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Believe It or Not!!!

Our 17th Anniversary Hometown Connection

Special Thanks to All!!

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Feature Writers-Subscriptions-Sports

Photographers-Persons who deliver the paper to

Business establishments & Schools and

"YOU, our Readers"!!

Town Attorney Michael Mastrianni and His Team Mates Bring Home Gold Medal



Left to right Terry Preston, Michael Mastrianni, Chris Callings, John Tuozzo, Dave Pitruzzello and Willie Rosshirt

Tip Enterprises, the Connecticut entry at the 2013 National Senior Olympics 3 on 3 Basketball Competition won the gold medal recently in Cleveland, Ohio.

The Connecticut team went undefeated in the medal round beating teams from California, Tennessee, Pennsylvania and culminating in a 54 to 37 win over New Hampshire in the gold medal game.

The team, consisting of Terry Preston, Michael Mastrianni, Chris Callings, John Tuozzo, Dave Pitruzzello and Willie Rosshirt, competed in the 50-55 year old Double A bracket. All former college players from Connecticut. This was the first year the team participated in the national games.

The National Senior Olympics is played every other year at a different city across the country. A team must first qualify by winning their State tournament and then go on to compete nationally against other states. Each state can send only one team as its representative.



Take a Peek....



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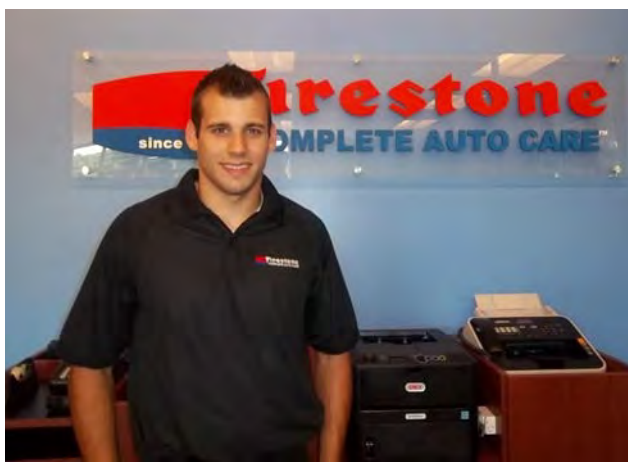
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~ Grand Opening ~ Firestone Complete Auto Care Plainville September 20th

Shown in photos (left and right) is Chris Petrucelli, store manager. Chris was at the Plainville Balloon Festival previewing the new store to be located at 459 Farmington Avenue, Plainville. The store will be a complete auto care center serving the surrounding towns.

Welcome to Chris and his team!!




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September 30th*

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

~ ADVERTISING ~

To place your advertisement contact us:

**TEL: (860) 747-4119 or
 FAX: (860)747-0042**

SUBMISSIONS:

Postal Address

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

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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.

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 132 East Street, Plainville, CT

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

~ ADVERTISING ~

Business Card Ads \$25.00 per month 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: Joanne Edman, Frank Macri, Dolly Chamberlin, Deb Hardy Marie Cassidy or Helen Bergenty
Plainville's Hometown Connections
 27 Sherman Street
 Plainville, CT 06062

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

NEXT ISSUE WILL BE:

OCTOBER 2013

DEADLINE IS:

SEPTEMBER 15th

**HAPPY & SAFE
 LABOR DAY**

From Our Entire Staff

Welcome!

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

DISCLAIMER: All articles published are "The Opinion" of the person or persons submitting same and not of the Plainville Hometown Connection, the Plainville Community News, Inc., its staff or advertisers. Liability regarding accuracy of all paid advertising is the responsibility of the persons, business, corporation, LLC or individual who submits said advertisement.

For a subscription to the Hometown Connection please mail a check for \$20.00 to: **SEND A GIFT OF HOMETOWN NEWS TO OUT OF TOWN FRIENDS & FAMILY**
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plainville

faves and raves

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

{Jim raves}

Another fantastic year as the Plainville Volunteer Fire Department hosts the Hot Air Balloon Festival. This has become a much awaited event that draws folks into Plainville from all over. Great food, entertainment, fireworks and of course those fabulous hot air balloons. Keep up the good work.

{Josephine faves}

My favorite end of the summer activity is going to the Downtown Block Party and supporting the Plainville Police Association, Plainville Community Fund and Downtown Merchants. It is scheduled for Saturday, September 7th, 4:00pm - 9:00pm. Come on down to enjoy music, food and lots of raffle prizes.

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

**Email your faves and raves to share it with everyone!
 Let's hear what you have to say, we need your comments!
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Robert E. Lee, Town Manager's Report to: Town Council~July 15

Technology Park Sewer Expansion

- There are approximately 50 acres that make up the Technology Park Zone. The Cancer Center/Medical Building project consists of approximately 19 of the 50 acres. Tomasso is planning to extend sewers into this zone to service their project.
- There is an opportunity to expand the capacity of this extension to handle the remaining 31 acres. The cost of the total project is estimated to be \$384,541. It is proposed that the Town pay 26% of the estimated cost or \$100,000 to increase the pipe size and pumping equipment to handle the potential future flow.
- The money for this increased capacity would initially come from the sewer fund. The property owners who own the remaining acreage within the zone would pay back a portion of the \$100,000 when their property is developed. Michael Tomasso and James Cassidy are here this evening to answer any questions that you may have regarding the proposed sewer connection.
- If there are no objections, the appropriation for this project will be added to the August Town Council meeting. Because the money will be coming from the sewer fund, no public hearing is required.

Public Works Union Contract

- The Public Works Union has ratified the tentative agreement. The tentative agreement is for three years and would increase wages by 2.25% in the first two years and 3% in the third year. There would also be step increases for those employees that qualify.
- The H.S.A. deductible will be increasing from \$1,500/\$3,000 to \$2,000/\$4,000. The Town will also be decreasing the amount of money that is put towards the H.S.A. deductible. In the second year the contribution will decrease to 40% and decrease again to 30% in the third year. Employees will also increase their premium contribution from 12% to 13% in the third year of the contract.
- There are also some other minor language changes. The wage and insurance changes are identical to what was negotiated with the recently approved N.A.G.E. contract.
- There is an item under New Business regarding the proposed contract with the Public Works Union.

Discussion of Paper Delivery

- Councilman Hurley has requested that the Town Council have a discussion regarding the newspapers and other advertisements that are deposited from moving vehicles to homes in Plainville. He is questioning if the Town can control the distribution of these items.

HMGP Update

- The Hazard Mitigation Grant Program continues to move forward. Several closings are currently being scheduled in July. The Town has sent in the required information for the state supplemental grant. Once the homes are purchased, Town staff will evaluate whether there are any items such as furnaces, water heaters, etc., that can be recycled to social service agencies that may have clients that need them.
- The Fire Department will then be given the opportunity to conduct some drills in the homes. This will not involve burning down the structure. Only then will the demolition occur. It is expected that the demolition of the first several homes will occur in late August/early September.

Town Planner/Economic Development Director Update

- The job announcement to replace Mark DeVoe was issued on June 18th. The closing date for the position is July 22nd (one week from today) although applications will be accepted until the position is filled. The position is currently being covered on a part-time basis with a planner from the Central CT Regional Planning Agency.

TOWN OF PLAINVILLE HAPPENINGS TOWN COUNCIL MEETING ~ JULY 15

By: Shirley Osle, Assistant Town Manager

- The Historical Society recently added a new exhibit on the Civil War Period entitled "The Plainville Men of the Civil War." . It is very interesting and educational, something that the whole family can appreciate and learn from. They're open Monday & Wednesday from 9:00-12:00 with tours on Wednesday and Saturday from 12-2:30.
- The Farmers Market opened this month in front of the Plainville High School (East Street). It is a huge success. Vouchers are given to members of the Senior Center to be used this summer to share the fresh grown Connecticut produce. It is open on Fridays.

“Street Numbers”

The Home and/or Life You Save May Be Your Own

In accordance with Town Ordinance 53-020485 “Street Numbers”, all homes are required to have numerals indicating the street identification number which has previously been assigned to such buildings by the Town.

All citizens are greatly encouraged to ensure their houses are properly numbered, and that those numbers are clearly visible from the road. To guarantee this, numbers should be at least 3 inches in height, of a contrasting color to the background it is affixed to, a minimum of 4 feet from the ground, and no greater than 12 feet from the surface of the ground. Numbers can be affixed to the exterior front of the building which they identify or on a post, sign, mailbox or other device located between the building and the street.

Properly displayed house numbers not only make it convenient to receive mail, but promote public safety. Addresses may be identified with the ease and speed which is essential to the quick response of emergency services such as fire fighting, police and emergency medical care.

Residents who have any questions regarding Street Numbers may call the Town Manager's Office at (860) 793-0221 ext. 201.

VETERANS BENEFITS REMINDER

Veterans are reminded *by the Town Assessor Jane Dickman Buden* that there is still time to file for benefits for the 2013 Grand List Year. Applications for additional Veterans are being taken until September 30, 2013. Income limits for additional Veterans benefits are: for a single person, not to exceed \$33,500 and for a Married Couple, not to exceed \$40,900. The Veteran must meet this qualification as well as have his/her DD214 on file with the Town Clerk by October 1st. Veterans must meet the ninety day qualifications for wartime as set fourth in Connecticut General Statute 27-103.

Veterans filing must provide a copy of their 2012 income tax return or if not required to file a return, must supply copies of their sources of income and the amounts.

Forms to apply must be completed at the Assessor's Office at the Municipal Center. Please call for an appointment at 860-793-0221, ext. 245.

To Contact Town Councilors:

E-mail

towncouncil@plainville-ct.gov

Connecticut Not so Far from Detroit

By: Senator Jason Welch

Detroit Michigan may be 650 miles away from Connecticut but that city's plight is a cautionary tale for our state indeed. We are dangerously close to Detroit's misery.

Published reports estimate Detroit faces more than \$18 billion debt and unfunded liabilities. The city has been described as insolvent and some believe bankruptcy was the only feasible option to fix the city's financial crisis.

With 701,475 people living in Detroit their population is roughly one fifth of Connecticut's. Detroit's debt is estimated at more than \$18 billion that is about \$25,660 per person in that city.

Our state population according to the latest U.S. Census Bureau report in 2012 is estimated at 3,590,341 (Connecticut's population is about the size of the entire city of Los Angeles) Our debt and unfunded liabilities total approximately \$66 billion approximately \$18,857 per capita. The debt we have accrued may be spread out over more people but the warning signs are there.

As of June 30, 2012, Connecticut's Office of Fiscal Analysis (OFA) reported our unfunded obligations total \$66.1 billion that includes the following:

Bonded Indebtedness	19.3 billion
State Employee Pensions	13.3 billion
Teacher's Pension	11.1 billion
State Employee Ret Health & Life	17.9 billion
Teacher's Post Ret Health & Life	3.0 billion
Cumulative GAAP Deficit 10/12	1.5 billion

It a bad financial position to be in. Connecticut was already downgraded by credit rating agency Moody's back in January 2012 for our high unfunded liabilities. Our general obligation bond rating went down to Aa3 from Aa2. As elected leaders we need to be honest with the people who elect us and not candy coat reality. This statement from the Rhode Island state Treasurer Gina Raimondo says it all.

"Real people get hurt when politicians aren't honest and realistic about the magnitude of these issues," she said. "If you use a set of assumptions that makes the problem look smaller on paper today, that's irrelevant 10 years from now when the cash runs out and someone needs a pension check." Treasurer Raimondo helped oversee the overhaul of Rhode Island's ailing pension system in 2011.

There is no doubt that pension and benefits provided to retirees should be kept. Those were promises made in exchange for work performed. However, our state must be clear going forward we cannot afford to underfund pensions in order to pay other government expenses or increase benefits without paying for the long term. We are setting ourselves and our future generation up for a very crushing fall.

Some solutions we as elected leaders should be looking at include having future employees on a defined contribution plan similar to a 401(k), The Rhode Island fix. Interestingly, The Government Accounting Standards Board, which sets the bookkeeping rules for pension plan managers, has implemented new rules. These rules will paint a more realistic picture, cutting the average funding ratio of assets to liability, which was at 75 percent in 2011, to 57 percent, according to a study by the Center for Retirement Research. This no doubt will be a huge wake up call for states like Connecticut.

CNBC recently pointed out that Moody's issued its own state-by-state reality check, based on its estimates of "adjusted" pension fund shortfalls that better reflect the new accounting realities. Moody's figures that 15 states are in better shape than the current reporting rules would indicate. The rest have bigger liabilities (some much bigger) than found in their current financial statements.

Based on the adjusted funding gaps, nine states—Massachusetts, Pennsylvania, Colorado, Louisiana, Hawaii, New Jersey, Kentucky and yes our Connecticut—would see their funding liabilities exceed an entire year's worth of state revenues. An entire year! Sadly, Connecticut is a lot closer to Detroit than you think. We need to act now.

Sen. Welch represents the 31st district communities of Bristol, Harwinton, Plainville, Plymouth, and Thomaston.

Town Council Meetings Nutmeg TV & Mark Chase Brings the Town Council to You!

Every Tuesday
following the Meetings

on Channel #96 at 6 p.m.

& Saturday at 11 am & 6 p.m.

From the Desks of . . .

Larry Sutherland FIRE MARSHAL
 One Central Square, Plainville, CT
 860-793-0221 ext. 218
 sutherland@plainville-ct.gov

Responsibilities of Local Fire Marshals

Local fire marshals have many responsibilities within their appointed jurisdiction. Connecticut General Statute, Section 29-305 referencing CT Fire Safety Code and the CT Fire Prevention Code mandate inspections at periodic intervals. The required inspections include all commercial and residential properties, except one and two family homes. To be more specific, the fire marshal has no jurisdiction in a one or two family home, either rented or owner occupied when the building is stand alone with no other type of occupancy within. These buildings may only be entered if a complaint is received by the owner or occupant or if one needs specific information regarding smoke detection. However, one and two family units that are in the same building with another type of occupancy, traditionally a small business, shall be inspected as required by law.

So how does one accomplish the task of inspections? Letters are sent to every residential property owner advising them that a required inspection is needed. Plainville has 136 residential apartment buildings containing 1,341 separate apartment units. These are required to be inspected annually. Communication is made with the owners to schedule appointments. There are some property owners that question the need for this process. To eliminate these concerns, property owners are advised of the state laws regarding fire code regulations and the statutory responsibilities of the landlord to the occupant regarding fire, health and safety. When a violation is found, the property owner is sent a notice describing the violation with a reasonable amount of time to correct the problem. Smoke detection issues must be corrected immediately. Very infrequently does a property owner ignore the notice of violation.

Failure to comply with the order may subject one to arrest. The goal is to gain compliance through cooperation without the need of a legal notice for a court appearance. The fire marshal works closely with the health department and building department on many issues.

During the inspection there are several details looked at. In older building there may be improper doors, egress windows not sized properly, electrical problems, stairways and handrails that do not meet current codes. We work with those owners that need to make corrections.

The age of the building dictates the smoke detection power source and location requirements. Generally, we look for smoke detection adjacent to all bedrooms, in bedrooms, on every level of the building in the stairways and in the basement. Owners are required to ensure that the devices are in proper working order. Removal or tampering with smoke detectors or alarm devices is a violation of state law.

There has been a surge in construction in Plainville. With every building renovation, addition or new construction a plan is submitted for a building permit. All commercial buildings must have approval from the building official, health department and the fire marshal to ensure compliance with regulations.

Fire investigation has been busy. There have been recent structure fires that are investigated not only by this office, but several times in conjunction with the State Police Fire and Explosion Investigative Unit. This service is offered to the local fire marshal at no cost to assist in larger investigations. This office many times works with private insurance investigators with a team concept to determine fire origin and cause as sometimes there is a product liability question as to cause.

Aside from building and fire code inspections and corrective action follow-up of violations, building plan reviews and fire investigation, the fire marshal serves as the Emergency Management Coordinator for the town. This position, in conjunction with the Town Manager manages the coordination of the town-

wide efforts during natural or man-made disasters. Informational handouts on emergency preparedness are available at the Municipal Center.

I ask that everyone in the community, no matter where you live, take a good look around your place of residence or business. If you have smoke detectors that do not work or there has been a failure to install them, take the effort and make sure that this is done. Only a working smoke detector may save your life. Determine if there are items or storage especially susceptible to fire. Look for extension cords to make sure that they are rated for the use. The National Electrical Code prohibits the use of extension cords for a permanent power supply. Do not overload electrical circuits. Make certain that all electrical breakers are identified for use. All windows in the residence must be maintained for easy opening in case of emergency. Never block paths of exit in your home with storage and discard trash properly. Keep all stairways and porches free from clutter. Cooking appliances must be kept clean to reduce the threat of fire. While cooking, always attend the stove and never leave the room.

Never store propane tanks for gas grills in the house or garage. Generators, if used must be placed outside and away from the home to prevent carbon monoxide incidents. Whole house or partial use generators need to be installed by a licensed electrician. If you use a fossil fuel for heating make sure that you have installed a working Carbon Monoxide Detector according to manufacturer's recommendations. Maintain your gas or oil furnaces, clean chimneys that serve wood or pellet stoves before the heating season.

It is a Town Ordinance to place the number of your home or business on your building that is in contrast from the building color. The numbers must be at least 3" high and visible from the street.

This regulation can only help the first responders locate your property if they are called.

In conclusion, the Office of Fire Marshal and Emergency Management is here to serve and protect civilians from incidents of fire. You may contact us at the phone number and email address above if you would like further information on any of these topics.

SEPTEMBER

Dates to Remember:

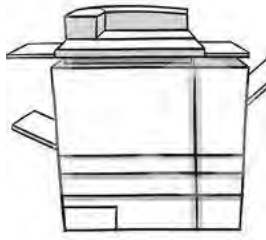
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Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.

Life with Wanda



Guess What? I am still on vacation, I forgot what month this was and I hope everyone had as wonderful a summer as I did! See you in October, BOY will I have a story!!

IT IS THAT TIME OF THE YEAR AGAIN!

***** Craft Shows-County Fair *****
Downtown Block Parties and
Yes, Elections
Introductions of the
Plainville Candidates
are on Page 31

Letters to the Editor in support of the candidates for the October issue are due September 15th, the November issue are due October 15th.

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TOWN OF PLAINVILLE

MUNICIPAL OFFICES CLOSED

The Municipal Center, Library and Senior Center will be closed Monday, September 2, 2013 in observance of Labor Day. All municipal offices will open again on Tuesday, September 3. The weekly refuse collection be delayed one day for the entire week.

Town of Plainville is Accepting New and Used Childrens' Books

Chad Haber, from the Town of Plainville's Finance Department, has organized a children's book collection to help foster a lifelong love of reading in Plainville's children. New and gently-used book donations, suitable for students in grades K-12, are being accepted to benefit school reading programs and school libraries. Donation boxes have been set up at the Plainville Town Hall, on the main floor between the offices of the Town Clerk and the Registrars; at the Recreation Department, 50 Whiting Street; and the Plainville Senior Center, 200 East Street. Donations will be accepted through September 30th. Any questions about this book collection may be directed to Chad Haber, 860-793-0221, ext. 234, or he may be reached by email at haber@plainville-ct.gov.

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Ask the Brayne

Q. How many restaurants in town serve Pizzas?
A. Thirteen and still counting another one a National Chain will open soon on East Street.

Q. What is the problem with our Railroad tracks? Is there a way to fix them once and for all!!

A. The railroad tracks are under the sole control of the owners. The Town officials and the State officials have made requests to them to repair them and they did. But evidently they will have to do it again especially on East Main Street.

Q. Hi, Bill Brayne - Would you be able to answer this question, please? A store offers you a discounted price to buy more than one of the same item. For example, a can of soup costs \$1.50, but if you buy 15 cans, the store will sell 15 cans to you for \$15.00 total. This same store has an express checkout line for 10 items or less. Because you had to buy multiple cans of soup to get the \$1.00-per-can price, do the 15 cans count as one item at the checkout line or do they count as 15 items? In other words, are you precluded from using the express checkout line if you took all 15 cans to the store register? Thanks for your help, Fran

A. In checking with local Super Markets "the purchase of 15 cans of one item is counted as 15 separate items not one" you should not use the express checkout. One store manager explained if the 15 items were all pints of Vanilla Ice Cream, they are considered as 15 items and not welcome at the Express checkout.

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

Thanks, Bill Brayne!

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Why Does Your Water Taste So Good?

By: Donna Ziccardi Gross

Moving back to Plainville after all these years has certainly been an eye opener. The town has really matured into a very comfortable community and yet some people still live back in the good ole days. Innocent times. In amazement, my mother still drinks water from the tap while my husband and I ordered Spring Water Delivery the first day we were here. Mother could not understand why we have to purchase water when we could just open the faucet....and Jeff and I were horrified to think that she drinks city water laden with Fluoride and Chlorine and who knows what else. And this is how it went for the first two months.

Then.....the July heat wave. Day after day after day of 90 plus degrees and high humidity we found ourselves consuming more water, hoping it would keep us cool. Then one day, mother wandered over to the cooler of filtered Spring Water and poured herself a glass. That was the start of something new. "Why does your water taste so good?", she asked. Now she was ready to listen.....she tasted the difference.

Although city water is treated with chlorine and fluoride it may have other chemicals that really are not fit to drink. But let's just concentrate on Fluoride. Fluoride is added to city water in order to prevent cavities, however it has never been proven that fluoride actually prevents tooth decay. But it HAS been proven that the use of fluoride can cause a condition called fluoridosis, a mottling and pitting of tooth enamel. And if all fluoride is needed for is to prevent cavities, why put it in the water? Why not put it on your teeth, like in the form of tooth paste?

Actually, in the past...fluoride was used as a poison. Hitler used fluoride to calm the Jews, to keep them docile and quiet. The German scientists even experimented with varying doses of fluoride on the Jews to see how it affects the human body.....and not very well I might add. They found fluoride to attack the central nervous system. Also, prolonged use of fluoride causes brittle bones and promotes osteoporosis. Fluoride is also responsible for infertility. Stanford University just came out with a study proving that ingesting fluoride lowers one's IQ. Other studies show that the consumption of fluoride can lead to the suppression of the immune system, gastro intestinal disorders and the suppression of the body to produce essential enzymes.

So after all these studies regarding the adverse health effects of fluoride, one should ask the question...how safe is fluoride, really? The practice of water fluoridation has been rejected or banned in several countries including: China, Austria, Belgium, Finland, Germany, Denmark, Norway, Sweden, the Netherlands, Hungary, and Japan. Nearly all of Europe's water supply is fluoride-free, and thankfully, many American communities are realizing this is the healthier choice. More than 45 U.S. cities have rejected the process of water fluoridation since 1990.

Not convinced yet? Well wrap your brain around this. Material Safety Data Sheets (MSDS) typically label sodium fluoride as "...toxic by ingestion, inhalation and skin contact" and that personal protection equipment for handling fluoride should include safety glasses and gloves. So in other words, when handling fluoride one needs safety glasses and gloves but it is safe for you to drink.

Fluorides are more toxic than lead and only slightly less poisonous than arsenic... and these toxins can enter your body from brushing your teeth or rinsing with many popular dental care products! Not to mention the consumption of fluoride through drinking your tap water. It seems fluoride is being added to everything these days...from vitamins, toothpaste, mouthwash, prescription drugs, infant formula, vitamin water and sports drinks, some processed foods and the list goes on and on. Fluoride can even enter your body through the pores on your skin, so even taking a shower with fluoridated water can be detrimental to your health. Still not convinced? Every year, Poison Control Centers receive thousands of calls from people reporting fluoride poisoning which severely damages the body and can be fatal.

After making a call to the Valley Water System Inc, I was told that the fluoride that is added to Plainville water is not straight fluoride, but to make matters worse, it is a substance called fluorosilicic acid...or what I would call toxic industrial waste from fertilizer manufacturing. These are not like the fluoride compounds found in toothpaste or vitamins and not of pharmaceutical grade quality. But instead, fluorosilicic acid is unpurified industrial waste by-products that are collected in the air pollution control systems of certain industries. So instead of manufacturers paying to have their toxic waste disposed of...they are selling it to municipalities for profit, to be dumped in your water....and YOU are paying for it. HA! PLUS a lot of towns are purchasing their fluoride chemicals from China. But the quality control of these Chinese chemicals are even more lax than the U.S.-produced chemicals. In a recent article in the journal Neuro Toxicology, a research team led by Roger D. Masters, Dartmouth College Research Professor and Nelson A. Rockefeller Professor of Government Emeritus, reports evidence that public drinking water treated with sodium silicofluoride or fluosilicic acid, known as silicofluorides (SiFs), is linked to a higher intake of lead in children.

So to answer the question, Mom, of why does my water taste better than yours???.....maybe it is because my water does not contain toxic industrial waste. When it comes right down to it.... you are better off "living healthy chemical free"....

Please check out my blog...Living Healthy Chemical Free...at <http://livechemicalfree.blogspot.com>.

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1st Annual "Taste of Plainville" Popular WINNER OF GIFT CERTIFICATES

The first annual "Taste of Plainville" was a successful venture with both residents and local restaurants. This event was sponsored by the Plainville Republican Town Committee with proceeds benefitting the committee and the Plainville Community Fund. Co-Chairs for the Taste of Plainville, Deb Hardy and Andrea Saunders were very pleased with the ticket sales and positive feedback from those who purchased the tickets.

The winners of the Gift Certificates are: Jill Nevico, Helen Mastrianni, Wes Dzierlatka, Paul Bystrak, Bridet Biou, Guy Plourde, Bob Anderson, Jillian Brady, Sal Cangelosi, Sylvia Krata, and Bryon Wark

RTC Chairman, Robert Pugliese, noted "This fundraiser was targeted at Plainville restaurants with the specific purpose of encouraging people to support our local businesses...we are very happy with the results and we plan to make this an annual event."

Sincere thanks to all for supporting the local restaurants, The Plainville Community Fund and the P.R.T.C.

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AAA Speaks Out:

Cruising Through A School Zone? Not So Fast.

As Connecticut students and parents gear up for the 2013-2014 school year, AAA reminds motorists to slow down in school zones and watch for children heading back to school. According to the AAA Foundation for Traffic Safety, a pedestrian struck by a vehicle traveling at a reduced school zone speed of 25 mph is nearly two-thirds less likely to be killed compared to a pedestrian struck by a vehicle traveling just 10 mph faster.

"School zone speed limits are in place to save lives," said Steve Rourke, manager of administration for AAA Driving School. "Motorists need to be especially vigilant during the morning and afternoon hours when school children are walking to and from school."

AAA's **School's Open - Drive Carefully** campaign was launched in 1946 to help reduce the number of school-related pedestrian injuries and fatalities. In addition to slowing down, AAA offers the following advice for motorists to keep children safe as they navigate their way through school zones:

- **Ditch distractions.** Children often cross the road unexpectedly and may emerge suddenly between parked cars. Research shows that taking your eyes off the road for just two seconds doubles your chances of crashing.
- **Brake for buses.** Not only is it dangerous to pass a stopped school bus with flashing red lights, it's against the law. Passing a standing school bus carries a fine of \$465 in Connecticut.
- **Stay alert.** Don't rush into and out of driveways. Expect pedestrians on the sidewalk, especially around schools and in neighborhoods.
- **Stop at stop signs.** It sounds obvious, but research shows that more than one third of drivers roll through stop signs in school zones or neighborhoods.
- **Watch for bikes.** Children on bikes are often inexperienced, unsteady and unpredictable. Slow down and allow at least three feet of passing distance between your vehicle and the bicycle. If your child rides a bicycle to school, require that they wear a **properly-fitted bicycle helmet on every ride.**
- **Plan ahead.** Leave early for your destination and build in extra time for congestion. If possible, modify your route to avoid school zones.
- **Talk to your teen.** Car crashes are the leading cause of death for teens in the United States, and more than one in four fatal crashes involving teen drivers occur during the after-school hours of 3 to 7 p.m. Get evidence-based guidance and tips at TeenDriving.AAA.com.
- **Look for AAA School Safety Patrollers.** With more than 600,000 AAA School Safety Patrollers at 31,000 schools across the country, they're a sure sign you're approaching a school zone.

AAA provides travel, insurance, financial, and automotive-related services to 53 million people nationwide and is located locally at 17 Farmington Avenue in Plainville. For more information about AAA, members and non-members can go online to AAA.com or call 860-236-3261

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Traffic Tickets Can Ruin More Than Your Day

By: Jason Alderman

We all know that sinking feeling when you get pulled over for a traffic violation. If you're lucky, you might just get a "fix-it" ticket for a broken tail light. But what if it was a more serious offense, like speeding or reckless driving? Depending on your driving record, you could get slapped with a sizeable penalty or even a jail sentence – and your insurance rates will almost certainly go up.

Let's say you absentmindedly ran through a stop sign or made an illegal left-hand turn. You'll probably know right away how much the ticket will cost, but it could take months before your insurance company receives notice of the infraction and adjusts your premium.

If the suspense is killing you, Insurance.com has a handy tool called the "Uh-Oh! Calculator" that estimates the average rate increases for the 14 most common traffic violations. And, if you enter your age, ZIP code, residence type, marital status, length of time with your insurance carrier and current premium, the calculator will generate a more customized estimate based on your personal data.

Some of the average premium increases are pretty shocking:

- Reckless driving: 22 percent
- DUI first offense: 19 percent
- Driving without a license or permit: 18 percent
- Careless driving: 16 percent
- Speeding 30 mph over the limit: 15 percent
- Failure to stop: 15 percent
- Improper turn: 14 percent
- Improper passing: 14 percent
- Following too close/tailgating: 13 percent
- Speeding 15 to 29 mph over limit: 12 percent
- Speeding 1 to 14 mph over limit: 11 percent
- Failure to yield: 9 percent

If you plug in your personal data, the calculator will tell you how many points will be added to your driving record per infraction, as well as information on the state's rules for when driving privileges can be suspended or revoked.

Another company, DMV.org, features a "Ticket Fines and Penalties" tool that provides an even more detailed state-by-state analysis of what various infractions can cost, procedures for paying – or challenging – your ticket, how points are calculated, how long it takes to clear infractions from your record, links to local traffic schools and much more.

So, assuming you're not going to challenge the ticket in court, the damage has been done and your insurance rates will likely climb – what can you do to lower your premium? Here are a few tips:

- Investigate whether attending traffic school will erase the ticket from your record.
- When your policy is up for renewal, get rate quotes from at least three carriers. Talk to an insurance agent or use an online comparison site – just be aware that not every carrier participates in these sites and make sure you're comparing apples to apples, since companies often package coverage differently.
- Another reason to comparison shop: Insurance companies calculate risk differently, so particular traffic infractions might trigger varying increases, depending on the carrier.
- Increasing your deductibles from \$250 to \$1,000 might lower your premium by 15 to 30 percent.
- Ask about discounts for things like low annual mileage, being over a certain age, good grades, vehicle safety features or buying your homeowners or renters insurance from the same company.

The best way to avoid traffic violation-related rate increases is to not break the law in the first place. But if that horse has already left the barn, arm yourself with information about coverage costs and how you might be able to lower your rates.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney

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Going Green

Checking out at the store, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this 'green thing' back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- our generation didn't have the 'green thing' in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the "green thing" back in our day.

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbles.

Then we were able to personalize our books on the brown paper bags.

But too bad we didn't do the "green thing" back then. We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the "green thing" in our day.

Back then, we washed the baby's diapers because we didn't have the throwaway kind. We dried clothes outside

on a line, not in an energy-gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right; we didn't have the "green thing" back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And, the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power.

Continued on Page 30

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Melanie Norton graduated from Northeastern University Summa Cum Laude, May 3, 2013. She received the Dean's Research Award and also a member of the Huntington 100. Melanie will attend the Master's of Public Health program at Yale University in the fall. She is a 2008 graduate of Plainville High school and the daughter of John and Stacey Norton.

**Plainville Adult and
Continuing Education**

It's never too late to return to school!

Plainville Adult and Continuing Education will offer programming, free of cost, this fall in the following areas: Adult Basic Education (Math and Reading/Writing), Adult High School Credit Diploma Program, Citizenship Preparation, English as a Second Language, GED Preparation, and PARC Adult Basic Education.

Plainville Adult and Continuing Education's fall enrichment course offerings (see class list) are held evenings and moderately priced. Pre-registration is required for all classes. The Fall 2013 Program Guide has been mailed to all Plainville residents. For further information, please call Plainville Adult and Continuing Education: (860)793-3209.

Enrichment Class List:
Boxwood Tree or Winter Holiday Centerpiece-Cake Decorating-Computer Skills for Beginners-Drawing for Life!-Fall Cornucopia-Foundations of Excel-Get off the Sugar Blues Roller Coaster-How to Jumpstart your Book Club-Insights to Improve your Interpersonal Communications-Interview Etiquette-Jewelry Making-Mixing Colors-My Neighbor Has a Living Trust, Should I?-Oil Painting-Organic Herbal Garden Gifts-Oigong for Health-Reiki Level 1-Should I Give My Home to My Children?-Spanish:Beginner-Spanish: Intermediate-Stuffed Breads and Delicious Soup Cooking Class-T'ai Chi for Health-The Art of Taking Flattering Photos of Family & Friends-The Fast Track to Success: Math & English, The Secret Book Discussion Group.

**Plainville Community Fund Spring
Grants and Fall Grant Opportunities**

Main Street Community Foundation announced grants from the Plainville Community Fund to three Plainville organizations, the result of the Fund's spring 2013 grant cycle. The Fund provides grants for programs, events and services that impact a broad range of Plainville residents and improve their quality of life.

The 2013 Plainville Community Fund grant recipients are as follows:

- **Plainville Choral Society Youth Theater** - to support financial assistance for youth in need that would like to participate in the summer program
- **2013 Plainville High School/YMCA Project Graduation** - to support the project graduation event at the Wheeler Regional Family YMCA
- **Plainville Historical Society** - to support the purchase of archival storage boxes for the preservation of artifacts

The Foundation also announced that there will be another grant cycle with applications due by 4 p.m. on September 30, 2013. The application, which includes the grantmaking criteria, is available on Main Street Community Foundation's website, www.mainstreetfoundation.org. Interested organizations must contact Jarre Betts, Director of Programs & Community Relations at the Foundation office at 860.583.6363 before submitting a proposal.

The Plainville Community Fund is a component fund of the Main Street Community Foundation. The Fund was established by a group of community leaders in early 2006 as an endowed fund to create an additional resource for charitable projects and programs that would enhance the lives of Plainville residents. This is the sixth year that grants have been made from the Fund.

For more information about the Plainville Community Fund or the Main Street Community Foundation, please visit www.mainstreetfoundation.org or contact Jarre Betts at 860.583.6363.

Organizations interested in applying to the Plainville Community Fund must contact Jarre Betts, Director of Programs & Community Relations at the Foundation office at 860.583.6363 before submitting a proposal. All proposals are due by 4 p.m. on September 30, 2013.

**NORTON TRUST GRANT
APPLICATIONS AVAILABLE**

The Elizabeth H. Norton Trust Fund will again this year accept applications for grants to help non-profit organizations and groups that promote the wellbeing of the citizens of Plainville, CT and vicinity.

2013 application forms may be obtained at the Plainville Municipal Center and the Plainville Public Library. Please do not use application forms from previous years as the form and submittal instructions have been revised.

The complete application package must be submitted via U.S. mail to the address above and post-marked by Friday, November 1, 2013. Approved grants will be distributed in December 2013. For more information, please contact the Grants Committee: norton.trust.info@gmail.com.

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Pictured above from left to right:

Adrian LaBella, owner of LaBella Paving, Kevin M. San Juan, President of the Plainville Business & Professional Center Association, and Devin Hill, Property Manager of the Plainville Business & Professional Center

Adrian LaBella of LaBella Paving has been providing paving solutions since 1994. He offers both commercial and residential paving service. He is also the owner of Bear Landscaping. Adrian has just completed the paving project at the Plainville Business and Professional Center.

The private owners at the Plainville Business and Professional Center that have contributed to the project are: Kevin M. San Juan, President of Advanced Staffing Associates and Advanced Medical Resources, Employment Specialist, Devin Hill owner of CT Priority Property Management, Property Management Services, Joseph Naples, New England Donuts, Dunkin Donut Franchisor, Vito Giannini, EA, owner of Giannini's Tax Services, Gene Wickman, DMD, Family Dentistry, David Lardie, CPA, Tax Services, Frances Belli, EA, Tax Services, Fred Scandale, President, Advanced Collection Services, Bruce Wazorko Jr., CPA, Tax Services, Michael D. Day, Esq. Criminal Attorney, Dr. Joyce C. Day, Therapist Great Plains Real Estate, Knights of Columbus.

San Juan said "the project was a great success, LaBella Paving did a fantastic job, it adds to the Towns Beautification Project started by Bill Petit Sr. and although the parking lot is private, we often share it with whomever needs a place to park."

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From the Desk of ...
**Thomas A. Wurz,
Esquire**

SOCIAL SECURITY HEARINGS

The procedure applying for and being granted social security disability benefits and/or supplemental benefits can be a long and daunting process. For most, the culmination of this process is an administrative law judge hearing. This hearing takes place if the claimant has been denied benefits and is seeking review at the hearing level. I hope to alleviate some of the mystery and anxiety of how the hearing is conducted with this article.

The lead-up to the hearing is sometimes the most important part of the whole process. The claimant is given the opportunity to provide all medical documents that support their claim as well as an accompanying memorandum of law. Most claimants will want to be represented at these hearings so their appointed counsel may draft and supply the memorandum. It always helps to have someone who knows the law and has been through the process to aid you at the hearing level.

On the day of the hearing, it is important to arrive early at the hearing office so that you may review your complete file. Also, if there are cancellations you want to be available to have your hearing early. If you fail to be on time the administration may dismiss your claim or reschedule you to a much later date. The administration is currently back logged for several months, which is exactly the kind of lengthy waiting period nobody wants.

So now everybody is at the office and ready to proceed. The people that will be present include the judge, court reporter, vocational specialist, claimant and claimant's appointed representative. The hearing will proceed with the judge asking the claimant a series of questions pertaining to their ailments. Once the judge is finished, the claimant's representative will have the opportunity to ask follow-up questions to the claimant. Next, the judge will look for testimony from the vocational specialist and claimant's appointed counsel will have the opportunity to ask follow-up questions to the specialist. If there is no more argument, then the hearing is concluded.

The whole process takes a couple of hours with the actual hearing lasting anywhere from 10 minutes to 45 minutes. Once concluded, the judge's decision will come in the mail in about 1-3 weeks. If favorable, back pay and monthly payments will be forwarded to the parties. If unfavorable, the claimant will have an opportunity to file an appeal with the appeals council. This appeal will be to determine the validity of the judge's ruling.

Hopefully, this relieves some of the confusion concerning social security hearings. While the hearing process is clearly not easy, it may be less daunting with the aid of a knowledgeable representative. So, if you find yourself applying for social security BENEFITS DO NOT HESITATE TO SEEK COUNSEL. FYI – MOST ALL REPRESENTATIVE FEES ARE PAID BY THE SOCIAL SECURITY ADMINISTRATION.



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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Five Plainville Students Awarded Scholarships by Community Foundation



The Community Foundation of Greater New Britain has awarded a total of \$145,430 in scholarships to 55 students from Berlin, New Britain, Newington, Plainville, Southington and other towns, helping them to pursue their dreams at higher education institutions in Connecticut

and beyond. Among them were five Plainville graduates.

Plainville students earning awards (along with the name of the scholarship and their chosen college) include:

Emma Carpenter, William J. Tomasso Scholarship (UConn); Richard Hanson, Dick Burkarth/Shuttle Meadow Country Club Scholarship (Florida Gulf Coast University); Chloe Lamarre, William G. Bryant Memorial Scholarship (Eastern Connecticut State University); Lilia Miller, William G. Bryant Memorial Scholarship (CCSU); Thomas Schrey, Macdonald/Hjerpe Scholarship (Western Connecticut State University).

Five Graduates from the PHS Class of 2013 begin their undergraduate studies with support from the Plainville Lions



The Lions Club of Plainville presented \$7,000 in scholarships to five graduating Plainville High School seniors. The presentations were made during the Night of Excellence at Plainville High on June 20, 2013.

Recipients pictured left to right are: Kelley Slabinski, Lion Bruce Smyth Memorial Scholarship; Danielle St. Armand, Lion Stanley E. Shurman Memorial Scholarship; Abigail Negro, Lion Joanne Foohey Memorial Scholarship; Amanda Perreault, Lion Michael Malia Memorial Scholarship; and Samantha Bradley, Lion Herman E. Pappenforth Memorial Scholarship. Lion Barbara Dahlgren, Scholarship Committee Chairperson made the presentation.

To Submit Class Reunion Announcements or Pictures Email to: hmtnn@comcast.net

UBI Federal Credit Union Awards Scholarships



UBI Federal Credit Union held the 16th Annual Peter F Smith Memorial Scholarship Awards dinner on July 29, 2013. The ceremony was held at Pagliacci's Restaurant located in Plainville Connecticut. The scholarship recipients Justin Misluck, Paige Casey and Allison Fangiuolo graciously accepted the award. Each individual showed a tremendous amount of gratitude and appreciation towards both the Credit Union and the Smith family.

Peter F Smith was a hard working gentleman who was determined to watch UBI Federal Credit Union prosper and flourish. Not only did this man have an efficacious career but he was successful in all other aspects of his life. Smith was a devoted man steadfast and true; committed to making his wife, children, grandchildren, and Credit Union family happy!

The positive memory of Peter F Smith will live on; not only through this award, but through the joyous faces of all the hearts he has touched. We commend all recipients of this award and wish them the best of luck in any and all future endeavors.

In picture from left to right are Chairman of the Board, Paul Mancarella, Gary Smith, Allison Fangiuolo, Justin Misluck, Melissa Smith, Cathy Bennoit and CEO Stuart Philips

*****PHS Class of 1947 Reunion*****



Shown above are members of Plainville High School Class of 1947. They celebrated their 66th reunion at Tuscany Steak & Seafood in Planville. Classmates traveled from Florida, and various locations in Connecticut.

*****PHS Class of 1958 Reunion*****



The Plainville High School Class of 1958 celebrated their class reunion at the Manor Inn in Plantsville.

J. TIMOTHY'S

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I Pledge Allegiance to the Flag....



Schools in Review

Ms. Danielle St. Amand Receives The George T. Gaudette ~ PHS Class of 1958 Scholarship ~



Paul Maskery and Danielle St. Amand

Put some effort and hard work in whatever you have chosen and that effort will repay you many times.” The Class of 1958 organized a Scholarship Foundation in the name of George T. Gaudette, who gave this advice to his students. The George T. Gaudette Scholarship Foundation was formed to pay homage to our departed teacher and advisor beginning in 2009 until the present day.

The Scholarship is awarded to a graduating senior who pursues a career in teaching at an accredited 4-year college or university on a full time basis. The recipient of this scholarship exemplifies a hard work ethic, strong moral values and a genuine interest in others. Mr. Gaudette was a shining example of all this and more.

Ms. Danielle St. Amand has been selected as our recipient for 2013. Danielle ranked in the top 10% of her class. Danielle has been recognized for her academic achievements and extracurricular activities. She is a tireless worker who plans to pursue a degree in music education at Keene State University in Keene, NH. Danielle’s award was presented by Paul Maskery.

Wheeler Students Make Tie-Dye T-Shirts



Wheeler staff members Michael Maznio and Karen Miller.

Students at Frank T. Wheeler Elementary School enjoyed making tie-dye-t-shirts as part of their June Positive Behavioral Intervention and Supports (PBIS) activities. The t-shirts, dye, and other supplies were donated by Geof Konstan, the the owner of Gorilla Graphics, a tie-dye t-shirt company in Middletown, Connecticut. Geof and the staff at Gorilla Graphics also support the students at Wheeler by donating hundreds of their large used paper rolls, which are used by students and Art teacher Linda Helming for various projects including sculptures and totem poles.

PHS Students Mentor Linden Street 5th Graders in Energy Conservation



As an extension of the Plainville Community Schools energy conservation program, students in Leanne Nolan's Advanced Placement Environmental Science classes at Plainville High School partnered with fifth graders at Linden Street School for a hand's on lesson on energy conservation. With assistance from their high school peers, the fifth graders learned how to measure energy use of common appliances, compared energy use of appliances, calculated energy use over time in kilowatt-hours, learned how to read an energy bill, learned how to read an energy star label, and discussed how students can help conserve energy at Linden and in their own homes. Mr. John Legato from General Electric in Plainville also volunteered during the lesson, and donated light bulbs for demonstrations as part of the lesson plan.



PHS Students Complete Vocational Program

Plainville High School students Julie Zaleski, Sami Cyr, and Tahara Washington, recently completed their first year in district’s special needs vocational program, thanks to the support of local businesses and organizations that opened their doors for the student workers. Supervised by their Vocational Coordinator, Marilyn Badner, and Job Coach/Paraprofessional, Alyson Michaud, the students worked with local businesses including Delmar Products in Berlin, Gnazzo’s Supermarket in Plainville and Confetti’s Restaurant in Plainville.

Linden Students Receive Presidential Academic Awards

Students at Linden Street School were awarded the Presidential Award for Educational Excellence; Kelsi Catalano, Patrick Creel, William Cross, Jesus Rodriguez, Teagan Russell, Gabriella Soli, Christopher St. Lawrence and Helena Rose Yawin.

The following students were awarded the Presidential Award for Educational Achievement; Milena Baltyn, Jordan Greene, Kaylie Hall, Ashley Hernandez, Felix Fabian La Oz and Lisa Lech.

Leanne Gmeindl Awarded Teacher of the Year



Shown above Board Chair Andrea Saunders, Leanne Gmeindl, Superintendent Jeffrey Kitching

Ms Gmeindl has been an educator for 17 years, having served nine years at the Middle School of Plainville, and seven years in her current role as a Special Education teacher. In addition, she has been a presenter of professional development workshops a number of times, and has served on a variety of committees for Plainville Community Schools. In addition, she is currently an Adjunct Professor in the School of Education, Master of Arts in Teaching Program at Quinnipiac University.

Linden Street School Hosts Art Show Celebration



Shown above Principal Paula Eshoo with students and parents at culminating event for the summer reading and math program held at Linden Street School.

MSP Sponsors Workshop "From Bystander to Ally"

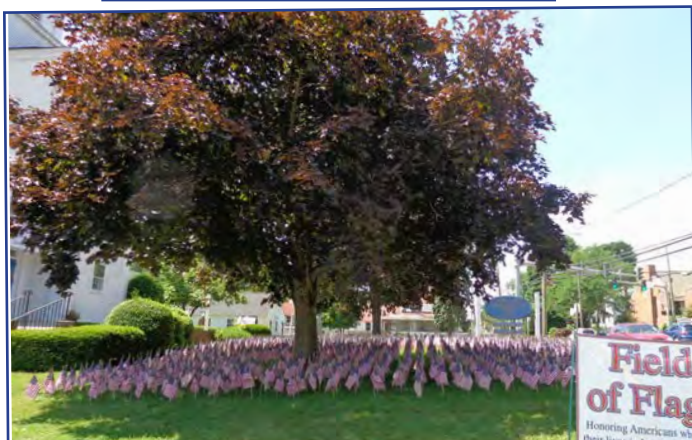


Anti-Defamation League staff members Derek Hall and Tamara O'Day-Stevens with MSP students

33 Middle School of Plainville students recently participated in a “From Bystander to Ally” training workshop presented by the Anti-Defamation League. The goals of the program were to: refresh students’ understanding of the roles played in name calling, bullying and prejudice, introduce new facilitation and leadership skills, prepare students for greater leadership roles for the 2013-14 school year, and explore new strategies for being an ally.

of The United States of America.

~AROUND TOWN THIS SUMMER~



Traveling Around Plainville

By:
Wendell Copeland



Free Summer Meals
Comidas de Verano Gratis
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FOR SITE RENT ONLY CALL PLAINVILLE
www.CTSummerFood.org 211



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Burgers
Paninis
Hot Soups
Shakes &
So Much More!

TEA PARTY PATRIOTS

By: Gene

IRS - Benghazi - AP Scandal - who said "I didn't know?"

Obamacare "Trust me, I know what I'm doing."

October 1, millions of Americans will be required to enroll in "Obamacare: Lose your doctor? Higher Premiums? Higher Taxes? Death Panels? (*Independent Payment Advisory Board*)? And Congress wants to exempt itself from Obamacare.

Here is the face of change:

Benghazi, Boston, Fast & Furious, 16 Trillion in Debt, Czars, IRS abuse, Holder-Pelosi "Vacations" Coal Bailouts, Birth Certificates, Seal deaths, Obamacare, drug use, Fema Camp, Muslim Brotherhood Lies on Video, Voter intimidation, Offering aliens rights for non Citizens, Billary, recess appointments (*and it goes on*).

The sad thing about Detroit is that it's happening everywhere, Scary?

Taken from The Patriot Newspaper

Alot is going on in this country right now. But, there is something going on that no many people are not aware of or even knows about. In recent years the government has assumed the role of forcing the people into a lifestyle that is being dictated by the people who say they are representing us. And that is Agenda 21. Most of us hear the words sustainable management being thrown around by our politicians, but how many of you really know what that means?

If you want an America for your children and grandchildren, I urge you to do your homework and look up The United Nations Agenda 21 for yourself. And don't stop there, continue to look and see how it is affecting you in your towns, cities, counties, and state. Small towns, cities, and states are fighting it all

over the country, and we need to fight it here in our own backyards.

Another related arm of under dogmatists' campaign to reduce America's power in the world has been the promotion of "global warming", or more recently switched to "climate change." This was a very effective campaign for a long time. Al Gore's movie and his incessant travel around the world in jet aircraft lecturing about the adverse warming effected of fossil fuels on global temperature was gaining momentum. Many joined his ranks, bought into his ideas and empathized with the plight of our dirty old planet-until much of his work was subsequently determined to be false and even deliberately fraudulent. A conservative agenda, however, would likely lead to policies and a course toward smaller government, less onerous regulations and less burdensome taxes on small businesses and individuals. Over time, this would cause the private sector to grow and create jobs and increase revenues in a manner that could make the current quagmire less hazardous.

Talk to your kids and grandchildren and get them interested in politics. Apathy is a big weapon of the liberal Democrat party and their fellow travelers in the media. All we have to do is to shine a little light on everything. **These kids are getting totally brainwashed into liberalism and socialism in all our city schools and many of rural schools** They only hear the agenda of the left almost all the time, and it's up to us to just present the other side of the coin. We don't have to stretch or exaggerate anything. Obama's website starts Oct. 1, 2013, Administration to track diversity of your neighborhoods.

Horace Mann once said "Let us not be content to wait and see what will happen, but give us determination to make things happen."

Join the Fight Against Fraud

Ray Hurd, Regional Administrator, Centers for Medicare & Medicaid Services (CMS)

If you're a Medicare beneficiary in Connecticut you've probably noticed some recent changes to your Medicare Summary Notice. The Centers for Medicare & Medicaid Services (CMS) redesigned the summaries to help you better spot potential fraud, waste and abuse within the system. Medicare Summary Notices are mailed every three months to people with Medicare Part A and/or Part B. The summary shows you all of the services or supplies that providers and suppliers billed to Medicare during the three-month period, what Medicare paid, and the maximum amount you may owe the provider.

The redesigned notice makes it easier for you to understand benefits, file an appeal if a claim is denied, and spot claims for services you never received. In fact, being able to spot claims for services you never received is one of the best ways to sound a whistle on Medicare fraud.

I'm eager for you to see the changes we've made and I hope you'll be able to use your Medicare Summary Notice as another tool to stay informed about your benefits. When your redesigned Medicare Summary Notice arrives in the mail, here are a few ways you can diligently check your information and protect your benefits.

- If you have other insurance, check to see if it covers anything that Medicare didn't.
- Keep your receipts and bills, and compare them to your Medicare Summary Notice to be sure you got all the services, supplies, or equipment listed.
- If you paid a bill before you got your notice, compare your Medicare Summary Notice with the bill to make sure you paid the right amount for your services.
- If an item or service is denied, call your doctor's or other health care provider's office to make sure they submitted the correct information. If not, the office may resubmit. If you disagree with any decision made, you can file an appeal. The last page of the redesigned Medicare Summary Notice gives you step-by-step directions on when and how to file an appeal.



For more information about the Medicare Summary Notice, please visit: www.Medicare.gov. As always, you should report any and all suspicions of fraud by calling 1-800-HHS-Tips or 1-800-MEDICARE.

CROSSWORD

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- CLUES ACROSS**
- DROOP
 - RESTED IN A CHAIR
 - THAI (VAR.)
 - DRAW OUT WOOL
 - COATIS GENUS
 - TAXIS
 - BEIGE
 - SUPPLEMENTING WITH DIFFICULTY
 - CAPITAL OF NORWAY
 - A PERSONAL WRITTEN HISTORY
 - COLOGNE
 - AUSTRALIAN FLIGHTLESS BIRD
 - LOWEST FREEMAN; EARLY ENG.
 - 18TH C. MATHEMATICIAN LEONHARD
 - CABINET DEPT. FOR HOMES
 - LANGUAGES OF SULU ISLANDS
 - MORE SCARCE
 - BEFORE
 - SWISS RIVER
 - ACTRESS & DIRECTOR LUPINO
 - EDGES
 - THOUSAND LEAVES PREFECTURE
 - SOLDIER HERO OF SPAIN EL ___
 - GAINS THROUGH WORK
 - TO THE FRONT
 - I (GERMAN)
 - PRICE LABEL
 - BARACK'S 1ST LADY
 - DRENCH WITH LIQUID
 - CHILD (SCOT.)
 - "ABA ___ HONEYMOON"
 - DISAPPEARING SHADE TREES
 - CRICKET FROG GENUS
 - UNION BUSTING WORKER
 - A PRIEST'S LITURGICAL VESTMENT
 - PREVIOUSLY THE COMMON MARKET
 - UPPER LEFT KEYBOARD KEY
 - ASIAN RIVER BETWEEN CHINA AND RUSSIA
 - PHYSICISTS MARIE OR PIERRE
 - EXCESSIVE FLUID ACCUMULATION IN TISSUES
 - ___ DUNLAP, PAGEANT TITLEHOLDER
 - MADE AGAIN
 - NORSE GODDESS OF DEATH
 - A WATERPROOF RAINCOAT
 - EXPRESS PLEASURE
 - ___ LANKA
 - RADIOACTIVITY UNIT
 - CLAY BLOCKS FOR BUILDING
 - LINEAR UNIT
 - CONDUCTOR TOOLS
 - WHALE SHIP CAPTAIN
 - QUEEN WHO TESTED SOLOMON
 - GOOD GOSH!
 - A GANGSTER'S GIRLFRIEND
 - UNSTRESSED-STRESSED
 - DRAW THROUGH HOLES
 - OLD ITALIAN MONETARY UNITS
 - MUSICIAN CLAPTON
 - CEREMONIAL STAFF OF AUTHORITY
 - FABRICS OF CAMELS OR GOATS
 - A VERY LARGE BODY OF WATER
 - BASICS

Zero is the only number that cannot be represented by Roman numerals

SHERWOOD'S 50th YEAR CELEBRATION

Don't get caught in the cold. Time to get your Winter Coats & Jackets READY!

Bring in your Curtains, Comforters, Clothes and any Household items that need freshening up.

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 Quality Cleaning at Affordable Pricing
 Leathers, Wedding Gowns, Down Pillows, Area Rugs
 Alterations & Repairs
Satisfaction Guaranteed!!!

HOURS (for PLAINVILLE)
 Mon-Tues-Wed-Fri – 7:00 a.m.-5:30 p.m.
 Thursday – 7:00 a.m. to 6:30 p.m.
 Saturday – 8:00 a.m. to 2:00 p.m.

HOURS (for BRISTOL)
 Mon-Tue-Wed-Thur-Fri – 7:00 a.m. to 7:00 p.m.
 Sat. – 8:00 a.m. to 2:00 p.m.

Two Locations (for your convenience):

Plainville
 144 New Britain Avenue
(next to Laurel Lanes)

Bristol (New)
 100 Farmington Avenue
(across from Harvest Bakery)

PH: 860-747-3916 PH: 860-516-4641

Please be sure to visit our website: www.SherwoodCleaners.com

Answer on page 29

What's Going On...



FALL WELLNESS PROGRAMS For Kids

FALL 1: SEPT 9 - OCT 27 & FALL 11 - OCT 28 - DEC 15

NEW! DROP IN FITNESS CLASS – 9:15-10:45am M/W/F

we will be offering a drop in fitness class for kids from 9:15-10:45 so you can still attend your 9:30 classes, and kids will get fit too!

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

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

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

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

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

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

Teen Strength and Fitness (ages 10-12) - Thurs 5-6pm or Sun 12-1pm (Group sessions or accelerated one-on-one)

Registration now available!!

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

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

Location: Plainville High School

Can't forget the wonderful time at this summer at CAMP WHEELER!

FALL WELLNESS PROGRAMS FOR ADULTS

FALL 1 Sept 9 - Oct 27 & FALL11 Oct 28 - Dec 15

Run Club - (varying times): All Levels!

Adventure Race Training - Mon 5:30pm

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

Aquatics Arthritis Relief - Fri 11am:

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

Xtreme - Varying days/times (small group training)

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

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

Registration Available NOW!

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



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- Commercial Kitchen Exhaust
- Programmable thermostats • Design Build • Sheet Metal • Preventive Maintenance
- Heating and Cooling System repairs (All Makes and Models)

P.O. Box 837 Plainville CT | 860-793-2686

PEACH SHORTCAKE FESTIVAL

Plainville United Methodist Church is holding their Annual **Peach Shortcake Festival Friday, September 6th from 10 am to 4 pm.**

The Shortcakes will be served at the church, as well as take out. We will also be providing delivery for orders of 10 or more. If you have any questions or would like to have your orders delivered to your business or organization, please contact the **church office at 860-747-2328 or Greg Michaud at 860-793-9590.**

Bus Trip to Newport Mansion

The Friends of the Plainville Public Library will sponsor a bus trip to Newport R.I. to see the magnificent oceanfront estate of Doris Duke, have lunch at the Bellevue Ave. restaurant and spend the rest of the day shopping in the Newport Wharf area. **The trip is planned for Saturday, October 19, but participants must sign up by September 15.**

The estate of Doris Duke, Rough Point, is still decorated as she left it. It features French furniture, European art, Chinese porcelains, and Turkish carpets collected from exotic locations around the world.

The estate is located on Newport's exclusive Bellevue Ave, and provides sweeping ocean views and expansive grounds designed by renowned landscape architect Frederick Law Olmsted. The 75 minute guided tour visits the entire first floor of the house, then continues upstairs with a visit to Doris Duke's bedroom and the special exhibition galleries.

Lunch will be at the La Forge Casino Restaurant on Bellevue Ave and then free time for shopping in the Newport Wharf area. Call the library at 793-1446 for instructions on registering for the trip.

"Gatsby" Film at Library

The newest version of the American classic, "The Great Gatsby" starring Leonardo DiCaprio will be the next feature in the Friends of the Plainville Library film matinee series. The film will be shown on Thursday, September 12 at 2:30 p.m. Admission is free. F. Scott Fitzgerald's great jazz age classic it follows would-be writer Nick Carraway as he leaves the Midwest and comes to New York City in the spring of 1922, an era of loosening morals, glittering jazz and bootleg kings. Chasing his own American Dream, Nick lands next door to a mysterious, party-giving millionaire, Jay Gatsby, and across the bay from his cousin Daisy and her philandering, blue-blooded husband Tom Buchanan. It is thus that Nick is drawn into the captivating world of the super rich, their illusions, loves and deceits. As Nick bears witness, within and without the world he inhabits, he pens a tale of impossible love, incorruptible dreams and high-octane tragedy, and holds a mirror to our own modern times and struggles. **The movie stars Leonardo DiCaprio and Toby Maguire.**



Downtown Block Party ~ Saturday, September 7th

Rain Date: Sunday, September 8th

Hours: 4 pm to 9 pm

Plainville Police Holcomb Scholarship Fund, Downtown Merchants & Plainville Community Fund Music, Crafts, Foods, Car Show, Kid's Games

What's Going On...

SEPTEMBER SOUND HEALING

SEPT 21, Saturday 12 pm-3:00 pm
& Sharing and Dinner

\$60 (includes Dinner and Healing)

BONUS REFERRAL: \$5.00/each paid referral

Presented by: Judi & Doug of
www.HealingTheMasses.com
& Bill Klar Marcobiotic Chef

Free raffle to all participants

A 4 hour healing session, gravity chair,
angel pendants, Doug's CD's, angel wings
and MORE . . .

RSVP is requested (or as space permits)
Call/Text: Shirley Bloethe 860.989.0003 or
YourHolisticEvents@gmail.com

RockWells Dance Hall
161 Woodford Ave.

TAG SALE

AARP Chapter 4146

will hold a tag sale

Saturday, September 21
from 8:30-1:30.

Tables are \$20 and reservations for
tables can be made by calling Sally at
the following number 860-747-1732.

The sale will be held at the
Blue building at
28 East Maple St. Plainville, CT.
Donations for the AARP table are
greatly appreciated

Community Foundation Invites Nonprofits "Back to "School"

It's back to school for kids, colleges...and nonprofits. Main Street Community Foundation has announced two workshops and a webconference as part of its Nonprofit Education Series. Topics will include how to implement a strategic plan and communication strategies and tactics.

"More is being asked of our nonprofits with fewer resources available to help them. These workshops are intended to help our nonprofits to gain essential skills and continue to thrive," says Susan Sadecki, President & CEO of Main Street Community Foundation.

The two workshops will be presented by Deborah Polydys, principal of Strategic Management Resources LLC, a business advisory firm in Southington. The September 12, 2013 workshop is titled You Have Your Strategic Plan. Now What? and the October 10, 2013 workshop is titled Harness the Power of Proactive Communication to Educate & Influence Your Community.

Contact Samantha Rajotte, Program Associate, at samantha@mainstreetfoundation.org or via phone at 860.583.6363 for more information or to register. Information is also available at www.mainstreetfoundation.org.

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At the Annual

Our Lady of Mercy Christmas Boutique & Craft Fair

Fri. Nov. 8, 11 am – 5 pm

Sat, Nov. 9, 9 am – 3 pm

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for information & to
Reserve Your Space

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We Welcome all "airplane watchers"
and little "future pilots" to come down
and spend some time with us.

We look forward to meeting you
and your family!

Chamber of Commerce 32nd Annual Golf Outing

Tuesday, September 10th

Chippabee Golf Club

Bristol, CT

"Hole in One" for New Car
11 am Lunch

12 Noon Shotgun Start
5:30 pm Awards Banquet

To Benefit the Wheeler YMCA
& Plainville Food Pantry
Title Sponsor: Farmington Bank

Please RSVP by:

Tuesday, September 3rd

www.plainvillechamber.com

or

860-747-6867

Are you ready for another exciting season of Plainville Youth Soccer? If you are, it's time to register for the Fall Season! Plainville Soccer Club Youth Recreational League registration will take place at the Plainville Recreation Department (upstairs), 50 Whiting Street on Thursday, September 5th-6pm-8pm, Saturday, September 7th-9am-12pm. The registration Fees are 2nd and 3rd Grade \$60.00, 4th-7th Grade \$65.00. The Fall Season begins on Saturday, September 21st and runs through November 2nd. For more information contact Don Miller at 860-706-3204.

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Plainville, CT

Jeff Petillo
Owner

PetilloElectric@gmail.com

Lic # 0195697

What's Going On...

"All You Can Eat"

BREAKFAST

O.L.M. PARISH CENTER

19 S. CANAL ST.

SUNDAY, SEPTEMBER 8TH

8 AM TO 10:30 AM

Donation: Adults \$4.00

Children \$1.00~Under 6 FREE

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

"KIDS CORNER"

Children activities will be a surprise

for "Back to School"

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

Open to the Public

The Sunflower Bungalow of Southington,
will host a Holistic Fair in Plainville

at RockWells Dance Hall on

Sept 28 - Saturday, 12-4pm

30 Vendors, Demo's, Speakers

and Group Healing Ceremony at 2:00 PM

*****2 FREE RAFFLES*****

*The event is a fundraiser for the Plainville
Food Pantry & The CT Humane Society*

UPCOMING TAG SALE

It's that time again –

**Our Lady of Mercy Fall tag sale
September 27th & 28th, 9am – 6pm.**

*We began collecting items and
will continue through Wednesday,
September 25th.*

Donations may be left in the small garage behind
the rectory. Please DO NOT leave them outside
where they may become weather damaged. All
furniture and very large items are to be dropped
off at the Parish Center from Monday, September
23rd. through Thursday, September 26th. This
year we are not able to accept TV's as well as
computers or magazines.

Thank you for your cooperation and donations!

Central Connecticut's Largest Veterans Charity Golf Event Slated for September 27 at Stanley Golf Course

Farmington Bank is Presenting Sponsor of Golden
Kielbasa Veterans Open; Disabled American
Veterans, House of Heroes, Fisher House Among
Beneficiaries

Farmington Bank will return for the second
consecutive year as Presenting Sponsor for the event.
For more information:

www.goldenkielbasa.org

Wheeler to Hold An Evening of Wonder October 12, 2013 at Marriott Hartford Downtown

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

Additional information can be provided by
contacting Jennifer McHale at 860.224.6375 or
jmchale@wheelerclinic.org.

Lobster/Bar-B-Q Chicken Fest

The Faith Bible Church will host its

5th Annual Lobster Dinner

Saturday, September 14, from 4-8 pm.

*There will be a Bar-B-Q Chicken dinner for non-
lobster lovers.*

The menu consists of main course,
plus salad, baked potato, corn on the
cob, corn bread, blueberry bread, plus
drinks and dessert. *The blueberries
are freshly picked from Maine.*

SINGLE LOBSTER \$22.00

BAR-B-Q CHICKEN (Half Chicken)\$15.00

CHICKEN (Breast) & LOBSTER \$25.00

TWIN LOBSTER \$30.00

DINNERS TO GO ALSO AVAILABLE.

Children's menu consists of a choice of hot
dog/hamburger/cheeseburger, with chips,
dessert, and a drink for \$5.00.

Kids 5 and under eat FREE!

Rev. Jim Caron commented . . .

*"We travel to Friendship Maine on
Friday. On Saturday morning we take
the lobsters out of the ocean and return
to cook them to order for you. You won't
taste fresher anywhere else. There's
nothing like a Maine Lobster so please
join us for a wonderful time and bring
the whole Family."*

Tickets must be purchased prior to the event
to insure ample supply. Please call the church
office at 860-747-5209 for questions, and to
reserve your chicken/lobster dinner by Sept.
10th, 2013. You can also email us at fbc@snet.
net

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Young at Heart... Senior News

AT RISK LIST

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

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

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

SENIOR CENTER TRIPS

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

The Senior Center is offering a trip to enjoy the Fall Foliage Treasures of Central Massachusetts, including the Museum of Russian Icons, on Thursday, September 26. The cost is \$68.00 per person and includes transportation, sightseeing, attractions, lunch at the Old Mill in Westminster and gratuities.

OUTDOOR ADVENTURE CLUB

There are many exciting trips planned for the outdoor adventure club. During September and October, the group is going beach walking, kayaking, paddle boarding, snorkeling and trail walking. For more information about the club, contact the Plainville Senior Center.

THE PLAINVILLE SENIOR CENTER IS COLLECTING CELL PHONES AND SMALL ELECTRONICS

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

SENIOR CENTER BAND JAM

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

COFFEE WITH A SOCIAL WORKER

Stephanie Soucy, Plainville Senior Center Outreach Coordinator, will hold Coffee with a Social Worker, at the Center, on Mondays, September 9 & 23, from 12:30-1:30 p.m. Stephanie will be available to answer questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program, Housing Options, Alzheimer's Help, Caregiving, Homecare etc. No registration is necessary for these one-on-one meetings. This program is open to Plainville Senior Center Members who are residents of Plainville. Call the Senior Center, 860-747-5728, for more information.

FITNESS TRACKING MADE EASY

Tim from the Plainville Library will hold a program at the Plainville Senior Center, on Wednesday, September 18 at 11:30 a.m., about health and fitness related apps that can be used on smartphones or tablets. The free apps showcased will include calorie counters, exercise guidance and fitness tracking. Call the Senior Center to register for this free class.

COMPUTER CLASSES

The Plainville Senior Center is offering some basic computer classes along with some new and exciting computer classes. If you are new to computers, start with the free beginner's classes. As

computer knowledge is gained, it is amazing what can be done with a computer. The Senior Center offers a course on how to make a photo book, visit favorite websites that have been compiled from across the country, or explore the historic, cultural and artistic world, without actually leaving your house. Call the Senior Center for their computer class information.

SENIOR CENTER MEMBERS SELECTED FOR JURIED ART SHOW

Senior Center members, Wendell Copeland, Ellen Couture, Judy Humphrey, Irene Kelsey, Don Liljedahl, Dianne Misko and Martha Trask have had art work selected for the Art of Experience, the Sixth Annual CT Juried Art Show, held at Pomperaug Woods in Southbury. The exhibit is open to the public on Saturday and Sunday, September 28 and 29, 11:00 a.m.-4:00 p.m.

KNITTING AND CROCHET GROUP BEING HONORED

On Thursday, September 12 at 1:00 p.m., representatives from the Sexual Assault Crisis Service (SACS) of the YWCA of New Britain, Threads of Compassion New Britain and State Representative Betty Boukus will honor the Plainville Senior Center Knitting and Crochet Group for their generous donation of scarves. The scarves that were donated by the group are given to sexual assault victims when they go to the hospital for emergency treatment.

PREVENTING FALLS "ONE STEP AT A TIME"

The Senior Center is offering a free Fall Prevention Program on Tuesday, September 24. The program will run from 9:30 a.m. - 12:30 p.m. The morning will include a continental breakfast, warm up exercises and workshops on preventing and treating falls, strategies to safely get up if you do fall, proper footwear and individual walking tips. Call the Senior Center for more information or to register.

CURRENT EVENTS

The Current Events Group is returning to the Senior Center in September. Anyone who is interested in current news is invited to join this stimulating group. Keep in touch with the last happenings in the local, state and national news. Issues are not debated, just discussed. There is no cost to participate. Call the Senior Center for more information.

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Boosh

by Wendell Copeland

Rascal you look tired.

I've been chasing balls, fetching sticks all summer vacation

When the kids go back to school, I'll have a vacation

your right

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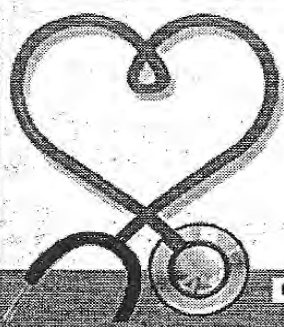
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Healthy-Behaviors Describe your Diet....

How we describe what we "should" eat can evoke strong emotions – sometimes positive and sometimes negative.

I recently attended a seminar where a very well intentioned individual showed a rubber facsimile of a portion controlled piece of chicken to help people understand what an acceptable serving size is. This was not very appealing to me. Plus, immediately, I felt like I would starve eating such a small portion.

What could have been much more appealing and attractive would be to show a plate filled with beautiful green leafy vegetables, some bright yellow squash and red peppers, cucumbers, a few olives, radishes, a few avocado pieces, topped off with a portion controlled size of free range, organic chicken all cut up into bite size pieces. Now this is something that I can feel good about eating and know that it will energize and satisfy me until the next meal.

If you are looking to make a change to your diet, you may want to consider what words you are using to describe this journey. Do you hear yourself saying "devoid of taste and non-satisfying or ripe with new tastes and spices that will add zip to my meals and to my life".

How we talk to ourselves can influence how successful we can be in achieving our goals. "It will be hard, I'm going to suffer, will have to avoid social gatherings, I've failed before and don't think I can do this." This doesn't sound like a recipe for success.

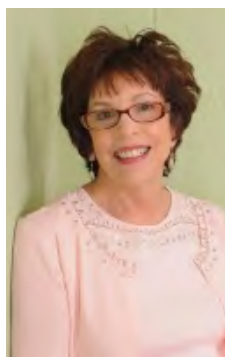
I can tell you that over the past year, I've dropped over 30 pounds and not once did I ever feel like I was depriving myself of food or social activities. It starts off as a slow process, but quickly picks up speed as you start to integrate food that is better for you. Your body instantly reacts in positive ways – you feel more energetic and more positive. For me, this was a much different experience than counting calories or focusing on what I can't have. These approaches that I used in the past did not help me to create a sustainable, healthy eating lifestyle.

The strategy that worked for me is to crowd out the foods that offer little to no nutritional value and add in foods that hydrate and support good cell production. It didn't hurt that I gave my liver a break from a barrage of toxic food that it had to deal with every day.

Soon the foods that I used to crave, like cookies and chips weren't all that attractive. Not that I never indulge, but it is the exception instead of the rule.

So, watch out if the word diet alone makes you focus on what you can't have and causes you make unwise choices such as low fat products that are actually loaded sugar, thereby increasing cravings and making this process even more difficult.

Pay attention to your self-talk. Negative thoughts will yield negative results. Find a little quiet time in the morning to reflect on how good you are going to feel and how ready you are to incorporate positive changes. Take a moment at the end of each day to write down what you are grateful for. What have you got to lose?



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



See Plainville Optical's Ad
Page 34

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"I.T. Jim"

Is That Email or Facebook Post True??

Tell me if you've heard this before. Car thieves can steal your remote entry code. If you turn and cough 3 times, or drink cold water, you may prevent a heart attack. Drug addicts put used needles in coin returns on vending machines or public phones. Laptops left on beds will catch fire and kill you. Facebook is going to start charging to use its website.

Misleading stories like these are perpetuated through forwarded emails and more frequently today shared on social media sites like Facebook. Most of these posts are completely false. Many of them use true stories and purposely mix falsehoods and truths to generate exaggerated myths.

The truth is that many of these emails and posts originated in emails going back to the early days of electronic mail. Even before the internet there were chat rooms and forums on places called BBS's. One person posted something in a forum in 1987, a few people post it on other chat rooms. Then, email is invented and people start forwarding these stories to others, who then forward them to more people, who then forward them to others. Then Facebook comes along and the lies and half-truths get passed along to a new generation. Many of these posts have been cycled around so many times that growing groups of people just accept them as truths.

Some folks read these posts and see written "Norton Antivirus confirms this" or "I checked on Snopes and they say this phenomenon is real!" and trust those assertions and pass them along. Let me tell you, if you see these assertions, chances are, it's a load of baloney.

We've all done it. We read these incredible stories about some unbelievable event that the author heard from a friend, or was told by a trusted source that it has to be true. We feel compelled to inform our friends about to make sure they don't suffer the same fate.

I ask all of you that read this column to think twice about forwarding that email, or sharing that Facebook post. Be skeptical of everything you read online. Everything! If you feel that what you have read is important enough to share, take a moment and search portions of the text on Google, Bing, or Yahoo. There are many sites out there that claim to squash these urban legends. I do put some faith in the website snopes.com. They appear to do some research and separate the truth from the lies. Some other fairly reliable websites to use for fact-checking are urbanlegends.about.com, hoaxbusters.org, urbanlegendsonline.com, and hoaxslayer.com. Don't rely on just one; get a second or third opinion before making a decision. Sadly some of these sites are alleged to inject political agenda's into the research they provide.

Please take the time to fact check anything you want to pass along to others. Blindly trusting any of these and forwarding or sharing them without checking them first is careless. Do you really want to perpetuate these scams and hoaxes? I'll repeat it one more time. Consume everything you read and see online with a very healthy dose of skepticism. If you don't have time to research it, don't forward it!

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

FROM MY BALCONY

By: Jeannette Hinkson

It seems this summer that every time you turn on the TV we are confronted by someone declaring that someone is a racist. I don't think I can remember when this has been so bad going back to the 50's. Our president has jumped in with every item that has become news worthy from an arrest of a professor in the Boston area to the Martin/ Zimmerman case in Florida. First the president, when he found he was wrong on the Boston arrest, instead of apologizing to that police officer he invited both the officer and the criminal (professor) for a beer at the White House. HOW ABOUT A, "I'M SORRY, white police officer. you're not a racist." In the Martin/ Zimmerman case. No one heard all the evidence that the jury heard and they made their ruling. End of case. Why didn't the President say? "Trayvon could have been anyone's child, not "If I had a son he would have looked like Trayvon." DUMB! Did the president say one word about the three black boys that beat the little white boy on the school bus? Now we have Opra saying she was discriminated against in a store in Holland, or some other country, when she went into the store and wanted to look at a \$38,000 purse and the clerk refused to get the purse and show it to her. I believe the clerk was told not to let anyone manhandle this \$38,000 purse and it was probably locked in a case. I cannot believe there are people so rich, even Opra; that can blow \$38,000 on a pocketbook. That is more money than most people in that country or ours who make \$38,000 a year and if the store carried such expensive items I would assume they would have guards and private showings for the rich and famous. Dealing with the rich and famous brings back an incident that happened when I had a business in our town. My store was the Bamboo Boutique and I had yet to renovate and enlarge the building so everyone was in close quarters. I had a very famous actress that stopped in to shop from time to time. She never purchased anything but walked around looking at everything. The girls that worked for me were all excited when Miss. H came in but I had warned them to never ask her for an autograph as this made her very angry. Miss H. was very frugal and was a bit eccentric to put it mildly. One day she came in and was looking at a number of large pieces of furniture and I was called to come and handle the sale, or so I thought. I asked her what she liked and she picked out about a half dozen items that would have cost over \$1000. I thought great, but then came the kicker when she said perhaps it would be good for my little shop if I donated them to her and others would see them and this would be a great advertisement for my store. I don't know how I thought so fast but I told her I was just a small shop keeper and that would be out of the realm of what I could afford to donate. She then bought a small table and gave me a check. Knowing she never signed autographs I kept the check and never cashed it. I keep it framed in my office to this very day. Why do people that are powerful or rich think everyone is there to do their bidding and if things don't go their way they can brand them whatever they want.

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Second Look..... In Case you Missed It!!

A Visit To . . .

FARMERS MARKET A Must At Summers End

By: Linda Garcia, Market Master

The second year for the Farmers Market of Plainville has been a great success. This community market is held on Fridays from 3:00 pm-6:00 pm at the Plainville High School located on Route 10 through September 13th. The market will be adding back the Dineberg's Farm, out of Canton, who had to miss a few weeks of the market due to weather related issues with his produce. An additional vendor, from our Plainville Community will be Confetti's Restaurant who will be cooking, on site out of their red truck, using produce grown in Connecticut. Other vendors on site are the George Hall Farm, Eaglewoods Farm, the Killiam and Bassestte Farm and the Olive Oil Factory.

The market will be also be featuring an organic candle vendor, Jamie out of Oxford CT for a few more weeks; no chemicals are used in the candle making process. We still have spaces available for our VIP organizations and non-profits who are interested informing the community of their own services.

This market is supported by our on site community volunteers. Please come out to support our CT Agriculture Farmers, who not only have fresh produce, but can also educate you on how to prepare and cook their fresh grown produce for a healthy lifestyle for you and your family members. We would like send a special invite out to the Plainville Town Council, the school board, town employees and community members' to shop at the market, there are only 2 weeks left!

Local All Star Cheerleading

Showcases at Lake Compounce!!

CVP (Central Valley Panthers), an All-Star cheerleading gym located in Plainville, Connecticut was given the opportunity by Lake Compounce to showcase their talent at the park on July 27, 2013. The teams consists of members from Southington, Plainville, Bristol, Berlin, New Britain and other surrounding towns.

All Star Cheerleading has grown by leaps and bounds in the last few years and many are not aware what All Star Cheerleading is. This was a great way for CVP to partner up with Lake Compounce to show exactly what All Star Cheerleading is and how it has grown to be so popular by showing stunting, tumbling, and dancing throughout the day. Register online for a free tumbling class on Saturday, September 7th at www.cvpallstars.com. All towns and all skills welcome. Openings on full year team. Half Year Team registration in October. For information please contact CVP All Star Cheer at 860-793-1287

Northeast Produce, Inc.

3rd Annual Golf Tournament

Wednesday, October 9th

Hawk's Landing Country Club

To benefit Plainville Fuel Bank &

Plainville Youth Sports

Registration must be received by

October 1st

For Information Call:

Mike Michaud (860)747-4559

Mike Melninkaitis

(860) 793-2700

Are you ready to tee off?

Join Parsons Buick Co. for a great chance to help the Plainville Food Pantry at the 2013 Parsons Buick Open! The Tournament is open to all of our customers, their friends and family. It will be held at the Southington Country Club and catered by the Aqua Turf!

You're invited to attend the **2013 Parsons Buick Company Golf Tournament!** Join us on **Sunday, September 29th** for a fun, friendly scramble golf tournament where you can get to know the Parsons Buick Company family and help benefit the Plainville Food Pantry. For only \$100 you can benefit a great cause, play the Southington Country Club, a great course, enjoy dinner served by the Aqua Turf, great food, and see what you win in the free raffle!

Shotgun Start Time: 12:00 AM
Team Registration Deadline: 9/2/13

Your \$100 Player Fee includes:
-18-Hole Scramble Tournament
(Teams of Four Players Preferred)
- Beverage Cart During Play
- Burgers & Hot Dogs at the Turn
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Attorney Mastrianni and a small group of a local attorneys have recently been trained in the Collaborative Divorce process, which allows couples to settle their marital issues with compassion, dignity and minimal court involvement.

Attorney Michael W. Mastrianni has over **25 years** of experience and is a member of the following:

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

It's Nico..... AGAIN!

by: Mary Ziccardi



Nico Fasold held his fourth Lemonade Stand in his driveway at 109 North West Drive on July 13. His goal was \$10,000 and he made it. All proceeds will go to the Make A Wish Foundation.

Nico has become famous! From a card table and a pitcher of lemonade when he was four years old to two huge canopies where his lemonade was served along with homemade cookies, apple fritters and many other goodies, plus music.

Crowds came from all over after hearing of Nico's efforts. People gathered around the now huge lemonade stand, conversed, laughed and had fun. Cars lined North west Drive and people walked a distance to get to his driveway, all laughing, happy and jolly. This was definitely an event!

Nico's Lemonade Stands are popping up in other towns in Connecticut. One in Southington and one in a town north of Plainville. I expect that soon Nico's Lemonade Stands will be a State wide campaign all benefiting Make A Wish.

Mr. Ken Crowley of Crowley Motors has been extremely generous allowing Nico to set up his lemonade stand in his Ford and Nissan Dealerships. Mr. Crowley also donates a substantial check to the cause. Thank you Mr. Crowley!

Nico is eight years old and attends Tofflon School. He takes piano lessons and is involved in many activities. He is a good student.

Soon one of the things that Connecticut will be noted for is Nico's Lemonade Stand!

ANIMAL RESCUE DANCE/FUNDRAISER

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VFW HALL - 7 Northeast Dr. -PLAINVILLE, CT - (Route 10)



"In His infinite wisdom God created all creatures, great and small."

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Please help us to help them by joining us for a good evening out with dancing to a great DJ (Swazae) and a Doo Wop group (The Imperials). Raffle baskets of all sorts, silent auction, and drawings; a fun evening with good friends. Soft drinks and snacks are available, or BYOB.

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DEEP Commissioner Daniel C. Esty Visits Plainville During Bicycle Tour



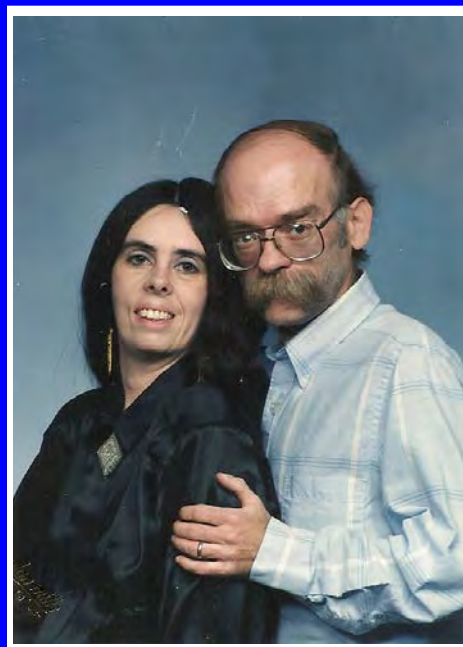
Commissioner Danier C. Esty participated in a bicycle tour in June from New Haven to Massachusetts. Commissioner Esty, an avid cyclist, stopped in Plainville with his group to discuss his support of cycling and the bicycle trail extending through Connecticut.

Currently, Plainville represents a "gap" in the trail and a local group the 'Plainville Greenway Alliance is working to assist in the completion

of the path which originates in Northampton MA and ends in New Haven, CT. Plainville resident Steve Cole recently noted, "when Plainville is done, the towns of Farmington and Southington will be connected." Some stumbling blocks along the way have included some swamp area and the railroad in Plainville.

Commissioner Esty was interested in what was needed to close the gap existing in Plainville.

Attending the event were members of the Plainville Greenway Alliance, State Representative Betty Boukus and Town Council Chaiperson Kathy Pugliese, who presented the Commissioner with a T-Shirt from Plainville High School athletic department.



Congratulations!!

Philip and Darlene Cox Celebrate 40th Anniversary

Philip and Darlene (Lemanski) Cox of Plainville celebrated their 40th wedding anniversary with family and friends at a reception at Central Cafe in Plainville.

"Father and Son Team"

Robert (Bob) Duperre Sr. and Bob Jr. (both of Bristol) won Bronze Bowling in the Conn. Master Games (Senior Games) May 9, 2013 in Plantsville, Ct.

Robert Duperre, Sr (age 92) and Robert Duperre, Jr (age 70) won the Bronze Medal in the 70-74 age group.

Robert, Sr. also won the Gold in Men's Singles and Mixed Doubles with his partner, Mary Rizziot (95).

Robert, Jr. also won the Bronze in Men's singles.

They attended the Summer National Senior Games in Cleveland in July.

"They are part owners in The Duperre Company Wood Engineers, in partnership with Joseph Corbino at Center St. in Bristol, Ct." joe@corbino.org



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2013 PHS/YMCA PROJECT GRADUATION MEETING ANNOUNCEMENT!



Project Graduation is an All-Night drug and alcohol-free graduation party held in partnership with the Plainville YMCA to provide a safe, fun-filled night for the Senior Class. The Party is full of activities, prizes and tons of food held every year as a way to congratulate the Seniors for their years of hard work!

We would like to invite everyone to the 1st meeting held at the Plainville YMCA teen center on Wednesday, September 11th, 2013 at 7:00 pm

*******Future meetings*******

October 2nd, 2013 at 7:00 pm

November 6th, 2013 at 7:00 pm

December 4th, 2013 at 7:00 pm

January 8th, 2013 at 7:00 pm

Our meetings will be held the first Wednesday of the month until it gets closer to graduation at which time we will meet more frequently. Anyone interested in volunteering, especially Senior parents, should plan to attend this meeting. Junior parents are also very welcome as they will be Senior parents next year and this is a great way to see how the whole process works. It takes a lot of organization and planning to make the night a success like in past years so any time you can give is very much appreciated! We promise you, there's something for everyone to do so please consider joining us to help plan this year's exciting event! **For more information contact: Dawn 860.6376640**

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Ken Crowley

"The Silo Restaurant May be Gone But Not Gary Santorso"



Gary paused for a minute for us to get his picture in his new restaurant in Forestville Center. Gary recently opened the "150 Central" because once you live all your life serving great food and drink to friends, neighbors and business associates, how can you stop? Impossible for Gary, the new restaurant is a wee bit smaller than the Silo but the food and service is as excellent as always by the Santorso family. Parking is available in the rear of the restaurant.

Four Generations Family Gathering in Chester, Virginia



Pictured left to right are Rita Dewyea, Great grandmother holding Aaron Gauvin, Rita's Grandson Daniel Gauvin, father of Arron and Evan, and Marcia Gauvin is holding her Grandson Evan.

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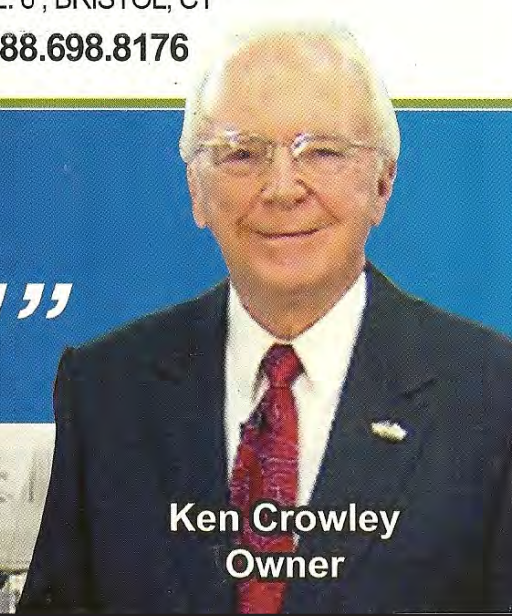
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CHIROPRACTIC AND YOU

By: Dr. Marc Leuenberger



Humble Beginnings

We are taken back one century in time when we imagine horse and carriage travel along dirt roads. During this era, chiropractic's time had come. It happened in a small town in Iowa, called Davenport.

Back then, when self training was the path one took to become a doctor, and when there was minimal organization in health care with many approaches in competition to define themselves, one such treatment approach was born, quite by accident. It occurred in 1895, when a man named Daniel David Palmer examined a janitor, named Harvy Lillard. Mr. Lillard was cleaning the office of Dr. Palmer, who at the time was concentrating on one of those undefined health care approaches, the art of natural healing. Dr. Palmer casually asked how it was that Mr. Lillard became deaf.

Mr. Lillard replied that he had become deaf some 17 years earlier when he felt something "give" in his back. That struck Dr. Palmer as odd, and he asked if he could examine Mr. Lillard's spine.

Mr. Lillard consented, and upon examination, Dr. Palmer gave what is considered to be the first modern time, although crude, vertebral adjustment in the upper back area of Mr. Lillard's spine. Even older, Mr. Lillard's hearing loss was immediately diminished and his hearing was greatly improved. That was truly a historic event for our profession and a century later, through the tenacity and commitment of many extraordinary chiropractors, chiropractic is the second largest primary health care delivery system in the world. To finish the story, word of that moment traveled quickly, and Dr. Palmer established the Palmer School of Chiropractic in Davenport, Iowa.

It's been an uphill battle ever since.

Even with documentation of treatment successes and research studies supporting this science, chiropractors have faced ongoing challenges in the political, educational, financial, media and licensure arenas. Generations of loyal practitioners (*and Patients!*) have sacrificed their personal freedom, and no doubt other birth rights, to ensure the preservation of this health care delivery system and to defend a patient's right to seek chiropractic care. It is these predecessors and their families to whom we pay homage this week. What we're not interested in, at this time anyway, is broadcasting the injustices that these extraordinary people have endured. Let's just say that it was...hummm...unkind. But times are better, and the profession is sound, huge thanks to all who have paved the way.

Most people don't choose to be The Underdog for life. Why in the world would one select a career that promises a chronic mental challenge? I have. Despite being misunderstood and undervalued, despite being regularly stomped on by some huge financial and political giants, making the decision to become a chiropractor is very easy...and very difficult. Easy in the sense that when one nameless chiropractor takes fifteen unscheduled minutes of a busy day to briefly explain to another nameless face what chiropractic is and what a chiropractor does, a lightning bolt hits, a decision is made and a life is planned. Difficult in the sense that a huge circle of family and friends express shock and disbelief at best, disagreement and disappointment at worst. Nonetheless, those of us who have been hit by that lightning bolt realize that, face it or not, we were born to do many great things and providing this chiropractic service is one of them. The passion and awe that we had in those first hours of being introduced to this wonderful profession remain with us today. In fact, they're stronger than ever. Despite the modern day challenges that we face in managed health care, in managed misperception, in intrapolitical disagreements, we've never lost sight of the big picture. We remain grateful that we discovered earlier in life, rather than later, that we would be permanently preoccupied with a might idea, that the human body is innately capable of taking care of itself, of healing itself, if only given the chance. We are not numb to the excitement and awe that are generated when a patient experiences an improved condition of health through chiropractic adjustments. We predict that we never will be.

By the way, it was one of Mr. Palmer's friends who coined the term "chiropractic", which stems from the Greek words 'cheir' and 'praktikos', meaning 'done by hand'. Today, there are 16 chiropractic schools in the world, offering a menu of degrees from a Bachelor of Science or Art (BS,BA) to Masters of Science (MS) to Doctor of Chiropractic, (DC). They churn out thousands of chiropractors yearly who go onto establish practices throughout the United States, her territories and many countries all over the world. It's spreading quickly, as people everywhere realize the value of a chiropractic adjustment and how it reduces or eliminates one of the major causes of disease and injury, the vertebral subluxation.

It is the only way to sound health? Of course not. Balance is always the key to any kind of stability. Chiropractic care is only one of several foundation requirements, but it's role is so vital and there is no other health care discipline that can provide the same treatment or result as does chiropractic.

Regarding my career choice, most of those uninspired family and friends got over it.

For further information or comments, you are invited to contact Plainville Chiropractic at (860) 793-6824

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

Dental Health

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



"What Can I Do About Sensitive Teeth?"

Tooth sensitivity is caused by the movement of fluid within tiny tubes located in the dentin (the layer of tissue found beneath the hard enamel that contains the inner pulp), which results in nerve irritation. When the hard enamel is worn down or gums have receded, causing the tiny tube surfaces to be exposed, pain can be caused by eating or drinking foods or hot or cold beverages, touching your teeth, or exposing them to cold air.

Exposed areas of the tooth can cause pain and even affect or change your eating, drinking, and breathing habits. Taking a spoonful of ice cream, for example, can be a painful experience for people with sensitive teeth. The excessive consumption of acid-containing foods and beverages, such as citrus juices and fruits and soft drinks, can also put you at risk for tooth sensitivity. Bulimia and acid reflux can also result in erosion of the hard enamel and sensitivity due to acid in the mouth.

Is tooth sensitivity a common condition?

Tooth sensitivity is one of the most common complaints among dental patients. At least 40 million adults in the United States suffer at some time from sensitive teeth.

How can I avoid sensitivity?

Some toothpastes contain abrasive ingredients that may be too harsh for people who have sensitive teeth. Ingredients found in some whitening toothpastes that lighten and/or remove certain stains from enamel and sodium pyrophosphate, the key ingredient in tartar-control toothpaste, may increase tooth sensitivity.

What can I do about sensitive teeth?

Tooth sensitivity can be reduced by using a desensitizing toothpaste; having your dentist apply sealants and other desensitizing and filling materials, including fluoride; and decreasing the intake of acid-containing foods. Using tartar-control toothpaste will sometimes cause teeth to be sensitive as well as drinking soft drinks throughout the day, so these habits should be avoided.

Avoid using hard-bristled toothbrushes and brushing your teeth too hard, which can wear down the tooth's surface and expose sensitive spots. The way to find out if you're brushing your teeth too hard is to take a good look at your toothbrush. If the bristles are pointing in multiple directions, you're brushing too hard.

How do I know when it's time to see a dentist?

If a tooth is highly sensitive for more than three or four days and reacts to hot and cold temperatures, it's best to get a diagnostic evaluation from your dentist to determine the extent of the problem. Before taking the situation into your own hands, an accurate diagnosis of tooth sensitivity is essential for effective treatment to eliminate pain. Because pain symptoms can be similar, some people might think that a tooth is sensitive, when instead, they actually have a cavity or abscess that's not yet visible.

How do I describe my symptoms to my dentist?

Sensitivity may be defined as a short, sharp pain that is usually initiated by eating hot or cold foods or exposure to cold air. Aching often follows. Because sensitivity may mean different things to a patient and dental professional, be sure to clarify exactly what you feel when you discuss the condition with your dentist. Be sure to tell the dentist when the pain started and if there is anything, such as the application of a warm compress, that helps eliminate the pain.

Do some products help decrease sensitivity?

Toothpaste for sensitive teeth usually contains a desensitizing agent that protects the exposed dentin by blocking the tubes in the teeth that are connected to nerves. In most cases, these products must be used on a regular basis for at least a month before any therapeutic benefits may be noticed.

What can the dentist do for my sensitive teeth?

Dentists have a variety of regimens to manage tooth hypersensitivity, including both in-office treatments and patient-applied products for home use. If you are diagnosed with dentin hypersensitivity, your dentist may apply a desensitizing agent or a protective coating. You may be prescribed a stannous fluoride gel or an over-the-counter desensitizing toothpaste containing fluoride and either potassium nitrate or strontium chloride. These ingredients help block the transmission of sensation from the tooth to the nerve. It also might help to massage the special paste onto your gums with your finger after brushing.

What should I do after the dentist has applied a desensitizing agent?

Listen closely to your dentist's instructions. He or she may advise you not to eat or drink for a short period of time to eliminate all sources of irritation, such as acidic foods, medication, or flavored toothpastes. You may also be instructed to change oral hygiene habits that are likely to cause abrasion or use a daily fluoride application (a rinse or brush-on gel).

Dr. Nguyen has moved to Texas. We thank Linh for her time with us and wish her well!!

We Welcome, Dr. Peretto . . .

Kaitlin Peretto, D.M.D. BS in Molecular and Cell Biology University of Connecticut Storrs; Doctor of Dental Medicine University of Connecticut School of Dental Medicine. Advanced Education in General Dentistry Residency University of Connecticut School of Dental Medicine. Member of the American Dental Association.



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General Practice Residency Boston City Hospital, Boston, MA
Master of the Academy of General Dentistry; Fellow of the: Association
Orthodontics

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Top of Line-Elipit, smooth fitness Model CE 3.6-Exercise machine, black lite display with viewing screen, Brand New-Port M.p. 3 with 2 speakers & fan- IPOD Controllers. Org. \$1,600.00 .

**Must Sell \$400.00**  
**Call 860-970-1887**

*This offer of FREE ads by PALS POWERWASHING are just for you! So, this is an opportunity to sell items you no longer need and/or an opportunity to buy items that you wanted but didn't think you could afford. All other newspaper's Classified Ads are mostly for out-of-town ads. Now, you can advertise your excess items and/or shop right here in Plainville. Deadline for the ads is by the 15th of each month. Call Janice at 860-747-8126 or 860-747-4119 or email: hmtnn@comcast.net. Ads must be 25 words or less.*

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## Kevin A. Palladino

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Member of the Southington Chamber of Commerce

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\*Homeowners\*  
\*\*Condo Associations\*\*  
\*\*\*Commercial Businesses\*\*\*

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Snow Removal for Driveways, Decks, Roofs, Carports, Sheds, Ice Dams, Frozen Gutters and Downspouts, Dryer Vent

Circulation 8,500 **PLAINVILLE'S OWN**

BULK RATE  
U.S. POSTAGE  
PAID  
THE STEP  
SAVER, INC.

Volume 1, Number 1 Plainville, Connecticut September 1997

**FALL CRAFT FESTIVAL IN TOWN CENTER**  
SEPTEMBER 6th and 7th

**LIBRARY TO SPONSOR USED BOOK SALE**  
SEPTEMBER 5th and 6th

The Friends of The Plainville Public Library will hold their semi-annual used book sale on Friday, September 5, and Saturday, September 6 at the Plainville Public Library, 56 East Main Street in Plainville. Over 15,000 used books will be available for sale. Books will be priced at 50 cents for paperbacks, \$1.00 for hardcovers and \$2.00 for popular novels. Malcaim Cumming, President of The Friends of the Library announced that the event will be co-chaired by Marilyn Stitham and Carlos Carrera. Hours for the book sale are Friday, September 5, from 6 to 8 P.M. and Saturday, September 6 from 10 A.M. to 4 P.M. Friends of the library volunteers will be sorting the books and will be available during the sale. Proceeds from the sale are used by The Friends of the Library to pay for many tape programs and items not available from the town budget. Programs sponsored this past year were: Hosted the Summer Reading Club Program and party for children at Norton Park; Co-Host with the trustees a Christmas

**SPONSORED BY THE CHAMBER OF COMMERCE**

The 10th annual Plainville Craft Festival will be held September 6th and 7th, rain or shine. The Festival will be held on Whiting Street between Maple and West Main Street with Whiting Street being closed off to traffic. Show hours are Saturday 10:00 A.M. to 5 P.M. and Sunday 10:00 A.M. to 4:00 P.M. The Festival will feature an assortment of craft and food booths. Craft booths will feature jewelry, pottery, quilts and pillows, sweatshirts, flower & door arrangements, paintings, ceramics, assortment of dolls, T-shirts, hand painted clothing, items of wood and many other crafts. A pie throwing contest between police and attorneys, at \$1.00 per throw, will be held to be to benefit the Association of Retarded Children, Inc. Food booths will feature hot dogs, coffee, meatball grinder, peach short cake, lemon shakes, barbecue ribs, corn on the cob, chili, apple fritters, fried dough, fried chicken, apple shortcake, sausage grinders, and baked potatoes just to mention a few of the delicious foods. Organizations participating this year are: The Art League of Plainville, United Methodist Church, Plainville Historical Society, Inc., Unity Rebekah Lodge #54, American Legion Post #199, ARC of Plainville, Inc., New Covenant Apostolic Church, Judd-Lewis Quarry, Frederica Chapter #110 Order of Eastern Star, Grace Lutheran Church, Democratic Town Committee, Rotary Club, Lion's Club, Teen Forum-Congregational Church, Republican Town Committee, Knights of Columbus, AME Zion Church, Brownie Troop 6010, Girl Scouts Troop 6200, Troop 6444, United Methodist Youth Fellowship and the Chamber of Commerce.

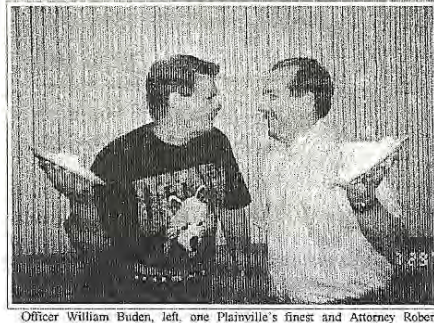
This paper is published monthly as a service to the citizen of Plainville by Community News, Inc. It is a non-profit, all volunteer group of residents who are interested in informing our citizens of community activities and local news. All positive contributions are welcome and will be printed subject to the approval of the staff of this paper. Letters to the Editor should be sent to 27 Sherman Street, Plainville, FAX to: 860-747-0042 or email to hmtnn@comcast.net.

**KATHLEEN COOK WINS NAME THE PAPER**



Mrs. Kathleen M. Cook receives award from Helen Bergenty, President of Plainville Community News, Inc. for her winning entry. Looking on are committee members: Lynn Frigault and right side, Peter Walentukonis.

**NAME THE PAPER**  
The staff of this paper would like its readers to participate in a contest to find a name for this paper. It is open to all people, regardless of age. So ask your family, classmates, office staff, or do it on your own. Just get your entries back to us as soon as possible, so we can Name The Paper! The "Name The Paper" Committee will select the winner(s) of the contest and will publish them in the October paper.



Officer William Buden, left, one Plainville's finest and Attorney Robert Ziegler, one of Plainville's infamous prepared to do battle at the Chamber Fair September 6-8. Buden and Ziegler will be putting their best face forward to raise funds for the Association for Retarded Citizens of Plainville. Buden beat out Ziegler by one dollar at the last event and vows, "It won't happen this year." The public will pay \$1.00 to toss a cream pie or \$5.00 to walk up to their worthy target. Other Plainville Police Officers and local Attorney's are prepared to take it on the chin for a good cause.

**"Name The Paper" Entry Form**

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No. \_\_\_\_\_

Mail Entry Form To:  
Plainville Community News, Inc.  
P.O. Box 387 • Plainville, CT 06062-0387



Letter from Governor John Rowland Page 3  
Letter from Speaker of the House Thomas Ritter Page 3  
Community & Church Calendars Page 12  
Plainville School Bus Schedules Page 14 & 15  
Sports Start on Page 20

**PLAINVILLE'S OWN NEWSPAPER**  
VOLUME #1 ISSUE # 1

**STAFF**

|                          |                        |
|--------------------------|------------------------|
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| Norman Stitham           | Co-Editor              |
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| Lynn Frigault            | Paste up Co Editor     |
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| Chris Haddock            |                        |
| Stefan Hawron            |                        |

**PLAINVILLE COMMUNITY NEWS, INC.**

By Norman Stitham Co-Editor

The Plainville Community News, Inc., was founded as a monthly newspaper by a group of concerned residents of Plainville, Connecticut. It is a non-profit, non-political, all volunteer group of residents who are interested in informing our citizens of "Good News" and activities in the community of Plainville, Connecticut.

Our purpose is to promote the community by printing the "Good News" of all public school activities, Parent/Teachers activities, community activities, Little League and Midget Football activities, town Parks and Recreation commission services, civic organizations, veterans organizations, churches and religious organizations, Senior Center activities, Boy Scouts and Girl Scouts news, town history through the Historical Society, Associated of Retired Persons news, Police Department involvement in the community on drug prevention and youth programs, Fire Department involvement on fire prevention, YMCA activities, Plainville Community Pantry, Plainville Social Services, and to encourage the development and retention of business and industry in the community through publicity and success stories of local businesses. Our desire is to create an atmosphere in the community as a place where people will like to live, where merchants, business and industry will be attracted to a community that cares.

In February 1997 Helen Bergenty attended a Friends of the Plainville Library reception held at the Plainville Library. She had just returned from Granby, Connecticut where she picked up copies of the local news paper "The Granby Drummer. She had read about the Granby Drummer in The Hartford Courant. She mentioned that Plainville should have a paper like the Granby Drummer. Seated at the table was Norman Stitham, who volunteered to put the paper together and train the volunteers if there was sufficient interest in the Plainville community.

On June 25, 1997, Helen Bergenty called for three meetings, which were held at 10 am, 2 pm and 8:15 pm at the Plainville Municipal Center, to see if the organization of the news paper would be a feasible venture. Twenty two residents attended the meeting and interested was sufficient to establish the newspaper. Although the volunteers had no newspaper experience, they felt that the town needed a newspaper to inform the residents of the "Good News" in community activities.

In order to get the paper on legal grounds, a Certificate of Incorporation as a Nonstock Corporation was filed with the State of Connecticut dated July 10, 1997 by Attorney Theodore Poulos who volunteered his services. Helen Bergenty was named President, Jeannette Hinkson, Vice President and Norman Stitham, Treasurer. Jeannette Hinkson and Norman Stitham were named Co-Editors. Norman Stitham, a retired senior citizen, with a background in business, marketing, sales, advertising and printing, assumed the responsibility of training all the volunteers in all aspects of newspaper work.

Negotiations for the printing of the paper, which is to be printed 10 times a year, (December/January and July/August being dual month issues) were completed with The Step-Saver Printing Company in Southington, Connecticut. The Step-Saver prints 8,500 copies a month, sorts and mails 8056 copies of the newspaper to each household in Plainville. The extra newspapers are placed in various locations in the community including the Town Municipal Center, Police Department, three elementary schools, one middle school, the high school, the Chamber of Commerce, the Library and various stores and businesses. There is NO CHARGE FOR THE PAPER. Funding for the paper, approximately \$3000.00 per month, comes from advertisers in the Plainville business community and citizen donations. The newspaper is printed about the twentieth of the month and mailed about the first of the month.

A contest was held in the community to "Name the Newspaper" and over 700 names were received in just three weeks from the town residents. The name chosen was "Plainville's Hometown Connection", submitted by Kathleen Cook, published by Plainville Community News, Inc. and printed by The Step Saver, Inc. In addition to the officer of the Plainville Community News, Inc., additional offices were created for "Plainville's Hometown Connection" newspaper. They are Avis Flanders, Secretary, Marguerite Staskavich, Treasurer, and Rev. Christopher Horvath, President of the Plainville Council of Churches as Decency Director. Marguerite Staskavich serves as treasurer of the newspaper only, and maintains all accounting records of deposits and dispersals, to relieve the burden of Norman Stitham, Treasurer of Plainville Community News, Inc. who must train all of the volunteers in newspaper work and business operations. An account has been set up at First City Bank, 48 East Street, Plainville, Connecticut.

At the present time we have approximately twenty volunteers working on the newspaper in various capacities and many more contributor volunteers from the public schools, fire marshalls office, police department, town Municipal Center, churches, civic and community organizations, etc. The volunteers solicit advertisements, seek "Good News" stories from the community, type all stories and set up advertisement copy in their home computers, proof read all text, layout and paste-up the newspaper in their homes and distribute copies that are not mailed, to the various locations in the community. All paper supplies, paste up and layout supplies and computer ink jet cartridges are donated by the volunteers at no charge to the paper.

The success of our efforts have help to bring the community together in the spirit of "Community Pride and Progress", and lessening community tension. Many merchant advertisers have reported increases in their business and the promoting of business by printing stories of their companies has kept companies from moving out of town. Our efforts to print names and pictures of residents and children for their activities and accomplishments in the community and to print only "Good News" has been a great success in the community. Our service to the various organizations, civic and charitable groups, churches, senior citizens, and schools have renewed the "Pride" in our community and success stories are coming from many areas of the community. It has provided a new attitude from the residents of Plainville that WE DO CARE ABOUT OUR TOWN and

**"Now!! We Are On Line"**

If you misplaced our paper or wrapped fish in it, now you can view it on your computer:  
[www.plainvillehometownconnection.com](http://www.plainvillehometownconnection.com)

**Crossword Answers**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | G |   | S | A | T |   | D | A | I |   |   |   |
| S | L | G | B | N | A | S | U | A | C | A | B | S |   |
| E | C | R | U | E | K | I | N | G | O | S | L | O |   |
| A | A | U | T | O | B | I | O | G | R | A | P | H | Y |
| C | E | O | R | L |   | E | U | L | E | R |   |   |   |
| H | U | D |   | S | A | M | A | S | R | A | R | E | R |
| E | R | E |   | A | A | R |   |   | I | D | I | D |   |
| L | I | M | B | I |   | C | H | I | B | A | C | I | D |
| L | E | A | R | N | S |   | A | H | E | A | D |   |   |
| M | I | C | H | E | L | L | E | O | B | A | M | A |   |
| S | O | A | K | B | A | I | R | N | D | A | B | A |   |
| E | L | M | S | A | C | R | I | S | S | C | A | B |   |
| A | L | B |   | E | E | C |   |   | E | S | C |   |   |

**TASTE BUZZ.....**

**Fruit Salad**

1 large can fruit cocktail

1 large can crushed pineapple

1 package lemon-lime gelatine

2 teaspoons grated lemon rind

2 tablespoons lemon juice

romaine lettuce

1 cup cheddar cheeses, cubed

Drain syrup from fruit cocktail and pineapple into

measuring cup and add enough water to make two

cups liquid. Heat in saucepan, add gelatin and stir

until dissolved. Add lemon juice and rind. Chill until

slightly thickened. Fold in drained fruits and cheese.

Chill until firm. Serve on romaine lettuce. Serves 6.

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

**SEPTEMBER BIRTHDAYS**

*"HAPPY & HEALTHY BIRTHDAY TO ALL!"*

- 1ST MARILYN WARNAT
- MARY ZICCARDI
- MARILYN MAY
- 4TH MARYLOU FERNANDEZ
- 6TH WENDELL COPELAND
- 7TH LARRY HAMILTON
- 9TH RITA BOLTON
- 11TH JOHN SENALDI
- 13TH LYNETTE HIDAY
- 14TH CHRIS WAZORKO
- MELANIE FENSICK
- JOAN BERGENTY
- 16TH CLAIRE CAMP
- 17TH BARBARA DAVISON
- TRUDY KIJANKA
- 19TH JUDITH MORRIS
- 21ST ROBERT FRAZEE
- 24TH NANCY O'TOOLE
- BRIANNE BERGENTY
- WILLIAM PETIT
- 25TH JACK CASSIDY
- 27TH JEAN LOMBARDO
- 28TH MICHAEL GIULIANO
- 30TH FRANCESCA HEAP



~~~~~

HAPPY ANNIVERSARY!!

**SEPTEMBER 7TH
WAYNE & SANDY
KLAPPRODT**

TO SUBMIT BIRTHDAY,
ANNIVERSARY, ENGAGEMENT OR A
WEDDING ANNOUNCEMENT
E-MAIL TO: HMTNN@COMCAST.NET
OR MAIL TO: HOMETOWN CONNECTION
27 SHERMAN STREET, PLAINVILLE, CT

FOR BIRTHDAYS CALL: 860-747-4119
AND LEAVE THE MESSAGE ON THE ANSWER
MACHINE, PLEASE SPELL THE NAMES.

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

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

(Continued from Page 9) **"Green Thing"**

We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the "green thing" back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then.

Back then, people took the street car or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service in the family's \$45,000 SUV or van, which cost what a whole house did before the "green thing."

We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And, we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

Please forward this on to another selfish old person who needs a lesson in conservation from a smart young person..

We don't like being old in the first place, so it doesn't take much to p--- us off...especially from a tattooed, multiple-pierced person who can't make change without the cash register telling them how much.

HAPPY ANNIVERSARY

**TO THE
FOLLOWING BUSINESSES**

Serving Plainville

DBK Jewelers

41 East Street

13 Years

Tuscany Steak & Seafood

253 East Street

1st Year

Hometown Connection

27 Sherman Street

17 Years

Big Deals Plus

Consignment

Cromwell Center

2 Years

Celebrating an Anniversary?

Doctor, Lawyer, Merchant or Chief
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HMTNN@COMCAST.NET

FAX 860-747-0042

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THEODORE POULOS**

& ASSOCIATES

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Consignment



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**The roar that we hear when we
place a seashell next to our ear
is not the ocean, but rather the
sound of blood surging through
the veins in the ear.**

Introducing...Candidates for November 5th Plainville Municipal Election

Democrat Candidates



Town Council

*Front row left to right: Richard Ireland, Tony Taracio
Back row left to right: Christopher Wazorko,
Quinn Christopher, Patrick Kilby*



Board of Education

*Front row left to right: Cheryl Provost, Becky Tyrrell
Back row left to right: Randall Peck, Foster White*

Republican Candidates



Town Council

*Danny Carrier, Deb Tompkins, Lee Toffey,
Kathy Pugliese, Scott Saunders*



Board of Education

*Ezio Capozzi, Andrea Saunders, Lori Peterson,
Brent Davenport*

At their respective conventions, both parties also nominated candidates for Constable and Library Trustee

Democrat Constables: Robert Ciotto, Jason Rupaka, Tara Scrivano, Christine Kuzia.
Library Trustee: Kenneth Laska

Republican Constables: Ezio Capozzi, Gail Pugliese, Bill Brayne, Anthony Bartolotta.
Library Trustee: Nancy O'Toole

Not A Registered Voter But Would Like To Be??? Here are a few simple steps to make that happen

Call the Town Clerk's office at 860-793-0221, extension 246. The Town Clerk's Office will be happy to provide you with the mail in forms necessary to become a registered voter.

If you wish to register as a voter in person, you may stop by the Town Clerk's Office in the Plainville Municipal Center, 1 Central Square, Plainville CT during regular business hours: Monday - Wednesday, 8:00 am through 4:00 pm. Thursday 8:00 am through 7 pm; Friday, 8:00 am until noon.

Remember, the Municipal Election this year is Tuesday, November 5th. The polls will be open from 6:00 am until 8:00 pm. Additional election information will be included in the Hometown Connection's October and November issues.

Hospital of Central Connecticut Dedicates Cancer Center to late Pat Hamel



Michael Tomasso of the Tomasso Co., greeted a gathering of supporters and friends of the late Pat Hamel to memorialize him in the topping off ceremony at the North Mountain Road construction site. The building will house the George Bray Cancer Center, The American Savings Foundation Radiation Treatment Center and a medical office building. Pat Hamel, who passed away on May 30th, was the director of engineering at the Hospital of Central Connecticut and construction coordinator of the project. Michael Tomasso spoke to the group in honor of Pat Hamel who was a dedicated colleague and supporter of the project.

Photos from left to right: Workers placing American flag to beam with banner dedicated to Pat Hamel; Hamel friends and family; Plainville Town Officials with Michael Tomasso and Angelo Tomasso.

164 Center Street, Route 72
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 860.582.2079
 info@nuchierestaurant.com ~
 www.nuchiesrestaurant.com



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30th, 40th & 50th Birthday Parties in the

Ladies Night Out... *presents a special night*

Start Your Fall With.....

Wednesday, September 25th ~ 5:00 - 8:00 pm

Reservations & Dinner Selection Required

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

www.nuchiesrestaurant.com for further details

\$25.00
 (pp incl tax/tip)

Serving an Exquisite Full-Course Dinner...

~Simple Italian Cheese Table~Pasta/Ziti~Chicken Cordon Bleu~Lamb Roast~Special Lake Corn~Sweet Potato~Boiled Potato~Dessert

Unlimited Wine, Beer and Soda

50/50 Raffle & Door Prize~Wonderful Variety of Talented Crafters

Thank You for supporting the local feed pantry!

Remember to bring a non-perishable food item

Next Ladies Night: Wednesday, Oct. 23rd

+++++

Men's Night Out

Thursday, September 26th ~ 6:00 - 9:00 pm

Reservations required call: 860-582-1108

*Nuchies
 Italian Imports*

\$33.00
 (pp incl tax/tip)

Dinner Menu featuring.....

Italian Table featuring Suffrette & Sausage~Ziti~Chicken Cordon Blue~Lamb Roast~Special Lake Corn~Sweet Potato~Boiled Potato~Dessert

Unlimited Bottled Beer, Wine, and Soda

GREAT WAY TO GET THE GUYS TOGETHER!!

50/50 Raffle & Door Prizes

Remember to bring a non-perishable food item

Thank you for supporting the local food pantry

~ Member of Bristol/Plainville Chamber of Commerce ~

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To This . . .



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- Exterior Deck Stain Special Starting at \$600
- Gas Stations Paint Specials Starting at \$1,500^
- Carpet Shampoo 3 Rooms and Hallway \$99^
- Asbestos Removal
- Bathroom Remodels Starting at \$4,000 new floor, paint, toilet, vanity, light, towel bar etc...

- Sump Pumps Installed \$800
- Kitchen Cabinets Refinishing Starting at \$900
- Basements Finished Starting at \$6,000
- 2 Room Additions Starting at \$25,000
- **LABOR PRICES**
- Replacement Windows \$65
- Exterior doors \$250 / Interior door \$100
- French door \$400



Phone: 860-294-5450 or 860-719-4448

HIC#0636194

**ALUMNUI OF PLAINVILLE HIGH SCHOOL HELD A "BABY BOOMERS" REUNION
 HOSTED BY THE CLASS OF 1963 AT THE V.F.W. HALL ON AUGUST 23RD
 YOU CAN'T MAKE UP ALL THE FUN THAT WAS HAD**



A Picture Is Worth a Thousand Words.....
Sharing Memories, Stories of Plainville High School and Reconnecting with Old Friends. Classmates from 1943 through Class of 2013 gathered for a memorable, annual event.



Plainville Optical 20 Years & Counting ~Part Two~

*By: Jonathan Lindberg
Licensed Optician*

Two months ago I wrote about how Plainville Optical came to be and now as the late great radio man used to say "Is the rest of the story". Olde Canal Square was close to home and a relatively new plaza with a nice mix of local businesses already open. As expected the first year was tough waiting for customers to bring in prescriptions to be filled and for patients to make appointments with my associate Dr. Armando Rafael who established his Plainville Optometry practice in a sublet office space there. While preparing the new location I had requested my former business phone number be transferred and a yellow page advertisement was contracted but neither the phone number or the ad were published due to a mistake by the phone company representative. So the first year I had to rely on newspaper ads to get the word out and a rollover phone line to get my calls at the business.

Business improved eventually using other advertising media and word of mouth became the most effective source of new clients. Each year afterward the people of Plainville and nearby towns helped the business grow. For 10 years we offered exams two days a week but in January 2004 we added Dr. Shreya Patel to offer exams a third day and in September 2009 Dr. Mark DiLoreto began his practice there and we now offer exams 4 days a week. The three optometrists also work together at an office in Meriden owned by Dr. Rafael and my wife Lori Lindberg L.O. By that time in 2009 the business had suffered two years of declining sales and revenue due in part to the poor economy but mostly due to lack of parking and a viable handicap space in the plaza. I began searching for a better location where I could control the destiny of the business. I made a serious offer for the bank building next door to Rite Aid Drug Store but the owner decided to lease to Liberty Bank. I then considered with less interest the two story framed house the VNA had occupied for years but it too had access issues and two floors which did not make much sense for retail eye care.

In the spring of 2011 a real estate agent approached me to lease space where Blockbuster Video had vacated next to C.V.S. I had told her I'm only interested in moving if I buy a building that's the right size and location close by. The very next day she called me about 28 East St. our present location. I was fortunate to have a working spouse to help with the purchase and remodel. The contractor was well known to me and he rushed the renovations and did very well only needing about 7 weeks and the Town of Plainville made sure I had few if any snags in the process. I was impressed with the interest and efficiency of all those who assisted the builder and myself.

As we approached 2 years at 28 East St. we have survived a storm of the century, two tropical storms, and a second early winter storm that knocked out power in each occasion. Earlier this year we received three feet of snow which I had to carefully shovel off my flat roof to avoid a collapse or major leak. But any one of my customers know I will say it was one of the best decisions I've made in my professional career. We have handicap access near the front door, more parking than necessary, and more room to care for our customers and the doctors' patients. At Plainville Optical where Fashion and Value see eye to eye we look forward to another 20 years of great service to the community.



The Mason Family Reunion 2013

By: Sally Miller

I thought that I would share another family reunion with you. I sit back in wonder at the young people in our family. I am sure that the elders have been a good influence in their lives. The reunion has proven that the family as a whole has such a great influence on all of its members. The elders who have left us are still a great influence as well. We remember

them and honor them. This year, we discussed our relative Ulysses Franklin Grant who is in the Cooperstown baseball hall of fame.

The weather that day was warm and so was the atmosphere- warm with love, respect and family ties. Keith Moore had been President of the reunion for many years and has done an awesome job. Thanks Keith. Alan Mason took over this year and continues the legacy. We raised additional money for the family scholarship fund by auctioning items family members donated. I would like to speak of the accomplishments of some of our young family members who have received some of these monies. When my grandson was 10 years old, I asked him what he wanted to be when he grew up. I mentioned that engineers made good money and things always had to be built. Over the years, I gave him architectural and engineering books. Last month, he accepted an engineering job in the Boston area after graduating from UMASS. Sara, my youngest granddaughter is off to Emanuel College in Boston for her second year. Cousin Myles Mason just graduated from Northeastern with a degree in criminal justice. His brother John Mason is attending Cornell with his concentration on geothermal energy. All of these children and many more have had support and love from the family as well as some scholarship monies from the Mason Family Scholarship fund.

The spirit of my cousin Jimmy Alexander was with us this year. Jimmy played saxophone for over 40 years with top bands all over the country before he died. He played for me whenever I asked him to and just before he died, I visited him and asked him to play. His daughters said that he had not played the sax due to his illness but out came the saxophone and he played for me one last time. I still remember that day and I smile. When he died, his daughters and wife (Martha, Jeannie and Neecey) gave John Mason his saxophone. It was given with all of the love that Jimmy had for the instrument wrapped in it. While at Cornell, John has continued to play the sax. This year John has released his first CD labeled, The Way Out, after the name of his group "The Way Out". He is playing at clubs in Boston while attending Cornell. His CD was auctioned at the scholarship auction this year. The high bid was \$90.00. Cousin EJ played the CD in his car and turned up the volume so that we could all hear it. As the sound of the saxophone wrapped its arms around the family we were warmed as we remembered Jimmy and congratulated John. We knew that Jimmy was with the family in spirit as we listened to the sound of his saxophone glide over the family as John played it. I imagined him smiling down at John and the gathering. The family members who have passed on are still with us one way or another during every reunion. I looked around and saw family members smiling and looking off in the distance as if they could still see and hear Jimmy and I smiled as I listened to the new sound of John and remembered the day that Jimmy played that one last time



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OBITUARIES

~ Margaret F. Acevedo ~



73, of Plainville, passed away at her home, surrounded by her loving family on Saturday, August 10, 2013. Margaret was born on December 3, 1939 in Holyoke, Massachusetts to the late Ernest and Dorothy (Baker) Russell. Her family relocated to New Britain where she spent her childhood years and attended New Britain High School.

Shortly after high school she married, had three children and moved to Plainville where she bought a home and raised her family while maintaining a long career in the food service industry.

She was an avid flower gardener and loved her favorite calla lilies and gardenias. Margaret also enjoyed listening to Christian music and taking an occasional fishing trip to the lake for fun and relaxation.

A loving and devoted mother, grandmother, and great-grandmother she will be greatly missed by her son, Paul Acevedo, daughter, Susan Acevedo, three daughters-in-law, four grandchildren, and two great-grandchildren Samantha and Zachary. She also leaves her sister, Carole Dimock and two nephews. Margaret was predeceased by a son, Marc Acevedo and a granddaughter Ashley Nicole Acevedo.

Funeral services in celebration of Margaret's life were held in a service at the Redeemer's A.M.E. Zion Church, 110 Whiting St., Plainville. Burial will be held privately at the convenience of the family. In lieu of flowers, memorial donations in Margaret's name may be made to either St. Jude Children's Research Hospital, 501 St Jude Place, Memphis, TN 38105 or VITAS Innovative Hospice Care, 199 Park Road Extension, Suite 102, Middlebury, CT 06762. Bailey Funeral Home is assisting the family with arrangements. For online expressions of sympathy, please visit www.Bailey-FuneralHome.com

~ Norma (Zitzkat) Carlbert ~



84, beloved wife of Carl E. Carlbert, passed away at her home on Tuesday, (July 23, 2013).

Norma was born at her home in Plainville on July 8, 1929. She was the daughter of the late Edward and Clara (Quistberg) Zitzkat. She was a member of the First Lutheran Church in Southington, serving on their Altar Guild and Sarah Circle.

She loved and was devoted to her family especially her grandchildren, and enjoyed spending time at the family cottage in Holland, MA. Everyone benefited from her canning the fruits and vegetables from Carl's gardens over many years. Besides her husband of 57 years, she is survived by four daughters, Carlene and her husband Jon Galligan of Bethel, Cheryl and her husband Joe Ferraro of Morris, Vivian and her husband Lew Craven, and Marjorie Hebb all of Southington. Norma also leaves and will be deeply missed by her five grandchildren Stacey, Justin, Katie, Kelly and Kristen. She was predeceased by two sisters Olivia Zitzkat and Faye Frick.

Funeral Services were held at the First Lutheran Church, 232 Bristol St. in Southington followed by burial in Oak Hill Cemetery. DellaVecchia Funeral Home, 211 N. Main St., Southington assisted the family with arrangements. Visit www.dellavecchiafh.com for online condolences. In lieu of flowers the family requests that donations be made to the St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or the CT Humane Society, 701 Russell Road, Newington, CT 06111.

*If tears could
build a stairway &
memories a lane,
I'd walk right up to
heaven and bring you
home again.*

~ Donald Anthony D'Amico ~



56, of Farmington, passed away surrounded by his family, following a brief illness on Monday, (August 5, 2013).

Born in New Britain on September 17, 1956, Don was one of five children to the late Anthony and Ann Marie (Tinty) D'Amico. Don was a 1974 graduate of Plainville High School, and after attending Providence College, joined his father and brothers in their family business, D'Amico Construction. Following in his father's footsteps, he was a tireless worker, a sharp business man and skilled machine operator, running the business alongside his brothers for more than 20 years, and building a vast network of friends. Don married his classmate, Laura Moreno in 1985, and settled in Farmington where they raised their family of four that brought Don the greatest amount of joy. He was an exemplary family man, sharing a special bond with each of his children, creating fun and meaningful traditions and many cherished memories. He enjoyed traveling and the many family trips to Florida, playing set-back and passing along his game playing skills to his family, visits to Las Vegas, and above all supporting his children in their many endeavors. Don was a sports enthusiast, who looked forward to playing his weekly Thursday night basketball games or cheering on the UCONN women and never missed a Giants game or left the house without his Giants hat on. Don will be greatly missed, leaving a legacy of selflessness, hard work, and the utmost love for his family.

In addition to his wife, Laura, he leaves his children, Nicole Vibert and her husband, Keith, Joseph, James, and Jenna; his brothers, William and his wife, Elizabeth and Marc and his wife, Laurene; his sisters, Marisa D'Amico and Larry Reola and Merilee D'Amico and Jim Dombrowski; and several nieces, nephews, and friends.

Funeral services in celebration of Don's life were held from Bailey Funeral Home, 48 Broad St, Plainville, followed by a Mass of Christian Burial at Our Lady of Mercy Church. Committal services followed at St. Joseph Cemetery. In lieu of flowers, Don may be remembered with contributions to the local charity of one's choice. For online expressions of sympathy, please visit Don's tribute page at www.Bailey-FuneralHome.com

~ Nicholas Adam Forcella ~



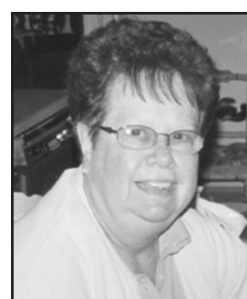
25, of Plainville, passed away unexpectedly on Thursday, July 11, 2013.

Born in New Britain on June 9, 1988, Nick was one of four sons of A. Phillip and Francine (Radwanski) Forcella of Plainville. A 2006 graduate of Plainville High School, he was currently working towards earning his Bachelor's Degree in Networking Technology from Central Connecticut State University, while serving his internship at Charter Oak School. Nick had just returned from the trip of his lifetime, studying and travelling abroad in Europe for the past three weeks, visiting various countries. Having a lifelong love for sports, he played football in high school, enjoyed snowboarding, and most recently organized an indoor hockey team, where he reunited with former classmates and made many new friends. Nick touched the lives of many and will be greatly missed by his family and all who were blessed to have known him.

In addition to his parents, he leaves his brothers and best friends, Christopher and Daniel Forcella of Plainville; his grandmother, Maria Forcella of Plainville; his uncle, Walter Radwanski, his aunt, Susanna Hernandez and her husband, Hal; his cousins, Melissa and Jessica Hernandez and an endless circle of friends. He was predeceased by his brother, Phillip Forcella; his grandfather, Ermanno Forcella and his grandmother, Mary Radwanski.

A Mass of Christian Burial was held at Our Lady of Mercy Church, 94 Broad St, Plainville. Burial will be held privately. There will be no calling hours. In lieu of flowers, Nick may be remembered with contributions to the Nicholas Adam Forcella Memorial Scholarship Fund, c/o Farmington Bank, 117 East St, Plainville, CT 06062, for a student sharing his passion for technology. Bailey Funeral Home is assisting the family with arrangements. For online expressions of sympathy, please visit Nick's tribute page at www.Bailey-FuneralHome.com

~ Verna (Daigle) Gregory ~



73, of Southington, passed away unexpectedly on Wednesday, July 31, 2013 at the Hospital of Central Connecticut, New Britain.

Born in New Britain on April 21, 1940, Verna was one of three children to the late Claude and Rella (Fournier) Daigle. She was raised and educated in Plainville, graduating from Plainville High School. Verna married the love of her life, Billy in 1966, sharing nearly 53 years of mutual love and devotion, raising a family of three together. Verna worked part time for the former Appell Drug, and spent over 20 years as an employee at Shop Rite in Southington, from where she retired in 1992. Known for their dancing skills, she and Billy shared their retirement years together travelling throughout the U.S., visiting Alaska and Hawaii on more than one occasion, but were always happy to return home to see their adored grandchildren, who brought her the greatest amount of joy. She will be greatly missed, leaving many cherished memories.

In addition to her husband, Billy, she leaves her sons and daughters-in-law, Steve and Valerie Gregory and Scott and Beverly Gregory, all of Southington; her grandchildren, Dylan, Joshua, and Rachel; her brothers and sisters-in-law, Phillip and Caroline Daigle of Kansas City, MO and Lyman and Marcy Daigle of Bethlehem, CT; along with many nieces and nephews. She is now reunited with her son, Charles "Chuck" Gregory, who predeceased her.

Funeral services in celebration of Verna's life were held on from Bailey Funeral Home, 48 Broad St, Plainville, with a Mass of Christian Burial at St. Dominic Church, Southington. Committal rites followed at St. Joseph Cemetery, Plainville. Verna may be remembered with contributions to the CT Autism Spectrum Resource Center at www.ct-asrc.org or to the charity of one's choice. For directions or online expressions of sympathy, please visit www.Bailey-FuneralHome.com.

~ Jeannette Marie (Ramsdell) Matthews ~



77, of Plainville, passed away unexpectedly on Thursday, August 15, 2013 at the Hospital of Central Connecticut.

Born in Lubec, Maine on February 28, 1936, she was one of three children to the late Percy and Phyllis (Denbow) Ramsdell and was a graduate of Lubec High School. She married the love of her life, Horace, (Buddy) shortly after. They would have celebrated 60 years of marriage this November. They settled in Connecticut in the mid 1950's where they raised their family of five daughters, and Jeannette held a longtime career as a waitress at various restaurants, the last two were Vaccaro's in Meriden and Conti's in Southington. She had an infectious, fun-loving personality, and had a passion for crocheting, making afghans for the entire family. She and Horace looked forward to their annual trip to the Bahamas, a tradition that spanned for more than 25 years. A devoted wife, mother and grandmother, she will be greatly missed, leaving many cherished memories.

In addition to her husband, Horace, she leaves her children, Terri Nichols and her husband, Richard of Plainville; Peggy Sue Casarella and her husband, Bill of Southington, Kimberly Mathews and her husband, Shawn of St. Stevens, NB, Canada; and Tracey Matthews and Steven Gaylord of Southington; her 11 grandchildren; 13 great-grandchildren; a sister, Muriel Taylor of MD; many nieces and nephews and her faithful companion, her dog "Lily". She was predeceased by her daughter, Elaine Fiorello and her brother, Warren "Sonny" Ramsdell.

A memorial service in celebration of Jeannette's life was held at Bailey Funeral Home, 48 Broad St, Plainville. Burial will be held privately at the family's convenience. For online expressions of sympathy, please visit www.Bailey-FuneralHome.com.



OBITUARIES

~ Earl Francis "Frank" Ott, Sr. ~

84, of Plainville, cherished husband of Nancy (Stodder) Ott, died quietly in his home, surrounded by his family, on Saturday, July 06, 2013.

Born on June 28, 1929 in Elizabeth, West Virginia, Frank was the fourth of seven children, of the late Curly David and Virginia Alice (Stephens) Ott-Sheppard. Raised in Weirton, West Virginia, he moved to Connecticut to find work, living his life full of strength and determination, transcending the ravages of polio.

Shortly after moving to Meriden, Frank met Nancy, whom he fell for at first glance. They married and spent 59 loving years together, proudly fostering 37 children, while raising three of their own. Facing constant discrimination regarding his abilities due to polio, he fought for his position at American Cyanamid in Wallingford, where he would spend the next 40 years working in various positions, and always looking to expand his knowledge of the industry.

Upon his retirement, Frank and Nancy spent over ten years fulfilling their love for the outdoors traveling in their camper, visiting most of the United States and Canada. Frank had an eclectic personality and was passionate about music and photography. He played many brass instruments and the guitar. Both passions led him to pursue a fascination with computers to archive his family history with photography and music. Frank was a member of the Salvation Army, where he and his family worshiped and served.

A devoted father, grandfather and uncle, he will be greatly missed, leaving a legacy of love, strong will, and many happy memories. In addition to his wife, Nancy, he leaves his children, Earl Ott, Jr., Gini Ott-Crisanti and husband, Michael, Vicki (Ott) Harris and husband, Chad, Anita (Mahadocon) Ganaros and husband, Jim, Arthur Klein and wife, Lori, Jeanne Dominique and husband Don, and Connie Stula, 24 grandchildren, 6 great-grandchildren, and many, many nieces and nephews. Frank was predeceased by his brothers, Edward and John Ott, and sisters, Elizabeth (Betty) Demko, Ida Katherine (Kate) Brown, and Pansy Pearl Mayhew.

A memorial service in celebration of Frank's life was held at the Salvation Army 19 Stearns St., Bristol, CT. Memorial donations may be made to the Salvation Army or Connecticut Children's Medical Center Foundation, Inc. 282 Washington St., Hartford, CT 06106. For online expressions of sympathy, please visit: www.bailey-funeralhome.com.

~ James M. Peters ~



67, of Plainville, passed away peacefully Friday, (August 16, 2013). Born in Bristol, May 8, 1946, son of the late Ralph and Noreen (Conway) Peters. He was

an Air Conditioning Technician with the CT Transit Authority.

James was a proud and highly decorated United States Army veteran of the Vietnam War, having been awarded the Purple Heart for injuries sustained in combat and the Vietnam Service Medal with two Bronze Service Stars. He is survived by his daughter, Jennifer Beale and her husband Mark of Colorado Springs, CO; his brother, David Peters and his wife Angela of Avon; his three grandchildren, Jackson, Kayla and Ryan Beale; his sister-in-law, Linda Peters of Plainville; his brother-in-law, Frank Perez of Stonington and several nieces and nephews. He was predeceased by his brother, Stephen Peters; and his sister, Carol Perez.

Graveside funeral services with full military honors were held in Riverside Cemetery, Farmington. Donations may be made to a charity of the donor's choice. Arrangements are being handled by The Ahern Funeral Homes, Inc., www.ahernfuneralhome.com.

~ Paul Winfield Smith ~



75, of Plainville, passed away on Thursday, (August 15, 2013) at Hartford Hospital.

Paul was the husband of Louise (Turgeon) Smith. Born in Brattleboro, Vermont on October 29, 1937, Paul was one of three sons born to the late Allen and Winnifred (Bradley) Smith. He was an active member and volunteer at the YMCA, and received his Master's Degree in Education from Springfield College. Since his college days, he maintained a passion for his career for Emergency Medical Services, retiring as Training Coordinator for State of Connecticut. Paul was one of the founding members of EMS:ED/SEM and the Ct Emergency Medical Services Foundation, Inc. A true workaholic, it was here where he met his wife, Louise, with whom he would have celebrated 20 years of marriage this year. They made their home in Plainville where Paul spent many days renovating or enjoying the handyman tasks of being a homeowner. He had lifelong interest in sports, coordinating a tri-town baseball league during his teenage years, and maintained a full and active lifestyle. A devoted husband and father, his pride and joy was being a grandfather to his four adored grandchildren, and he will be greatly missed.

In addition to his wife, Louise, he leaves his son, Scott Smith his wife, Michelle and their son, Shane, of Manchester; his daughter, Heather Smith Pease, her husband, Ted, and their daughter, Faith of West Hartford; his step-son, Sean Byrnes, his fiancée Wendy Ciccio and her daughter, Lillianna; and his step-daughter, Courtney Byrnes and his grandson, Jamison; his brothers and sisters-in-law, Larry and Joan Smith of MA and Andy and Nancy Smith of AZ; and many nieces and nephews.

Bailey Funeral Home, 48 Broad St, Plainville assisted the family with arrangements. Committal services will be held privately. For online expressions of sympathy, please visit: www.bailey-funeralhome.com.

~ Adam Sylvester Zielinski ~



90, of Plainville, died peacefully in the arms of his loving wife of 65 years, Johanna (Schopf) Zielinski. Born in Topola, Poland, on Dec. 24, 1922, Adam often stated that he was more than happy to "share his birthday with Jesus." He was pre-deceased by his parents,

Stanley and Anna Zielinski and by his four brothers. In 1939, Adam was captured by the German soldiers and forced to work in a German labor camp. After the war ended, he lived in Hockenheim, Germany working as a military officer for the Occupational Forces. It was there that he first saw Johanna, and he boasted to his friends that he would "steal this beautiful girl from Germany and that she would soon become his wife." True to his word, they married in 1948 and immigrated to America shortly thereafter. They eventually settled in Plainville, CT where they raised their family of five children. Even though his primary dream had been to be a pilot, Adam was very proud of his job as a machinist at New Britain Machine where he worked tirelessly for 34 years. Retiring in 1986, he achieved his life goal of raising his family in peace and comfort and sending all of his children to college. Adam loved playing chess and tennis and walking endlessly around Norton Park, hand in hand with his wife, Johanna. Adam was an artist, a singer, a passionate lover of Polish food, and a skilled craftsman - he spent endless hours in his workshop tinkering with his prized tools. He was a quintessential Polish gentleman, always honorable and forever greeting his many "friends" in church, at the bank and in the grocery stores, so that he could compliment them about their "beautiful smiles." A huge UConn Husky fan, Adam was also a Boston Red Sox fan but mostly just to annoy his avid Yankee fan sons. He and Johanna loved their vacations by the water, be it beach or lake, and in recent years they relished their vacations at the "Z" beach house in Old Lyme.

Beyond his love for his wife and children, Adam's primary source of joy - the zenith of his pride was being surrounded by his 14 grandchildren. He basked in their love and adoration and would light up with sheer happiness whenever he was with them or spoke of them. He cherished every one of their achievements, be it academic, athletic or even social. In addition to his wife, with whom he shared a lifetime of mutual devotion, Adam will be lovingly remembered by his family; a son and daughter-in-law, Karl and Debbie Zielinski of Manchester and daughter Krista (Zielinski) Rotella and husband Matt, a son and daughter-in-law, Eric and Claire Zielinski of Westport and children, Chris and Chiara and grandchildren, Dillon, Sarah and Rose, a daughter and son-in-law, Yanina and Bruce Daigle of Burlington and children, Aaron, Erika and Alexander, a daughter and son-in-law, Tania and Brian McNaboe of Burlington and children, Lukas, Connor, Tessa and Riley, and a son and daughter-in-law, Peter and Lisa Zielinski of Trumbull and children, Lauren, Kyle, Derek and Jaret, and sister-in-law, Antonie Krauland and family. Adam was pre-deceased by a grandson, Adam C. Zielinski and a granddaughter, Brianna F. McNaboe.

The family would like to thank Derek Acheampong, Adam's caregiver, for his kindness and excellent care.

Bailey Funeral Home, 48 Broad St. in Plainville assisted the family with arrangements. A Mass of Christian Burial celebrating Adam's life was held at Our Lady of Mercy Church, 19 South Canal St. in Plainville. The Zielinski family requests that to honor Adam's love for his grandson, Adam C. Zielinski, in lieu of flowers, donations may be made to the Hartford Hospital-Anxiety Disorders Center, c/o Fund Development, Hartford Hospital, 80 Seymour St., Hartford, CT 06016. To extend online expressions of sympathy, or for further information, please visit www.bailey-funeralhome.com.

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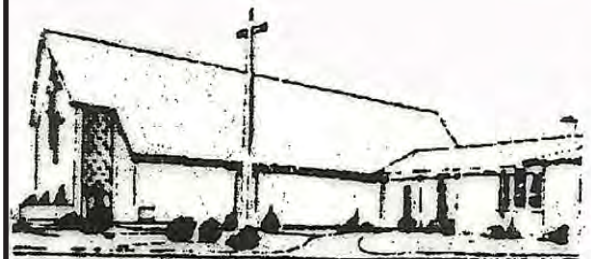


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Subject: Hi Lord - nice & short

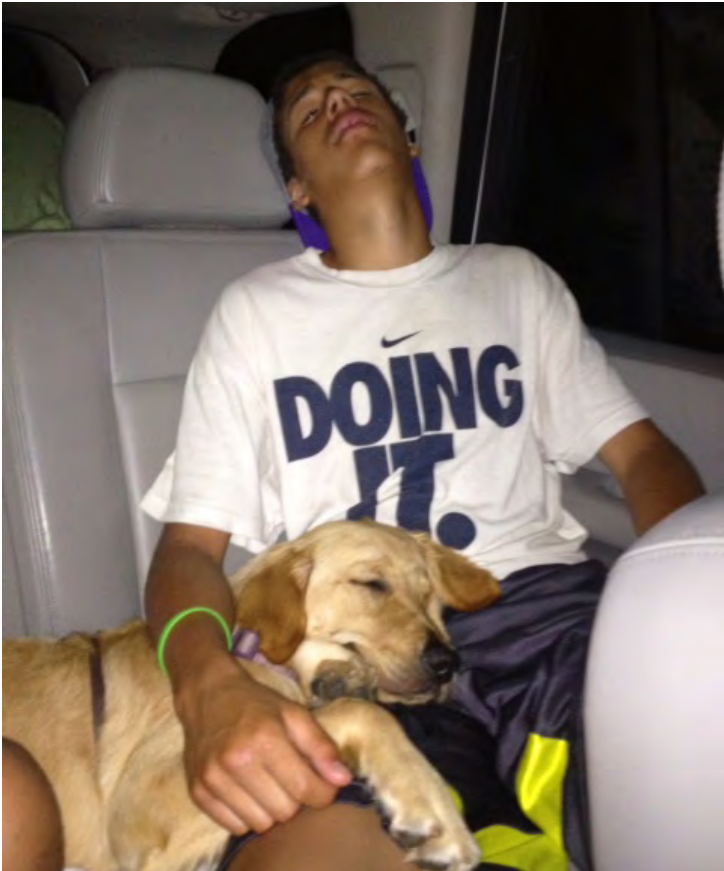
Take 1 minute to read this prayer and then imagine how many prayers are going up for our country when you pass it on...

Hi Lord, it's me. We are getting older and things are getting bad here. Gas prices are too high, no jobs, and food and heating costs too high. I know some have taken you out of our schools, government and even Christmas, but Lord I'm asking you to come back and re-bless America We really need you! There are more of us who want you than those who don't!

Thank You Lord, I Love you.

If you agree, send it on--- Only you & the Lord will know.
 "Life without God is like an unsharpened pencil - it has no point."

A Picture is Worth ... a Thousand Words!!!



While on vacation, Tyshaun Rodriguez and his dog Bella did what dogs and teenagers do best...but his T-Shirt rally says it all. As you might guess, Bella is Ty's best friend but he does share her with the rest of the family from time to time.

Pet Page

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TWIN CITY PLAZA - 745 NEW BRITAIN AVENUE, NEWINGTON, CT 06111

PHONE 860-667-9363 WWW.PETSPA-CT

Waste Patrol



If you have a pet, you will face the chore of dealing with clean up of your pet's waste. This particularly true of our larger pets – cats and dogs.

Cats are naturally clean and will use a litter box, but that doesn't mean the owner doesn't have to clean up after the cat. Of course there are products designed to teach cats to perch on the toilet seat (with the cover up, naturally!) and relieve themselves directly into the toilet. Then all you have to do is flush for your cat, a clean, quick and odorless solution.

But most indoor cats use litter pans, so first you have to choose the kind of litter you will be using. To begin with, it must be something your cat will use. Some cats apparently like the feel of only certain types of litter, and won't use others. You will also need to consider the odor control ability of the litter you choose. Some of the natural litters are a little more expensive, but have excellent odor control, so they last longer. If you want to try a new litter, we recommend getting a small bag to be sure your cat will use it and that you like how it works.

Then you will have to scoop the pan to keep it clean. So what do you do with the things you scoop out of the pan? Most people put the waste in a plastic bag, and then in the trash, which gets pretty smelly by the end of the week. One of our clients switched to a biodegradable doggie poop bag infused with lavender and tells us that's she's delighted, because even on the day the trash goes out, there's no smell!

Dogs, on the other hand, usually relieve themselves outside, although there are indoor potties available with artificial turf, and some small dogs use training pads in the house. When dogs use the great outdoors, urine is simply absorbed into the ground, but we still have to deal with the solid waste.

A popular way of picking up after a dog is using a "pooper scooper", especially if the dog uses his/her own yard. For dogs that relieve themselves on walks, small bags that often come in dispensers that can be attached to the leash are frequently used, although some owners prefer grocery store bags.

Remember those doggie poop bags we mentioned earlier? They are truly great for dog waste, too. Besides being biodegradable (they decompose in 2 years as compared to 1000 years for a regular plastic bag) and infused with lavender to neutralize odors, they are less expensive than most regular plastic poop bags. Talk about a win-win-win situation!

Whatever way you choose to deal with your pet's waste, please be responsible and not only clean up after your pet, but dispose of the waste properly.

Just Having A Pipe Dream



My name is Pearl and I am going to my new home with Dan and Laurie. While I was waiting to go to my new home I found this piece of pipe and grabbed a few winks. (Anyone wishing to see puppies in action log on to Dwayne Cote puppies)



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