was predeceased by her brothers, William, Robert, and Francis Ritchie, and her sister, Irene Varhol.

Funeral services were held from Bailey Funeral Home, 48 Broad St., Plainville, followed by a Mass of Christian Burial at St. Domenic Church, 1050 Flanders Rd. Southington. Burial will follow at St. Thomas Cemetery. In lieu of flowers, Doris may be remembered with contributions to Masonicare Home Health & Hospice, 111 Founders Plaza, Suite 200, East Hartford, CT 06108. For online expressions of sympathy, please visit: [www.Bailey-FuneralHome.com](http://www.Bailey-FuneralHome.com)

## ~Marie (Drouin) Liljedahl ~



71, of Plainville, passed away peacefully on Sunday, September 15, 2013 at the Hospital of Central Connecticut, New Britain. She was the wife of Donald Eric Liljedahl, with whom she recently celebrated 51 years of marriage.

Born in Lancaster, New Hampshire on August 31, 1942, Marie was one of four children to the late Richard and Anita (LeClere) Drouin. Raised in Bristol, she was a graduate of Bristol Eastern High School, and moved to Hartford where she worked for Cigna for a brief time. She married Don shortly after, and they settled in Plainville where they raised their family of two, along with several cats and dogs. While raising her family, Marie spent years in the administrative field for various companies, had a keen sense of grammar and was skilled at typing. She was a passionate reader, often catching grammatical errors in the many books she read, as well as in her husband's poetry. She was creative at crocheting, and cooked excellent meals for family and friends. A member of the Plainville Senior Center and the Friends of the Library, she will be greatly missed, and remembered for her persistence, feistiness and sense of humor.

In addition to her husband, Don, she leaves her son and daughter-in-law, Stephen and Sonja Liljedahl of Riverview, FL and her daughter, Karen Liljedahl-Perry and her husband, Joe of Ridgefield; eight grandchildren; her brother, Richard Drouin; sisters, Sharleen Drouin Hoar and Lee Drouin; and many nieces and nephews, and her adored cat, Ginger.

A memorial service in celebration of Marie's life was held at Bailey Funeral Home, 48 Broad St., Plainville. Committal services followed at West Cemetery. In lieu of flowers, Marie may be remembered with contributions to the charity of the donor's choice. For online expressions of sympathy, please visit [www.Bailey-FuneralHome.com](http://www.Bailey-FuneralHome.com).

## ~ William Cohen ~



83, of Plainville, passed away on September 8th 2013 after a short illness. He leaves behind his daughters Sharon Pelkey, Lorrie Acevedo and Tammy Aransky. His grandchildren: Kimberly and her

husband James Vancorderfield, Erik Acevedo, Jennifer and her husband Michael Fusso, Josh Binder, Alyson and Melissa Aransky and great grandchildren: Samantha and Zachary Vancorderfield, Madalyn and Francisco Fusso, and Ariella Aransky. His brother Robert Cohen and his wife Diane. William served in Korea as a radio man during the Korean conflict. He was predeceased by his beloved wife Mimi, his brothers Richard and Gary Cohen and his parents Yetta and Benjamin Cohen.

Funeral services were at graveside at the Beth Alom Cemetery, 48 Allen Street in New Britain. A memorial period was observed following the interment at the home of this daughter, Lorrie Acevedo, 550 Darling St., unit 4B in Southington, CT. In lieu of flowers, memorial contributions may be made to The Heart Association or to the charity of one's choice.

## ~ Ellen H. (Tessman) Fuller ~



93, of Plainville, passed away peacefully on Sunday August 25, 2013 at her home. She had been the loving wife of the late George S. Fuller. Born April 12, 1920 in Bristol to the late Fred and Bertha (Appel) Tessman, she had been a longtime

Plainville resident. Ellen attended Bristol schools. After graduation, she enlisted in the Navy where she was trained as a nurse stationed at Pearl Harbor, Hawaii. She worked for many years as a nurse retiring from Lexington Convalescent Home. She is survived by her sons Wayne Fuller and Keith Fuller; several cousins and dear friends. In addition to her husband, she was predeceased by her son Gary Fuller.

In lieu of flowers, donations in Ellen's memory may be made to the St. Andrew Ev. Lutheran Church Roof Fund, 1125 Stafford Ave., Bristol, CT 06010. A memorial service was held at Saint Andrew Evangelical Lutheran Church, 1125 Stafford Avenue, Bristol, CT 06010. Burial was at the convenience of the family. Plantsville Funeral Home has been entrusted with handling the arrangements.

## ~ Dr. Edward Francis Hartney ~



88, of Kensington, passed away Tuesday, September 17, 2013 at the Hospital of Central Connecticut, New Britain with his loving family by his side.

He was the son of the late John and Mary (Gram) Hartney, and the husband of the late Norma Hartney. He was the founder of Hartney Chiropractic Care offices in Plainville and in Berlin. He was a member of the Connecticut Chiropractic Association, the American Chiropractic Association, a member of the Men's League at the Timberlin Golf Course, a member of Saint Paul Church and served in the U.S. Navy as a Hospital Corpsman.

Dr. Hartney is survived by four daughters, Cathy Hartney of Kensington, Corinne Hartney of Kensington, Dr. Carrie Montague and her husband John of Burlington and Dr. Colleen Lanza and her husband Daniel of South Windsor; one sister Irene Mute and her husband Sal of Farmington; and two grandchildren Daniel and Erin Lanza. He was predeceased by three brothers James, John, and George Hartney; two sisters Mary Salomone and Dorothy Lipski.

Service was held at the Berlin Memorial Funeral Home, 96 Main Street, Kensington, followed by burial in Maple Cemetery.

## ~ Donna (Oliver) Magnani ~



61, of Plainville, wife of Gerald "Jerry" Magnani, passed away Thursday (September 5, 2013) at her home.

Born in New Britain, daughter of the late Francis Oliver, Jr. and Gladys (Jehning) Oliver-Gimma, she has lived in Plainville since 1978. Donna graduated from New Britain High School and received an Associates Degree from Hartford Community College. She was formerly employed as a Paralegal at Robinson & Cole in Hartford and later Steier & McCormick Law Firm in Avon for many years before retiring this year. She was a member of St. Matthews Lutheran Church in New Britain and was heavily involved in church activities.

Besides her husband Jerry, she leaves a son, Brendan Moran and his wife Rebecca of Charlotte, NC; three step daughters, Cheryl Seery and her husband James of Rocky Hill, Kimberly Petit and her husband Gene of Southwick, Mass, and Patti McDonald and her husband Timothy of Granby; a sister, Marion Oliver-Cross of Plainville; seven step grandchildren, Christopher Kennedy and his wife Brittany; Jessica Kennedy, Gregory, Emily, and Molly Petit; Ally and Gracey McDonald; ten aunts and uncles, Richard "Jeff" Jehning, Albert Jehning, Don Jehnings, Gus Jehnings, Thomas Jehnings, Ruth Baylock, Mildred Cheak, Florence Felice, Lucille Grieco and Dorothy Nicholas; a niece, Michelle (John) Mayette and there children, Ava and Jack; two nephews, Matthew Fournier and Will Cross. Besides her parents, she was predeceased by a brother, Paul Gimma, Jr.

Carlson Funeral Home, 45 Franklin Square, New Britain assisted the family with arrangements. Funeral Services followed immediately after the calling hours. Burial will be at the convenience of the family. In lieu of flowers, donations may be made to Dana-Farber Cancer Institute, In memory of Donna Magnani to support Dr. Ng's cancer research at Dana-Farber Cancer Institute, PO Box 849168, Boston, MA 02284 or via [www.dana-farber.org](http://www.dana-farber.org).

## ~ Vito N. Moreno ~



84, passed away peacefully on Friday, (August 23, 2013) in Paoli Memorial Hospital, Paoli, PA.

Mr. Moreno was a resident of King of Prussia, PA. He graduated from Plainville H.S. in 1947, attended Cheshire Academy, and received a BS in electrical engineering from the University of Connecticut in 1952. He began

his career at Philco, and then worked at GE, specializing in radio and radar applications for the aerospace industry. He later operated his own company, Integral Industries in Lansdale, PA. Following his retirement from engineering, he worked for 19 years as a sales associate for Brooks Brothers. He was a longstanding member of the Order of Sons of Italy in America, Valley Forge Lodge. Born on August 2, 1929 in Derby, CT and raised in Plainville, CT, he was a son of the late Gaetano and Florence Moreno.

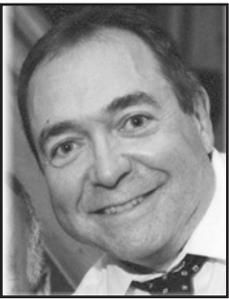
Vito is survived by three daughters, Dr. Susan I. Moreno and her husband, Jens Schoning, of Woodbury, NJ, Jamie M. Romani and her husband, Brian Haentze, of Downingtown, PA, and Molly M. Seiler and her husband, Joseph, of New York, NY; seven grandchildren: Christian, Nicholas, Isabella, Francesca, Joe, James and Anne; two brothers, Vincent Moreno and his wife, Joan, of Farmington, CT, and Thomas Moreno and his wife, Jane, of Colchester, CT; and many nephews and nieces. He was predeceased by his former wife, Judith (Wilson) Moreno.

A Funeral Mass was celebrated at Mother of Divine Providence Church, 333 Allendale Road, King of Prussia, PA 19406. Interment was in St. Joseph's Cemetery, 151 Farmington Ave., Plainville, CT. In lieu of flowers, the family suggests a donation in Vito's memory to Mother of Divine Providence Church, where Vito was a parishioner for over 50 years. Arrangements are by The Bacchi Funeral Home and Crematory, Ltd., Bridgeport, PA. [www.bacchifuneralhome.com](http://www.bacchifuneralhome.com)



# OBITUARIES

## ~ Thomas "Tommy" Joseph Sastre ~



It is with deep sadness we share the news of the passing of Thomas "Tommy" Joseph Sastre. Tom lost his courageous battle with cancer on August 23, 2013 in Greenville, SC. He was 58 years old. Tom faced his challenges with strength, courage, faith and an unwavering positive attitude.

Tom was born in Bristol, CT on February 6, 1955 to Rosalie (Tella) Sastre and the late Joseph S. Sastre and was the devoted husband of Janice Sastre and the "greatest ever" step father to Keith and Ian. Tom grew up in Plainville and was a graduate of Plainville High School, Class of 1973. He also graduated from Connecticut State University in 1977. Tom worked for the Hartford Insurance Group for 30 years retiring in 2006. Early on in his career, this job as an Insurance Auditor, made it possible for him to travel and live in places like Tennessee, Florida, Texas and Missouri. He made many friendships along the way. Sports were a big part of Tom's life, especially baseball. His biggest dream was to be a pitcher in the major leagues. He played little league in Plainville and went on to pitch for the Plainville High baseball team. He also played softball for the town league. He had great times playing in this league, including the always interesting bus trips he and his friends took to New York and Boston. Tom was a diehard Detroit Tigers fan. His love for the Tigers began at the age of 5, at a game in New York where he saw them beat the Yankees. He also had a deep passion for fishing, especially all types of bass. His greatest enjoyment after he retired was to go fishing on his bass boats with his sons or friends. Wherever he lived, he always found a league to play baseball and the best lakes, rivers and streams to fish. Tom was also very proud of his Spanish heritage, making several trips to Spain to visit with family. Tom eventually moved back to Connecticut where he met and married Janice in 1994. They made their home in Willington and together they raised two sons, Keith and Ian. Tom loved his stepsons very much and was proud of the young men they have become. Family and friends were always a big part of his life. Times spent fishing or hosting paella parties (Tom always cooked) were treasured moments. In May of 2012 the family moved to Greenville, SC to enjoy great fishing, golf and get away from the New England winters.

Tom lived a full life and will be greatly missed by all who knew him. He leaves behind his wife Janice, stepsons, Keith Mitchell and his wife Nicole, Ian Mitchell of Greenville, SC, his mother Rosalie of Plainville, sisters, Linda Spendolini and her husband Jack of Berlin, Peggy Romine and her husband Harry of Plainville. He also leaves behind many brothers and sisters-in-law and nieces and nephews. He also leaves his beloved dog Ally. The family would especially like to thank his sister and brother-in-law, Judy and Rick Kropidowski for all their help and loving support during this difficult time and the Open Arms Hospice in Simpsonville, SC for their kindness and care.

A celebration of Tom's life was held J. Timothy's Tavern 143 New Britain Avenue in Plainville. Burial will be private and at the convenience of his family. In lieu of flowers donations in Tom's memory may be made to PARC P.O. Box 15 Plainville, CT 06062 or to the American Cancer Society 1075 Chase Parkway Waterbury, CT 06708. The Bailey Funeral Home 48 Broad Street in Plainville is assisting with arrangements. For additional information or to leave words of condolence please visit: [www.bailey-funeralhome.com](http://www.bailey-funeralhome.com).

## ~ Helen L. (Beckmann) Tessier ~



On August 30, 2013 passed away following a long battle with Amyotrophic Lateral Sclerosis (ALS) also known as Lou Gehrig's Disease.

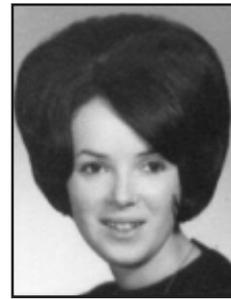
Helen was born and raised in New York City in an area of Manhattan known as Germantown. In 1953, she married her first love, Henri, with whom she raised three children in Long Island, NY, Monroe CT and finally, the Plainville/Southington CT area where she lived for the last 37 years. Helen was predeceased by her husband Henri, in 1981, her brother George Hohlfeld, her sister Ann Stammler, her granddaughter Andrea Hyatt, and by her special friend James Garvey. Helen leaves her three loving children to mourn her, Henry Tessier and his wife Jennifer of Plainville, Michelle Hyatt and her husband Ken of Trumbull, and Louise "Tess" Lockwood and her husband Dave of Broad Brook. Helen also leaves four grandchildren, four great grandchildren, and many nieces and nephews all of who she loved so dearly. In addition to taking care of her family and raising her children, Helen had many other special interests. A devout Christian, she has been active member of Grace Lutheran Church since 1976, where she has many close friends. She enjoyed being a working mother, most notably working in the offices of Dr. Donald Swanson and Plainville Podiatry for over 25 years where she was a familiar and friendly face to so many in the Plainville community. Over the years, Helen was a passionate artist, creator of original oil paintings which hang in the homes of family and friends. Helen loved to watch sports especially UCONN Women's Basketball, pro golf, and pro tennis with her friends and family. Most of all, she loved to bowl. Helen competed in local leagues and national tournaments until she was 78! It was the ALS that brought Helen's bowling activities to an end. It is a disease that she met head on, with grace and dignity. Helen was a fiercely independent woman who despite the ALS, insisted on living in her own home until she could no longer care for herself which was just a short two months ago. Helen's family gives special thanks to Pastor Steve Brisson, Dr. Jonathon Pendleton, Dr. Kevin Felice, and all the staff and volunteers at Vitas Hospice, Apple Rehab, The Hospital for Special Care, Masonic Home Healthcare, CT Community Home Care, and the CT Chapter of the ALS Association for all the care and love that you have provided our mother during her battle.

Friends and family called at the Bailey Funeral Home 48 Broad Street in Plainville. Funeral services in celebration of Helens life were held at the Grace Lutheran Church 222 Farmington Avenue in Plainville. Committal services followed in St. Joseph Cemetery in Plainville. Donations in Helen's memory can be made to the ALS Association of CT 4 Oxford Road Unit D Milford, CT 06460 or to Grace Lutheran Church.

For additional information or to leave words of condolence please visit [www.bailey-funeralhome.com](http://www.bailey-funeralhome.com).



## ~ Betsy Ann (Morgan) Tenney ~



65, of New Britain "a loving Mimi" passed away suddenly September 13, 2013.

Born January 15, 1948, she was the daughter to the late Robert Morgan and Theresa Sullivan from Plainville. She is predeceased by her beloved son Wes Tenney and her granddaughter Jackie Tenney. Her greatest treasures were her children, grandchildren and great-grandson. She is survived by her daughters Hallie Tenney of New Britain and her boyfriend Andy Rizzo and Nicole Kowalchik of Simsbury; son-in-law Brian Kowalchik; her granddaughter Ashley Cavallo; grandsons, Scott Tenney, Kyle Kowalchik and Jake Kowalchik and great-grandson Nicolas Cavallo; and her three sisters and five brothers and many nieces and nephews. She retired from Plainville Day Care after 20 years. She dedicated her life to her family, friends and extended family. She loved to spend time in the garden. She was very spiritual and an active Reiki practitioner. She enjoyed going to the beaches in Rhode Island and she loved music. She was a huge Patriot's and Red Sox fan. She will be deeply missed and remembered for her kind spirit and contagious laughter.

A celebration her life was at O'Brien Funeral Home, 24 Lincoln Ave. Bristol/Forestville. Burial will be held privately at the convenience of the family. In lieu of flowers donations can be made to the Mimi Foundation Scholarship for Education in Medicine, Paramedics and Nursing, 114 Oakdale St., Wethersfield, CT 06109.

For online condolences, share a memory or photo, please visit [www.obrien-funeralhome.com](http://www.obrien-funeralhome.com)

## ~ Kevin J. Strasser ~



46, of Plainville, CT passed away Monday (August 26, 2013) at home.

Kevin was born in Erie, PA and was the son of the late Frederick and Joan (Dombrowski) Strasser. Kevin worked for the Town of Windsor for fifteen years in the engineering department, and worked as a Project Manager for both Hammonasset Construction and VMS Construction. Kevin was a member of the Austrian Donau Club, and the Elks Lodge #957. Kevin at heart, was just that, heart. He loved and adored his children above all things. He was devoted to his wife of nineteen years. He was an open personality with a big heart welcoming all he knew into it.

Kevin is survived by his wife and high school sweetheart, Janice (Aiudi) and his three adoring children, Elizabeth, Johann "Hans" and Teresa. Along with his wife and children he is survived by his sister, Kim Morbitzer, and husband Michael of Orange Park FL, his brother Fred Strasser and wife Mary Ellen of New Britain, his sister Sharon Pidgeon of Somerville, NJ. He also survived by a "boat load" of nieces and nephews. He was predeceased by his brother Joseph Strasser.

A Celebration of Kevin's Life was held at St. Maurice Church, 100 Wightman St., New Britain, CT. Burial will be private. Paul A. Shaker / Farmingdale Funeral Home, 764 Farmington Avenue, New Britain, CT, assisted the family with arrangements. In lieu of flowers, memorial donations may be made to the Austrian Donau Club Scholarship Fund, 545 Arch Street, New Britain, Ct. To extend condolences to the Strasser family or to share a memory of Kevin, please visit our website at [shakerfuneralhome.com](http://shakerfuneralhome.com)



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# HOMETOWN RELIGIOUS DIRECTORY

## Church of the Bible

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160 West Main St.  
Plainville, CT 06062  
Phone: 860-747-1691  
Peter A. Stonis, Missionary Pastor

### WEEKLY WORSHIP SCHEDULE

Nursery Care is provided for all Sunday Services  
10:00 am  
Sunday School for All Ages  
11:00 am  
Morning Worship Service  
11:00 am  
Junior Church ages 4- 8  
6:30 pm  
Evening Worship Service  
Wednesday 7:00 pm  
Bible Study and Prayer

For more information about the church  
visit our website @ [cobplainville.org](http://cobplainville.org)

### Bible Prophecy

Syria has been in the news for over 2 years as it continues to deal with a civil war that has killed thousands and thousands of people. The focus as of late has been on Damascus, its capital, due to alleged chemical weapons that were used there several times. Did you know that Damascus, Syria is mentioned in the Bible? Indeed it is and it is a prophecy of destruction that has not yet been fulfilled. Listen to this prophecy in Isaiah 17:1 "The burden of Damascus. Behold, Damascus is taken away from being a city, and it shall be a ruinous heap." Listen to Jeremiah 49:24-25 "Damascus is grown feeble, and turneth herself to flee, and fear hath seized on her; anguish and sorrows have taken her, as of a woman in travail. How is the city of praise not left, the city of my joy!" It is a known fact that Damascus, Syria has been conquered and defeated in the past but the city itself has never been completely destroyed and taken away from being a city and become a ruinous heap. This is a prophecy that has not yet been fulfilled that will indeed be fulfilled in the future. God's prophecies ALWAYS come to pass because God cannot lie and His Word is true. We know from other Scriptures that before this can happen the rapture of the Church will take place in which Jesus Christ will take all "born again" believers to be with Him in heaven. What we see in Damascus, Syria today ought to be a reminder to all that Jesus' coming could be soon. Are you *ready*?

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**Come, Let Us Worship!**

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11:00 am & 6:00 pm  
Wednesday Service 7:00 p.m.

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*A Congregation of the United Church of Christ*  
130 West Main Street Plainville, CT  
Phone 747-1901



### ALL WELCOME

Rev. Dr. Claire W. Bamberg Minister

#### Email:

[Congregational94686@sbcglobal.net](mailto:Congregational94686@sbcglobal.net)

#### Website:

[www.uccplainville.org](http://www.uccplainville.org)

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860-747-5209

Rev. Dr. Jim Caron, Pastor

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"Resisting Satan"

Every 2nd Tuesday of the Month  
6:00 p.m.

Ladies Group

Wednesday Night Bible Study  
7:00 p.m.

New Study: "Angels and Demons"

Thursday Night Youth Bible Study  
7:00 p.m.

New Study: Maturing in the Christian Faith: A Look at Doctrine

860-747-5209

Call the church for info/questions and church prayer line/ FAX (747-5011)

Call us for your requests (confidential)



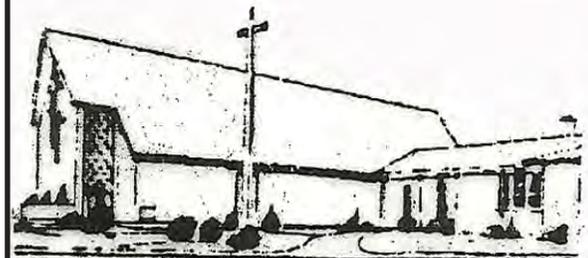
## Grace Lutheran Church

222 Farmington Ave.

Plainville, CT 06062

Phone: 747-5191

The Rev. Stephen Brisson, Pastor



Worship with Holy Communion every Sunday at 9:00 AM

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## Kaleidos in Concert Church of Our Saviour – Episcopal

By Foster White

Kaleidos is comprised by Taiwanese multi-percussionist Sayun Chang and Puerto Rican classical guitarist Yovianna García. They presented an exciting guitar/percussion/vocal repertoire that consisted of a mix of diverse musical cultures and styles. They appeared in concert, Saturday, September 21st at the Church Of Our Saviour – Episcopal.

The admission for the Concert was by donation of and a non-perishable food or household cleaning item for the Plainville Food Pantry.

This concert presented to the audience a delightful combination of musical experiences from varied cultures. Some of the music presented included: Music from Ghana, Puerto Rico, Taiwan and Brazil and contemporary American Composer George Crumb..

Be sure to visit [kaleidosmusic.com](http://kaleidosmusic.com) or follow the Kaleidos Duo in Facebook and Twitter for more current interesting information.

# HOMETOWN RELIGIOUS DIRECTORY

## OUR LADY OF MERCY ROMAN CATHOLIC CHURCH

94 Broad Street, Plainville, CT 06062  
Rev. John Brinsmade, Pastor  
Robert Berube, Deacon

### PARISH/CEMETERY OFFICE

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**FAX 860-747-5407**

\*\*\*\*\*

**SATURDAY VIGIL MASS 4:00 PM**

**SUNDAY 8:30 AM & 10:30 AM**

\*\*\*\*\*

### Weekday Liturgy

**Monday to Saturday 8:00 am**

**No Mass on Wednesdays**

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**"Monthly Breakfast-Second Sunday of the month, Join Us!"**

## JOLT Attends Fan the Fire Rally

*By Sue Dziura*

Several member of Our Lady of Mercy's Teen Youth Group, JOLT, recently participated in an exciting day-long faith rally, called Fan the Fire, held at St. Rose of Lima Church grounds in Newtown, CT. Approximately 250 high school teens from around the area, and as far away as New Jersey, gathered to hear inspirational talks, to pray, to eat (!), play games, and to grow in their Faith. The theme of the rally was The Light shines on in the darkness and the darkness has not overcome it. (John 1:5). The rally included recitation of the Rosary throughout the day, Adoration of the Blessed Sacrament, and concluded with a Mass in the Church. JOLT (which stands for Jesus Openly Loves Teens) members, as well as the other teens present, were encouraged to spread the Good News of Jesus' love to others through their actions in everyday life and to make time each day to connect with God. It was a great day and the teens are already looking forward to next year's rally!

All teens in the area, 13-18 years old, are welcome to join JOLT. Meetings are held twice a month and include faith-based activities, fun, food, and fellowship. For more information, contact Jeanne at 860-747-6825.

Picture on page 23

## THE EPISCOPAL CHURCH CHURCH OF OUR SAVIOUR

115 West Main Street Plainville, CT 06062  
**860-747-3109**

Priest: The Reverend José Martinez  
**SUNDAY WORSHIP**

Holy Communion 10:00 am

Nursery Care during the service

Followed by coffee hour

Holy Communion in Spanish

Sunday Evening 6:00 PM

Misa en Espanol todos los domingos a las  
6:00 PM

**Holy Communion Thursdays~12:00pm**

### OFFICE HOURS

Wednesday – Friday 9:00am -1:00pm

### PARISH PROGRAMS

#### Food For Friends

Wednesdays 3 to 6 PM

#### Daughters of the King Chapter

3rd Saturday of the month 9:30am

#### Open Mic Night

1st Wednesday of the month 7:00pm

#### Twelve Step Programs

Every Tuesday NA 7:30pm

Every Thursday AA 7:30pm

Every Saturday Women's AA 9:00am

Every Sunday AA & NA 7:00pm

**Ample Parking in rear of Church**

## PLAINVILLE UNITED METHODIST CHURCH

56 Red Stone Hill, Plainville, Connecticut 06062  
**REV. RUSSELL G. WALDMANN, PASTOR**  
Church (860)747-2328 Parsonage (860)747-2592  
Email: plainvillunited@sbcglobal.net

### OCTOBER SCHEDULE

#### SUNDAY SERVICES

CHURCH SCHOOL Pre-K to High School:

9:00 AM

WORSHIP TIME 10:00AM

### REGULAR EVENTS

Tuesday Ladies.....Tuesdays, 9:30 AM

Boy Scouts.....Tuesdays, 7 PM

AA.....Sun., Mon. & Wed., 7 PM

Al-Anon.....Mondays, 7 PM

#### SPECIAL EVENTS

### PUMC ROAST PORK DINNER:

Saturday, October 5, 4:30 to 7 PM

Tickets are \$12 Adult, \$6 Child, 4 & under free.

There will be a Silent Gift Basket Auction.

For Reservations, please call 860-747-2328.

### WORLD COMMUNION SUNDAY WORSHIP

#### WITH HOLY COMMUNION:

Sunday, October 6, 10 AM

### AMERICAN RED CROSS

#### BLOOD DRIVE:

@ PUMC Thursday, October 10, 1 to 6 PM

Call 1-800-733-2767 or go to [www.redcross-blood.org](http://www.redcross-blood.org) to make an appointment.

### ADULT BIBLE STUDY:

Wednesdays, October 9, 16, 23, 30, 7 to 8:15 PM

### POTLUCK SUPPER

#### AND FELLOWSHIP:

Thursdays, October 3, 10, 17, 24, 6 PM

### CHOIR REHEARSAL:

Sundays, October 6, 13, 20, 27,

Following Worship

**Catch the Spirit**  
THE UNITED METHODIST CHURCH

## PLAINVILLE SEVENTH DAY ADVENTIST CHURCH

97 Broad Street

Church Phone **860-747-5867**

**Pastor 1-646-522-3471**

E-mail: [plainvillesda@gmail.com](mailto:plainvillesda@gmail.com)

[jacksonsg5@sbcglobal.net](mailto:jacksonsg5@sbcglobal.net)

Pastor Franklin Jackson

Saturday Morning

Bible School @ 9:30 a.m.

Worship Service @ 11:00 a.m.

FREE lunch after service

Wednesday Evening

Family Prayer Meeting @ 6:30 p.m.

*The Lord Jesus Christ loves you ...*

John 3:16

## NEW COVENANT APOSTOLIC CHURCH

139 New Britain Avenue  
P.O. Box 551  
Plainville, CT 06062

Suffragan Bishop- George M. Green, Pastor  
Elder Joseph Green, Associate Minister

**Phone 860-747-3128 Church**

**Residence & FAX 860-224-9409**

### ~ SCHEDULE OF WORSHIP~

SUNDAY: Sunday School @ 10:45 a.m.

Morning Worship @ 12:00 Noon

TUESDAY: Prayer & Deliverance-7:00pm

Bible Class @ 7:45 p.m.

THURSDAYS: 1st Evangelistic Service

2nd Pastor's Care

3rd Missionary Service

4th Men's Ministry

5th Youth Service

### MONTHLY SERVICES

1st Sunday – Fellowship Day

2nd Sunday – Family and Friend's Day

3rd Sunday – Building Fund Day

4th Sunday – Pastor's Care Day

5th Sunday - Communion & Youth Day

*We welcome everyone to our services.*

*Come, bring a friend and enjoy*

*Jesus with us.*

## REDEEMER'S

### A.M.C. ZION CHURCH

110 Whiting Street, Plainville, CT 06062

Rev. Elvin Clayton, Pastor

**Phone: 860-747-1808**

### WORSHIP SERVICES

Sunday School 9:00-9:40 a.m.

Praise & Worship 9:45-10:00 a.m.

Church Service 10:00 a.m.

### BIBLE STUDY

Wednesday 11:00 a.m. & 7:00 p.m

### BOARD MEETINGS

Senior Ushers (1st Sat before 1st Sun) 11:00 a.m.

Gladys Floyd Missionary Society

(2nd Sun after service)

Deaconess Board (3rd Sun)

Lay Council (1st & 3rd Sat) 9:30 a.m.

Christian Education (3rd Tues) 7:00 p.m.

Men's Meeting (2nd/4th Sat) 9:30 a.m.

PEP (Every Sat) 1:00-4:00 p.m.

Trustee/Steward (2nd Sat of Aug., Oct., Dec.,

Feb. & Apr. at 9:30 a.m. and 2nd Mon. of

Sept., Nov., Jan., Mar. & May 16 6:30 p.m.

### CHOIR PRACTICE

Senior (Sat before 1st Sun) 5:00 p.m.

Jubilee (Sat before 2nd/4th Sun) 5:00 p.m.

Mass/Youth choirs

(Mon. after 1st/2nd Sun) 7:00 p.m.



*WE RUN*



*WE PLAY*



*Let's call it a day*

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# Pet Page

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### Is the Dog You Deserve the Dog You Want?

There's an old saying that we get the dog we deserve. It's up to us to make sure that the dog we deserve is the same as the dog we want – house trained and well behaved. If we don't put the effort into training our dogs when we first get them, they will not train themselves!

Of course there are the rare dogs that seem to be almost perfect from the beginning, but they are rare, and the likelihood of your having one of these dogs is only a little better than winning a big lotto prize.

Perhaps the best place to start is with house training, which should start as soon as you get your dog. If you start with a young puppy, remember that in addition to needing to go out as soon as he/she (from here on we will use "he" for simplicity) wakes up and right after each meal, a puppy will need to go out at other times. If you add the number one to the age of your puppy in months, you will have the maximum number of hours that you can expect an awake puppy to stay clean. This gradually increases until the puppy has full control of bladder and bowel functions by 6 months.

The best way to house train a dog, no matter how old he is, is to go out with your dog. This way you can offer praise while he is relieving himself, which tells him that doing this outside pleases you. I'm sure you don't have to be told to express your unhappiness if a mess is made inside! Of course, you only use words and tone of voice for this. The contrast between your happiness and unhappiness helps your dog to understand that outside is the only good place to do these things.

A way to make your happiness even more obvious to your dog when he does his business outside is to offer a treat as soon as he is done. This needs to be done immediately because of the way a dog's mind works. When something good (such as getting a treat) happens, a dog believes this was caused by what he is doing or has just done. So waiting until you get in the house to give a treat will have the dog believing it's because he went in the house, and there is no connection to going potty outside.

The house training process is helped if your dog is confined when not supervised, to decrease the number of "accidents" in the house. The confinement can be in a crate or by what is called umbilical cording, where you attach the dog to you by a leash. The second technique allows you to see when your dog shows signs of needing to go out. Just remember if you are using a crate this is only an aid in house training, and your dog should only spend part of his time there.

Next month we'll talk about how to work on a well behaved dog.

### VCA Old Canal Animal Hospital

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*service is our goal!!!"*

**860-747-2759**



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*Micket Mouse is known as "Topolino" in Italy.*



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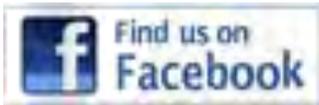
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 Motorcycle – Classic Car – Personal Umbrella – Life - Health and more!**