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Orthopedics of Hartford ~ New Britain Office

Dr. Richard L. Froeb and his associates are one of the first to move into the new Medical Office building located with the Hospital of Central Connecticut Cancer Center on Journey Road and New Britain Avenue.

Pictured with Doctor Froeb are left from right: Luz Morles, Medical Assistant, Deb Martin, Medical Assistant for Dr. Robert Waskowitz, Dr. Froeb and Joanne Maskell, Office Manager.

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STATE OF THE TOWN



The State of The Town was held at the Plainville Library on Thursday, January 29th. The annual event highlights the previous year's accomplishments and upcoming projects.

*****KEY SPEAKERS*****

- Jeffrey Kitching**, Superintendent of Schools
- Mark Devoe**, Director of Planning & Economic Development
- Kathy Pugliese**, Town Council Chair,
- Robert E Lee**, Town Manager,
- John Bossi**, Director of Technical Services (*not pictured*)

Seven Peaches and Pit Sr. Center Wii Bowling Team



The Team meets at the Center weekly to practise their bowling. This picture was taken after one of their sessions. Seated: Jack Cassidy (**The Pit**) and Bev Heslin, Second row R to L, Anne Theriaunt, Marie Cassidy, Barbara Cichon, Roseanna Garcia Back row Back row R to L Sally Miller and Carol Perry (**The Peaches**)

The team has a great record, winning two out of three games, defeating Berlin and Bristol!!



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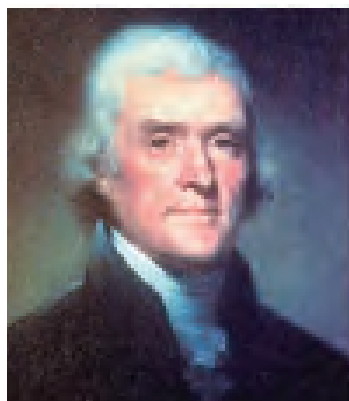
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 Plainville, CT 06062

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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.

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NEXT ISSUE WILL BE
MARCH

DEADLINE IS:
 February 15th

Happy Valentine's Day
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Dates to Remember
February

- 1st-Super Bowl XLIX
- 2nd-Groundhog Day
- 12th-Lincoln's Birthday
- 14th-Valentine's Day
- 16th-Presidents' Day
- 17th-Mardi Gras
- 18th-Ash Wednesday
- 19th-Chinese New Year
- 22nd Washington's Birthday

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P-l-a-i-n-v-i-l-l-e
faves and raves

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

{John raves} Shopping at Gnazzo's Food Center is a pleasure with all the new show cases in almost every department, the remodeling was completed without any inconvenience to our shopping. Thank You also for being such a friendly place to shop.

{Ted Faves} My car had to have the Emission test for the state. I noticed in last months Hometown there is another business that has the Emission Program. Central CT Tire & Service on East Street service by the owner Ron Gagon was fast and courteous. I certainly FAVE Central CT Tire & Service.

Email your "fave or rave" in today to be in the March 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

Town Council Notes January 20, 2015

Old Linden Street School – Public Forum

- The Town Council will conduct a Public Forum regarding Old Linden Street School on Thursday, February 5th. The Forum will be held in the Town Council Chambers beginning at 7:00 pm.
- The Forum will begin with a review of the Old Linden Street Study Committee Report that made a recommendation to demolish the building in March 2013.
- The Forum will then provide the opportunity for citizens to give input to the Town Council regarding what to do with the abandoned school property.

Plainville/Southington Health District Public Hearing – Tattoo Parlors and Septic Systems

- The Plainville Southington Health District will be conducting a Public Hearing on March 12th at 5:30 pm to receive comments on two proposed Ordinances.
- The first Ordinance would regulate Tattoo Parlors. The purpose of the Ordinance is to promote the public health, safety and welfare of the citizens of Plainville and Southington through regulation and inspection of sanitary conditions at tattoo establishments. There are currently no tattoo parlors located in Plainville and 4-5 are currently operating in Southington.

- The second Ordinance concerns subsurface septic systems. The Ordinance would require any person or firm that inspects a subsurface sewer system to file the results of their inspection with the Plainville Southington Health District on form provided by the District. This Ordinance would allow the District to track the results of the inspections that occur during a property transfer. These reports will also be available for public inspection.
- Residents are encouraged to attend the Public Hearing on these two Ordinances. The Hearing will be held in Southington.

Discussion of Town Council Rules & Procedures

- There is an item under New Business that would amend the Town Council Rules & Procedures as they relate to the Town Council Agenda. The proposed changes were introduced at the January 5th Council meeting and are ready to be considered this evening.

LED Streetlight Update

- Last year the Town Council heard a presentation regarding the conversion of the town-owned streetlights to LED technology. The conversion to LED would result in significant cost savings to the taxpayers because this technology uses less electricity to operate the lights.
- CCM had conducted a Request for

Qualifications for consultation services related to the conversion of streetlights. They pre-qualified three firms that demonstrated their capabilities to perform the work.

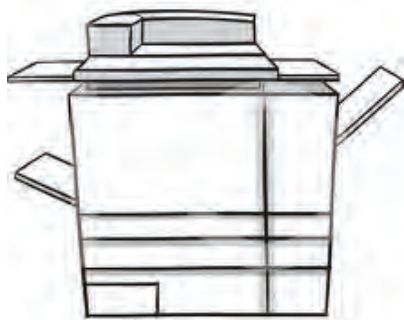
- Town staff interviewed two of the firms: Tanko of San Francisco, California and ESCO of Lenox, Massachusetts. Both of these firms demonstrated that they had the capability to assist Plainville with the LED Retrofit, Management of the Project and the Maintenance of the lights after they are installed. The chosen firm would also coordinate the energy assistance funds that are available through CL&P.
- Town staff is recommending that ESCO be chosen as the preferred consultant. Our plan is to schedule a work session with ESCO before the February 2nd Council meeting to review their proposal and possible cost savings.

Financial Dashboard – December, 2014

- The Dashboard covering the first six months of the current year's budget has been posted on the Town website. Expenditures are tracking pretty much in line with the budget with revenues coming in slightly higher than previous years. All in all, the financial picture for the Town Budget is looking very positive at this time.

TOWN OF PLAINVILLE HAPPENINGS TOWN COUNCIL MEETING January 20, 2015

- The Plainville Coalition for Positive Youth Development has launched a Facebook page as an additional means to share important information with parents and the community. As part of the Facebook page launch, the group is holding a contest for the next several months. Plainville residents who visit and "like" the Coalition Facebook page during the upcoming months will be entered into monthly drawings for a variety of prizes, including 3 Kindle Fires donated by the Plainville Police Union. The Coalition Facebook page is: Plainville Coalition For Positive Youth Development.
- A celebration to honor Ruth Hummel is scheduled for this Saturday, January 24, 2015 from 1pm to 3pm at the Plainville Historical Society. There will be a short program at 2pm. Cookies and punch will be served.



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TOWN OF PLAINVILLE MUNICIPAL OFFICES CLOSED

The Municipal Center, Library & Senior Center
will be CLOSED

Monday, February 16, 2015

in observance of President's Day. All municipal
offices will open again on Tuesday, February 17th.

Please note: the weekly refuse collection will be
delayed one day for the entire week.

To Contact Town Councilors: E-mail: towncouncil@plainville-ct.gov

**2014 Welcomes
New Businesses to Plainville**

- A Cut Above Barbershop**
216 Woodford Avenue
- ATT & T Retail**
248 New Britain Avenue
- Bargains Beyond**
161 Woodford Avenue
- Cheers Wine & Spirits**
125 New Britain Avenue
- Classic Coins & Collectables**
30 West Main Street
- Ct Motorcars & Coaches**
90 Town Line Road
- Deb's Floral Design & More**
51 Whiting Street
- Dollar Tree**
248 E New Britain Avenue
- Fluid Control Solutions**
75 Northwest Drive
- Green Home Solutions**
25 Robert Jackson Way
- Harmony Massage & Spa**
77 East Main Street
- Jos. A. Bank**
242-248 New Britain Avenue
- Justice**
282 New Britain Avenue
- Korab's Auto Body (Relocation)**
19 Sparks Street
- Lucero New & Used Tires**
109 East Main Street
- Mari J. Salon**
102 East Main Street
- Midwest Electric Parts**
(Division of GE)
41 Woodford Avenue
- Only Nails**
126 New Britain Avenue
- RM Used Appliance**
161 Woodford Avenue
- Style & Swag Barbershop**
283 North Washington Street
- Sweet Basil Thai Food**
33 East Street
- Tab's Workshop**
140 East Street
- Tony's Taylor Shop**
32 Roseleah Avenue
- Vaper Venue**
17 Farmington Avenue
- Waxy O'Connor's Pub**
400 New Britain Avenue

Painting & Decorating, Inc.
230 South Washington Street
Limestone Business Park-Unit #20
*Picture and Introduction of the
Painting & Decorating, Inc.
on Page 2*

*"We will introduce a new
business listed every month"*

Library Winter Hours

Plainville Public Library will be open on Sundays in the afternoon from 1 to 5 p.m. All the regular library services will be available during the Sunday afternoon hours including public internet access, book and video borrowing and programming. The Library will be open on Sunday afternoons from now through the end of April. The Sunday afternoon hours have always been popular will library users. The regular library hours are Monday – Thursday 10 a.m. to 9 p.m., Friday and Saturday 10 a.m. to 5 p.m. and Sunday 1 – 5 p.m. Call the library at 860-793-1446 for details.

Transfer Station

*Dominick Moschini,
Superintendent of Roadways*

If you have any questions, please call:
Public Works at 860-793-0221 ext 208 from
8:00AM to 4:00 PM Monday thru Wednesday
Thursday 8:00 AM to 7:00 PM and
Friday, 8:00 AM to 12:00 PM

**OLD LINDEN STREET
SCHOOL
PUBLIC FORUM
FEBRUARY 5th**

The Plainville Town Council will conduct a Public Forum to discuss Old Linden Street School on Thursday, February 5th.

The Forum will be held in the Town Council Chambers, Room 304, in the Municipal Center at 7:00 pm.

The Forum will begin with a review of the 'Final Report and Recommendation' prepared for the Council by the Old Linden Street School Study Committee in March 2013.

It will be followed by a brief presentation by Town Manager Robert Lee and Superintendent of Schools Dr. Jeffrey Kitching. Citizens will have the opportunity to give input to the Town Council regarding what to do with the abandoned school property.

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**PLAINVILLE
ANNOUNCES
AVAILABILITY OF NEW
WEB-BASED MAPPING
SERVICE**

*By Mark DeVoe, Director of Planning
& Economic Development*

The Town of Plainville has been working with the consulting firm of New England Geosystems over the past year to develop a web based mapping system to be used by town staff as well as any member of the public. On January 5, 2014, the Town Council received a presentation on the website, its functionality and available tools. By entering a name, address, or assessor's map, block and lot designation, the user can navigate to a web based map of the property. The site contains tools that permit a user to pull down various "layers" of information including zoning, floodplain, aquifer protection areas. In addition, the parcel information button permits users to view the property at certain angles, access the Assessor's street card information, create abutters lists and more. "I encourage Plainville residents and businesses to use Plainville's website. Our new mapping system is another good reason to visit us on line," said Robert Lee, Town Manager.

The Mapping and Assessor's information link is currently available on the Town of Plainville Website at www.plainvillect.com. It is also accessible from the Planning and Zoning Commission page and will be made available on the Assessor's page soon.

Funding was made available for this project from a State grant. Town staff worked directly with the consultants to insure the product was as accurate and easy to use as possible. "We hope that this tool gains wide acceptance among the professional community as well as homeowners wishing to learn more about their property," said Mark DeVoe, Director of Planning and Economic Development.

**UNABLE TO ATTEND
TOWN COUNCIL
MEETINGS?**

If you have an issue you would like to discuss with the Council or a Councilor, just call 860-793-0221 ext. 205. Leave your name and phone number and ask for a Councilor to contact you.

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**AARP Fraud Watch Warns Residents about
Tax ID Theft and Scams
New Study Highlights
Behaviors That Increase
ID Theft Risk Connecticut in
Top Five States Impacted by
IRS Phone Scam in 2014**

(Connecticut) — As part of Tax Identity Theft Awareness Week, the AARP Fraud Watch Network is launching an education effort to help Connecticut residents protect against tax scams and identify the everyday behaviors that could put them at increased risk of ID theft. The education effort includes a new video warning people to beware of the IRS phone scam and a tip sheet to help residents protect themselves and their hard-earned money.

"Fraud targeting taxpayers continues to run rampant nationwide," says AARP Connecticut Fraud Watch volunteer Byron Peterson. "Two tax-related scams making headlines in Connecticut that people need to beware of are tax identity theft and the IRS imposter phone scam."

TAX ID THEFT

- In this all-to-common tax scheme, ID thieves electronically file a tax return under someone else's name to collect their tax refund. All they need is a birthdate and Social Security number, and according to a recent national study released by the AARP Fraud Watch network, many taxpayers are making it easy by:
- Failing to lock their mailbox. Almost six in ten (59%) Americans do not regularly lock their mailbox, which leaves them open to a criminal stealing bills, tax forms and other documents that

contain personal information.

- Leaving valuables exposed: Over half (54%) of Americans 18-49 have left at least one valuable personal item in their car in the last week (e.g., a purse/wallet, paystub, laptop) that could be used to steal their identity.
- Failing to destroy personal information: More than one in five (21%) Americans say they never shred any of the personal documents that could be used to steal their identity.

According to the Federal Trade Commission, Connecticut ranks 19th in ID theft complaints.

"Throwing a pay stub in the trash may seem easier than finding a shredder, but the risk of having your tax refund stolen is just too great," said AARP's Peterson. "The Fraud Watch Network is urging all Connecticut residents to file early so you can beat con artists to the punch."

Tips on how to protect yourself and your family from tax identity theft include:

- Mail tax returns as early in the tax season as possible before the cons beat you to it.
- Don't give out personal information unless you know who's asking for it and why they need it.
- Shred personal and financial documents.
- Know your tax preparer.

Residents are encouraged to visit aarp.org/taxaide (1-888-227-7669) for information about AARP Foundation Tax Aide, the nation's largest free, volunteer-run tax preparation program. Each tax season, Tax Aide helps millions of low- to moderate-income taxpayers – especially those 60 and older – get the credits and deductions they deserve.

IRS IMPOSTER SCAM

An intimidating and sophisticated phone scam, callers claim to be IRS employees, and say you owe taxes. They might also threaten to arrest or deport

you if you don't pay, know all or part of your Social Security number, rig caller ID to make it look like the call is from the IRS, or tell you to put the money on a prepaid debit card and tell them the card number.

According to the FTC, Connecticut was one of the top five states impacted by the IRS phone scam in 2014, in terms of total dollars lost by victims. Nationally, individuals lost more than \$14 million to scammers as a result of this ruse.

WHAT YOU NEED TO KNOW

The IRS does NOT:

- *call to demand immediate payment about taxes owed without first sending you a notification by mail*
- *ask for credit or debit card numbers over the phone*
- *ask for payments to be made through a wire transfer or by debt card, pre-paid or otherwise*
- *threaten to bring in local police or other law enforcement to arrest you for nonpayment*

If you have any doubts, call the IRS directly at 800-829-1040.

For these and other fraud prevention tips, visit aarp.org/fraudwatchnetwork. For additional help, contact the IRS Identity Protection Specialized Unit at 800-908-4490 and visit: irs.gov/identitytheft.

**This article submitted by: AARP
Plainville Chapter #4146**

**Plainville Coalition for Positive Youth Development
~ Sponsors Facebook Contest ~**

The Plainville Coalition for Positive Youth Development has launched a Facebook page as an additional means to share important information with parents and the community. As part of the Facebook page launch, the group is holding a contest for the next several months. Plainville residents who visit and "like" the Coalition Facebook page during the upcoming months will be entered into monthly drawings for a variety of prizes, including 3 Kindle

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**Women & Girls' Fund Announces Record Amount in Grant Awards at Annual Meeting
Plainville Organization Awarded \$1,500**

It is the start of a new year, a time to celebrate the past while looking to the future.

The Women & Girls' Fund of the Main Street Community Foundation held its Annual Meeting on January 8, 2015 to do just that - celebrate the past year and all the Fund has accomplished before electing Advisory Board members to guide the Fund through the next year. The celebration centered on the announcement of grant distributions from the Fund in 2014 - a record \$36,650 was awarded to 12 organizations serving women and girls in Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott.

This year's grant recipients are: Bristol Early Childhood Alliance, Bristol Family Resource Centers, Bristol Youth Services, Burlington Library Association, Central Connecticut Senior Health Services, Charter Oak State College Foundation, Connecticut Pre-Engineering Program, Early Childhood Collaborative of Southington, Girl Scouts of Connecticut, Living in Safe Alternatives, Oak Hill - Chapter 126, Plainville Community Food Pantry.

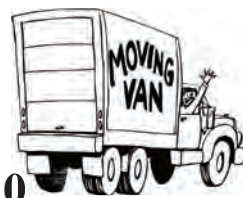
Representatives of the local organizations receiving grants gave a short presentation on their organization and the program being funded. Susie Woerz accepted a \$1,500 grant on behalf of the Plainville Community Food Pantry. This grant will support cooking classes for the Food Pantry's female clients to help them develop skills that are instrumental in restoring them back to self-sufficiency.

Grants from the Women & Girls' Fund are funded by proceeds from the annual Wonder of Women (WOW) event as well as two other named funds: the Barbara Hackman Franklin Fund for Women and the John & Gloria DiFrancesco Fund for Women and Girls. Both funds were established in 2011 in honor of those named in the fund by their families and provide distributions to support initiatives identified by the Women & Girls' Fund.

"We are thrilled to be announcing over \$36,000 in grants thanks to the generosity of the many donors who believe in the mission of the Women & Girls' Fund," said Jeanine Audette, Chair of the Advisory Board.

Bristol Main Street Community Foundation

"We're Moving"



**Our New Physical Address will be:
120 Halcyon Drive, Bristol, CT 06010**

Effective on February 2nd, 2015

All other contact information remains the same:

Mailing address: P.O. Box 2702

Bristol, CT 06011-2702

Phone: 860.583.6363

Fax: 860.589.1252

Email: office@mainstreetfoundation.org

Website: www.mainstreetfoundation.org

**Plainville Community Foundation
Accepting Grant Applications for Programs
Benefitting Plainville Residents Scholarship
and other grant applications also available**

The Plainville Community Fund at Main Street Community Foundation is currently accepting grant applications from nonprofit organizations that serve Plainville residents. The grant application is available on the Foundation's website, www.mainstreetfoundation.org, and all proposals are due March 16, 2015 at 4 p.m.

Consideration for funding from the Plainville Community Fund will be given to, but not limited to, proposals requesting support for charitable projects in the areas of community outreach, arts/culture, youth programs, education, health, human services and the environment.

The grant application, including all eligibility criteria, is posted on the Foundation's website, and interested organizations are required to contact Jarre Betts, Vice President of Programs, at 860.583.6363 before submitting a proposal.

In addition, Main Street Community Foundation is accepting scholarship applications from Plainville students and residents, as well as those residing in Bristol, Burlington, Plymouth, Southington, Wolcott and other towns. A total of 60 scholarship funds are available in 2015, and they are available to students at various points in their educational careers. The 2015 Scholarship Directory, which lists all scholarships and eligibility criteria, and the link to the Foundation's online application are available on the Foundation's website. The deadline for the majority of the scholarships is March 27, 2015.

Organizations serving residents in Bristol, Burlington, Plymouth, Southington and Wolcott are also invited to apply for a grant from the Community Foundation's General Grant Cycle. Proposals for the General Grant Cycle are due March 31, 2015.

All information and materials are available on the Foundation's website:
www.mainstreetfoundation.org.

**Plainville Community Fund
Monthly Meeting - Municipal Center
Friday, February 6th-9am
Interested persons invited to attend
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New technology restores hope when electronics take a plunge

PLAINVILLE, Conn. – Residents of Plainville can now bring their liquid-damaged phones back from the dead. TCC, the largest Verizon Premium Wireless Retailer in the U.S., announces it is rolling out drying technology from Redux in nearly 300 TCC stores, including its location in Plainville at 14 Farmington Ave.

Redux removes all moisture from wet cell phones and returns them to working condition. The revive process has been successful in recovering devices damaged by many perils, including the toilet, pool, washing machine, mud, beer, wine and more. Pricing for the successful recovery of a device is \$50 for a basic phone or a data device and \$90 for a smartphone, in addition to the \$10 non-refundable diagnostic fee. Additional phone insurance providers will offer lower pricing for a successful recovery of a device.

For customers who choose a more proactive approach, Redux will be offering a deeply discounted membership program in the future. "Everyone thinks their phone is fried when it gets wet, and that just simply isn't the case," said Reuben Zielinski, co-founder of Redux. "This new technology will remove 100 percent of the moisture from wet electronics, allowing many mobile device users to recover their hardware investment and precious data."

In order to ensure a successful recovery when a device is liquid damaged, customers should follow these steps:

1. Do not plug the device in
2. Turn off the device immediately
3. Remove the battery (if possible)
4. Contact 1-844-REVIVE1 (844-738-4831)

Upon a successful revive, the device will maintain its existing life expectancy. The process typically takes less than one hour. For devices in which users cannot remove the battery, the battery's state of charge can play a factor in the phone's ability to be revived.

"Redux saves customers money by eliminating the cost to replace devices," said Scott Moorehead, president and CEO of TCC. "The typical cost of purchasing a replacement device is between \$300-\$700 on top of a deductible of \$100 or more, if the customer has insurance. But, what's even more important to most customers is the ability to recover their data, and Redux enables them to save potentially irreplaceable information, such as contacts, photos, videos and more."

In the future, TCC stores will allow customers to use the technology to recover most liquid-damaged portable electronic devices, including MP3 players, digital cameras, tablets, portable gaming systems, hearing aids and more.

Redux was inspired when co-founder Joel Trusty's wife subjected her cell phone to a full cycle in the washing machine and was devastated that not only was the phone ruined, but all the data, contact information, photos and videos were lost. With a background in manufacturing, Trusty had an idea for how to save his wife's phone and knew that his friend and neighbor, Zielinski, an ex-IBM employee, had the equipment to put his idea into practice. Together, they fixed the phone, and within one week created the first Redux model.

To learn more about Redux, visit www.redux.com. Consumers can also find more information about the company at www.facebook.com/getredux and www.twitter.com/getredux. To learn more about TCC, visit www.TCCRocks.com. Consumers can also find more information about the company at www.facebook.com/tcctalk and www.twitter.com/tcctalk.

Board of Education ~ Bulletin "Board"

Highlights from the January 2015 Board of Education meeting:

1. Dr. Kitching discussed Class Size Reports and Enrollment Projections. Please contact Central Office if you would like a copy.
2. The superintendent also reported that PHS Business Teacher, Steve Michaud, will be training over the next few months to take over for our retiring Business Manager, Ed Hoyt.
3. The Board approved a list of new PHS course proposals that included things from Financial Literacy to Forensic Science.
4. The Board also approved a Smart Start Preschool Grant that the state is offering to help districts with their Pre-K programs.

That's the news for now. Stay warm and see you next month!

Andrea Saunders

MxCC Scholarship Applications Available Now

Individuals considering starting or continuing their education at Middlesex Community College may receive some help with the cost of attending college through the MxCC Foundation's 2015 annual scholarship program. The Foundation announced today that scholarship applications, available for download at mxcc.edu, are being accepted now through March 1.

The scholarship application form requires students to submit a copy of a current transcript (from high school or MXCC) and two letters of recommendation on official letterhead. Applicants must also submit a typed essay explaining why they should be considered for a scholarship, how they define success, and how MxCC would help them achieve their goals. Complete submission requirements are detailed online and on the form.

Funds for the scholarships are raised throughout each year by the MxCC Foundation from generous individuals, businesses, civic organizations, corporations, and those looking to leave a legacy. Each award has its own purpose – to recognize academic performance, community involvement, or financial need. Winners are determined by the Foundation's Selection Committee.



Dean's List

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&

Danielle St. Amand

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Life With Wanda



Aging: Many of you have already experienced some of the things I am going to talk about this month. Things like going to the store to get a loaf of bread and when you get there you can't remember what is was, so you end up getting milk that you really didn't need. Those Sunday rides that used to be so much fun and now after riding for a few hours you can't seem to get out of the car and have to do that grandma does, rock back and forth just to stand. It even takes you a few minutes to get you ankles and feet moving. After watching Jeopardy and Wheel of Fortune you again have to do that rocking motion to get out of your chair and then you wonder why you were getting up in the first place. Oh well, as long as you are up you may as well go to bed.

Government is not helping. Taxes are going up, the little extras we used to pick up to snack on are now a luxury so we just have a piece of toast. I always wondered why my grandmother and then my mother ate so much toast, now I know. You know you're getting old when you seriously think about picking up some Depends just in case you might need them in the future. Plan ahead is what I say! You think your hearing is going when you call someone and you can't understand what they are saying only to find out you are speaking to someone in India about you telephone bill. Why do the utilities companies have you call someone in another country about your bills. Then they want your Social Security number and we are told you never give that to any one. The other day I refused to do so, because of identity theft, and Amid gave me my S.S. number and asked me if it was correct. So much for keeping that a secret. The world of electronics has further complicated our lives and you feel really stupid when you have to ask you seven year old great grand daughter to program your TV.

As I travel down the railroad tracks of life I thought I could see the light at the end of the tunnel, it turned out to be a train coming in my direction. You might laugh but you will all get there some day. (I have to take my nap now before I go to bed).

Plainville Community Food Pantry News

On behalf of the Plainville Community Food Pantry we would like to thank everyone for your continuous support throughout the year. The efforts of those who participate are greatly appreciated. Use of the pantry's resources is greater than ever. **We are in need of the following items:**

- Cereal/Oatmeal~Pasta Sauce~Stews/Chili~Canned Meats/Hash
- Canned Pasta~Baking Mixes~Hamburger Helper~Jelly
- Boxed Potatoes~Soup~Peanut Butter~Canned Tomato
- Mac & Cheese~Pasta & Rice Pouches~Canned Fruit/Vegetables
- Juice (Bottles/Boxes)

NON FOOD

- Toilet Paper~Paper Towels~Shampoo/Conditioner
- Laundry Detergent~Bath Soap~Deodorant~Kleenex
- Tampons & Maxi/Mini Pads~Trash Bags~Dish Soap
- Toothpaste~Toothbrushes~Cleaning Products
(general purpose or multi-surface)
- Napkins

The pantry also accepts clothing donations. Items that are in critical need are:

- Winter Jackets (especially for kids and men)
- Snow pants
- Men's shirts and pants
- Older kids shirts, pants and shorts
- Sneakers, boots and shoes

You can also follow the Plainville Community Food Pantry on Facebook for up to date information about pantry needs and events.

The Plainville Community Food Pantry's 19th Annual Dinner Dance held last week at the Aqua Turf was another HUGE SUCCESS!!!



*Susie Woerz, Director of the Pantry
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the Dinner Dance Committee,
the Board of Directors &
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Plainville Chess Club

Hi.

Peter Gladis here. You may remember me as the former Editor of “Peter’s

Hometown Computer Corner” for the PLAINVILLE HOMETOWN CONNECTION. I recently met with Local native Mark Zakrzewski (AKA “Zak”) to learn about a new Club formed in town, the PLAINVILLE CHESS CLUB. I discussed with Zak why he formed the club, and why he believes more Plainville area people would enjoy participating in it (as I have – I joined it late last year). My interview with Zak covered a very wide range of interesting topics about Chess and how interesting and fun it is for everyone who plays it.

“Zak” loves the game of Chess. He has been playing it most of his life. He finds it not only enjoyable and challenging, but a way to meet interesting people from all walks of life.

But Mark is frustrated. Somehow the game he loves is considered by many as complicated or difficult to learn and play. Zak Explains: “Although at its highest levels, Chess Masters consider Chess complicated and as deep as the universe. But when learning and playing chess with players at your own level, it's an easy and addictive game that will embrace your mind wherever you go in life. The more you learn the game, the more you enjoy it. That's the beauty of the game. Chess is no different than any other game or sport. The more you play it, the better you get – and the more interesting it becomes. Yes, it seems like the only time Chess gets any press is when Norway's Magnus Carlsen plays for a world championship, or when studies of the games of Chess Masters like Bobby Fischer get published”.

Zak further explains, “What people may not understand is that folks like Carlsen and Fischer are the equivalent of Michael Jordan, Mickey Mantle, Serena Williams, Bobby Orr, or Joe Montana – not regular folks like you and me. The reality is that Chess is played and enjoyed all over the world by normal people of all ages at all levels of capability – just like every other game”.

So Zak decided to take the bull by the horns to try to grow interest in Chess in the Plainville area. In 2014 he started the PLAINVILLE CHESS CLUB with regular monthly meetings held in the Plainville Library. Initial interest was strong, but he knows there are many more people in Plainville and environs who would enjoy the game and are on the sidelines.

PETER: Hi Zak. Let's get to the “bottom line”. First, why should people be interested in playing Chess?

ZAK: Chess has been played by families and people for centuries because the game invites strategy and execution along with methodical thinking in a race of time in piece development. In that time of development, you can plan ambushes or sudden attacks preying on weaker moves by your opponent. What separates this game from others, is that you are in control of the pieces of varying powers; and it is up to you to move those pieces to capture the opponents King. The game offers a unique Army General's perspective in placing forces on the battlefield to defend the King and to capture your opponent's army one piece at a time, leading to the opponent's King's capture, which is the end objective to win the game.

PETER: And why would joining a Chess Club like Plainville's be fun and worthwhile?

ZAK: As a lifelong Chess player, I learned in the club's first session, many aspects of the game I didn't know. This type of information sharing and the nurturing of new players is something you will take with you in your life wherever you go when playing the game. You become part of Chess, and Chess will become part of you when you learn more about the game. I can guarantee that one will never forget

that crowning achievement in checkmating their first opponent and their development skills leading to that victory.

PETER: Many people seem to think that Chess requires one to be a “Brainiac” to enjoy it. True? If not, why not?

ZAK: The game of Chess is quite simple once a new player understands the moves for each piece. One does not have to be a “Brainiac” to learn the game. Practice and game-play will make anyone a very good player. It is interesting to learn that at the tender age of 13, Bobby Fischer beat Robert Byrne (Byrne considered a Master at New York City's Chess Club). Fischer won this game known as “The Game of the Century” by putting in tons of practice and a tremendous passion in learning the game.

PETER: Are most players college graduates?

ZAK: Definitely not. People from all backgrounds, education, and professions play Chess and progress to be as good as they put their practice time and playing time in. Again, like any other game, the more you practice and play, the better you will get.

PETER: I also hear often that Chess is a “Man's Sport”. True?

ZAK: I disagree. There are many women that play the game and that are tremendous players. Chess distinguishes no advantage of being male or female. An example is Susan Polgar, who is an amazing player. Susan has authored a great book on Chess tactics (“Chess Tactics for Champions”) that is heavily endorsed by Chess players. The game only recognizes one's mind and its ability to master the problems presented in a game; and it gives an advantage only to the person that makes the fewest errors in piece development. Remember, Chess only differentiates “the mind” that enables the best piece development and strategy, leading to victory.

PETER: How do the meetings “work” at the PLAINVILLE CHESS CLUB? What happens at a “typical” meeting? Is there any cost involved? Do I need to have my own Chess set and board? How often does the Club meet?

ZAK: The club is quite simple. The membership is for adults and there is no cost to any members. The club meets once a month at 7:00 p.m., and all you have to do is pretty much show up eager to learn and play the game. Most of the regular members have a board ready waiting for an opponent – but you can bring your own set as well if you'd like. The club members will learn your skill-sets and match you with new players to the game if you're a beginner. What is interesting is people's fear in making mistakes in the game. Just like any game, one cannot progress and get better without making mistakes. The club nurtures new players and teaches folks what they did wrong to lose the game – and reinforce what they did right!

Did you know that you can lose a Chess game in two moves? That alone can intimidate anyone learning the game. But the club teaches all members the lesson to stay away from becoming a victim of the “Fool's Mate”. I suggest the readers of this article Google “Chess and Fool's Mate” to learn what not to do when playing Chess. Although learning is a great thing, there are things we all try to avoid – and one thing every player new to the game of Chess needs to learn is stay way clear of losing in just a few moves. The club teaches players on learning to avoid common mistakes.

PETER: What if I am a beginner at Chess? Or have only played a little so far? Will I enjoy participating in the Club?

ZAK: Very much so. I play the Classical guitar now; and when I was a beginner learning it, I surrounded myself around veteran, experienced guitar players. The same principle applies to Chess. As a beginner in Chess, you surround yourself with good players and experts and take up a mentor or a player you like to follow and play like. The club offers that opportunity – and all for free. And the schedule is not demanding, as the meetings occur only once a month. Players can

network and play with other players and play more frequently on their own as their passion grows.

PETER: Is Plainville the only town in CT with a Chess Club?

ZAK: Oh no. Chess is very popular throughout Connecticut. In addition to Plainville, New Britain has a very active club, as does Hartford, Terryville, Wolcott, Coventry, South Windsor, Fairfield, Avon, Southbury, Mystic, New Haven, and UCONN

PETER: As a supplement to playing in the PLAINVILLE CHESS CLUB, are there also online places to learn and play?

ZAK: I believe playing in person with other “real” people is the best way to learn and enjoy Chess – and the people you meet. But yes, online sites can be a very useful complement to playing in person. The largest online Chess site is <http://www.Chess.com>. Most of their content is free, including the ability to play others online. It also offers a significant amount of instruction – for beginners, experienced players, and even for children. Other great Chess websites are: <http://www.thechesswebsite.com/>, <http://gameknot.com/>, <http://www.thechesswebsite.com/>, and many more. The US Chess Federation's site is also excellent, <http://www.USChess.org>. Furthermore, there are awesome Smartphone Chess Apps that one can download and play and self-learn, leading up to playing a real person. PC home gaming also has many outlets for the aspiring Chess learner and player. There are many tools to aid in a player's arsenal to get to a competitive level and quickly. Obviously a computer is not a real person; it also has an unfair advantage as it always never makes a foolish mistake (as we ALL do). Nothing can prepare a player than playing a real person because everyone plays differently. Computers and apps tend to repeat the same tactics and definitely will not play like a typical human being.

PETER: How can readers contact you if they are interested in joining the PLAINVILLE CHESS CLUB?

ZAK: The PLAINVILLE CHESS CLUB meets at the Plainville Library once a month at 7:00 p.m. and a conference room is booked for it. Simply contact the Plainville Public Library and they will inform you about the club's next meeting date. Simply “c'mon in” and walk through the door and learn the wonders of the game! All our members are friendly eager to meet new players especially the players that have been fascinated by the game and wanting to learn but didn't know anyone that wanted to play. We offer a cure for that problem. (Peter Gladis Note: also feel free to contact me at Peterglad@aol.com – I'll be happy to give you more info on joining. Remember, it's free!)

PETER: Thank you Zak for your interesting and informative comments. Any last thoughts for our readers?

ZAK: Many people find ways to entertain their minds or exercise their brains – and have fun while doing it! Chess, as well as the PLAINVILLE CHESS CLUB, offers you that outlet enabling the mind with practice in concentration, logical thought pattern development, and strategic thinking. It's up to the player to unleash their mind and learn more about the game of Chess. The more you learn the game, the deeper your mind is used. Remember, there is no better gift than using one's mind to outwit an opponent and joining the millions upon millions of players that have enjoyed the game with victorious proclamation announcing Checkmate! The game of Chess has so much to offer. Yet so many people let their lives slip by without learning this beautiful game. Truly are the blessed that have known this game since childhood – or learned it at ANY age – and embraced its beauty.

PETER: Again, if you are interested in joining, please feel free to contact me, Peter Gladis, at Peterglad@aol.com.

I will be happy to give you more!

Dr. Gary Maglio's Optometric Practice is very excited to welcome to our staff.....



Dr. Erin L. McCleary, OD. Dr. McCleary was born in Fairmont, West Virginia, but was raised on a farm in rural Emerado, North Dakota. It was there in elementary school, in 5th grade, when Dr. McCleary got her calling for Optometry.

As an active musician (playing piano, oboe and singing), she pursued both the arts and sciences throughout high school and college. She attended the University of North Dakota (UND), where she graduated with her Bachelor of Science in Interdisciplinary Studies (which included defending a thesis on poetry), as Summa Cum Laude with Honors in 2003. During her time there, she obtained membership into several honor societies which included Phi Eta Sigma, Phi Beta Kappa, and Golden Key International Honor Societies.

After graduating from UND, she then moved to attend Pacific University College of Optometry (PUCO) in Forest Grove, Oregon. She greatly enjoyed everything the west coast had to offer: the city of Portland (with its great food and music scene) and traveling to the many beautiful beaches and mountains nearby. During her education at PUCO, she also continued making music by playing oboe with the Oregon Symphonic Band, and maintaining her licensure as a certified optician (originally obtained while at UND). Throughout her education at PUCO, Dr. McCleary was again honored to receive several accolades which included membership into the Beta Sigma Kappa International Optometric Honor Society, the William Feinbloom Low Vision Award and the Tole Greenstein Award which honors excellence in Pediatric and Binocular Vision. During her time at PUCO, Dr. McCleary was fortunate to have had the fantastic experience of traveling to Kumasi, Ghana (partnered with VOSH: Volunteer Optometric Services to Humanity) providing eye and vision examinations, and glasses for those in need. In culmination, she received her Doctorate of Optometry with Honors from PUCO in 2007.

Dr. McCleary then found herself moving in the complete opposite direction, all the way to the east coast. She moved to Connecticut in the summer of 2007 and has since been practicing full-scope Advanced Optometric Care. Dr. McCleary is very active in the local Connecticut Association of Optometrists (CAO). She was deeply honored to have received the CAO Young OD of the Year Award for 2010. Having served on the CAO Board of Directors since 2011, chairing the Mentoring / Young OD committees, she will be inducted as Vice President of the association at the end of January 2015.

With her arrival to our practice, she brings nearly eight years of experience working in a high-volume Ophthalmology-Optometry practice where she has had the opportunity to develop her specialized skills for treating highly complex ocular and vision diseases as well as, the especially fun, pediatric population. She is at ease working with infants and other special populations who may have other differing abilities and/or needs. In fact, Dr. McCleary is a provider for the public health initiative InfantSEE® which provides complete eye and vision assessments for infants 6-12 months of age at no cost, regardless of the ability to pay. Her ability to speak Spanish (¡muy bien, pero no es perfecto!) has also allowed her to help care for those in often under-served areas.

Dr. McCleary and her husband, Brad Lindquist, live in West Hartford and can often be found running after their newly-expanded family, consisting of daughter Aubrey (3) and son Henry (5 months). On the off chance she has a few minutes of free time, Dr. McCleary enjoys quilting, travelling, and the occasional long distance [slow!] run (she completed the Dublin Marathon in 2008, Hartford Half Marathon in 2012, and possibly more to come).

Dr. McCleary excited to be joining our practice, getting to know Plainville, and hopefully getting to meet YOU in the very near future!

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Schools in Review

PHS Science Program



Connecticut Naturalist Scott Tucker recently visited Plainville High School to discuss native organisms in Connecticut with high school science students. Tucker, who is known for his television program "Expedition New England," has done a number of mini documentaries about various indigenous vertebrates (amphibians, reptiles, fish, birds, and mammals). Students who attended the presentation also made a \$300 donation to Expedition New England.

MSP Tacky Sweater Day Fundraiser



Students and staff at the Middle School of Plainville recently donned "tacky apparel" as part of a joint fundraiser sponsored by the school's Art Club and Student Council. Participants made a donation to participate in "Tacky Sweater Day," and as a result donated over \$300 to the Plainville Community Food Pantry. The school's Art Club advisor is faculty member Laura Meehan, and the Student Council advisor is faculty member Demetrius Karapanos.

Librarian Kimberly White Visits Toffolon



Reading Partners Programs Enjoy Holiday Guest Readers



Students and volunteers in the Linden Street School and Louis Toffolon Elementary School Reading Partners programs recently gathered for holiday reading celebrations featuring guest readers Superintendent of Schools Dr. Jeffrey Kitching at Linden and Assistant Superintendent of Schools Dr. Maureen Brummett at Toffolon. The Plainville VFW Post 574 donated copies of Snowmen at Night by Caralyn Buehner for all of the student participants in both the Linden and Toffolon Reading Partners programs.

In Photo: Superintendent of Schools Dr. Jeffrey Kitching with Volunteer Coordinator Sue Bradley and participants in the Linden Reading Partners program gather for a reading celebration.

Wheeler School Students Visit Art Museum



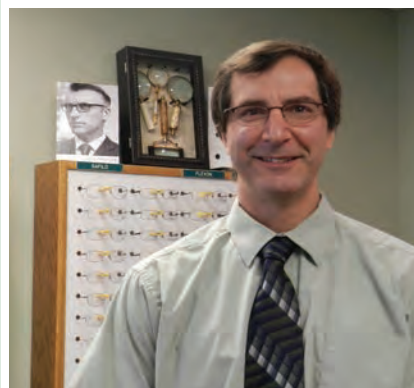
Frank T. Wheeler School third graders recently visited the New Britain Museum of American Art. The students toured the exhibitions that featured

the museum's permanent art as well as their changing pieces. As part of the visit, the group was also able to view the quilt exhibition and then had an opportunity to make a 3x3 quilt of their own using different shapes, patterns, and colors.

Toffolon Students Learn Coding



Students in Ann Carnevale's third grade class at Louis Toffolon Elementary School participated in the International Hour of Code that took place during the week of December 8th -12th. The students, who were very excited to learn how to write computer code, began by watching a short, informational video featuring computer experts who then introduced the process and tasks at hand. learning and practicing 21st century skills.



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I Pledge Allegiance to the Flag...



Schools in Review

PHS Marketing Class Hosts International Day



Students in Trevira Boatright's Marketing 2 Class at Plainville High School recently hosted the school's first annual International Day! The students studied international marketing then researched and adopted various countries to represent in an "Around the World" format of cultural displays. Fellow students who attended the event received "passports" where they documented facts learned at each country they "visited" during the program.

Plainville U 13 Soccer Receive Honor



The Plainville U 13 Soccer Team was recently recognized by the Town Council for winning their State Championship.

District Hosts Choir Concert



The Middle School of Plainville's eighth grade choir joined forces with the Plainville High School choir for the high school's Winter Concert on December 18. District music instructors Todd Helming and Jeff Blanchette rehearsed with the eighth grade students in preparation for the high school performance. The goal of the collaboration was to give the eighth graders a "mini high school choral experience."

Toffolon Hosts Holiday Extravaganza



The Louis Toffolon Elementary School Student Council led by President Michael Haddad and Vice President Nico Prado, together with faculty member and advisor Susan Fabrizio, recently held a Hot Cocoa Booth & Cafe at the annual Toffolon School Holiday Extravaganza. For a nominal donation or 2 canned goods, attendees were rewarded with a delicious cup of hot cocoa and a candy cane. Through the generous donations, the group raised \$100 and six boxes of food that was then donated to the Plainville Community Food Pantry.

Toffolon Select Choir and Jazz Band Perform National Anthem at Hartford Wolf Pack Hockey Game



The Louis Toffolon Elementary School Select Choir and Jazz Band, under the direction of music teachers Greg Wilfrid and Michael Boncimino, performed at the Hartford Wolf Pack hockey game on January 9th at the XL Center in Hartford. The Jazz Band, consisting of second year band students, performed jazz standards and holiday arrangements featuring several soloists in the atrium of the stadium. The Select Choir, consisting of 91 students from grades 2-5, performed the National Anthem in the upper levels of the stadium, overlooking the hockey rink. Students raised \$1260 for the Toffolon School through ticket sales for the event.

PHS Students Refurbish Bicycles



Students in Dan Warner's Introduction to Transportation class at Plainville High School have successfully completed another batch of bicycles that have been refurbished to "like new" condition. These broken down and unclaimed bikes are provided to the transportation class by the Plainville Police Department and from town residents. The goal is to inspect, repair and refurbish each bike to a safe and usable condition. Once the bikes are finished, they are then donated to the Plainville Community Food Pantry and back to residents in town.

DISTRICT "KICKS" OFF NEW PEER MENTORING PROGRAM



Plainville Community Schools recently "kicked" off a new peer mentoring program – Positive Kids Influencing Kids (+K.I.K.), bringing students in the middle and high schools together for friendship and fun. The +K.I.K. Program pairs a group of juniors in the high school with eighth grade students at the middle school. "The goal of the +K.I.K. Program is to pair an academically, socially and emotionally strong junior with an eighth grade student for their final year at the middle school and during their freshman year at the high school to provide them with a friend during this transition," explained District Volunteer Coordinator, Sue Bradley.



Remember Your Sweetheart February 14th Valentine's Day!

of The United States of America.

MITTENS, HATS, SCARVES FOR THE PLAINVILLE FOOD PANTRY



Susie Woerz, Food Pantry Director, Kathleen Lozaw, Lucky Powell, Chair of Signature Projects, and Claire Stuart marvel over the amount of donated items. All items were generously created and donated by Gloria Prelli, mother of Linda Roche, member of Woman's Club of Plainville. A total of 139 items were donated for a total of 990 hours.

Plainville's Santa Surprise Visit



Santa received a call from a friend, asking him to visit her neighbor. Helen P., 90 years old was delighted when the real Santa stopped in to wish her a "Merry Christmas". Santa always remembered to stop at Helen's house through the years but this was the first time she could thank him in persons. This is what life is all about!

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Lincoln's Birthday Dinner ~ February 20th
Hosted by:
*Farmington Republican Town Committee,
New Britain Republican Town Committee and
Plainville Republican Town Committee.*
For tickets and information check page 16

“All You Can Eat” Breakfast

O.L.M. PARISH CENTER

19 S. CANAL STREET

Sunday, February 8th

8 am to 10:30 am

Coffee, Ham, Sausage, Texas

Toast, Eggs, Hash Browns,

Donuts, and Bagels

Donation \$4.00 adults

Children \$1.00

Under 6 FREE

Kids Corner~Valentine Crafts

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

~ Open to the Public ~

Mark Your Calendars for this Great Event...

Bring Your Friends...

Refreshments Provided!

The St. John Ladies Guild will hold a Military Whist on Wednesday, April 8th at 6:30PM at ST John the Evangelist Church Hall, 31 Newington Avenue, New Britain. Instructions on how to play this card game are given the night of the event...it's easy to learn and great fun!

For more information please call:
860-223-2667

\$5 donation at the door

What's going on ? Check Here.....

Benefit Holistic Fair at The LOOP

161-B Woodford Ave. on

Feb 15—Sunday, 12–4pm

30 Vendors, Demo's, Speakers

Books, Readers, Massage, Jewelry,
Reiki, Essential Oils, Dream Catchers,

Natural Wellness Supplements, Tarot
Cards, Sage, Jewelry, Natural Dog &

Cat treats, Physical Therapist, Dream
work, Health evaluations, Natural

Soaps & Candles, Organic Skin care,
Angelic Stones, Astrology, &

FREE Group Healing Ceremony,

FREE Food tastings

FREE Tea tastings

* over 40 items valued at over \$800.00

****2 FREE RAFFLES****

The event is a fundraiser for the

Plainville Food Pantry &

The CT Humane Society (Pet Food Pantry)

CPOA of Plainville

(Citizens & Property Owners Association)

CPOA is a local voice on all town issues.

We meet the first Tuesday of every month at the Plainville Public Library downstairs, at 7 P.M..The next meeting is Tuesday February 3rd.

Mark Your Calendar

AARP TRIPS

AARP Trip Day of Irish Celebration: Thursday March 12, 2015.The comedy of George Casey from County Clare Ireland and the Irish Step Dancers at the Fox Theatre at Foxwoods Casino Promotional pkg included. The price is \$74.00

Please contact Sally 860-747-1732 for reservations.

AARP Trip - Cooperstown Baseball Hall of Fame- June 9-10 Deluxe Motor coach Transportation, one night at Turning Stone Resort & Casino, Erie Canal Cruise through the locks, visit to Fly Creek Cider mill and then to the Baseball Hall of Fame.

Contact Sally at 860-747-1732 for reservations.

Movie Matinee at Library

“The Judge”

The Plainville Public Library will show the movie, “The Judge” starring Robert Downey Jr. and Robert Duvall on Thursday, February 12 at 2:30 p.m. The free showing is part of a series of newly released DVDs and is sponsored by the Friends of the Library. In the film, big city lawyer Hank Palmer returns to his childhood home where his estranged father, the town's judge, is suspected of murder. He sets out to discover the truth and along the way reconnects with the family he walked away from years before. Call the library for more information at 860-793-1446.



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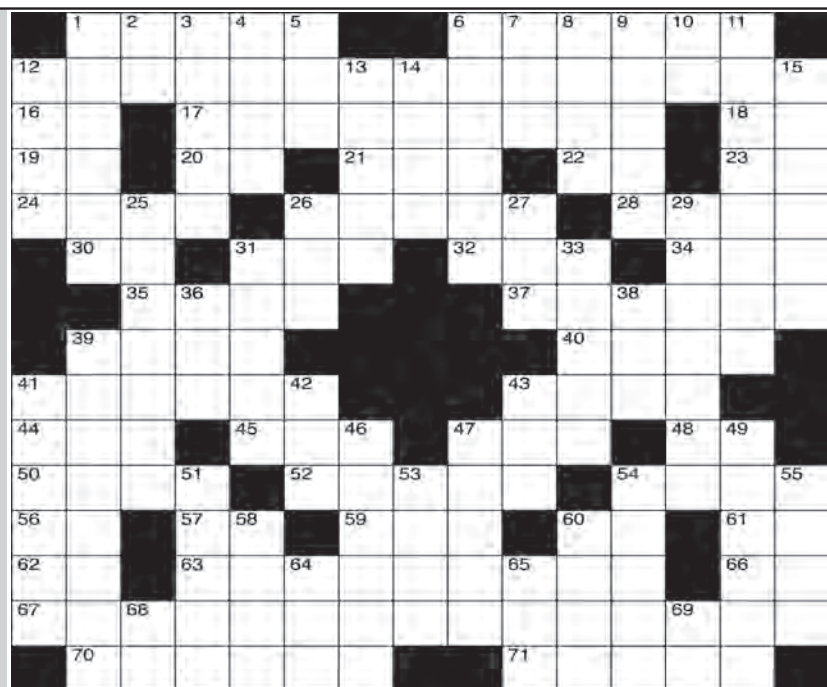
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To reserve for your Banquet

CROSSWORD



CLUES ACROSS

1. HINDU STRATIFICATION
6. LEAST HARM
12. MEDICAL CONFINEMENT
16. SILVER
17. IN A SICK STATE
18. BELONGING TO ME
19. 1/2 AN EM
20. “MAKEOVER’S” PENNINGTON
21. TAKE A SEAT
22. 1/10 METER (ABBR.)
23. ATOMIC # 13
24. FALLOW DEER GENUS
26. SKIN LESIONS
28. CHARLIE PARKER’S SAX
30. 31ST STATE
31. DISPARITY
32. POKING STROKE
34. LONG TIME
35. WM. THE CONQUEROR GRAVE
37. HOSTS FILM FESTIVAL
39. MEND
40. GEAR TEETH
41. OF CADMIUM
43. 1618 REFORMED SYNOD
44. FRINGE-TOED LIZARD
45. WHERE PASSENGERS RIDE
47. 1/60 HOUR (ABBR.)
48. INITIALS OF TV CARTOON FATHER
50. PACK DOWN

52. ___ AND FEATHERED
54. HYPERBOLIC COSECANT
56. OPERATING SYSTEM (ABBR.)
57. ATOMIC #99
59. CROWN OWNED ISLE
60. SANTA ___ TRAIL
61. BOOZE SUPPORT GROUP
62. FOOTCANDLE
63. RETALIATIONS
66. NATURAL LOGARITHM
67. QUALITY OF USEFULNESS
70. SITTING POSITION
71. THEY TURN LITMUS PAPER RED

CLUES DOWN

1. BRANDY REGION OF FRANCE
2. EQUALLY
3. SPITTLES
4. VERY SMALL
5. ETHIOPIA
6. FILLED WITH SEDIMENT
7. AN ANTIVIRAL AIDS DRUG
8. SAUDI KING TO 2005
9. EARLY WORD FORMS
10. YES IN SPANISH
11. KETCHUP VEGGIES
12. USED TO HAVE (SCOTTISH)
13. OLD GREEK STORYTELLER
14. DEN
15. STOCKINGS
25. SCOTTISH ROAD SURFACE
26. DIEGO, FRANCISCO, ANSELMO
27. BODILY CAVITY
29. DURATIONS
31. ABOUT GENE
33. “FOOTLOOSE” ACTOR KEVIN
36. SUPPLY WEAPONRY
38. NEITHER
39. CAPITAL OF SYRIA
41. SHORTCUT
42. FELINE
43. HAVE ALREADY DONE
46. RIFLE BARREL CLEANING TOOL
47. HIGH IQ GROUP
49. LIBRA CONSTELLATION
51. PERCH GENUS
53. SUMMER PRECIPITATION
54. ANCIENT ROMAN BOXING GLOVES
55. SILVER SKATES’ BRINKER
58. COBBLESTONE
60. POLICEMAN (FRENCH)
64. PIZZA, APPLE OR CHIFFON
65. WINGLIKE STRUCTURE
68. 37TH STATE
69. POTATO STATE

Answer on page 38

What is going on? Check Here.....

Free Email Account Class at Library

Kari Burgess, Adult Services Librarian, will give step-by-step instructions on how to setup a free email account using Gmail on Thursday, February, 19th and again on Wednesday, March 18th from 9-10 a.m. at the Plainville Public Library. Participants will only need to attend one of the free sessions.

Once created, an email address gives people the ability to keep in touch with family and friends, receive up-to-date information from favorite businesses, register for newsletters, coupons, and special offers from countless websites, purchase goods online (i.e. Amazon) and create other web accounts (i.e. Facebook) if desired. No prior email address is required to register for an email account and participants can use the library's public computer to access their new email account anytime. It would be helpful for students to bring their cell phones if they have one although it's not required. Participants must have basic mouse skills, a basic understanding of the internet and how to navigate a website.

Each class is limited to 6 people and free registration is necessary. Register at the Plainville Public Library Reference Desk or call 860-793-1446.

Plainville Historical Society Upcoming Event

On Saturday, February 21 at 2:00 PM, Gail Williams will present a program on the African-American experience in Plainville at the Plainville Historical Society on 29 Pierce St. For more information, call (860) 747-6577. The building is handicapped accessible.

2015 PHS/YMCA PROJECT GRADUATION NEWS

The next meeting for the 2015 Plainville High School Project Graduation is **Wednesday, February 4th, 2015, 7:00 p.m. at the YMCA.** Project Graduation is an all night alcohol and drug-free party, held for Plainville High School Seniors right after the graduation ceremony. The party is held at the YMCA the night of graduation and is filled with many fun activities. All Senior and Junior parents are invited to attend the meetings. Everyone invited!!

UPCOMING MEETING DATES:

Wednesday, March 4th, 2015
Wednesday, April 1st, 2015

USED CLOTHING/ITEM COLLECTION

Project Graduation will receive cash for every pound of used items we collect from **January** until **March 2015**.

We will be collecting:

- **Wearable & Usable Clothing** (men's, women's, children's)
- **Shoes, Belts, Handbags**
- **Linens** (bedding, curtains, towels)

Drop off at the YMCA on **Saturday, February 21st** from 10 am – 12 pm in the lobby or call: **June Burns at 860-793-4942** for questions or to arrange for a pick-up. Future drop-off date at the YMCA: **March 21st.**

Dodge Ball Tournament
Friday 2/6/15 6:30PM PHS Kegel Gym.
Teams of Six Players - \$10.00 per team player,
Non-Participants \$2.00 Admission. Contact:
Inna Masco 860-205-9911 to form a team!!!

Saturday 3/21/15 - 7PM - VFW Plainville
NY Comedian, DJ Eric Wells!
50 /50 Raffle!!

Contact: Myra Cameron
860- 919-9252 for Tickets



**Comedy
Night**

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Tickets will NOT be sold
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St. Patrick's Day Dinner

Our Lady of Mercy

Annual Dinner will be held

Saturday

March 14th at 5 PM

Tickets are \$10 for adults &
\$5 for Children

A Hot Dog and Chips will be
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Call Don at 203-910-9624

For ticket reservations

Tickets available at the

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Monday to Friday 9 am to 4 pm

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Lincoln's Birthday Dinner

Hosted by

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Plainville Republican Town Committee
New Britain Republican Town Committee
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999 Farmington Avenue (Rt.4)
Farmington, CT

Friday, February 20th

Social Hour~Cash Bar~6 pm to 7 pm
Dinner~7 pm

Program~After Dinner

Donation~\$35.00 per person

Make checks payable to P.R.T.C.

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Deadline for mail in reservations
is February 15th.

P.R.T.C. Co-Chairpersons

Deb Hardy & Laurie Peterson

Mark Your Calendar Lion's Club Annual Pancake Breakfast Sunday March 1st

Our Lady of Mercy Parish Center

19 S. Canal St.

For advance Tickets

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Franchise Opportunity

Sliders Grill & Bar is an independently owned restaurant that was established in 1993 by Fred Marcantonio. After growing his business to include five locations in CT, Fred Marcantonio is now ready to expand his operations by launching his brand as a franchise opportunity.

Sliders offers a unique concept that combines "Fresh Wings, Live Sports & Family Fun" all rolled into one great experience. For the wing enthusiasts, there are over 21 homemade sauces and rubs to choose from that run the range of mild to insanely spicy. These wings are wildly famous and have won over 100 title awards that have earned Sliders local bragging rights and national recognition. They also boast a large selection of fresh menu items like salads, wraps, sandwiches and even their own proprietary blended burger with endless options to customize your own creation. For the beer aficionados there are 20 ice cold draft beers on tap that include an assortment of American craft and micro-brews. Additionally, they carry over 30 bottled beers, a well rounded selection of wine, and an extensive list of signature cocktails. Sporting events always draw a big crowd at Sliders. With as many as 50 HD TV's in a single location, their supreme satellite service and large selection of DIRECTV packages always guarantee their guests a front row seat to the game of their choice.

The projected plan is to open multiple franchise locations in CT, MA, & NY over the next few years. Fred Marcantonio said "From the very start my mission has been to create a memorable experience that friends and family could enjoy together that embodied affordable value, superior quality, and exciting entertainment. The success I have enjoyed over the last 21 years has proven the concept behind my brand. It is an absolute honor to have the opportunity to share this success with my potential franchisees." For additional information, please visit www.slidersgrillbar.com or contact Marc Romanow at marcromanow@gmail.com.

From My Balcony

By Jeannette Hinkson

My Grandmother used to say, "We're going to Hell in a hand basket," what ever that meant. There are a lot of old sayings that fit the times, like you learn something new every day and one of the ones I learned just lately is keep your enemy's close and your friends closer. Should we trust anyone in government, in my book that answer is "NO." This starts right at the top, with those running the federal government, the state and even those that run our town. The big question is, is there anyone honest today? In my book, again the answer is NO! Even those you thought you could trust have fallen by the wayside and the problem is how do we fix it? Having trust in someone's integrity is non-existent, in the world today. Backdoor politics is the norm and too hell with open facts given to the people by those we used to trust to run this country, state and town. Do these people do anything they can go to jail for? No! Do they do things that are unethical? You can bet your bottom dollar on that. Politicians can stand before the people and the press a tell lie after lie and we are supposed to swallow it. When are we going to wakeup? We have fear of those that govern us and if we speak out you get that end of the stick you don't want. Don't ever expect any favors! Get involved and find out just what goes on behind closed doors, you will be surprised at what you find! If anyone has any questions on this or any of my columns you may call me at 860-209-7035

Letter to the Editor

Well folks, it was proven at the January 20th council meeting that together our voices can be heard. After five years of begging and seven months of citizens banding together financially to pay Nutmeg TV for the filming of our town issues and concerns on the Government channel as part of town council meetings, we the people finally got our voices back! I want to thank the many citizens who donated funds and or showed up at council meetings to continually speak on this issue. I also wish to thank Nutmeg TV for making this possible.

Next up is the Linden St. School issue. At the November referendum 62% of the voters voted to save the school. Unfortunately there are individuals who wish to ignore the vote of the citizens or think the voters were ignorant of the referendum question! I realize that some no votes were because citizens want the school grounds to be a park like area if the school is demolished. Let me tell you, and you can take it to the bank, if the school is ever demolished the only relation to park would be a parking lot! Don't let the threat of a tax increase scare you, the town is not blinking an eye at another 20 million dollars for 2 more excessive cost school projects. A renovated Linden will be for the well deserved citizens.

This school can not be saved by a hand full of citizens like on the filming issue. There will be a meeting on February 5th 7 pm at the town hall there is strength in numbers. The only way Linden can be saved is if you show your support by taking an hour of your time and be there.

John Kisluk

Send Letters, News & etc. to:

hmtnn@comcast.net

Thank You!

"Ask the Brayne"
 Gone Snowmobiling..See you next month!
 Send in your questions by February 15th
 Thanks, Bill Brayne



Health and Wellness

"The Loop"

161-B Woodford Ave. Unit 58
 Sunday, February 15th -12:00-4:00 PM
 2 Free Raffles~40 Items valued over \$800.00
For information 860-989-0033

To Vendors:

Space is first come, first serviced as payments arrive. Please call to check availability before sending in a check. Due to an increase of vendors, there will be limitations on the same type of businesses. I will do my best to accommodate these requests but there is no guarantee. Thank you for your understanding and cooperation.



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Happy Valentine's Day!



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SCRATCH and PECK

By: LEESHA



“Happy New Year”! It’s now February. January was oh so cold and dreary. My friends and I all suffered from cabin fever. Now, the days are getting longer, and we are looking forward to Spring. However, winter is not over yet, and we are sure to see more snow and cold, cold days and nights.

For those of you who have dogs and cats, even if they are used to being out of doors, please remember to provide them wiith fresh water. Even on a sunny day water can turn to ice in just a few hours. Provide a sheltered space for them to get out of the wind and snow. give them extra nutritious food. They need it to keep their body weight up to insulate them from the cold. Consider for the smallest and short hair breeds a nice warm sweater and paw booties, Yes, they can get frost bite on their toe pads. Speaking of your pet’s toe pads, if you walk your dog in places where there is a lot of road salt scattered, wash their paws when they come in. Salt is corrosive.

Another winter danger to be aware of is anti-freeze. It has a sweet taste that animals like, but it is **poison**. Your vehicle may not leak, but delivery trucks, friends, or neighbors’ vehicles might. Keep pets away from potentially dangerous puddles of any kind!

For the wonderful folks who feed the wild birds, squirrels, and other critters who seek food...**be consistent!** They may have small brains, but they have long memories. They depend upon you to provide for them. Don’t let them down. Their cheeps, tweets, and chatter, and their funny antics in front of your window is a huge reward.

Birds love suet. It is high in fat content. Birds can eat twice their body weight in a single day. Wire mesh suet feeders are available in grocery or pet stores. Suet is also available in your own home department. Squirrels love peanuts in the shell. These are relatively cheap and provide a meal for them and a lot of laughs for us.

Hawks: Mother Nature has designed them to fend for themselves, usually swooping down on mice and other small prey. They can take down cats and small dogs, too. During the winter their food supply is decreased, as the rodents retire to their burrows. On the ground they are unimaginably huge with strong beaks and talons. They can descend and kill an animal up to 10 pounds.

In case you see an animal that seems to be roaming or in distress, Plainville has a wonderful Animal Control Center, headed by Gaby. She, or a member of her staff will respond at any time. Call 747-1617 and ask for Animal Control.

TEA PARTY PATRIOT NEWS

By Gene

WAKE-UP AMERICA!

“VETO” will be the word coming from the Executive in Washington. In the next nearly two years, you will be hearing VETO. He thinks the courts have no authority over him. He also thinks he is above the law. A mockery is being made of our Judicial System. If the law isn’t what he wants, he will change it. WHAT A CONVOLUTED, TWISTING PRESIDENT! (Pinocchio)!

Who is calling for Article V? Conservative groups may be surprised to learn that a large number of liberal-minded groups are calling for an Article V convention, also known as a Constitutional Convention (*Con-Con*) and is their reason for doing things so very different from what conservatives want. Are you willing to gamble with the constitution? An Article V Convention would open the door for the Constitution to be completely rewritten. So what’s next? Having been granted power on Capitol Hill, where should Republicans turn their focus?

Watch out for Globalists, Socialists, Islamic, and Communists promoting regional bloc’s that destroy national sovereignty. Ultimate goal is to merge regions into one-world government. There are “no-go” areas all over Europe and even right here in America. For instance, are you aware there are twenty-two (22) “no-go” Islamic villages in nine (9) states in our great country?

Mexico will take over the Alamo without taking a single shot. (*Immigration*) As soon as the Senate and the House of Representatives are back in session, the first thing they will want to know when their next three-week vacation is!

Are the real enemies the ones with spike helmets, or the ones with red zero on their wings? **“Wake-up America”**, you know who they are!!!

There is a prevailing assumption that the Qur’an is this perfect book, and no other book is needed. With the Qur’an the perfect book, and Islamic society the perfect civilization, too many Muslims didn’t think they needed knowledge that came from any other source...certainly not from infidels. As we have seen the Qur’an’s surest guarantee of Paradise is given to those who “slay or are slain” for Allah: *“For theirs in return is the garden of Paradise...a promise binding him in truth.” (Qur’an 9:111)*

It’s like leaving a burning building in a car and looking in your rear view window, and it gets smaller and smaller but really results in a much larger inferno. **Wake-Up America”!** It is really getting too late??? You might think it’s only in Europe. ISIS militants say, “We will divide America in two”. It is the Islamic Caliphate” plan to take over the crimes of the extremists groups which are many; there is a short window of time to stop it.

Geert Wilder, a Dutch politician member of the House of Representatives and Chairman of the Netherlands Party for Freedom, said, “America is the last man standing. My generation does not own this freedom; we are merely its custodians. We have to take the necessary action now to stop this Islamic stupidity from destroying the free world that we know.”

Does everyone know who Sal Alinsky was? Read the last article in the Hometown Connection Paper Dec/Jan edition;

page 18 will explain all.

“There are two ways to be fooled. One is to believe it isn’t true; the other is to refuse to believe what is true.” (Soren Kierkegaard (1813-1855)

NOTE: *The Tea Party Group will resume their roadside rally again in the Spring in Southington, Rt.10 (in front of Starbucks). Please join us if you can. In the meantime let’s keep up the “good fight”!*



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Senior Center News**

CELEBRATE ST. PATRICK'S DAY WITH THE IRISH MUSIC GUY

The Plainville Senior Center, 200 East Street will be holding a St. Patrick's Day celebration on Tuesday, March 10 at 11:00 a.m. Kevin Farley, "The Irish Music Guy" is returning to the Center with a brand new show that includes music, jokes, humor and more. Following the show enjoy a NY Deli style old fashioned corned beef sandwich, coleslaw, half sour pickle, chips, beverages and dessert. Cost for this celebration is \$7.00 per person, due at time of registration. Sign-up begins on February 11th at the Senior Center. Call for more information, 860-747-5728.

MANY SENIOR CENTER TRIPS OPEN TO THE PUBLIC

The Plainville Senior Center, 200 East Street, runs several trips throughout the year to various locations around the state, country, and world. Some of the trips offered are now open to the public including "Kinky Boots the Musical" at the Bushnell, Neil Sedaka at Mohegan Sun, California Coast and Yosemite National Park, The Women's Basketball AAC Championship Tournament at Mohegan Sun Arena, "Dirty Rotten Scoundrels the Musical" at the Warner Theater and the Legendary Blue Danube River Cruise including 5 UNESCO World Heritage Sights with stops in Hungary, Slovakia, Austria, Germany and the Czech Republic. For more information on these trips and registration details please contact the Senior Center at 860-747-5728.

CRIS RADIO SERVICE FOR FOLKS WITH VISUAL IMPAIRMENTS OR PRINT DISABILITIES

CRIS Radio is a radio reading service for people with visual impairments or print disabilities that broadcasts over 70 publications a month. Local and national news, sports, obituaries and sale ads from the Hartford Courant, New York Times, Journal Inquirer and New Britain Herald are read daily. In addition, many other publications like Time Magazine, Sports Illustrated, National Geographic, and more. The Senior Center will be getting the CRIS Internet Radio Service in February or March; it will be located in the computer lab, which is a quiet and private room.

A presentation from the staff of CRIS Radio will be held at the Senior Center on Tuesday, February 17 at 10:00 a.m. to talk about this free service and show people how to operate it. The service is provided at no charge to those who are blind or have a print disability. The radio and the service are made possible

by a grant from the North Central Area Agency on Aging. NCAAA provides planning and management funding and advocates for services to older persons and their caregivers in North Central Connecticut. Call the Senior Center at 860-747-5728 to sign-up for this free presentation beginning on February 10.

GRANDPARENTS RAISING GRANDCHILDREN MEETING

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households. Join us for our Grandparents/Relatives Raising Grandchildren informational and support meeting, on Tuesday, February 24 at 10:30 a.m. Open to grandparents or relatives raising children of any age, birth to high school. Share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for the program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. Call the Senior Center to sign-up (860)747-5728.

AARP SMART DRIVER COURSE

An AARP Smart Driver Course will be held at the Plainville Senior Center, 200 East Street, on Thursday, February 12 from 9:30 a.m.-1:30 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 \$15.00 for AARP members, providing a membership number and \$20.00 for other attendees. Register in person at the Senior Center, Monday-Friday 9:15 a.m. - 12:00 noon. Payment is required at the time of registration, cash or check only.

QUESTIONS FOR THE SOCIAL WORKER

Stephanie Soucy, Plainville Senior Center Outreach Coordinator, will be available to answer questions on a "walk-in basis" (no appointment needed) on Mondays, February 9 & February 23, 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 residents of Plainville, 60 years of age or older or their caregivers. Call the Senior Center, 860-747-5728, for more information.

CAREGIVING CONNECTION

Caregiving Connection is a support group for caregivers from all surrounding towns. Come join friends who understand the challenge of caregiving during a New England Winter on Tuesday, February

17 at 10:00 a.m. at the Senior Center, 200 East Street. Caregiving can be isolating at any time but is even more so during the winter when we are indoors most of the time. Come give and receive, teach and learn, help and be helped. Please call Bette at the Senior Center, 860-747-5728, with any questions.

CHOLESTEROL SCREENING AVAILABLE AT THE SENIOR CENTER

With a ten minute appointment and a few drops of blood from a fingertip, you can know your numbers for total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose. This form of testing does not require fasting. These numbers, along with a few other risk factors, can help your provider to determine your personal cardiovascular risk. The cost is \$10.00, payable at the appointment; call the Senior Center, 860-747-5728, to make a cholesterol screening appointment today!

DECEMBER 2014 BOWLERS OF THE MONTH

The Plainville Senior Center Bowling League announced that Nellie Talbot, Bernice St. Jean and Paul Biscoe won the title of Bowlers of the Month for December 2014. The league meets at Laurel Lanes, 136 New Britain Avenue, Plainville, on Mondays at 12:30 p.m. The cost is \$9.00 per person, per week and includes three games of bowling, open bowling discount card, automatic scoring, and free weekly beverage.

To receive more information or to join the league, contact Frank Robinson, Bowling League President, at 860-747-2918

CHINESE NEW YEAR BUFFET LUNCHEON

Join us at the Senior Center, 200 East Street, on Thursday, February 19 at 11:30 a.m. to celebrate the year of the Goat. A buffet luncheon featuring a variety of Chinese food will be served. Cost is \$9.00

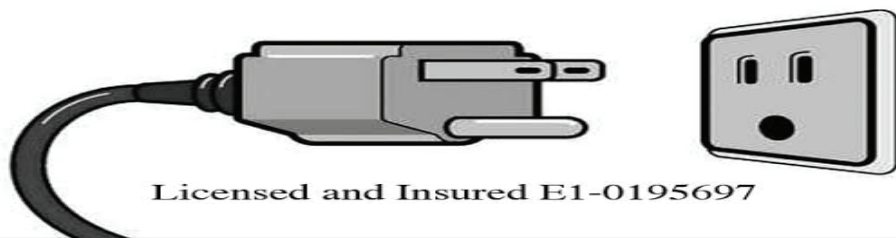
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By: Linda Coveney, Certified Health Coach, AADP

Time Out for a Mindful Pause!

Is it time to check in with those goals you set in the New Year – or even dig them out so you can remember what they were? Too often we move so fast from one thing to another, we lose sight of what is really important to us.

Could this be the year you start doing things differently? If you even make one small modification, it can open up opportunities to feel healthier, connect with more family and friends, to find time to enjoy new, as well as familiar surroundings, in different ways.

One step we can all take is to make sure we eating for the season. In winter, it's cold and windy and the land dries out. We experience this dryness and it can show up as a scratchy throat or itchy skin. Fortunately, nature has the solution for us in the form of higher protein, higher fat foods that will replenish the moisture we need and keep us warm. Bananas, avocados, beets, winter squash, nuts, meat, healthy oils and fish are good options. Other foods that are warming and sweet include brown rice, cooked apples, and sweet potatoes. Lentil soup can provide a very quick and inexpensive way to get protein while you warm up.

Can you see why a diet of cold iceberg lettuce salad each day can put us in a state of feeling frozen – in how we feel and how we live. Iceberg lettuce will not provide the protection we need to weather 20-degree temperatures. Nature decided that root vegetables are best harvested in the fall to help sustain us for the winter. Take a cue from our friend the squirrel that hoards the high protein, high fat nuts for the winter.

Eating the right foods for the season is just one step. It's also important to eat mindfully. This means that you stop and sit down and look at your food before digging in. Chew slowly and enjoy all the tastes. Eat in a peaceful environment and recognize the role that food has to help you achieve your goals. Eat in your car and you might not remember what you ate and will be hungry ½ hour later.

Besides, food, it is important to nourish our minds. Let's face it; we don't need any more social media or TV or work stress to bombard our thoughts. The way to nourish the mind is to allow it to slow down through deep breathing and meditation. When you stop and take a pause, you can be more mindful of what you need to stay healthy.

My recommendation is to "Take a Mindful Pause".

Unplug and don't get caught up in your chatter. If you want to move forward in a new way in 2015, it

all starts with awareness. Awareness is possible through meditation, mindfulness and taking a breath.

Mindfulness is not about blocking things out. It's living and accepting what is available to you right now. Doesn't mean you have to like it. By being aware of your thoughts and feelings, you have the opportunity to: a) diminish the negative impact it can have on you and your health, and b) to listen to what it is that you need and set up your intentions to bring more of what you want into your life.

One more thought. Valentine's Day is right around the corner and those chocolate candy boxes are just so tempting and beautiful. Please take a pause and give consideration to what goals you may be helping or hurting when you decide to give a Valentine's Day gift this year. Would a promise of a long walk, a membership in a fitness center or meditation class or just a night at the movies be more appreciated and send a message that you care about the health and happiness of your Valentine.

Keep Warm! Warming Lentil Soup Recipe

2 tablespoons extra virgin olive oil, 1 onion, chopped, 1 carrot, cut into 1/2 -inch diced, 1 celery stalk, cut into 1/2 -inch diced, 1 cup lentils, washed and picked over 1 bay leaf, 3 cups water, Freshly ground black pepper, Salt to taste
 Add some ground cinnamon for a unique flavor - optional

1. Put the oil in a large, deep pot over medium heat. When hot, add the onion and cook, stirring frequently, until soft, just a minute or two. Add the carrot and celery and keep cooking and stirring until brightly colored and hot, about 2 minutes.-

2. Add the lentils, bay leaf, and water; sprinkle with freshly ground black pepper. Bring to a boil, then turn the heat to low and cook, stirring occasionally.

Add more water if necessary

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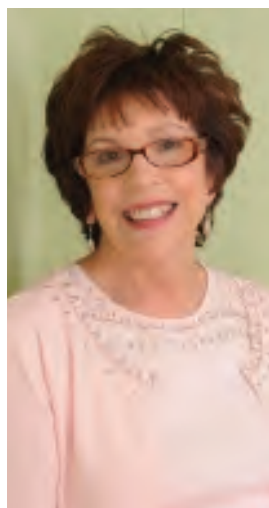
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"I.T. Jim's"

How much do you value your Pictures, Documents?

A recent article on Today.com remarked "Why your digital photos might die before your grandkids see them." We have old photos stored in shoeboxes and photo albums that go back for some over 100 years. Properly stored, those photos could last another 100 years. In the past twenty years, our trips to the Fotomat drive thru for one day photo service have passed and now we store our pictures on our computers, USB memory sticks, CD's, DVD's, phones, and cameras.

The problem is that computer hard drives and camera memory cards use magnetism to store. Like the black strip on your credit card, contact with a magnet can wipe them out. Smartphones get dropped into toilets. CD's and DVD's burned at home break down over time and can fail in as few as 5-10 years. These things happen far more often than you realize.

The aforementioned Today.com article (<http://goo.gl/ycpUd3>) questions whether people are doing enough to protect our photos as well as documents, music, videos, etc. Will they be around in 100 years? Do you want your grandchildren to see your pictures?

Backing up is the most important maintenance task for anyone that owns a computer. Sadly, it is one of the least often maintained parts of owning a computer. There is a rule of thumb called the 3-2-1 rule. Everyone should have three copies of their data, on two different forms of media, with one copy stored offsite. Three copies of your data include your originals, a local backup copy, and an offsite backup copy.

A local backup should be your first step. Depending on the amount of files you have you can either use a USB memory stick or an external hard drive. USB memory sticks range in size from 2 Gigabytes (\$5) to 128 Gigabytes (\$80). Hard drives range in size from 500 Gigabytes (\$50) to 4 Terabytes (\$169) or more. Info: 1 Terabyte = 1000 Gigabytes; 1 Gigabyte = 1000 Megabytes; 1 Megabyte = 1000 Kilobytes.

Once you have an external hard drive or USB stick connected to your computer, you need to find a way to backup those files. Windows Vista or Windows 7 users can use the built in backup programs that come with Windows (<http://goo.gl/qJvgyK>). Click Start and type backup in the search bar. A list of backup tools will appear. Follow the instructions to start backing up your files. Windows 8 has a feature called File History. From the Start screen type file history and click on the search results to open File History settings and set your external hard drive as the location of your file history. Macbook and iMac users can use a feature called Time Machine (<http://support.apple.com/kb/ht1427>) or the Disk Utility (<http://support.apple.com/kb/ht1553>) to create a full image backup of your computer. A popular alternative to the built in software is a program called EaseUS Todo Backup. It's free and available at <http://easeus.com> and is also compatible with Windows XP.

Now that you have a local backup, it's time to look at some form of offsite or "cloud" backup. This would serve as your different form of media storage. The most popular service for automated backup is Carbonite (carbonite.com). It is really simple to use and is only \$60 per year. Just download and install the small program and tell it what files and folders you want backed up. Depending on how much data you have, it can take some time to do its first backup. Once that's done, any time you add files or change a file, those changes are immediately backed up.

If something happens to your computer, you can access your files from anywhere using any computer or even from an app on your smartphone. Other great backup services include BackBlaze (backblaze.com), CrashPlan (crashplan.com) and Mozy (mozy.com). Each of these services says that they offer strong security and use encryption that locks your files and gives you the only key. It's up to you whether or not you feel comfortable trusting them with your data. I trust Carbonite to back up my data.

I really want to write about your technology questions, please email me at jim.phc@gmail.com with ideas and suggestions.

Shopping for a Good Cause! Hello Family & Friends!

The Woman's Club of Plainville is raising funds for **Manes & Motions**. We're offering up a great variety of items to earn your support.

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This cause benefits children and adults (including veterans) living with physical, emotional, behavioral, psychological or cognitive disabilities.

If you're unable to shop now, you can still help by sharing this URL via Facebook and Twitter.

The Woman's Club of Plainville thanks you in advance for your help.

AAA Speaks Out:

Cold Weather Reduces EV Range

The window sticker lists an MPGe (miles-per-gallon equivalent) of 129 city driving miles for the electric vehicle that caught your eye. The salesman shows you a chart that estimates your annual fuel savings will be \$1,500. With a daily commute of less than 100 miles, your new EV is a budget-friendly choice.

A few months later, temperatures drop, and so does your average driving range. Knowing how your vehicle operates in all conditions can keep you on the go, rather than stranded, miles from the nearest charging station.

"Motorists are accustomed to the shifts in fuel economy triggered by consistent use of the heater in gasoline-powered vehicles," says John Nielsen, Managing Director of AAA's Automotive Engineering and Repair Department. "Electric vehicles experience similar variations."

Many factors affect EV mileage: speed, driving style and ambient temperature can reduce the range of a full charge. Cold weather presents two main challenges for electric vehicles: Cold air limits battery performance, and running the heater is a significant drain on the battery.

To better understand the impact of climate on electric vehicle batteries, AAA used the Automobile Club of Southern California's Automotive Research Center to test three vehicles in cold, moderate and hot temperatures. Vehicles were tested for city driving to mimic stop-and-go traffic, and to better compare with the Environmental Protection Agency's ratings. All of the vehicles evaluated demonstrated reduced driving range in hot and cold climates; the average EV battery range in AAA's test was 105 miles at 75 degrees Fahrenheit, but dropped to 43 miles when the temperature was 20 degrees Fahrenheit.

Every motorist needs to be aware of conditions that can impact vehicle performance. Limited recharging options means EV drivers need to plan carefully in cold weather. Monitoring the gauge on every trip will help you be better prepared to alter your plans if an additional charge is needed. AAA's TripTik Travel Planner highlights electric vehicle charging stations along your route.

How can you maximize EV mileage in cold weather?

- Store the vehicle in the garage, where it's a few degrees warmer than the temperature outside.
- Preheat the car while it's plugged in to reduce the drain on the battery.
- Check tire pressure frequently. Tire pressure falls slightly as weather turns colder, which creates more road friction to negatively impact driving range.
- Monitor recharging time. If your car's charging system is using electric current from the grid to keep the battery warm, it could take longer to fully charge the car.
- Leverage electric seat heaters to keep warm. They use less energy than heating the air in the cabin.

"A swing in miles-per-gallon is not as critical for gas-powered vehicles as it may be for an electric vehicle with limited charging options," says Nielsen. "Drivers need detailed knowledge of their vehicle's range in various climates to plan accordingly."

AAA provides travel, insurance, financial, and automotive-related services to 54 million people nationwide and is located locally at 17 Farmington Avenue in Plainville. For more information about AAA, members and non-members can go online to AAA.com or call 860-236-3261.

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Chiropractic and You

By Dr. Marc Leuenberger

ASTHMA

Asthma is a mechanical disturbances of respiratory function. It is a chronic inflammatory condition of the lungs that is characterized by episodes of wheezing, difficult expiration and breathlessness. It is the number one chronic illness in children and boys tend to be affected twice as often as girls. In adulthood, however, women are more likely to experience this illness than men. These episodes can occur several times throughout the course of one day, or as infrequently as once every several years. Often, the attacks occur during the night or early morning hours and usually leave it's victims exhausted for several hours following each event. A hereditary link is suspected in some patients. It is often misdiagnosed, especially in the elderly, because it resembles several other respiratory illness.

During an asthma attack, a complex chain of events occurs beginning with the narrowing or constriction of the primary and secondary breathing tubes (*bronchi and bronchioles*). The muscles around these airways tighten and the inner airway lining swells. Finally, the development and secretion of mucous occurs which further blocks the airway. Aside from the obvious difficulty in breathing and the typical wheezing sounds that accompany most attacks, patients may experience include tightness in the chest, cough, an increase in pulse, sweating, anxiety or agitation and perhaps a blue tint to the face or lips. To get an accurate idea of what an attack feels like, take a deep breath, hold it for a few seconds, and then try to trace another deep breath without exhaling the first one.

The cause of the disease is due to either extrinsic or intrinsic factors. Extrinsic asthma is thought to be "triggered" by certain stimuli outside of the of the body. Allergies to dust, animals, perfume, detergents, plants and plastics are just a few of the

substances thought to act as a trigger.

Additionally, cold and dry weather or sudden changes in humidity and temperature stimulate the illness. Vigorous exercise may also act as a stimulant. But, don't take that as an excuse to stay inactive! Regular non vigorous exercise usually helps to manage the condition.

Chiropractic focuses on the intrinsic condition of asthma. With this type of asthmatic reaction, external triggering mechanisms do not play a role in stimulating an attack. A neurologic disorder is thought to be the cause. We are most concerned with spinal subluxations that may interfere with the nervous system's supply to the organs of respiration.

Spinal subluxations interfere with the health and performance of your nervous system. When a nerve isn't doing it's job properly, it will let you know! Usually, that signal will come in the form of pain, but it can also display itself as decrease or loss of function. Certainly, interference to spinal cord at the upper neck or cervical spinal level, where the parasympathetic nervous system is housed, could disrupt normal respiratory mechanisms. The bronchoconstriction (*airway narrowing*) that occurs during an asthma attack is the direct result of parasympathetic nerve activity. This activity is involuntary and not under your conscious control.

The primary goal of the chiropractor is to locate and correct any spinal subluxation that may be affecting the parasympathetic nervous system that contribute: To intrinsic asthmatic attacks. Many patients under chiropractic care for subluxations related to intrinsic asthma improve as the underlying neurological condition improves.

Many studies show qualitative improvement in asthmatic patients under chiropractic care. Asthma is serious, sometimes life threatening and prevalent worldwide and more studies of treatment for both intrinsic and extrinsic attacks, are needed.

**Any questions, contact Plainville Chiropractic
860-793-6824**

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**Monday, February 16th
President's Day**

School Choice Week Starts in Connecticut; 153 Events Statewide

Hartford – School Choice Week starts today in Connecticut and across America. Throughout the Week, which runs until January 31, there will be 153 school choice events across th school choice events across e Constitution State.

The events are part of National School Choice Week, which will feature 11,082 events across America – the largest celebration of educational opportunity in US history.

School Choice Week events in Connecticut include open houses, information sessions, policy roundtable discussions and more – planned by schools, organizations, homeschool groups and individuals. The goal of the events is to inform parents about the K-12 education options available for their children, while raising awareness of the benefits providing families with a variety of different options for their children's education.

Connecticut cities with the most events include New Haven (14), Bridgeport (10), Hartford (9), and Waterbury (8). To help raise additional awareness, the mayors of Bridgeport and Hartford have issued proclamations officially recognizing Jan. 25-31, 2015 as School Choice Week in their cities.

QUICK QUOTE

"Connecticut families have choices when it comes to where to send their children to school, and National School Choice Week provides an opportunity for families to look into the options available to them, and, if they feel they want greater opportunities -- to have their voices heard." – Andrew R. Campanella, president, National School Choice Week

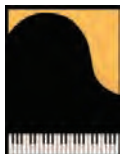
SCHOOL CHOICE OPTIONS FOR PARENTS IN CONNECTICUT

Parents across Connecticut have a variety of K-12 education options for their children. Families in the Constitution State can choose from the following education options for their children: traditional public schools, public charter schools, magnet schools, private schools, and homeschooling. The state has also enacted laws making it easier for children to attend traditional public schools outside of their zoned districts, policies known as open enrollment.

ABOUT NATIONAL SCHOOL CHOICE WEEK

Held every January, National School Choice Week shines a positive spotlight on effective education options for children, including traditional public schools, public charter schools, magnet schools, online academies, private schools, and homeschooling. For more information, visit www.schoolchoiceweek.com or www.facebook.com/schoolchoiceweek. #SchoolChoice and #SCW on @schoolchoicewk

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King Oscar, Prince Albert & Queen Anne

By: Sally Miller

Someone mentioned Prince Albert the other day and it brought me back to the days that I spent with my Grandfather.

All I wanted to do was to spend time with this wonderful man. When I think of him, I think of him smoking his pipe. He would say to me, "Sally, would you get my can of Prince Albert tobacco?" He would allow me to open that wonderfully fragrant can and smell the heavenly scent of that breathtaking aroma. It smelled like a combination of chocolate, coffee, anise, and gave me a warm feeling of comfort. He would fill the pipe, light it and sit back in his chair and murmur the word hmmmnnnnnnnn.

I would sit in his study with him and he would smoke his pipe while he worked on the books for his lodge. He would teach me to add on his calculator which was such a large contraption and he would open ledgers and begin to work. He would let me help him as much as he dared. Granddad took time to teach me to type on his 1949 black Underwood typewriter with the gold print. The ledgers he pulled from shelves smelled like dusty library books. When he opened the ledgers and let the smell of the books mingle with the pipe aromas, it developed in an aroma that I can almost smell today. I can also see that little room filled with books and pens and an old roll top desk. When we were through, he would pull out a box of Queen Anne chocolate cordial cherries. I would bite into the hard chocolate shell and devour the wonderful syrupy sweet cordial cherry inside. To this day, I can't eat one without thinking of him and the time spent in the little study.

Granddad would watch Monday night at the fights on TV. That was when there were only 3-4 channels on TV and they went off the air at 12 or 1 am. Once you heard the National Anthem you knew it was all over for the night. I love Granddad so much that I wanted to spend as much time as possible with him. I convinced him to let me watch the Monday night fights alongside him. Every Monday night, he would prepare for the event. He prepared King Oscar sardines, olives, grapes, crackers and beer. I will never forget the first time I sat with him and watched the boxing. I felt like I was such a big girl. Once I joined him, he would prepare "red" Kool-Aid for me. I forced myself to try the sardines. I closed my eyes while he put one on a saltine cracker for me and then I slowly opened my mouth while he let me try it. I was so surprised. It was delicious. I took a sip of my "red" Kool-Aid and he sipped his beer. As the event continued, it was getting late and I was tired. I forgot what I was doing and reached for one of the grapes on the plate but I gagged and winced as the black olive touched my tongue and the saltiness and soft texture of the olive slid into my mouth. I heard granddad choking and realized that he had been laughing so hard that he was trying to catch his breath. He put a napkin to my mouth and I spit the olive into it. He then handed me the Kool-Aid and that red drink took away the taste of that awful black olive. He then told me what a big girl I was to even try it. I went to bed smiling and knowing that he thought I was a big girl. Today, I love black olives, King Oscar sardines but I no longer drink "red" Kool-Aid.

Knights of Columbus Free Throw Championship Names Local 2015 Champions



The Knights of Columbus sponsors the International Basketball Free Throw Championship each year to promote family activities in its council's communities. Sunday afternoon January 11th was a cold day but the gym at Our Lady of Mercy Parish Center was warmed with a great group of young contestants and cheering families who turned out for the 2015 local level contest. The Plainville Knights Council invited all boys and girls between the ages of 9 and 14 to compete for some prizes and

the chance to advance to the area advanced level contests. 10 winners were named local champions and earned the right to compete at the district level. Kyle Gelt was best among the 10 year old boys and Morgan Levesque shot best among the 10 year old girls. Aiden Payne won the 11 year old boys contest and Laren Matteo was the winner among the 11 year old girls. Daniel Emmendorfer was the 12 year old boys winner and Olivia Heslin was best in the 12 year old girls group. Casey Roberge won among the 13 year old girls and Ryan Snyder was the victor for the 13 year old boys. Joe Capozzi shot the best of the 14 year old boys and Cheyenne Emmendorfer won the 14 year old girls category.

Runners-up were Jacob Stanczykiewicz in a close contest among the 10 year oldboys, Elyse Brown of the 10 year old girls, Brandon Paznokas for the 11 year old boys division, and Gabrielle Schinkel for the 12 year old girls.

Other contestants were 10 year old boys, Marlou Wilkins, Nicholas Grabowski, and Nathan Larson; 11 year old Whitney Southall, and 11 year old Jordan Rediker.

Many thanks to community sponsor J.R. Heating and Cooling who contributed towards prizes for winners in each age group category. Good shooting form displayed the local level of competition in the Knights of Columbus International Free Throw Championship in Plainville on January 11th

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A Winter Vacation



Pictured above from "right to left" is Jeannette Hinkson, her sister June Holland, Glenn Hickman, his mother Audrey Hickman, Grandmother Hickman and her grandson Cy.

While in Arizona, visiting family, Jeannette was given a tour of the Taser Internationals Headquarters in Phoenix by her great nephew Glenn Hickman who is Vice President of Engineering for the company. It was indeed a surprise, after returning home, Jeannette received a gift of Taser products from her nephew. Taser is the supplier of products that are used by police departments the world over for the apprehension of criminals without using lethal force. One of their product, in the news recently, are the new body cameras that will be worn by officers all over the country under a funding act signed by President Obama.

St. Anthony's Host Annual Tea Party



Members of the St. Anthony Society of the Lady of Marcy Church met recently to complete plans for the Tea Party and Hat Contest. The Tea will be held on Sunday, March 22nd at the O.L.M. Parish Center. Seated second from the right is Elaine Osipowicz, President of the Society, she announced refreshments will be served. 'Please bring your own cup and saucer.'"

The Hat contest is open to all persons attending. There will also be live entertainment and raffles.

The St. Anthony Society has been one of the more active organization for Our Lady of Mercy Church since 1939.

Hospital of Central CT Cancer Center and Medical Office Building



The final inspection of the recently completed Hospital of Central CT Cancer Center and Medical Office building is underway. A traffic light has been installed at the recently renamed "Journey Road"

Faith Arborio Retires from Farmington Bank



Faith Arborio, Customer Service Representative (center) retired recently after 10 years of dedication to the bank's customers. Next to Faith is Assistant Manager, Dao Nguyen. The Manager Antonella Calabrese (right) congratulated and thanked her for the many years of service to your customers!!!! Many of Faith's customers enjoyed a piece of cake and a coffee to help celebrate her retirement.

Woman's Club of Plainville & Farmington Host Christmas Pizza Party



The Woman's Club of Plainville and Farmington have combined the projects of assisting the Veteran students at Tunxis College. Both Clubs host the veterans for every holiday with refreshments and entertainment. The Veterans have a lounge at the college for lunch, studying and events such as the Woman host.

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Welcome...Painting & Decorating Inc.



Introducing....Jane Carney, owner of **Painting & Decorating, Inc.** and the newest member of the Plainville Chamber of Commerce.

She has been in the commercial painting and decorating business for over 42 years. Jane was associated with Peter M. King the former owner of Painting & Decorating, Inc. of Farmington. Mr. King established the business in New Britain in 1973. Sometime after purchasing the business from Mr. King, Jane moved her location to Plainville.

After searching around and needing a larger facility, she decided Plainville had a lot to offer for her business. Jane met with the Carrier Builders owners of the Limestone Business Park and they customized the building for her operation.

Services offered include commercial, industrial, new construction and residential.

Shown in photo above (left to right) Jane Carney, Owner; Erin Nowak, Project Coordinator; Ralph Blackmann, Estimator

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FIREMEN HONORED

The Plainville Town Council Presented awards to several members of the Fire Department honoring them for the years of service to the community. Pictured but not in order are: Thomas Moshini and Edgar Wynkoop for 30 years, Richard Ohidy for 20 years, Robert Planeta, David Massey and Leighton Mazurek for 15 years and Rev. Elvin Clayton as Chaplain for 10 years of service. Scott Saunders, Vice Chairman of the Council liaison to the Fire Department presented the awards. Town Council Chairwoman Kathy Pugliese thanked the Firemen for keeping the town safe and said "The Town of Plainville is beyond grateful for your efforts to keep both schools and adults educated on fire safety."



This article brought to you in the interest of better....

Dental Health

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

Fast-paced

Lifestyle Eroding Teens' Teeth

As quick meals in the form of "nutrition" bars and carbonated beverages help keep teens alert and on schedule between school, extracurricular activities and part-time jobs, today's fast-paced lifestyle threatens to leave a generation with permanent damage to oral and overall health.

Premature loss of tooth enamel and weakening of overall tooth structure are two devastating oral effects of teens' poor diet that cannot be reversed later in life.

Adolescence is the time of peak bone growth, a time when more nutrient-packed calories are essential to fuel growing bodies and strengthen teeth and bones, however adolescence is the same time when soda and sugary, high-carbohydrate foods are rapidly displacing healthy foods such as milk, fruits and vegetables.

The easy access of sugary beverages and foods from home to school and everywhere in between has compromised the health of teens' teeth and helped fuel the national obesity epidemic.

Reports show drinking carbonated beverages seems to be one of the most significant causes of increased cavities and obesity for today's teens. Fifteen percent of American adolescents ages 6 to 19 are overweight. This number is expected to increase. Why? Ten percent of overweight preschool-age children ages 2 to 5 are becoming addicted to caffeine and sugar, which makes it harder for them to stop unhealthy habits such as drinking soda throughout the day.

The phosphoric, citric, tartaric and carbonic acids in soda are linked to the breakdown of tooth enamel around dental sealants and restorations, further compromising teens' teeth and leading to more extensive dental treatment to prevent total tooth loss.

Soft drinks and bone density

The phosphoric acid in most regular and diet cola drinks limit calcium absorption and has a direct influence on bone density. By age 16, girls have accumulated 90 to 97 percent of their bone mass, making adequate calcium intake vital. However, national statistics show only 19 percent of girls ages 9 to 19 are getting the recommended 1,300 milligrams of calcium a day.

Research also confirms a direct link between soft drink consumption and bone fractures in teenage girls.

These girls are at an extreme risk for developing osteoporosis, already exhibiting symptoms of this disease in their teen years. Early education on the importance of calcium consumption is key to reversing this trend.



From the Desk Of.....

Thomas A. Wurz, Esquire

FEDERAL COURT OR STATE COURT

Most people assume that when they have a legal dispute they can go down to their local courthouse and file a lawsuit. Most of the time they would be correct. However, this is not the case always when one may feel that they have had their constitutional rights violated. This article lays out how a matter may end up in federal court or state court.

In order to be in federal court for a civil matter you typically need to have a federal question or diversity jurisdiction. Federal question jurisdiction requires that an action is brought based on an allegation that there has been a violation of the U.S. Constitution, federal law or treaty. There is no amount in controversy requirement for a federal question lawsuit. Diversity jurisdiction is when there are parties from different states. There is a \$75,000 amount in controversy requirement for the matter to be in federal court. There are a few other ways to end up in federal court, but they would start in state court and have to be removed to federal court by motion.

In order to be in state court for a civil matter it doesn't take much. That's the beauty of being in America. We are a litigious country and like I say to most people I meet "Anyone can sue anyone". That doesn't mean they are going to win though of course.

So there you have it. Light reading for the New Year. I wish all my readers a very happy and safe New Year!

Remember that Special Someone on Valentine's Day!



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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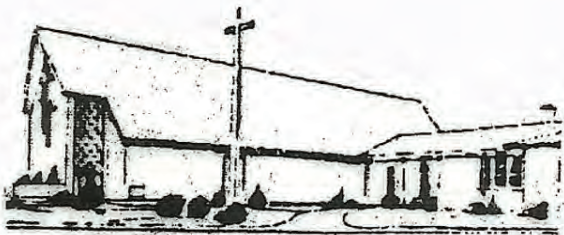
WHAT IS THE GOSPEL?

The word "gospel" means good news. Paul couldn't have made the gospel clearer in 1 Corinthians 15:3-4 when he said "For I delivered unto you first of all that which I also received, that Christ died for our sins according to the Scripture." Let's just stop here for a moment and consider what Paul has said. In verse 1 Paul said "Brethren, I declare unto you the gospel." Then in verses 3-4 he explains the essence of the gospel. Christ died for our sins. Do you know what that means? It means that we are all sinners. Yes indeed that is the bad news. Paul put plain in Romans 3:23 "For all have sinned and come short of the glory of God." What does that mean? Well, the word "sin" means that we have done something contrary to God's law. The Bible makes it clear that we have all broken God's law and thus the law condemns us to death. Think about it this way; if we rob a bank we have done something against the law of the country and should we stand trial before a good judge he would say that we are guilty and must pay the price whatever that is. But the good news of the gospel is that Christ died for our sins. Verse 4 goes on to say that Christ "was buried and rose again the third day according to the Scriptures." And according to John 1:12 anyone who receives Him by faith will become a child of God forever! That is indeed good news! Have you ever personally by faith received the Lord Jesus as your Savior? That is the requirement to get into heaven.

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

Learning Hour for all ages
following worship

Various Learning and Fellowship activities
offered during the week

Visit us at www.graceinplainville.org

Or better yet, join us on Sunday!

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

FEBRUARY

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

WORSHIP WITH HOLY COMMUNION:

Sunday, February 1, 10 AM

AMERICAN RED CROSS

BLOOD DRIVE:

Monday, February 16, 1 to 6 PM

For Appointment call 1-800-733-2767,
or go to www.redcrossblood.org.

ASH WEDNESDAY WORSHIP:

Wednesday, February 18th

Agapé Meal 6:30 PM,

Worship with Holy Communion, 7 PM

UNITED METHODIST WOMEN:

Sunday, February 22, noon – 1:30 PM

CHOIR REHEARSAL:

Sundays, February 1, 8, 15, 22,

Following Worship



PLAINVILLE SEVENTH DAY ADVENTIST CHURCH

97 Broad Street

Church Phone 860-747-5867

Pastor 1-646-522-3471

E-mail: plainvillesda@gmail.com

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



FAITH BIBLE CHURCH

168 Unionville Avenue
Plainville, CT 06062

860-747-5209

Rev. Dr. Jim Caron, Pastor

Web: www.faithbiblect.com

An Evangelical Church For Your Spiritual Growth

Sunday Worship: 11:00 a.m.

(Junior Church for ages 4-12 & Nursery

Available for 1 month to 4 years)

Tuesday Morning Bible Study

10:00 a.m.

"The Gospel of John"

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)



THE EPISCOPAL CHURCH CHURCH OF OUR SAVIOUR

115 West Main Street
Plainville, CT 06062

860-747-3109

SUNDAY WORSHIP

Holy Communion 10:00 am

Church School 10:00 am

Nursery Care during the service

Followed by coffee hour

Holy Communion Thursdays~12:00pm

OFFICE HOURS

Wednesday – Friday 9:00am -1:00pm

PARISH PROGRAMS

Daughters of the King Chapter

3rd Saturday of the month 10:30am

Twelve Step Programs

Every Tuesday NA 7:30pm

Every Thursday AA 7:30pm

Every Saturday Women's AA 9:00am

Every Saturday of the Month 9:30 am

Ample Parking in rear of Church

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

19 S. CANAL STREET

OFFICE HOURS: MON. TO FRI.

9 AM TO 4 PM

PHONE 860-747-6825

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

ROSARY BEFORE MORNING MASS

LENT BEGINS

ASH WEDNESDAY

FEBRUARY 18TH

MASSES WILL BE

CELEBRATED AT

8:00 AM & 6:00 PM

Hockey Ministries International's Faith & Family Night at the Hartford Wolf Pack Game

Sunday, February 22nd at 3 pm

at the XL Center.

Tickets are \$15.00 and must be ordered by

February 14th.

For questions, contact Rick Mitera at

860-817-6440 or hmineusa@hotmail.com

The Archdiocese of Diocese Formation is now preparing to admit a new class of candidates for Diaconate in the Fall of 2015.

Any Catholic man between the ages of 35 and 60 who may be interested is encouraged to speak to his pastor.

Two sessions will be held at St. Thomas Seminary in Bloomfield on Sunday 3/8/15 and Sunday 3/22/15 from 2-4 P.M. Both sessions must be attended, and spouses must also attend.

Please call the office at 860-242-5573 no later than 3/2/15 in order to register.

Our Lady of Mercy is now on Facebook!

www.facebook.com/Our Lady of Mercy ChurchCT

MEET OUR STAFF AND LEARN SOME CATHOLIC

TEACHINGS & HISTORY.

THE CONGREGATIONAL CHURCH

OF PLAINVILLE

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

Website:

www.uccplainville.org

WORSHIP AND CHURCH SCHOOL

Every Sunday: 10:00 a.m.

Coffee Hour: 11:15 a.m.

The Sacrament of Holy Communion celebrated the first Sunday of each month

THE PLAINVILLE THRIFT SHOP

Phone 747-2418

Open Wednesday & Thursday

10:00 a.m. to 4:00 p.m.

Saturday 9:30 a.m. to 12 noon

Holy Trinity Anglican Church

18 East Main Street

Rector: Fr. James French

Sunday Worship ~ 9 AM

Mid-week Eucharist: Wed. 9:30 AM

Bible Study: Wednesday 7 PM

860-747-1426

Ash Wednesday/Imposition of Ashes at 9:30 AM and 7 PM

We will be doing a special Lenten Study program beginning February 25th. It is a 7-week video series that are stories of a modern-day Jesus walking amongst us. It will begin a 6:30 PM with a light meal (soup, bread, fruit, beverages) then viewing/discussion of the video presented. (I'll attach the information that Fr. Jim sent me if you would like more detailed information). There is NO COST to attend, and the public is invited! Bring a friend! Please call the office if you need more information or directions.

Pastor James French Offers

Sermon Series Blurbs

On Page 37

Website www.holytrinityanglican.net

EMAIL:

HolyTrinity@Anglican Church.comcastbiz.net

God Bless and Welcome to Join Us!

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.

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.

FIRST BIBLE BAPTIST CHURCH

12 Granger Lane •

Plainville, CT 06062

“Where the BIBLE makes the difference”

Sunday School - 10:00 AM

Sunday Morning Service - 11:00 AM

Sunday Evening Service - 6:00 PM

Wednesday Evening Service 7:00PM

• Nursery & Deaf interpreting

provided for all services •

• Deaf and Teen Ministry

• Master Club for children •

• Kings Bible Institute (Tues. Wed. Thurs.)

• Reformers Unanimous

(Addictions Program) Every Friday

7:00 PM www.fbbs-ct.org

Live streaming every service

860-793-1155

Thomas Benson – Pastor~

Helmut Getto – Associate Pastor

FEBRUARY BIRTHDAYS

"HAPPY & HEALTHY BIRTHDAY TO ALL!"

1ST MILLIE D'ANTONIO
 2ND JOE GLADCZUK
 ELEONORE GERVAIS
 3RD ELISE BERGENTY
 RITA SUSCO
 4TH BRENDA TELLA
 MARIA CUTLER
 6TH SERGIO SCIUCCO
 7TH JOHN MANGAN
 8TH BARBARA WOOD
 10TH DEB THIBEAULT
 11TH TOM GLADCZUK
 12TH CARL STERNER
 HOMER CASE
 13 TH KRIS DARGENIO
 14TH GRETA MOORE
 15TH DAVID BROW
 ROBERT BEVERIDGE
 16TH DOMENICK D'ONOFRINO
 EUNICE PODOLAK
 17TH JOHN BERGENTY, SR.
 18TH KATHY PUGLIESE
 19TH MARSHA MIERZEJEWSKI
 20TH MARIA CONTI
 MARION MASTRIANNI
 GARY HESLIN
 21ST KATHY STERNER
 GAYLE DENNEHY
 22ND DANNY CARRIER
 REBECCA IRELAND
 26TH PETER PROCKO
 TREATY FULLER
 HEIDI FAMIGLIETTI
 28TH LAUREN GLOWIAK
 TO SUBMIT BIRTHDAY, ANNIVERSARY,
 ENGAGEMENT OR
 WEDDING ANNOUNCEMENTS
 E-MAIL TO: HMTNN@COMCAST.NET
 OR MAIL TO: HOMETOWN CONNECTION



27 SHERMAN STREET, PLAINVILLE, CT

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Believe it or not it is Free!!

OR CALL:

860-747-4119

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 15TH OF EACH MONTH

"THANK YOU"

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

Legislators to Host

A Coffee Hour

The public is invited to a Coffee Hour
 with Bristol legislators

Friday, Feb. 6

at Rodd's Restaurant

(854 Farmington Ave., Bristol).

The "Coffee With Your Legislators" event
 will run from 8:00 a.m. to 8:45 a.m.

Hosted by Sen. Henri Martin,

Rep. Whit Betts, and Rep. Cara Pavalock.

Residents will have the opportunity to meet
 their legislators in a relaxed setting and may
 discuss any issues they wish to talk about.

Coffee will be provided.

Letter To Obama at Whitehouse

Sent from 95 year Old Pearl Harbor Survivor !!

This venerable and much honored WW II vet is well known in Hawaii for his seventy-plus years of service to patriotic organizations and causes all over the country.

A humble man without a political bone in his body, he has never spoken out before about a government official, until now. He dictated this letter to a friend, signed it and mailed it to the president.

Dear President Obama,

My name is Harold Estes, approaching 95 on December 13 of this year. People meeting me for the first time don't believe my age because I remain wrinkle free and pretty much mentally alert.

I enlisted in the U.S. Navy in 1934 and served proudly before, during and after WW II retiring as a Master Chief Bos'n Mate. Now I live in a "rest home" located on the western end of Pearl Harbor, allowing me to keep alive the memories of 23 years of service to my country.

One of the benefits of my age, perhaps the only one, is to speak my mind, blunt and direct even to the head man.

So here goes.

I am amazed, angry and determined not to see my country die before I do, but you seem hell bent not to grant me that wish.

I can't figure out what country you are the president of.

You fly around the world telling our friends and enemies despicable lies like:

" We're no longer a Christian nation"

" America is arrogant" - (Your wife even

announced to the world," America is mean- spirited.

" Please tell her to try preaching that nonsense to 23 generations of our war dead buried all over the globe who died for no other reason than to free a whole lot of strangers from tyranny and hopelessness.)

I'd say shame on the both of you, but I don't think you like America, nor do I see an ounce of gratefulness in anything you do, for the obvious gifts this country has given you. To be without shame or gratefulness is a dangerous thing for a man sitting in the White House.

After 9/11 you said," America hasn't lived up to her ideals."

Which ones did you mean? Was it the notion of personal liberty that 11,000 farmers and shopkeepers died for to win independence from the British? Or maybe the ideal that no man should be a slave to another man, that 500,000 men died for in the Civil War? I hope you didn't mean the ideal 470,000 fathers, brothers, husbands, and a lot of fellas I knew personally died for in WWII, because we felt real strongly about not letting any nation push us around, because we stand for freedom.

I don't think you mean the ideal that says equality is better than discrimination. You know the one that a whole lot of white people understood when they helped to get you elected.

Take a little advice from a very old geezer, young man.

Shape up and start acting like an American. If you don't, I'll do what I can to see you get shipped out of that fancy rental on Pennsylvania Avenue. You were elected to lead not to bow, apologize and kiss the hands of murderers and corrupt leaders who still treat their people like slaves.

And just who do you think you are telling the American people not to jump to conclusions and condemn that Muslim major who killed 13 of his fellow soldiers and wounded dozens more. You mean you don't want us to do what you did when that white cop used force to subdue that black college professor in Massachusetts, who was putting up a fight? You don't mind offending the police calling them stupid but you don't want us to offend Muslim fanatics by calling them what they are, *terrorists*.

One more thing. I realize you never served in the military and never had to defend your country with

your life, but you're the Commander-in-Chief now, son. Do your job. When your battle-hardened field General asks you for 40,000 more troops to complete the mission, give them to him. But if you're not in this fight to win, then get out. The life of one American soldier is not worth the best political strategy you're thinking of.

You could be our greatest president because you face the greatest challenge ever presented to any president.

You're not going to restore American greatness by bringing back our bloated economy. That's not our greatest threat. Losing the heart and soul of who we are as Americans is our big fight now.

And I sure as hell don't want to think my president is the enemy in this final battle...

Sincerely,

Harold B. Estes

Snopes confirms as true:

<http://www.snopes.com/politics/soapbox/haroldestes.asp> <<http://www.snopes.com/politics/soapbox/haroldestes.asp>>

When a 95 year old hero of the "the Greatest Generation" stands up and speaks out like this, I think we owe it to him to send his words to as many Americans as we can. Please pass it on.

TASTE BUZZ.....

Winter Chill~Time For Soup CORN SOUP

6 ears of corn

2 onions, chopped

1 green pepper, seeded and chopped

3 tablespoons butter

2 cups milk

1 cup cream

2 egg yolks

Scrape corn with a knife. Saute' onions and pepper in butter. Add corn and milk, simmer 10 minutes. Beat the egg yolks. Bring cream to a boil and pour over egg yolks, stirring briskly. Add to hot soup.

Serves 6.

Submitted by Avis Flanders

To submit your recipes mail to:

Avis Flanders

27 Sherman St., Plainville, CT 06062
 or email hmtnn@aol.com

NUTMEG TV SCHEDULE PLAINVILLE TOWN COUNCIL and BOARD OF EDUCATION MEETINGS

*****Board of Education*****

Educational Channel #95

Sunday: 12 am & 12 pm

Monday: 12am, 3am, 6am, 9am, 12 noon,
 3pm, 6pm, 9pm

Saturday: 12 am & 12 pm

****Town Council: Government Channel****
 Comcast #96 & ATT #99

Sunday: 12am & 6pm

Thursday: noon, 3am, 6am, 9am, 12 noon, 3pm,
 6pm, 9pm;

Saturday: 9am

Citizen Forum 1/2 hour before
 Town Council meetings

Ambition---I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.

-----Helen Keller

**To Submit
 Class Reunion
 Announcements or
 Pictures of Your
 Reunion**

**Email to: hmtnn@comcast.
 net
 or Mail to:**

**Hometown Connection
 27 Sherman St., Plainville**

The Wide World of Sports "Come Tailgate With Us" Benefit For The Plainville Community Food Pantry



"Pictures are Worth More than a Thousands Words"

The 19th Annual Plainville Food Pantry Dinner Dance held at the Aqua Turf January 24th was another success. The Dance Committee, the Board of Directors, the employees and the volunteers of the pantry wish to "Thank" everyone who attended. Also "Thanks" to businesses that donated the Door Prizes, presented the Silent Auction and the Aqua Turf for assisting in making the Food Pantry one of the best in our area.
(If anyone has more pictures that you would like to share with our readers, please email to hmtnn@comcast.net for the March issue. The deadline for the next issue is February 15th)



John and Meladee, formerly of Plainville Pizza, 54 West Main Street, is now known as Red Zone Sports Grill & Lounge.

"We are now serving pizza with the original recipe of Plainville Pizza."

The Red Zone is a family Sports Bar & Grill with daily activities such as Pool Leagues, Paint Nite and an Open Mic.

Besides our pizza we serve 14 different kinds of Burgers, Appetizers, 90 Wing flavors, Wraps, Calzones, Salads.

Happy Hour 11 to 6 – Monday – Friday, 150 Domestic Beers

Have your party here with 15 or more people and the Guest of Honor has free drinks.



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*Financial Security-----
Humans must breathe, but corporations must make money.
-----Alice Embee*



We've extended....

President's Day Auto Extravaganza

For the Month of February

Farmington Auto Park

433 Farmington Ave., Plainville CT

Adam Pio, Owner of Farmington Auto Park invites you to check out all our pre-owned vehicles. We sell used foreign and domestic cars, SUVs, minivans and trucks. We offer financing for all kinds of credit profiles. **Call now~~860-747-8420~~**

Hours of Operation: Monday-Friday 9:30 am-6:00 pm
Saturday 9:30 am to 5:00pm. If we don't have the vehicle you are looking for we will get it for you in a day. If you are reading this invitation, please tell us you learned about us in the Hometown Connection.

Check us out on www.farmingtonautosales.com



**2003 Chevrolet Tahoe
Only \$7,995.00**



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Subaru

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Acura

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55 Veterans Drive,
New Britain, CT 06051

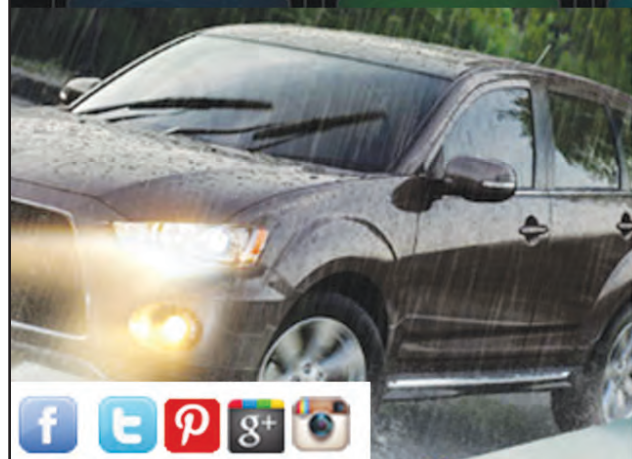
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www.Crowley-Ford.com



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Stock #: F7807A
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2011 Ford F-150

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2008 Lincoln MKX

Stock #: R7451
106,000 Miles

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2008 Kia Sorento

Stock #: R7451
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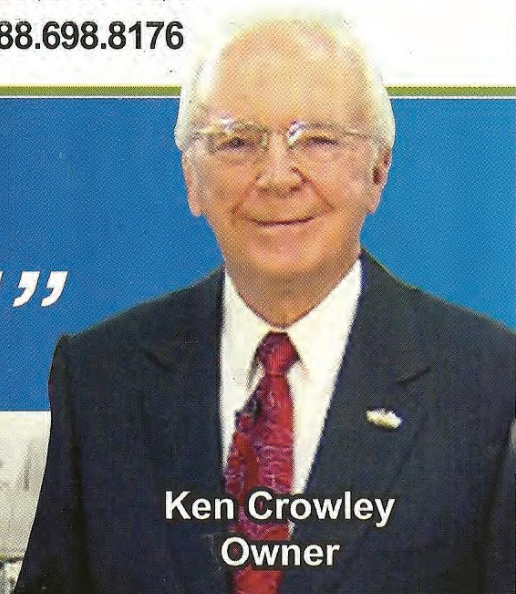
888.696.5041

888.461.9326

877.808.1871

888.698.8176

*"If you're not happy,
I want to know about it!"*



Ken Crowley
Owner

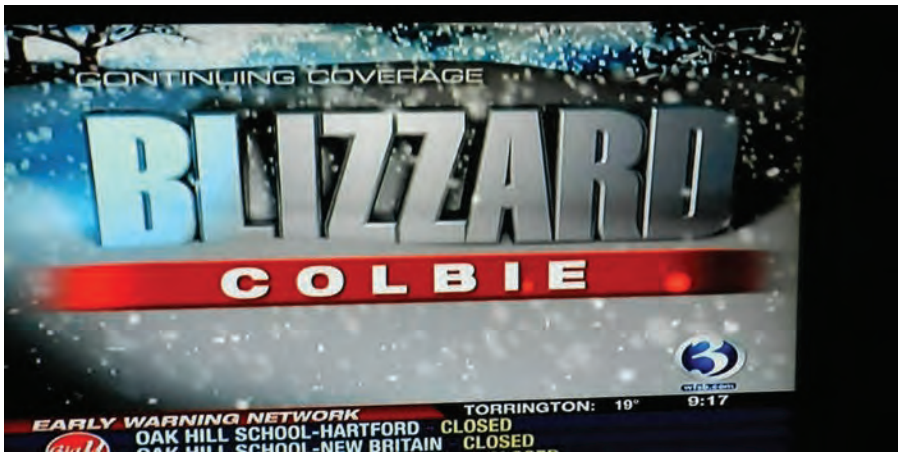




Mildred "Milly" D'Antonio Celebrates Her 90th Birthday

Millie D'Antonio former Republican Registrar of Voters for the Town of Plainville celebrated with her family at a birthday party. Millie was the Republican Registrar for Plainville for 27 years. The surprise party was held at the Shuttle Meadow Country Club in New Britain on Saturday, January 31st.

Hometown A Little Late! Beyond our Control

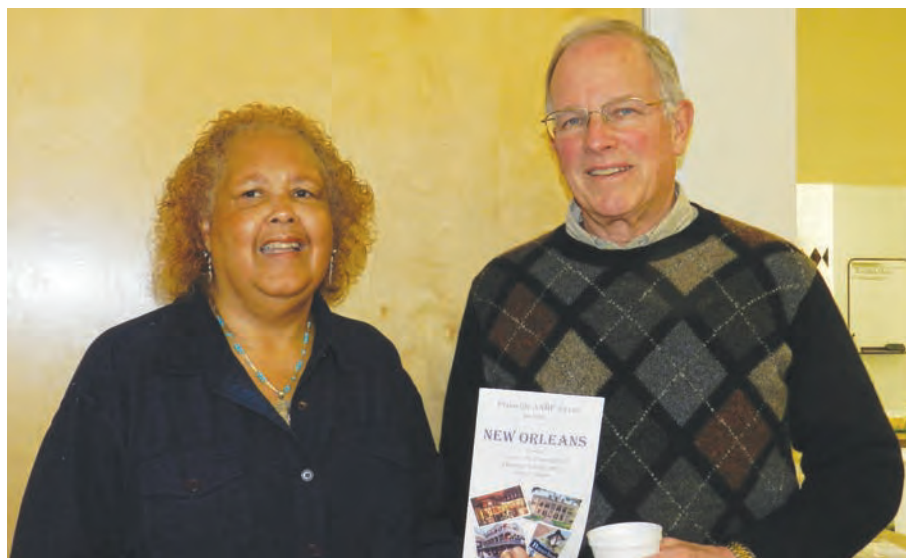


For Sale ~ Great For The Snow



Mercedes Benz, 2009 Asking \$4,000.00
For information, call 860-202-5026 - ask for Bill.

AARP Chapter #4146 Presents... New Orleans



The Plainville Chapter #4146 trip to New Orleans will be 6 days & 5 nights in October on the 25th to the 30th. Trip highlights are New Orleans City Tour, French Quarter Guided Tour, Oak Alley Plantation, NASA Space Center, WWII Museum and Jefferson Davis Home & Library. Pictured with Sally Miller, President of AARP Chapter #4146 is Rene Dupuis, President of Tour of Distinction, East Windsor. For more information, Please Contact Sally 860-747-1732.

The next AARP meeting is February 18th at the Faith Bible Church, 168 Unionville Ave. Twenty-six new members joined the Chapter in 2014. The annual picnic is planned for June 24th.



Sweet Basil Thai Food

Announces Opening

Tina, Manager of "Sweet Basil" Wishes to Welcome You...

We are pleased to announce our great "Sweet Basil" serving Thai fusion cuisine at 33 East Street Plainville.

Thai cuisine is well known for diversity of ingredients, complex spiciness and intricate flavors and aromas. Most of our dishes are freshly prepared with a blend of herbal ingredients that are prepared with a blend of herbal ingredients that are purported to have health benefits.

Our menu begins with the most popular variety of Lemongrass Tom Yam Soup--which you will fall love with just in a first sip. For scallop lovers, Wonder Sea World is one of the excellent seafood selection. We also serve the signature dishes such as Pad See Yu, Mango Chicken, Pineapple Chicken, Lemongrass Pork Chop, Pad Thai and Pineapple Coconut Fried Rice.

If you are in a mood for breaking into a sweat while eating, the spicy and rich in flavor savory--curry is good recommendation. Try our different types of curry dishes, for many, highly desirable!

Enjoy a glass of wine or your favorite brew with you meal.

Come experience a touch of "Sweet Basil". Our cozy dining atmosphere and the exotic contrasts of the sweet, sour and hot dishes will make your meals memorable!



one fifty central

150 Central St., Forestville

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Causes--

The main dangers in this life are the people who want to change everything.....or nothing.

~ Lady Astor ~

OBITUARIES

~ Reah M. (Doucette) Abramczyk ~



91, of Plainville, widow of Stanley W. Abramczyk, Sr., passed away peacefully on Friday, December 12, 2014 at Bristol Hospital.

Born on November 26, 1923 in New Britain, she moved to Canada with her family at the age of three, and returned to Plainville when she was twelve, where she has resided ever since. In her younger years, she was an employee of Fafnir Bearing Co. She left work to raise her family, and later was an employee of the Plainville School District food service from where she retired.

She is survived by her children, Stanley W. Abramczyk, Jr. and his wife, Linda of Bristol and Diane Ortiz and her husband, William of Bloomfield; her three grandchildren, Bailey Francis and her husband, Kurt, Joel Ortiz and Stanley Abramczyk, III; and her sister, Marie-Anne Bouchard of Bristol.

Reah embraced the simple pleasures in life. She loved her "little family", her town and BINGO buddies, and greatly appreciated her caring neighbors. A sports enthusiast, she enjoyed watching the Yankees and UCONN Huskies. Her family would like to thank the staff of Always Best Care of Greater Bristol and the ICU staff at Bristol Hospital for their care and compassion.

A Mass of Christian Burial in celebration of Reah's life was held at Our Lady of Mercy Church, 94 Broad St, Plainville. Burial will be held privately in the presence of her immediate family. In lieu of flowers, Reah may be remembered with contributions to Hospice of Bristol Hospital, PO Box 977, Bristol, CT 06011-0977. For online expressions of sympathy, please visit www.bailey-funeralhome.com.

~ Alcide F. Bolduc ~



92, formerly of Plainville and Southington, passed away surrounded by his loving family, on Friday January 2, 2015 at John Dempsey Hospital in Farmington. He was the husband of Elizabeth (Savage) Bolduc.

Al was born November 25, 1922 in St. Methode, Canada the son of the late Florian and Delvina (Veilleaux) Bolduc. He attended Catholic schools in New Haven and had worked as a cable splicer for S.N.E.T, retiring after 36 years of service. Al proudly served his country in the US Army during World War II. He was a member of the Telephone Pioneers and enjoyed doing volunteer work at the Calendar House in Southington. He also enjoyed carpentry, working on cars, and fishing. Al was a former Communicant of St. Dominic Church in Southington and Our Lady of Mercy Church in Plainville.

Besides his wife Elizabeth of 67 years, he leaves his son, Christopher Bolduc and his wife Ofelia of Burlington, his daughter, Deborah Arcari of Plainville, his grandchildren, Joel Arcari, Timothy Bolduc and his wife Jennifer, and Sara Almeida and her husband Andrew, and his great grandchildren Rachel and Emma Bolduc. He was predeceased by his sisters, Edith Bolduc and Florine Baran

A Mass of Christian Burial for Al was celebrated on at Our Lady of Mercy Church 94 Broad Street in Plainville. Burial with military honors of Al's remains was held in Fairview Cemetery in New Britain. There were no calling hours. In lieu of flowers memorial contributions may be made to The Veterans of Foreign Wars 406 West 34th Street Kansas City, MO 64111 or to the Saint Jude Children's Research Hospital 262 Danny Thomas Place Memphis, TN 38105. The Bailey Funeral Home in Plainville has care of arrangements. For additional information or to leave words of condolence please visit: www.bailey-funeralhome.com.



~ Diane (Posten) Calderone ~
62, of Plainville passed away unexpectedly on Wednesday, Dec. 24, 2014. She was the loving wife for 36 years of James E. Calderone.

She was born in New Britain on May 25, 1952, the daughter of James Posten and the late Adele (Dabrowski) Posten. Diane was a 1972 graduate of Southington High School. She had been employed by Lori Lock for many years. Diane loved games shows especially "The Price is Right" and "Family Feud". She was an avid bingo player and loved her pet Brownie "the dog".

In addition to her husband and father she is survived by a sister Karen Kisluk-Welch and her husband Michael Welch of Southington, a brother Michael Posten and his wife Tina of Burlington, 5 nephews and a niece, Joshua and Jeremy Kisluk, James, Christopher, Tyler and Kristina Posten and a great nephew Camden Kisluk. Diane also leaves many close friends. She was predeceased by a brother James Posten. Funeral services were held from the DellaVecchia Funeral Home, 211 N. Main St. to St. Dominic Church, 1050 Flanders Rd Southington for a Mass. Burial will be at the convenience of the family. For online condolences visit www.dellavecchiafh.com

~ Paul E. Brousseau ~



96, of St. Petersburg, Florida, and long time resident of Plainville, passed away December 20, 2014 peacefully into the arms of his Heavenly Father at home with family by his side.

He is survived by Marielle, his loving wife, the love of his life and soulmate of 68 years; sons Donald Brousseau and

wife Charlotte, and Reynold Alain Brousseau and wife Rinie of St. Petersburg; daughter Jocelyne Lessard and husband Marcel of Southington; four brothers, Robert Brousseau of Plainville, Germain Brousseau and wife Carleen of Plainville, Camillien Brousseau and wife Marie-Paul of New Britain, Clement Brousseau and wife Alice of Plainville and numerous grandchildren and great-grandchildren. He is predeceased by two brothers, five sisters and the most recent subsequent passing of his youngest sister Ghislaine.

A funeral Mass and celebration of his life was held at Our Lady of Mercy Church, Plainville. In lieu of flowers, donations can be made in his name to the American Heart Association or charity of your choice. For online expressions of sympathy, please visit www.bailey-funeralhome.com.

~ Dorothy Frances (Charamut) Chambrello ~



75, of Manchester, formerly of Plainville, passed away surrounded by the love of her family, on Monday, January 5, 2015, after a lengthy illness.

Born and raised in New Britain, she was one of four children to the late Ladislav J. and Marie R. (Ferone) Charamut. A longtime resident of

Plainville, Dot was an employee of Hygrade Tool for nearly thirty years, from where she retired in 2002 following a stroke. She fought her ailments with the same zest for life and determination that she had always been known for, enjoying her family for many more years than predicted. Her love of shopping had her always looking her best, and created an impressive collection of stuffed bears. She was a sports enthusiast, enjoyed watching the Giants and NASCAR, and taking trips to the beach, and in her earlier years, was always the life of party and ultimate hostess, who enjoyed being surrounded by her family and friends, making more wherever she went. She will be greatly missed leaving her family with her legacy of strength, love, optimism, a little feistiness and many cherished memories.

She is survived by her four children, Paula Lyzahub of Virginia Beach, VA; Karen Samartino and her husband, Donald, of Manchester, who shared their home with Dot and cared for her for the past 10 years, Ralph Chambrello and his wife, Lynn of Plainville, and William Chambrello of Farmington; her grandchildren, Vinny, Shannon, Antonio, Francesca, Dante, and Dominick; her brothers, Joseph Charamut and his wife, Veronica, and William Charamut and his wife, Patricia; her sister, Frances Belli and her husband, Herman; and many nieces and nephews. She was predeceased by her grandson, Dylan Joseph Chambrello and her nephew, Daniel Charamut. Dorothy's family extends their gratitude to the staff at Masonicare, Southington Care Center, and the Hospital of Central Connecticut, New Britain, all whose care and compassion for Dot was greatly appreciated.

Funeral services in celebration of Dorothy's life was held from Bailey Funeral Home, Plainville, followed by a Mass of Christian Burial at Our Lady of Mercy Church. Committal services followed at St. Joseph Cemetery. Dorothy may be remembered with contributions to the Masonicare Home Health and Hospice, 111 Founders Plaza, East Hartford, CT 06108, the Southington Care Center, 45 Meriden Ave, Southington, CT 06489 or to the charity of the donor's choice. For online expressions of sympathy, please visit: www.bailey-funeralhome.com.

~ Darlene Rose (Lemanski) Cox ~



58, of Plainville, entered into eternal life on Wednesday, December 3, 2014 after a long battle with muscular dystrophy.

Born on June 13, 1956, she was the daughter of the late Stanley L. Lemanski, Sr. and Ada (McCray) Lemanski. Darlene attended New Britain schools, marrying her high school sweetheart, Philip, on February 10, 1973 and they settled in Plainville where they raised their family. Darlene was a Brownie and Girls Scout leader, cheerleading coach for Pop Warner Football, and rarely missed an opportunity to cheer on her children and grandchildren at their many sporting events. She had her own home day care for more than twenty years, and, due to her illness, retired earlier this year from AC Moore where she worked for fifteen years.

She leaves her loving and devoted husband, Philip Cox, Sr.; her children, Philip and his wife, Karen, Kenneth and his wife, Cheryl, and Angela Cox; her beloved grandchildren, Ty, Christopher, Kealan, Emilie, Delaney, Ramon, Rosalyn, and Rajon; and her puppy, "Bandit", who will continue to look out the window and wait by the door for Mommy. She also leaves her brothers, Stanley, Robert, and Richard, and several aunts, uncles, cousins, nieces and nephews, and great nieces and nephews. She was predeceased by her sister, Ada Bissoni.

Family and friends gathered in celebration of Darlene's life for words of remembrance at Bailey Funeral Home, 48 Broad St, Plainville. In lieu of flowers, Darlene may be remembered with contributions to the Plainville Community Food Pantry, PO Box 133, Plainville. For online expressions of sympathy, please visit: www.bailey-funeralhome.com.

~ Rose (Fabrizio) DeAngelo ~



81, of Plainville, wife of the late Louis DeAngelo, passed away on Thursday, January 1, 2015 at Bristol Hospital.

Born in Plainville on July 27, 1933, she was one of eleven children to the late Joseph and Angela (Ferretti) Fabrizio. A lifelong resident of Plainville, she was a member of Our Lady of Mercy Church, and former bookkeeper for her family's business, DeAngelo Trucking. Additionally, she was a certified gemologist, working for Service Merchandise prior to her retirement. Rose was an avid gardener, and could be found many days outside in her yard, perfecting her landscape. Rose will be forever remembered as the matriarch of her family and a dear friend, living a life of care and generosity towards all of them, and will be greatly missed.

She is survived by her sister, Jean Herko; her brother, John Fabrizio; and several nieces, nephews, and extended family. She was predeceased by her children, Gary DeAngelo and Linda DeAngelo Burbas; and her eight siblings.

A Mass of Christian Burial in celebration of Rose's life was held at Our Lady of Mercy Church, with committal services following at St. Joseph Cemetery. Bailey Funeral Home, 48 Broad St, Plainville assisted the family with arrangements. For online expressions of sympathy, please visit: www.bailey-funeralhome.com.



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OBITUARIES

~ Clint James DeSena ~



34, of Plainville, CT, beloved husband of Margaret DeSena, and father to infant daughter, Callie, passed away on Sunday, January 11, 2015 at Amberwoods of Farmington after a courageous battle with cancer.

Clint was born on March 15, 1980 in New Britain, CT to James and Carolyn (Watrous) DeSena. Clint grew up in Southington and graduated from Southington High School in 1998. He received a B.S. of Psychology from Fairfield University in 2002. He then went on to get his Masters of Education at Central CT State University. Clint was a dedicated and respected teacher in Bristol, teaching 3rd – 5th grades at Mountain View Elementary and Greene Hills School until he became ill in early 2014. Clint was an avid runner and participated in many charity races including American Cancer Society and the Cape Cod Ragner Relay in 2013. Clint was an enthusiastic and devoted husband and father as well as a brother, son, and teacher. He will be truly missed by all those who were fortunate enough to know him.

Clint is survived by his beloved wife Margaret; cherished infant daughter Callie; parents Jim and Carolyn of Plantsville; brother Chris of Bristol; many aunts, uncles, cousins, a niece and a nephew; and a community of friends and students.

Funeral services were held at the New Britain Memorial Donald S. Sagarino Funeral Home, 444 Farmington Ave., New Britain followed by his funeral liturgy in St. Aloysius Church, Plantsville. Interment followed in St. Thomas Cemetery, Southington. In lieu of flowers, donations may be made to: The Callie DeSena College Fund, c/o: People's United Bank, 812 Queen Street, Southington, CT 06489 For directions or online messages, please visit www.newbritainsagarino.com.

~ John J. (Gregorczyk) Gregory ~



86, of Bristol and formerly of Plainville, passed away on Tuesday, January 6, 2015 at CT Hospice

in Branford. Born and raised in New Britain, John was the son of the late Jan and Janine (Zamozna) Grzegorzczak. John was a graduate of New Britain High School Class of 1947. He proudly served his country as a member of the United States Army during the Korean War. John married the late Jean (Walsh) Gregory and together they spent over 50 years in Plainville, where they raised their family. John continued his education at CCSU with a Bachelor's Degree in education, he also earned his 6th year degree from the University of Hartford. He taught for 38 years at New Britain High School in Industrial Arts. While at NBHS, John shared his talent and passion for golf by coaching the NBHS golf team. In his younger days he played semi-pro football with the Hartford Blues. John was president of the Plainville United Cerebral Palsy Association. He belonged to the Northwestern Vet TGM Post, the New Britain Federation of Teacher's Retiree Club, and the Stanley Senior Men's Golf Club, where he could be found playing the course 6 days a week. In his leisure time, he was often in front of the television watching the History Channel, basketball, football or his beloved golf. John is survived by his daughters, Ellen Gregory of Bristol, with whom he shared a home, and Gail Turner and her husband, Don and their three children, Emily, Hillary and Erin, all of Milton, VT; his sister, Helen Kelly of Farmington, and many nieces, nephews, grandnieces and grandnephews. Besides his parents and his wife Jean, John was predeceased by his brothers, Stephen and Stanley Grzegorzczak and his sisters, Sophia Carucci, Jane Flis and Mary Alger. Relatives and friends may call at the Burritt Hill Funeral Home, 332 Burritt Street, New Britain followed by a Mass of Christian Burial at Sacred Heart Church. Burial with Military Honors followed in Sacred Heart Cemetery. In lieu of flowers, those who wish may make memorial donations to the United Cerebral Palsy of Greater Hartford, Attn: Camp Harkness winter address, c/o Ann Wellman, 10 Winding Brook Lane, Merrimack, NH 03054. To leave an online expression of sympathy for the family, please visit: www.duksa.net.

~ Alfred J. (Sonny) Mastrianni ~



87, of Plainville, passed away on January 11, 2015, surrounded by his family and friends.

He has been reunited with his wife and childhood sweetheart Alice Jorgensen, with whom he shared 62 years of love and companionship. Born in New Britain on August 5, 1927, Sonny was the eldest

of four children of the late Alfred R. and Louise V. (Salzillo) Mastrianni. He was a 1945 graduate of Plainville High School and lived in Plainville all his life.

He is survived by his faithful feline companion Chloe, sons Steve (Deb) Mastrianni of Unionville and Robert Mastrianni of Plainville, grandchildren Robert Mastrianni of Plainville, Tracy Sulman of Virginia Beach, Virginia, Steve Gerent-Mastrianni of New Britain, Jeff and Laura Mastrianni of Unionville, great grandson Robbie Mastrianni, Jr. of Summerville, South Carolina, sisters Catherine (Anthony) Badolato of Plainville and Mary Lou (Eddie) Reccord of Chattanooga, Tennessee, and his brother Michael (Honey) Mastrianni of Plainville, his Aunt Margaret Battista of Southington, and many nieces and nephews. He was predeceased by his daughter-in-law Patty Mastrianni.

Sonny was a veteran of World War II, serving in the Constabulary Division of the U.S. Army. He was stationed in Germany where he took part in the liberation of the infamous Dachau prison camp in Germany, and served in the Zone Constabulary Division there from 1946-1947. He received an honorary discharge in 1947, and later joined the U.S. Army reserves and was discharged in 1951. He was a member of the American Legion, VFW, and the Italian-American War Veterans, Bernadino-Badolato Post.

Sonny loved to fly. He was an avid pilot who was recruited by Stan Robertson to establish the airfield in Plainville that now bears Stan's name. He joined the Civil Air Patrol in 1953, establishing the headquarters of the Plainville Squadron at the airfield. He served as the commander of the Plainville Squadron for over 25 years, retiring with the rank of Major.

Sonny was vice president of the family business, the Job Plating Company located on East Street in Plainville, where he worked for over 40 years, retiring in 1995. An accomplished business leader, he served as a member of the Board of Directors of the Valley Water Company from 1998, retiring as Director Emeritus in 2014.

Sonny was a talented musician, and loved playing the guitar, banjo, and mandolin with his brother Mickey and sisters Catherine and Mary Lou. Their musical group, the Mastrianni Four, appeared on the Major Bowes talent show in New York City in 1939 where they won several awards, and performed alongside celebrities such as Sally Rand and Charles Laughton in support of the War Bond effort.

He was an avid sportsman who loved fishing and hunting with Dolly, his German Shorthair Pointer. Sonny was a member of the Plainville Fish and Game association, serving as its president for many years. He served as Chairman of the Plainville Conservation Commission from 1970 to 1995. He was as a conservation constable for many years and was a member of the Plainville Historical Society.

An NRA Master Firearms Instructor, he taught Hunter Safety and Firearms Safety in Plainville for over 30 years and was a Life Member of the NRA.

Bailey Funeral Home, 48 Broad St, Plainville, assisted the family with arrangements. A ceremony in celebration of his life was held at the conclusion of the visitation. Committal services will be held privately. In lieu of flowers, Alfred may be remembered with contributions to the Plainville Community Food Pantry, PO Box 233, Plainville, CT 06062, the Plainville Historical Society, 29 Pierce St, Plainville, or the Plainville Senior Center, 200 East Street, Plainville, CT 06062. For information or to leave words of condolence please visit: www.bailey-funeralhome.com.

~ Vincent Rosati ~

58, of Plainville, beloved husband and father passed away Sunday, January 4th, 2015 after a courageous battle with cancer. Born June 3rd, 1956 in Hartford, son of John and Maria (Quinto) Rosati of Farmington. Vincent was employed by Miss Porters School in Farmington for 25 years in the Grounds Department. Besides his parents, he leaves behind his dearly beloved wife, Dorian (Proietti) Rosati, his two beautiful children, Erik J. Rosati and Isabella M. Rosati both of Plainville and many aunts, uncles and cousins. He was predeceased by his endeared sister, Carmelina Rosati. Vince (Vinny) walked this earth with a good heart and compassionate spirit. He will be dearly missed by his friends and family. He was loved by all. Funeral procession was held from the Ahern Funeral Home, 111 Main St., Rt. 4, Unionville, followed by the Funeral Liturgy in the Church of St. Patrick, 110 Main St., Farmington. Burial will be in Riverside Cemetery, Farmington. In lieu of flowers, memorial contributions may be made to Connecticut Children's Foundation, Inc., 282 Washington St., Hartford, CT 06106 or to The Masonic Annual Appeal c/o The Masonic Charity Foundation of Connecticut, P.O. Box 70, Wallingford, CT 06492. To send online condolences to the family, please visit www.ahernfuneralhome.com.

~ Florence "Flo" (Caliendo) Olsen ~



of Southington, formerly of Plainville died Tuesday January 6, 2015 at Apple Rehab in Plainville. She was the widow of Roy P. Olsen.

Florence was born April 23, 1921 in Plainville, the daughter of the late Michael and Camilla (Damiano) Caliendo and lived in Plainville until moving to Southington in 1988. She worked in the principal's office at Plainville High School for thirteen years until her retirement in 1988. She was

president of the Woman's Club of Plainville from 1973 until 1975 and while president she served as chairperson for the dedication of the new Municipal Center in 1973. She was president of the Madeley-Roberts Auxiliary to the Plainville VFW Post 574 from 1968 until 1970. She also served as the treasurer of the Society of St. Anthony and was also a member of the Jensen's Activity Club and many other committees. Her biggest love and interests in her life was her family, friends, music, dancing and live theater. She attended many shows in New York and the surrounding areas and was a member of St. Matthew Church in Forestville.

The family would like to extend their gratitude and thanks to everyone at Apple Rehab in Plainville for the care and comfort they provided Florence since 2009. Florence was predeceased by her husband Roy in 1996 and her oldest son Paul in 2006. She leaves her son David of Plainville, daughter Margaret and husband Bruce of Plainville, sons Richard of Providence, RI and William of Sorrento, FL, a sister-in-law Trudy Abbott of Norwich, VT, six grandchildren, several great grandchildren and many nieces and nephews. Bailey Funeral Home 48 Broad Street in Plainville assisted the family with arrangements. A Mass of Christian Burial was celebrated at Saint Matthew Church in Forestville. Committal services followed in Saint Joseph Cemetery in Plainville. For additional information or to leave words of condolence please visit www.bailey-funeralhome.com.

~ Susan A. (D'Addese) Schwab ~



64, passed away peacefully, Sunday January 18, 2015 at the Walnut Ridge Memory Care Facility in Greensburg, PA.

Susan was born on February 27, 1950 in New Britain and graduated from Plainville High School in 1968. She was the daughter of Anthony and Frances D'Addese of Plainville. Susan attended Briarwood College in Southington and worked for the Hartford Insurance Company. She was currently a resident of Greensburg, PA

where she was a member of Saint Bruno Church and the church's rosary altar society. There, she also volunteered at Excelsa Westmoreland Hospital, Meals on Wheels and Parentwise. She was an avid tennis player, loved traveling and horseback riding and enjoyed watching her favorite teams the Patriots and the Steelers.

Along with her parents, she is survived by her husband of 39 years, Stewart A. Schwab, her beloved pet Mercedes, two sisters, Jackie D'Addese and Kathy Joslyn, her brother, Joseph D'Addese and his wife Yvonne, her aunt Mary D'Addese, her godmother and aunt Josephine D'Addese, several nieces and nephews and all who loved her.

Bailey Funeral Home 48 Broad Street in Plainville assisted the family with arrangements. A Mass of Christian Burial was celebrated at Our Lady of Mercy Church 94 Broad Street. Burial will be held privately. Memorial donations in Susan's name may be made to Saint Bruno Church 1715 Poplar Street Greensburg, Pa. 15601 or to Meals on Wheels 22 West Main Street Meriden, CT 06451. For additional information or to leave words of condolence please visit www.bailey-funeralhome.com.

~ Isabel (San Juan) St. Pierre ~



83, passed away on Wednesday, January 14, 2015, surrounded by her family. She is now reunited with her husband of 61 years, Roger Luc St. Pierre, who predeceased her last year.

Born in Bristol on November 19, 1931, she was a daughter of the late Simon and Josefa (Posadas) San Juan. Raised in Plainville, she married her high school sweetheart, Roger, shortly after graduation.

They settled in New Britain, and later Newington, where they raised their five children. A devoted mother and grandmother, Isabel's family was the center of her life and her grandchildren brought her the greatest amount of joy. She looked forward to her annual beach vacations with her family and frequent trips to Las Vegas with Roger. Isabel stayed true to her heritage, having a love for music and was a talented dancer. The matriarch of her family, she will be greatly missed, leaving them with many cherished memories.

She leaves her children, Michele and her husband, Robert Perry of VT, Sheree and her husband, Neil Covaleski of WI, Debra and her husband, Byron Treado of Plainville, Renee and her husband, Richard Smith of Rocky Hill, and Michael and his wife, Traci St. Pierre of Plainville; and her 13 adored grandchildren, Sarah, Christopher & Nikki, and Joshua & Caress Perry, Jason, Brendan, and Matthew Covaleski, Byron, Justin & Jennifer, and Katie Treado, Spencer Smith, Madeline, Luc and Caroline St. Pierre; and two great-grandchildren, Isabel Perry and Logan Treado. She was predeceased by her brother, Peter San Juan, and leaves her sister, Donna Royce Lumbra of WI and many nieces and nephews. Bailey Funeral Home, 48 Broad St, Plainville assisted the family with arrangements. Words of remembrance were shared and committal services followed at St. Joseph Cemetery. Isabel may be remembered with contributions to the Alzheimer's Association of Connecticut, 2075 Silas Deane Highway #100, Rocky Hill, CT 06067. For online expressions of sympathy, please visit www.bailey-funeralhome.com.

*When you were born,
you cried and the world rejoiced.
Live your life so that when you die,
the world cries and you rejoice!*

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SERMON SERIES BLURBS

The Goodness of God

The Bible says that God is a good God, but do we really believe that? Are we willing to place our full trust, every aspect of our lives in his hands, including the how and when of our healing?

2/1/15 – Paul's Thorn

In 2 Corinthians 12 Paul says that "a thorn was given [him] in the flesh". Some say that this thorn was a physical ailment that Paul was given to keep him humble and reliant upon God. But was Paul's thorn really a physical ailment? If God really wants us healthy would he send a disease upon Paul whom he had chosen to preach the Gospel to the Gentiles?

2/8/15– The Divine Exchange

The Bible says that Jesus' died upon the cross for our sins, but did you know that it also says that he died upon the cross to give us health, righteousness, life, blessings and abundance? Jesus death on the cross opens the door for us to all of the blessings that God gave to Abraham.

2/15/15 – What About Job?

The Book of Job is one of the most challenging books in the Bible. Why did Job get so sick? Why did he loose everything? Why did God allow satan to injure Job and his family?

2/22/15 – Barriers to Healing

Perhaps you've been praying for healing for years for yourself or for someone else but it seems your prayers have not been answered. Is there a reason? Is there something that could be blocking or delaying your healing?

3/1/15 - Forgiveness

Forgiveness is central in the life of every believer. Indeed Jesus tells us that unless we forgive others God will not forgive us. What role does forgiveness have in healing?

3/8/15 - The Role of Worship in Healing

Worship and healing would seem to be 2 unrelated topics but in reality worship releases the healing power of God. Why is worship be such a powerful factor in our healing?

3/15/15 - Deliverance

Are demons real and can they influence our lives? How much power do they have over the believer? Can a Christian be possessed? Can demons influence our health?

3/22/15 - The Pure Love of God

What does the pure love of God mean for our healing? Would a loving God delay our healing? Can experiencing the love of God heal us? Does God's love motivate him to heal us?

3/29/15 - The Name of Jesus

The Bible tells us that Jesus is the "Name above all names." Using the Name of Jesus in our prayers means that our prayers have the same power to heal and restore as Jesus' prayers.

4/5/15 – The Healing Power of the Resurrection

The Resurrection was proof to the world that Jesus was/is indeed who he claimed to be, the Son of the living God, God incarnate. The power of Jesus' Resurrection is available to each believer to appropriate for his or her healing.

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First meeting in March
Contact the
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Red Cross calls for blood donors as unique as the patients they help

FARMINGTON, Conn. — In honor of Black History Month this February, and in the spirit of Dr. Charles Drew, an African-American surgeon who was the first medical director of the American Red Cross and a modern blood-banking pioneer, eligible donors as diverse as the patients who need their blood donations are encouraged to give blood to ensure a sufficient blood supply.

Blood from a donor with a similar ethnic background as that of the patient is less likely to cause complications, particularly for those patients whose chronic conditions require repeated transfusions. Sickle cell disease is one such chronic condition affecting as many as 100,000 people in the United States.

Prior to transfusion, blood type and Rh factor are matched between donated blood and the patient in need. In some cases, additional red cell markers in donated blood must be matched, as well. These markers are best found in blood from donors of a similar ethnicity.

With seasonal flu and inclement winter weather preventing many regular donors from giving, the Red Cross urges healthy, eligible donors to make an appointment to donate blood in the coming days and weeks. All blood types are currently needed to help maintain a diverse and sufficient blood supply, especially types O negative, A negative and B negative.

To learn more about donating blood and to schedule an appointment, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities by county:

Hartford
Bristol-2/5/2015: 1 p.m. - 6 p.m., Gloria Dei Lutheran Church, 355 Camp Street

Farmington_2/4/2015: 12:30 p.m. - 5:30 p.m., American Red Cross Farmington Blood Donation Center, 209 Farmington Avenue

2/7/2015: 6:30 a.m. - 11:30 a.m., American Red Cross Farmington Blood Donation Center, 209 Farmington Avenue

New Britain-2/9/2015: 12 p.m. - 5:45 p.m., Central Connecticut State University Student Center, Ella Grasso Blvd

Plainville-2/7/2015: 9 a.m. - 2 p.m., United States Naval Reserve Ctr, 1 Linsley Drive

How to donate blood

Simply download the American Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

I'm not superstitious but the heart of the message is worth the read..

A friend of mine opened his wife's underwear drawer and picked up a silk paper - wrapped package:

This,he said, isn't any ordinary package.'

He unwrapped the box and stared at both the silk paper and the box.

' She got this the first time we went to New York , 8 or 9 years ago. She has never put it on, was saving it for a special occasion.

Well, I guess this is it.

He got near the bed and placed the gift box next to the other clothing he was taking to the funeral home, his wife had just died.

He turned to me and said:

1. Never save something for a special occasion.
2. Every day in your life is a special occasion'.
3. I still think those words changed my life.
4. Now I read more and clean less.
5. I sit on the porch without worrying about anything.
6. I spend more time with my family, and less at work.
7. I understand that life should be a source of experience to be lived up to, not survived through.
8. I no longer keep anything.
9. I use crystal glasses every day!
10. I'll wear new clothes to go to the supermarket, if I feel like it.
- 11.I don't save my special perfume for special occasions, I use it whenever I want to.
12. The words 'Someday' and 'One Day' are fading away from my dictionary.
13. If it's worth seeing, listening or doing, I want to see, listen or do it now.
- 14.I don't know what my friend's wife would have done if she knew she wouldn't be there the next morning, this nobody can tell.
15. I think she might have called her relatives and closest friends.
16. She might call old friends to make peace over past quarrels.
17. I'd like to think she would go out for Chinese, her favorite food.
18. It's these small things that I would regret not doing, if I knew my time had come.
19. Each day, each hour, each minute, is special.
20. ***Live for today, for tomorrow is promised to no one.***

If you are reading this, it's because someone cares for you and because, probably, there's someone you care about.

If you're too busy to send this out to other people and you say to yourself that you will send it one of these days', remember that 'One day' is far away, or might never come!

No matter if you're superstitious or not, spend some time reading it. It holds useful messages for the soul. Don't keep this message. This Mantra should leave your hands within 96 hours. Send copies and watch what goes on in the next four days.

Submitted by Dolly Chamberlin

KAJUKIDO, KARATE, JUJUTSU, AIKIDO

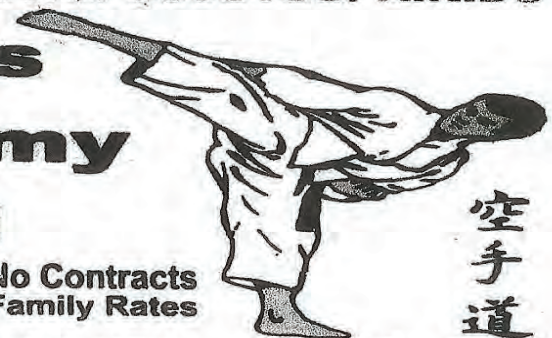
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Thank you, Kevin




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If you misplaced our paper or wrapped fish in it, now you can view the ENTIRE paper on your computer:
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Answers

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Keep your Pets Safe!!!

Pet Page
"By: Cathy, The Pet Spa at Twin City"
Older Pets Still Can Have the Moves

With the New Year, we all become aware of time passing, and, yes, that we're all getting a little older. We need to remember that our pets are also getting older and may need special care and or special products to keep them comfortable and mobile.

A common problem in aging dogs is the inability to walk easily on smooth flooring such as tile or hardwood. In this situation, your first thought should be the condition of the feet. If you have an older dog with rear end instability due to arthritis or hip dysplasia, long nails can make it harder to gain traction and maintain balance. In addition, if your dog grows hair under the feet, leaving it untrimmed is just like your trying to walk on a slippery surface in your socks.

If you are not comfortable trimming the nails and extra hair, many groomers will do this, often as a walk-in service. If your dog has properly trimmed nails and feet without extra hair but is still slipping, dog traction socks (much like hospital socks) and non-slip foot ointment are available.

For small dogs that can only walk for a short distance at a time, a pet stroller can increase their mobility by letting them rest while you continue your walk, and then having them walk again for a bit when they are rested.

Of course, treating the basic problem with high quality supplements is a great way to make your dog feel better. Most supplements for senior pets contain glucosamine and chondroitin as well as other ingredients aimed at joint health and mobility. There are many supplements available, and not all dogs react in just the same way to the same supplement, so some trial and error may be needed to find the right supplement for your pet. You should look for the nasc (national animal supplement council) seal on the label to be assured of quality.

That being said, we have seen many pets have wonderful success with both Joint Rescue® by Ark Naturals and with Nupro Joint and Immunity Support Dog Health Supplement™. In addition to chondroitin and glucosamine, Joint Rescue® contains anti-inflammatory herbs, while the Nupro product adds MSM and Ester-C. My personal experience with the Nupro product was changing an 80 pound dog who was frequently falling and unable to get up without help into a dog who could run and climb stairs without difficulty for the final two years of his life before he died in his sleep at age thirteen.

Let's not forget that comfortable bedding (orthopedic foam is often helpful) is a blessing to older pets. Biolight therapy, such as with the raymend™ pet groomer can also be very helpful, as can massage therapy and acupuncture.

With a little effort on your part, your pet can have a comfortable old age.

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To submit a picture and/or a story about the Pet in your home (Not your spouse)

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Call 860-747-4119

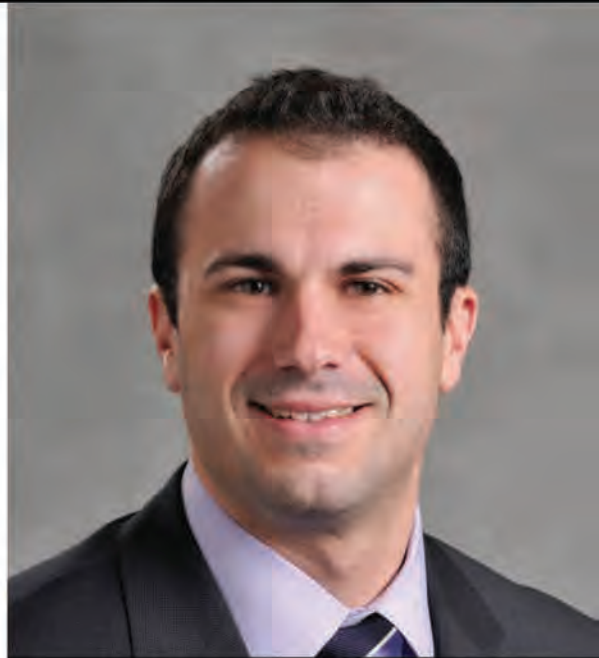
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Happy New Year!

2015 Goals

- 1.
- 2.
- 3.



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