

Plainville's Hometown Connection

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www.plainvilleshometownconnection.com

Cyclist Team *AESI* of Plainville



AESI Cyclist team rode (spinning) at the Bristol's Boys and Girls Club to benefit the Crohn's and Colitis Foundation raising \$ 1,000. **Thank you Ladies and Gentlemen for a great time!!!!**

From left to right are...

Karri Malone, Christine Fabretti, Sandy Miller, Carol Wilkas, Elaine Palmese, Karen Damiano, Susan Devine, Deanna Yetke and Dave Chevrette

Hippity-Hop Bunnies at Apple Rehab



The Annual Easter visit to Apple Rehab with Stuffed Bunnies is just one of the Community Services that the members of the local Chapter support.

Attorney Tony Famiglietti pictured with the 100 Easter Bunnies he donated along with the AARP Chapter #4146 members donations. The clients at Apple Rehab were delighted to receive the Easter greetings with the bunnies.

Pictured with Tony to his left are: Lois Schmidt, Elie Miranda, Carol Perry, JoAnn Cephas, Sue DesRochers and Pat Concelli.

More AARP News on page 23

2017-2018 Town Budget Passes

Municipal: 461 Yes, 182 No

Board of Education: 429 Yes, 213 No

5% of eligible citizens voted

Take a peek



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You will never have another like your dear old Mother...Happy Mother's Day May 14



What's it gonna be:
bathing suit? or over-sized t-shirt?



Join today!



new britain 224.1100
(just 2 minutes past AMC Theaters)
newington · simsbury · vernon
bigskyfitness.com

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by the Fireside
in a Historic
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Since 1789

Mark Your Calendar!

J. Timothy's 26th Annual Golf Classic
All Proceeds to The Plainville Community Food Pantry
Wednesday, May 17th
In Memory of John Huwe

"The Nation's Best Wing Sauce!" - The Food Network



Our premium Buffalo Sauce is now available in bottles at our Restaurant or at Gnazzo's Supermarket

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Up to 5 Qts. of Motor Oil
New Filter (some filters extra)
Free Vehicle Inspection

\$19⁹⁵ + Tax

Most Cars/Light Trucks. Cannot combine with any other offer. Limited Time Only. Exp 5/31

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Up to 5 Qts. of Synthetic Motor Oil
New Filter (some filters extra)
Free Vehicle Inspection

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HUGE BRAKE SPECIAL!

Includes a FREE Brake Inspection
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Any Repair or Maintenance Service of \$100 or more..... **\$15 OFF**

Any Repair or Maintenance Service of \$200 or more..... **\$20 OFF**

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Exp 5/31

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To place your advertisement contact us:
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SUBMISSIONS:
Postal Address
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 27 Sherman Street
 Plainville, CT 06062-0387
EMAIL: hmtnn@comcast.net
OUR WEBSITE: Complete Paper
 www.plainvilleshometownconnection.com
 All contributions, news items and advertisements may be dropped off in the box at 27 Sherman Street or sent to the above email address.

Dates to Remember
MAY
 Sun. 14th - Mother's Day
 Sat. 20th - Armed Forces Day
 Mon. 29th - Memorial Day

Remember
 Your Anniversary or Spouses Birthday

Welcome!
 If you want to add a lot of "PEP" to your life & are interested in joining our **ALL VOLUNTEER** staff, join us on the 3rd Wednesday of the month at 6 p.m. to tour the office & attend the staff meeting
Call: 860-747-4119
 for more information or
"Just Stop In"

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

~ 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
 Dolly Chamberlin, Deb Hardy, Laurie Peterson or Helen Bergenty
 Deadline for submission is the 15th of every month. Call us for a quote on your special advertisements. Tabloid Size Paper (11 x 17). Printed ten times a year. Each issue is mailed FREE to every Plainville household & business. Circulation is 9,500.
NEXT ISSUE WILL BE
JUNE
DEADLINE IS:
MAY 15th
Happy Mother's Day
From Our Entire Volunteer Staff!

And Where are They Now?

The short story of a former PHS graduate, last month was from Attorney Dan Rich. Perhaps we are missing stories about other former residents of our town that have gone on to attain fame and fortune around the world. If you have someone you would like us to write about each month. Former friends and neighbors would be very happy to hear about them and their successes, where ever they are.
Just call us at 860-747-4119 or e-mail us your story and perhaps even a picture at hmtnn@comcast.net

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?
 Just e-mail their name and address to:
HMTNN@COMCAST.NET
 or Mail to:
Hometown Connection
27 Sherman Street
Plainville, CT 06062

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P-l-a-i-n-v-i-l-l-e
faves and raves
Here are some of your favorite places, people or things around town to rave about this month!

{ **Jack faves** } I love to play Bingo, my favorite place to go is the V.F.W. Hall every Tuesday & Wednesday. Not far to travel and the people are so friendly, I made a few new friends. Thanks to the veterans for sponsoring the Bingo!

{ **Ann raves** } The Best Bagel's in town are at Bagels Plus in the Olde Canal Square. Their sandwiches are also the best in town. See you at Bagels Plus for lunch!!

{ **Michael faves** } I enjoy reading the advice "Linda Coveney" gives on our health. The articles each month has covered many tips to stay healthy. It is easy to understand especially for someone like me. Keep it up, you have helped me and I am sure others.

Email your "fave or rave" in today to be in the JUNE issue. Praise your contractor for doing a good job or tell us about your favorite restaurant, store, or service you received by a professional.
 E-mail HMTNN@COMCAST.NET Phone 860-747-4119
 Thank you!!

 **Gnazzo's**

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"Happy Mother's DayTo
All Mothers, Foster Mothers and Grandmothers"

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 You can count on us for a small gathering, a large family reunion, an after funeral lunch or your club functions.
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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

Sponsored by: the Plainville Hometown Connection

Town Manager Robert E. Lee ~ Report to the Town Council

April 3, 2017 Town Council Notes

April 3, 2017 Meeting

School Renovations Project Update

- The Capital Projects Building Committee met last week and finalized their recommendation for the school renovations projects. They are recommending that the Town Council move forward with projects at Wheeler Elementary School and the High School.
- Based upon conversations with school administration and the Town Manager's Office, they are recommending that the replacement of the Middle School roof be deferred for the time being until a determination is made with the replacement of the mechanical equipment that is also located on the roof. School Facilities Director Steve Busel has contacted some roofing companies about a maintenance program that could extend the life of the existing roof for the time being.
- As a result the total project costs have been reduced by almost \$2M. The Wheeler "renovate like new" project is estimated at \$23.5M and the High School parking lot is estimated at \$1.75M for a total project cost of \$25,260,000. After several meetings with the School Facilities Unit at the State Department of Administrative Services, it is estimated that the project will receive approximately \$12.1M in state grants leaving the net project cost at \$13,153,000.
- This net project cost amount is less than the goal established by the Town Council last year and would allow for any new debt to be absorbed into the existing debt service line item in the Town budget without an increase from the current FY17 appropriation. The reason for this is because the Town is paying off some existing long-term debt commitments making room for the additional debt without increasing what is currently being budgeted.
- The next step in the process is to conduct a Public Hearing on the recommendation of the Capital Projects Building Committee. Bond Counsel has drafted a proposed Ordinance that would be the subject of the Public Hearing. There is an item under New Business that set the Public Hearing for Monday, April 24th at 7:00 pm at the Wheeler Elementary School Gymnasium. There will also be an opportunity for residents to tour the school building before the Public Hearing.

Small Business Loan – CAPS L&P, LLC

- The Economic Development Agency is recommending that a small business loan be made from the Economic Development Fund in the amount of \$40,000 to CAPS L&P (AMP Radio Network). If approved, this would be the third EDA Loan that has been issued to AMP Radio.
- The EDA has determined that there is sufficient collateralization to protect the Town's investment. Atty. Mastrianni has reviewed the loan documents and has determined that they are sufficient to move forward as recommended by the EDA.
- There is an item under New Business regarding this loan to CAPS L&P in the amount of \$40,000 with an interest rate of 2.33%.

Bids Discussion

- There are a number of bids that Town Staff is recommending for your consideration this evening.
- The first involves the Reconstruction of

Paderewski Park Basketball Courts as part of the Park Improvement Grant Program. Town staff is recommending that Tilcon award the reconstruction of the basketball court in the amount of \$22,941. The prices for this project are in line with State Bid Contract amounts for reclaiming, grading/compacting and paving.

- The second bid involves the paving of Town streets as part of the Road Bond Program. Town staff is recommending that Tilcon be awarded the contract under the applicable State Bid Contracts. The estimated cost of this work is \$500,000.
- The third and fourth bids are for the purchase of catch basin tops and other items and concrete blocks and bricks as part of the Road Bond Program. Town staff is recommending that the catch basin items be purchased from United Concrete Products and the blocks and bricks from Cromwell Concrete under applicable State Bid Prices. The estimated amount for these bids are \$50,000 and \$15,000 respectively.
- These recommendations are scheduled for consideration under New Business.

Farmington Canal Heritage Trail Gap Closure Study Update

- The Trail Gap Closure Study continues to move forward. As a result of several public meetings that were held last year, there were 14 possible route options that were suggested. Some of those route options had some common elements with each other.
- It is being suggested that a two-step process be utilized to come up with the recommended trail route through Plainville.
- The first step will be a screening process. This step involves asking six questions for each possible route. Those questions are:
 - Does the alternate connect at the north and south ends with the East Coast Greenway?
 - Does the alternate connect with downtown?
 - Does the alternate have major off-road elements?
 - Can the alternate be constructed without significant ROW impacts?
 - Does the alternative avoid undue reliance on the railroad ROW?
 - Does the alternative avoid being overly circuitous?
- Concepts that pass the Screening process will be developed into alternatives that will be evaluated. The evaluation criteria being suggested are as follows:
 - Connectivity - 20 percent
 - Safety & Security – 25 percent
 - Facility Type (on road, off road, adjacent to road) – 30 percent
 - Environmental Considerations – 10 percent
 - Potential Right-of-Way Easements or Acquisitions – 10 percent
 - Cost – 5 percent
- The Steering Committee will be meeting sometime this month to begin the process just

described with the intent to narrow the options to one proposed route. It is anticipated that the Gap Closure Study will be completed this fall. There will be opportunities for the Public to weigh-in as the alternatives are narrowed down.

Happenings

PLAINVILLE COALITION FOR POSITIVE YOUTH DEVELOPMENT

- Presented "A Discussion & Forum on Substance Abuse in Our Families & Our Community on Thursday, April 6, at 6:15pm in the Plainville Middle School Auditorium. The Forum panel, included Miriam Delphin-Rittmon, Commissioner of the CT. Dept. of Mental Health & Addiction Services presented an overview of some of the current substance abuse related topics and a discussion featuring state and local community leaders, persons in recovery, family members and more.

PLAINVILLE SENIOR CENTER

- **VETERAN'S COFFEE HOUR**, Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. Please call the Senior Center to register.
- **2017 LEGISLATIVE UPDATE with STATE REPRESENTATIVE DR. WILLIAM PETIT and STATE SENATOR HENRI MARTIN**,
- They spoke about the issues that are shaping the 2017 legislative session, the state budget deficit and any state issues that are important to you. This session took place in April.

Listed are some of the Senior Center Happenings

MEMORY SCREENINGS
COGNITION AND CREATIVITY,
NATUROPATHIC MEDICINE AND
AUTOIMMUNE DISEASE.

Library Happenings

- Friends of the Plainville Library sponsored the semiannual book sale. Library hosts a program entitled 'Health Benefits of Meditation.' initiative is glad to host a Blood Pressure & Health Screening. o'Books & Cooks - Pancakes!' We'll share some pancake-inspired stories and make our own pancakes, butter, & syrup. o During the school vacation week of April 10 to 13 the Library offered many open special programs including renowned landscape designer Maureen Haseley-Jones (better known as "The English Lady) a showing of the film 'Manchester by the Sea'

PLAINVILLE PUBLIC WORKS

- Bulk collection for 2017 will take place on Mondays during the following periods: April 17 through June 26, 2017 (excluding Monday, May 29, Pickup will be done on 5/30/17 due to Memorial Day). Eligible residents must call CWPM at 860-793-6721 to schedule a pickup. When calling, you will need to provide your name, address, phone number and a complete description of the items to be collected. Calls placed by 3:00pm Friday can be scheduled for collection on Monday.

Continued on page 5

NUTMEG TV SCHEDULE PLAINVILLE TOWN COUNCIL and BOARD OF EDUCATION MEETINGS

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

Educational Channel #95

Sunday: 12 am & 12 pm Monday: 12am, 3am, 6am,
9am, 12 noon, 3pm, 6pm, 9pm Sat: 12 am & 12 pm

Town Council: Government Channel

Comcast #96 & ATT #99

Sunday: 12am & 6pm Thursday: 3am, 6 am, 9 am,
12 noon, 3pm, 6pm, 9pm; Saturday: 9am

Get Involved.....It is rewarding to Volunteer VACANCIES ON BOARDS AND COMMISSIONS:

You may secure an application at the Town Manager's office, 1 Central Square, upper floor

The Municipal Center is open: Monday to Wednesday 8 a.m. to 4 p.m. Thursday 8 a.m. to 7 p.m. Friday 8 a. m. to noon

Contact the Councilors by calling Lisa Metayer 860-793-0221 Ext.#205 for a Board or Commission application.

Happenings Continued from Page 4

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Hazardous Waste Collection for 2017

May 6th 9:00 a.m. to 1:00 pm

- The Plainville Highway Garage End of Granger Lane. This is the twenty-second (22nd) year this event is being conducted by the Bristol Resource Recovery Facility Operating Committee (BRRFOC) and was created to promote residents to properly dispose of their household products. It is important that residents clearly understand that many commonly purchased household products for in home, office, yard/gardens and workshops do have a risk with improper use and disposal. If you have any questions, please call Public Works Administration at 793-0221 ext. 208
- All residents are required to bring photo ID when attending the collection locations.

*Excerpts of report by Scott Colby,
Assistant Town Manager*

From the Desk of: Donna Weinhofer, Animal Control Officer

On Saturday, May 6th I am having a rabies clinic at Ragged Mountain Animal Hospital in Plainville.

The clinic was won by Rep. William Petit at a Humane Society Function.

The hours are 10:00 am till 12:00 pm it is open to anyone.

The cost is \$10.00 cash only. Dogs must be on leashes and cats must be in carriers. To get a three year vaccine you must present a valid rabies certificate.

FREE CONCERT

Sunday, May 7th
the Plainville Wind Ensemble
is holding a free concert at
Plainville High School.

Donations will be accepted for
Animal Control.

The concert starts at 2:00pm.
There will be tables set up with animal
related items for sale or
in exchange for a donation.

In Case you missed these.....

From The Desk Of:

*Dominick Moschini,
Superintendent of Roadways
Transfer Station*

The Transfer Station on Granger Lane

OPENED

for the Season

The hours of operation are

8:00 AM to 3:00 PM.

SATURDAY'S ONLY

Plainville residents must show identification.

There is a fee for disposal.

If you have any questions, please call Public Works at: **860-793-0221 ext 208**

from 8:00AM to 4:00 PM

Monday thru Wednesday,

Thursday, 8:00 AM to 7:00 PM and

Friday, 8:00 AM to 12:00 PM

Sweeping OperationSpring

Clean-up

The sweeping of Town streets by the Roadways Department began April 17, 2017 and will continue until the operation is complete.

Please do not pile LEAVES or

YARD WASTE into the street.

Leaves will not be picked up at curb side. Residents are able to bring leaves only (NO GRASS CLIPPINGS) to the Transfer Station on Saturdays between 8:00 AM – 3:00 PM free of charge.

If you have any questions, please call the Department of Physical Services at the Number listed above

Driveway Permits Are Required

As the weather gets warmer and the asphalt paving season begins, residents are reminded that when looking to pave a driveway they are required to obtain a permit from the Building Department located in the Town of Plainville Municipal Center for a fee of \$25.00.

When obtaining a driveway permit, a copy of the contractor's license, insurance, and bond information will be required.

Contact the Building Department for a list of licensed and insured contractors at (860)793-0221 ext. 212.

HOME KIT

Anti Theft Dots

Recommended by the Plainville Police. Plainville is the first community in New England to be offered this new way "NOW" to protect your property. Gnazzo Food Center is proud to be chosen to be the leader in offering this new made in the U.S.A. Anti Theft Kit.

**Call Police Chief Matt Catania
860-747-1616 Ext. #280**

The kits sell for \$34.95, a deposit of \$25.00 is required when you place your order.

When the Police retrieve stolen goods the only way they can find the owners is if the items are marked. This special Anti Theft Dots Kit marks your items with a special code to identify you as the owner. This is nation wide. Protect your snow blower, computers, TV's & etc.

OPEN FOR THE SEASON

Tomasso Nature Park is open for the season through November 15th. The Park is located off Granger Lane near the Dog Pound.

Information for tours with groups or special needs individuals call Art Marini at 860-628-1386.

Ideal tour for young children and young adults.

Volunteers are needed to do maintenance and general upkeep at the Park contact the Plainville Recreation Department at 860-747-6022.

Summer Season

Recreation Passes

Plainville Recreation Department is issuing Picture ID's, renewal stickers and passes for the season.

Picture Pool ID Card fee is \$20. per card. Renewed ID Cards annual fee is \$17.00 Senior Citizens fee is \$16. per card and \$14. for renewal (65 and over). Daily pool passes are available for a fee of \$4 each, limited to 10 per season per adult.

Pool passes are non refundable and non transferable. Advance passes are issued in the Recreation Office only.

The Recreation Office is located at 50 Whiting Street. Office hours are Monday to Wednesday 8 a.m. to 4 p.m., Thursday 8 a.m. to 7 p.m. and Friday 8 a.m. to noon.

Any questions or concerns contact the Department at 860-747-6022.

Annual Fishing Derby

Sunday, May 7th 8:30 am to 11 am

at Paderewski Park

will be for children 5 to 15 years old.

Pre-registration is required. Register at the Town Hall Lobby Tuesday, May 2nd and Thursday May 4th from 6 to 8 pm or Plainville Public Library Children's Department from 10 am to noon.

Breakfast items will be for sale by the Middle A School of Plainville Sponsored by Plainville Commission.

THE TEA PARTY CREED...

**"I am not a racist, I am not violent
I will not be silent"**

Pd. for by: The members of the Tea



Sherwood Cleaners

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144 New Britain Ave., Plainville, CT 06062

Phone 860-747-3916

Website: 222.SherwoodCleaners.com

UNABLE TO ATTEND TOWN COUNCIL MEETINGS?

If you have an issue you would like to discuss with the Council or a Councilor, just call 860-793-0221 ext. 205.

Leave your name and phone number and ask for a Councilor to contact you. *They are here to serve you!*

Town Council Meeting April 17th:

Robert E. Lee, Town Manager's Report FY2016 Audit Review by BlumShapiro

Nikoleta McTigue from BlumShapiro is here this evening to give a summary of the FY16 Town Audit. A copy of FY16 Town Audit was previously distributed to the Town Council'

Water Test Update

- Over the last two weeks, water samples have been collected from approximately 30 homes and businesses throughout Plainville. The samples were collected by Department of Public Health and Regional Health District staff.
- It is expected that the analysis of the water samples will be completed in two to three weeks. A meeting with Town staff and Valley Water to review the test results will be held in mid-May. It is expected that representatives from DPH and PURA will attend this meeting as well.
- A Public Information session is tentatively scheduled for Thursday, June 8th at 7:00 pm at a location to be determined. At this Public Information Session, Department of Health staff will present the water analysis results. The Department of Health officials will also present their recommendations and residents will have an opportunity to ask questions and comment as well.

There will be announcements and press releases on the final location of this Public Information Session.

All Day Vote

- The All-Day Budget Vote will be held next Tuesday, April 25th in the Fire House meeting room. Under the Town Charter, residents will have the opportunity to vote separately on General Government and Board of Education budgets. There will also be advisory questions for those residents who elect to vote no on either of the two questions.
- The proposed Town and Board of Education budgets have been published in the weekly newspaper and it has been posted on the Town website at www.plainvillect.com

Public Hearing – School Renovations Project

- A Public Hearing on the School Renovations Project will be held a week from today on April 24th at 7:00 pm in the Wheeler Elementary School Gymnasium. There will also be tours of Wheeler Elementary School beginning at 6:00 pm. Residents are encouraged to take a tour of the Wheeler School and to attend the Public Hearing.
- A referendum on the appropriation to fund these improvements is anticipated to occur on Tuesday, June 6th. That vote will also be held at the Fire House meeting room between the hours of 6:00 am to 8:00 pm.
- Information regarding the proposed project can also be found on the Town website at www.plainvillect.com

Dog Park Update

- This morning Town staff met with several members of the Dog Park Committee, including Chairman Dan Ciesielski, to do a field review a proposed location for a dog park at the end of Norton Place Extension. Dan Ciesielski and

Scott Adamson both thought that this could be a good location for a dog park.

- Chairman Ciesielki's will be bringing this location back to the Dog Park Committee at their next meeting to be held on May 10th. His thoughts were to invite dog owners to the proposed site on a couple of Saturday mornings to review its location and to get some additional feedback before moving forward with pursuing this location.

Food Service Cart – Assignment of Lease Agreement

- Since June of 2015, the Town has leased some town-owned land on White Oak Avenue near Tilcon to East Coast Hot Dogs. East Coast Hot Dogs has operated a food truck at that location for several years.
- Town staff has been notified that East Coast Hot Dogs will be selling his business to Rick Martin who would like to continue with the same lease arrangements going forward. Mr. Martin intends to use the same name as the existing business. There is an item under New Business regarding the renewal of the lease.

Financial Dashboard

- A copy of the Financial Dashboard was included in the meeting package for this evening's meeting. It has also been posted on the Town website.

8.Happenings Excerpts of Scott Colby, Assistant Town Manager's Report

PLAINVILLE COALITION FOR POSITIVE YOUTH DEVELOPMENT

The Plainville Coalition for Positive Youth Development presents Parenting in the Digital Age, everything you need to know about keeping kids safe through the appropriate use of YouTube, Twitter, Instagram, Snapchat & more. This free workshop for Plainville parents presented by Rich McKeon of Sophisticated Digital Solutions will be held Wednesday, May 7, 2017 from 6:15pm to 8:00pm at Linden Street Elementary School. To register for the program, please contact Tina Gryguc at the Plainville Board of Education, (860) 793-3210, ext. 206 no later than Monday, May 1, 2017. Babysitting will be provided, light refreshments will be served, and registration is preferred, but walk ins are welcome.

PLAINVILLE SENIOR CENTER

Listed are some of the program offered at the Center.

NATUROPATHIC MEDICINE AND AUTOIMMUNE DISEASE, Our modern day society has contributed to this epidemic of immune system imbalance through the foods we eat, the stress of our daily lives, and the growing number of toxins we are exposed to on a routine basis. A discussion on the various theories behind autoimmune disease and how the unique approach of Naturopathic Medicine was offered to those suffering with chronic disease. Presented by Ken Kirk, Naturopathic Physician, ND, PT of Southington Care Center. This was a free program held Last month

QUESTIONS FOR THE SOCIAL WORKER, Questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program, Caregiving,

Homecare or Housing Options? Please note: this program is for Plainville residents 60 and over only. No pre-registration necessary. No question is too small!

UPDATES ON LOW VISION Learn the differences between having low vision and being legally blind. Discussion also include information about eye diseases such as glaucoma, diabetic retinopathy, macular degeneration and cataracts.

NCAAA FOCUS GROUP, The North Central Area Agency on Aging (NCAAA) will be holding a Focus Group at the Senior Center. NCAAA is a private non-profit agency that plans and funds programs and services for seniors, including some services and programs at the Plainville Senior Center, such as Circle Group, foot care scholarships, Brighter Focus, Grandparents Raising Grandchildren support group and annual conference and more. They're interested in hearing from you about what you see as gaps in services for those over age 60 either in Plainville or surrounding towns and/or ideas to make your life easier.

PLAINVILLE PUBLIC LIBRARY

On Tuesday April 18 celebrate National Poetry Month with a poetry reading & open mic night. On April 20th at 6:30PM join us for a relaxing evening of adult coloring with fine markers and sharp colored pencils.

On Earth Day, Saturday April 22, come to the library to learn about a new urban farming Saturday April 29th at 1:30PM come for the Friends Movie Matinee featuring the film Manchester by the Sea.

Also Saturday April 29th at 2:30PM the library is hoisting a program about Prevention of Heart Disease.

PLAINVILLE PUBLIC WORKS

Property Owners will be able to schedule their one bulk pick up free of charge either in the spring or in the fall. Bulk collection for 2017 will take place on Mondays during the following periods: April 17 through June 26, 2017 (excluding Monday, May 29, Pickup will be done on 5/30/17 due to Memorial Day) and September 11 through October 30, 2017. Eligible residents must call CWPM at 860-793-6721 to schedule a pickup. When calling, you will need to provide your name, address, phone number and a complete description of the items to be collected. Calls placed by 3:00pm Friday can be scheduled for collection on Monday.

**Please Note: Pickups must be scheduled by property owners. Multi-family residents (2-5 units) must also be scheduled by property owners/landlords.

Bulk items should be placed curbside no more than 24 hours before your scheduled pickup. Bulk items must not block or create a safety concern for sidewalks or walkways.

Bulk collections are for residential only. Please keep weekly trash separate and miscellaneous iron/steel separate from bulk. For a list of acceptable bulk items, please scroll down the bottom of this page. Questions, can be referred to Public Works Administration at 860-793-0221 x208.

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STAY ENGAGED AMERICA NEEDS YOU

By: Gene

This article brought to you in the interest of being a well-informed American.

COMMON CORE:

This program should be trashed. Being implemented hand in hand with the new national curriculum standards being pushed on the schools. Common Core is government surveillance of students. The goal is not the education but the production of compliant dependent, uninformed citizens.

Common Core centralizes what kids are taught, How they are taught, and what they should learn, in the hands of a few educational bureaucrats at the national level-completely cutting out parents, teachers and local school boards. Like programs of the past "No Child left behind" and "Rise to the top Data driven situation seeks only conformity, standardization, testing and a zombie-like adherence to the shallow and generic Common Core, along with a lockstep of oversimplified so/with so called essential learning. Just like the Socialist (Communism) teaching. Similar to Mao's (China), Chevaz (Venezuela) and Castro's (Cuba). Teaching one side not giving a choice of the other side of their thinking. This is a not broad stroke with a brush.

If State and local school systems reject Common Core no funding will be available, the monies will go elsewhere. There are some right thinking teaching groups like Liberty University and Hilldale College. Go and learn and lead. Lay the groundwork for a better world for all of us.

*Some excerpts from
www.TheNewsAmerican.com*

Just like the fall elections, spring has come with longer and warmer days, a time for rejuvenation!!!

SNOWFLAKES:

An oxymoron could mean one or the other. They come in all sizes and shapes, Some melt away quickly then others accumulate and wait to be removed. What's happening to our children who put into day care (farmed out) at an extra early age? Then they go through kindergarten K-12, Jr through H.S. and

then off to college and many still think they are in day care and all their needs will still be taken care of. (Not all) As Karl Marx noted in his Communist Manifesto, Government controlled schooling is essential to achieving the goals of Socialism. Controlling of youth thinking is a primary of world totalitarian..

Be aware of proposals to interject Sharia law into our system. Connecticut State Rep. Robert Sampson says we don't want our court system using what is religious law from other countries to make decisions. We should persevere our way of life and the US Constitution first and foremost.

SHARIA LAW

Does the Qur'an forbid all laws but Sharia Law??? Dearborn, Michigan is a third world area for Sharia Law. We strongly believe with the values of America to allow religious freedom. We should not let our court system start using religious law from other countries to make decisions says Rep. Sampson.

This is a core motivation terrorist, violence. Today and it is rooted in the teaching of the Qur'an, Sharia Law and Sunna (Islamic Tradition) Allows for negotiated settlement only in service and the ultimate goal of Islamic conquest. The teaching and the goal is to offer non-muslims only the choice of CONVERSION, SUBJUGATION OR DEATH. qUR'AN 2:191 (AND SLAY THEM WHENEVER YE FIND THEM AND DRIVE THEM OUT OF THE PLACES FROM WHENCE YOU DROVE OUT FOR PERSECUTION IS WORSE THAN SLAUGHTER.) *some excerpts from Robert Spencer The Politically Incorrect Guide to ISLAM*

As far as Obamacare goes repeal with no government replacement, and watch how fast creatively insurance companies rush to the solution, just like industry, including car insurance. It will implode by itself. Congress should just repeal Obamacare and let the free market work for everyone.

Good riddance to Gov. Malloy (one of the three worst governors in the U.S.)

Watch out for the kid Kennedy from Connecticut.

Sam Adams who wisely observed: "If ever time should come, when vain and aspiring men shall possess the highest seats in Government, our Country willstand in need of its experienced patriots to prevent the ruin".

FROM MY BALCONY

By: Jeannette Hinkson

If the Democrats didn't like my last column then I suggest you don't read this one. It seems State Sen. Ted Kennedy Jr. (D) from Branford is proposing a bill that would mandate organ harvesting and your body would belong to the State of Connecticut after your death.

If he wants to pass such a bill then let it be for Democrats only and see how many votes he gets.

I feel anyone who would vote for anyone supporting that bill should be run out of office or even out of town. Would you want the state and some politician to have control over the body of your child should you be involved in a tragic auto accident? Politicians want to control your life while you are alive and now want your body. Call your state senator's, both Republican and Democrat, and tell them if they support this bill they have lost your vote.

I just watched an old western on TV where the bad guy was run out of town; perhaps we can bring back tar and feathering. What a sad world we have become when people we have elected to look out for our wellbeing will even try to control us and our loved ones after death. How many organs will be harvested when that organ is needed and the person hasn't passed but the doctor knows the state will control the body after death and money can be made?

For Your Dining Pleasure - Watch For The Taste of Plainville Tickets Coming Soon!!

The Taste of Plainville tickets are \$5.00 each and may be used for a 20% discount on food at over 16 Plainville restaurants. Tickets will be available after May 15th. You can order your tickets now by calling 860-747-4119, leave your name and phone number stating how many you would like to order or e-mail hmtnn@comcast.net.

This is a great value to treat yourself and family, plus support local restaurants. Proceeds from the fundraiser will benefit the PRTC and Plainville Community Fund.

Each ticket purchased will also be entered into a drawing for a variety of gift certificates from local restaurants.

Notice to all Restaurants:

If you were not contacted yet, have any questions to participate, please contact

Deb Hardy at

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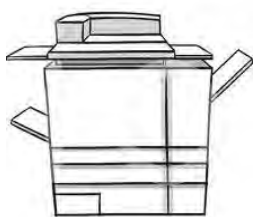
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From the Desk Of.....

Thomas A. Wurz, Esquire PROTECTIVE ORDERS IN CONNECTICUT

Relationships can be great for people in any number of ways. One way or another we all have relationships. However, that does not mean they're all going to be good and that is when the need for a protective order may arise. Thankfully, the law affords both criminal and civil actions to be taken for the victims. So, in the event the police are not willing to do anything, potential victims may still secure their safety through a civil order.

Connecticut judges have the authority to issue protective orders in domestic violence cases directly from the bench when the case is brought before them. These protective orders may be a full no contact, limited contact or an order not to threaten, harass and/or otherwise assault the victim. When speaking directly about domestic relationships these protective orders may issue against each party. The degree of the contact permitted is up to the judge when presented with all of the evidence from the various parties and state departments. If a partial protective order is issued Connecticut law may not require in-person contact to constitute a violation of the order. Electronic mediums, like Facebook or email, may be used as a violation as well as telephones and other like instruments. The penalty for such a violation may be up to 5 years in prison and a \$5,000 fine. Therefore, regardless of a person's intent or lack of direct contact with the victim they may be guilty of violating a criminal protective order issued by a judge.

A criminal protective order ultimately needs to be before a criminal court, which forces potential victims to wait for a crime to be committed. So what can you do if the police have nothing immediate to act on and you only have your suspicions and concerns? Victims can bring an ex parte request for a civil protective order. "Ex parte" means that neither party has to be present in order for the judge to grant a protective order to the applicant. If granted, the order provides the victim with a means for having the accused held criminally liable for placing them in physical fear as long as the accused violates the contact requirements implemented in the ex parte order. Ultimately, nothing can assure everyone's complete safety, yet civil protective orders provide people with an avenue for enhancing their safety without being forced to leave it to the police.

So whether you are in the happiest domestic relationship in the world or not, be sure to be prepared because people change and things may go south in a hurry. Knowing how the law can work to protect you may make all the difference. As always, if any of these situations become a reality in your life, consult with a licensed attorney so that you may better protect yourself.



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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*This article brought to you in
the interest of better dental health!*

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



Apple Cider Vinegar for Teeth? *Maybe not the best choice!*



Apple Cider Vinegar is popular these days, and is being promoted as a "cure-all" for a wide variety of conditions ranging from sore throats, diabetes, weight-loss, skin and hair issues, as well as being a great anti-microbial all-purpose cleaner. Apple cider vinegar is even being promoted for tooth cleansing and whitening.

Although no one is an expert on the overall health benefits of using Apple Cider Vinegar, we have all heard many positive testimonials of its benefits, and have read many articles related to using apple cider vinegar, as well as scientific studies that both support and refute health claims. As a dentist our feeling is that if you feel Apple Cider Vinegar is helping your health, then continue to use it.

But.... when it comes to your teeth our professional opinion is that you think twice. While the Acetic Acid of Apple Cider Vinegar can whiten teeth and will cleanse your teeth and maybe even help your gums, there is a long-term cost that makes other approved choices far better.

Acid is what cause cavities. the more acid that is present in the mouth over an extended period of time continually weakens and softens the enamel. Add to that bacteria which flourish in an acidic environment, you have a recipe for dental disaster - softened enamel, decay, root surface decay, increased sensitivity, staining at the cement edges of veneers and bonded restorations, and more.

Because of the acidic nature of apple cider vinegar, a healthier option is to brush your teeth at least twice daily with an ADA approved whitening toothpaste that has gone through extensive testing. There are many health-store toothpastes which fit this category.

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Plainville Republican Town Committee Meeting

**Wednesday, MAY 24TH
7:00 P. M.**

Municipal Center
Council Chambers -Top Floor

Gayle Dennehy, Chairwoman

Helen Bergenty, ViceChairwoman

~ Public Welcome ~

MAY (and coming) Events-Check here...

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Spring Gathering of the Women of the ELCA in the

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will be held on

Saturday, May 6th, 2017

from 8:45 am to 3:00 pm

at the **Zion Lutheran Church,**

531 Woodruff St, Southington

The theme is:

The Compassion of God is Boundless 2017!

Cost: \$20 ~ Includes morning coffee and refreshments, a luncheon, two workshops and the closing worship service. This event is open to all women of any denomination.

To register, please contact:

Tracy Carlson at 860-620-4166, or tcarlson01@snet.net. Registration deadline is May 3rd, 2017

CPOA of Plainville

(Citizens & Property Owners)

We meet the first Tuesday of every month at the Plainville Public Library downstairs, at 7 P.M.

The next meeting is Tuesday, May 2nd

Open to the Public

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26th Annual

J. Timothy's Golf Classic

Tunxis Plantation

Farmington

Wednesday, May 17th

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Conservation Commission Offers New Way to Get Involved

Submitted By the Commission

Have you gone in your backyard, or walked in a field, and realized that you have not seen a honey bee? When was the last time you saw a Monarch butterfly in your area? This is something the Plainville Conservation Commission has been talking about at their monthly meetings for quite some time. Meetings are held the second Wednesday of each month, except for July, in Room 302 of Town Hall.

In the first event of its kind, the Conservation Commission is putting together seeds packets for town residents and businesses that might be interested in helping pollinators in town. Each individual will receive two envelopes. One envelope will contain a combination of approximately three dozen wildflower seeds. The second envelope will contain two types of milkweed seeds. All of the seeds are native to the Connecticut region.

After the seed packets are put together by volunteers from the Senior Center, they will be available in the Town Clerk's office, the Senior Center, and the Recreation Department. They can be picked up in any of these locations during normal business hours and should be available by the middle of May. The Commission is looking for a couple of additional areas to place sets of packets for residents.

An idea was brought to the Commission by Vice Chair Roberta Lauria in October of 2016. Her thought was to try and get more of the community to be involved. Supported by members of the Conservation Commission, Lauria suggested giving away packets of wildflower seeds to Plainville residents and Plainville businesses. The Commission members thought it was a great idea and Project P.E.E.P (Plainville Enhancing its Environment for Pollinators) was born. The idea seemed like the perfect way to also bring awareness to residents and businesses about the plight of the native bees and Monarch butterflies and get some community involvement.

As discussed at many Conservation meetings, the bee and Monarch butterfly populations have been reduced by as much as 90% in just the past 10 years.

Some researchers believe that figure is as high as 95%. This does not give residents much wiggle room to help these pollinators. Researchers believe the decline is due to causes such as pesticides and lack of habitat. From the research done by Lauria, it seems no other town has ever tried the idea of making seeds available on a community-wide basis to residents and businesses. Small groups have done things like this, but nothing larger than what the Commission is looking to do. When asked how she came up with this idea, Lauria chuckled "I get stuck sitting in traffic on I-84 going to work in Hartford in the morning and coming home at night. This commute allows me the opportunity to not only think about things I need to do at work but also gives me the chance to think about the comments said by residents and Commission members at our monthly meetings."

The seeds were purchased in bulk from a seed company in Pennsylvania. They are native to Connecticut and while there are a few extra steps for planting the milkweed seeds, the wildflowers should be easy to plant for most residents.

The key, comments Lauria, is that you need to have a sunny spot where they can be planted. "They should be placed in an area that can be enjoyed by the residents but placed away from children or pets that may try to eat the flowers. Children or pets should NOT consume these plants. People need to remember these are wildflowers. They should also consider planting them in an area that they don't mind having wildflowers in." Residents and businesses need to be aware that the seeds they will be given will produce flowers that will vary in height. It is recommended that they plant in an area that has at least 50 square feet of space. They can also split the seeds to put in large planters.

There are a few reasons why the Commission thought it would be best to place the milkweed seeds in a separate envelope. **First**, milkweed seeds are meant specifically for Monarch butterflies. Separating the milkweed seeds will allow residents to plant them in a different area from the wildflowers, should they desire. To best help the Monarchs, it is important to plant the milkweeds in a group of at least six. At least six plants are needed in order for the Monarch caterpillars to have enough plants to feed on.

Second, the process in planting milkweed seeds is just a little different. For the best possible chance of germination of milkweed seeds, it is recommended that residents vernalize, or cold treat, the seeds

they receive before planting. This process helps to stimulate the growth and flowering by artificially shortening the dormant period for the seeds. While the process is not difficult to do, it can take a few weeks before milkweed seeds can be planted in your yard.

For cost and economics, the seeds were bought in bulk. Conservation Commission Chair, Marge Burris, will be working with volunteers from the Senior Center to separate the seeds into coin size envelopes. One envelope will contain wildflowers seeds and the second envelope will contain milkweed seeds. Each envelope will be taped shut. The idea with taping the envelopes shut instead of wetting and gluing them shut was to make it easier for those with physical challenges have an easier time to open the small coin size envelopes. It will also allow residents the option of being able to reclose the envelope with a small piece of tape, if they have extra seeds. There will also be a detailed set of instructions in each set of seed packets. This project will take place sometime in May. The Conservation Commission anticipates volunteers will make approximately 150 sets of packets.

In an effort to allow as many residents and businesses as possible to participate, there will be a one bag limit per household. They will be on a first come first serve basis. The bags are available to those 18 years old and older and are a primary resident of the household or business. Each resident is requested to fill out a short form before they take their bag of seeds. The form is for administrative purposes only and will help to keep track of the areas of town that are participating in the program. No one will be contacted by the Commission.

It is hoped by the Conservation Commission that residents and families will get excited about the role they are playing in not just the community but in the environment as well. If bags of seeds are accepted by residents, the Commission hopes to make this project a bigger, annual event.

Conservation Commission members would like to hear from those that participate in the project. They are also requesting pictures of residents' new wildflower gardens. These pictures would be placed on the Conservation Commission website. *Please feel free to send pictures and comments to plainvilleconservation@gmail.com.*



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Plainville Chamber of Commerce 109TH Awards Dinner & Annual Meeting

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Employees of the Year
*Coral Garry-Lord, Stephanie Gibbons
Mastrianni & Seguljic Attorneys at Law*



Business of The Year
Wheeler Regional Family YMCA



Distinguished Volunteer of The Year
Leona Bisson, Our Lady of Mercy Church



State Representative Willaim Petit

109th Awards Dinner

The Awards Dinner was held on April 18th at Nuchies Restaurant. Welcome & Introductions:

Jeff DiCosimo *Chamber President*
Grace: Deacon Robert Berube, *Our Lady of Mercy*

Town of Plainville Presentation by
Kathy Pugliese, *Chair of Town Council*
Congressional Letters & State of Connecticut
Proclamations by Rep. Doc William Petit



*Leona Bisson
Bob Berube*

The 2016 Award Recipients

“Distinguished Volunteer Award”

Leona Bisson, Our Lady of Mercy Church

There never appears to be a hint of hesitation when Leona hears someone is in need. She is selfless and fully gives from the heart.



*Jeff DiCosimo
Bob Fraizee*

“Business of the Year Award”

Wheeler Regional Family YMCA

The Wheeler Regional YMCA seeds were planted in 1912. The Y became part of the County YMCA when that entity was formalized in 1918. By the 1960's the YMCA was providing valuable services to an increasing number of people with new emphasis on opportunities for adults and families. The Plainville Wheeler YMCA provides significant community resources in the area of Youth Development, Healthy Living and Social Responsibility. 95% of Community Support Funding goes to helping others in our Plainville Community.



*Jeff DiCosimo
Coral Garry-Lord, Stephanie Gibbons*

“Employees of the Year”

**Stephanie Gibbons & Coral Garry-Lord
Mastrianni & Seguljic Attorneys of Law**

Stephanie Gibbons, has worked as a Paralegal since September 2005. She assists the attorney with all matters involving the Town of Plainville. She is the firms GO TO GIRL! Coral Garry-Lord, has worked with the firm since January 1999 when she received her Paralegal Certificate. She currently manages the firm's family cases and administrative.



Leona Bisson



*Chamber President
Jeff DiCosimo*



*Chamber Board Member
Linda Coveney*



*Francine Coleman
Executive Director of Wheeler YMCA*



*Jeff DiCosimo
Antonella Calabrese*



Plainville High School Italian Class Enjoys Food Tour of Boston's Italian Neighborhood



Mrs.Colangelo's Italian Class recently enjoyed a Food Tour of Boston's Italian neighborhood. The students learned about the history of this section of Boston, its food and culture by visiting a local bakery, deli and grocery store. Maria's Pastry shop was a favorite stop and the tour concluded with a three course lunch at Fiore's restaurant.

PLAINVILLE AMONG BEST COMMUNITIES FOR MUSIC EDUCATION

Plainville Community Schools has recently been honored with the Best Communities for Music Education designation from The National Association of Music Merchants (NAMM) Foundation for its outstanding commitment to music education. The district is one of 4% of districts across the nation receiving this prestigious award in 2017.

According to The NAMM Foundation, "The Best Communities Music Education designation is awarded to districts that demonstrate outstanding achievement in efforts to provide music access and education to all students. To qualify for the Best Communities designation, teachers answered detailed questions about funding, graduation requirements, music class participation, instruction time, facilities, support for the music program, and community music-making programs. Responses were verified with school officials and reviewed by The Music

Research Institute at the University of Kansas."

"This distinction affirms the extraordinary work of our district's music faculty, the support of the community, including our board of education and the diligent work of our students," said Plainville Fine Arts Instructional Leader, Jeff Blanchette. "Fine Arts education is essential to the intellectual and emotional development of children. I could not be prouder of our faculty and our students."

"I have always known our music program and teachers were outstanding. I am thrilled that we have received national recognition for the amazing efforts of our instructors, administration, board of education, and students," noted Superintendent of Schools, Dr. Maureen Brummett.

The NAMM Foundation is a nonprofit organization supported in part by The National Association of Music Merchants and its approximately 10,300 members around the world. Its mission is to advance active participation in music making across the lifespan by supporting scientific research, philanthropic giving and public service programs.

Wheeler Students Visit Post Office



Frank T. Wheeler Elementary School kindergartners recently enjoyed a trip to the Plainville Post Office. The students are learning about our community and this was a great opportunity to see how mail is sent and received. As part of the visit, the students bought stamps and mailed letters that they wrote, learned about the role of the mail carriers, and even got to sit in a mail truck!

MSP Students Learn About Meteorology



As part of their weather unit, Middle School of Plainville sixth graders and their teachers recently welcomed Certified Broadcast Meteorologist, Dan Amarante from Fox 61 News to the Middle School. Dan spoke about his love for tornados and wild weather growing up as a child, his education and field experiences in college as he was pursuing his dream to work in meteorology, and then shared what a typical day as a meteorologist is like. Dan's message included predicting various types of weather patterns and information regarding recent winter storms, blizzards, hurricanes, tornados, and thunderstorms.

GOOD CITIZEN AWARD



Three Plainville High School Seniors Were The Recipient Of The Daughters Of The American Revolution Good Citizen Award On March 13, 2017 At First Baptist Church In Southington. The Winners Were Selected Out Of A Number Of Well Deserving Seniors. These Seniors Are Strong Academic Students And Are Very Involved In Community And Civic Activities. Pictured (L-R) Mary Gura, Representative From The Southington Chapter Of The Dar), Caterina Labella (Winner), Jared Demmons (Second Place), Olivia Cretella (First Place).

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I Pledge Allegiance to the Flag...



Schools in Review



MIDDLE SCHOOL OF PLAINVILLE ROBOTICS PROGRAM WINS STATE COMPETITION FOR THIRD CONSECUTIVE YEAR

For the third consecutive year, teams from the Middle School of Plainville have won the State VEX IQ Competition recently held at the CREC Aerospace Academy in Windsor, Connecticut. The teams competed in 5 areas: programming skills, driver skills, teamwork challenge, a STEM research project, and an engineering notebook. MSP Team Brain Bots, Chris Brojek and Nate Masco, earned the coveted state championship Excellence Award scoring high in all five areas of the competition. In addition to the Excellence Award, MSP Brain Bots also won the Driver Skills Award, with the highest combined scores in both the Programming component and the Driver Skills component.

Only 10 of the 48 competing teams advance to the final round at the State Championship. The Teamwork Challenge award is earned during this round by the two teams that together scored the highest amount of points. The Brain Bots also earned this award along with MSP Salt Crew members Nick Grabowski, Jon Marfia, Jacob Molloy, and Mitchell Williams.

Both MSP teams are now qualified to attend the World VEX IQ Competition which will be held in Louisville, Kentucky this month.

PHS & MSP School Bands Memorial Day Parade Monday, May 29th

The Memorial Day Parade will begin at 9:00 am starting point is the corner of Whiting and Broad Street.

The Plainville High School and the Middle School of Plainville will be performing in the parade. Our school bands are the best in the State of Connecticut, just ask any resident of Plainville.

The dedication of the Gold Star Memorial monument will take place after the parade at Memorial Park. Congresswoman Esty will be the guest speaker at the dedication.

PHS Students Honored by The Connecticut Association of Schools



Plainville High School music instructor Jeff Blanchette, Erin Brochu, Plainville High School Principal Roberto Medic, Katie Schmidt, and Plainville High School Art Instructor Mario Pires.

On April 4th, Plainville High School seniors Erin Brochu and Katie Schmidt were recognized as 2017 High School Arts Award recipients at a banquet held by the Connecticut Association of Schools. The award recognizes students who excel in the performing or visual arts. They must possess the qualities of scholarship and leadership. Excelling in the performing or visual arts is of primary importance in the selection. Scholarship and Leadership are also supporting criteria.

Plainville Students Entertained by West End Blend



Plainville Community Schools' elementary music teachers (Michael Boncimino, Marilyn Brendel, Diane Roncaioli, and Greg Wilfrid) have a biennial tradition of bringing in live performances for every elementary student to experience. These performances have been made possible by generous grants from the Elizabeth Norton Trust Fund. In the past, the performance focus was on classical music and the instruments of the orchestra. This year students enjoyed a different genre with a performance by West End Blend. The band combines the genres of jazz, funk, and soul. West End Blend includes trumpet, trombone, and percussion-instruments offered to our students in the Plainville instrumental music program.

Students Participate in Honors Choir

Eight 5th-grade students from Linden Street School and Louis Toffolon Elementary School participated in the CMEA (Connecticut Music Educators Association) Honors Choir on March 31st. The choir included singers in 4th through 6th grade from across the state. Plainville elementary music teachers (Greg Wilfrid and Marilyn Brendel) prepared students to sing the concert repertoire. Participants attended a full day of rehearsals on March 31st at the CT Convention Center in Hartford. Conductor, Mary Ellen Junda, worked with students to bring nuance and expression to the concert pieces. Rehearsals were followed by a concert in the ballroom for friends, family, and music educators. The Honors Choir was part of a state-wide music educators' conference.



*Back Row (Left to Right): Chase Gray, Alexis Graff, Zoe Adessa, Brianna Roy
Front Row (Left to Right): Jacob Casale, Camdon*

2017 May Bulletin Board

Here are the events from the April 2017 Board of Education Meeting:

The Board of Education honored Cadwell Hoerle at this year's Wall of Honor Ceremony. Friends and family were on hand to celebrate Mr. Hoerle's life and contributions to the Plainville Community Schools. His son Art along with Quinn Christopher and Dr. Bill Petit shared wonderful memories about Mr. Hoerle's lifelong devotion to Plainville including serving on the Board of Education for 15 years as well as being a member of the Plainville Rotary Club for over 50 years.

Under Special Presentations the Board recognized the MSP Vex Robotics Team after winning their 3rd straight state championship. Dr. Petit was on hand to read a proclamation from the State Legislature.

Our Everyday Heros, this month, included PHS English Teachers Jenna Martin and Shaylene Krupinski plus the Middle School Technology Teacher, Camille Westfall.

Under the Board's new business, we approved the Healthy Food Initiative for the year 7/1/17-6/30/18. We also amended the motion of March 13, 2017 concerning the Wheeler Renovation Project to remove the Middle School Roof.

May and June will be busy for the Plainville School system with the Super Senior Banquet, Junior and Senior Proms and let us not forget PHS Graduation, just to name a few.

That's the news for now. See you next month!
Andrea Saunders.

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Stop Looking at Your Phone So Much!

My career revolves around technology. As an IT manager, I am using and supporting all manners and forms of technology including computers, smart phones, tablets, laptops, printers, and more. For me to stay current with advances, I spend a lot of time immersed in it.

When I'm sitting at home, and a work email notification sounds, I can feel my stress level jump. When I hear a text message notification, or a personal email notification, I can feel the urge to find out who it's from or what it's about. Over time this forces habitual behavior. When I am away from my phone, or it's out of reach, I feel the need to check my phone to see if I missed anything. It distracts me from conversations, TV shows, movies, and live events. At times, it prevents me from having a complete sense of relaxation.

All of us that use smartphones and other technology feel these urges and stress bumps at some level.

A recent story on 60 Minutes investigated the theory that Google, Apple, Microsoft, and thousands of app makers are designing these devices and apps specifically to play on our urges and emotions. In the story, they speak to a former Google product manager who claims that these are all done by design to "hack our brains" and program them. They try to shape our thoughts and feelings.

The former Google manager makes a great point. There is a narrative that technology is neutral. What we do with it affects our behavior. This is true, with the exception that technology is not neutral. It wants your attention. It works hard to keep your attention. Not always out of evil intention, but in an effort to entertain, inform, educate, and improve our lives. But that's not all they want.

In the story, they also talk to a computer programmer who studied neuroscience and then founded a company that specifically focuses on designing apps to provoke a neurological response. This to keep your focus longer.

They showed an experiment. They put sensors on the reporter that measure brain activity. Then they put his phone out of reach and had someone send text messages to his phone. When the notifications sounded, or vibrated the phone, brain activity measuring anxiety spiked.

We don't pay for Facebook, Google, or Snapchat. Why? Because we are not the customer. People that want to learn about our behavior, likes, dislikes, what makes us happy or mad are the customer. All of it is designed to extract that data the real customer wants.

What do we do? We need to break ourselves from this addiction. We need to put our phones down once in a while. We need to take a break from the tech regularly. On Easter, I left my phone at home when I visited my family. There was anxiety. There were remarks expressing surprise that I didn't have my phone in hand. I had a few anxious moments, but quickly let them pass and enjoyed engaging with my family in conversation. Even just sitting there watching my nieces and grandnephew interact was a delight. Much of that time would have been spent checking my phone.

We pay so much attention to our technology trying to stay informed and in the loop without missing anything important. But on this Easter, after spending the day without my phone, I wondered how much we are really missing when we are looking at our phones?

Technology is amazing. It has given us so much. It does make our lives easier. But as with everything else, everything in moderation. I know I need to stop sometimes and put the phone down. What about you?

Check out the 60 Minutes story here...

<http://www.cbsnews.com/news/brain-hacking-tech-insiders-60-minutes/>

If you have any questions about this article or have suggestions for future articles, please email me at jim.phc@gmail.com.

To Submit Class Reunion Announcements and/or

Pictures Email to: hmtnn@comcast.net

or Mail to: Hometown Connection

27 Sherman St., Plainville, CT 06062

May Programs in the Children's Department of the Plainville Public Library

Flying Fingers Knit & Crochet Group - Wednesdays at 3:00 p.m. for all ages

Come learn to knit or crochet, or bring your current project. Program runs for two hours, so come join when school lets out!

Make Your Own Mother's Day Cards - Saturday, May 13th, 11 a.m. - 4 p.m.

We'll supply all you'll need to create unique cards for the special ladies in your life.

Family Fest Guessing Jars - Linden St. School - Saturday, May 20th, 10:30 a.m. - 3:30 p.m.

Come visit our tent at the Plainville Family Fest at Linden St. School and guess how many items are in our book-inspired jars. Closest guesses win the items! Pick up our summer information and take a break in our mini-library lounge.

PHS Class of 1967 50th Reunion

The Plainville High School Class of 1967 is planning their 50th Class Reunion for Saturday September 9th. If you are a member of the class and have not yet confirmed your address and contact information, please do so as soon as possible.

Also, we are still looking looking for information on the following classmates: Robert Bloom, Maurice Chamberland, Brenda Coffin, Beth Day, Spray Harmon, Sherry Hammond, Wanda Henderson, James Hewitt, Georgia Haustrop, Ann Hutengs, Jane Kircher, Gloria Marinen, Barbara Perron, Rita Perron, Michele Roberge, Pamela Small. Classmates and others who may have information to help locate these classmates are asked to contact the class.

Both class members and other persons can call Pat DiFrancesco Keller at 860-919-9411 or email plainville67@gmail.com.

COMING HOME

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The Origins of Memorial Day

By Francis Rexford Cooley

practice of decorating the graves of the Civil War dead quickly spread. In 1873 New York State declared "Decoration Day" an official state holiday. By 1890 the States of the North had nearly universally adopted May date for "Decoration Day" as state holidays. The Southern States refused to accept the Decoration Day date and chose different days to commemorate the Confederate dead.

The First World War brought changes to Decoration Day. After the war many Southern States accepted the May 30th date to honor their war dead from all wars while retaining their separate Civil War remembrance, often named after either Gen. Lee or Jefferson Davis the President of the Confederacy. In memory of those who fell during the Great War poppies were used to adorn their graves inspired by the poem "In Flanders Fields." The tradition would spread through a number of Allied countries of the First World War.

By the Second World War the more common usage of "Memorial Day" rather than "Decoration Day" was used to describe the holiday celebrated by the States. It would not be until President Johnson signed Congressional Legislation making 30 May a federal holiday known as "Memorial Day." In 1971 President Nixon signed the National Holiday Act making Memorial Day the last Monday in May so Americans could have a three-day weekend.

Though now many think of the picnics, hot dogs, and parades Memorial Day is still the day to honor those who have paid the ultimate sacrifice while serving the Nation in its armed forces, a day to decorate their graves and remember them.

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 with a brief story about your Birthdays,
 Weddings, Sports, anything you want to
 share with our readers and your neighbors.

THE TOFFOLON PROPERTY

GOALS: With a primary goal of increasing economic development downtown through foot traffic, it appears that Plainville may have one more opportunity to seize the future. The Toffolon property offers potential on several fronts. I ask your indulgence just to dream big as I present these ideas.

LET'S NOT SQUANDER OUR WATERFRONT. It's small, but it's ours. People are attracted to water and size doesn't matter when you have natural, calming running water, and we do. Most towns don't have any. I propose an area of grass and landscaping along the bank of the stream. It will have some benches to sit on, used mostly during spring, summer or autumn afternoons. Trees will offer blossoms, shade and color with the seasons. It should be planned to function as a proper flood plain.

NOTE: When Phoenix soil came to Plainville, I recall that they said they would allow the town to use the waterfront area that they own for passive recreation.

PARKING The parking lot will be paved for public parking between the buildings and the stream area. It would be quite an addition to available parking. The shops on W. Main St could use their back entrance for customer access.

CHARMING On the extra-wide sidewalk already there along the railroad tracks, we could have kiosks in the nice weather. If we could ever have a walking trail where the railroad tracks are (talk about pie in the sky), this would be great. Alternatively, if the train runs through Plainville, between Waterbury and Hartford, and (dare we think?) stop here, this little commerce area could be bustling. There could be stalls to rent in the building along that area so that carts could be stored on site. Having our Farmer's Market there would bring foot traffic to our downtown.

CULTURE The cavernous room where the Strand Theatre was, is still there. Think about restoring just that area into a playhouse. It could be supported with private funds until it becomes self-supporting, i.e. The Cape Playhouse. We have more patrons of the arts in Plainville than you think.

WILD THOUGHT: Is there a piece of property big enough to make a dog park, maybe on the land behind the Firehouse where the dump used to be? That would attract transient foot traffic to our downtown. Why not? Why banish this audience to some obscure corner of town? Janice

On May 29th of this month Americans will celebrate Memorial Day, the start of Summer vacation season, with parades, picnics, patriotism, and a day off for many. Stores will promote their "Memorial Day Sales," urging consumers to spend, spend, and spend some more. There will be the inevitable "Summer Blockbuster" film released to entice many into air conditioned theaters or go to a drive-in theater (of which Connecticut still has a couple). Yet there is one act taken on Memorial Day from which the holiday owes its origins, the decorating of the graves of America's fallen warriors from all branches of the military. An American Flag to adorn their gravemarkers.

Memorial Day began as Decoration Day. It was proclaimed on 5 May 1868 by General John Logan, the Commander of the Grand Army of the Republic. Gen. Logan designated 30 May 1868 as a day "for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion...." It was but three years after Confederate General Robert E. Lee's surrender at Appomattox Court House on 9 April 1865 to General U. S. Grant bringing to end the Civil War. The war had begun with the firing upon Fort Sumter in April 1861 by forces of the seceding South Carolina. Through the course of the war over 620,000 Americans were killed in action fighting to either preserve the Union or render it asunder in defense of the South's "peculiar institution," slavery. In the end the Union prevailed and slavery was ended though the nation "paid...with the sword" a debt of "blood" for the sin of slavery as President Lincoln said in his "Second Inaugural Address" the month of his assassination. That terrible debt paid in war dead hit "almost every city, village, and hamlet churchyard in the land," as Gen. Logan noted in his proclamation. The formal

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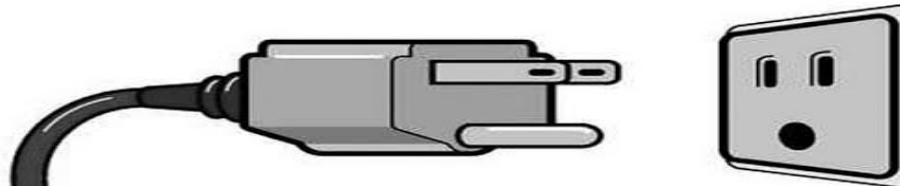
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LETTER TO THE HOMETOWN CONNECTION

In response to a Letter to this newspaper last month, please print my Letter in its entirety. I realize you limit Letters to 125 words, you did make an exception.

I hope you will give me the same courtesy.

Thank you, Donna Ziccardi, Metacomet Road, Plainville

To the Hometown Connection:

Seems like I was the Talk of the Town for the past 2 months. Some people in town are highly "offended" by my articles and appealed to the Hometown Connection to censor my publications. These people who bastardized me in town and assassinated my character on Face Book, behind my back, must not want the TRUTH to be made public. They try to control the narrative through censorship, all in the name of Political Correctness. Makes me wonder what these people are hiding. Or, just maybe, they are not intellectually capable of accepting the "Truth". I also upset some school teachers. I guess some things never change.

But this is what Progressive Liberals do.)Control the Narrative, in a cult fashion, dictate to the populace what they can and cannot believe. This is very dangerous. If we submit to this, we will lose our freedom of speech. If we lose our freedom of speech we are defeated on every front. Think people, before you vote. Know exactly who and what you are voting for. Do not just vote for the popular name. Censorship is very dangerous. To quote George Orwell, author of 1984, "in a time of Universal Deceit, telling the truth can be a revolutionary act". If we cave to the Progressive Liberals rule of censorship, 1984 will become fact instead of fiction.

To one detractor, My Zika Article was not copied from a Reddit Conspiracy. It was written from my own research since 1986, on the adverse health effects of pesticides and my knowledge of government deceit and coverup, and from information I received from people in Florida who got sick and some died, not from the Faux Zika Virus but from the effects of the pesticides used. Do not falsely accuse me of anything. You are swimming in dangerous waters.

The above mentioned detractor is offended by my "truth" not covered in Mainstream Media (MSM) and my "opinions" such as...Hillary is a treacherous Criminal, Obama a Muslim President, mental illness of progressive liberalism, "pain in the ass" actions of the Social Justice Warriors influenced by their environment, everything I said about Soros organizing riots, "snowflake", lies and propaganda of the mainstream media, Comet Ping Pong, Obama is a special kind of evil, CIA is the child runner for the Clinton Foundation, our leaders can go straight to hell, they practice Satanism, organ harvesting/Dyncorp....and she goes on and on, all taken out of context, going back to many previous articles.

This, to me, smells of a Witch Hunt. If she had a problem with articles written months ago, why is she coming forward now? Could it be because I wrote an article about the "P" word (pedophilia)? Is that the subject that shook the Tree of the Rotten Fruit? Also, 3 or 4 of the stated quotes on Face Book that so highly offended her were not written by me. Why did she leave out the person's name that penned them? Why did she single ME out as being a morally offensive criminal? That kind of targeting and discrimination could be very dangerous.

Everything I write about is true. You just do not get this information from MSM, because you are being socially controlled and brainwashed. Do some independent research of your own. Google "pedophilia among the elite", fact check me on anything you want. The problem with Google right now is the TRUTH is being censored

there as well. Google has stated THEY will tell you what is true and false. Ladies and gentlemen, this is very dangerous. This form of censorship is teetering on the verge of communism. This should scare people, emphasis on "should".

So I ask the "local lynch mob". Did it EVER occur to you there are many people who enjoy reading my articles? Are you so narcissistically selfish that you think the world revolves around you and others do not have any right to enjoy the new facts and ideas I bring to the table? Or don't you really care about the rights and feelings of other people because in your myopic mind, everyone needs to think the way you think, Hive Mind.

By your "campaign of condemnation", you are denying others THEIR right to decide, on their own, if they enjoy my articles or not. They really should not have to be subjected to you dictating your approval or disapproval. And this is where our country is going, under the direction of Globalism, fueled by the twisted thinking of Progressive Liberals. We are losing our freedoms. There is a reason why our Founding Fathers gave us the Bill of Rights. To protect me from people like you. You don't like my articles? You are offended? Don't READ them!

I would like to address the Director of PARC and her "open letter" to the Hometown Connection. Thank you for being fair and honest. And thank you for bringing to my attention your Organization's 60 year mission, I had no idea. After reading your words, I know I will never utter or write the "R" word again. Not because I am caving to "political correctness". But because I am driven by my heart and soul to be respectful and to honor your cause.

Next, the editorial from Rosemary. Thank you for reading my articles. In taking my reference to "Muslim President" and twist MY meaning to fit YOUR interpretation, proves my point about Liberalism being a mental illness of "cult" proportions, in my opinion. My "Muslim" remark as far as I was concerned, had NOTHING to do with religious discrimination and EVERYTHING to do with place of origin and political ideologies. Please do not put words in my mouth and YOUR ideas in my head. If that is the way you took it, that is the way YOU choose to live your life, making everything into a racist, religious, xenophobic anything you can think of to pin on another person whether they are guilty of YOUR "thought-crime" or not. In the 1960's, when people were referring to JFK as the "Catholic" President, no one cared. If they did, they kept it to themselves out of respect for others to have the right to "speak freely". But the division in this country, due to political correctness, is Obama's legacy.

Next, Rosemary, you insinuated me to be a conspiracy theorist by saying Obama is organizing a group of trained agitators. Apparently it is a "conspiracy fact" because there are many references for you to research along with a Lou Dobbs Report. I hope you do not think Lou is "Peddling Poop" as well. Just because I know of this and you do not, does not make me wrong and you right.

Rosemary shames my term "take out Trump" as being "slang from the past". Well I am in good company because look what Dan Bongino, former Obama Secret Service Agent, said on March 7. If "offensive slang from the past" is good enough for Mr. Bongino, it is good enough for me. Rosemary, if you are "offended" by the way I express myself, do not put yourself through the agony and just do not read me.

I think Rosemary got a little confused. I did not say Obama was involved in a "pedo ring". I stated the WikiLeaks emails that implicate him and others in suspicious activities. Plus she goes on to claim I quote from a "web site" that has a disclaimer for satire and fiction. It did not. The article was authored by Aleen Realmuto, "A U.S. Marine, dedicated to restoring and sustaining individual liberty and national

sovereignty in these great United States of America." To falsely state that the web site admits to being fiction, when it does NOT, is an assault on my credibility and reputation as a journalist. Next, on the "Gripe List", The Finders. A CIA Child Abduction Operation. Rosemary, if you took the time to "fact check" the information in the video you questioned, you would clearly see, it can all be authenticated. I believe the disclaimer in the beginning was to relieve the producer of possible government harassment, as we all know happens all too often when people expose the "truth". It is far better to "fact check" than to "source check". Lee Stranahan just said the same thing today.

Rosemary finds it hard to believe that our honorable politicians are involved in pedophilia. Well they are. For a long time now. This continues because the blackmail goes very deep into the fabric of society and police departments are told to look the other way. I started researching Satanic Pedophilia and Child Trafficking in the early 1980's, introduced to me by Ted Gunderson, retired FBI Director. I know what I am talking about. Google "Robert David Steele political pedophiles" and read all about it. Do some research and educate yourself. Also, there is a huge Satanic Child Sexual Abuse problem right here in Connecticut. It is time people stop sweeping this under the rug because children are being tortured and murdered. Maybe Senator Blumenthal would like to tell us why the Linda Wiegand investigation was squelched and swept under the rug in the 1990's. This political cover up needs to stop now. To prove I am telling the truth about political pedophilia, read "THE FRANKLIN COVER UP: Child Abuse, Satanism, and Murder in Nebraska", by John W. DeCamp, former Senator of the United States for 16 years.

Pedophilia and Child Trafficking is a subject I am very passionate about. I was a crusader for the children before the November WikiLeaks Podesta Data Dump and there is so much more to the story. The MSM are told not to report on this subject, so crusaders, like myself, take to the net. And it works. I am PROUD of my March article on Pedophilia and Child Trafficking because it threw light on the roaches and now the government "SAYS" it is going to do something about it. Rep. Petit wrote about it in the April edition of the Hometown Connection and just last week local news stations are reporting on the teachers involved in pedophilia at Choate Prep School. Teachers seem to be getting "nervous".

This leads me to my Heroine, Congresswomen Cynthia McKinney, Phd. This brave soul, almost single handedly, went up against the giants of this government and held them accountable for the continuation of child trafficking, perpetuated by our elected officials and Dyncorp. She was so focused and "fierce" that she even made Donald Rumsfeld shutter and stutter. She was railroaded out of her position as she was a threat to exposing so many high powered politicians. She continues to fight for the children to this day.

I can honestly say, I am so ashamed of some selfish people within this community. Instead of connecting with the message of my article, bringing the suffering of thousands of children to the forefront, all these people cared about was their "offended" feelings over "political correctness". How Shallow. While children are being kidnapped, raped, tortured and murdered, you are obsessing over trivial matters such as the word "snowflake". If this information is not brought into the light of day, for others to know about, this "evil sin" against the children will continue. Thank God for "Independent Press", such as the Hometown Connection. People in this town should be honoring this publication instead of pulling it apart like a "sacrificial chicken".....

Regards, Donna Ziccardi

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JUST WHAT THE DOCTOR ORDERED

for all. We subsidize randomly under 0Care now. People who can pay will happily leave the Medicaid rolls. Employers should be encouraged to offer this as a benefit.

A plan like this could be expanded over time to solve some of Connecticut's grave concerns. We have given so much lip service to, and suffered so much from, the reported disarray in the delivery of some critical care issues that consequently affect everybody-- Mental Health and Addiction services. Think side problems dear to our heart and much talked up, like guns in the hands of those in desperate need of mental health services. This is Connecticut's chance to really add something meaningful.

A reasonable fee schedule should be established to encourage providers to opt in and make real healthcare for the uninsurable more available and dignified.

Contact our Congressional delegation and encourage them to do something productive for the people.

It's high time they did.

I suggest:

Representative John Larson

221 Main Street 2nd fl.

Hartford, CT 06106

...Janice Eisenhauer

\$1,000.00 Reward



Contractor working on this house on Milford Street parked his White Utility trailer containing his tools. Between March 9th to the 13th the trailer was broken into all his tools were stolen. Anyone with information or if someone offers to sell you any tools, please contact 860-637-7064

Plainville graduation rate showing signs of trending upward

By **BRIAN M. JOHNSON**
STAFF WRITER

PLAINVILLE — The Plainville school system's graduation rate has increased recently, possibly signaling a reverse in the downward trend of the past five years.

The state Department of Education recently released the graduation numbers for the Plainville school system and other area cities and towns, indicating that Plainville's graduation rate had decreased by 0.3 percent from the 2011-12 school year to the 2015-16 school year. However, the 2015-16 school year did see a significant increase from 89.8 percent the previous year to 93.4 percent.

Roberto Medic, principal of Plainville High School since April of last year, said that he his goal is to sustain and increase the graduation numbers.

"One of the things that the previous high school administration built was a strong focus on providing students with an experience here that keeps them focused not only on their academics but also college and career readiness," said Medic. "We have also been able to take students who were not on a typical academic track and bring them into areas where they see a real-world connection to what they are learning. The school as a whole has continued to provide good support and intervention programs for students that are on the cusp. Our teachers have really banded together

"We have really strong high school teachers who make sure students stay on target for graduation."

MAUREEN BRUMMETT
Plainville superintendent

ping through the cracks."

School Superintendent Maureen Brummett said a variety of factors contributed to the increased graduation rates.

"We have really strong high school teachers who make sure students stay on target for graduation and work with their counselors to set goals in our college and career center," she said. "We have knowledgeable guidance counselors and a solid special education department and we work to ensure that all kids that can graduate in four years do so. When a student needs something different we look for options to help create a path to success for them. The state has also become fairer to districts because they are no longer penalizing districts for special needs kids that may take more time to graduate. Some special needs students stay until they are 21 but for other students we have credit recovery options

work study. In addition to these supports we also have good extracurricular activities. Our kids want to come to school and do well."

Andrea Saunders, chairwoman of the Plainville Board of Education, said that the district has made a strong effort to keep kids in school.

"We have a lot of sports and after school activities," she said. "Our theater and band programs go above and beyond and we also have very good STEM (science, technology, engineering and math) programs as well as technical arts and industrial arts. Kids are staying in school and getting the skills that they need for their careers. There used to be an attitude that you could drop out and get a good paying job but that isn't the case anymore."

Brian M. Johnson can be reached at 860-973-1806 or bjohnson@bristolpress.com.

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PARC's 1st Poker Run

PARC's first Poker Run fund raiser is being held Saturday, May 13th in honor of Ed Mercure, a former Plainville resident, who died in a motorcycle accident in 2010. Mercure was a retired West Hartford police officer and avid biker who was an active community volunteer. His parents Bob and Jane, were instrumental in founding PARC, Family Centered Services for People with Developmental Disabilities. His mother and sister, Maureen, were recently honored by PARC at the annual dinner.

The first PARC Ed Mercure Memorial Poker Run will begin at 9 a.m. at the VFW Hall, Located at 8 Northwest Drive. Riders will begin to leave at 10 a.m. with the last bike out at 11 a.m. The 90-minute route will include numerous stops throughout central Connecticut. Upon return, riders and guests can have lunch, enjoy music, and enter to win prizes.

"We're thrilled to be hosting a fund raiser to benefit the work PARC does with people with developmental disabilities in our community and remembering Ed at the same time," said Erica Donovan, PARC executive director.

Individuals and businesses who would like to support by having their name listed on Poker Run T-shirt should contact PARC as soon as possible. Tickets can be purchased at www.parcdisabilitiesct.org; or calling PARC at 860-747-0316 or emailing edonovan@parcdisabilitiesct.org.

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Healthy-Behaviors

By: Linda Coveney, Integrative Nutrition Health Coach

Let's Do This!

Should you Detox?

Spring brings flowers, showers, longer days and dusting off the lawn furniture. It's also a time for cleaning our living spaces. It's such a wonderful feeling to open windows and allow the warm breeze to wash away the stale air from winter. It's like asking your home to take a big long overdue exhale!

Spring also brings lots of articles and offers to participate in a "Cleanse or Detox".

Why Detox/Cleanse?

Our bodies are built to detoxify every day. This is one of the main roles of our Liver. However, in this day and age, we are exposed to many environmental pollutants and processed foods, which can overtax our systems. Detoxing involves diet and lifestyle changes that reduce in intake of toxins and improve elimination. This helps to support your body's natural self-cleansing process.

Detox is not about fasting or deprivation. It is about adding in healthy foods and practices that support your immune system, digestion, boost your mood and increase energy. Think about it as giving your digestive tract a vacation.

In fact, I have facilitated and participated in many in person and virtual detox programs. It begins by avoiding foods that are most likely to impact digestion, such as eggs, dairy, gluten, processed foods, alcohol and others. You balance this by adding in more whole, preferably, organic fruits and vegetables, whole grains and healthy fats. Herbal teas, such as dandelion and chamomile are effective and you want to make sure you are drinking plenty of water.

In addition to changing your eating habits, self-care, journaling, gentle exercise and meditation are very important to support the detox process. Results are better when you add life style changes that positively impact the mind, body and spirit. Here is a quote from a recent detox participant:

"A Detox is more than just about the food; it is about awareness that creates new conscientiousness and the power of choice."

In the past, I've done 1, 3 and 21 day detox programs. It takes planning, removing roadblocks and food preparation to be successful – just like most things that are worth doing. The 21 day detox was amazing and I got through it by saying each day, "I'll do this for one more day".

Some people lose weight during a detox or report feeling lighter, happier, more connected and ready to make permanent changes to how they eat. Some detox toxic emotions that no longer serve them.

There are many programs that can be accessed through the Internet. I recommend programs that focus on eating real foods. Hungry for Change is a program I recommend. Juice only detoxes can be effective, but they are extreme and should only be done under the supervision of a physician. Also, I'm not a fan of relying on protein-powdered meals either. While an occasional protein drink is okay for convenience, I advocate a focus on real foods that you can carry over to your diet for the long term.

If you want to give this a try, I suggest you join a group or get one-on-one support. Even a simple 3 day detox where you eat the same menu each day can get confusing. Maybe you are not ready for a 2 -3 day or multiple week process and want to take a test drive first. Contact me @ lindacoveney@healthy-behaviors.com and I'll send you a 1 day detox menu.

Next issue – Sustainable Approach.

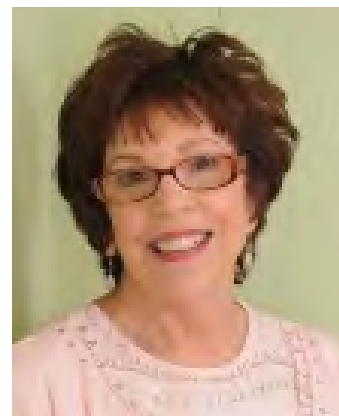
Thanks to those that attended my Healthy Eating for Vitality and Energy workshop at the Plainville Library in March. I enjoyed our discussion. Many asked for tips for how to extend the life of vegetables and herbs. I'll provide tips for this in the June article.

I'm planning another workshop in the fall, which also happens to be a good time to detox. We can spend time talking about a fall detox then. If you belong to a group or organization that is looking for a speaker on healthy eating/lifestyle topics, please let me know @ lindacoveney@healthy-behaviors.com.

Enjoy Spring and have a very Happy and Safe Memorial Day.

If you have a topic or questions you want covered in a future article, please e-mail me at lindacoveney@comcast.net

The advice in this column is in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.



Linda Coveney

Integrative Nutrition Health Coach | Insights® Discovery Expert | Speaker | Become your most vital self at work and home!

Linda helps open-minded teams and determined individuals take control of their choices, and create the robust health, success and happiness they deserve. She is also a Licensed practitioner for Insights Discovery®—The direct route to healthy, effective teams.

For more information about health coaching, wellness workshops or team and personal effectiveness, contact Linda at www.healthy-behaviors.com or lindacoveney@healthy-behaviors.com

Dessert

By: Sally Miller

The mother and daughter prepared to go to the grocery store. The little girl was excited because they her mom said, that they were going to have a special dessert tonight. They rambled through the wonderful grocery store which had sawdust on the floor, the smell of exotic cheeses with their pungent smell permeated their senses and the wonderful array of multi-colored fruit was a delight to see. As they walked past the fish counter, the little girl closed her eyes. She did not want to see the dead fish in the case. They walked leisurely down the aisles of many cans and boxes and the little girl was intoxicated with the aromas surrounding her. This did not compare with the excitement she felt as she thought about the wonderful surprise dessert she was going to have tonight.

They left the store and headed home. Adeline, the little girl went out to play while her mother started dinner. The child could smell the pork chop aroma wafting out of her mom's kitchen and anticipated the creamy, soft and fluffy mashed potatoes which would accompany the beautiful mahogany brown chops.

She wondered what dessert would be. Chocolate layer cake, ice cream, peach pie all floated around in her head and she could hardly contain herself.

It was finally time for dinner. The little girl ran into the house to wash her hands and set the table. She expected to smell something sweet baking but there was no sweet smell emanating from the kitchen. The kitchen was also not warm as if something had been baked. "Must be that we are having ice cream" said Adeline to herself. Finally, she asked her mom. Her mom said, "We are having jello". The child was not sure what jello was but if it was dessert, it must be good. Everything her Mom made was delicious,

After eating the delicious dinner, the table was prepared for dessert. Adeline could hardly contain herself. Her little legs were swinging and she could not keep her body still while waiting for this wonderful treat to be brought in. Her Mom entered the room with a beautiful platter. Her Mom explained that it was a red jello in a fish mold. The little girl could not process fish with dessert. As she looked up she saw the big red jello fish move and shake on the platter as her mother walked into the room. She started crying and began to leave the room. Her Mom was so surprised and asked her what was wrong. Adeline looked up with big crocodile tears flowing down her cheeks and said, "IT AIN'T DEAD YET !!!!!"

Life With Wanda



After so many years on earth I have found a few tricks I have used and some new ones I learned like last week, in Florida of course, a friend said, "Let's go to the beach." At our age I thought she was crazy putting on a bathing suit was the last thing on my mind. I figured she had gone over the deep end but not wanting to hurt her feeling I went out a bought a bathing suit and beach robe that hid everything but my toes. We headed over to the west coast of Florida where mostly senior citizens live. OK, she said, let's find a spot. Armed with chairs, blankets, cooler and an umbrella we started up the beach, I figured she was looking for a secluded spot where we could hide from the crowds until we approached a group of women and she said this is it!

I looked around and none of the women lounging on the beach were under the age of eight-five and the average weight was at least two hundred fifty pounds. Now taking off my beach

robe didn't seem so bad after all, we had the best bodies on the beach.

"Ok, for the women but look at all the men on this beach." I said. "Oh, don't worry about them, their either near sighted or have cataracts." Boy, had she done her homework on this beach. Now, the lesson I learned from my friend is if you want to look younger hangout with people at least twenty years older than you and if you want to look thin make sure the people around you out weigh you by at least a hundred pounds. I guess you're never too old to learn a couple of new tricks and women in Florida have them all.

Just in case you're a little self-conscious when going for a swim while in Florida you might like to try out Clearwater Beach.

CPOA of Plainville (Citizens & Property Owners)

We meet the first Tuesday of every month at the Plainville Public Library downstairs, at 7 P.M.

The next meeting is Tuesday, May 2nd
You're invited- Welcome Open to all Taxpayers!!!!

THE RABBITHOLE

What Did You Do In The War,
Daddy?...Louie's Finger

By: Donna Ziccardi



As a toddler, I noticed my father had a finger missing. I asked him where his finger was and he explained he lost it fighting in "The War". Being a curious child, I asked him why he fought in a war and he explained so I could live in a "free country". As I grew a little older, I realized he was a very Patriotic Man and he taught me many things about politics, the Constitution and the Bill of Rights. He always reminded me how lucky I was to be born in a country where I could grow up to be anything I wanted to be, express my ideas and beliefs and not have to worry about government oppression. He really loved his country.

As years went by, we would watch the evening news together and I learned more from his comments and interpretation than I did from school. It was the years of the Cold War and I was learning how fragile our democracy really was. Then in 1960, Nikita Khrushchev addressed the United Nation and delivered a speech I will never forget..."Your children's children will live under Communism. You Americans are so gullible. No, you won't accept Communism outright, but we'll keep feeding you small doses of SOCIALISM until you will finally wake up and find that you already have Communism. We won't ever have to fight you; we'll weaken your economy until you fall like overripe fruit into our hands. We do not have to invade the United States, we will destroy you from within".

I was scared! I knew what would happen to me and this country if Communism took root. I looked at my father and asked him if Khrushchev's words were possible. He replied, "we are only as strong as our leaders". At that time, I was writing poems and short stories and thought of Aleksandar Solzhenitsyn, sitting in a Russian Labor Camp (Gulag) because he wrote articles and novels that criticized his government. Tapes were playing in my head of how lucky I was to live in American where I am protected by the Constitution and God's inalienable rights, among them freedom of speech and expression. I saw how, under communism, there was no right to independent thought or free speech. But I was young and naive and thought our leaders were stronger than that.

Fast forward to today. Khrushchev was a visionary. Not only has our economy rotted, but we have been fed Socialism bit by bit, that we don't even know we are being conquered from within. And now "Communism" is out in the open and "in our Face". Yesterday I read that the MIT Press has put out a children's book entitled, "Communism for Kids", used to teach children from 3 to 7 years old that Communism is the cure-all for Capitalism, turning a deadly ideology into a Fairy Tale and portraying Capitalism as the Evil Villain of the Human Race. What makes this book so dangerous to young developing minds is the fact that it leaves out the forced labor, oppression, poverty, and mass murder that results from the tyranny of a Communist ideological form of government.

Another problem we face is the ignorance of today's students to the facts of American History. The Millennials of today are ignorant about what occurred under the Soviet Union and other communist regimes just a generation ago. One-third of millennials surveyed believe more people were killed under President George W. Bush than under Stalin. I remember when I was in High School, we Read "Animal Farm", by George Orwell, and got an excellent picture of the hardships and oppression of life under Communism.

Needless to say, "Communism for Kids" is largely accepted by the far "left" and Progressive Liberals, but just as strongly condemned by people who have experienced life under Communism. One person wrote that the book "will sell like hotcakes in Venezuela. They need toilet paper." Another person wrote, "I grew up in the communism and believe me, the idea of communism will, never works. This idea is based on mass murder. I was a kid and I know what is communism for a kid. My family didn't do anything against regime, and this is why they were not killed, just imprisoned and abused every day. The police break into our home every week and made a mess and break our stuff - just for fun. And this is communism. Communism for kid is simply: you have no right to have dreams. No matter what talent you have, you will do what Party orders you. You cannot study, you cannot choose ... you have to obey."

If this book has not shocked my conscience, just months ago I realized we have a Communist Party right here in Connecticut that endorses Senator Murphy. Are we as gullible as Khrushchev said we are? I think so.

There were times when I yearned to have my father back so I could ask him questions like days gone by. But now, I am sorry to say, I am happy he is not around to see what HIS Country has turned into. I know if he were, Louie would gladly give another "finger" to his country.....

THE TEA PARTY CREED...

"I am not a racist

I am not violent

I will not be silent"

Pd. for by: The members of the Tea Party

Plainville AARP Chapter #4146



The Plainville AARP program at the April meeting was The Conduit, an ensemble of Sound-Meditation Performance Artists. Jeff Nickell, the Sound Guide with The Conduit preformed a Meditation Concert for the members. Jeff explained how with everyone having stress today this form of meditation will be very beneficial for your health. The Conduit Center, Sound Meditation & Wellness Center is located at 1227 Burnside Ave. #1, East Hartford. Private Sessions, Meditation Concerts and Live Music Accompaniment are offered. Find more information on facebook (fb.com/TheConduitCenter)

Mega Agent Doreen Corriveau Joins Keller Williams Realty



Plainville, CT — Doreen Corriveau, one of Hartford County's top-producing real estate professionals, has left Remax Prime to join the Keller Williams Realty team in the Farmington/West Hartford Market Center. "We're excited to welcome Doreen Corriveau to the Keller Williams family," said Christopher Grant Team leader of Keller Williams West Hartford. "At Keller Williams we believe in succeeding through people and having Doreen on our team is a huge win for us."

30th Anniversary Celebration Picnic

Sue DesRochers, Vice President announced The 30th Anniversary Celebration will be held at Paderewski Park. The cost is \$16.00, which includes our meal, catered by Saint's, entertainment, raffle, bingo and games. Members will volunteer to bring non-refrigerated desserts. Checks for the picnic are payable to AARP Chapter #4146. Ann Krupinski will be collecting monies for the picnic at the May meeting or if you are unable to attend the May meeting, you can mail your checks to Ann Krupinski, 29 Loomis Ave., Plainville, CT 06062.

Community Service:

Plainville Food Pantry, is the ongoing project, members are asked to bring in canned foods for the tote boxes, please consider adding a couple dollars to our food and/or fuel collections. Thank You for your generosity. Dick Nordgren, Community Service

Homeless Veterans: We have a collection each month to support the homeless vets at South Park Inn. Please bring in a few toiletry items for our box. Thank you. **Elie Miranda Chair**

You Are Invited:

The next meeting of the Chapter is Wednesday of May 17th 1 - 3 PM at Faith Bible Church, 168 Unionville Ave. Plainville. If you are a member of the National AARP you are WELCOME to join us. If you have any questions, please call **Elie Miranda, Membership Chair at 860-83307412.**

Upcoming Trips:

Trip to Harlem, New York City-Wednesday May 24th \$12.00 includes transportation, gratuities and meal.

Twin River Casino & Show-Thursday, June 15th \$98.00

Tall Ships in Boston Tuesday, June 20th \$133.00 per person.

Contact Sally Millier, President at 860-747-1732 for more information and reservations.

ABOUT YOUR REALTOR . . .

When you hear the name ... "Doreen Corriveau" you may recognize it, many people associate it with her incredible smile, her enormous amount of energy and her inspiration to help others, especially when it comes to "home ownership"! She understands the significance of finding the right home, after all a home is not just a home – it's a place where families create memories, special ones.

Through her dedication of helping people it has also helped her achieve the status of not only Top Producer since 2005 but also receiving recognition from "Five Star Home Professional Recipient Winner by CT Magazine for the last 4 years and named one of Hartford Magazine's TOP AGENTS.

Being a native of Connecticut, Doreen and husband Brian have been married for 30 years and have 3 children. With her husband's business being a General Contractor in both Custom Home Building & Remodeling for the past 30 years it's only a natural fit that she is in Real Estate. As a Realtor, Doreen prides herself with all aspects of the business – working with Buyers, Sellers, New Construction and Relocation. Her greatest success is that she continues to receive referrals from many previous clients that were not only satisfied with her service but have no doubt in referring Doreen to friends, family members and co-workers.

"I joined Keller Williams Realty because I saw great opportunity in being a part of this talented network of real estate agents," said Corriveau. "I noticed many well-respected, top-producing agents were making the move to Keller Williams and that piqued my interest. I wanted to take my business to the next level and knew joining Keller Williams was logical next step."

For any of your real estate needs no matter how big or small please reach out to Doreen Corriveau, the agent who is working for you!!

About Keller Williams Realty, Inc.

Austin-Texas based Keller Williams Realty, Inc. is the largest real estate franchise by agent count in the world with 700 offices and 125,000 associates across the Americas, Europe, Africa and Asia. In 2015, Training Magazine named Keller Williams the No. 1 training organization across all industries in the world.



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--	---	---

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On behalf of Relay for Life of Plainville,

Plainville Plumbing Supply LLC

extends sincere thanks to our fellow businesses and organizations who have pledged their support in the fight against cancer, and have secured their spot as sponsors for this year's event.

Without the support of these businesses and organizations, our event would not be as successful as it is.

2017 Business Sponsors:

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| <ul style="list-style-type: none"> Advantage Way Point Affordable Marine Air Connections Allied Sanitation Bagels Plus of Plainville Bailey Funeral Home Bowman Tool Budney Overhaul & Repair, LTD Clear Horizon Eye Care- Dr. Maglio Colonial Provisions Executive Printing Good Guy's Auto House LLC Hebert Tools Interstate Welding & Mechanical Co. J Timothy's Taverne Jim's Grocery & Deli JV's Taproom Mizzy Construction, INC. Modern Barber Nano Construction | <ul style="list-style-type: none"> Neighborhood Services LLC Northeast Produce Northeast Riggers Pagliacci's Restaurant Paradis Pools LLC Petit Realty LLC Pilgrim Furniture Plainville Optical Plainville Plumbing Supply LLC Smith's Medical Specialty Transportation, INC Studio 466 Thomaston Safety Group Uncle Sam's Restaurant Vero Pizza Wheeler School Wind River Marketing Woodford Auto WSM Construction, INC |
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Please join us in supporting the local businesses that support Relay for Life !

Friday, May 19th
Purchase purple bows for \$5 each

Upcoming Fundraising Events
You can support the Relay For Life of Plainville at:
TAG SALE
May 6th
9:00-3:00
174 West Main St.
Plainville

For More Details About Relay for Life of Plainville See Page 32



The articles below are in addition to the "Schools in Review" on Pages 12 & 13

Engineering Your Future



Students from the Middle School of Plainville recently attended the Engineering Your Future (EYF) conference for boys from underrepresented backgrounds designed to introduce them to role models in the fields of science, technology, engineering, and math (STEM). The goal is to host students from populations underrepresented in engineering in hopes of inspiring these students to consider STEM fields. The program included hands-on, inquiry based activities designed to educate, excite and encourage participants to pursue educational and career opportunities in STEM subjects.

"Earth Day Every Day"



Students at Frank T. Wheeler Elementary School recently enjoyed an "Earth Day Every Day" performance sponsored by eesmarts™.

The program focused on the who, what, why, and how of recycling and energy conservation. eesmarts™ is an energy efficiency and clean, renewable energy learning initiative funded by the Connecticut Energy Efficiency Fund.

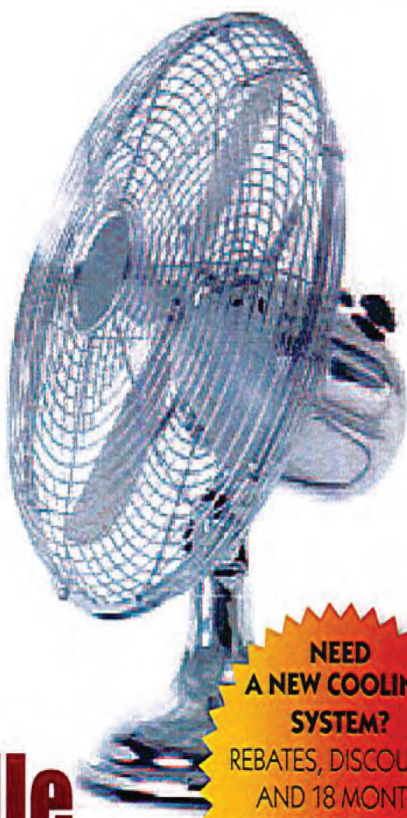
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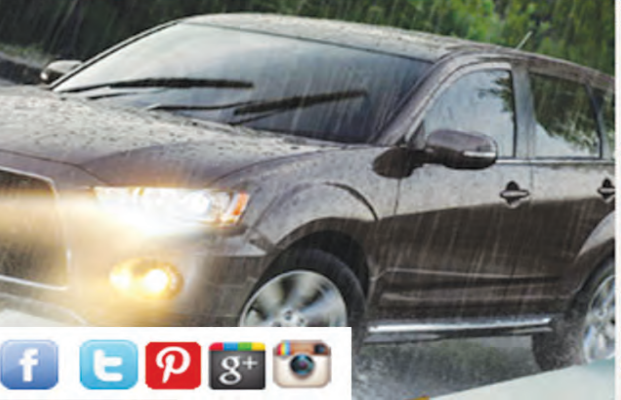
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Plainville, CT 06062

Phone: 860-747-1691

Peter A. Stonis, Pastor

~ WEEKLY WORSHIP SCHEDULE ~

Sunday:

10:00 am Sunday School for All Ages

11:00 am Morning Worship Service

6:30 pm Evening Worship Service

Wednesday :

7:00 pm Bible Study and Prayer

For more information about the church visit our website@ cobplainville-org.

Happy Mother's Day!

As we honor our mother's this Mother's Day may I remind us of Proverbs 31:10, "Who can find a virtuous woman? For her price is far above rubies." I would like to challenge all mothers to be like Sarah, who judged Him faithful who had promised (Heb. 11:11); like the Hebrew midwives, who feared God more than they feared the wrath of Pharaoh (Exodus 1:17-20); like Rahab, who feared God and by faith protected the spies at the risk of her own life (James 2:25); like Ruth, who left her homeland, her family, and her gods in order to follow her mother-in-law Naomi and her God (Ruth 1:16); like Abigail, the peacemaker, who through soft persuasion prevented David from executing folly (1 Sam. 25:23-33); like Mary, the wife of Joseph, who knew the Scriptures well, and alluded to them repeatedly as she magnified the Lord (Luke 1:46-55), and who made it clear that we should not follow men's traditions but only do what Jesus says (John 2:5); like Anna, who served God with prayers night and day (Luke 2:37); like Mary, the sister of Martha, who chose to sit at Jesus' feet and hear His word (Luke 10:39); like Dorcas, who was full of good works and concern for the needy (Acts 9:36); like Lydia, whose heart the Lord opened, and who attended unto the things which were spoken by Paul (Acts 16:14); like Phoebe, who was a servant of the church at Cenchrea and was a helper of many (Romans 16:1); like Priscilla, who laid down her own neck for the sake of Paul (Rom. 16:3-4); like Lois and Eunice, who faithfully taught the Holy Scriptures, which are able to make a person wise unto salvation (2 Tim. 1:5; 3:15).

Moms, the best present you can give to your children is to know the Lord Jesus as your Savior, love your children and strive to be the woman God wants you to be according to His Word. May you be blessed and encouraged this Mother's Day.

NEW COVENANT APOSTOLIC CHURCH

139 New Britain Avenue

P.O. Box 551 Plainville, CT 06062

Suffragan Bishop- George M. Green, Pastor

Elder Joseph Green, Associate Minister

Phone 860-747-3128 Church

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Come, bring a friend and enjoy Jesus with us!

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Rev. Stephen Volpe, Pastor

Church (860)747-2328 Parsonage

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Email: office@plainvilleumc.org

MAY SCHEDULE

SUNDAY SERVICES

CHURCH SCHOOL

Pre-K to High School: 9 AM

WORSHIP TIME 10:00AM

REGULAR EVENTS

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

Boy Scouts.....Tuesdays, 7 PM

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

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

SPECIAL EVENTS

UMW & PRAYER SHAWL MEETING:

Thursday, May 6, 7 PM

BIBLE STUDY:

Thursdays, May 4, 11, 18, & 25, 7 PM

ANNUAL HAM DINNER AND

BAKE SALE:

Saturday, May 6, 4:30 to 6:30 PM

Reservations Suggested. Call 860-747-2328

WORSHIP WITH HOLY COMMUNION:

(Celebrated with Gluten Free Bread)

Children's Sunday

Sunday, May 7, 10 AM

POTLUCK/TALENT NIGHT

SUPPER:

Sunday, May 21, 5 PM



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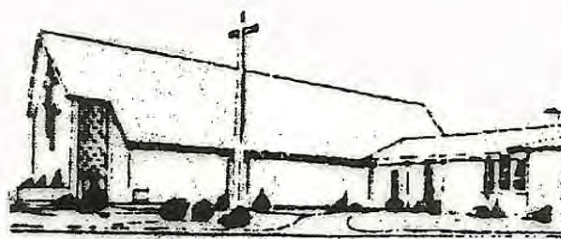
Grace Lutheran Church

222 Farmington Ave.

Plainville, CT 06062

Phone: 747-5191

The Rev. Stephen Brisson, Pastor



Worship with Holy Communion every Sunday at 9:00 AM

Learning Hour for all ages following worship

Various Learning and Fellowship activities offered during the week

Visit us at www.graceinplainville.org

Or better yet, join us on Sunday!



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Rev. Dr. Jim Caron, Pastor

Web: www.faithbiblect.com

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Sunday Worship: 11:00 a.m.

(Junior Church for ages 4-12 & Nursery

Available for 1 month to 4 years)

Tuesday Morning Bible Study

10:00 a.m.

"The Last Days & End Times"

Every 3rd Tuesday of the Month

6:00 p.m.

Ladies Group

Wednesday Night Bible Study

7:00 p.m.

New Study: "Book of Acts:

A Biblical Church Today

Men's Thursday Night Bible Study

New Study: "Looking at Islam compared

to Christianity: Is Islam a dangerous

religion?"

860-747-5209

Call the church for

info/questions

and church prayer line

FAX (860-747-5011)

Call us for your requests (confidential)



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and www.churchofoursaviourplainville.org

860-747-3109

SUNDAY WORSHIP

Holy Eucharist 10:00 am

Church School 10:00 am

Coffee Hour 11:00 am

OFFICE HOURS

Wednesday – Friday 9:00am -1:00pm

PARISH PROGRAMS

Every Tuesday NA 7:00pm

Every Thursday AA 7:30pm

Every Saturday Women's AA 9:00am

Saturday AA 9:30 am

Ample Parking in rear of Church

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FAX 860-747-5407

New Parishioners

Welcome! if you are new to the parish, please introduce yourself after Liturgy or at the Rectory

Liturgy Schedule

Sunday Liturgy - Church
 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 through Saturday before the Morning Mass.

Sacrament of Reconciliation

Saturday At Noon

Sacrament of the Sick

Arrangements can be made for any sick person to be anointed. Holy Eucharist is brought to the homebound by our Eucharistic Ministers and the parish clergy.

TAG SALE

MAY 5 & 6, 9AM - 3PM,
 ADMISSION \$1
 PARISH CENTER,
 19 S. CANAL ST.

OLM BREAKFAST

8:00 - 10:30AM
 PARISH CENTER
 \$4 ADMISSION
 CHILDREN 6 &
 UNDER FREE

CELEBRATION
 OF THE ASCENSION
 OF THE LORD
 MASSES
 8AM & 6PM

The Spiritualist Church of Love & Light

*meets every Sunday at 10:30am
 The Loop Suite "C" 311 East St.
 in Plainville, CT*

*The service is followed by a
 fellowship hour. There are guest
 speakers on occasion as well.*

**Contact Rev. Aristia Partiss
 860- 918-6393**

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ALL ARE WELCOME!

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 Transitional Minister
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 WEBSITE:
www.uccplainville.org

WORSHIP AND CHURCH SCHOOL

Every Sunday: 10:00 a.m.
Coffee Hour: 11:15 a.m.

*The Sacrament of Holy Communion
 celebrated the first Sunday
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THE PLAINVILLE THRIFT SHOP
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Open Wednesday & Thursday
10:00 a.m. to 4:00 p.m.
Saturday 9:30 a.m. to 12 noon

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Sunday Morning Service - 11:00 AM
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Wednesday Evening Service 7:00PM

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Church Phone **860-747-5867**

Pastor 1-646-522-3471

E-mail: plainvillesda@gmail.com

jacksonsg5@sbcglobal.net

Pastor Franklin Jackson

Saturday Morning

Bible School @ 9:30 a.m.

Worship Service @ 11:00 a.m.

FREE lunch after service

Wednesday Evening

Family Prayer Meeting @ 6:30 p.m.

The Lord Jesus Christ loves you ...John 3:16

REDEEMER'S A.M.C. ZION CHURCH

110 Whiting Street, Plainville, CT 06062

Phone: 860-747-1808

WORSHIP SERVICES

Sunday School 9:00-9:40 a.m.
 Praise & Worship 9:45-10:00 a.m.
 Church Service 10:00 a.m.

BIBLE STUDY

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

BOARD MEETINGS

Senior Ushers (1st Sat before 1st Sun) 11:00 a.m.
 Gladys Floyd Missionary Society
 (2nd Sun after service)

Deaconess Board (3rd Sun)

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

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

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

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

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

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

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

CHOIR PRACTICE

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

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

Mass/Youth choirs

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



There is no greater love than to lay

down one's life for one's friends.

John 15:13

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for Veterans!

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Bible Study – Wednesday 7:00 PM

Sunday Worship – 9:00 AM

Healing Services – May 23rd - 7:00 PM

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 Plainville, CT 06062

How old is Grandma?

(Read this to the end-- quite an eye opener.) Stay with this -- the answer is at the end... It will blow you away.

One evening a grandson was talking to his grandmother about current events.

The grandson asked his grandmother what she thought about the shootings at schools, the computer age, and just things in general.

The Grandmother replied, "Well, let me think a minute,

I was born before:

' television ' penicillin ' polio shots ' frozen foods ' Xerox ' contact lenses ' Frisbees and ' the pill

There were no:

' credit cards ' laser beams or ' ball-point pens

Man had not yet invented:

' pantyhose ' air conditioners ' dishwashers ' clothes dryers ' and the clothes were hung out to dry in the fresh air and ' man hadn't yet walked on the moon

Your Grandfather and I got married first, and then lived together.

Every family had a father and a mother.

Until I was 25, I called every man older than me, "Sir." And after I turned 25, I still called policemen and every man With a title, "Sir."

We were before gay-rights, computer-dating, dual careers, daycare centers, and group therapy.

Our lives were governed by the Ten Commandments, good judgment, and common sense.

We were taught to know the difference between right and wrong and to stand up and take responsibility for our actions.

Serving your country was a privilege; living in this country was A bigger privilege.

We thought fast food was what people ate during Lent.

Having a meaningful relationship meant getting along with your cousins.

Draft dodgers were those who closed front doors as the evening breeze started.

Time-sharing meant time the family spent together in the evenings and weekends not purchasing condominiums.

We never heard of FM radios, tape decks, CD's, electric typewriters, yogurt, or guys wearing earrings.

We listened to Big Bands, Jack Benny, and the President's speeches on our radios.

If you saw anything with 'Made in Japan ' on it, it was junk.

The term 'making out' referred to how you did on your school exam.

Pizza Hut, McDonald's, and instant coffee were unheard of.

We had 5 & dime stores where you could actually buy things for 5 and 10 cents.

Ice-cream cones, phone calls, rides on a streetcar, and a Pepsi were all a nickel.

And if you didn't want to splurge, you could spend your nickel on enough stamps to mail 1 letter and 2 postcards.

You could buy a new Ford Coupe for \$600, but who could afford one? Too bad, because gas was 11 cents a gallon.

In my day:

"grass" was mowed, "coke" was a cold drink, "pot" was something your mother cooked in and "rock music" was your grandmother's lullaby. "Aids" were helpers in the Principal's office, "chip" meant a piece of wood, hardware" was found in a hardware store and. "software" wasn't even a word.

We were the last generation to actually believe that a lady needed a husband to have a baby.

We volunteered to protect our precious country.

No wonder people call us "old and confused" and say there is a generation gap. **Continued on Page 37**

MAY BIRTHDAYS

"HAPPY & HEALTHY BIRTHDAY TO ALL!"

- 1ST VICTORIA BERGENTY
BEVERLY RAYMOND
BOB PUGLIESE
- 2ND AUDREY BERGENTY
- 4TH LINDA ZOMMER
- 6TH LORRAINE CORSINI
- 9TH JULIET CATUCCI
DOMINICK MOSCHINI
LISA PERROTTI
- 10TH SANDRA GIANNINI
BARBARA NATCHILLY
STEVE LITKE
- 13TH BRUCE GIANNINI
- 15TH AARON SARRA
SUSAN CHASE
- 16TH GUY DOYON
- 17TH KAREN DREZEK
NANCY MUIR
RON & RICK BUCCHI (TWINS)
- 18TH PETE DARGENIO
- 20TH TERESA "TESSIE" TAYLOR
FRANK ZDUNCZK
- 21ST JENNIE BUCCHI
- 23RD ROMEO MARTIN
DEBORRAH TOMPKINS
- 24TH JUSTIN CHAPMAN
MARIA SCRICCA
- 27TH TRICIA RAPACKY
- 28TH JOEL EDMAN
- 30TH EZIO CAPOZZI



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AND LEAVE THE MESSAGE ON THE ANSWER
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* Wheels For Wishes is a DBA of Car Donation Foundation

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TASTE BUZZ..... SUNDAY SCHOOL PICNIC CAKE

- 6 egg whites
- 1/2 teaspoon cream of tartar
- 1/2 cup sugar

- 1-1/2 cups sifted cake flour
- 1 teaspoon baking powder
- 1 cup sugar

- 6 egg yolks
- 1/3 cup very cold water
- 1 teaspoon vanilla extract

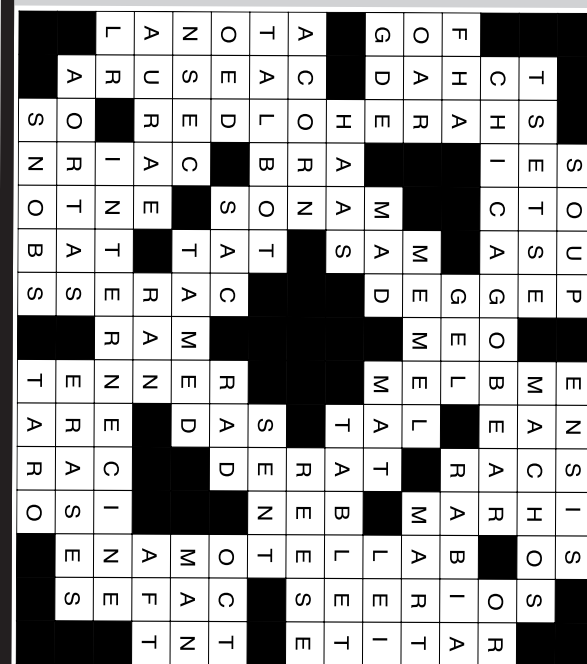
Bake at 375 degrees

Beat the egg whites with the cream of tartar until soft peaks form. Gradually sprinkle the sugar and continue beating until mixture is very stiff and shiny. Sift the dry ingredients together three times. Combine the egg yolks, cold water and vanilla. Add to dry ingredients and beat until just barely mixed. Pour over egg-whits mixture gradually, until all white disappears. Pour into ungreased 9-inch pan. When cake is baked, about 30 minutes, to check use a toothpick,if it comes out clean cake is done. Invert over cake rack and let hang until cold. Frost or leave plain.

To share your favorite recipe e-mail to: hmtnn@comcast.net or mail to: Hometown Taste Buzz, 27 Sherman St. Plainville, CT 06062

If you have a secret Salad hints for the warm Summer months, Love to hear about them for our June issue. Thank you, Avis Flanders

Crossword Answers



To Purchase a Lasting Element

The bricks are stenciled with **“Linden St School-1924 -2016”** To purchase a Linden Brick contact: Nan or Rose at the Plainville Historical Center -Call 860-747-6577 or Plainville Hometown Connection, 27 Sherman Street Call 860-302-3783 or 860-747-4119 Bricks are \$10.00 each Make checks payable to the Town of Plainville- Linden Brick

Be Stronger Than Your Excuses

Happy Spring Everyone, It's finally here! I'm Jesica Beaulieu the Weight-Loss Coach for Ideal Protein at Collaborative Healthcare in Plainville. I am a wife and a mother of three delightful children. Before becoming a weight-loss coach I contemplated over what path it was that I wanted to pursue as a career. Having always had a strong passion for nutrition and also experiencing my own weight-loss journey I felt compelled to inspire others in their journey as well.

When I am across a posting online for a job as a weight-loss coach, I immediately thought to myself, this sounds exciting! I knew I had what it takes to do this. I not only lost weight but I managed to keep it off by educating myself in nutrition and staying active. This is often an element that we tend to forget once reaching our goal weight.

As a dedicated coach it is very important for me to educate my clients throughout their journey on healthy eating habits and prepare them for maintaining their weight. One must desire a long term healthy lifestyle to keep the pounds off. Read my monthly article to empower yourself to start your weight loss journey on Ideal protein Today!

Weight-Loss and Health and Wellness Coach at Collaborative Healthcare
 Jesica Beaulieu 860-541-0361 Jesica@collaborativepsychiatric.com
 Visit www.collaborativepsychiatric.com and click on the link for Ideal Protein to learn more about what or services have to offer.



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Spring Savings

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Offer expires 5/31/2017. Includes up to 5 quarts of oil. Plus tax and shop supplies; hazardous waste disposal fee additional charge. Valid only at Parsons Buick Co. Must present coupon at time of service. Not valid with any other offer, discount or advertised special. May not be applied to previous purchases. Subject to availability. See Parsons Buick Co. for complete details.

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12-month/unlimited-miles limited brake pad warranty.* Includes rotor inspection. Cars, small SUVs, and Crossovers. Select ACDelco Advantage Rotors Installed (per axle) can be added for an additional \$145.00 or less.* Trucks, mid-size SUVs, and full-size SUVs Select ACDelco Advantage Rotors Installed (per axle) can be added for an additional \$185.00 or less*

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Silver Batteries \$134.95* or less with 30-month free replacement limited warranty.

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Installation extra: \$19.95.

* Tax extra. Excludes AGM batteries, More on Chevrolet Camaro and Cruze and Cadillac ATS and CTS. Warranty is not transferable. Parts only; installation extra. See Parsons Buick Co. for complete details.

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SAVE \$200*

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*See Parsons Buick Co. for details and rebate form, which must be postmarked by 5/31/17. Allow 6 to 8 weeks for delivery of debit card. Rebate form and details available at mycertifiedservicesrebates.com. Offer ends 4/30/17. Cannot be combined with other tire manufacturer-sponsored or BuyPower Card rebates/offers. Credit approval required. Terms and conditions: If your decision is deferred and is approved at a later time, or should you receive instant credit and choose to wait to make a purchase, you are eligible to receive this promotion within the first 30 days of application approval. This one-time credit will appear on your first or second statement and will be in the amount of your first purchase, up to \$100, on service, parts, or accessories. Offer ends 4/30/17. See Parsons Buick Co. for complete details.

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Relay For Life of Plainville

June 3-4 • Norton Park



Paint the Town Purple

Friday, May 19

In support of Relay For Life of Plainville we will be painting the town purple on Friday, May 19. Help support the cause by purchasing a purple ribbon to display on your home or business.

Ribbons may be purchased at:

- Jim's Grocery and Deli
- Plainville Plumbing Supply
- Farmington Bank (Rt.#10 Branch)
- Liberty Bank
- Dream Makers Design Studio
- Hair Four You
- Sculptures Salon
- Next Generation Hair Salon
- Family Barber Shop
- Cheryl's Hair Salon

For more than 10 years the Plainville Community has come together to support the Relay For Life of Plainville. Last year we raised more than \$100,000, and have set our goal to do the same for this year. It is only achievable with the support of our community.

This year, more than 200 people in Plainville will come together to fight back against cancer through the American Cancer Society Relay For Life movement, the world's largest and most impactful fundraising event to end cancer. Dollars raised help the American Cancer Society save lives by supporting education and prevention efforts, funding groundbreaking cancer research, and providing free information and services for people with cancer who need them.

For more information on becoming one of our sponsors please email Julie Giano at: jbendas@aol.com



Relay For Life Events June 3-4 Norton Park

June 3:
All Day

11:00
2:00 – 4:00
4:00
9:00

June 4 9:00

**Kids Events-Food-Entertainment
RAFFLES**
Opening Events
Survivor And Caregiver Ceremonies
Fightback Ceremony
Remembrance Ceremony-
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Closing Ceremonies

For more information or to donate please find us at: jbendas@aol.com



Sponsorship Levels

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Company logo on all Relay For Life of Plainville's participants' t-shirts

Verbal recognition at our event

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Track Sign of your own with your business's name on it at our event

We will display a banner that you provide for your business at our event

\$500.00

Company name on the sponsor's page of Relay For Life of Plainville's website

Company name on all Relay For Life of Plainville participants' t-shirts

A certificate of appreciation and window cling to advertise your sponsorship

A track sign with your business's name on it at our event

We will display a banner that you provide for your business at our event

\$250.00

Company name on the sponsor's page of Relay For Life of Plainville's website

Company name on all Relay For Life of Plainville's participant's t-shirts

A certificate of appreciation and window cling to advertise your sponsorship

A track sign at our Relay For Life event

\$150.00

A track sign with your businesses name at our Relay For Life event

A window cling to thank you for your sponsorship

You can support the Relay For Life of Plainville at our

TAG SALE

Saturday, May 6th • 9:00 am - 3:00 pm

174 West Main St., Plainville

Free Family Friendly Concert Sunday, May 7th-2:00 P.M. Plainville High School



Kenneth Bagley, Conductor

Day and Night: a canticle of the sun and moon comes to Plainville on Sunday, May 7th. Conducted by Kenneth Bagley, the Plainville Wind Ensemble bursts into their spring concert season with this free, family friendly concert. The concert begins at 2pm at Plainville High School with the resplendent works of composers inspired by the natural marvels of nature, music such as Curnow's "Canticles of the Creatures", inspired by the writings of Saint Francis of Assisi in which he expressed his love for peace and respect for all creatures, Philip Sparke's "Sunrise at Angel's Gate" which slowly reveals the melodic music of nature as it wakes to the early light of dawn, and the thrilling, diabolical music of Moussorgsky's "Night on Bald

Mountain", this concert will be an emotional rollercoaster, inspiring spectacular musical images for the audience.

The concert will benefit the Plainville Police Department Animal Control Unit. Animal control officers not only enforce state and municipal laws relating to dogs and other companion animals, but provide a protective shelter for abandoned and unwanted animals. Plainville's dedicated staff works diligently to educate the public, find loving homes for the animals that are impounded, and maintain a clean and healthy environment at the pound. Cash donations are welcome at their display table throughout the concert. The proceeds will be used for medications, veterinarian costs, and other incidentals needed to help

our furry friends have a second chance for a happy, healthy life.

The Plainville Wind Ensemble, a 77 member symphonic concert band, has been performing free concerts throughout Connecticut since 1987. They have been featured in the national magazines Making Music Magazine and the Journal of American Concert Bands. Quality concerts such as this are a reminder of how music is an essential ingredient in the quality of life. There is no sound as intriguing and heartfelt as hearing the sounds of an instrument played solo or within an ensemble such as the Plainville Wind Ensemble. For more information on the band and/or concert, log onto www.plainvillewindensemble.com or visit their site on Face Book.

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Mothers Day

7:00am to
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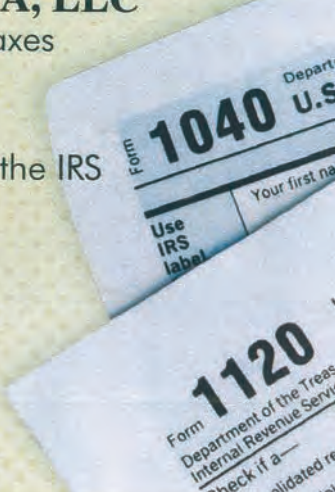
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MAY 23rd 2017
5:30-8:30**

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Marquis, etc, etc, etc.....
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A Wonderful Mothers Day!

OBITUARIES

~ Pauline Johnson Case ~



83, of Plainville, CT, daughter of Paul S. Johnson and Lillian Snow Johnson, passed away peacefully at home on the morning of March 30, 2017. She leaves as her legacy the love her family members have for each other, a love she fostered through her kindness, warmth, and propensity to serve up just the right meal to gather everyone she cared for

around her table. She is survived by her loving husband, Homer D. Case, who adoringly referred to her as "his girl" throughout their 62 year marriage, one which exemplified life-long love and care.

Pauline spent her life caring for others. She was a phone operator, connecting people to their loved ones across great or small distances. She was the friendly face at the front desk, welcoming people on their best and worst days at New Britain General Hospital. She was the sweet neighbor who always asked after your family or brought you dessert. She was a devoted wife, a nurturing mother, an adoring grandmother, and a doting great-grandmother.

Honoring her memory, Pauline's son, Paul Case and daughter-in-law Debra, of Avon, CT; daughter, Lee Drag and son-in-law Edward, of Newington, CT; son, Scott Case, of Arizona; step-son Gary, and daughter-in-law Susan, of Tennessee; and daughter-in-law, Collette Case, spouse of Pauline's since departed step-son Ronald Case of Vermont, all carry on her call by taking care of one another and nurturing the family that Homer and Pauline built for them. Though distance sometimes makes it a challenge, they gather together as often as possible to support one another, laugh with one another, and feed each other's souls and bellies. This is exactly how Pauline lived and loved.

Pauline is predeceased by her sisters, Arlene, Evelyn, Hazel, and Ruth, and her brothers Leon, Ronald, and Paul. She leaves behind several nieces and nephews, and her three grandchildren, Jessica Angell, Kelly Fowler, and Joshua Case, gifting them with memories and lessons on building a home which welcomes everyone with generosity, love, and stories. Grandma always had a story to tell -- such as how she learned from her mother to be prepared for unexpected guests by throwing a few extra potatoes in the oven when cooking for the family -- or a gift to give, keeping extra candy in her purse or hanging on to something that made her think of you until it was the right time to give it to you.

Her most lasting legacy will surely remain with her great-grandchildren: Lyla, Aurora, Paul, Clark, Charlotte, and Elianna. She always loved her babies, and these babies will know her through the memories they made and the stories their family tells them of her. Always available for a hug, a quick kiss, or soft caresses, "GGMa" will live on as her great-grandbabies show their affection to others and remember her fondly for her affection to them.

A celebration of Pauline's life was on April 20, 2017 at Farmington Gardens, 999 Farmington Ave, Farmington, CT. Memorial donations may be made to Vitas Community Connection, P.O. Box 645352, Cincinnati, OH 45264-5352, vitascommunityconnection.org, or to Plainville Food Pantry, 50 Canal St., Plainville, CT 06062.

~ Peter R. Mansfield ~



73, of Plainville passed away Thursday March 30, 2017 at the Hospital of Central Connecticut in New Britain surrounded by his family. He was the loving husband of Carmen L. (Menard) Mansfield.

Peter was born December 22, 1943 in New Haven, a son of the late Bernard and Mildred (Callahan) Quinn and has been a Plainville resident for the past 30 years. He attended East Haven schools and had worked in retail loss prevention and later as a rural carrier for the United States Postal Service retiring after many years of dedicated service. Peter proudly served his country for 6 years in the United States Navy. He was a roller coaster enthusiast, enjoyed model trains, nature and picnics and the holidays, especially Christmas and the decorating. He also enjoyed spending time with family and friends.

Besides his wife Carmen, he leaves his children, Michael, Kathy, Marie, Peter and Marci and several grandchildren and great grandchildren nieces and nephews. He was predeceased by his brother Bernard Quinn and his sister Joan Mansfield.

Bailey Funeral Home, 48 Broad Street in Plainville assisted the family with a service in celebration of Peter's life beginning. Burial will be held privately. In lieu of flowers memorial donations may be made to the Disabled American Veterans 191 Riverside Avenue Bristol, CT 06010.

~ Daniel "Danny" John Coughlin ~



born February 27, 1958 to the late Robert Jr. and Helen (Deegan) Coughlin, passed away peacefully Monday, April 3 surrounded by his loving family.

Dan led an abundant and beautiful life, traveling to many exotic locations such as Hawaii, Caribbean, Florida and Europe. Dan was an active member of PARC and participated in Special Olympics. An avid bowler, swimmer, fisherman Dan loved all sports. The New York Yankees and Giants were his favorite teams and he loved the Hartford Wolf Pack. He would be seen howling and growling at the games.

A gentle soul, Dan leaves behind to mourn his passing anyone and everyone who ever met him, including his brother David, his wife Carolyn and nephew LCpl Quinn Coughlin, with whom he made his home. His adoring sisters, Meg Fascendini (John), and Heidi Coughlin. In addition, he leaves several nieces and nephews and their families, all of whom were very close to Dan. Gail Lamothe and the Albee, Brennan, Christiansen, Hawkins, Mazurek, and Sauvron families were all part of Dan's extended family. As were all his close friends at PARC. Dan was predeceased by his parents and his beautiful sister, Kim Phillips.

Dan never judged, only loved. His sweet temperament, joy for life and hilarious jokes will be missed by all.

A special thanks to CCARC, his DDS caring caseworkers, Linden St. School, Amberwoods, Masonicare Hospice, Denise Ciano and Bonnie Mazurek.

Bailey Funeral Home, 48 Broad St., Plainville assisted the family with arrangements. A Service in Celebration of Dan's life was held at the funeral home. There was a brunch for all who wanted to come and share a memory, held at VFW, 7 Northwest Dr., Plainville. Everyone who wanted could wear Danny's favorite color, blue, or anything with his team...the Yankees if you would like. In lieu of flowers a donation in Dan's memory to PARC would be greatly appreciated and can be mailed to: P.A.R.C. 28 E. Maple St. Plainville CT 06062.

~ Pauline Musshorn Klimek ~



of Plainville passed away on April 10, 2017 at Apple Rehab in Plainville. She was born on January 14, 1921 in Mt. Olive, Illinois, and was the daughter of Agnes (Garrity) and Henry Musshorn. She was the widow of her beloved husband, Adam Klimek, of Bristol. She leaves two step sons, George Klimek, of Bristol, Greg Klimek and his wife, Barbara Klimek, of Bristol and their daughters, Erica and Jenna Klimek.

Pauline is survived by her sister, Ann Krupinski, of Plainville, and sister-in-law, Genevieve Musshorn, of Bristol. She was predeceased by two brothers and a sister-in-law, Robert Musshorn, Henry Musshorn, and Joan Musshorn. She leaves many loving nieces and nephews.

Pauline retired from SNET after 36 years of service. She was a veteran of WWII serving at the Edgewood Arsenal US Army (W.A.C.) in Maryland. She was honorably discharged as a Staff Sergeant. After her retirement, she spent many years volunteering at the Bradley Memorial Hospital, The American Red Cross Blood Drives, The Plainville Food Pantry, The Plainville Little League and the Plainville High School Project Graduation program. Pauline was a member of the Plainville Chapter #4146 AARP, and a Life Member of the New Britain Chapter of the Telephone Pioneers of America.

The family wishes to personally thank Dr. Jonathon Pendleton for his compassion and caring for Pauline for the past 38 years. We also wish to thank the wonderful staff and caregivers at the Apple Rehab in Plainville and the staff at Village Gate in Farmington.

Pauline was a parishioner of Our Lady of Mercy Church in Plainville. In lieu of flowers, donations may be made in Pauline's memory to Our Lady of Mercy Church or the charity of your choice.

A Mass of Christian Burial was celebrated at Our Lady of Mercy Church, 94 Broad Street, Plainville. Burial with full military honors was held in Saint Joseph Cemetery in Plainville.

~ Teresa A. (Portelance) Noe ~



87, of Plainville passed away Saturday April 15, 2017 at Apple Rehab of Plainville. She was the wife of the late Edward Noe with whom she shared 56 years of marriage.

Teresa was born in May of 1929 in Norwich, the daughter of the late Arthur and Alvia (Rail) Portelance and was a longtime Plainville resident. She was a 1946 graduate of Norwich Free Academy and a 1950 graduate of St. Francis School of Nursing in Hartford. Teresa was a Registered Nurse, having worked at St. Francis Hospital, New Britain General Hospital and the former Norwich State Hospital. Along with her husband, she retired to Deland, FL, where they lived for 15 years before returning to Plainville. Teresa enjoyed camping, traveling and spending time with her family.

Teresa leaves her sons, Bruce Noe and Barry Noe both of Plainville and Brian Noe of Farmington and her grandchildren.

The family wishes to thank the caregivers and staff at Apple Rehab for the compassion and care given to Teresa.

Funeral services and burial for Teresa will be celebrated privately. The Bailey Funeral Home 48 Broad Street in Plainville has care of arrangements. For additional information or to leave words of condolence please visit www.BAILEY-FUNERALHOME.com.

~ Arthur Otis Williams ~



64, lifelong resident of Plainville, passed away unexpectedly on March 29, 2017, while enjoying one of his hobbies he loved most, hiking. He was the loving husband of Kathleen (Kline) Williams, whom he shared 43 years of marriage.

Arthur was born on November 7, 1952, son to the late Eugene Williams and Irene (Hill) Williams, of Unionville. He attended local schools, graduating from Plainville High School in 1971. Shortly thereafter he enlisted in the United States Air Force, serving his country proudly for four years, during which he met and married the love of his life, Kathleen. He was honorably discharged. Arthur was employed by The D. R. Templeman Company in Plainville since 1975, where he developed his extraordinary skills as a tool maker, spring maker and supervisor. He treated all of his employees like family. In 1986, he became part owner of Templeman Company, along with his two brothers, Richard and David.

Arthur was an outdoor enthusiast who loved camping, hiking, canoeing, kayaking and fishing; especially with his wife, his children and his grandchildren. As a youth, he was a Boy Scout and as a young man he was a Scout leader, passing his love for the outdoors on to his sons and the many other Scouts that he mentored. In addition to his outdoor activities, jamming on the drums was a daily passion. Above all, Arthur was a devoted family man with a tender heart, always making time for others and thinking of the other person. Everything he did was with a smile on his face.

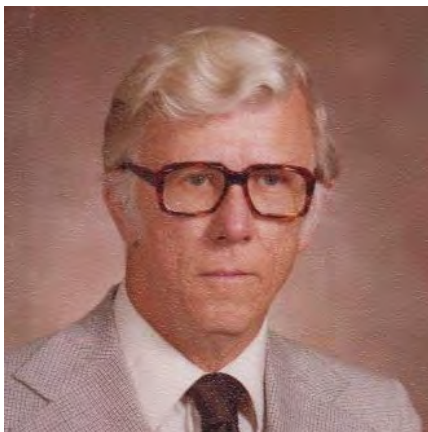
In addition to his wife, Kathleen (Kline) Williams, of Plainville, and his mother, Irene (Hill) Williams, of Unionville, Arthur is survived by his children, Russell Williams, of Maine, Franklin (Melissa) Williams, of Bristol, and Jennifer Williams, of Hartford; his brothers, Richard (Anita) Williams, of Avon and David (Margaret) Williams, of Unionville; seven grandchildren; and many nieces and nephews.

Arthur's family would like to extend their unmeasurable gratitude to the Plainville Police Department, especially Lt. Peterson and Detective Slater. They would also like to thank all police, fire, search & rescue, and K-9 Units from Plainville and the surrounding communities, as well as the State Police K-9, Trooper One units and the Plainfield Police drone pilots. His family was especially touched by the many volunteers who made extraordinary efforts to find Arthur and by the many who shared messages of support during these difficult days.

A Service in Celebration of Arthur's life was held at Bailey Funeral Home, 48 Broad St., Plainville. Burial with full military honors will be held in West Cemetery in Plainville. Donations in memory of Arthur can be made to the Boy Scouts of America, CT Rivers Council, 60 Darlin St, East Hartford, CT 06108 or the Robert Holcomb Memorial Scholarship Fund, c/o Plainville Police Association, 19 Neal Court, Plainville, CT 06062.

OBITUARIES

Welcome to the memorial page for
Dr. Edward J. Zebrowski, M.D.
December 14, 1925 ~ April 22, 2017



Dr. Edward J. Zebrowski, M.D. died peacefully at his home Saturday after a brief illness. He was 91. Born the youngest of eight children of Polish immigrants, he was raised in Enfield in the height of the Depression. He left high school to join the army in World War II and was proud to have participated in the liberation of several concentration camps. He returned to the US and was graduated from the University of Rochester where he met his future bride Elizabeth. They were married and went to San

Francisco where he completed one of the first rotating internships in the country. They chose to settle in Plainville in 1955 where he opened his medical practice and began raising a family. During his career he delivered many babies, assisted at his patients' surgeries, attended employees at local factories, made countless house calls and rounded on his patients in Bristol, Southington and New Britain hospitals. He was active in the Hartford County Medical Association as well as the medical staff at Bristol Hospital. He retired from the practice of medicine in 1991 to devote himself to his second passion: writing, and produced four books which he enjoyed promoting-giving talks at local bookstores about his time in the war and his time treating patients. He worked passionately to establish a local branch of the Combat Infantryman's Association and attended several of their national conventions. He is predeceased by his wife and all his brothers and sisters and is survived by his three children, nieces, nephews and grand nieces and nephews. Heartfelt thanks to his caretaker and friend Janusz Kalita who made his last years the best they could be. Funeral services and burial was held privately. In lieu of flowers donations may be made to the American Cancer Society 825 Brook Street Rocky Hill, CT 06067. The Bailey Funeral Home 48 Broad Street in Plainville has care of arrangements.

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The waste of it all: Goodbye, Aaron Hernandez

The tragedy we have witnessed as a state with the story of Aaron Hernandez is a tale Shakespeare couldn't have engineered.

The youngster from Bristol was the athlete from another planet. He was the best in his city, the best in his state and was sure to be one of the best in the country.

By the time he was 21, he had offers of wealth and contracts with major sports enterprises; just his 2012 contract extension with the New England Patriots gave him \$52.5 million.

By almost any measure, he was a star.

Then he was accused and found guilty of murder.



The story unfolded as a true dramatic tragedy and held most of us in a state of disbelief; it was as if we were watching a bad movie.

Aaron was sent to prison for life.

The millions of dollars in contracts, gone.

The future fame, gone. The good life, gone.

The sadness of it all was pal-

atable.

Mr. Hernandez was tried on a double-murder charge and found not guilty; he fought back tears at the verdict and was sent back to prison to live his life as a convicted felon at age 27.

We all felt the sadness all over again.

Then the report came to us from his prison: Aaron had taken his life, he committed suicide, and the sense of the ultimate waste of this young man's life hit our reality very hard.

What a terrible waste.

May God receive him and grant him the grace of his king-

dom; God's forgiveness and grace be with Aaron Hernandez.

A point to ponder.

Phil Mikan is the host of the Phil Mikan Show on WMRD 1150/ WLIS AM 1420 daily at 10 a.m.

and the Weekend Corner Saturday from 9 to 11 a.m. You can reach him at phil@philmikan.com or write to him at Phil Mikan, Central Connecticut Communications, One Court Street, New Britain, CT 06051.

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will be held on Saturday, May 6th, 2016 from
8:45 am to 3:00 pm at the Zion Lutheran
Church, 531 Woodruff St, Southington, CT
06489. The theme is: *The Compassion of God
is Boundless 2017!*

Cost: \$20 ~ Includes morning coffee and
refreshments, a luncheon, two workshops and
the closing worship service. This event is open
to all women of any denomination.

To register, please contact
Tracy Carlson at 860-620-4166,
or tcarlson01@snet.net.

Registration Now!!

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Our Lady of Mercy Church
Spring Tag Sale
Friday, May 5th &
Saturday, May 6th
9:00 am to 3:00 pm
Parish Center
19 South Canal Street
Admission \$1.00

Plainville Property Transfers

133 Arcadia Ave: Stephen Ouellette of Plainville to Antonino S. Lappostato and s. Surprenant-Lappostato \$224,800 on 3/20/2017

4 Ben St.: Gregory P. Simard of Plainville to Arthur and Magdalena Wojtak, \$315,000 on 3/22/2017

16 Fox Rd.: USA HUD of Plainville to Wolf Wadehn \$135,500 on 3/22/2017

133 Hollyberry Ln: William and Laurie Fasciano of Plainville to Christopher and Rachel Kelly, \$290,000 on 3/20/2017

132 Rockwell Ave: Shaun Gauthier of Plainville to Matthew and Tami M. Laucks \$188,500 on 3/20/2017

212 Westwood Ave: Hutton Capital Mgmt of Plainville to Blue Star Properties LLC \$77,500 on 3/20/2017

5 Irving St.: Johanson Lawrence T. Est and Betty Mulcey of Plainville to Eliza F. Deptula, \$133,900 on 3/31/2017

2 Kristin Ln: Noel P. Roche and Linda M. Prelli of Plainville to Janusz and Ewa Krzynowek, \$255,000 on 3/28/2017

69 Northwest Dr Unit 43: Timothy R. and Tiffany A. Golas of Plainville to Gabrielle E. Remillard, \$143,000 on 3/30/2017

147 Pavano Dr.: Desiree A. and Michael D. Rappaport of Plainville to Matthew A. Venuti and Amanda M. Leclair, \$300,000 on 3/27/2017

25 Robert Jackson Way: Jackson Way LLC of Plainville to JAG Property LLC, \$900,000 on 3/29/2017

33 Spring Street Unit B1: Deborah L. Gagliardi of Plainville to Katie R. Parafati and Eric P. Smith, \$108,000 on 3/30/2017

190 Tomlinson Ave. Unit 15e: Robert and Diane Poplawski of Plainville to Kevin Bosse and Karim Bakhti \$160,000 on 3/30/2017

190 Tomlinson Ave Unit 8b: G Koral-Kierzkiewicz of Plainville to Jared J. Wisniewski, \$158,000 on 3/28/2017

38 W. Pearl St: Gregory and Nicholas P. Martin of Plainville to Lytfi and Lixhan Lumani \$42,000 on 3/27/2017

165 Whiting St: Paczkowski Marilyn Est and Mike Wolf of Plainville to Todd R. Moler \$40,000 on 3/31/2017

350 Camp St: Randy W. Cianci and Wells Fargo Bank NA of Plainville to Wells Fargo Bank NA \$161,523 on 4/05/2017

11 Usher Ave.: Ryan Deming of Plainville to Mario and Nicole E. Valenti, \$269,900 on 04/05/2017

7 Westwood Ave: Bank New York Mellon Tr of Plainville to JSL Investments LLC,

PRESCHOOL PROGRAM EXPANDS TO A FIVE DAY MODEL FOR THE 2017-18 SCHOOL YEAR

(Plainville, CT) The Plainville Community Preschool Program, now in its third year, will expand to a five day / full day model for the 2017-18 school year, according to Superintendent of Schools, Dr. Maureen Brummett. Currently the program serves more than 100 four year olds in seven full day sessions, Tuesday through Friday at Wheeler, Toffolon, and Linden elementary schools, which is approximately 80% of all incoming Kindergarten students. In September 2017, the program will expand to full day, Monday through Friday.

The preschool team has also been working toward accreditation by the National Academy of Early Childhood Programs (NAEYC). NAEYC accreditation is a rigorous, voluntary process in which early childhood programs demonstrate that they meet the national standards of excellence in the areas of family partnerships, positive relationships with peers and adults, health, a safe physical environment, curriculum, instruction, assessment, and leadership. NAEYC accreditation ensures that programs are safe, well prepared, and intentional about ensuring children's success. Programs that have obtained NAEYC accreditation observe higher levels of children's readiness and success in school and beyond; increased educational attainment rates; and overall healthier lifestyles. The school district expects to have completed this process and obtain NAEYC accreditation by spring, 2018.

Plainville's preschool program has also partnered with the University of Connecticut's University Center for Excellence in Developmental Disabilities (UCONN UCEDD) to provide training and technical assistance in the implementation of the Pyramid Model for Supporting Social Emotional Competence in Young

Children. This national, research-based system of social-emotional support ensures teachers create learning environments where children are engaged, they feel good about coming to school, and provides the foundation on which new learning can occur. The implementation of this model has been piloted in all three of the preschool classrooms at Linden Street School this year; the model will expand to Toffolon and Wheeler schools for the 2017-18 school year.

The goal of the district's preschool program is to provide experiences that will allow the individual child to develop at his or her own pace in a supportive and enriching environment. The learning opportunities are active, promote inquiry and discovery, and provide the children with foundational knowledge and understanding from which future learning can take place. The Plainville Community Preschool Program strives towards developing readiness skills for all children as they prepare for kindergarten and beyond.

The success of the current Tuesday through Friday full day model supports the expansion of the program to five full days, running from 8:50 AM – 3:00 PM during the 2017-18 school year. This will allow expanded enrichment opportunities for students such as field trips and extension activities. In order to continue to provide high quality programming with an expanded schedule, a nominal \$100 per month fee will be charged, and a sliding fee scale will also be available.

"Our Plainville Community Preschool program provides our students with a high quality early learning experience. Students who attend our program have demonstrated a high level of readiness for Kindergarten. Expanding to a full day and full week model will further enrich the experience of our youngest learners," said Superintendent of Schools, Dr. Maureen Brummett.

For more information about the program, or to inquire about enrolling for the next school year, please contact the main office of your neighborhood school - Linden Street School at 860-793-3270, Toffolon School at 860-793-3280, or Wheeler School at 860-793-3290 - or the Special Education Office at 860-793-3214. The district will begin mailing enrollment documents this month.

Grandma!! How old do you think I am? *(Continued from Page 30)*

Read on to see -- pretty scary if you think about it and pretty sad at the same time. Are you ready???? This woman would be only 61 years old.

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FOOD

How many of you, when buying your pet food, check the expiration date on the bag or can? In the past month I have purchased pet food at two major pet supply stores only to find bugs in the bags. I returned the bags and were offered an exchange, how could I be sure what was in the next bag? The bag was a top brand and recommended by a vet. The bag was full of hundreds of maggots and the food was not off code. I did not feel, it was the fault of the store but the supplier. What I did feel was it should have been the responsibility of the store manager to pull all those bags of dog food from his shelves which he did not do while I was there. My bag was only set aside at the refund counter. When opening a bag of dry food always check for any type of bug. (The maggots in my bag were live as were hundreds of small beetles, which I have never seen before in any other bag.)

Pet Page

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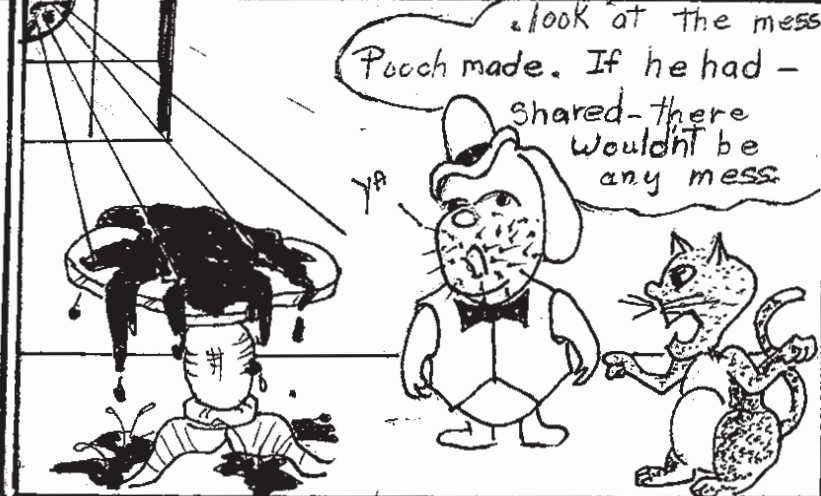
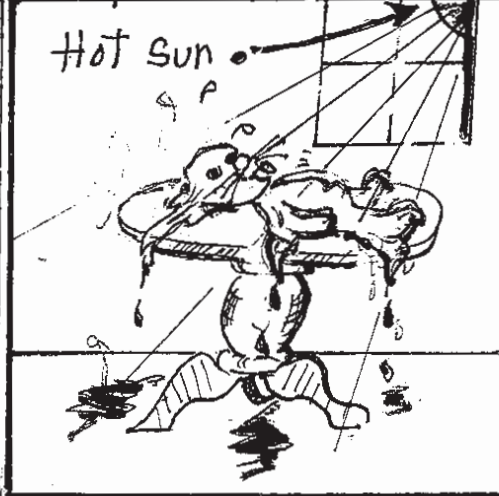
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