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Toffolon School Celebrates

LYNN LOGOYKE DAY



The Louis Toffolon Elementary School community celebrated "Mrs. Logoyke Day" on June 8th in honor of Principal Lynn Logoyke, who will be retiring at the end of June. The Toffolon students participated in a parade and shared "retirement advice" with Mrs. Logoyke!

PLAINVILLE SCHOOL DISTRICT NAMES

CINDI GIANTONIO "TEACHER OF THE YEAR"



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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.

~ ADVERTISING ~

To place your advertisement contact us:
TEL: (860) 747-4119

SUBMISSIONS:

Postal Address

Plainville Community News, Inc.
 27 Sherman Street
 Plainville, CT 06062-0387

EMAIL: plainvillehometown@gmail.com

OUR WEBSITE: Complete Paper

www.plainvillehometownconnection.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.

~ ADVERTISING ~

Business Card Ads \$25.00

to place your Business Card ad, just e-mail it to us & we will send you an invoice OR.....for Display Ads and Rates Call: 860-747-4119
 Deb Hardy, Laurie Peterson
 Ray Cormier or Cassandra Clark

Deadline for submission is the 15th of every month. Call us for a quote on your special advertisements. Tabloid Size Paper (11 x 17).
 Printed 10 times a year.

Each issue is mailed FREE to every Plainville household & business. Circulation is 9,500.

NEXT ISSUE WILL BE

September

DEADLINE IS:

August 15th

**Happy
 4th of July**

Do you have a family member or friend in the Armed Service?

Did you know that they could receive the Hometown Connection FREE each month?

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 27 Sherman Street Plainville, CT 06062**

A Quick Note of Appreciation!!

**The men & women of the
 Plainville Fire Company
 would like to thank everyone
 that came out and supported
 us at the Spring/Summer
 Drive - Thru Pasta Dinner
 that was held on Saturday June 12th
 at Plainville Fire Headquarters.
 We hope to see you all back in the future,
 when we can resume the dinner
 inside hopefully!!!**

Regards,

Phil Brousseau,

Plainville Fire Company Secretary

Plainville

Property Tranfers

43 Hillside Ave: Lynn and Luis Gonzalez of Plainville to Todd G. Smith, \$202,000 on 5/13/2021

19 Mohawk Rd: Gary H. and Laura L. Perun of Plainville to Megan C. and Christopher W. Shepherd, \$355,000 on 5/12/2021

23 Washington St: Giuliani Mary A. Est and Beth Labella of Plainville to Tina M. and Todd P. Jenkins, \$262,500 on 5/10/2021

17 Adams Way: Michelle A. Olson of Plainville to Mark W. Verber and Denise M. Verber, \$350,000 on 5/24/2021

44 Bartlett St: Sobo Brothers Invs LLC of Plainville to Mara Thang, \$184,900 on 5/26/2021

48 Bradley St Unit 5: Beay Chamberland and Sarah Greenleaf of Plainville to Daniel Reyes, \$190,000 on 5/27/2021

7 Broad St: Christina A. Curtis of Plainville to Venumadhav Chaluvadi, \$328,900 on 5/25/2021

309 East St Unit 1: Suzanne Pipeling of Plainville to Peter R. Mosca, \$98,000 on 5/27/2021

39 Farmington Ave. Unit D1: Sarah M. Santoro of Plainville to Michelle R. Gara, \$158,000 on 5/24/2021

19 Hart Pl: Enele Ki of Plainville to Felix G. Olivieri, \$180,000 on 5/27/2021

117 Laurel Ct: Anna M. Mowrey of Plainville to Matthew J. Copeland and Helena E. Cadden, \$230,000 on 5/25/2021

30 Maxine Rd: Claudio A. Rios and Wen Sun of Plainville to Shelby Lamothe and Robert Marshall, \$236,000 on 5/25/2021

41 Metacomet Rd: Mark W. and Denise M. Verner of Plainville to Andrea Santos, \$327,000 on 5/25/2021

15 W. Pine Way Unit 1: Steven T. and Cynthia M. Miles of Plainville to Jeannette Varkal, \$350,000 on 5/24/2021

Webster St: Esther Turek of Plainville to Steven and Michele Wlodkowski, \$202,500 on 5/25/2021

**Dates to Remember in...
 JULY/AUGUST**

Independence Day.....Sun. 4th of July

Women's Equality Day...Thur. 26th of August

Always Remember.....

Your Anniversary & Spouse's Birthday!!

To share your special celebrations FREE, just email to:

plainvillehometown@ail.com or send to:

Plainville Hometown Connection

27 Sherman Street, Plainville, CT 06062

Take a peek...



Property Transfers..... 3

Town Manager's Report.....4 & 5

Plainville Chiropractic.....19

Schools in Review.....12 & 13

Cross Word Puzzle..... 8

Jake Sports Talk..... 24

Obits..... 20-21

Puzzle Answer.....24

Pet Page.....29

Life

With Wanda



Every time you do something, order something or pick up something there is someone there to tell you the price went up because of Covid.

I don't know about you but I've about had it with this line of B.S, to put it mildly. No one can make ends meet but I read help is offered for people with children or people that have to get a second job or perhaps the wife had to go to work.

What about senior citizens living on a limited budget or social security? This week was one of the stupidest things I've encountered. Thinking we might get away for a few days I received an ad on my email which advertised extremely low airfares of \$179 each so I thought, why not? I contacted my travel agent and I could get the price advertised if I joined some club or something for \$79 or the price would be \$200 per ticket. Well, that would add to the price of the two tickets by \$158 and that would be a yearly fee, even if I didn't fly again each year. I decided on the \$200 per person tickets. Then if I carried on any baggage it would be an additional \$24 each, each way. Now give me a break, those cheap tickets weren't so cheap after all but what really got me was a \$54 charge, per person each way, if we wanted a seat.

No, I said, sarcastically, "I'll just stand in the aisle all the way or hang onto the wing." The excuse was, it's because of covid. No, it's because of greed. We stayed home!

Enjoy your summer and as Dorothy said, "There's no place like home," Have a wonderful summer.

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

June 7th & June 21st



Town Council Meeting June 7, 2021

Revenue Collector's Suspense List

- Revenue Collector Ana LeGassey has submitted the Suspense List to the Town Council for those taxes she believes are considered "uncollectable". These taxes include motor vehicle, personal property, real estate, and those owed by deceased persons. The recommended suspense list totals \$193,589.24.
- Motor vehicle totals \$50,884.50, personal property totals \$68,783.46, real estate totals \$52,769.90 and taxes owed by deceased persons total \$21,151.38.
- Those that are put on the suspense list will be turned over to a collection agency for further attempts to collect the taxes owed. Some of those on the proposed suspense list have already been turned over to the Town Attorney. The deceased file will not be turned over for collection.
- There is an item under New Business regarding the proposed Suspense List.

FY 2021 Discussion – Transfers/ Additional Appropriations

- There is an item under New Business that would set a Public Hearing for FY21 Transfers and Additional Appropriations as required by the Town Charter for June 21, 2021 at 7:00 pm.
- The list of the proposed transfers and additional appropriations will be finalized next week and posted on the Town webpage.

Farmington Canal Heritage Trail/ Phase 1 – Public Information Virtual Meeting – June 22nd

- A Virtual Public Information Meeting on Phase 1 of the Farmington Canal Heritage Trail through Plainville will happen on Tuesday, June 22 at 7:00 pm. The meeting will start with a formal presentation of the proposed trail which will go from Norton Park to Town Line Road.
- A questions and answers session will immediately follow the presentations. Instructions on how to access the meeting and how to provide comments can be found on the Town webpage at www.plainvillect.com. The meeting will also be live streamed via Microsoft Teams Live Event and You Tube Live.
- Interested residents are encouraged to participate in this Virtual Public Information Meeting. Phase 1 is scheduled to be constructed in the summer of 2023. Funding for the construction of the trail will come from a state grant.

American Rescue Plan Act

- On June 2nd, the Office of Policy & Management notified Plainville regarding the American Rescue Plan Act of 2021. Plainville is considered a non-entitlement town and, as such, monies received will be a pass-thru from the State.
- The funding will be distributed in two tranches – 50% now and 50% next year. The first deposit will be made within 30 days of when the State receives payment from the US Department of Treasury.
- According to the information provided, Plainville will receive a total of \$5,189,197.56 from the Rescue Plan. Half of this amount (\$2,594,598.78) is expected to be received during the summer.
- There are specific uses where this money can be spent. While the Treasury has issued some preliminary guidelines, Town staff is not, yet prepared to make a recommendation to the Town Council on where these monies would be best allocated.
- For example, one of the areas where monies could be used is for "broadband infrastructure", however, the guidelines suggest that this can only be done in those areas that do not have broadband available (as Plainville does) or a community that is under served by broadband (which Plainville is not)
- It is anticipated that more specific details will be forthcoming over the next several months which will allow for Town staff to bring forth some recommendations on how best to utilize these funds while staying within the confines of the requirements.

Summer Meeting Schedule

- The Town Council has traditionally held only one meeting during the months of July, August, and September.
- Town staff is recommending that the Town Council consider holding their summer meetings on July 19th, August 16th, and September 12th. Please note that the September meeting would be held on the second Monday of the month.
- There is an item under New Business regarding this recommendation.

Girl Scout Troop 66006 – Bronze Award

- Troop 66006 from Plainville has recently been awarded been awarded the Girl Scout Bronze Award – the highest honor a Junior can achieve. This troop is led by Melissa Thorpe and Jennifer Cole and consists of eleven fifth grade students from both Toffolon and Wheeler Elementary Schools.
- Troop 66006 is here this evening to be recognized for their efforts in achieving the Girl Scout Bronze Award.

Anti-Racism Task Force – June 29th Event @ Norton Park

- The Speaker Series subcommittee of the Task Force is planning an exciting event on June 29 in Norton Park at 6:30 PM. This event will be the first in their series which they are tentatively calling "Plainville Talks". The program will feature a musical performance by the Queen Ann Nzinga's Daughters followed by a presentation/talk by Task Force member Dayna Snell.
- This program is being co-sponsored by the Plainville Anti-Racism Task Force, the Plainville Public Library, Plainville Youth Services and Plainville Recreation Department. The Task Force is requesting that both the Town Council and Board of Education become sponsors as well.
- The event will be held in the bandshell pavilion at Norton Park. It will be done in "summer concert-style" and attendees are encouraged to "bring your own chair and snacks". The Task Force is also looking into getting a food truck to make it a more festive atmosphere.
- All are welcome to attend the June 29th Anti-Racism Task Force initial "Plainville Talks" event at Norton Park beginning at 6:30 pm.

COVID-19 Update

- The latest information from the State Department of Health indicates that Plainville now has less than 5 cases per 100,000 population for COVID-19.
- Hartford HealthCare, in conjunction with the Plainville Southington Health District, will be conducting a walk-in vaccination clinic this Thursday (June 10) from 1:00 to 4:00 pm at the Recreation Department located at 50 Whiting Street. The free clinic will be for anyone 12 and over.
- Both the Pfizer and Johnson & Johnson vaccines will be available. Minors must have a parent/guardian present to sign consent at clinic. Participants 18 and older can choose between the Pfizer or J&J vaccine. Those who receive the Pfizer vaccine will automatically be scheduled for Dose 2 at the same appointment time and same location on Thursday, June 1st.
- The Norton Park pool is scheduled to open on Saturday, June 12th. On May 19th, the State Health Department updated their Pool Operation Guidelines. As a result, the Norton Park Pool will operate as follows this summer:
 - Pool would be open from noon to 7:00 pm each day with no time restriction. Season passes will be sold at \$25 per person (same as the previous couple of years) with no cap on the number to be sold.

Passes can be acquired online or in person at the Recreation & Parks Office. Daily passes available for \$5.

- For the month of June – 100 persons will be allowed into the facility at one time. If there are no COVID-19 cases linked to the pool in June, the pool will open to maximum capacity starting July 1st. Non-residents will be limited to two per household until July 1st.
- More information about the Elizabeth Berner Pool operation, including swim lesson information, can be found on the Town website at www.plainvillect.com
- Visitors to the Municipal Center and other Town buildings are not required to wear face masks if they have been fully vaccinated.

Planning Grant for CT Municipalities

- The CT Department of Housing just announced that they are inviting grant applications from small municipalities seeking to prepare and adopt an Affordable Housing Plan under the provisions of 8-30 of the CT General Statutes.
- The grant opportunity is intended to enable eligible municipalities to undertake a proactive planning process and lay out a strategy for meeting the housing needs of existing and future residents and workers.
- The grants are for \$15K. It is expected in the not-too-distant future that the State legislature will require Towns to have an Affordable Housing Plan, and this is an opportunity to have it done at no cost to Plainville.
- To apply for the grant – a resolution must be approved by the Town Council. There is an item (added) to New Business which would authorize the Town Manager to apply for the state grant to assist in the development of an Affordable Housing Plan for Plainville.

TOWN OF PLAINVILLE MUNICIPAL OFFICES CLOSED

Municipal Offices will be closed Monday, July 5, in observance of Independence Day. Please note, the Public Library will also be closed Saturday, July 3. There will be no change in the trash and recycling collection for the week.

Plainville Library

Summer Hours

July & August

Monday - Thursday

9 a.m. to 8 p.m.

Friday

9 a.m. to 4 p.m.

Closed Saturdays

July thru Labor Day

UNABLE TO ATTEND TOWN COUNCIL MEETINGS? If you have an issue you would like to discuss with the Council or a Councilor? CALL: 860-793-0221 ext. 205 Leave your name and phone number and ask for a Councilor to contact you.

**Town Manager
Robert E. Lee's
Report Town Council
Meeting June 21, 2021**

**Engineering Excellence
Award – Water Pollution
Control Phosphorus Removal
Upgrade Project**

- A week ago, Monday the American Council of Consulting Engineers (ACEC/CT) presented an “Engineering Excellence Award” to Tighe & Bond for their design of the phosphorus removal system at the Plainville Water Pollution Control Facility.
- In presenting the award, ACEC/CT pointed out that Tighe & Bond designed an effective approach to phosphorus removal, that they exceeded Plainville’s needs by assisting in securing grants for the construction, and completed the project on-time and under budget.
- The design also meets all state and federal environmental regulation and ensures the protection of the Pequabuck River and Long Island Sound.
- Town staff congratulates Tighe & Bond for achieving the ACEC/CT Engineering Excellence Award and for assisting the Town of Plainville in the successful completion of the Phosphorus Removal Project.

Tax Auction Discussion

- Town staff and Town Attorney are recommending 32 delinquent real estate accounts be submitted for tax auction. A copy of the proposed list was included in the meeting information package.
- A Tax Sale Policy was adopted by the Town Council on September 16, 2013. The policy states that no account will proceed to a tax auction without approval by the Town Council.
- There is an item under New Business regarding this recommendation.

GoNetspeed – High Speed Fiber Internet Provider

- Town staff recently met with representatives from GoNetspeed. GoNetspeed is a high-speed fiber-to-the home internet provider. They reviewed their plans to expand their network into Plainville beginning in early August.
- GoNetspeed plans to offer Plainville residents and business a starting bandwidth of 150 Mbps for a flat rate of \$50 per month which will allow for streaming, downloading, surfing and gaming needs. Faster bandwidths will also be available. Their selling point is that customers will have direct access to 100% fiber connectivity, without bandwidth caps or throttling, extra fees or taxes, and with no contract required.
- They are expected to begin in the southern end of Plainville and work their way north. The GoNetspeed service will be available to residents shortly after the fiber is installed on their street. They expect to complete the installation by the end of Fall.

- More information regarding GoNetspeed can be found on their web page at www.gonetspeed.com
- **Farmington Canal Heritage Trail Public Information Session (Virtual Meeting) – June 22nd**
- The Farmington Canal Heritage Trail Virtual Public Information Meeting conducted by the State Department of Transportation will be held tomorrow evening (June 22nd) beginning at 7:00 pm. Interested persons can join the virtual public information meeting via MS Teams Live Event or through the YouTube project channel. The link to view via each of these platforms can be found at: <https://portal.ct.gov/ DOTPlainville109-173>
- Persons can also provide comments via email. The project email address is DOTProject109-173@ct.gov. Voicemail comments can also be made by calling 860-944-1111. The public comment period is open through Wednesday, July 7, 2021.
- Finally, persons with limited internet access will be able to call to listen into the presentation toll free by calling 888-949-2798 and entering participant code 1591603.

Library Board of Trustees Recommendation Regarding Renaming the Youth Service Room

- At the Library Board of Trustees meeting held on June 8th, they unanimously voted to name the Youth Services Room in memory of Elizabeth “Betty” Boukus.
- They also suggested that the dedication ceremony should be held after the summer months to be held on Friday, September 17th beginning at 5:00 pm.
- There is an item under New Business regarding this recommendation to name the Youth Services Room at the Plainville Public Library in memory of Elizabeth “Betty” Boukus.

COVID-19 Update

- As of last Thursday, all but one municipality in the State are now below 5 cases per 100,000 persons testing positive for COVID-19. The Town of Bolton is the only Town above the 5 per 100K at 7.3 per 100K putting them in the yellow category.
- The overall positivity rate for the State now stands at 0.30%.

Financial Dashboard

- The Dashboard for the first 11 months of the fiscal year was included in the meeting information package and was posted on the Town website.

HAPPENINGS

By: Matthew Daskal
Assistant Town Manager

Reported for the Town Council Meeting June 21, 2021

- **Dog Licensing**
The Town Clerk's Office is occurring in the month of June. Dog license renewals were sent the last week of May. Residents can renew their pet's license online via the Town's website, by mail, or in person. If anyone has any questions, they can contact the Town Clerk at 860-793-0221 x 7151

Plainville Unites:

Plainville community members and neighbors are invited to attend the kickoff program of a speaker series entitled “Plainville Unites: A Celebration & Conversation About Diversity and Inclusion Here at Home” held on Tuesday, June 29th from 6:30-8 pm at the bandshell in Norton Park. Guests were encouraged to bring their own chair and snacks to enjoy. The event was free; no advance registration or tickets are required. Rain date was Wednesday, June 30th from 6:30-8 pm in the same location. This program is organized by the Plainville Anti-Racism Task Force and sponsored by Plainville Youth Services, Plainville Public Library, Plainville Recreation, and the Wheeler Regional YMCA.

Tax Billing

Tax billing occurred at the end of June for July 1, 2021 due taxes. Information is available on the Town website: www.plainvillect.com.

Senior Center

The United Way of West Central CT will be honoring the Plainville Senior Center at the 19th Annual Community Builders Reception. The Senior Center is being honored as a “Change Maker” in our community particularly for their steadfast devotion to helping our seniors through the pandemic.

For information on Senior Center programming call the Plainville Senior Center at 860-747-5728.

VETERANS’ SOCIAL HOUR IN PERSON

Held: TUESDAY, JUNE 22

These monthly information and support meetings are conducted by Sherri Vogt, Veteran’s Liaison for Hartford HealthCare at Home. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at 860-747-5728 to register or register online at: www.schedulesplus.com/plainville.

UNITED WAY CELEBRATIONS: Held JUNE 29, 2 P.M.

IN PERSON AT THE SENIOR CENTER OR CALL FOR LINK TO WATCH AT HOME

Come celebrate with us! United Way of West Central Connecticut is awarding the Plainville Senior Center their “Change Maker Award” as part of their 19th Annual Community Builders Reception for our ability to create, implement positive change, transform community conditions and improve program outcomes. We will be showing the virtual awards ceremony at the Senior Center followed by live entertainment and a special surprise. Come watch the ceremony with us here or contact the Senior Center for the link to view the program at home.

ZEN DOODLE ART Held WEDNESDAY, JUNE 23

COST: FREE! (ZOOM FROM HOME OR AT THE SENIOR CENTER)

Learn the art of Zen doodling! Transform empty spaces into intricate patterns and designs. We will be working on a zebra picture during class and each kit will include supplies and inspiration for many more Zen doodling masterpieces! Call the Senior Center to register or register on-line at www.schedulesplus.com/plainville

**BOOK BUDS IN PERSON
LOST ROSES
BY MARTHA HALL KELLY
Held on JUNE 25th**

The pandemic halted our book club in 2020, but not our enthusiasm for good reads! On our list was this fabulous story based on an American woman who aids the women and children fleeing from the revolution in Russia. The book is available at the library.

**SKIN CANCER SCREENING
Held on MONDAY, JUNE 28th**

Georgia Sterpka, Senior Center APRN, will conduct a free skin cancer screening. If you're concerned about a spot on your skin. Call the Senior Center to make an appointment to get it checked out.

ALL ABOUT ADVANCE DIRECTIVES- WHAT THEY ARE AND WHY YOU NEED THEM

A Presentation by Greater Hartford Legal Aid (in-person or Zoom)

Held on TUESDAY, JUNE 29th

Did you ever wonder what a living will or a power of attorney entails? Whether you should have one? Join Shirley Ripstein, an attorney from Greater Hartford Legal Aid who will be discussing Advance Directives to explain living wills and the various other advance directives available to ensure that your wishes are followed upon illness, incapacity or death. Call the Senior Center to register.

**For Voting Information
or Questions Contact:**

**Susan Abrams
Democrat**

Registrar of Voters

860-793-0221 Ext. 7161

**Beth Gasparini
Republican**

Registrar of Voters

860-793-0221 Ext. 7162

**TOWN OF
PLAINVILLE
MUNICIPAL
OFFICES
CLOSED**

Municipal Offices will be closed Monday, July 5, in observance of Independence Day. Please note, the Public Library will also be closed Saturday, July 3.

Please Note

**Trash and recycling
collections will be
delayed one day**

Plainville Masonic Lodge Held It's 13th Annual Flag Day Ceremony

*American Legion of Bristol and NAVSUBSCOL
of New London to participate*

Frederick Franklin Lodge No. 14 A.F.A.M., a member of the Grand Lodge of Connecticut, held its 13th annual Flag Day ceremony at 5:30 PM on June 14th, 2021. This is actually our 14th year, but the ceremony was canceled in 2020 due to Covid-19 restrictions in place at the time. The event took place on the front lawn of the Lodge and the American Legion of Bristol provided a rifle squad. In addition, a contingent of Silver Dolphins from NAVSUBSCOL, the Naval Submarine School in New London, was scheduled to participate. However, due to Covid-19 restrictions, the Navy Department has canceled all public interactions until further notice. Frederick Franklin #14 is one of the oldest Lodges in Connecticut, having been chartered in 1787, and many of our members are veterans from various branches of the United States Armed Forces. A strong sense of patriotism being an integral part of the tenets of our institution, we are proud to exemplify our love of, and commitment to, flag and country on a day set aside for that very purpose.

Free masonry is the oldest and largest fraternal organization in the world. While the officially recognized date of its inception by the Grand Lodge of England is 1717, there exists records of Lodge meetings going back to the late 14th century. Masonic legend carries it even further into the past.

Although not a religious organization, membership requires - as its basis - a firm belief in a Supreme Being, high moral character, and adherence to those values exemplifying a Mason. Discussions of politics or religion are expressly forbidden in a tiled Lodge.

For further information, please contact our Lodge Secretary, Chet Russell, at secretary14@gmail.com or by phone at 860-221-5241.

B-I-N-G-O IS BACK!!

Monday & Tuesday Nights

6:30 pm.

Doors open at 5:00 pm.

We are limited to 100 people.

First-come, First-serve!

VFW Post 574

Northwest Drive

Shaunna Monts, MBA, SPHR, SHRM-SCP, Named Wheeler Chief Human Resources Officer



Shaunna Monts, MBA, SPHR, SHRM-SCP, was named Chief Human Resources Officer for Wheeler.

She succeeds Patricia Speicher Werbner, MPA, who retired on June 30 after a decade of transforming Wheeler's HR department and functions. Under Speicher Werbner's

leadership, Wheeler expanded its workforce in new areas like primary care, implemented countless system and process improvements, and earned placement as a Hartford Courant Top Workplace for seven years.

"Shaunna's work in community-based non-profit settings, combined with her strategic experience and contributions at the highest levels, make her an excellent choice for this role," said Sabrina Trocchi, PhD, MPA, president and chief executive officer, Wheeler. "Our leadership team looks forward to working with Shaunna and her team to continue to nurture an environment that fosters employee growth and innovation; diversity, equity, and inclusion; and so much more.

"Shaunna is focused on the future and implementing the most advanced HR tools and technologies, but will apply her experience—and most recently, the learnings from the past year during the pandemic—to engage, serve, and manage the needs of our talented workforce of nearly 1,000 people across Connecticut."

Ms. Monts started her career with an eye toward becoming a nurse but realized early that she appreciated the complex interpersonal and strategic challenges that human resources provided. She has more than 20 years of experience centered on community-based organizations and health care.

Ms. Monts obtained her Master of Business Administration from the University of Hartford Barney School of Business. She holds a Master of Science in Healthcare Administration from the University of New Haven, and a BS in Human Development and Family Resources from the University of Connecticut. She resides with her family in East Hartford, Connecticut.

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Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families, and communities with accessible, innovative care that encourages health, recovery, and growth at all stages of life. Wheeler's integrated approach to primary and behavioral health, education, and recovery creates measurable results, positive outcomes, and hopeful tomorrows for more than 50,000 individuals across Connecticut each year. Learn more: www.wheelerhealth.org.

The Ants Go Munching: Signs of Carpenter Ant Damage

By: Natasha Wright,

Board Certified Entomologist,

Technical Director, Braman Termite &

Pest Elimination

It's summer, which is prime ant season. And while ants at your picnic can be annoying, ants in your home or business are much worse, especially if they are carpenter ants. When the ants go munching, you can end up with thousands of dollars' worth of damage, which is typically not covered by insurance.

Carpenter ants live in colonies of 5,000 or more, so to protect your property, it's important to know the signs of a possible infestation, and then take quick action.

Signs You Have an Infestation

Carpenter ants don't actually eat wood; they excavate it to create their nests, which can cause a lot of structural damage to a home or building. You may actually be able to hear this species at work as a faint rustling sound behind your walls, especially at night when they are most active.

Other signs include:

- Spotting large ants, about 1/8 to 1/2 of an inch long. Reproductive males and queens may even be as large as 3/4 of an inch. They are typically black, although some are brownish or red. Some of them may have wings.
- Finding small piles of sawdust that reappear after you clean them.
- Hearing a hollow sound when you tap on wooden beams and frames around windows and doors.

Getting Rid of Carpenter Ants

Carpenter ants are very common in New England. In fact, most of the calls Braman Termite and Pest Elimination receives for big, black ants are indeed carpenter ants. They can be particularly hard to get rid of since their nests are often more difficult to locate. They hollow out nests in both dry and moist wood, though they prefer the latter, especially if it has damage due to water, mold or fungus.

Usually, the only way to completely remediate an infestation is to call a qualified pest professional who can identify the species and develop a treatment plan.

Based on the location of the nest, access points and other considerations, treatment plans may include inside and outside applications of insecticide dust or aerosol. If you believe you have an infestation of carpenter ants or have any other kind of pest problem, visit bramanpest.com or call 1-800-338-6757.

Caption: Three carpenter ants ready to burrow into wood.



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“Walk With Me” Services available in Hartford and Plainville

Walk With Me, a specialized outpatient treatment track for LGBTQ+ identifying young people ages 10-25, has launched, offering therapeutic, medical, and peer support to address patients’ unique and specific needs.

The service track was funded through an anonymous \$100,000 gift to Wheeler in March, and is available at Wheeler’s community health centers in Plainville and Hartford.

Walk With Me utilizes individual, family, and group outpatient therapy, as well as psychiatry, medical services, and peer support, along with educational components, to meet transgender and gender nonbinary youth and young adults where they are—and support them on their journey toward living healthy, authentic lives.

Related LGBTQ+-responsive services are available at all of Wheeler’s five community health centers, and include comprehensive sexual health screenings, PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) prescriptions available through on-site Genoa pharmacies, HIV treatment, gender-affirming hormone therapy, and more.

“The LGBTQ+ community deserves respect, support, and access to health care that is responsive to their needs,” says Sabrina Trocchi, PhD, MPA, president and chief executive officer

Plainville Community Pharmacy

The COVID-19 vaccines are available at the pharmacy. They will be administering vaccines Monday through Friday 10 a.m. to 6 p.m. and Saturdays 10 a.m. to 1 p.m. Sign up via healthmartcovidvaccine.com (select Plainville Community Pharmacy) Also, *Plainville Community Pharmacy is accepting walk-ins and will help you register. The pharmacy is located at 170 East Street.*

of Wheeler. “Because of the visionary support of our donor, we were able to create Walk With Me, and provide a safe space for all our patients with gender-affirming and trauma-informed approaches.”

To learn more about Walk With Me and Wheeler’s continuum of supportive services for the LGBTQ+ community, visit :

WheelerHealth.org/WalkWithMe

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Wheeler’s Family Health & Wellness Centers are funded in part by the Health Resources and Services Administration (HRSA), an operating division of the U.S. Department of Health and Human Services.

Wheeler is a Health Center Program grantee under 42 U.S.C. 254b and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n). Medicaid, Medicare, and commercial health insurance welcome. No patient will be denied health care services due to an individual’s inability to pay for services.

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families, and communities with accessible, innovative care that encourages health, recovery, and growth at all stages of life. Our integrated approach to primary and behavioral health, education, and recovery creates measurable results, positive outcomes, and hopeful tomorrows for more than 50,000 individuals across Connecticut each year.

Learn more:

www.WheelerHealth.org

To Your Health

Hello Summer!

By: Linda Coveney

Each seasonal harvest provides just what we need to be nurtured, protected, energized and healthy.

- The fall harvest provides bounties of high fat, high protein, warming foods to get us through the cold winter months.
- Spring provides low fat leafy green vegetables, spouts, and berries that are rich in vitamins, minerals and chlorophyll. Bitter foods, abundant in spring, help us to detox and unclog any sluggishness in the blood and lymphatic systems.
- In the summer, we benefit from bright, bold, high carbohydrate, high energy, antioxidant rich cooling fruits and vegetables. These beautiful foods help us to maintain balance when the weather is hot, we are more active, and we experience longer days and shorter nights.

Here are some examples of great cooling energy foods that you can enjoy this summer:

- Cucumbers, Peas, Green Beans, Sweet Peppers, Zucchini
- Blackberry/Blueberries, Cherries, Watermelon, Peaches, Strawberries, Apples

Farmer’s Markets offer opportunities to support our local growers. Summer is a good time to stop by and experiment with a vegetable or fruit that you have not tried yet.

Stay Hydrated.

Dehydration is a typical summer illness. Hot and humid weather leads to dehydration in the body. Dehydration occurs when there is a mismatch and the amount of water leaving the body is higher than the amount being taken in.

High water content foods can keep hydration levels up and provide a variety of nutrients. Some foods that contain high levels of water include: Cucumbers (try adding cucumbers to

water), Iceberg and Romaine lettuce, Celery, Zucchini, Strawberries and Watermelon.

Here’s a recipe to quench your thirst and replenish electrolytes in the summer. It’s delicious as well.

Switchel Recipe

1. Blend 12 oz. strawberries or watermelon, 4 cups of water, ¼ cup honey, ¼ cup apple cider vinegar (with the mother).
2. Macerate 2 tablespoons fresh cut peeled ginger and 1 cup basil with 2 cups of water.
3. Combine 1 and 2, add ice and enjoy.

Switchel originated in the Caribbean and became a popular summer drink in the American Colonies in the late 17th century. By the 19th century, it was a traditional drink to serve to thirsty farmers at hay harvest time. Hence, the nickname haymakers punch. Switchel not only quenched the thirst of those farmers in the hay fields but it also replenished their electrolytes needed to keep them going in those hot, humid summer days. Reference: Cornell University

Make your Summer Bright and Bold

Now that your plate is bright and bold, it’s time to add some adventure to your life. What better time than summer when there are more opportunities to get out into nature, swim, row or sail a boat and explore new locations. Make this your year to try something new to energize your senses and enjoy your life. Increasing new experiences and excitement in your life can decrease your dependence on artificial stimulants like caffeine and sugar, leading to more vibrant health.

Nature has done the heavy lifting for us, providing us the sunshine, the foods and a digestive system that craves good food. It is up to us to make the right choices. Remember to eat a rainbow of fruits and vegetables each day.

Stay Healthy and Enjoy Summer!

Linda Coveney
She can be reached at:
lindacoveney@comcast.net



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P-l-a-i-n-v-i-l-l-e

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

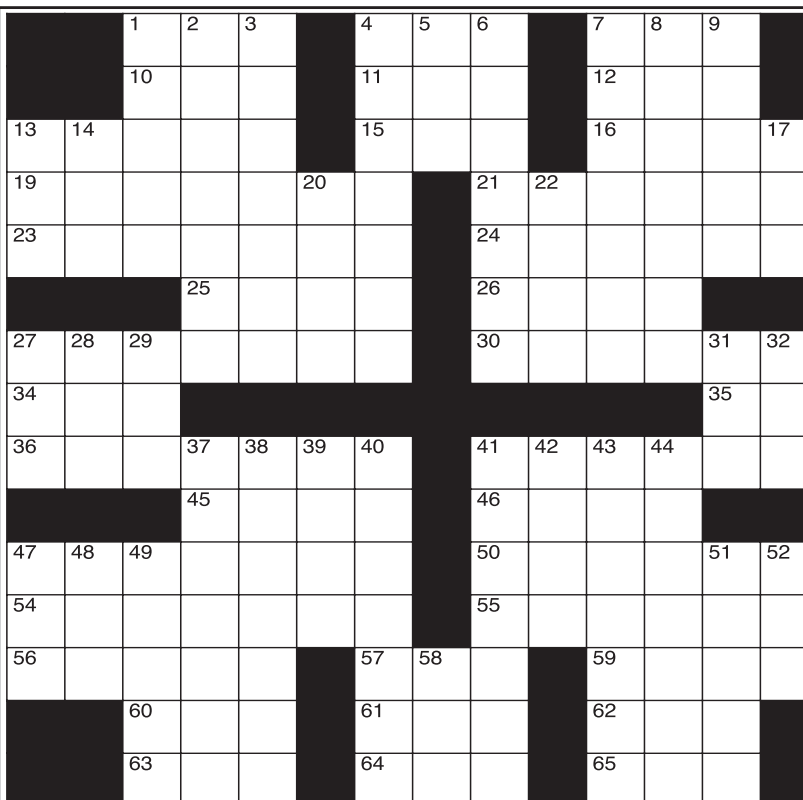
(Janice raves) I learned more than a few things during quarantine. The sheer joy of safety at home and the stark reality that you just gotta love your bathroom. I know a guy. He came and removed the cold, slippery tile floor and the gusty grout, and replaced it with gorgeous practical easy step linoleum. Myke Roy; a true artisan, reliable and trustworthy. I love my updated bathroom and who doesn't love a smiling handyman who cleans up when he's done?

(Mary faves) One of my favorite articles in the Hometown Connection are written by Sally Miller. You bring out so many of the good memories of my childhood. Thank you and keep them coming!!.

(Stan raves) Lolas Bistro & Grill is a restaurant to rave about, the food is better than home cooking. Bring your appetite, the servings are more than you can eat, (everyone needs a doggie bag). Oh, yes I forgot it is a B.Y.O.B. Grill. I think it is the only restaurant in town that offers that. Try it you will like it!! It is on Woodford Ave.

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

Crossword



- CLUES ACROSS**
- 1. SR. ENLISTED ARMY MEMBER
 - 4. PAYROLL FIRM
 - 7. MONETARY UNIT OF MACAO
 - 10. COOKING VESSEL
 - 11. COW SOUND
 - 12. HAIRPIECE
 - 13. SPOON-SHAPED SURGICAL INSTRUMENT
 - 15. MOTHER
 - 16. REMOVE FROM RECORD
 - 19. FOOLISH
 - 21. MAILMAN
 - 23. UNIT OF DATA SIZE
 - 24. STIRRED
 - 25. DECEPTIVE MOVEMENT
 - 26. WE ALL HAVE ONE
 - 27. DIRECT FROM PASTURE BEEF ANIMAL
 - 30. A PERSON'S OWN SELF
 - 34. HELPS LITTLE FIRMS
 - 35. DEEP, RED-BROWN SEA BREAM
 - 36. TUMBLER
 - 41. A SHORT SECTION OF A MUSICAL COMPOSITION
 - 45. YOUNG WOMAN (FRENCH)
 - 46. WINGS
 - 47. WINE BOTTLES
 - 50. THIN LAYERS OF ROCK
- CLUES DOWN**
- 1. SMALL STEM BEARING LEAVES
 - 2. FEMALE BACCHANALIANS
 - 3. MEDITERRANEAN CITY
 - 4. MEASURES ELECTRIC CURRENT
 - 5. ARRIVED EXTINCT
 - 6. EDIBLE BUTTERFISH
 - 7. CAUSING WONDER OR ASTONISHMENT
 - 8. BEHAVIORS SHOWING HIGH MORAL STANDARDS
 - 9. ANCIENT IRISH ALPHABETS
 - 13. FOOTBALLER NEWTON
 - 14. UTILIZE
 - 17. SUM OF ABSOLUTE ERRORS
 - 18. OPPOSITE OF THE BEGINNING
 - 20. SHOE COMPANY
 - 22. ALGERIAN PORT CITY
 - 27. GIRLS ORGANIZATION (ABBR.)
 - 28. TYPE OF CELL (ABBR.)
 - 29. SWISS RIVER
 - 31. WHEN YOU HOPE TO THERE
 - 32. FALL BEHIND
 - 33. EXPRESSES DISTASTE PROVAL
 - 37. VOLUME CONTAINING ERAL NOVELS
 - 38. LESS SHARP
 - 39. FOOD FOR THE POOL
 - 40. HAVING MADE A VAL
 - 41. ROYAL ESTATES
 - 42. RELATING TO WINGS
 - 43. JAPANESE THREE-STYLUTE
 - 44. TAKING SOMETHING THROUGH FORCE
 - 47. ANGRY
 - 48. BEFORE THE PRESEN
 - 49. SHOWY ORNAMENT
 - 51. NORWAY
 - 52. COMEDIENNE GASTE
 - 53. CONSUME
 - 58. FOUNDER OF BABISI

Answer on page 24

THE Central Connecticut Tea Party
Southington, Cheshire, Plainville
Bristol and Meriden
Pd. for by: The members of the Tea Party

"HAPPY & HEALTHY BIRTHDAY TO ALL!!"

JULY

- 2ND PAT LOSTOCCO
- 4TH ANGELO CIANCHETTI
BRIAN ROCHETTE
- 7TH MARK DEVOE
MARILYN SHORETTE
- 8TH MICHAEL CIANCHETTI
- 14TH JASON MILLER
MARTY BROW
MAC HAYES, JR.
- 19TH SARA KLAPPRODT
PAM CHAMBERLIN
- 20TH KATHRYN EGRI
- 21ST CAITLIN LOSTOCCO
- 27TH DEAN BRAYNE
DEWEY MAIN

AUGUST

- 5TH VINNY PUGLIESE
AVERY MONROE MADIGAN
- 6TH PETER GLADIS
- 13TH ROBERT GAUVIN
- 16TH STEVE NELSON
- 22ND ROBERT HINKSON
- 24TH ROBYN POULOS
- 27TH SUE GLOWIAK
JOEL BROW
- 28TH STAN GLOWIAK
CHARLES "ZEKE" BERGENTY
- 29TH KELLY DEROSIER

"A Happy Anniversary"
David & Veronica Brown celebrated their 21st Wedding Anniversary on June 17th with love from your Son Jake Brown

Belated & Very Sincere Happy Birthday To Fran Corey on June 20th & Her Great-Grand-daughter Lila on June 18th

Happy Birthday to Rachael Lintini on June 18th
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Ray Cormier

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“Ask Sheila”



STATE REPRESENTATIVE
William A. Petit Jr.
22ND GENERAL ASSEMBLY DISTRICT
Plainville, New Britain

Possible Tax relief for seniors decreased from age 70 to 65

Permissive bill, not a required change Plus amendment LCO 9371 to create a task force to study seniors and fraud Localities must approve (if Senate passes with us)

Starting October 1, 2021, this bill expands eligibility for the local option Elderly Tax Freeze Program by decreasing the program's minimum age requirement from 70 to 65 years. However, the bill allows a municipality, by a vote of its legislative body, to set the program's minimum age requirement at older than 65 years.

A municipality that voted to limit program eligibility to individuals ages 70 and older before this date is not required to take another vote unless it is seeking to lower the program's minimum age requirement.

Under the program, towns may freeze the property taxes on a home whose owner-occupant or his or her spouse meets the minimum age requirement and has been a state resident for at least one year. The freeze continues for a surviving spouse who is at least age 62 when the homeowner dies.

Homeowners must also meet the state's Circuit Breaker Program income limits (currently, \$45,800 for a married couple and \$37,600 for an individual)

Towns may also impose asset limits for eligibility and place a lien on the property.

Supports Measure to Increase Community Violence Prevention

Ranking Member of the Public Health Committee, I supported a committee bill to increase community violence prevention services while providing training and certification for individuals seeking certification in this field.

The bill, HB-5677, An Act Concerning the Availability of Community Violence Prevention Services, would require commissioners from the Department of Social Services (DSS) and Department of Public Health (DPH) by July 1, 2022 to amend coverage for these prevention services for beneficiaries who have received medical treatment for an injury that was a result of an act of community violence and been referred by a licensed health care or social services provider to receive such services. In addition, the bill would also create educational requirements for anyone who seeks qualification and certification in this area., this is an important bill because these prevention services provided by a qualified professional will now be covered under the Medicaid program, and will provide for training and reduced trauma recidivism and helped patients to receive necessary medical and social services," "There is good evidence that the rates of arrest, conviction and overall criminal activity have also decreased where these positions have been created. The bill received unanimous support when brought before the Public Health Committee and again when voted on by the House of Representatives on Tuesday night. It will now move onto the Senate for further action.

The bill, SB-1201, An Act Concerning Responsible and Equitable Regulation of Adult-Use Cannabis, beyond attempting to try and regulate the sale of marijuana would also create a Social Equity Council to govern who can apply for licenses. This board would provide expedited or priority license processing for those who qualify as social equity applicants while also establishing a minimum criterion for establishments who are not owned by a social equity applicant to comply with an approved workforce development plan. Republicans offered five amendments to improve the bill, unfortunately all failed to garner enough bipartisan support. The marijuana bill was expected to be debated during the final night of the 2021 legislative session but was ultimately scrapped when Republicans uncovered a provision in the bill to provide preferential treatment for Theraplant, an LLC with ties to various Democrat lawmakers to obtain a cultivation license bypassing the lottery process entirely. Ultimately the bill never made the House floor due to Democrats believing Republicans would ultimately filibuster any subsequent debate until the House convened at midnight on June 9. Late Wednesday night, the House voted in favor of the bill by a 76-62 margin. It was passed by the Senate on Thursday, June 17th.

Rep. Petit Votes 'No' on Marijuana Bill, Cites Effects on Brain Development

HARTFORD – During Wednesday's Special Session of the House of Representatives, State Representative William A. Petit Jr. (R-22), who also serves as the Ranking Member of the Public Health Committee voted against a proposal to legalize marijuana for purchase and personal use due to various public health concerns he had with the bill as written.

"As this bill impacts public health, I would have thought myself and other members of the Public Health Committee would have had an opportunity to weigh in on something as important as the legalization of marijuana," Rep. Petit said. "Studies have shown that THC, the psychoactive ingredient in marijuana has a much higher percentage than it ever has before. It used to be 3 to 5 percent and now it can be in excess of ten percent and sometimes as high as thirty percent. This combined with the brain development of individuals who have consistent exposure under the age of 25 show many have lower executive function, memory, and IQ than those who don't use it."

Q-1) My Employer coverage ends on the Sept 16th. Can I have my Medicare coverage begin on Sept 17th ?

A-1) *You can have your Medicare coverage begin on the 1st. Either on Sept 1st or Oct 1st. This is a SEP (Special Enrollment Period) loss of Employer Coverage. Medicare does not begin mid-month.*

Q-2) My 65th Birthday is the 21st, will my Medicare begin on my Birthday?

A-2) *As in the previous question, Medicare begins on the 1st. You can have your Medicare begin on the 1st Day of your Birthday month if you enroll 3, 2 or 1 month BEFORE you Birthday month. If you wait and enroll in Medicare after your Birthday month, your Medicare will begin the 1st of the month following your later enrollment date.*

Q-3) I retired early at 63 and have been covered under spouse's Health Insurance. I will be turning 65 next month. Am I required to enroll in Medicare now ?

A-3) *You can enroll in Medicare now since it is your Initial Enrollment Period. However, if you are still enrolled under your Spouse's Health Insurance, you are not required to enroll in Medicare as long as your Spouse works for a company with over 20 employees (a Large Company) You can enroll in Part A for no Premium and get additional Hospital Coverage. Then delay your Part B coverage, which does have a monthly premium. It may be a good idea to compare the cost of Employer Coverage vs Medicare Coverage. It may be less expensive.*

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

Sheila Dow

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SDow@AmericanSeniorBenefits.com

Sheila Dow

Independent Agent



Sen. Martin on the Senate Democrats' "Fix" on Clean Slate Bill



Senator Henri Martin (R-Bristol) issued the following statement in response to the Senate Democrats' stark and unexpected policy reversal on the Democratic caucus's progressive "Clean Slate" legislation, which passed the Senate last week along strict party lines for and stalled due to House Democrats' reservations "This so-called 'Fix' took place because the Senate Democratic-majority chose not to heed the warnings laid out by Senate Republicans via a series of amendments to the originally discussed bill last week. It took the House Democrats' hesitation to take up the bill to signify that this measure goes too far. So, while it took an unorthodox method to bring this policy to at least an improved place, I suppose the end justifies the means. Perhaps this will encourage Senate Democrats to give more consideration

to alternative points of view in future discussions," said Sen. Martin.

Examples of crimes that Senate Democrats voted to expunge from a criminal record in the original bill included:

- *Strangulation or suffocation 2nd degree
- *Stalking 1st degree
- *Assault of an elderly, blind, disabled, or pregnant person or person with intellectual disability 2nd degree
- *Assault of an elderly, blind, disabled, or pregnant person or person with intellectual disability 2nd degree with a firearm
- *Assault 2nd degree (not resulting in serious physical injury)
- *Assault 2nd degree with a firearm (not resulting in serious physical injury)
- *Criminal violation of protective order
- *Criminal violation of standing criminal protective order
- *Criminal violation of restraining order
- Threatening 1st degree
- *Sexual assault 3rd degree (victim age 16 or older)
- *Sexual assault 4th degree (victim under age 16)
- *Burglary 3rd degree with a firearm
- *Possessing child pornography 3rd degree
- *Abuse of an elderly, blind, or disabled person or person with intellectual disability 2nd degree

The above crimes have since been added back to the list of crimes NOT ELIGIBLE for erasure.

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in Hartford and Plainville*

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From the Desk of..... Thomas A. Wurz

GRADUATION SEASON '21

It's that time of year again when young adults enjoy the excitement of entering their next stage in life. High School graduation brings a sense of accomplishment, excitement, and optimism for all of the graduates.

For most, graduation also presents an opportunity to celebrate with a party. Whenever there is a party, the threat of alcohol being present should always be on the minds of parents. Some parents may try to control the consumption of alcohol by allowing their children to drink under their supervision. However, the dangers associated with underage drinking will persist even when adults are present.

Connecticut criminal law penalizes anyone who sells, ships, delivers, or gives alcoholic liquor to a minor, by any means, with a fine not to exceed \$1,500 or imprisoned not more than 18 months or both. The law specifically outlines parents as a person who may be guilty of this crime. If the minor child were ever to be charged with possessing and consuming the alcohol given to them by their parent(s), then the parents could also be charged with a crime. This law extends to any minor, so if you child's friends consume the alcohol you provided, you expose yourself to criminal charges.

The application of the law is probably not that shocking for any parent who may be reading this article. The law may not even be enough to deter some from allowing alcohol at a graduation party. Although, after considering the potential civil liability you expose yourself to you may want to reconsider facilitating any underage drinking.

The potential for anyone to

get injured after consuming alcohol is always apparent. When that person is an underage, inexperienced drinker the odds obviously increase exponentially.

Therefore, when an adult gives a minor alcohol and that minor injures themselves or others, that adult will be liable for the result. The adult is liable because they set forth the chain of events by supplying the alcohol.

Civilly, this opens them up to be sued for the damages they helped create. If the parent or other adult gets a civil judgment ordered against them they may have their wages attached or just about anything they own in order to pay the judgment. Most people would not risk everything they have or may potentially have with someone they trust. So why would anyone risk everything they have to a group of people they may hardly know and have no control over? Regardless of how responsible your children and their friends may be, supplying alcohol to them will always expose you to whatever they do under the influence. Whatever perceived control you may think you have, the reality is that you can never prevent some things. You may end up being liable for something as small as a trip and fall or something as big as a death.

Graduation season is a time for joy and celebration. The last thing anyone wants to think about is an unfortunate incident when they reflect on a graduation. So don't hesitate to tell your kids “No” when it comes to underage drinking. As always, if any of these situations become a reality in your life, consult with a licensed attorney so that you may better understand and protect your rights.

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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Society HAPPENINGS

By: Josephine



60th Wedding Anniversary

The lifelong love story of Robert and Cecile (Lavore) Martino began many years ago while at Plainville High School.

A couple of years after high school, they married on July 22, 1961, while Bob was serving in the US Army.

They spent some time in Anchorage, AK, which they loved, before moving back to Plainville. They welcomed their first born, Stephen, then two years later, Karen. Their family grew to include a daughter in law, Holly and four beautiful granddaughters. Alyssa, Carly, Gina and Stephanie. They have been blessed to share a total of 64 years together creating many cherished memories with their family and friends.

Congratulations on your 60th Wedding Anniversary, from your family who love and adore you both so much!



PLAINVILLE HOMETOWN CONNECTION NORTH CAROLINA VISITORS



Local Republicans Celebrate at Annual Tri-Town Lincoln Day Dinner



Plainville, Farmington and New Britain gathered for the annual Lincoln Day Tri Town event. Shown above are State Senator Henri Martin, Republican State Central Chair Ben Proto, Christian Hoheb Farmington Town Committee Chair, Gayle Dennehy Plainville Town Committee Chair and Tremmell Collins, New Britain Town Committee Chair.

ROARING 20'S HANGER PARTY

ROBERTSON AIRPORT - HANGER 1

RESECHEDULED TO OCTOBER 16, 2021 7 P.M.

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Sit Down Dinner & Dancing to Follow

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Carla (860)620-3303 Paula (860) 916-1211

Kristina (860) 916-1068 Jolyn (860) 869-7765

Tickets will also be available through The Plainville Community Food Pantry

The PHS Alumni Dance is Back!
Hosted by the classes of
'70 and '71

We missed last year due to Covid.

Mark your calendars!

Friday, September 24th - 7-11 p.m.

VFW, Northwest Drive, Plainville

BYO Drinks and Snacks

Admission is \$15 at the door (exact amount appreciated)

Includes pizza, DJ, fun and laughs

Optional raffle prizes

**Come celebrate with your old friends,
and maybe make some new ones.**



What is Passport to the Parks?

Connecticut has made state parks, forests, trails, historic sites and beaches more available to our residents so they can enjoy the many attractions and beauty they offer. Under this program parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, an increase in registration fees was passed by the General Assembly.



Schools in Review

SCHOOL DISTRICT NAMES CINDI GIANTONIO TEACHER OF THE YEAR



Plainville Community Schools has named Plainville Community Schools Library Information Teacher Cindi Giantonio as the 2021-2022 Teacher of the Year. Giantonio was nominated by district colleagues Erica Kriscenski and Alexandra Hurlock.

Giantonio has been an educator for 31 years, serving most recently as the Library Information Teacher for Frank T. Wheeler Elementary School since 2019. Prior to that, she served as a second-grade teacher at Wheeler School beginning in 2002. When asked about her philosophy of teaching, Giantonio explained, "I believe that learning is as essential to a student's well-being as food and shelter. It is my responsibility as a teacher to provide my students with educational experiences that are engaging, meaningful, and inspire the life-long love of learning. This learning is a process that incorporates exploration, collaboration, and reflection that lead to self-discovery. Each student who walks through my classroom door is a unique and special individual. I embrace their individuality and diversity and create an environment that encourages all learners to meet their fullest potential. My students are given access to information and are provided the tools to grow their knowledge through the act of investigation," explained Giantonio. "I hold my students to the highest standards and require those same expectations for myself. It is hard work, perseverance, and a willingness to take academic risks that guide them on the path of success. My students are eager, active learners and they rise to the occasion."

As Teacher of the Year in Plainville, Giantonio will also participate as a candidate for Connecticut's 2021 Teacher of the Year Program. Each district Teacher of the Year will be individually recognized later this year by the Connecticut Department of Education.

"Mrs. Giantonio is a perfect representative of the qualities that come to mind when hearing the title, Plainville Community Schools Teacher of the Year. Mrs. Giantonio's peers describe her as talented and committed, positive, flexible, helpful and supportive, highly dedicated to student learning and care, kind to all, and incredibly resilient. Despite having a brand-new library, she spent the year teaching from a cart, traveling and teaching from class to class, but always did so with joy and enthusiasm. In a year that demanded so much from so many, Cindi stepped up and delivered in a big way! I look forward to celebrating her and hearing her inspiring words at our August 30th Convocation," commented Superintendent of Schools, Steven LePage.

Giantonio holds both a bachelor of science and a master of science degree from Central Connecticut State University. She was honored at the June 14th Plainville Board of Education meeting.

Linden Street School Plants PCS Garden



The "PCS Gardners" student group has been busy getting plants ready in the newly enhanced Linden Street School courtyard. Students in the program will grow a variety of plants and maintain the courtyard growing spaces through the summer months!

Louis Toffolon Elementary School Create Perennial Garden



The Louis Toffolon Elementary School Student Council has been working on creating a reading and reflective stonewall perennial garden, with help from many Toffolon student, family, and staff volunteers together with several local residents. The volunteers provided generous donations of flowers, birdhouses, window decals, chimes, flags, mulch, watering, time, effort and planting.



Linden Street School Hosts Guest Readers

Students in Joan Corey's second grade class at Linden Street School recently enjoyed a visit from guest readers Principal Jeff Wallowitz and Superintendent of Schools Steven LePage as part of the schools' I Heart Reading event!

Photo: Principal Wallowitz

PHS Announces Student Rocks Award



Plainville High School students Katherine Gibson and Kyle Voisine have been named recipients of the second semester "Student Rocks Award" recognizing their outstanding contributions to Plainville High School.

I Pledge Allegiance to the Flag....



Plainville Board of Education Wishes Retirees Farewell



From Left: Betsy Neave (retiree), Frank T. Wheeler Elementary School Principal Andrew Batchelder, Plainville High School Principal Carl Johnson, Plainville Board of Education Chair Becky Tyrrell, Lynn Logoyke (retiree), Maria Colangelo (retiree), Carol Acousti (retiree), Denise Jacobson (retiree), Sue Butler (retiree), Diane Rottier (retiree), Matthew Guarino (retiree), Superintendent of Schools Steven LePage, and John Procko (retiree), at the June 14th Plainville Board of Education meeting. (Missing from photo: Retirees Vanessa Bedford, Cindy Birdsall, Nancy Brown, Joyce Lynch, Patricia Osborne, and Zofia Pelkowski)

2021 Plainville Retirees

- Carol Accousti - Tutor, Frank T. Wheeler ES
- Vanessa Bedford - Paraprofessional, Louis Toffolon Elementary School
- Cindy Birdsall - Health Teacher, MSP & Linden Street School
- Nancy Brown - Paraprofessional, MSP
- Susan Butler - Math Teacher, MSP
- Maria Colangelo - World Language Teacher, Plainville High School
- Matthew Guarino - Principal, MSP
- Denise Jacobson - School Counselor, PHS
- Lynn Logoyke - Principal, Louis Toffolon ES
- Joyce Lynch - Library Information Teacher, MSP
- Betsy Neave - Grade 1 Teacher, Louis Toffolon Elementary School
- Patricia Osborne - Office Professional, MSP
- Zofia Pelkowski - Paraprofessional, Linden Street School
- John Procko - Custodian, Frank T. Wheeler ES
- Diane Rottier - Language Arts Teacher, MSP



Toffolon School Holds Ribbon Cutting for New Outdoor Learning Space



Students, staff and guests gathered at a ribbon cutting ceremony on May 28th for the Louis Toffolon Elementary School's new outdoor learning space. The project was the vision of Principal Lynn Logoyke, and it was brought to fruition thanks to the generosity of several local businesses and organizations. The By Carrier Inc. group donated materials, designed plans, and built the structure. In addition, materials were donated by Tilcon CT., Forestville Lumber and Washington Concrete. The Rotary Club of Plainville also recently spent their annual Day of Caring adding mulch and plantings to the area.



of the United States of America!



Petit Family 5K Road Race
BENEFITING THE PETIT FAMILY FOUNDATION
"BE THE CHANGE"

13th Annual 5k Road Race and Fitness Walk
Sunday July 11st - 9:00 AM
Plainville High School - 47 Robert Holcomb Way

Food, Raffles, Vendors




Registration & Bib Pick-up at the event
7:00 AM - 8:30 AM Sharp!

FREE Kid's Fun Run (age 8 and under) - starts 8:30 AM
No Post Race Activities, Awards to be mailed

Register On-line at
www.PetitRoadRace.com



PETIT family FOUNDATION

Our Mission - The PETIT FAMILY FOUNDATION honors the memories of JENNIFER HAWKE-PETT, HAYLEY ELIZABETH PETT and MICHAELA ROSE PETT by continuing the kindness, idealism and activism that defined their lives. The Foundation's funds are given to foster the education of young people, especially women in the sciences; to improve the lives of those affected by chronic illnesses; to support efforts to protect and help those affected by violence. The Petit Family Foundation is a 501 (c) 3 Charitable Foundation

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FEST



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KID'S PARADE BEGINS AT 5:00 PM

****ENTERTAINMENT**** **4:00 - 9:00 PM**

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HONOR ROLL
GRADE 12
GOLD**

Delaney Beausoleil, Jeremy Buckley, Carolina Cwalina, Alexander Dube, Kaitlyn Gagnon, Kassidy Gagnon, Patrick Gryczewski, Katherine Guarco, Lauryn Guardarrama, Nanci Gutierrez, Marcelina Halas, Talia Kilby, William Lauria, Emma Lewko, Joseph Michalic, Aimee Michaud, Alan Nilson, Alexander Obrusnik, Cortney Ouellette, Brandon Paznokas, Tanner Rau, Benjamin Royce, Andrew Szymula, Kayla Wisz, Andrew Wojcik, Yohaiza Zenon.

**GRADE 12
SILVER**

Jenna Adamic, Justin Alexander, Kyle Badorek, Ashleigh Bantz, Ryan Barker, Alexander Belew-Hunt, Janeil Benson, Isabelle Berube, Colin Blake, Tyler Bonney, Christopher Brojek, Tanner Callahan, Anthony Cardoso, Alexis Charbonneau, Alec Couture, Jacob Demmons, Jacob Deschaine, Lyndsey DiTolla, Tianna Durham, Joshua Fontaine, Dylan Hall, Skyler Ibitz, Kori Jones, Eli Konaktchiev, Aleksandra Konieczniak, Paige Levesque, Kaylee Markavich, Sabrina Matthews, Thomas McCarthy, Sydney Ouellette, Aiden Payne, Hannah Peck, Tucker Rau, Te'Andre Ross, Julia Rostkowski, Anne Roux, Emily Roy, Isabella Samperi, Valerie Simoneau, Brady Stevens, Bianca Talarico, Jordan Thompkins.

**GRADE 12
BRONZE**

Derek Arduini, Brianna Bartley, Justin Berry, Matthew Cavaliere, Aaliyah Chapman, Matthew Cianchetti, Eunice Coello Saucedo, Christian Collin, Darius Correa, Jeremy Courtar, O'Neillia Cowie, Jayden Cumbo, Gabriella DeGregorio, Matthew Lagassey, Anthony Lestini, Lindsey Lopez, Mara Malone, Nathan Masco, Lauren Medina, Daniel Nanowski, Ethan Perez-Chamberland, Claudia Pierscinski, Caitlyn Quilter, Corey Rexinger-McConnell, Sean Silvia, McKenzie Snell, Tessa Susco, Vanessa Tyminska, Olivia Unwin, Kyle Voisine.

**GRADE 11
GOLD**

Matthew Andersen, Hailey Calder, Alexander Calver, Victoria Charnetskaya, Argjend Doroci, Jack Dube, Wiktoria Galazyn, Katherine Gibson, Nicholas Grabowski, Kaleeya Green, Keira Guarco, Konrad Koc, Garret Millette, Avery Palma, Aumika Patel, Kevin Rondini, Joseph Rossi, Alexander Santini, Daniel Sozanski, Samantha Thompson, Sage Volpe, Areesha Waseem, Lillian Wazorko, Macayle Wells, Jane Winkleman, Maya Winkleman.

**GRADE 11
SILVER**

Matthew Badorek, Evanie Cater, Jailexlene DeJesus-Mercado, Alexis DeMaine, Steven Dzierzbinski, Evelyse Estevez, Emily Fagan,

Janessa Freitas, Justin Giano, Harper Giola, Antonio Gohar, Evan Gray, Kaylee Gridley, Michael Haddad, George James, Katy Jeney, Nicholas Kafka, Nicole Kolc, Jacob Lagassey, Nicholas Lastrina, Richard Lester, Jonathan Marfia, Claudia Mizerek, Matthew Morneault, Keegan Mullan, Alexander Pelletier, Aidan Plourde, Janessa Rames, Dakota Reed, Brandon Roy, Katelyn Royce, Isabella Ruffini, Whitney Southall, Jacob Stanczykiewicz.

**GRADE 11
BRONZE**

Alivia Bialko, Gavin Bravado, Dylan Bucci, Abigail Buckley, Alexandra Burnes, Michael Cavallo, Connor Cello, Landon Cody, Justin DeBellis, Emma Donovan, Nathan Garand, Kyle Gelt, John Guzzardi, Gabriel Hernandez, Aiden Johnsky, Ellie-May Lacasse, Madison Levesque, Morgan Levesque, Alyse Marquez, Manivone Mouangvienkham, Tessa Naparstek, Justin Niziolek, Audrey Pace, Isabella Paghense, James Parsons, Jesse Pires, Emmalynn Ranno-Conant, Nathan Root, Madison Schaffrick, Jacob Schilling, Jessica Schnauffer, Aliana Shover, Peyton Stehle, Zeyana Thigpen, Katelyn Torres, Austin Tyc, Andrew VanBeveren, Christopher Vaughan, Cristian Vega-Pagan, Kimberly Xiques.

**GRADE 10
GOLD**

Vanessa Autunno, Ayomikun Ayodele, Michael Bakaysa, Ethan Brachle, Andrew Christiano, Nora Couture, Emily Crombie, Grace Derosier, Ryan Dickey, Kevin Dietrich, Megan Gray, Kendall Hall, Patrick Kapusta, Jacob Keen, Matthew Kuczynko, Seth Lizon, Spencer Michalek, Dale Neyra, Michael Ouellette, Mia Pletscher, Jacob Schwentke, Joshua Smith, Anneli St. Lawrence, Paige Stilwill, Daniel Talarico, Nolan Wargo, Alison Wisz.

**GRADE 10
SILVER**

Noor Abbasi, Kaelynn Arocho, Tea Autunno, Ngoc Barnett, Natalie Basile, Matthew Bonney, Deondria Bovain, David Czereba, Paige Dube, Lily Feyerabend, Michelle Gryczewski, William Haas, Nayelle Heredia, Ashley Isaacs, Curtis Johnson, Joseph Kennedy, Alexander Knutelski, Antoni Krupski, Roman Lee, Sofia Maksymiw, Patryk Nicewicz, Idalisse Ortiz, Alida Passaretti, Nikolas Penta, Trevor Rau, Leah Rucci, Amica Rosario, Jessica Rustico, Isabella Saturdayski, Avery Sayachak, Braden Shumbo, Olivia Sleszynski, Carl Smith, Amber St. Onge, Jaylen Thigpen, John Verrastro, Jonah Winkleman.

**GRADE 10
BRONZE**

Connor Blanchette, Brandon Buckingham, Tyler Chambrello, Sydney Christiansen, Jake Conte, Kinza Fatima, Davia Garewski, Isabella Grasso, Reymarcos Hernandez, Cecelia Johnson, Arthur Joubert, Keith Lagassey, Seth Lahoud, Jillian Lamb, Tyler Landrette, Austin Lausier, Annalisa Little, Jadyne Marcos, Tia McCarthy, Vincent McGraw, Amber Monzillo, Jeff Quirion La Oz, Vanessa Ribot, Emma Roberts, Madison Ross, Patrick Tomczyk, Season Tompkins, Andrew West, Gabriella Willequer.

I KNOW A GUY

By: Myke Roy

The long awaited summer months are finally here. That's right, before long the old dog days of summer will be having some folks doing everything they can to avoid being outside. Not me of course. I like it hazy, hot, and humid. That being said, I do not like spending more money than have to on things like cooling my home. I have been in commercial and residential remodeling for many years, and in that time I have learned numerous things, that I feel it is time for me to share with all of you.

Allow me to share something with you that I came across a few days ago before I offer some solutions on how you can save some money this summer on your home cooling costs.

I went to look at a home to give an estimate on some work that needed to be done. The first thing I noticed was that the homeowner had recently hired someone to install new replacement windows on the entire house. The second thing I noticed was that whoever installed the windows did not caulk around the windows. That means that air will be coming in around those new windows. It always bothers me when I know someone spent their hard earned money to hire what they thought was professional to work on their home or business just to find out too late that the work was subpar.

OK, time for me to get off my soapbox and start helping you.

1. If you have ceiling fans make sure they are turning counter clockwise. And use them!
2. Turn your thermostats as high as you can handle in the summer.
3. Check the weather stripping on your doors.
4. Caulk your windows inside and out to stop the air penetration.
5. Install LED lighting throughout your home or office wherever possible.
6. If you have central air make sure you change your air filters often.

If you "summerize" your home or business the same way you would winterize, then you can save money.

These are things you can do yourself and it could save you a lot of money.

If you have any questions please don't hesitate to reach out to me at mykeroy@yahoo.com. I can also be reached by calling MRC Handyman Services at 207-498-9904.

Have a great July and August and I will be talking to you again in September.

Meanwhile, if anyone asks you where you are getting all this great information, you can just tell them "I know a guy."

*Always remember...
"Doing it right costs less than doing it over."*

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**GRADE 9
SILVER**

Kai Abate, Mustafa Aslan, Sebastian Banas, Lindsay Barbagallo, Ella Bravado, Lucy Callender, Jacob Casale, Eric Chancey, Matthew Collado, Cadence Collin Lavoie, Faith Derosier, Rachel Diaz, Emma DiTolla, Sean Egan, Carlos Espinoza, Michael Fagan, Alexis Graff, Brianna Gridley, Victoria Hamel, Kailani Harris, Adam Jodlowski, Eryk Kapusta, Eric Kolc, Sonia Konaktchiev, Amanda Linn, William Lorenzo, Vanessa Ma

Julia Maksymiw, Oliwia Marecik, Julian Marynowski, Julianna Matos, Dylan Matthews, Jamison McGinnis, Chase McNamara, Madyson Miller, Eleshba Nadeem, Gianna Rodriguez, Rileigh Ruot, Samantha Shumbo, Tate Stevens, Jayden Sullca, Daniel Szarwacki, Olaf Talar, Emily Tuczapski, Destiny Wasilonsky.

**GRADE 9
BRONZE**

Richard Chu, Dominic Ciriello, Bella Cistulli, Ariana Clifford, Mikayla Dimock, Faith Emery, Marissa Freitas, Lucas Grafton, Chase Gray, Trey Hearn, Adelisa Jahic, Alexa Jones, Jonathan Kafka, Adam LaCasse, Christopher Lopez-Hernandez, Cheyanne Matthews, Mathieu Michaud, Nathan Miron, Yandel Olan, Alexander Ortiz, Jose Pacheco, Tanisha Rodriguez, Natalia Rollo, Brianna Roy, Veronica Sakowski, Siriphone Siboriboun, Katerina Soto, Elisabeth Suchojad, Zachary Wyman.

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On our Website

8 Plainville Residents Receive Scholarships from Main Street

Community Foundation

Eight Plainville residents were recently awarded scholarships from Main Street Community Foundation totaling \$25,200. The 2021 scholarship recipients from Plainville are as follows:

Bristol Yale Club Scholarship Fund: Alexis Ludko

Radcliff Plainville High School Fund: Kyle Badorek, Jason Demmons, Andrew Michalek and Emanuel Yawin

Saint Matthew School Scholarship Fund: Austin Shores

Louise (Humphrey) Van Gorder Music Camp Scholarship Fund: Garret Millette

Yarde Metals Memorial Scholarship Fund: Adrien Marcos

The Saint Matthew School Scholarship Fund supports students attending Saint Matthew School in Bristol, while the Louise (Humphrey) Van Gorder Music Camp Scholarship Fund awards a full-tuition scholarship to attend Laurel Music Camp in Plymouth.

"We are proud to support these students and grateful to the donors whose generosity has made scholarships possible since the Foundation's establishment 26 years ago," said Susan Sadecki, President & CEO of Main Street Community Foundation.

In total, the Foundation awarded \$256,615 in scholarships this year to 140 students at varying levels of their academic careers. The students – graduating high school seniors, current college students, adults returning to school and elementary and secondary school students – hail from the towns of Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott as well as surrounding communities.

Since 1995, 88 scholarship funds have been established by generous local individuals, families and businesses. Although each scholarship fund has unique criteria, all donors seek to assist students in pursuing their education and career goals; they have a shared belief that helping students ease the financial obligations of education is an investment in the future.

All scholarship recipients are selected through a competitive blind application process. A volunteer committee appointed by the Foundation's Board of Directors evaluates all applicants.

The Main Street Community Foundation is dedicated to enhancing the quality of life for both present and future generations in the communities served by encouraging and promoting gift planning, prudent stewardship of assets, effective grantmaking and community leadership. A nonprofit public charity, created by private citizens, the foundation works with donors in Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott who wish to build permanent charitable endowments to support their communities. Since its founding in 1995, the foundation has provided over \$21.7 million in grants and scholarships.

Sizing Your Outdoor Fixtures

By: *Laura Davis, Owner of the Light Hangar Company*

Summer is here and so are leisurely evenings spent outside on your porch, patio or backyard. This new outdoor living trend has our outdoor spaces looking as beautiful as our indoor living areas. With the plentiful new options of outdoor-rated lighting you truly can extend your living area to include the outdoors. These wall sconces, hanging lanterns and ceiling fans are ideal for creating the ambiance you crave.

However, with these new lighting options comes old dilemmas: what size is best? What's the right hanging height? We have the answers! Here's our sizing and hanging guidelines to get you started.

Wall Lanterns as Accent Lighting

Available in styles ranging from modern, to farmhouse, nautical and more, these wall lanterns are enjoying a new life as accent lighting. Install a pair on either side of your doorway (or both sides) leading out to your porch or patio. We suggest mounting your wall fixtures approximately 66 inches from the center of the fixture down to the floor. For fixture size, you want the wall lantern not to exceed one quarter the height of the door. Customers have a tendency to size smaller which will work, but be sure to size appropriately to truly accent your entryway.

Hanging Lanterns for Ambient Light

Traditionally used on front porches, hanging lanterns can be installed as an overhead light in the center of a covered patio, pergola or porch. The bottom of the fixture should be a minimum of seven feet from the ground for head clearance. If the fixture is located near a doorway, give six inch minimum clearance to the top of the door to allow it to open and close safely. If there is not enough clearance, consider using a flush mount outdoor fixture.

Ceiling Fans

A ceiling fan is a great way to add some air movement to covered patios and porches. The sweltering summer months often need a boost of air movement to help keep you cool. As with hanging lantern, the ceiling fans need a minimum of seven feet clearance from the ground for safety. When purchasing an outdoor ceiling fan, however, be sure to note if it's rated for outdoors. If you think the ceiling fan will be exposed to harsher elements in it's location, a wet-rated fixture is one to consider.

This means that the components such as the motor are more protected from the elements to ensure longevity.

**Happy & Safe
4th of July!!**

Welcome! Natalie

Hi! everyone, my name is Natalie Peterson, DPT, and I am a recent graduate from the University of Rhode Island's Doctor of Physical Therapy Program (go Rams!). I completed a clinical rotation as a student at the PTSMC Plainville office earlier this year and have just accepted my first job here as a treating physical therapist. I am excited to continue helping the Plainville community! I am most interested in treating knee and ankle injuries. In my free time, I enjoy playing with my two golden retrievers, going to the beach, trying new seafood restaurants, and cheering on Philadelphia sports teams (fly Eagles fly!). I am looking forward to becoming a part of the PTSMC Plainville team! During my undergraduate career, I received my bachelor's degree in athletic training. This provided me with a great amount of experience dealing with proper hydration in the athletic population during rigorous athletic events and practices. However, as the summer heat approaches, it is not only critical for athletes to maintain sufficient hydration, but anyone who is outside spending time in the sun. Whether its jogging, hiking, walking, or just sitting outside to soak up some sun, sustaining a sufficient amount of fluid intake can be critical as the temperatures rise.

Drinking enough fluids is one of the most important things you can do to prevent heat illness.

When it is hot out, your body pumps a higher volume of blood to your skin causing you to sweat. As sweat evaporates off your skin, it helps to cool you. When heat is extreme, our bodies produce a greater amount of sweat, causing a greater amount of fluid loss. Therefore, the more fluid our body loses, the more fluid we will need to intake in order to restore normal levels to allow our organs to properly function. So, how can we be certain our daily fluid intake is adequate? Typically, 8, 8-oz. glasses of water a day is sufficient for most individuals. This equates to about

1 cup of water every 15-20 minutes, or $\frac{3}{4}$ -1 quart per hour. Drinking at shorter intervals is more effective than drinking large amounts infrequently. You should always get ahead on your fluid intake for the day, as when you feel thirsty, it is an indication that you are already behind in fluid replacement! Additionally, we can tell the status of our hydration based on the color of our urine. Urine that is nearly pale or light like lemonade usually indicates proper hydration. Urine that is darker in color, similar to that of apple juice, indicates the body is dehydrated and needs more fluids.

Water is generally ideal for sufficient dehydration. Sports drinks can additionally be beneficial in rehydration, as they typically provide an additional benefit of electrolyte replacement. Electrolytes are minerals that have an electric charge and exist in your blood, tissues, and other body fluids, and help balance the amount of water in your body. Electrolytes can also be lost with excessive amounts of sweat. However, eating regular meals with adequate water intake is sufficient enough to maintain both water and electrolyte balance. For prolonged sweating lasting several hours, sports drinks with balanced electrolytes are just another option to replace salt lost in sweat. It is important to be aware, however, that heavy consumption of sports drinks will add unnecessary calories to your diet due to more added sugars. Therefore, it is important to balance between water and energy drinks rather than just relying on energy drinks alone.

Through the summer, festivities can keep us busy and constantly on the move. It is important to stay on top of our fluid intake to prevent the possibility of heat illness. If you'd like to learn more about maintaining proper hydration during the summer season, you can schedule an appointment at our office located at 103 East Main Street, give us a call at (860) 517-8885, or visit our website at <https://ptsmc.com/locations/plainville>.

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"Young at Heart" Senior Center News

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity, please call the Senior Center and we will be happy to see if there is an opening for you!

Upcoming Events:

July is shaping up to be a very busy month of activities here at the Plainville Senior Center! On Friday, July 9, at 10 a.m. at the Senior Center, Dr. Virginia Bieluch, Chief of Infectious Disease for Hartford Health Care, will be discussing COVID-19 and answering pertinent questions such as what activities are safe and what might be risky, what are the risks of interacting with non-vaccinated people and how safe is going to restaurants and traveling. Call the Senior Center at 860-747-5728 to register for this free, timely and informative program or register online at www.schedulesplus.com/plainville.

A free Health Fair is set for Tuesday, July 20, from 9:30 a.m. to noon at the Senior Center. Walk through and speak with senior provider professionals, get health screenings, win raffle prizes, receive a File of Life packet and more! Free grab & go lunch will also be provided. Pre-registration required. Call the Senior Center or go online to register.

The Plainville Senior Center Outdoor Adventure Club and trips are back! Call the Senior Center at (860)747-5728 for details or see our latest newsletter online at <https://www.plainvillect.com/senior-center>. Fitness classes including Zumba Gold, Power Burst, Gentle Chair Pilates & Balance, Cardio Chair Fitness and Yoga-Lates, are also resuming as are our craft classes such as ceramics and knitting and crocheting.

Program for Medicare Beneficiaries

Hello! Curious about the supplies that are covered under Medicare and how payment works? You are not alone. Get the facts.

The CT Senior Medicare Patrol program is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. CHOICES is Connecticut's State Health Insurance assistance Program (SHIP). SHIP agencies empower, educate, and assist Medicare-eligible individuals, their families, and caregivers through objective outreach, counseling, and training to make informed health insurance decisions that optimize access to care and benefits. Contact the CHOICES and SMP programs at your local Area Agency on Aging by calling 1-800-994-9422.

This project was supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Department of Health and Human Services and is administered by the CT Department of Aging and Disability Services in partnership with the Area Agencies on Aging

Continued from Page 19-Chiropractic known to cause such headaches if overused.

Likely a form of withdrawal, these types of headaches can most easily be avoided by carefully monitoring the use of painkillers.

Migraines

Frequently confused with tension headaches, migraines are actually quite different from any of the types listed above. Mainly differing in terms of pain intensity and symptoms such as vomiting or temporary vision loss, migraines can be not just painful, but practically debilitating. Other symptoms include pain being one-sided (but not in all instances), pain in temples, or extreme sensitivity to light.

In terms of causal nature, migraines and tension headaches are actually quite similar. Stress, sleep habits, diet, and muscular tension in the neck

The Memory Café will be held at the Senior Center on Thursday, July 25, at 2:30 p.m. Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us to relax and socialize with other people experiencing similar life challenges. The center's Ukulele Class will perform a short concert. Please call the Senior Center at (860)747-5728 to reserve your spots or register on-line at www.schedulesplus.com/plainville.

Unlock the mysteries of reading your food, deciphering nutrition facts, the ingredients list, questionable claims on boxes, jars and cans by attending our free Food Label Reading 101 class on Thursday, July 22, at 1 p.m. at the Senior Center. This class is taught by Miles Everett, Registered Dietician and Nurse Educator. For more information and to register, call the Senior Center or go online to register.

A free Veteran's Benefits Talk will be presented by Jason Coppola, the Veterans Services Officer for the State of CT Dept. of Veterans Affairs, on July 29, at 10 a.m. here at the Senior Center. Call the Senior Center to register or go online at: www.schedulesplus.com/plainville.

Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home, will conduct our monthly Veteran's Social Hour at the Senior Center at 10 a.m. on Tuesday, July 27. These monthly information and support meetings are for all Veterans over 60 and their spouses. Call the

Senior Center at 860-747-5728 to register or register online at: www.schedulesplus.com/plainville.

Come enjoy an engrossing summer read with our free monthly Book Buds group, which meets in person here on Friday, July 30, at 10 a.m. The July book is "Friends, Lovers and Chocolate" by Alexander McCall. The book is available at the library. Call the Senior Center or register online at: www.schedulesplus.com/plainville.

Calling all volunteers! The Senior Center needs volunteers to sit at our entrance to welcome people with a friendly face as they enter the building and to check them in. This is a great opportunity to meet new people in a safe environment after a long separation. Call Ronda if interested at (860)-747-5728.

We are also looking to restart our Le Petit Café this fall and we need volunteers to assist with food prep/cooking, assembling food, serving food, cashiers and dishwashers. No experience needed We will train you! We are having a Café volunteer recruitment meeting on Thursday, August 12 at 3:00 P.M. Call the Senior Center to sign up or call Ronda at (860)747-5728 if you're interested!

THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!

VACCINATION & MASK UPDATE

As we get back into the swing of activities at the Senior Center, we'd like to remind people who come in to our building that masks are required for people who are not vaccinated. If you are vaccinated, you do not need to wear a mask, but may chose to do so, if you are more comfortable. The Senior Center is unable to ask people for proof of their vaccination cards and is operating under the honor system. The Town of Plainville continues to suggest a 6-foot social distance; so, please continue to be respectful of everyone's personal space. Since visitors to the Senior Center may not be vaccinated ...we recommend you maintain a social distance, wear a mask if you wish and continue to use sanitizer and wash your hands frequently.

COVID VACCINES FOR HOMEBOUND INDIVIDUALS

If you or someone you know is physically or medically unable to go to a COVID vaccination clinic, please contact Stephanie at the Senior Center for assistance. Call 860-747-5728

Plainville Senior Center

Needs Volunteers to Deliver Meals-on-Wheels

The Plainville Senior Center and CW Resources are in need of volunteer drivers to deliver meals to homebound older adults in Plainville.

Meals are delivered between 10:00 am to 12 noon, Monday through Friday. Please call Ronda at the Plainville Senior Center at 860-747-5728 if you are interested or have questions about this important volunteer opportunity.

JULY BIRTHDAY BASH

THURSDAY, JULY 15 2:00 —3:00 P.M.

PICK UP AT THE SENIOR CENTER

If you have a birthday in July please join us for a birthday treat! Call the Senior Center 860-747-5728 by July 13 to register or register online at www.schedulesplus.com/plainville so that we know how many birthday surprises to prepare.

What's back??

- *Mega Sign-Up Day - Wednesday, July 7th
- *Setback - Mondays, beginning Monday, Aug. 2nd
- *Open Painting - beginning Wed., July 14th
- *Knitting/Crochet Class - beginning Thursdays, July 8th
- *Ceramics Class - beginning Thursday, July 8th
- *Outdoor Adventure activities Trips, starting with a Hudson River Cruise and Lunch in Sept., etc.

We look forward to seeing YOU back at the Center. Carol

Senior Center Events in June!

On page 5

Check the *Happenings*

in Robert E. Lee, Town Manager's report.

Matthew Daskal, Assistant Town Manager reports on the events of

have all been known to impact ones' likelihood of migraines. To prevent future onset, consider making positive alterations in these areas and if improvements in your health aren't made, consider consulting a doctor.

Headaches and chiropractic care go hand-in-hand. While chiropractic care is not necessarily an option for treating all of these types of headaches, it is a great option for preventing future headaches. With regular adjustments, chiropractic patients can maintain proper spinal health and slow or stagnate the buildup of muscle tension. In addition to spinal specific adjustments, chiropractors can often provide patients with exercises they can perform on their own as well as tips to practice better overall posture!

Plainville Chiropractic is always available to see patients. Call our office today to find out how we can help not only correct your headaches, but prevent future ones as well! *-Dr. Timothy Ouellette*

PLAINVILLE UNITES:**A CELEBRATION
& CONVERSATION
ABOUT DIVERSITY
AND INCLUSION
HERE AT HOME**

*By: Roberta Brown at
Plainville Youth Services*

Plainville community members and neighbors were invited to attend the kickoff program of a speaker series entitled "Plainville Unites: A Celebration & Conversation About Diversity and Inclusion Here at Home" on June 29th at the bandshell in Norton Park. Guests were encouraged to bring their own chair and snacks to enjoy. The event is free; no advance registration or tickets were required. This program is organized by the Plainville Anti-Racism Task Force and sponsored by Plainville Youth Services, Plainville Public Library, Plainville Recreation, and the Wheeler Regional YMCA.

The gathering kicked off with music and dancing led by Nzinga's Daughters R&B Band from the Queen Ann Nzinga Center, Inc. in Plainville, followed by a presentation featuring lifelong Plainville resident and community energizer Dayna R. Snell, LCSW. Ms. Snell is a third-generation lifelong resident of Plainville who will discuss her experience growing up and staying in Plainville as a person of color. She is a full-time program supervisor with the State of Connecticut Department of Children and Families, where she has worked for over 32 years. She provides administrative oversight for statewide services for adolescents and young adults. Ms. Snell holds a Master of Social Work degree from Southern CT State University, and a Post-Master's Certificate in Clinical Supervision from Smith College. She is the founder and executive director of Queen Ann Nzinga Center, a 30-year-old nonprofit organization that provides arts and cultural enrichment to at-risk children and youth. She has received numerous

awards and recognitions, including Art Hero for the state of CT and 100 Women of Color in 2017; and named one of the 25 most influential people by the NAACP. She was recognized by the CCSU Department of Africana Studies for her commitment to the children/youth in the greater New Britain CT Community in 2018. In May 2019, she was honored by the New Britain YWCA for Women in Leadership.

For those who could not attend the event at Norton Park, a broadcast link was available via Zoom

The Plainville Anti-Racism Task Force is a practical, supportive body committed to recognizing, addressing, and eradicating all forms of racism and ethnic oppression. Members of the task force accept and recognize that Plainville is a community of citizens that believe in equity for all humankind and that racism is harmful to the community. Task Force members pledge to:

- Reduce racial inequities by supporting public policy solutions that promote racial and social equity in all aspects of life: health, economic, employment, and education.
- Be accountable to communities by listening deeply, sitting with hard truths and discomfort, and taking action to dismantle racist structures that continue to marginalize Black, Indigenous, and other People of Color.
- Educate themselves and commit to ongoing education on the ways racial inequity impacts people of color in our community and participate in helping to combat systemic racism.
- Enhance capacity for candid, respectful dialogue and action when addressing racial equality and justice within the community.
- Challenge and correct racist ideas, actions, and behaviors, even if it means having uncomfortable and difficult conversations.
- Focus on engaging, collaborating, educating, and developing habits of mind that challenge oppressive and unjust forces.
- Promote the reality that anti-racism is a transformative concept that re-orientes and re-energizes the conversation about racism.
- Understand the role of racism in Plainville classrooms and the community.

**Gone Fishing.....
Only Kidding!**

I want to wish everyone a

"Happy and Safe 4th of July"

I started my vacation today,

See you in September!

"Have a Wonderful Summer!!"

Sally Miller

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interest of better.....**

DENTAL HEALTH

By: David R. Edelson, DMD, M.A.G.D.

B.S. Biology, Trinity College, Hartford, CT

Doctor of Dental Medicine, Tufts University School of Dental Medicine

General Practice Residency Boston City Hospital, Boston

*Master of the Academy of General Dentistry; Fellow of the
Association Orthodontics*

**ZINC DEFICIENCY**

From its involvement in a healthy immune system to its role in cell growth, zinc is an essential mineral for the human body. Zinc deficiency is a worldwide problem that affects approximately 4 million people in the U.S. alone.

Consumed naturally in human diet, zinc can be found in food sources, such as beef, yogurt, eggs, and fish. Furthermore, zinc is widely used in dental products, specifically denture adhesives.

However, as with any herb, vitamin, or mineral, excess intake of zinc could pose a potential health hazard. If a patient wears dentures, it is essential that he or she follows the instructions and recommended dosages on the product label. Many times, patients will overuse the adhesive and, although it happens rarely, they can ingest toxic levels of zinc, with adverse neurologic effects.

The optimal use of denture adhesive

involves placing a thin film or a series of dots across the denture surface, which will ensure that a patient is not overusing the adhesive.

An ill-fitting denture is one reason that a patient could be overusing adhesive. With age, your mouth will continue to change as the bone under your denture shrinks or recedes. If the denture doesn't fit correctly, the patient tends to use more adhesive to try to get the denture to stay in place.

To maintain a proper fit over time, patients should be evaluated by a dentist every six months. Over time, toxic levels of zinc could cause a copper deficiency, which has been linked to neurological damage.

Currently, the FDA has issued no warnings regarding the use of denture adhesives, but patients should limit their usage of adhesive in accordance with manufacturers' instructions and speak with their dentist if they have additional questions or concerns.

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With the increasing rise of police presence throughout CT, many people find themselves facing criminal prosecution for various alleged offenses – D.U.I., evading responsibility, drug related charges, or domestic disputes.

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Chiropractic and You...By Dr. Tim Ouellette

Headaches and Chiropractic: Know the 5 Types of Headaches How to Treat Them

Headaches are really a pain in the neck! At some point in our lives, virtually all of us battle headaches. Despite the fact that so many of us suffer from headaches and/or migraines, however, very few of us take the time to determine the root cause of our pain and take precautionary measures toward preventing future headaches. In this article, we summarize 5 common types of headaches and discuss how to handle them.

Tension Headaches

The most common and least severe, tension headaches are also the most common type of headache among adults. While they can be uncomfortable, tension headaches typically do not impact your strength, balance, or vision, and should not prevent you from any of your normal daily activities.

Roughly 80% of the population in the US suffers from tension headaches at some point in their lives; with women being nearly twice as likely to suffer from them. While there is no sole cause, a number of factors are believed to have an impact on these common headaches. Hunger, anxiety, stress, lack of sleep, and posture have all been linked to tension headaches. Those who suffer more regularly may want to consider these factors in their own lives' and try focusing on making improvements wherever necessary.

To treat recurring tension headaches non-medically, consider making changes to your sleep habits, diet, or mood. Be honest with yourself and consider the following: Are you getting enough sleep? Are you eating enough meals and getting proper nutrition? How is your mood on a day-to-day or week-to-week basis? Try making changes wherever necessary and see if the issue persists. If these headaches persist, consider consulting your local chiropractor. Headaches and chiropractic go hand in hand, as the issue could potentially be related to spinal misalignment or increased muscle tension.

Cluster Headaches

Shorter in duration than tension headaches and typically more chronic, cluster headaches can be extremely painful and occur daily for weeks or months at a time. A common identifier of cluster headaches is one-sided pain; either on the left or right side of your head along with watering eyes or nasal congestion on that side of the face. Being seasonal in their nature, those who suffer from cluster headaches tend to battle them at similar times each year. This seasonal nature also leads to cluster headaches being incorrectly associate with allergies. While the cause is still largely up for debate, it is known that a nerve in the face is involved with the occurrence of cluster headaches (your trigeminal nerve, to be exact). In terms of severity cluster headaches are comparable to migraines, however they don't last nearly as long.

As far as nerve pain is concerned, chiropractic care is a fantastic option for treatment. Pain stemming from the trigeminal nerve can sometimes be related to misalignment in the cervical region of the spine; where the nerve connects. By properly aligning that region of the spine through a chiropractic adjustment, future cluster headaches can successfully be prevented in many instances if indeed misalignment was the cause of the nerve pain.

Sinus Headaches

Generally, these types of headaches come as a result of inflamed sinuses and are often joined by a fever, runny nose, or sometimes swelling in the face. Provided that the inflammation is a result of illness, sinus headaches aren't generally chronic and subside when inflammation of the sinuses has been alleviated.

Nasal decongestants are often helpful in these instances if the problem is simply nasal congestion. To treat infections, it might make more sense to consider taking antihistamines or antibiotics. Non-medical treatments include considerable amounts of fluid, using a dehumidifier, or inhaling salt water nasal spray.

Rebound Headaches

Rebound headaches are often a result of overusing painkillers. Despite being commonly linked with overuse of Motrin, Tylenol, and/or Advil, prescription drugs have also been known to cause such headaches if overused. **Continued on Page 26**

Fundamentals

By Francis Rexford Cooley

Baseball is known as America's pastime. Numerous writers have referred to baseball as a metaphor for life. But today Major League Baseball is in a crisis. Games move at a glacial pace. Offense is stagnant with batting averages down and strikeouts up. Sports media peppers the airwaves, print, podcasts, and social media with a myriad of suggestions to improve the game. The Commissioner of Baseball's Office has implemented a number of "reforms," is testing others in the Independent Leagues, and is contemplating further changes to the game. One option that has hardly been discussed in the furor of how to "fix" baseball's problems is the lack of fundamentals among today's players and its impact on the game.

Baseball has become overrun with "analytics" in the last two decades. The sabermetric revolution exploded in the Majors with the success of the Oakland Athletics under General Manager Billy Beane in the early 2000's. Beane, constrained by the A's limited budget, embraced the statistical analysis provided by sabermetrics to go beyond the traditional statistics of baseball to evaluate players and game strategy. On-base percentage, slugging percentage, OPS (on-base and slugging combined) and surge of other statistical tools led to complex mathematical statistics such as value over replacement player (VORP) and wins above replacement (WAR) to evaluate players. As part of this statistical revolution a new emphasis of how to play the game emerged, one valuing walks and power hitting, especially homeruns, over stolen bases, sacrifice bunts, hit and running. A batter striking out became less of a negative as the batter walking back to the dugout could not hit into a double play. Small market teams like the A's and the Tampa Bay Rays found success with this analytic revolution as did bigger market teams like the Boston Red Sox and Chicago Cubs both of whom broke decades (in the case of the Cubs a century) of futility to win the World Series.

Baseball, like life itself, is a game of adjustments. Defenses countered the sabermetric push for power hitting which led to a focus on "launch angles" and exit velocity with defensive shifts, openers as starters, expanding the number of bullpen pitchers by cutting the number of utility players. At the forefront of the defensive and pitching adjustments to "Moneyball," as the sabermetric driven offense had become know, was the small market Rays. An unfortunate by product of these changes has been longer games, already stretched by television ads, and a drop in offense. One would expect a series of offensive adjustments to take place to energize the lack of offense, yet MLB's response has been to set forth a series of experimental changes to how the game is played rather than have teams innovate new game strategies or bring

back old ones to invigorate dormant offenses.

The lefty-righty mix and match use of relievers is gone with the minimum three batter rule imposed to speed up the game. Bringing back the valuable pinch hitting right-handed and left-handed utility players for a well rounded bench that for over a century limited teams from overusing the lefty-righty pitching changes need not be revisited instead MLB just changed the rules. Likewise MLB is experimenting with restricting defensive positioning in the independent Atlantic League to address the shift's impact on batting averages and offense. Using the bunt, a fundamental play taught to Little Leaguers, is too much a foreign concept to today's professionals for them to use it to break the shift. The bunt has gone the way of choking up on the bat, hitting the ball to the opposite field, and "hitting it where they ain't." It is swing for the fences and pull the ball, and if that doesn't work just change the rules.

Baseball is experimenting with moving the pitcher's mound back to give hitters an advantage rather than have them adjust. In doing so the geometry of the game is being altered as the symmetry of the diamond is being changed. MLB is experimenting with larger bases and a new "double hook" rule removing the DH when the starting pitcher is removed (that will end the Rays' use of an opener as the starting pitcher). Rather than expect teams and players to adjust their playing styles to improve their offenses, to use sound fundamentals to have success against the defensive adjustments to Moneyball MLB has determined that the suits in the suites can fix baseball's problems with rule changes.

Baseball, like life, is a series of adjustments that those in the game must make to the reality they face. People adjust to the economy, the job market, the environment, aging, etc. Those that successfully adjust are usually those who understand the fundamentals of life they were taught in their youth and have honed their skills and added more skills as they have moved through life. Unfortunately, MLB like the society from which it emerged and represents has not emphasized the learning of fundamentals for at least a generation and seems hapless in adjusting to its current circumstance. Some would argue the same is true for American society. "Let's change the rules" rather than learn the fundamentals seems to be in vogue across so many aspects of modern America.

While life, like baseball, requires constant adjustment to change, like death the constant in life, it is having a strong fundamental grounding in skills that allows us to successfully adjust to those changes.

**Will baseball, and America,
successfully adjust?**

Only time will tell.

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OBITUARIES

~ Lorraine (Peck) DeSocio ~



84, of Plainville, passed away on Wednesday, June 2, 2021 at the Hospital of Central CT in New Britain. She is now reunited with her loving husband, Adam DeSocio, who predeceased her in 2013. Together they

shared 55 years of marriage.

Lorraine was born on January 4, 1937 in Naugatuck, CT daughter to the late Athelm A. and Irene (Lucas) Peck. Lorraine held several various jobs throughout her life, experiencing all aspects of different types of work. The majority of her life was spent as the homemaker, taking care of the house and her family. She was very much so in love with her husband and dedicated her life to caring for her children and grandchildren. She had a profound love for the beach, anywhere there was water she was in her happy place alongside her husband. They enjoyed many vacations in the company of one another down by the shore. In addition, Lorraine enjoyed crossword puzzles and playing cards. She had a passion for watching wrestling and the UCONN basketball games with her grandson, Nick. If there was a match or a game on, she made every effort to watch and would cancel any other plans. Her love and affection for her family was evident in the time spent with them over anything else. She will be dearly missed by her family, leaving them with many lasting loving memories.

Lorraine is survived by her children, Theresa DeSocio, Mary DeSocio, and Joseph DeSocio and his wife, Abby; and her grandchildren, Nicholas Vasquez and Travis Janeway. She was predeceased by her parents, her husband, and her daughter, Cheryl Mead.

Visitation were held at the Plainville Funeral Home, 81 Broad Street, Plainville. Funeral services were at 9 AM from Plainville Funeral Home and proceeded to Our Lady of Mercy Church, 94 Broad Street, Plainville for a Mass of Christian Burial. Burial followed in Calvary Cemetery, Waterbury.

~ Elisa (Giuliani) DiGiovanni ~



81, of Bristol, passed away peacefully at her home, surrounded by her family that she loved so deeply on Friday, June 4, 2021. She was the wife of Guerino DiGiovanni, with whom she shared 61 years of marriage.

Born in Corvara, Italy on August 26, 1939, she was the daughter of the late Arturo and Maria (Luciani) Giuliani. Raised in Italy, she immigrated to the United States in 1970 where she raised her two sons and went to work for Wasley Products where she dedicated more than 35 years. At home, she was the consummate host, who was happiest when surrounded by her family and friends. She was the epitome of the traditional Italian mother and Nonna, who loved to cook and share her homemade specialties, with no one leaving her house on an empty stomach. Her passion for gardening and flower growing were evident and displayed proudly inside and outside of her home. She will be greatly missed, and will be remembered fondly for her profound love and kindness.

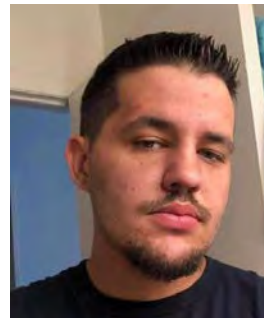
Along with her husband Guerino, she leaves her devoted sons and daughters-in-law, Mario and Ivana DiGiovanni and Frank and Linda DiGiovanni all of Bristol; her grandsons, Jerry DiGiovanni of Bristol and Justin DiGiovanni of Wethersfield; her sister Olimpia Dascanio and her husband Emilio of Plainville, her brothers and sisters-in-law, Fernando and Maria Giuliani of Terryville and Benito and Rosa Giuliani of Venezuela. She also leaves her sisters-in-law, Maria DiBuongrazio of Venezuela and Giovannina DiGiovanni of Florida; along with many nieces, nephews and extended family throughout the U.S., Europe and South America. She will also be missed by her feline companion, Smokey, with whom she shared a special bond.

Elisa's family extends their sincerest gratitude to her caretakers Ella and Laura, to whom they are so grateful for their thoughtfulness and compassion.

In lieu of flowers, contributions may be made to an organization that Elisa supported often, the St. Jude Children's Research Hospital, 501 St Jude Place, Memphis, TN 38105 or www.stjude.org

Funeral services were held on from Plainville Funeral Home, 81 Broad St, Plainville, with a Mass of Christian Burial at St. Matthew Church, 120 Church Ave, Bristol. Committal services followed at St. Joseph Cemetery Bristol.

~ Christopher Michael



“Chris” Fowler ~

27, of Plainville, passed away unexpectedly at home on Sunday, May 30, 2021. He was the beloved fiancé to Brooke Lussier and loving father to Grayson Fowler.

Chris was born on April 6,

1994 in Westerly, Rhode Island. He was a 2012 graduate of Wheeler High School in North Stonington. In high school, he participated in many different sports, including baseball, soccer, and football. He was full of life and energy and enjoyed staying active. Chris was a fanatic of the Boston Red Sox and looked forward to their success. He was employed with Everlast Industrial Flooring in Glastonbury where he worked doing commercial flooring. Chris was a devoted father and loved deeply, especially his greatest pride and joy, his son, Grayson, who is a mini-Chris. He lived for his son and family and would give his last shirt off his back to those he loved. Loyalty was important to Chris and he strived to live a life full of love and laughter. He was highly charismatic, generous to a fault, and was always making others laugh. His infectious personality made it impossible to not adore him. Chris will be missed deeply as his family and wide circle of friends cherish the memories they have shared over the years.

Chris is survived by his son, Grayson Fowler, his fiancé, Brooke Lussier, his adoptive parents who he loved and appreciated deeply, James and Gloria Fowler Lewis, and their daughter who was like a sister to Chris, Tonya Lewis, and his grandmother, Lulu Fowler. He is also survived by his biological parents, James Goins and Heather Fowler and his siblings, Felecia Goins, Will Goins, Sean Goins, Jesse Goins, Dylan Goins, Cheyanne Hatfield, Sarah Hatfield, Matt Durphy, and Kaylee Whiting. He leaves behind many extended family members, co-workers, and an abundance of friends. He also leaves behind his Mastiff fur-son, Mookie.

A Memorial Mass in celebration of Chris' life was held at Saint Mark Lutheran Church, 248 Broadway, Norwich, CT 06360. Burial will be held privately. In lieu of flowers, donations in Chris memory can be made to a Go Fund Page established to help pay funeral expenses and support his son, Grayson:

www.gofundme.com/f/chris-fowler-burial-expense. The staff at Plainville Funeral Home, 81 Broad Street, Plainville extends their condolences and their gratitude to the Fowler family for their trust. For more information or to leave online expressions of sympathy, please visit: www.PLAINVILLEFUNERALHOME.com.

BURIAL RIGHTS FOR ST. JOSEPH CEMETERY

If you have a grave plot in the cemetery, please contact the Cemetery Office at 860.747.6825 to name the person who will have burial rights of your plot after you pass. At St. Joseph Cemetery we allow three cremains to be buried on top of a full body in one 4' x 8' grave. We need on file who will have the rights to make those decisions.

NOTICE: SAINT JOSEPH CEMETERY

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



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OBITUARIES

~ Jeffrey D. Pipeling ~



43, of Hamden, formerly of Plainville, left his family and friends heartbroken when he left us unexpectedly and far too soon on Tuesday, June 1, 2021. He passed naturally, while riding his ATV and fulfilling his love for the nature surrounding him.

Born in New Britain on April 9, 1978, he was the younger of two children to David Pipeling of Plainville and the late Laura (Jacaruso) Pipeling. Jeff was a 1996 graduate of Plainville High School where he excelled at soccer and made many lifelong friends. He had a love for anything and everything outdoors from childhood and beyond. His big heart for Mother Nature led him to serve as an Outward Bound instructor and on staff at Pilgrim Pines & Camp Squanto. He had a special affinity for winter sports, especially ski trips, road trips and camping adventures with his children. Jeff had a passion for renewable energy, a spirit for sustainability and a keen business sense as the Director of Business Development for CTEC Solar, where he created many meaningful relationships and secured countless solar projects. At home, he proudly displayed his Italian heritage working hard to grow his yearly veggie garden and cooking endless bowls of pasta inspired by his Nana and Nonnon's Jacaruso family recipes. Jeff put his children first in everything he did, as his proudest role was being an awesome Dad. Remembered for his passion for life, patriotism, generosity and great love for his family, he will be ridiculously missed by the countless lives he touched.

In addition to his father, he leaves his children, Nathan and Emma; his former wife, Hayley; his sister, Melissa Blaser, her husband David and their children, Vivienne and Duke; many aunts, uncles, cousins and an abundance of dear friends.

In lieu of flowers, contributions may be made to Pilgrim Pines in memory of Jeffrey D. Pipeling at <https://www.pilgrimpines.org/donate> or to the Jeff Pipeling Family Go Fund Me to help support Jeff's kids <https://www.gofundme.com/f/support-for-nate-and-emma-jeffs-children>

Family and friends gathered at Plainville Funeral Home, 81 Broad St, Plainville. A celebration of Jeff's life was held at the funeral home.

~ Raymond E. Sanford, Sr. ~



70 of Plainville, passed away peacefully surrounded by his loved ones on Wednesday, June 16, 2021 at Bristol Hospital.

Born in Hartford on October 5, 1950, he was one of four children to the late Raymond J. and Vivian (St. Pierre) Sanford. Raised and educated

in Hartford, Ray was a 1969 graduate of Prince Tech. He went on to work for the State of Connecticut for a number of years as a part of their maintenance team, spending much of his time working alongside the military at Bradley field. An outdoors enthusiast, Ray's most treasured moments were trout fishing in the

Salmon River alongside his lifelong best buddy Joe and he could be found many days enjoying the peace and serenity of Winding Trails. A lifelong die hard Red Sox fan, he also admired the UCONN Women's Basketball team and all of their accomplishments. Remembered for his passion for nature and love for his family and friends, he will be missed dearly.

He is survived by his daughter Rebecca (Sanford) Larson and his son Raymond E. Sanford, Jr. and was the proud Pop to Nathan and Emily Larson and Devin Sanford. He was predeceased by his brothers Christopher and Peter Sanford and his sister Blanche Griffin, and leaves his sister-in-law Maryann Meccariello and her husband Gene, his "brother" Joe Szakacs his wife Renata and their daughter Monica; along with many nieces and nephews.

Ray's love for the outdoors may be remembered with contributions to Winding Trails, 50 Winding Trails Dr, Farmington, CT 06032 or at www.windingtrails.org

Family and friends gathered in celebration of Ray's life at Plainville Funeral Home, 81 Broad St, Plainville. For online expressions of sympathy please visit www.PlainvilleFuneralHome.com

~ Cody Joseph Waite ~



After fighting with every ounce of his being for the past two months, Cody Joseph Waite, 24, of Plainville, was tragically taken from this life on Wednesday June 23, 2021 from injuries sustained in a motorcycle accident. He

was surrounded with the love of his family and friends at Hartford Hospital.

The beloved son of Claire (Rabtoy) Riback (Robert) of Plainville and Duane Waite (Kathleen) of Fairfield, Cody was raised and educated in Plainville, where he had a lifelong love for sports and an impressive collection of sneakers. He enjoyed playing basketball, golf and video games, and had a passion for cars and bikes, but only if they were fast and satisfied his need for speed. Forever remembered for his huge heart and bright smile, Cody spread joy and kindness to everyone he met and will be missed immensely by his family and abundance of friends.

In addition to his parents and their spouses, he leaves his brothers, Ryan, Jason and Jared Riback; his sisters, Samantha and Rebecca; his grandparents, John and Maryellen Riback; many aunts uncles, cousins and his much loved four legged companion, his dog Mia.

Cody's love for animals and all mankind may be remembered with a random act of kindness or with contributions to a Go Fund Me established to benefit animals at <https://gofund.me/287abcc5>

Family and friends gathered in celebration of Cody's life at Plainville Funeral Home, 81 Broad St. Plainville. Words of remembrance were shared.



Summertime Sun Safety Guidelines



It's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer,

the most common of all cancers.

Skin cancer is on the rise in the U.S. The Centers for Disease Control and Prevention project there will be 106,110 new cases of skin melanomas and 7,180 deaths in 2021.

Skin cancer is the most common form of cancer in the U.S.

In 2018, there were an estimated 1.3 million people living with melanoma of the skin in the U.S. About 4.3 million people are treated for basal cell cancer and squamous cell skin cancer in the U.S. every year, according to a report from the Office of the Surgeon General.

The U.S. Food and Drug Administration continues to evaluate sunscreen products to ensure that they are safe and effective and so that available sunscreens help protect consumers from sunburn and, for broad spectrum products with sun protection factor (SPF) values of at least 15, from skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

Lower Your Risk for Sunburn, Skin Cancer, and Early Skin Aging

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some, but often not enough, protection against sunburn.

Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense. Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if they are intended to be used for medical purposes.) Using broad spectrum sunscreens with a SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)

Reading the label to ensure you use your sunscreen correctly.

Consulting a health care professional before applying sunscreen to infants younger than 6 months.

In general, the FDA recommends that you use broad spectrum sunscreen with an SPF of 15 or higher, even on cloudy days.

Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).

Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)

If you don't have much hair, apply sunscreen to the top of your head or wear a hat.

No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.

No sunscreen is waterproof.

Sunscreen is available as lotions, creams, sticks, gels, oils, butters, pastes, and sprays. Sunscreen products in forms including wipes, towelettes, body washes, and shampoos that are marketed without an FDA-approved application remain subject to regulatory action. The FDA also proposed changes to the labeling of SPF values to make it easier for consumers to compare and choose sunscreen, and to raising the maximum proposed SPF value from SPF 50+ to SPF 60+.

THE TEA PARTY PATRIOTS "WAKE UP AMERICA"

By: Gene

The COVID Pandemic has been a tragedy, no doubt. But it has exposed issues in America that threatens the principal of freedom & order that Americans often taken for granted.

We used to be proud to call ourselves Americans - no longer. It is our country leaving us, making a far turn left from which we may never return. Beware of the four (C's) format items of the day being forced on us by the progressives.

- *Critical Race theory
- *Cancel Culture
- *Climate Change
- *Common Core (Teaching)

Behind the facade the Black Lives Matter is not, as it's name suggests, concerned about saving Black Lives. It's about promoting radical marxism in the country nothing more. BLM and it's ally ANTIFA is no laughing matter. In fact these organizations are not just a threat to police and blue lives but the community they protect as well. Among the most significant threats posed by BLM is violence its members and leaders have unleashed in cities and towns across the nation - especially against the police and those who seek to live by the rule of the law.

Don't get catfish by the Left, Liberals, Democrats and Progressives.

The party now in control is a party of NO.

- *No secure border
- *No pipe line
- *No fossil fuel
- *No free speech (Facebook censors all speech with which they disagree)
- *No difference between the sexes
- *No election integrity
- *No support for the police
- *No unity between the races
- *No unbiased mainstream media
- *No infrastructure plan against cyber attacks
- *No respect for Christian values
- *No public school system which values patriotism versus critical race theory, and lastly,
- *NO HOPE

The U.S. is no longer the beacon of hope for the world, but a country in decline.

Some excerpts from June 14th letter to the editor Meriden Record Journal.

Quote:

"Our citizens should early understand that the genuine source of correct Republican principles is the Bible." Noah Webster

"The spirit of resistance to government is so valuable on certain occasions, that I wish it to be always kept alive." *Thomas Jefferson*

"Remember what Independence Day is

HAPPY FOURTH OF JULY"

Wheeler Receives \$25,000 Grant From West Hartford-based Maximilian E. & Marion O. Hoffman Foundation, Inc.

Funds Will Support Purchase of Chromebooks for Students; Laptops for Teachers and Paraprofessionals

Wheeler received a \$25,000 grant from the Maximilian E. & Marion O. Hoffman Foundation, Inc., to purchase Chromebook laptops for students, and laptops for teachers and paraeducators at Northwest Village School (NVS), the organization's K-12 therapeutic day school.

The computers will help students in the special education program to participate in virtual, in-classroom and other learning experiences, and for teachers to be able to provide instruction both when classes are at school and through distance learning.

"We are extremely grateful for the Foundation's support, which will ensure that our students have access to high-quality educational services, whether they are learning in the classroom or from their homes," said Sabrina Trocchi, PhD, MPA, president and chief executive officer, Wheeler. "During the last year, especially, we have learned about the value of flexible learning environments, but moreover, the importance of providing reliable technology to support and meet students' learning goals."

The new technology will be used by students during the upcoming school year.

About the Maximilian E. & Marion O. Hoffman Foundation, Inc The Maximilian E. & Marion O. Hoffman Foundation, Inc., was established in 1982 by Marion O. Hoffman in memory of her husband. The organization donates to groups, mostly in Connecticut, that further education, medicine, and the arts.

For more than 20 years, the Maximilian E. & Marion O. Hoffman Foundation, Inc., and Wheeler have collaborated on projects and services to benefit individuals and families in Wheeler's care. Past Foundation grants have supported child abuse prevention parenting education, training, and family support; renovations of Wheeler's congregate care facilities serving children requiring intensive services; elements of a state-of-the-art library media center featuring cutting-edge technology to help students build and expand traditional and digital literacy skills; and the implementation of dental services and equipment at Wheeler's Susan Walkama Family Health & Wellness Center at 43 Woodland Street in Hartford.

About Wheeler's Northwest Village School

Northwest Village School is a therapeutic day school for special education students, ages 4-21, with complex social, emotional, learning and/or behavioral challenges. The school combines academic instruction with clinical support and interventions and serves children, youth, and young adults from more than 60 school districts across the state. Learn more: WheelerHealth.org/NVS.

Pet Cemetery To Honor Your Household Pets

The Plainville Cemetery Associations, Inc. has opened a Pet Cemetery located at the West Cemetery, 180 North Washington Street, Plainville, CT.

With the mobile society that we live in many families choose Pet cremations in order to keep their beloved pets with them. Our Pet Cemetery will provide another way to honor your beloved household pet as we assist you in memorializing them in their forever home.

Our Pet cemetery is located in the wooded area behind our office building where the cremated ashes can be interred amongst the trees, plants and foliage along the back fence area. We have a path, leading to our memorial brick pavers. It is beautifully landscaped with grass, flowers, bushes, bird bath and benches amidst the trees.

Interment of Ashes \$75 (burials are done by PCA Staff)

Memorial Brick Pavers \$175 (can be purchased with or without a burial)

The memorial brick pavers will be personalized for your pet.

Please contact the Plainville Cemetery Association Inc at 860-747-2314 for additional information.

Summer is here at West Cemetery

A reminder of our rules.

1. No plants (real or artificial) or ornaments are to be placed on Flush/Flat Markers
2. Only flowering plants are allowed in front of Upright Monuments, no bushes or trees.
3. Request other than flowers must be approved by the Cemetery.
4. Only four grave lots can place flowers in back of a upright monument.
5. No Glass or breakable Containers are allowed.
6. The Flags will be picked up after the 4th of July by the VFW.

Any violations may be removed by our PCA ground crew as necessary.

Any questions please contact the office at 860-747-2314

Thank you, Plainville Cemetery Assn. Inc.

Maggie Centurelli
PCA Superintendent

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106 East Street Plainville, CT 06062

To: All Civic & Religious Organization We would like to invite everyone: to share your activities with our readers. Please forward all news and pictures to: **Email- plainvillehometown@gmail.com or Mail to: Hometown, 27 Sherman St. Plainville 06062**
Phone: 860-747-4119 *Thanking you in advance!*

Hometown Religious Directory

THE CONGREGATIONAL CHURCH OF PLAINVILLE

A congregation of the United Church of Christ
130 West Main Street, Plainville
Phone 860-747-1901
ALL ARE WELCOME!

Rev. Don Erickson, Senior Minister

Email: revdon@cccplainville.org
CHURCH OFFICE EMAIL:
churchoffice@uccplainville.org
WEBSITE: www.uccplainville.org
WORSHIP SERVICE

Sunday: 10:00 a.m. In-Person Worship
Sunday Services are also Live Streamed via Facebook at uccplainville
Sunday 7:00 p.m.

Centering Prayer Service on Facebook
THE PLAINVILLE THRIFT SHOP
Closed Indefinitely

The Church gave out high quality, reusable KN95/KF94 masks to those in our community. For more information, contact the Church Office at 860-747-1901 or via email at churchoffice@uccplainville.org.

REDEEMER'S AME ZION CHURCH

110 Whiting Stree, Plainville
Phone: 860-747-1808

Worship Services -
Rev. Dr. Shelley D. Best

Sunday School.... 9:00-9:40 a.m.
Praise & Worship.....9:45-10:00
...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) 11a.m.
Gladys Floyds Missionary Society (2nd Sun)
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 (9:30 a.m. & 2nd Mon. of May)

Choir Practice
Senior (Sat before 1st Sun) 5:00 pm
Jubilee (Sat before 2nd/4th Sun) 5:00 pm
Mass/Youth choirs (Mon after 1st/2nd Sun) 7:00 pm

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OUR LADY OF MERCY CHURCH

94 Broad Street, Plainville
Rev. Raymond Smialowski, Pastor
Robert Berube, Senior Deacon
Parish/Cemetery Office
19 S. Canal Street

Office Hours: Mon.to Fri. 9 am to 4 pm
Phone 860-747-6825

Face Masks & Distancing From Others
Everyone Look for Regulations

Liturgy Schedule
Saturday 4:00 P.M.
Sunday
8:30 A.M. & 10:30 A.M.
Weekday Liturgy

Mon., Tues., Thurs., Fri. & Sat 8:00 A.M.
Devotions

Rosary-Monday-Saturday
before Morning Mass
Sacrament of the Sick
Call the office for any sick person to receive the Holy Eucharist
Please check our Facebook: @ www.facebook.com/ourladyofmercychurchct and our website at www.olmct.org.

PLAINVILLE UNITED METHODIST CHURCH

56 Red Stone Hill,
Plainville, Connecticut 06062
Rev. Stephen Volpe, Pastor
Church (860)747-2328
Parsonage (860)747-2592
Cell 1-203-232-2752

Email: plainvillunited@sbcglobal.net
Website: www.plainvilleumc.org

JULY & AUGUST SCHEDULE

SUNDAY SERVICES
WORSHIP TIME 10:00AM

REGULAR EVENTS\
Tuesday LadiesTuesday 9:30 AM
AA..... Sunday, 7 PM
Single Purpose Women's Group...
Saturday, 9:30 AM

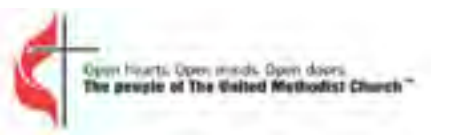
Boys Scouts..... Thursday, 7 PM
SPECIAL EVENTS

SUNDAY WORSHIP WITH HOLY COMMUNION:
Sunday, July 4, 10 AM
Sunday, August 1, 10 AM

WE ARE OPEN for in-person worship. We will also continue to offer the worship experience virtually on Facebook via this link: https://www.facebook.com/Plainville-United-Methodist-Church-CT-Live-108293257471508

AMERICAN RED CROSS

BLOOD DRIVE:
Monday, July 12, 1 to 6 PM
Monday, August 9, 1 to 6 PM
Call 1-800-733-2767 or go to www.redcrossblood.org



Faith Bible Church

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

Purpose:

- To Know/Glorify/Worship God
- To follow Jesus Christ as LORD
- To Grow in GRACE
- To Understand the BIBLE/
Apply it to our lives
- To reach others for JESUS
- To be committed to the GOSPEL:

Jesus died, was buried and rose again on the 3rd day. (He LIVES)
Sunday Service: 10 am
(JOIN US: LIVE OR FACEBOOK)

Bible Study: Tuesday
@ 7 pm by Zoom/in person

Covid Virus Info: "Do not be afraid. I am with you. I will watch over you, keep you, and protect you by the power of My Holy Spirit, for the Glory of My Father."
Jesus

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139 New Britain Ave, Plainville
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Suffragan Bishop George Knight, Pastor

Elder Joseph Green, Associate Minister
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Residence & FAX 860-224-9409
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For info please contact Pastor Andrea Osborn at (860) 919-7470
ozzyunk@gmail.com
Visit our website:
wwwspiritualistloveandlight.org
also on Facebook: https://www.facebook.com/CongregationSCLL/

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Wednesday Evening Service-7:00 PM
Wednesday Evening Children's "Glory Train"
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Brad Brandon- Senior Pastor

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97 Broad Street, Plainville
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 am.
FREE lunch after service
Wednesday Evening ~
Family Prayer Meeting @ 6:30 p.m
The Lord Jesus Christ loves you
John 3:16

CHURCH OF THE BIBLE

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

WEEKLY WORSHIP SCHEDULE

Nursery Care is provided for all Sunday Services
Sunday 10:00 am
Sunday School for All Ages 11:00 am
Morning Worship Service 11:00 am
Junior Church Ages 4-8 11:00 am
Evening Worship Service 6:30 pm
Bible Study & Prayer Wednesday 7:00 pm
For information about the church visit our website @cobplainville.org

GRACE LUTHERAN CHURCH

222 Farmington Ave., Plainville
Phone 860-747-5191
Rev. Dr. Robert R. LaRochelle
Pastor
Worship: Sunday at 9:00 a.m.
Visit us at:
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or www.graceinplainville.org
"To check out our activities Or better yet, join us on Sunday!"

An Unusual Gift To Plainville Food Pantry
Kevin Palladino, owner of Pals Power Washing, and Dryer Vent Cleaning of Southington started a new way to give back to the needy. He will clean your cemetery monument and in return, you can make a donation check to the Plainville Food Pantry.
Kevin noted that we have three cemeteries in Plainville. To contact him:
Phone: 860-919-8748 Email: palspower@aol.com
Facebook: Pals Power Washington

The WELL
A Spirit-Filled Church
1 Northwest Drive
Plainville
Join us Sunday mornings at 10:30 am for Worship and the Word of God
Tuesdays at 7:00 pm for Bible Study

Jake's Sport Talk



College World Series Preview By Jake Your Volunteer Sports Reporter

This is the Bracket One Matchups Preview.

Stanford at 38 wins and 15 losses plays NC State at 35 wins and 15 losses. Game one will be played on ESPN on Saturday June 19th at 1:00 PM. My prediction is that NC State will win game one because they have a great power hitting offense and great pitching. Stanford has a good team too, but I think NC State has the advantage. NC State took down the Number One seed Arkansas Razorbacks. My prediction was correct: NC State won 10 runs to 4 runs vs the 9 seed Stanford. Stanford, number 9 seed, now plays 5th seed Arizona. My prediction is an upset pick. I have Stanford winning big. My prediction was Correct Stanford won 15 runs to 5 runs vs Arizona.

The next matchup is Vanderbilt seed number 4 at 45 wins and 15 losses and they play Arizona seed number 5 at 45 wins and 16 losses on ESPN on Saturday June 19th at 6:00 PM. My prediction is

that Vanderbilt will win game one because they have a great pitcher named Jack Leiter who is a MLB prospect for this year's MLB draft and is projected to go at pick number four to the Boston Red Sox. The Pirates and the Rangers and the Tigers have picks one, two and three and they are projected to take all Shortstops also known as Position players. Vanderbilt has the advantage because they have great hitting and power as well. My Prediction was correct: the Vandy Boys took down number 5 seed Arizona 7 runs to 6 in a walk off. NC State and The 4th seeded Vandy boys both advance and will play each other on June 22nd at 7:00 PM on ESPN.

Bracket Number 2 Predictions:

The first matchup in bracket number 2 is Tennessee at 50 wins and 16 losses vs Virginia at 35 wins and 25 losses. The game will be played on ESPN2 on Sunday June 20th at 1:00 PM. I don't know anything about these teams so I will let my readers watch the game and root for who they want. We will call it the reader's choice. Virginia will play Mississippi State seed number 7 on June 22nd at 7:00 PM on ESPN 2.

The last matchup in game number four the first round of the tournament is Texas seed number 2 at 47 Wins and 15 Losses vs Mississippi State seed number 7 at 45 Wins and 16 losses. The game will

be played on Sunday June 20th on ESPN2 at 6:00 PM. My prediction is Texas will win because Texas has three good pitchers and great hitters and Texas will have the advantage and will win Game one. That's my prediction. My Prediction was incorrect because Texas number 2 seed lost 2 runs to 1 run vs Mississippi State so Mississippi State now advances and 2 seeded Texas Longhorns Will play Tennessee number 3 seed in the losers bracket an elimination game. My prediction is that Texas will beat Tennessee to move back to the winners bracket. My prediction was Correct Texas beat Tennessee 8 runs to 4.

Thank you for reading my article. Thank you for all the support. Hope everyone is doing well and staying safe.

Jake

Your Hometown Connection
Volunteer Sports Reporter



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CONGRATULATIONS PLAINVILLE 2021 WINNERS!!!

From My Balcony

By Jeannette Hinkson

From where I sit I look around and it seems one of the things that have become a mainstay in our lives started with the invention of the television.

Many remember sitting on the floor watching the adventures of Lassie and then even those wonderful movies with John Wayne, in Stage Coach, Humphrey Bogart and Katherine Hepburn, in African Queen or weekly series like Death Valley Days and let's not forget I Love Lucy.

Yes, those were the good old days when we had rabbit ears on our TV sets or an antenna on the roof of our house and we watched all those shows for free but wait today we have a round thing on the roof of our house or our TV is connected to a cable. We get a bill every month for over \$150 depending on the plan and we get to watch Stage Coach, with John Wayne, Humphrey Bogart and Katherine Hepburn still going down the river in the African Queen and still watch Death Valley Days, Lassie and I Love Lucy.

Does anyone see anything wrong here? Most of the people in these movies or shows have been dead over fifty years and we get to pay for them. Something just doesn't seem right somehow.

A few months ago I got a call telling me I was going to get a premium package, consisting of three movie packages for three months and if I liked it I would then be charged \$10 each month for each package. Figuring perhaps this might be something different I agreed to give it a try.

Well, two and a half months have gone by and I found I was able to watch John Wayne in Stage Coach, Humphrey Bogart and Katherine Hepburn going down the river in The African Queen, Death Valley Days, Lucy and Lassie, over and over, several times a week. You know it's nice to see John Wayne, Bogart, Katherine Hepburn, Lucy and Lassie haven't aged one day but the movies always end the same way.

Those cable and dish company's sure have some good sales people or are we so starved for entertainment we are suckers to see films put out in the 30's, 40's and 50's and get to pay for them to boot.

Crossword Answers

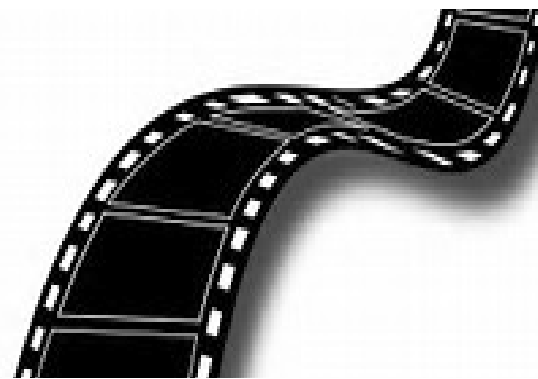
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The Circumspect Critic

by:
Robert James O'Dell

“The Conjuring: The Devil Made Me Do It”



The Conjuring: The Devil Made Me Do It (2021)
R | 1h 52min | Horror, Mystery, Thriller | 4 June 2021 (USA)

Director: Michael Chaves

Writers: David Leslie Johnson-McGoldrick (screenplay by), James Wan (story by) |

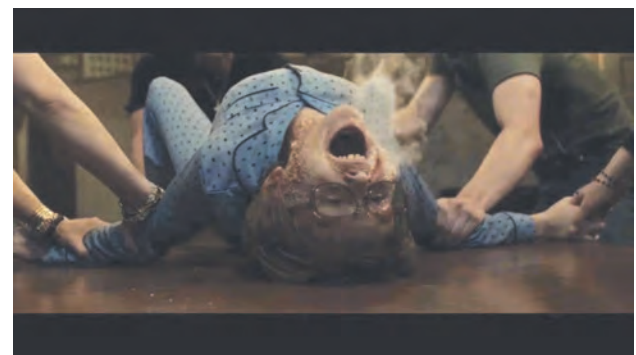
Stars: Patrick Wilson, Vera Farmiga, Ruairi O'Connor



best described as crude, especially by today's standards, and consisted of audio recordings of strange, inexplicable sounds and out of focus photographs of paranormal activity and ghostly apparitions. Their retelling of some of their more harrowing experiences was riveting and convincing. My experience with the Warrens preceded the real-life case of Arne Cheyenne Johnson (Ruairi O'Connor) who was the first to claim demonic possession in a murder trial, events that occurred in the early eighties, so I never had the pleasure of hearing them give their personal account of their involvement. I do know that great liberties were taken with the actual facts something that is fairly routine with adaptations of alleged true accounts of the supernatural.

The film's prologue reenacts the exorcism of a young boy, David Glatzel (Julian Hilliard) which leaves Arne Johnson, a promising young man involved with David's sister Debbie (Sarah Catherine Hook), possessed by a demonic force. This segment is chilling, a powerful, Knuckle clutching, slop sweat inducing ten minutes that leaves you exhausted and drained. It is a promising start to director Michael Chaves erratic follow up to the first two above average Conjuring films, raising expectations he fails to fulfill with the rather stilted events that follow. What starts out as a gripping occult style mystery turns into a rather bland typical police procedural with the Warrens gumshoeing their way through some clues that reveal a separate but related case involving the disappearance of two teenage girls.

On this third go round for Wilson and Farmiga, the actors are quite comfortable delineating the quirks and eccentricities of the husband/wife ghostbusting team and even manage to make credible some poorly written dialogue as well as some questionable behavioral choices (Ed, heart



condition aside, chasing after Lorraine in the woods). Still, they provide the emotional gravitas the film needs to engage us.

The film's biggest mistake is not keeping the focus on the actual trial that it is based on. A truly fascinating story to be told, it takes a backseat to a standard procedural that, yes, offers a few good jump scares but is far from enthralling or engaging.

The film does contain some high points that will elicit that jarring unexpected reaction followed by the nervous laughter we depend on to slow down our racing heartbeat. It just doesn't jell with the same smooth way the far superior first two films did. The franchise has branched out and counts eight films at this point (the overlooked The Curse of La Llorona also directed by Chaves, the subpar The Nun and a couple of films featuring the doll Annabelle) Conjuring 3 is better than all of those but is a dissatisfying end to the Ed and Lorraine Warren trilogy.

Ratings: Acting: 93%
Directing: 74%
Script: 55%
Cinematography: 90%
Scare Factor: 85%
Entertainment Value: 77%

Very loosely based on the true story of the first recorded case of an accused murderer using being possessed by the devil as their defense, the film must overcome its joking subtitle to have any chance of having its thrills and chills taken the slightest bit seriously. From the case files of renowned ghost hunters Ed (Patrick Wilson) and Lorraine Warren (Vera Farmiga), the film replaces the ghostly hauntings of the first two Conjuring films with demons and devil worship.

Having personally met, had dinner with and discussed the art of ghost hunting with the Warrens in the early seventies when I booked them to do a presentation at my college, I can attest to how seriously they took their chosen occupation. Their fascination with and dedication to uncovering actual hauntings was sincere and whether one found their evidence to be as authentic as they did, their passion for it was unquestionable. Their presentation was

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- M7 Transportaion/Emcompass
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- Sovita Chiropractic of Bristol
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- The Pines of Bristol
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- Bristol Senior Center
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- Visiting Angels
- Clear Captions
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- Farmington Station

PLAINVILLE LIONS ROAR

The Plainville Lions Pancake Breakfast is resuming on this coming October 17th.

The Plainville Lions are always looking for new members that can help with any of our activities, or in establishing new activities.

For any additional information, please do not hesitate to contact the President,

Brian Lavigne at

860-747-2618 or email: lionbrian@gmail.com

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Questions Contact: Cassandra Clark 203-954-6237

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Blue Plate Tavern - 180 Woodford Avenue

Dairy Queen - 81 East Street

Zen Bar - 317 Farmington Avenue

Uncle Bob's - Linden Street & Woodford Avenue

Hop Haus - 24 Whiting Street

Don Bigote Mexican - 54 West Main Street

Crafts Kitchen - 400 New Britain Avenue

Pappas Pizza - 284 Farmington Avenue

Shawarma Shack - 284 Farmington Avenue

Yummy Sushi - 275 New Britain Avenue

West Main Pizza - 97 East Main Street

Big Steve's Grill - 154 Woodford Avenue

Statement From CTGOP Chair Sue Hatfield on the Conclusion Of The 2021 Legislative Session

While Connecticut businesses opened their doors at the behest of Governor Ned Lamont, Democrat leaders in Hartford arrogantly opted to keep the public out of the "People's House." With the citizens locked out, progressives pushed through a long list of radical measures that will make our state less attractive and affordable to employers and taxpayers.

Fortunately, Republican lawmakers successfully pushed back on the Democrats' most egregious tax-and spend impulses. Republican opposition was critical in holding the line on income tax increases, and in stopping the Transportation Climate Initiative, which would have raised the price and limited the availability of fuel for Connecticut motorists.

Republican legislators stood UNITED to stop the mileage tax, to keep tolls off our highways, and to maintain local control of zoning and education.

Now it is time for Republicans to REGISTER, RECRUIT and TRAIN new candidates and volunteers for the rapidly-approaching 2022 Election.

I call on Connecticut residents who see the need for a new direction to help Republicans win the battle for the soul and the future of our Constitution State.

With the right candidates and the help of our dedicated grassroots supporters, we can put Connecticut back on track.

Please make your investment to help Republicans Grow Our Party in 2021 and beyond.

Your action now will be forever remembered as we Save Our State.

***Sue Hatfield, Chair
Connecticut Republican Party***

PLAINVILLE REPUBLICAN TOWN COMMITTEE

MEMBERSHIP INFORMATION and APPLICATION

The purpose, functions and objectives of the Plainville Republican Town Committee

- * To encourage qualified Republicans to run for office;
- * To conduct Party caucuses and to participate in Party conventions;
- * To recommend qualified Republicans for appointive offices, and to plan and organize all campaigns;
- * To study and recommend improvements in local government, and to support and promote local, state and national Republican candidates;
- * To study and support, or oppose, State legislation concerning Plainville;
- * To sponsor and encourage constructive Party activities, and
- * To administer Party funds.

Town Committee Membership Requirements

- To remain in good standing a member should:
- * Attend regular meetings unless excused by the Chairman
 - * Support the organization or candidates when financially possible and by being active;
 - * Perform duties to uphold the purpose and further the objectives of the Plainville Republican Town Committee as articulated in the Plainville Republican Town Committee bylaws; and
 - * VOTE

For more information, to secure a Membership Application or Associate Member Application contact:

Jacob Rocco, Vice Chairman of P.R.T.C.
Email-jacob.rocco20@gmail.com or
Phone 860-882-8139



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(Spring - Fall)

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OXC Hours of Operation:

Monday - Sunday 8:30 am - 5:00 pm

("before/after hours" appointments are available, as well)

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42 minutes (.7)	338.30
48 minutes (.8)	384.25
54 minutes (.9)	430.19

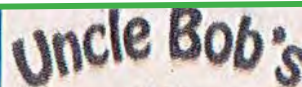
* All prices are for information purposes ONLY and are subject to change at any time without notice-07/04/21



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Ask the Brayne.

Q. I was shopping at Gnazzo's Food Center the other day and I saw they had Duck Eggs for sale. What is the difference from Chicken Eggs?

A. The Duck Eggs at Gnazzo's are from Karabin Farms and I spoke to the owner of Karabins A Duck Egg's yolk is much larger than a Chicken's yolk and are favored by most cooks and bakers.

Q. What kind and how many kinds of cheese are there in the United States?

A. About 300 varieties of chesse are are manufactured in the United States. Half of it comes from Wisconsin. Many people believe that Canada and the United States make cheesesas fine as Europe's.

To submit questions call 860-747-4119, E-mail plainvillehometown@gmail.com or write to: Hometown Connection, 27 Sherman Street, Plainville, CT 06062. Deadline for submitting questions is the 15th of the month's next issue Next issue of the Hometown Connection will be the September Thank you for this issue questions. Please keep them coming!

Happy 4th of July!!! Bill Brayne

Marriage !

Marriage is a sacred ceremony between a couple/partners who wish to live the rest of their lives together until death do they part.

Unfortunately there are times when the marriage does not work for various reasons.

Those marriages can be compared to a deck of cards. At the beginning of the relationship it's about 2 hearts and a diamond. In the end the couple are looking for a club and spade.

On occasion there are senior citizens that would like to spend their remaining golden years together.

Dick and Jane were that couple. They had a difficult time deciding what they wanted. Since they were in their later years, they really didn't need anything.

One evening while on their daily walk, Dick told Jane he wanted to stop in the drug store. Dick proceeded to the pharmacy and handed a note to the pharmacist.

Dick asked the pharmacist if he carried the following items. Heart medication, circulation medicine, Rheumatism medicine, suppositories, medicine for memory problems, arthritis and Alzheimer vitamins, sleeping pills, Geritol, antidotes for Parkinsons disease, heartburn, and indigestion. Wheelchairs, walkers, and canes. Adult diapers. The pharmacist replied that he did carry all of the above items.

Dick turned to Jane and said, " I think we found our wedding registry."

I leave you with this final thought. Twinkies and Ho Hos may be a thing of the past, but the world will always have plenty of ding dong.

Since this is the July/August edition, I want to wish everyone a safe and healthy summer.

Hopefully we are back to normal.

Enjoy!

John Gasparini

Taste Buzz----Shrimp Dip

- 8 oz pkg cream cheese, softened
- 1/4 c mayonnaise or salad dressing
- 1/4 t Worcestershire sauce
- 4 T chili sauce
- Juice of 1/2 lemon
- 1 small onion, grated
- 1 can small shrimp, drained and chopped

Mix all together in order and chill. Serve with chips and/or vegetables dippers

To Submit Your Family Taste Buzz/Hometown - 27 Sherman Street

Recipe Mail To: Plainville, CT 06062 or Email: plainvillehometown@gmail.com

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Pet Page

Are You Looking to Adopt a Dog?

Here is the Process to Adopt

To the Editor,
Is it possible to submit a dog for adoption, to run in the July edition? I live in town and my dog shelter has been struggling getting our large dogs placed. If you'd be able to run one or two dogs per month, please let me know. I would appreciate anything that you could do. Thank you!

Jennifer Humphrey

It is our pleasure to help our furry friends!

Edmond is 4 years old, loves to walk and car rides. Great with people and kids age 8+. He enjoys affection, loathes cats and is dog selective. Friends with a few large females but we recommend a home with no other pets. He's been waiting over a year to find his forever home.

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My adoption process is simple enough. Apply to adopt on my website. Adoption fee for Bully Breed dogs is \$100. All other breeds the adoption fee is \$450.

The fee included spay/neuter, Rabies/DHAPP/Bordetella vaccines, 4DX/Heart Worm test, dewormed and microchip. Home visit required.

Meet handsome Tyler! Tyler is a 3 year old gentleman who wants to move on into your heart, and your bed! He loves to relax at your feet, go for car rides and hike. Tyler is "meh" with large female dogs but doesn't want to hang out with males. No kids under 13 years old for this guy and his house should be moderately calm. He's just not a fan of kids, at all. He walks great on a leash, is house trained and enjoys affection. He's stressing badly at the shelter. Please apply at www.brasscityrescue.org Tyler's adoption fee is \$100 and he is neutered and fully vetted.

Jennifer Humphrey
Brass City Rescue Alliance, CEO
2 Service Road Middlebury CT
06762

Rescue 203-560-5065
Cell 203-217-7605
EIN 46-5519158

www.brasscityrescue.org

Pooch sang a song. In a honky tonk in Nashville.



What song did he sing?



You ain't nothing but a hound dog.



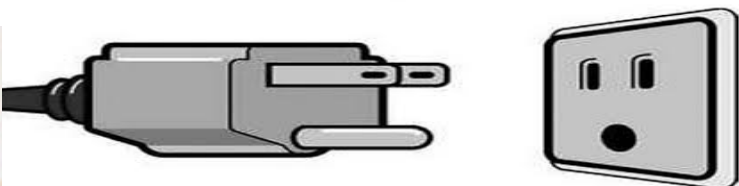
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The Town of Plainville & Chamber of Commerce Welcome New Businesses in Downtown Plainville With Ribbon Cuttings!

Norcom Mortgage

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Good Vibes Gifts & Flowers

The Plainville Chamber of Commerce, co-presidents Quinn Wazorko Christopher and Tabitha Wazorko Manafort, Town Manager Robert E. Lee, Town Counciler Rosemary Marante and chamber members gathered for the Ribbon Cutting. The shop is located at 21 Whiting Street.

Owner Melody Santos opened her shop in January. It is a "full service florist" arrangements are in favor of more personalized. Visitors to the shop can pick up plaques with messages, candles, crystals, jewelry and more. Melody said she is glad to be in the downtown business scene and involved in the community.

Hop Haus Ribbon-Cutting

Mike Miller is the owner of this incredible restaurant that features a newly renovated taproom, family dining area and soon a new banquet and family style dining area. The Plainville Chamber of Commerce hosted a ribbon cutting June 2nd. The Hop Haus is located at 24 Whiting Street, Plainville.



Town Council member David Underwood and Board of Education member Deb Hardy stopped by for Memorial Day presentations and remembrances



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The Plainville Hometown Connection paper is run by “All volunteers”, many of them have full time employment and do this as a hobby. We don't have reporters, all the articles are submitted by people that like or want to share news of interest. You are welcome to submit stories of interest by submitting it before the 15th of the month for the following month's issue.

If you are located in Downtown Plainville, to run an ad contact: Laurie Peterson or Cassandra Clark at 860-747-4119

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Letters to the Editor.....

Dear Editor,

They're the brave young women and men on the front lines squaring off against pro-abortion radicals on America's college campuses and in their communities.

Students for Life's 18 full-time Regional Coordinators have no easy task.

They're threatened and harassed by pro-abortion "peaceful" protesters.

Their pro-life activism events – including displays of thousands of Christian crosses to memorialize the lives lost to abortion each day – are often vandalized by Planned Parenthood supporters.

Our Regional Coordinators spend upwards of four to five days a week on the road traveling from campus to campus, hosting trainings for young pro-life students, and bringing Students for Life's national tours to their local campuses.

These fine men and women are dedicated to exposing the TRUTH about abortion and Planned Parenthood to the generation that the Abortion Goliath targets most.

Today, college students and young people all across America are bombarded by pro-abortion propaganda the moment they set foot on campus.

Their school halls are filled with Planned Parenthood "information tables" where they are handed contraceptives for free and encouraged to "experiment."

But their iron grip on our college campuses and young people is starting to loosen.

In fact, 93% of college-age Americans today reject the Democrat Party's extreme platform of abortion-on-demand through all nine months of a pregnancy.

Students for Life is dedicated to taking the Abortion Lobby head-on by equipping our 1,300+ pro-life youth groups to fight back against the lies of Planned Parenthood right where they are – on their high school and college campuses.

In return, radical pro-abortionists lash out – threatening our student leaders with horrible acts of violence.

In fact, during a speaking event, our Regional Coordinator from Minnesota faced a bomb threat after a pro-abortion student was caught mixing substances and placing a suspicious container in the center of an auditorium!

Our team was forced to evacuate immediately and finish their event outside.

But in spite of the Abortion Lobby's growing radicalism and violence against our student leaders,

we are still changing the hearts and minds of America's youth for Life.

In one instance, our Regional Coordinator of California Nichole Bentz encountered Kristin Turner, a staunch "pro-choice" feminist student at Shasta College in California.

After speaking with our pro-life student leaders, Kristin completely changed her position and realized that preborn babies have human rights and that abortion only serves to oppress women.

And after that, Kristin started her own Students for Life group at Shasta College!

The simple truth is, our 18 full-time Students for Life Regional Coordinators are stretched thin.

Our Regional Coordinators are constantly traveling all across the country to train young pro-lifers and host pro-life rallies and events at their local campuses.

And as the stakes rise, there will be a dramatic increase to unplanned expenses that Students for Life incurs to send our Regional Coordinators wherever they are needed to combat Planned Parenthood.

Students for Life operates on a shoestring budget to make sure we get the best bang for the buck for all of our donors.

Often times that means setting up our student leaders with host homes that generously provide lodging for a few days or so.

But your generous and thoughtful gift would mean the world to our young men and women who are spending countless hours traveling on the road and facing the radicalism of the pro-abortion Left.

Donations are needed to pay for their flyers, postcards, and the other materials they'll need to start a new Students for Life group on campus.

Also pay for a couple tanks of gas for a Regional Coordinator to travel back and forth from the campuses in their regions.

If you can't afford to make a generous tax-deductible donation to Students for Life today, please keep our Regional Coordinators in your prayers as they face the threats and intimidation of the Abortion Lobby. **For Life, Kristan Hawkins**

President, Students for Life

Send a Donations to an SFLA Regional Coordinator

Make checks payable to and mail to:

Students for Life of America

1000 Winchester St., Suite 301

Fredericksburg, VA 22401

Office: 540.834.4600

Since that time, Hillsdale's Board of Trustees has pledged several times to resist any attempts by the government to regulate its internal affairs. Hillsdale was almost alone in seeing the dangers posed by federal funding.

History has proven Hillsdale's decision to be correct—and Hillsdale's status as America's leading liberal arts college that reaches and teaches increasing millions of citizens nationwide stands as proof.

Indeed, all of Hillsdale's work is entirely dependent on private support—and as I already mentioned, this work is by no means confined to our Michigan campus.

Hillsdale radiates its educational mission nationwide through its many outreach efforts on behalf of liberty.

Consider our monthly speech digest, *Imprimis*. Now in its 49th year, *Imprimis* reaches more than 5.7 million households and businesses nationwide.

Hillsdale also produces online courses, and we offer them free of charge to any citizen wishing to learn. Over 2.5 million citizens have already enrolled in one or more of these courses, which cover such topics as the Constitution, American history, and free market economics.

Hillsdale also extends its mission into American K-12 education. Our Barney Charter School Initiative has already helped establish over 20 Hillsdale-affiliated classical K-12 charter schools in over eleven states.

In addition, Hillsdale provides, free of charge, an

Dear Editor,

I announced the Caregivers, Access, and Responsible Expansion for Kids Act of 2021 (CARE for Kids Act), a bipartisan bill to support millions of children, raised by grandparents and others, in need of free and reduced-price meals. The CARE for Kids Act is co-led by U.S. Representatives Don Bacon (R-NE), Deborah Ross (D-NC), and Senator Bob Casey (D-PA).

Presently, millions of children who are cared for by someone other than their parents, could be ineligible or decertified for free and reduced-price meals at school. To support more children facing food insecurity, the CARE for Kids Act would ensure that local education agencies can provide automatic eligibility for children in these living arrangements.

Specifically, the bill will give schools the option to provide automatic eligibility and certification to children of the following:

Children cared for by a relative who receives adoption or guardianship assistance
Children cared for by grandparents or other relatives due to placement by a state or tribal child welfare agency
Children living in "grand-family" housing or receiving housing assistance under the Native American Housing Assistance and Self-Determination Act of 1996
Children automatically eligible for free meals through Medicaid participation, but are not able to be certified

This legislation also extends eligibility for children already receiving reduced or free meals placed under the care of a grandparent or other relative.

Having been raised by my grandmother, I am personally aware that the nuclear family has changed. Children in foster care, adopted, extended relative-care, or in-state guardianship need uninterrupted access to school meals programs with automatic eligibility and certification. The CARE for Kids Act, compounds efforts toward ending child hunger, while providing support for families. This is a solution which immediately supports children in these circumstances in need of basic nutrition.

Jahana Hayes
Member of Congress

Washington, DC Office
1415 Longworth HOB
Washington, DC 20515
Phone: (202) 225-4476
Waterbury Office
108 Bank Street 2nd Floor
Waterbury, CT 06702
Phone: (860) 223-8412

History has proven Hillsdale correct

Dear Friend,

For Hillsdale College, independence is invaluable. I wrote you recently about Hillsdale's refusal to accept a single penny of federal or state funding—not even indirectly in the form of federal or state student grants and loans.

This independence frees Hillsdale from corrupting and unconstitutional regulations and allows us to remain true to the college's 1844 mission: to provide the kind of education needed to preserve "the inestimable blessings of civil and religious liberty."

The kind of education offered by Hillsdale is rare in American higher education today. There are several reasons for this. Let me mention two important ones.

One reason is that since the 1960s, Left-wing progressives have increasingly come to dominate American colleges and universities. They have thrown out the old mission statements and restructured their curricula to promote "progressive" ideology.

Another contributing factor to the decline of American higher education has been the massive influx of taxpayer funding to colleges and universities—funding that comes with regulatory strings attached.

Going back to the 1950s, when the direct distribution of federal-taxpayer money first became available to colleges, Hillsdale refused to accept such funds.

American classical K-12 curriculum—including American civics—to a growing network of educators and homeschoolers.

Our effective educational outreach on behalf of liberty has a tremendous impact—and in this time of increasing threats to American liberty, we aim to expand these outreach efforts even further.

None of this would be possible without your support. That's why I'm asking you to partner with Hillsdale by making a generous fiscal-year end donation today. Your gift is vital to the continuation and expansion of Hillsdale's work to promote informed patriotism. Any donation will help us reach our fiscal year-end goal of raising \$2.5 million for our Annual Fund. Meeting this goal is critical to Hillsdale remaining in a sound budgetary position—especially important during this critical time for our nation.

With your help, Hillsdale will remain a beacon of genuine independence ... and will continue to work tirelessly to preserve America's great heritage of liberty for future generations.

All of us at Hillsdale College are deeply grateful for your partnership. **Best regards, Larry P. Arnn**

President, Hillsdale College

Pursuing Truth and Defending Liberty Since 1844
To send a donation: Mail check to: Hillsdale College 33 East College Street, Suite 500, Hillsdale, MI 49242.

Letters to the Editor

Dear Editor,

On June 19, 1865, General Gordon Granger announced the end of slavery in Texas, in accordance with President Abraham Lincoln's 1863 Emancipation Proclamation. In the decades since, Juneteenth became a Texas state holiday, and 47 states and the District of Columbia have come to recognize Juneteenth as an official state holiday or observance.

This week, the Senate and House of Representatives passed S.475, the Juneteenth National Independence Day Act, legislation to establish Juneteenth as a federal holiday. Juneteenth represents a time of celebration and a commemoration of freedom. It is also a time to celebrate the progress our country has made on the path to equality since the Civil War.

On Friday, President Biden signed the bill into law making Juneteenth a federal holiday.

Johana Hayes

Greetings!

I am excited to announce the launch of "Highlights," Hillsdale College's new weekly YouTube series featuring some of the best moments from our free online courses.

Many of our students have asked us how they can share some of the content from our online courses with their friends and family. This new series is designed for that very purpose. Every Sunday, we release a new short video and each month we highlight a different course. You can now preview the content of some of our courses and click on the link at the end of the video to learn more.

In celebration of Independence Day, both June and July will feature highlights from "Introduction to the Constitution" featuring Hillsdale College's President, Larry P. Arnn.

We hope you enjoy this new series and that you will share it with your friends and family.

You can begin watching here:
<https://youtu.be/-byfv5HTRIE>

Warm regards,
Kyle Murnen, '09
Director of Online Learning
Hillsdale College

Email from: Wall Street Rebel

Scientific studies prove that medical cannabis is an effective treatment for numerous health problems

Over the last few years, cannabis for medical use has begun to gain widespread acceptance in the medical community as a safe alternative to prescription painkillers, opioids, and other prescription drugs. And that's simply because hundreds of medical studies have proven its effectiveness as a pain reliever and as a treatment for a variety of health problems.

Here's just a few of the health issues that medical cannabis has been proven to help:

- Reduces arthritis pain, according to studies published in Rheumatology, PLoS ONE and The European Journal of Neuroscience.

- Relieves migraines, cluster headaches, and other headache disorders, according to large-scale review of literature by researchers at the Cleveland Clinic Neurological Institute.

- Reduces inflammation and oxidative stress — both of which are associated with chronic disease and chronic pain — according to research at both the U.S. National Institutes of Health and University of Massachusetts Medical School.

- Relieves sore muscles, according to recent research published in the journal The Neurologist. Research at the Mayo Clinic got similar results.

- Reduces debilitating neuropathy pain according to a study by the National Institutes of Health and an additional study commissioned by the U.S. Department of Veterans Affairs.

- Helps with diabetic nerve damage: Cannabidiol has been found to prevent nerve endings from deteriorating, and an Italian university study showed it was able to restore nerve function in the sciatic nerve of diabetic rats.

- Relief from epilepsy and seizures, according to research published in the journal Epilepsy and Behavior.

These studies are just a small sampling of the hundreds of clinical studies that prove the effectiveness of medical cannabis for a myriad of health concerns.

Dr. Sanjay Gupta

As the evidence piles up, the medical establishment's view of medical cannabis has become more and more positive. This is perhaps best shown by the outspoken voice of Dr. Sanjay Gupta, M.D. — neurologist and CNN's Chief Medical Correspondent.

For years, Dr. Gupta was skeptical of medical cannabis. However, he recently made a complete about-face, publicly stating that we

have been "systematically misled" when it comes to medical cannabis.

In an April 24, 2018 letter to Attorney General Jeff Sessions, he wrote in part...

"I feel obligated to share the results of my five-year-long investigation into the medical benefits of the cannabis plant.

Before I started this worldwide, in-depth investigation, I was not particularly impressed by the results of medical marijuana research, but a few years later, as I started to dedicate time with patients and scientists in various countries, I came to a different conclusion.

Not only can cannabis work for a variety of conditions such as epilepsy, multiple sclerosis, and pain ... sometimes, it is the only thing that works."

Dr. Gupta's reference to pain is especially timely when you consider that America's opioid crisis kills more than 47,000 citizens every year. As a result, many doctors now recommend medical cannabis instead of opioids for pain. And it seems to work.

Says Dr. Mehmet Oz, host of The Dr. Oz Show, "[Cannabis] may be the answer to America's opioid crisis ... it absolutely should be widely available in America."

Hey friend, it's Governor Ron DeSantis. You know me -- I'm not one to mince words. Neither is President Trump.

That's why I proudly supported him when he just made this bold statement: "*The survival of America depends upon our ability to elect Republicans at every level.*"

The Liberal Media, the Radical Socialists in Congress, and Joe Biden's cronies are plowing ahead to FUNDAMENTALLY change everything that makes America great.

I'm asking for you to help Republicans right now! **Our country is at a crossroad.**

We either let the Democrats turn America into a Socialist country and tear President Trump's legacy apart...

OR we come together and prove that our America first movement is worth fighting for!

If every Patriot works together, we will have the resources to elect Republicans up and down the ballot!

This won't be easy — we need your help. ...And you don't strike me as someone who gives up when the going gets tough.

Parents group and town officials debate after allegations

PLAINVILLE

By JUSTIN MUSZYNSKI
@MUSZYNSKI

Town officials and a local parents group are in a contentious debate over who should be blamed financially for what has been alleged as the improper vetting and monitoring of Kyle Fasold, who served as vice president of the Blue Dolphins Parents Association when he allegedly secretly recorded young girls in the locker room at Plainville High School and his

local home.

The town contends that the association should have been more diligent in monitoring Fasold, 51, who has been charged in federal court with two counts of production of child pornography and one count of distribution of child pornography.

Parents of the association, most notably including Zach Ferguson, who has appeared before the town council, argue that they should not be blamed for Fasold's alleged actions.

This comes on the heels of as many as eight alleged victims filing lawsuits against the town. At least one of the lawsuits contends that "concern regarding the inappropriate and disturbing conduct" of Fasold was brought to the attention of Plainville town officials. Despite these concerns, the lawsuit continues, Fasold was allowed to remain as a parent-volunteer and vice president of the Blue Dolphins Parents Association.

Before the town council, Ferguson has gone as far as to say

the town is essentially suing the victim's families.

"The Town of Plainville has filed a complaint for apportionment of liability against the Blue Dolphins Parents Association," town officials have said in a statement. "This is not a suit filed against any individual member of the parents association. This also is not a suit seeking money damages from the Blue Dolphins Parents Association. Given the fact that there are pending lawsuits, the town will not be making further comment."

Fasold, meanwhile, still faces criminal charges for his alleged conduct. Most recently, he has been ordered to undergo a competency evaluation. This follows Fasold's attorney in April requesting the evaluation after his client tried to commit suicide three times.

Fasold was left as a paraplegic after one of his suicide attempts, during which he jumped over a railing and fell 20 feet to the ground, federal court documents said. This attempt at taking his life, which was reported on Aug. 19, required

surgery that involved fusing part of his spine and removing part of it, according to court papers. The incident left Fasold in a wheelchair.

Federal court papers said Fasold's suicide attempt in August was the second of three tries. In June of last year, he was found hanging from a bedsheet in a shower, court documents said.

In February, Fasold was found unresponsive and needed three doses of Narcan — an opioid antidote. According to court papers, he admitted to pocketing his medication and taking it all at once in an attempt to take his own life.

After eventually being taken off of suicide watch, Fasold in March was placed back on the watch after he was found with three tylenol in his diaper, according to court documents.

Justin Muszynski can be reached at 860-973-1809 or jmuszynski@bristolpress.com

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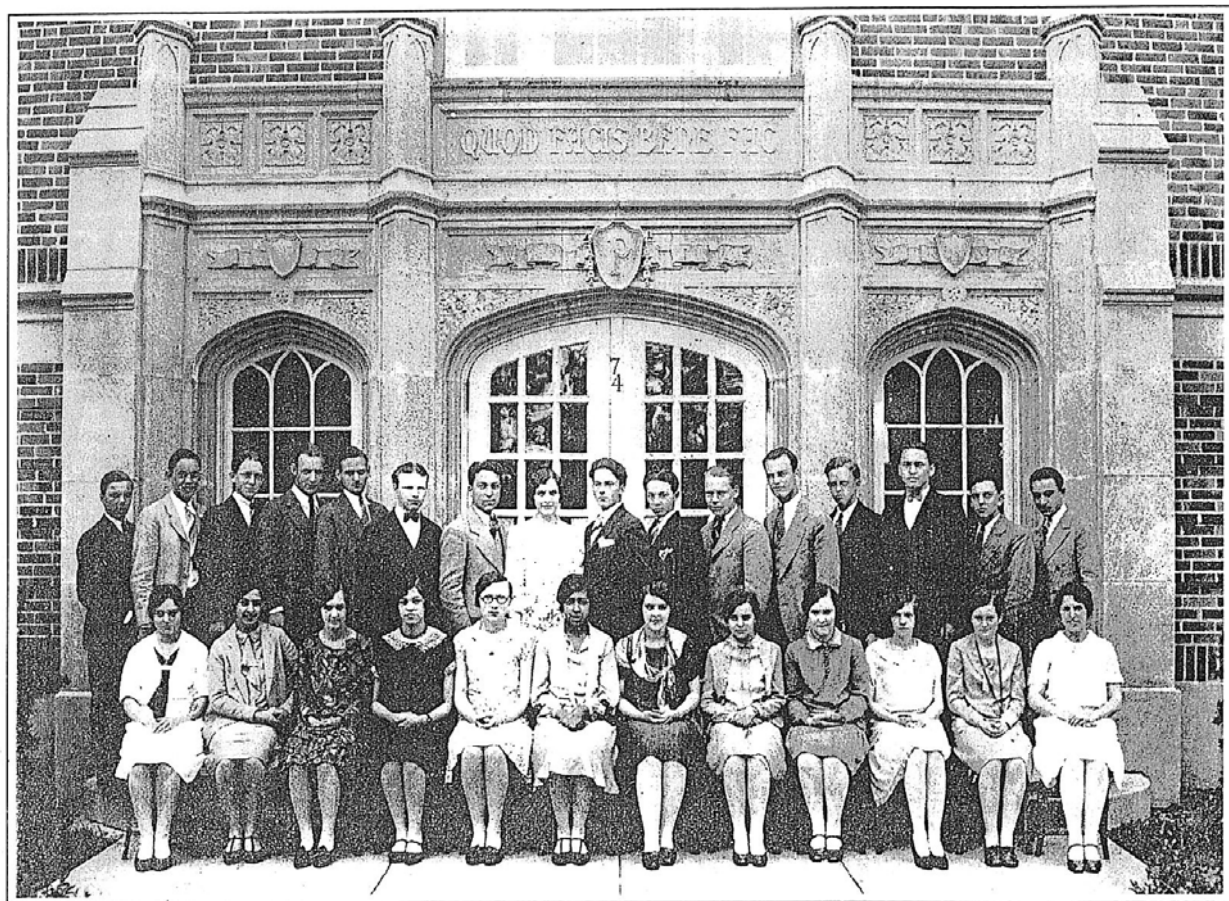
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P.H.S. First Graduating Class



Plainville High School first graduating class, June 19, 1928.
 1st Row L/R: Marjorie Rutland, Virginia Congorte, Helen Ostman, Secretary, Lucy Rogers, Jennie MacIldowie, Sophia Naaman, Mildred Woodruff, Emily Kilby, Hope Farrar, Ethel Johnson, Helen McKernan, Beatrice Easton, VP.
 2nd Row: John Wiley, Milton Kramer, Samuel Pratt, Howard Cheetham, Bert Harrison, Bill Weber, Pres., Edmund Toll, Treas., Miss Alice Hayes, Teacher, Victor Hurtado, Shon Arcari, George Backman, Arthur Vicinus, Howard Mitchell, Charles Mills, Henry Guerard, Steve Sasek.

Someone Sent this Picture of the 1st Class that Graduated From the New Plainville High School on East Street

It would be very interesting to hear from anyone that may be related to any of the students that were in the Class of 1928. Perhaps your Grand-Parent, Great Grand Parent or Great-Great-Grandparent, perhaps a Cousin, or In-Law. Send information to Plainville Hometown Connection, 27 Sherman St. Plainville, CT 06062, or Email to: plainvillehometown@gmail.com

Thanking you in advance for sharing your connection with any of the students!

"Protect the Most Vulnerable"

BY RACHEL BUCHANAN

We have heard the expression "protect the most vulnerable" a lot over the last fifteen months. Most of us have probably given much thought about to whom this expression applies and what it means.

We have had to ponder and process so many difficult subjects whilst experiencing difficult circumstances. I know that my adult brain, heart and body have been pummeled since the days of "fifteen days to slow the spread". In my reflection of my own personal well being during the pandemic, it's been impossible not to think about the impact on the children of the world.

"Protect the most vulnerable", I think and picture a blur of young faces staring back at me. I feel the weight of our adult responsibility to do right by the kids. With time comes the ability to reflect and gather data on what actually transpired based on decisions made and actions taken. The impact of the pandemic on the human population will be studied for generations to come. From the medical perspective to the social, psychological and economical.

Unfortunately, time is one of data's best friends and when it comes to the well being and safety of kids, time is of the essence. "Birth to age 5 is a critical time for child development, research shows, and new data from the Rapid Assessment of Pandemic Impact on Development Early Childhood Household Survey Project (RAPID-EC Project) shows caregiver distress is cascading down to young children in ways science shows can be toxic in the short- and long-term". Alia E. Dastagir- USA Today.

My sense of urgency to write this article comes from my desire to prevent unnecessary, long term, negative consequences for our kids. If there is one subject we can all unite under, it's the wellbeing of children. The adults have the ability to be positive role models during this transition "back to normal". Simple signs of normalcy like a maskless face or a smile in their direction could help ease a child back to a stable sense of security. Feeling the calm, positive love & energy being reflected back at them will help to soothe the wounds left by the pandemic.

We can all contribute to the healing and nurturing of one another by focusing on our shared goal of protecting our most vulnerable...*the kids.*

Lego announces plans to make its blocks out of recycled plastic bottles Engineering a cleaner world with built to last technology

British start up Lupe Technology - makers of the UK's most recyclable vacuum cleaner - discusses the US's built-to-break culture

Hi! Everyone,

I hope you're well and the following is of interest.

Lego has announced that it will aim to put blocks made out of recycled plastic bottles on the shelves within the next two years. The toy giant has said it will initially use plastic bottles from the US but has unfortunately stated that plastic recovered from the ocean will not be suitable as it is usually too degraded.

With Lego, a company that manufactures between 110 and 120 billion plastic pieces per year, putting their plastic consumption under a microscope, how much do we really know about our own individual

plastic footprints? To try and help us all cut down on our plastic waste, Congressman Joe Morelle has introduced a federal bill to make it easier for consumers to fix their broken items, requiring technology companies to make product repair information, replacement parts and tools available to third-party repair shops and consumers. The so called Fair Repair Act hits out at the planned obsolescence of so many products and will hopefully reduce waste as more people will be more likely to try and fix their products instead of throw them away.

In response to the sheer quantity of domestic appliances across the world being discarded into landfill, a new start-up co-founded by an ex-Dyson engineer has created a fully recyclable vacuum cleaner with twice the suction power of the leading competitor to help make this year's spring clean a green one. The Lupe Pure Cordless vacuum, developed by Lupe Technology, offers market-leading performance with each individual part of the vacuum being fully replaceable and recyclable.

The Pure Cordless is crafted from recyclable plastic and delivers high performance whilst far outliving the expected shelf-life for typical household appliances. In the unlikely event a part does break, each individual

small part of Lupe's product has been designed to be fully removable, recyclable and replaceable.

Featuring nearly double the useful suction of the leading competitor, Lupe's patented suction intensifier technology results in outstanding performance of one hour run time and 100% deep down dirt removal. Utilising a premium washable HEPA filter, the Pure Cordless captures 99.99% of all fine dust and allergens.

Pablo Montero, Co-Founder of Lupe Technology, discusses the Lupe Pure Cordless and the importance of bucking the built-to-break trend of home appliances for a sustainable future:

Bringing these elements together has created a game changing product that is kinder to the planet with long service life; the Pure Cordless was designed with sustainability at its very core."

If you'd like more information about Lupe Technology, the Pure Cordless vacuum cleaner, or to speak further with Pablo, please don't hesitate to get in touch.

Many thanks,
 Ella Figuero
 Senior Communications Executive
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Our Lady of Mercy Vacation Bible School Climb aboard for mountains of fun at Rocky Railway!

On this faith-filled adventure, kids discover that trusting Jesus pulls them through life's ups and downs. After a year of many ups and downs, this Vacation Bible Camp is bound to be a great experience for your children! This five-day camp is open to children entering grades K – 6 the week of August 2nd - 6th, from 9am - Noon. This year the theme will be "Rocky Railway - Jesus Pulls us Through." Games, Music, Food & Fun!

Volunteers are needed! VBS is open to children of all faiths.

The fee is \$25 for the first child, \$15 for the second and free for all other children in the same family. If you would like to register your child or would like to volunteer, please email or text Donna at:

ourladyofmercyym@gmail.com or (860) 952-4005

Bible School will be held at the Parish Center, 19 South Canal St., Plainville.

Please check out our Facebook Page @ www.Facebook.com/ourladyofmercychurchct and our website at www.olmct.org.

And Where are They Now?

If you have someone you would like to write about, perhaps a friend or former neighbor, we would be very happy to hear about them and their successes.

Just call us at 860-747-4119 or e-mail us your story

If you are 60 Years or older Come & Join the Most Active Senior Center in the State! Plainville Senior Center ~ East Street Call for listing of activities. 860-747-5728

Would You like to Help Your Child Enjoy a Deeper Relationship with God?

The Catechesis of the Good Shepherd at Our Lady of Mercy Church is a Montessori-based, hands-on approach to the religious formation of children, rooted in Sacred Scripture, Liturgy, and respect for the child's rich relationship with God beginning at 3 years of age up to and including age 12.


To learn more about the spiritual life of the child, and how your child fits into the formation process, contact Michelle Batista at:

OurLadyofMercyAtrium@gmail.com

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Events of Interest.....



Bowling & Bonding on Father's Day

The Main Street Community Foundation's Men & Boy's Fund organized a day of bowling and bonding between fathers and sons on June 19th at the annual "Family, Fun & Fathers" event at Lessard Lanes.

The event was limited to 100 attendees in order to comply with health and safety recommendations of the state and Lessard Lanes.

Bulk Pickup

Plainville residents who have rubbish and recycling collection from the town can request one bulk pickup per calendar year. The next pick up in the Fall: will be September 13th to November 1st.

Call CWPM at 860-793-6721 to schedule a pick-up. Questions can be referred to Public Works, 860-793-0221 ext. 7176.

Pool Season Passes

Town Manager Robert E. Lee said that the town is selling season passes for \$25.00 a person to Plainville residents.

The Elizabeth A. Berner Pool at Norton Park opened June 12th with expanded access as state covid restrictions ease.

The splash pad at Paderewski Park, located at 93 Cooke Street, opened about the same time. He said, "The goal was to get them both ready by the time school ended on June 11th.

"We'll have a lot of opportunities for kids to get outside and enjoy the summer" he said.

The pool will be open 7 days a week from noon to 7 p.m. and the splash pad turns on at 10 a.m. and turns off at 7 p.m. For more information, visit plainville.recdesk.com or call 860-747-6022.

Connecticut Republicans Elected Ben S. Proto Jr. of Stratford

He is a longtime GOP operative and elections lawyer, as their state chair Tuesday night.

The Republican State Central Committee elected Proto on the first ballot.

Proto is taking charge of a party who have not won a U.S. Senate election since Lowell P. Weicker Jr. in 1982 or a gubernatorial election since M. Jodi Rell in 2006.

Republicans have an opportunity to pick up a state Senate seat in a special election this summer to fill the vacancy left by the resignation Tuesday of Sen. Alex Kasser, D-Greenwich, in the 36th District of Greenwich, New Canaan and a portion of Stamford.

Proto succeeds Susan Hatfield, who was chosen in February to complete the term of J.R. Romano after his abrupt resignation.

Susan Hatfield did not seek a full term.

Cadillac Ranch Reopens

Graham Nicholson, owner of the country dance club at 45 Jude Lane, Southington, said he is doing everything he can do to reopen "as soon as possible"

Graham said he is looking to hire cooks and encouraged those interested in applying to contact him at 860-302-0559.

For more information on Cadillac Ranch, visit caddyranh.com or [facebook.com/CadillacRanchRestaurant](https://www.facebook.com/CadillacRanchRestaurant).

Plainville Masonic Lodge to hold 13th Annual Flag Day ceremony American Legion of Bristol and NAVSUBSCOL of New London to participate

- Frederick Franklin Lodge No. 14 A.F.A.M., a member of the Grand Lodge of Connecticut, held its 13th annual Flag Day ceremony at 5:30 PM on June 14th. This is actually our 14th year, but the ceremony was canceled in 2020 due to Covid-19 restrictions in place at the time. The event took place on the front lawn of the Lodge and the American Legion of Bristol provided a rifle squad. In addition, a contingent of Silver Dolphins from NAVSUBSCOL, the Naval Submarine School in New London, was tentatively scheduled to participate. However, due to Covid-19 restrictions, the Navy Department has canceled all public interactions until further notice. We were awaiting additional information from our contacts at the base, and will confirm as soon as possible if said participation will be allowed.

PLAINVILLE COMMUNITY SCHOOLS SUMMER MEALS PROGRAM

The Plainville Community Schools Dining Services Department is offering a "Grab and Go" meals program for families this summer, according to Director of Food Services, Ashley Onion.

Meals are available each Friday over the summer, through August 13, 2021. Pickup is at Plainville High School, 47 Robert Holcomb Way, in the bus loop located near the school's main entrance. Pick up times are between 10:00AM – 11:00AM each Friday. All students enrolled in Plainville Community Schools' summer school

Frederick Franklin #14 is one of the oldest Lodges in Connecticut, having been chartered in 1787, and many of our members are veterans from various branches of the United States Armed Forces. A strong sense of patriotism being an integral part of the tenets of our institution, we are proud to exemplify our love of, and commitment to, flag and country on a day set aside for that very purpose.

Free masonry is the oldest and largest fraternal organization in the world. While the officially recognized date of its inception by the Grand Lodge of England is 1717, there exists records of Lodge meetings going back to the late 14th century. Masonic legend carries it even further into the past. Although not a religious organization, membership requires - as its basis - a firm belief in a Supreme Being, high moral character, and adherence to those values exemplifying a Mason. Discussions of politics or religion are expressly forbidden in a tiled Lodge.

For further information, please contact our Lodge Secretary, Chet Russell, at secretary14@gmail.com or by phone at 860-221-5241.

programming are eligible to receive three breakfast and three lunch meals to go at each Friday's pickup. All children 18 years and younger not enrolled in summer school programming are eligible to receive seven breakfast and seven lunch meals to go. All children must be 18 years or younger to receive the no cost summer meals.

"I would encourage all families to take advantage of the Grab and Go summer meals program. Some may think that if they participate, they are taking meals away from others who are more in need, however, the opposite is true. This program helps our community and school district as a whole when everyone participates!" said Onion.

Diaper Drive!

to Benefit the Plainville, Bristol & New Britain Children!

Donation boxes located at these area locations



Plainville Community Pharmacy
170 East St.

Plainville Family Dental
20 Pine St.

Bagels Plus Deli
17 Farmington Ave.

Questions? Contact:
Cassandra Clark,
Plainville RTC Member
(203) 954-6287

Donations accepted now through July 31st.

The Consequences of Diaper Need

- Babies who remain too long in a soiled diaper are exposed to potential health risks
- Most child care centers, even free and subsidized facilities, require parents to provide a day's supply of disposable diapers
- Many parents cannot go to work or school if they can't leave their babies at child care



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~ Business of the Month ~

25th Anniversary of Piglet, Pooh, and You Home Day Care

My name is Kim Dinielli and I am the owner of Piglet, Pooh, and You Home Day Care.

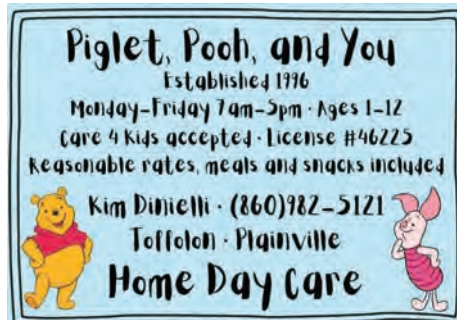
This June, I celebrated the 25th anniversary of my business. Although this is the 25th year of Piglet, Pooh, and You, I have been working with children most of my life. Ever since age 11, I've had babysitting jobs and later worked as a nanny. Over time I realized how much I enjoyed it and how naturally it came to me. I took a gap year after high school and worked at several different childcare centers in the central Connecticut area. It was at this time that I decided to make this my full-time career. I attended Briarwood College in Southington and earned my associate's degree in early childhood development. After graduating, I worked on opening my own childcare business.

I purchased my first home on Bohemia Street with the help of my grandfather, Stan Robertson. This was the home that I transformed both inside and out into Piglet, Pooh, and You.

This included multiple playrooms, a nap room, and a fenced-in backyard full of outdoor play areas. Piglet, Pooh, and You opened for business in June of 1996. It was founded upon the principles of prominent psychologist Jean Piaget, who specialized in childhood development and education.

This philosophy underscores the importance of learning through play and experience rather than formal instruction. This natural approach to learning and childcare was successful and I managed to build my client base over time. Maintaining a positive relationship with the parents and utilizing evidence-based practices led to my reputation in the community as a top-notch childcare provider.

Over my time as a day care provider, I have worked with many different populations of children. I have cared for infants as young as six weeks and children as old as 12. I have also had experience with many special needs children. One of the other amazing things about owning my day care was being able to spend so much time with my children, Elizabeth, Dakota-Marie, and Cooper. Many childcare providers open their business as a way to earn income while staying at home with their kids before they reach school age. This was certainly a benefit of running



my own day care, but I knew from the beginning that this was going to be a lifelong career for me.

Working in childcare has been an incredibly fulfilling career. I consider myself so lucky that I was called to a profession in which I get to make a difference in children's lives every day. Many of the families I have cared for over the years are still in contact with me to this day. It is amazing to see the impact of my dedicated service all these years later. Piglet, Pooh, and You Home Day Care has been running for 25 years with no plans of stopping any time soon.

Piglet, Pooh, and You offers:

- Ages 1-12
- Full-time, part-time, before and after school care
- Accepts Care 4 Kids
- Meals and snacks provided
- Diapers and wipes provided
- License #46225 through CT Office of Early Childcare
- Insured

Contact information:

Address: 60 Bohemia Street, Plainville, CT 06062

Phone: (860) 982-5121

Email address: kimmie89@comcast.net

NEW.....

BUSINESS OF THE MONTH

Each month we will feature a Plainville business be it your anniversary, expanding your business or promotions of employees and etc.

Send information and pictures to our e-mail: plainvillehometown@gmail.com The next month's page is already booked. Call 860-747-4119 to reserve your month. The article you submit about your business or profession is FREE! If you would like to sponsor/advertise your business or profession call the number listed above to receive a rate list to advertise. The Plainville Hometown Connection is the most read newspaper in the area, it is mailed free to all businesses and households in town. We also have a Web-site, so you get double coverage on your story and advertisements. We are a non-profit 501C3 organization and an all volunteer staff.

Please call 860-747-4119 if you have any questions and/or suggestions about our Business of the Month page. Ask for Helen Bergenty.

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