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- Chicken Cacciatore Boneless..sm \$14.95 lg \$18.95 (w/ side pasta)
- Pasta Broccoli Rabe & Sausage...sm \$13.95 lg \$16.95

Dinner Specials

- Rosa Eggplant Rollatini sm \$11.95 lg \$16.95
- Baked Ziti Ala Napoletana.. sm \$11.95 lg \$15.95
- Veal Francese w/ pasta sm \$14.95 lg \$21.95
- Shrimp Scampi over pasta..... \$24.95

Chef's Special

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Edward Smith Library
3 Old Post Rd., Northford

UPCOMING MARCH EVENTS
To register for events at the library, visit the Events Calendar at our website: <https://northbranford.librarycalendar.com/> or call (203) 484-0469.

Tots and Tunes: Tuesday, March 11 & Friday, March 14, 10:30-11am. A half hour of songs, stories, and movement. Recommended for ages 18 mos. & up, with a parent or caregiver. Siblings welcome. Drop-in program; registration not required.

Support Group for Dementia & Alzheimer's Caregivers: Thursday, March 13, 10:30am-12:30pm. Caregiving is challenging. Join facilitator Karen LaBanca for our Monthly Drop-In Caregiving Support Group. If you're responsible for a loved one, caregiver support groups are a way for you and others to share information, insight, advice, or words of encouragement in a safe and supporting space.

Library Teen Advisory Board:

Thursday, March 13, 2:30pm-4:30pm. Students in grades 7-12 can join the North Branford Public Libraries Teen Advisory Board (T.A.B.). Give back to your community and have a say in what your library offers teens. Earn community service hours for each meeting you attend.

Movie Matinee - "One Life": Friday, March 14, 1pm-3:30pm. This month's movie is "One Life" a 2023 biographical drama. "Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia". IMB. Starring Anthony Hopkins, Lena Olin and Helena Bonham Carter. Light refreshments served.

Monday Night Mah-Jongg: March 17, 6-8pm. Those interested in playing Mah-Jongg are invited. Participants should bring their Mah Jongg sets.

North Haven Garden Club March Meeting Features "Rain Barrels" with Frank Panzarella



Pictured: Assortment of rain barrels. North Haven Garden Club will hold a meeting, which will be open to the public (\$5.00 suggested donation), on March 13th at the North Haven Congregational Church, across from the green, at 7:30 PM. The topic of the meeting will be "Rain Barrels" with speaker Frank Panzarella.

Frank's presentation will define what a rain barrel is and how it works. He will also show us how to maintain a rain barrel and point out the benefits and restrictions of using a rain barrel. Hostess for the evening are Angela Buzzelli and Cindy Golia with the table arrangement provided by Carmen Sealy. Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net. North Haven Garden Club is a member of The Federated Garden Clubs of Connecticut Inc., New England Garden Clubs Inc., and The National Garden Clubs Inc. Article and photos by Cindy Golia

Hamden Elks Comedy Show

'SATURDAY NIGHT PASTA & PARODY FOR THE PANTRY'

Performance by: **Father Dave Kane**

MISGIVINGS

Saturday, March 22nd, 2025 - 5:00pm
\$20.00 per person

Proceeds to benefit
Keefe Community Center
Includes pasta dinner and show (Cash Bar)
Hamden Elks Lodge #2224
175 School Street, Hamden

SMITH LIBRARY CAN HELP YOU CONNECT WITH IRS TAX ASSISTANCE
Need help filing your income taxes? The IRS Volunteer Income Tax Assistance (VITA) program offers free help in preparing and filing state and federal income tax returns, for those in need. The North Branford Public Libraries can help you connect with this IRS program. Call Smith Library for contact information of the VITA Coordinator.

VITA is not an in-person program - all returns will be completed virtually by IRS-certified preparers working remotely.

- Clients must have a valid email address to send and receive tax documents.
- The library can help you scan any documents, including last year's income tax return(s) and any forms showing income and potential deductions.
- The library will not email client documents to the volunteer tax preparers - clients must use their own email accounts.

Call Smith Library at (203) 484-0469 for the tax preparer's contact information. The library also has copies of federal 1040 and 1040-SR tax forms, and CT-1040 state forms.

WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662

HWC Gifts Game Tables to Hamden Senior Center



Pictured (L-R): Kathy Walsh, Admin. Assistant of the Hamden Senior Center, accepts new card tables from HWC's Rosalie Loewenbaum & Judy Feather.

Very recently, the Hamden Woman's Club learned that the Hamden Senior Center's "Wish List" had requested some new card tables that were really needed for so many daily activities - games, puzzles, art work, playing cards, crafts, crochet, knitting and needlepoint, eating snacks, etc. Therefore, our HWC was delighted to donate seven brand-new, beautiful card tables, which are greatly appreciated by everyone there. This is just one small example of how our non-profit Hamden Woman's Club, the "Club that Cares and Shares", spreads love and joy in our community.

Are you thinking about joining a volunteer social group to make a positive and rewarding difference in your life in 2025? If so, please consider joining us! The Hamden Woman's Club, Inc., GFWC, is open to any woman over eighteen years of age who would like to volunteer in the community, develop new friendships, and have fun at the same time! We are a civic, educational and social organization that was organized in 1950 and joined the General Federation of Woman's Clubs, Inc.(GFWC) in January, 1951. We are proud to be part of the largest volunteer organization in the world, and we con-

tinually develop new projects to improve the quality of life within our community.

The HWC also provides many fun social benefits to our members. We have a "revised" Book Club that meets monthly at a local restaurant in addition to our "International Lunch Bunch" and our evening group, the "Dinner Divas" - We really enjoy eating out! Everyone loves our seasonal choral group, holiday parties & banquets, day trips, Military Whists, Bingo Nights, Arts & Crafts Competitions, and other fun activities!

You do NOT have to live in Hamden to join - and we are very pleased that our membership has grown recently to fifty (50) members! Meetings are held at 6:30pm on the first Wednesday of each month from September to June, at the Hamden Senior Center (located in the rear of the Miller Memorial Library).

New members are always welcome to attend meetings, and we urge anyone interested in learning more about HWC to please call Sharon Nolan @ 203-248-2538. Also, please look at our Facebook page - Hamden Woman's Club, GFWC, Inc. - for more information, articles and fun photos of our friendly club!

Upcoming Events at the Garden Club of Woodbridge

The Garden Club of Woodbridge meeting on April 1st will have a presentation by Kelsey Fisher, Ph.D regarding "Meadow Gardens." Kelsey is a scientist who researches insect movement and dispersal ecology, pollinator conservation and agriculture pest management. Location is the Woodbridge Town Library, at 10 Newton Rd.,

Woodbridge and will run from 7-9pm. Open to the public with a \$5 guest fee.

For more information, please contact Mary Jane: wpurcell@snet.net.

WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271

Think Spring! Pre-Season Grill Sale

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First Selectman Enjoys Carnevale Night With Many Italian Club Members



Pictured (L-R): Co-president of the St Trofimana society Dave Kelly, co-president of the St Trofimana society, Rich Biondi, 1st selectman Mike Freda, members Michelle and husband Al Clemente. Right: Married couple singers Gina Consiglio, Erich Simo.

North Haven: On Tuesday, March 4th, 1st Selectman Mike Freda of North Haven enjoyed Carnevale night with many Italian society club members for a great get together and enjoying delicious food, desserts and great entertainment. There were so many members, 110 from different societies getting together for Carnevale, the night before Ash Wednesday because of the restrictions of Lent not eating meat. The food was delicious and was set up buffet style. There was a stage for entertainment. Monsignor Schmidt started off with a prayer for all to be blessed. Music was being played by Anthony Vermiglio while people were enjoying each other's company, hugging, laughing, and reminiscing. 1st Selectman Mike Freda went to many tables talking to everyone. Tables one at a time went up for their food. Member Erich Simo



sang Ave Maria so beautifully and his wife, Gina Consiglio also sang beautifully in Italian. Anthony Vermiglio sang rock and roll songs by Italian singers. It was a wonderful night that everyone can't wait for the next occasion.

Story and photos by Jo Ann Buccetti

\$500 Merit Scholarship for Environmental or Plant Science Student

North Haven: A \$500 Merit Scholarship sponsored by the Daytime Gardeners of North Haven is available to a North Haven resident who is majoring in a field of study related to environmental or plant science, horticulture, botany, conservation, floriculture, forestry, landscape design, plant pathology, or an allied subject, at a certified college or university.

We are seeking applicants who are highly motivated to pursue a career in one of these fields of study. The applicant may be a senior currently in high school or already attending the college or university program.

Please email Sally@ideatraincenter.com with questions or

to request the application. **All application material must be submitted on or before April 4.**

Hamden Disability Commission Meeting - March 10

The Hamden Disability Commission will be holding their next meeting on Mon., March 10, 7pm, in the Government Center on Dixwell Avenue.

The recent family outings at Quinnipiac University ballgames will be evaluated. Also plans for the prom, a summer activity and the need for new members will be discussed, as well as any complaints of ADA compliance. The public is always welcome to attend.

Hamden Elks Comedy Show

Father Dave Kane - Misgivings, is the featured performer at the Hamden Elks Comedy Show, "Saturday Night Pasta & Parody for the Pantry" on Saturday, March 22, 5pm at Hamden Elks Lodge No. 2224, 175 School St.

The cost is \$20 per person, includes pasta dinner and show (Cash Bar).

Proceeds to benefit Keefe Community Center.

Larry's Playground - A Place for Kids - Challenge

Hamden: ***We are very pleased to report we are 75% towards our goal!***

On May 4th, 1992, Lawrence "Larry" Biller and his business partner, Bruce Horowitz, died from gun violence. Larry, like his siblings and friends, played many baseball and basketball games at Hamden's Bassett Park. Larry went on to become an umpire and managed the baseball fields.

So, when he died, in his memory, a portion of Bassett Park was turned into Larry's Playground.

Over the last 30 years, Larry's Playground has become a favorite spot for many children of all ages.

Unfortunately, the playground has lost some equipment due to age and needs help. Bearing this in mind, Larry's wife, Karen, his sister, Patti, his brother, Jon, Larry's daughters, Lauren, Bethany and Kate, his nephew, Ben, his niece, Alyssa, and all their spouses, have donated \$10,000.00 to Larry's Playground.

This donation, with Mayor Garrett and the Town of Hamden's assistance, made it possible to purchase a new swing set and a rope climb, and the children are really enjoying them.

The family is also challeng-



Phi Kappa Phi Elects New Members

The following people recently were elected to membership into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

North Haven: Elizabeth Knapp at Sacred Heart University.

Wallingford: Zoe Gallo at University of Rhode Island.

Meredith Amerman Studying Abroad Through Muhlenberg College

Hamden resident, Meredith Amerman is studying abroad in Denmark this spring, at the DIS Study Abroad in Scandinavia, Sustainability - Sustainable Development in Northern Europe program.

A graduate of Lyman Hall High School, Amerman is studying Sustainability Studies at Muhlenberg College.

DEAN'S LIST

College of the Holy Cross

The following local students were named to the College of the Holy Cross' Dean's List for outstanding academic achievement during the Fall 2024 semester:

North Haven: Kieran Alexandro, '26; Lucas Celentano, '27; Addison Galaski, '28; Brendan Grudberg, '28; Eliza O'Connor, '26.

Ohio University

The following Ohio University students from the local area were included in the Fall 2024 Dean's List:

North Haven: Thomas Biehl, Connor Forlenzo.

WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662

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Attention: Parents / Guardian / Educator / Agency Worker

I am a retired New York City high school guidance counselor. With the help of students and adults, I have developed and facilitated a program known as the "Anger Management Power (A.M.P.) Program." I am the author of the book entitled, *Peace the Other Side of Anger* (2011), based on this program for parents/guardians and professionals helping youngsters handle anger in positive ways.

I'm in the process of revising this book by adding additional chapters on the pandemic, gun violence, and social media -- all of which had not existed or have the impact they have today. I value the opinion of teenagers, and find their perceptions can be helpful. I have created three surveys on these subjects to be completed by teens. No names of participants will be used. The only identifying information will be participants' gender, age and grade.

You can access these surveys on the link and/or QR Code shown. If acceptable to you, have your teen(s) complete and submit using the same link and/or QR Code.

Thank you for your consideration.

Dave Wolfe, MS, Author

<https://forms.gle/aa4jCEXfdUxvNixm6> peacefullyouth422@yahoo.com



FOR SALE: Yamaha Electronic HC-4W electronic organ, plays perfectly, with bench \$75 or best offer; (203) 915-5058

FOR SALE: Ladies Quinpiac fleece, full zipper, long sleeves, slash pockets, wine color \$12; (203) 606-0932

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Applicants must be 62 years of age or older. Income cannot exceed \$65,050/year for 1 Person, \$74,350/year for 2 People.

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*All services listed above included in monthly rent.

In addition, we also offer Bath Service, Laundry Service, and Assist with Medications.

If interested, please call 203-248-9036/711 Relay CT to request an application.

For more information please visit our website: www.hamdenhousing.com



North Haven Memorial Library Presents The Parent Resource Fair



North Haven: The North Haven Library will host its sixth Parent Resource Fair taking place at 17 Elm Street on March 22nd between 10:30 a.m. and 12:30 p.m. This event provides access to a variety of local preschools, health care, summer camps, public services and more!

The Library is proud to host the Parent Resource Fair for the sixth time. The Parent Resource Fair is a great place for parents, grandparents or any caregivers to gather information and free handouts. If you are a new parent, parent to be, or new to town, the Parent Resource Fair is the place for you to learn more about many of your child care and health care options. This year, all participants will have the opportunity for a chance to win a Blink Video Doorbell, an Echo Dot, an Amazon Fire HD 8 kids (Age 3+), or an Amazon Fire HD10 Kids (Age 6+).

The library will simultaneously be hosting an incredible magic show at 11:00 a.m. presented by Ed Popielarczyk located in the Children's Department. No registration is required. Please feel free to drop by both events.

For information on this and other library events, please visit our website at www.northhavenlibrary.net or call us at 203-239-5803.



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Hamden Art League Critique With Jeanne Ciravolo

The "Critique with Jeanne Ciravolo" is scheduled for Saturday, March 8, from 1pm-3:30pm at Miller Library in Hamden, Friend's Room (upstairs).

Attendees will be able to bring at least 2 pieces of artwork, potentially 3 (depending upon attendance).

The cost is \$21, through PayPal on the website. Only 20 people can participate. Registration and payment is through the website: <https://www.hamdenartleague.org/workshops.html>



Spring Glen Garden Club March Meeting Features Spring Designs



Pictured above: Part of The Spring Glen Garden Club display at the Miller Library.

Hamden: The Spring Glen Garden will be holding its first meeting of the year on Monday March 10, 2025. The meeting will be held at Lockwood Cottage at Lockwood Farm at 890 Evergreen Ave., Hamden. The meeting will begin at 11:30 am with lunch. Bring a sandwich, beverage and dessert will be provided. A short business will be held and the speaker will begin at 1pm. The presenter will be Amy Pepe from flowers on the Farm, who will do "Spring Designs".

The Spring Glen Garden Club will be participating in Hamden's Earth Day Celebration on Saturday April 25, 2025, at Town Center Park. Please stop by our table, we will have goodies to give out.

The Spring Glen Garden Club will be celebrating its 100th anniversary this year.

For anyone who is interested in joining our club, please call Grace at (203) 288-1422.

ACES Education Foundation Annual Gala

New Haven: "Lottery of Dreams: Investing in Students" is the theme of the ACES Education Foundation Annual Gala to be held on Thurs., March 27, 5:30pm at Anthony's Ocean View, 280 Lighthouse Rd., New Haven.

The Foundation has been raising money for the last 22 years to enhance educational experiences for the students that attend their many diverse programs and schools.

The Annual Gala is the main fund-raising event for the foundation to augment programming for students and consumers that attend ACES programs. During this festive evening both live and silent auctions are held, performances by student musicians, and recognitions of community members. The Foundation Gala is also supported by sponsor-

ships of area businesses and community members. A full buffet and open bar are included in the ticket price. Participants will be privy to bid on Almani coast villa vacation, an African safari, and airline tickets to names a few...

All of the items in the live and silent auctions are donated by many local and national companies.

For more information about the foundation visit and to support this gala and order tickets: <https://e.givesmart.com/events/Gvq/>

To learn more about the Foundation or sponsorship opportunities, please contact Janice Saunders at jasaunders@aces.org.

•••••
WANTED: WWII Vets, immediate cash for all German helmets, hats, daggers, flags, medals, uniforms, patches. Collector will beat all dealer offers; (203) 932-0750

North Haven Memorial Library March Programs

To register for a program at North Haven Memorial Library (17 Elm St.), visit our website at www.northhavenlibrary.net or call us at (203) 239-5803. **Registration is required for all programs except for those noted otherwise.**

Switch Party: Sat., March 15, 10:30-11:15am. Ages: 6-11 yrs. **No Registration Required.** Grab your controller and join us at the Library for a gaming party where we will play some fun multi-player switch games together! *We have limited switch controllers here so please bring your own from home.

Liz McNicholl Irish Concert: Sat., March 15, 2-3pm. Local musician, Liz McNicholl weaves Irish ballads with her beautiful lilting voice along with well known sing-alongs and original songs. Celebrate this St. Patrick's Day by hearing stories from her homeland, learn a little Gaelic, and join her in a group dance!

Parent Playdate: Monday, March 17, 10am-11am. Ages: Parents/Caregivers of Children Ages 0-5 yrs. **No Registration Required.** Enjoy getting to know other parents/caregivers and their little ones, and check out all that the library has to offer!

Must See Movie - I Am the River, the River is Me: Mon., March 17, 1:30-3pm. **No Registration Required.** Maori tribal leader Ned Tapa takes a group of friends and family on a canoe trip down the Whanganui River in Aotearoa/New Zealand, the first river in the world recognized as a legal person. Rated: PG-13, Runtime: 88 mins.

Tutu Tuesday: March 18, 10:30-11am. Age Group: 6-9 mos. to 3 yrs. If you and your child have a tutu or bow tie, wear it while enjoying music, dancing, and a story.

#31 Titles Women In History: Tues., March 18, 2:30-4pm. A review of a list of 31 books recommended to read to celebrate Women's History Month. This event includes a Bingo-styled game with small prizes. Meet Janis Daly; author of acclaimed award-winning women's historical fiction titles: *The Unlocked Path*

(\$20) and *The Path Beneath Her Feet* (\$25). Book signing and purchases available after the event.

OK Chef! Tues., March 18, 6-6:30pm. Age Group: 6-9 yrs. Bring your imagination (and taste buds!) and learn to decorate a special seasonal treat!

Cybersecurity 101 Workshop: Wed., March 19, 6-7pm. Whether you're a tech beginner or just looking to sharpen your skills, this hands-on session will empower you to protect yourself and your loved ones! Presenter: Marcus Pierre, founder of Digital Defenders, Inc., a nonprofit organization dedicated to internet safety education.

Online Author Talk - Clara Bingham: Thurs., March 20, 2-3pm, Virtual. Join us for a transformative conversation with award-winning journalist and author, Clara Bingham, as she chats with us about her new book, *The Movement: How Women's Liberation Transformed America, 1963-1973*.

Kids Who Code: Thurs., March 20, 6-6:45pm. Grades: 3rd-5th. Kids Who Code is a national program that is on a mission to change the image of what a programmer looks like and does. Through bravery, resilience, curiosity and creativity, Kids Who Code will ignite your passion for computer science.

Parent Resource Fair 2025: Saturday, March 22, 10:30am-12:30pm. **No Registration Required.** Are you new parents or just new to North Haven? The annual Parent Resource Fair is for anyone seeking information about local care and health facilities for children. Come learn about preschools, daycares, summer camps, and more, all in one place.

Ed Popielarczyk's Comedy Magic Show: Sat., March 22, 11am-12 noon. **No Registration Required.** This magic show combines comedy and audience participation! Sometimes our magician, Ed, has some trouble doing a trick so he needs YOUR help to make the trick come alive. Each magic trick comes with a fun, silly story too!

Express yourself in our Letters to the Editor

To submit a letter: Letters to the Advisor should include the writer's name, address and phone number. The writer's signature should appear at the end of the letter. Unsigned letters will not be published. Letters will be accepted through Wednesday at 5pm. We will extend the deadline if circumstances allow and providing we have space available. Letters must be no longer than 400 words due to space limitations. The Advisor does not edit letters which are published as they are received. If a letter is questionable, the writer will be contacted for verification. The Advisor reserves the right to not publish letters that may be personally offensive.

Support Document Shredding Fundraiser for North Haven Land Trust

To The Editor: March 2, 2025
I am writing to you today to ask for your participation and support of the document shredding event that is scheduled for Saturday, April 5, 2025 at the North Haven Pool parking lot at 45 Elm Street in North Haven.

This event is the single fundraiser scheduled each year by the North Haven Land Trust. This is a 53 year old not-for-profit organization that currently has 130 acres of open space in Hamden and North Haven, set aside as undisturbed public access land for the residents of our communities.

Open space allows communities to appreciate natural habitat environments for wildlife, recreate, enjoy quiet walks, and outdoors enjoyment.

Our fundraising efforts attempt to raise funds to obtain available open space opportunities that may arise such as the recent 2024 purchase of the 15 acre Scout Camp called Wah Wah Taysee at the end of Ridge Road.

The funds we raise provide for insurances, necessary tree removal, very basic property oversight. Please consider participating in this year's document shredding event. Our \$10 per shopping bag or copy paper box is very reasonable while larger items are priced separately at the event.

Our team will be on-site April 5 from 9am-noon, and we look forward to helping you dispose of unwanted documents. Shredding will be done on site by Pro-Shred of Wallingford.

Please feel free to check out our website at Northhavenlandtrust.com, or contact us directly at Northhavenlandtrust@gmail.com.

Thank You,
Peter Madden, North Haven Land Trust

FOR SALE: Medium pistol fiberglass cases \$50 or best offer; (203) 915-9458 • **FOR SALE: New Motorola Talkabout two-way radio, T5720, never used \$40 or best offer; snow mobile helmet, HJC 0251P1-54, medium, blue/black \$60; (203) 265-1285** • **WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662** •

Honoring North Haven's Young Hero



Pictured (L-R): Alex Sinanis and his daughter, Analia Sinanis, 9, of North Haven; State Rep. Dave Yaccarino and State Sen. Paul Cicarella, on Feb. 25 in the State Senate Chamber.

North Haven: The lawmakers presented Analia with a citation from the General Assembly for her bravery and quick thinking in saving her father's life after he suffered a life-threatening cardiac arrest at their home. Analia calmly and quickly dialed 9-1-1 to summon medical assistance for her father, who is also a North Haven police officer. She also bravely followed the dispatcher's instructions to

perform life-saving CPR until help arrived. "What a remarkable story that ultimately had a good ending because of Analia's quick thinking and composure, along with all the tremendous first responders, including the dispatchers who coached Analia through a life-saving CPR procedure over the phone. This is a strong reminder of the impact that a person can have in saving a life, no matter their age. Analia is an inspiration to us all. Also, thank you to the many first responders who sprang into action to save a life," Sen. Cicarella and Rep. Yaccarino said.

People Are Already Dressing Up For Easter North Haven Garden Club Members Participate In Daytime Gardeners February Craft Project



North Haven: Joel Rodriguez enjoyed wearing his bunny ears as he was taking care of his customers at Walgreens with a great attitude, and customer care where he's been an employee for two years. Joel keep up the great work hopping around helping your customers.

Story and photo by Jo Ann Buccetti



Pictured Top: Cindy Golia working on her wreath, and Ellie Tessmer holding her finished wreath. **Bottom:** Lee Fermo, and Brenda Howlett working on their wreaths.

North Haven: On Tuesday, February 27th a few members of the North Haven Garden Club participated in the Daytime Gardeners Spring Wreath craft project held at the Parks and Recreation Center. Participants were instructed by members of the Daytime Gardeners on how to attach the painted pine cones to either a neutral or white wreath. We had a choice of picking 20 or so pine cones from a selection of over 300 beautifully painted pine cones in an amazing array of colors. North Haven Garden Club members who attended were Cindy Golia, Lee Fermo, Ellie Tessmer and Brenda Howlett, who is a dual member of both clubs.

Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net.

Article and photos by Cindy Golia

Town of Hamden Upcoming Events

3rd Annual Hamden Boards & Commissions Fair: Presented by the Hamden Town Clerk's Office on **Saturday, March 15, 11:30am-1:30pm** at Miller Memorial Library, Thornton Wilder Hall, 2901 Dixwell Ave.

Join us! Come learn about Hamden's Boards and Commissions - their mission, upcoming meetings, eligibility requirements, and how you can get involved! We are seeking youth applicants, too! Light refreshments will be served.

Eggstravaganza Celebration: Presented by the Town of Hamden Community Services, Youth Services and Parks & Recreation on **Thursday, April 10, 6-8pm** at Keefe Center, 11 Pine St.

Free event! Pictures with the Easter Bunny. Snacks, Crafts, Music.

For more information, contact (203) 562-5129, ext. 1113.

WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662

Floral Designs For Wallingford Senior Center



Pictured Above: Jeanne Lawrence (valentine), and Charlotte Nesdale (Spring).

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public view.

The February participants were: Jeannie Lawrence with Valentine's motif and Charlotte Nesdale with coming of spring motif.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, Inc., New England Garden Clubs and National Garden Clubs, Inc.

Photos by Eleanor Tessmer.

FOR SALE: Meyer snow-pow, complete, exc. cond. \$1,000; (203) 887-7377

FOR SALE: New Humminbird PiranhaMAX 215, never used \$55; (203) 265-1285

HENRY'S

BREAKFAST • LUNCH • DINNER

7 AM TO 9 PM 7 days a week

Complete Corned Beef & Cabbage Dinner

\$23.95

Served with tossed salad, cabbage, boiled potato w/parsley butter, carrots and turnip, bread and cake for dessert

Eat in or take out will be available

March 14th to the 21st.

Remember us for all your catering needs.

Big or small we do them all!

Contact Henry or Sheila

337 North Colony Rd. Wallingford 203-741-9405

More Words of Inspiration

1) A prudent person can be described as an authentic person.

2) Mindful thinking can be positive if used in a humane way.

3) Being cynical will always lead to being a distrustful person.

4) A submissive person can foster their inability to be a leader.

5) A person who lies will have few friends.

6) People who are impulsive don't have their brain in gear before they open their mouth.

7) Having a belligerent attitude can escalate into becoming a pugnacious person.

8) If you think despairingly

you will have less determination to achieve your goals.

9) Today -- Do a random act of kindness, it will make a difference in someone's life.

10) If you need guidance, put your faith in God and He will point you in the right direction.

Ron Johnson, Hamden

WANTED: Collector buying old photographs from the 1800's on glass, tin or paper, of people, places or things; (203) 915-7662

FOR SALE: Auto heavy duty ramps and creeper, like new \$75; (203) 915-9458

FOR SALE: Elegant floor lamp, contemporary look, brass, lights upward \$80. Image can be sent. (203) 507-5615

MARCH MADNESS SALE

KENRA VOLUME SPRAY 25

The #1 Kenra professional hairspray in the U.S.



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Sat. 7-2pm



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all about kids



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76 Maple Ave., North Haven (203) 239-7395

Select openings for 3 and 4 Year olds available



Spring weather coming up!

PreK openings. Call for a tour!

Animals Looking for Homes

PETS FOR SALE

FOR SALE: AKC Rottweiler puppies, \$1,500. Ready to go March 25th. (860) 608-6252

THE GREATER NEW HAVEN CAT PROJECT has many kittens, adolescent and young adult cats seeking loving, permanent homes. Vet checked. www.gnhcp.org/adopters

THE ANIMAL HAVEN, INC. has a variety of homeless and abandoned kittens, puppies & dogs looking for safe, loving homes with owners willing to make a lifelong commitment. Animals have been spayed or neutered, vaccinated & tested; (203) 239-2641



The Greater N.H. Cat Project, Inc.

Cats & Coffee Fundraiser

Cat lovers and coffee enthusiasts, mark your calendars! On Sunday, April 6, from 1-3pm, The Greater New Haven Cat Project (GNHCP) is hosting **Cats & Coffee** at One World Roasters (967 N. High St., East Haven). The admission cost of \$20 will include a workshop by renowned feline behaviorist and care consultant **Sally Bahner**, who will share expert insights into cat behavior and live techniques with her own cat.

Whether you're looking to better understand your furry companion or simply enjoy an afternoon immersed in feline wisdom, this is an event you won't want to miss. Guests will also have the chance to savor One World Roasters' signature "Calico Blend" coffee paired with delicious sweet treats, because what's better than coffee, cats, and community?

Seating is limited, and tickets must be purchased in advance at www.gnhcp.org/cats&coffee. Proceeds will support GNHCP's ongoing mission to help local cats and the people who care for them.

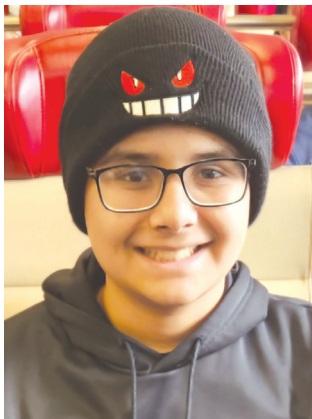
Branford Compassion Club and The Greater New Haven Cat Project invite you to join us for our **"PURR-ONI DINNER"**

Wed., March 26th, at Christ & The Epiphany Church, 39 Park Place, East Haven, CT. Doors open at 5:30pm, dinner served at 6:30pm. Catered by What's Cookin' Menu includes: Ziti, Meatballs, Salad, Bread, Soda, Coffee & Dessert. Tickets \$30pp (Table arrangements for groups of 4+)

Visit GNHCP.org/Dinner to purchase through March 23rd. (Advanced ticket purchase required) Raffle Baskets & Door Prizes!



For more information please contact: chriskat32@aol.com



Happy Birthday to you Kevin!

Wishing you only the best on your **GOLDEN BIRTHDAY #14 #PiDay**
We love you Mom, Dad, Ryan and Kelly

Children's Birthday Notices

Birthdays celebrated from Sun., March 16, 2025 to Sat. March 22, 2025 **MUST BE IN OUR OFFICE BY** Thur., March 20, 2025 to appear in our next issue **FREE** of charge. Digital photos are gladly accepted, but **MUST** be on CD, flash drive or emailed, **NOT** printed out.

FOR SALE: Comics, old-ies collections. No dealers. Selling all. (203) 506-8435, leave message
WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662

HORSES FOR LEASE

RAP-A-PONY FARM has beginner horses for lease on farm. Reasonable. Call for information, (203) 265-3596.

Meet Paprika!



You can apply on our website: <https://branford.compassion.club.org/learn/adoption> **CT adoptions only**

Meet Paprika, a darling man who was rescued by a friend of Branford Compassion Club this winter. He is a long haired stunner with a heart of gold, but he was so tangled that he needed an aggressive lion cut.

Now that he is safe and warm, he is blooming emotionally and we are excited to see his luscious locks come back in. He is a very sweet boy and will be a great addition to your home. Paprika would do best in a quiet home and is ready for matchmaking!

Plant & Flower Sales

Sponsored by local non-profit organizations

NORTHFORD COMMUNITY CHURCH, 4 Old Post Rd., Northford will hold their **Easter Flower Sale** on **Fri., April 18th**, 10am-6pm; **Sat., April 19th**, 10am-6pm, and **Sun., April 20th**, 9am-1pm. We will have various flowers and baked goods for sale. Visit us at: Northfordcommunity.church or on Instagram, Tik Tok, and You Tube, @NCCHSMove. Check out our Facebook: Northford Community Church.



Scheduled Bus Trips

MOHEGAN SUN CASINO: Monday, March 31st. Pick up at Miller Library, Hamden at 8:30am, leaving the Casino at 3:30pm. Cost is \$35. Please call Arlene at (203) 248-8936 for information and reservations.



Golf Leagues Summer/Fall 2025

The Advisor welcomes Non-profit organizations to submit their **Golf League announcements** for the coming season. They will be printed **FREE OF CHARGE**.

LOOKING FOR A WOMEN'S GOLF LEAGUE TO JOIN? The **Women's Thursday Night Twilight Golf League** at **Sleeping Giant Golf Course in Hamden** is a 9 hole Thursday night golf league. The league starts **Thurs., April 24th to Thurs., September 11**. Prizes are awarded each week for low gross and low net in each flight. The league is focused on enjoying the game of golf, spending time with friends and making new friends. Participants should have a knowledge of golf etiquette, the rules of golf and have experience playing on a golf course. Tee times are from 4:06 to 5:26pm. **Early registration is \$40.00 and must be received by April 24**. Late registration (starting April 25th) will be \$50.00. For further information contact Fran Levatino via email at sgwomensgolf@gmail.com. On **Thurs., April 10**, a **meet and greet** including a golf basics workshop will be held at the Hagaman Memorial Library in the DeMayo Room, 227 Main Street, East Haven, 5:30-7:30pm. In-Person registrations will be accepted at this meeting. **Late registration (starting April 25th) will be \$50.00.**

WANTED TO BUY:

Antiques & Collectibles, furniture, jewelry, silver, toys, advertising items, old signs, doorstops, garden items, fishing, military, clocks, Hummels & Lladro, linen, pottery, glass, etc.

Clean Out Services

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Buying Costume Jewelry



Call Jude (203) 868-1816

WANTED TO BUY

GRASSY HILL AUCTIONS, an Estate Sale, Liquidation, Attic & Basement Cleanout Company is Always Buying and providing services all over Connecticut. These are just a FEW of the things we are looking for: Antiques, Collectibles, Old/ Vintage Toys, Musical Instruments (Saxophones, Trumpets, Violins, Flutes, Clarinets, Trombone & SO MUCH MORE) Advertising Items, Wristwatches (Broken or Not), Pocket Watches, Tools (Machinist, Woodworking, & MORE) Doorstops, Clocks, Oil Paintings, Old Signs, Old Photographs, Old Postcards, Brewery Items, Hunting & Fishing, PEZ Dispensers, Costume Jewelry, Broken Jewelry, Gold & Silver Jewelry, Gold & Silver Coins, Military Items, Swords & Bayonets, Helmets & Patches, Medals & Uniforms, Pocket Knives, Lighters & Pipes, Fountain Pens, Mechanical Pencils, Fraternal Order Items, Religious Items, Industrial Items, Winchester Items, Sikorsky Items, Pratt & Whitney Items, Colt Items, Native American Items, Vintage Electronics, Slot Cars, Toy Trucks, Matchbox & Hotwheels, Barbie's, Folk Art, Statues, Bronzes, Trains, Cameras, Mid Century Modern Furniture, Straight Razors, Shaving Items, Political Items, Comic Books, Sports Cards & Autographs...& THE LIST GOES ON! So please give us a call at your earliest convince. **Grassy Hill Auctions (203) 868-1816; GrassyHillAuctions.com**

Area Craft Fairs, Bazaars, Festivals, Auctions, Rummage, Flea Markets & Tag Sales

Crafters/Vendors Wanted

NORTH HAVEN

CRAFTERS AND NEW PRODUCT VENDORS WANTED FOR CHURCH FAIR: Faith United Methodist Church, 81 Clintonville Rd. (Rt. 22), North Haven, is seeking crafters/vendors for its **Annual Spring Fair** to be held on **Sat., May 10th**, 8:30am-2pm. Cost is \$30 per 8-foot table and must be reserved in advance to help us plan our set-up needs. Outdoor space is available as well for vendors who can supply their own tent and tables. The church will feature a Silent Auction, plant sale, craft table, Tag Sale, Cookie Walk, and bake sale. Breakfast sandwiches and lunch will be sold at the event. We will also be selling our homemade Chicken Pot Pie that is ready to go from our freezer to your oven. Indoor and outdoor space is limited for this popular event so vendors are encouraged to apply early. For more information, contact Kim Bogert, by calling (203) 671-9897 or email kbogert52@gmail.com. Please leave your name, contact information, and what you plan to sell.

THE NORTH HAVEN GARDEN CLUB is in the planning stages of our **Annual May Market Fundraiser** for 2025. We are pleased to be adding an additional hour to our time. May Market will be held at Mildred A. Wakley Community and Recreation Center, 7 Linsley Street, North Haven on **Sat., May 10th**, 9am-1pm. Weather permitting there will be some outdoor spaces available. If the market is cancelled for any unseen reason we would let you know 48 hours prior, or on Thursday. Spots for vendors are \$30 each. Set-up will start anytime after 7:30am. We do not supply tables or chairs so please bring your own for your display. Your reversed space will accommodate no more than one (1) 8 to 10 foot table. Checks should be made out to NHGC and returned with completed form to Cindy Golia, 12 Stanton Road, North Haven, CT 06473 to secure your spot.

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BURIAL ALLOWANCE: WHAT TO KNOW

A veteran burial allowance, also called veteran death benefits, helps pay for funeral, burial, cremation, and transportation costs. If you are the surviving spouse, parent, or child of a veteran, you may be eligible if you're paying these costs yourself and won't be reimbursed from another organization or government entity. Veterans who received a dishonorable discharge may qualify if they meet certain criteria. Those who don't qualify include a military serviceperson who dies on active duty, or who is serving as a member of congress, or who is serving a federal prison sentence. A claim for burial allowance must be filed within two years of the burial, and certain documents like the veteran's death certificate will need to be provided.

We're proud to do our part in honoring our country's veterans. Our duty is to provide you and your family with professional and dignified assistance during your time of need, and we promise to support you in honoring your loved one for their dedication and selfless service. If you would like to learn more about the services we provide, please call 203-239-1179. You are welcome to visit us at 36 Washington Avenue.

Quote: "The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."
Jeff Miller

North Haven Funeral Home, Inc.



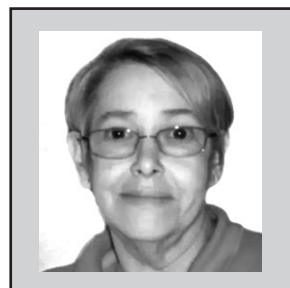
Alice Clark, age 88, of North Haven, peacefully passed away on Sunday, March 2, 2025, surrounded by her loving family. She was the cherished wife of the late Donald Clark, who predeceased her on January 29, 2024, with whom she shared more than 60 years of marriage. Born in her family home, in Derby, on February 19, 1937, she was the daughter of the late Edmund and Frances Skranski.

She is survived by her four children: Alison (Terry) Talburt, Donald (Rosemary) Clark, Kenneth (Shawn) Clark, and Jeffery (Melissa) Clark. She was a proud grandmother to Patrick (Cristina), Andrew (Phoebe), Justin (Tia), and Brendan (Maddie), and a great-grandmother to Sacha, Oaklynn, and Billie. Alice will also be missed by her nieces and nephews, including Chris (Bruce) Ritchie, Mary Beth Clark, and Meghan (Jeff) McDaniel, as well as her beloved four-legged companion, Lola.

She was predeceased by her brother and sister-in-law Edmund "Rocky" and Gayle Skranski and her brother-in-law and sister-in-law, Frank and Clare Clark.

Should friends desire, donations in Alice's memory can be made to Animal Haven, 89 Mill Rd, North Haven, CT 06473 or St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Services were held at the
NORTH HAVEN
FUNERAL HOME
www.northhavenfuneral.com.

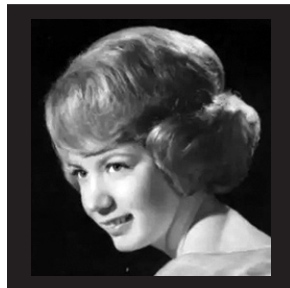


Ruth P Chadwick (aka Ruth Florian), 77, of Wallingford, CT, passed away peacefully at her home in the Johnson Apartments of Masonicare Health Center. Born November 29, 1947 in Morristown, NJ. Wife of the late John Florian of 30 years. Lived in Morris Plains, NJ before moving to Cheshire, CT in 1965. Moved to Wallingford, CT in 1987.

In addition to her husband John, she was predeceased by her mother, Eunice Sexton, and her dearly loved aunt and uncle, Anne and Gordon Parsons.

Ruth leaves behind her children, Bobby Chadwick of Cheshire, CT; Michael Chadwick (Beth) of Lancaster, PA, and Darclynn Costanzo (Tony) of Alpharetta, GA. She is also survived by her grandchildren, Heather and Melissa of Cheshire, CT, Peyton, Hannah (Nathan) and Cate of Lancaster, and Samantha Moelter (Mark) and great grandson Luke of Canton. She also leaves behind Mark and Jessica Costanzo of Boston and Georgia, and Alexander Dodge (Beata) and great grandsons Erik and Filip of Trondheim, Norway.

Wallingford-Yalesville Funeral Homes

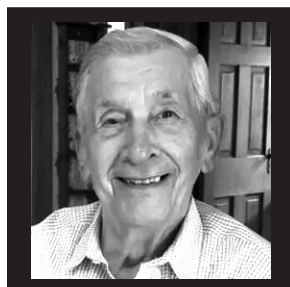


Barbara Ann St. Pierre, age 79, of Wallingford passed away with her family at her side on February 25, 2025. She was the loving wife of Charles "Chuck" St. Pierre. Barbara was born in Meriden, CT, the daughter of Lorraine Draper Anziano of Wallingford and the late Joseph "Red" Anziano. She is also survived by her children, Ken (Charlotte Stratton) St. Pierre of Wallingford, Kevin (Stacy) St. Pierre of Tolland, Holly (Michael) Fortier of Wallingford, and Ryan (Jessica) St. Pierre of Southington, her 4 grandchildren, Michael Fortier Jr., Madeleine Fortier, Ashley St. Pierre, and Birdie St. Pierre, her sisters-in-law, Betty Anziano and Ginette Anziano, her nephews, Russell Anziano, Jeremy Anziano, & Jesse Anziano, and her fur babies, Rosie, Cocco, Gracie, & Snowball.

In addition to her father, Barbara is also predeceased by her brothers Bob and Jerry Anziano.

Should friends desire, donations may be made in her name to either Meriden Humane Society at www.meridenhumane.org or donate or Desmond's Army www.desmondsarmy.org.

Wallingford-Yalesville Funeral Homes



George R. Valalik Sr., 95, of Wallingford, beloved husband of the late Elizabeth (Kovach) Valalik, passed away at home on February 5, 2025. Born in Hamden on June 29, 1929, George was the son of the late Ivan and Mary (Buchina) Valalik. He proudly served in the United States Army during the Korean War. In 1955, George and Elizabeth wed, sharing 63 years together.

George is survived by his loving daughter, Elizabeth (Betsy) Valalik Preston, and her husband, Christopher Preston, of both Seattle, WA and Glastonbury, CT, along with their twin daughters, Carly and Emily Preston.

He is also survived by his devoted son, George Robert Valalik Jr., of Wallingford, and grandchildren Michael Valalik, Erinn Huffman (and her husband Bill), and Tyler Valalik (and his wife Swaran), who are the children of George Jr. and Jacqueline (Glass) Valalik. George is also survived by many nieces and nephews.

In addition to his wife, he was predeceased by his five brothers: Henry, Stephen, John, Joseph, and Frederick Valalik.

Wallingford-Yalesville Funeral Homes

St. Ann's Food Pantry

Hamden: St. Ann's Food Pantry at 322 Circular Avenue (rear building), is open on the 2nd and 4th Saturday of each month from 9:30-10:30am.

For more information, please call (203) 248-0141.



Ann Marie (Barillaro) Stevens, 79, our family matriarch, passed away unexpectedly on Friday, February 28, 2025. She was the loving wife of the late John Stevens Sr. for over 56 years. She was born May 20, 1945, to the late Nicholas and Ann Barillaro.

She is survived by her daughter and son-in-law, Gina and Tim Kupec of Wallingford; her son and daughter-in-law, John and Suzanne Stevens Jr. of Killingworth; her loving grandsons, Jake Stevens (Katelyn Marsh), Tyler Stevens and TJ Kupec; her brother-in-law, William Stevens and his wife, Ruth of Durham; many nieces and nephews; and Edward Freeman, Pamela Bridgett and Debra Pilla who she loved like family. In addition to her parents and her husband, she is predeceased by her brothers, Robert and Nicholas Jr.; and her sister-in-law and her husband, Mary Lou and Louis Parisi.

Should friends desire, memorial contributions can be made to: The Rod and Gun Club, please note for "Kids Fishing Derby", 411 N Branford Rd, Wallingford, CT 06492 or the Wallingford Animal Control, 5 Pent Road, Wallingford, CT.

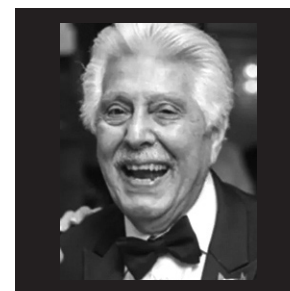
Wallingford-Yalesville Funeral Homes



Eileen (Fitzsimmons) Ruccio, 73, of the Yalesville section of Wallingford, passed away at her home on Saturday, March 1, 2025. Eileen was born in Marietta, Ohio, January 15, 1952, a daughter of the late Peter J. and Lucille (Place) Fitzsimmons.

She is survived by her three children, Eric Ruccio (Melissa) of Middletown, DE, Kenneth Ruccio of Colchester, CT, and Jessica Folta (Benjamin Gugliemi) of Higganum, CT; her four grandchildren, Tyler Ruccio, Nathan Ruccio, Gabriella Ruccio and Leo Guglielmi; her siblings, Annette Morello (Ron), Tom Fitzsimmons, Jim Fitzsimmons (Sandy), Paul Fitzsimmons, Loreta Camp (Andy), Andy Fitzsimmons (Debbie), Bob Fitzsimmons (Cathy), Linda Hughes (Michael), and Cheryl Staub (Rick); her dear friend, Martin Amato; and many nieces and nephews. She was predeceased by her brother and sister-in-law, Matt and Alice Fitzsimmons.

Wallingford-Yalesville Funeral Homes



Clement Albert Fucci, 85, of Wallingford, passed away peacefully on Thursday, February 27th, 2025, at his home with his family by his side. He was the beloved husband of 62 years to Maria Pertesis Fucci. Born in New Haven on February 25, 1940, he was son of the late Gabriel and Raffaella Leonardo Fucci. He served his country proudly and faithfully in the US Army Reserves. Father of Lisa (Mark) Cooney and Sandra (Louis) Modell. Loving grandfather of Lauren (Anthony) DeCicco, Andrew Cooney (fiancé Jennifer), Nicole Modell (fiancé Jeffrey), and Alexa Modell. Proud great-grandfather of 2 great-grandsons. Brother of Albert (Carol) Fucci and Annette (Louis) Viscuso. Brother-in-law of George (Helen) Pertesis. Also survived by several nieces, nephews and Godchildren. The family would like to extend a special thank you to Lindsay, Candice and James for the outstanding care given to Clement over the past several months.

Should friends desire, memorial contributions may be made to Yale New Haven Health at Home, 753 Boston Post Road, Suite 200 Guilford, CT 06437.

Services were held at the
NORTH HAVEN
FUNERAL HOME
www.northhavenfuneral.com.



Gary Louis Benigni, 69, of Wallingford, passed away peacefully on Saturday, March 1, 2025 at Fresh River Nursing Home in East Windsor. He was born in Montebello, CA on January 19, 1956, a son of the late Louis and Dorothy (Leveille) Benigni.

He is survived by his brothers and sisters-in-law, Donald and Anisa Benigni of Milford and Robert and Nancy Benigni of Enfield; his aunt, Carol Benigni of Wallingford; and several nieces and nephews. In addition to his parents, he was predeceased by his brother, Louis Benigni Jr.

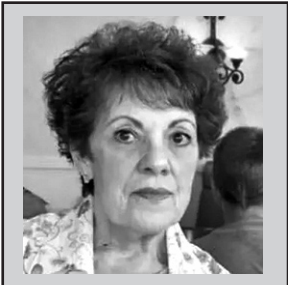
Gary's family would like to extend a special thank you to Sandra Wittman, her husband, Mark and their daughter, Lydia for the years of care and support they provided. Sandra was Gary's guardian angel over the years. Thanks to Fresh River Nursing Home and Nurse Lindsay of Beacon Hospice for the excellent care provided to Gary during his final months.

Wallingford-Yalesville Funeral Homes

PRAYER INFORMATION

All prayers cost \$12 per prayer, per week. The deadline is Wednesday for the following Tuesday's Issue. Please mail to The Advisor, P.O. Box 460, North Haven, CT 06473-0460 or bring in to our office, 87 State Street (Kings Acres), North Haven, with payment, correct initials and code number found in lower left corner of prayer.

OBITUARIES



Roberta F. Tosetti Mancini, 82, of East Haven, formerly of Northford for many years, passed away peacefully on Wednesday, February 26, 2025, at Yale New Haven Hospital/ St. Raphael Campus with her loving family by her side. She was the beloved wife of the late Nicholas R. Mancini. Roberta was born in New Haven on March 9, 1942, and was the daughter of the late Henry and Frances Aranci Tosetti.

Beloved mother of Lisa Cassella (Anthony), Nicholas H. Mancini and Lori Hart (Rob). Devoted grandmother to her grandchildren who were the light of her life; Marissa Cassella, Hayley Fama (Michael), Benjamin and Zachery Hart, Alyssa and Nicholas Mancini. She was predeceased by her sister Louise Borsari, and her nephew Andrew Perrelli.

We want to extend a special thank you to Marisa and Tanisha for taking such good care of her.

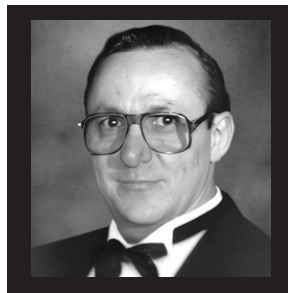
Services were held at the **NORTH HAVEN FUNERAL HOME**
www.northhavenfuneral.com.



Sophia Marie Pinto, 19, of Wallingford, was called home on the morning of February 28, 2025 from complications from an asthma attack, cradled in the embrace of her devoted family.

She was the beloved daughter of Jaclyn and William Burns of Wallingford and Orlando Pinto of Waterbury. She shared a deep bond with her sisters, Mallory and her wife Margot of Trumbull, and Olivia and her partner Bennett of Naugatuck. Sophia also cherished her stepsister Emily Burns, who was like a true sister to her, their closeness a testament to their special connection. She remained tied by love to her step siblings Hannah Burns and Billy Burns as well. Aunt Jeska, Aunts Trish and Jenny, many loving cousins and extended family mourn her loss deeply.

Wallingford • Yalesville Funeral Homes

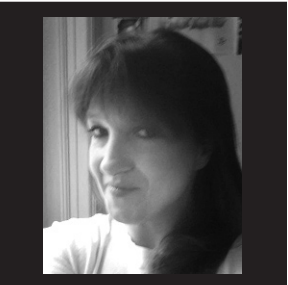


Donald Gagne, 84, departed this life on March 4, 2025 at his home, with his wife Mary Ellen Gagne and daughter Shirley Dunham by his side. Donald was born in Manchester, New Hampshire on July 19, 1940 to the late Gilbert and Rita (Belanger) Gagne. Donald served in the United States Navy in his early 20's.

Donald is survived by his wife Mary Ellen Gagne; daughter Shirley Dunham (husband Steve Harlow), granddaughter Nicole Liberatore (husband Jake Liberatore), great-grandson Benjamin Liberatore, brother Robert Gagne, sister Denise Kurpiewski, sister-in-law Joan Foy, sister-in-law Donna Gagne and many nieces and nephews. In addition, Don has two stepchildren (Scott and Debbie) five grandchildren (Mary, Jason [deceased], Nicayla, Cassidy, and Abby) and five great-grandchildren (Persephane, Heidi, Bryson, Natilla, and Jayden) through his second marriage. Donald is predeceased by his first wife Donna Louise (Foy) Gagne and son Donald J. Gagne, brother Paul Gagne, and brother Maurice Gagne.

Should friends desire, donations can be made to Veterans VA Hospice or Masonic Home Hospice Care.

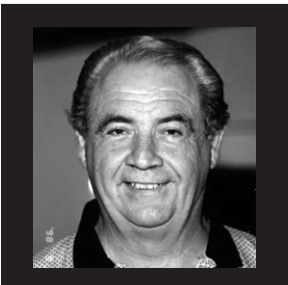
B.C. Bailey
FUNERAL AND CREMATION SERVICES



Richelle A. Bruschi, 52, passed away suddenly on February 26, 2025 in Hamden. Richelle was predeceased by her father, Robert J. Bruschi.

Besides her loving fiancé, Peter F. Nizen III, Richelle leaves behind her mother, Jeanette Brown Springer; her daughters, Brittany Dase and her husband Austin, and Taylor White; and her brother Josh Springer.

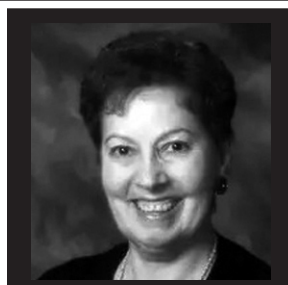
Services were held at the **BEECHER & BENNETT** at the
www.beecherandbennett.com.



Joseph "Joe" Crescenzo, 86, of Wallingford, loving husband to Marie (Sicignano) Crescenzo for 62 years, passed away peacefully on February 28, 2025 at Masonic Home and Hospital. Joe was born in New Haven on April 7, 1938, a son of the late John and Sandria (Santomasimo) Crescenzo.

In addition to his wife, Marie, he is survived by his daughter, Sandria Pilla and her husband, Anthony; his sister, Delores Gamberdella; his grandsons, Anthony Pilla Jr. and John Crescenzo II; and his great granddaughter, Bella Crescenzo. He was predeceased by his son, John Crescenzo; his brother, John Crescenzo and his twin brother, Robert Crescenzo.

Wallingford • Yalesville Funeral Homes



Concetta "Connie" Marchi, 93, of Wallingford, loving wife of John Marchi for 71 years, passed away peacefully, March 4, 2025, at Regency House in Wallingford. Connie was born in Mileto di Compagni, Italy on Oct. 2, 1931, a daughter of the late Antonio and Maria (Arena) Calabrese. She emigrated from Italy in 1937 at the young age of 5. She attended Wallingford schools graduating from Lyman Hall Class of 1950 with high honors.

In addition to her husband, John, she is survived by her six children, Deborah Hanchuruck (Michael), David Marchi (Jim Finnegan), Donna Bellody (William), Doreen Donath (Robert), Drew Marchi (Nancy) and Daryn Marchi (Frank Guasp); her daughter-in-law, Brenda Marchi; 13 grandchildren and their spouses; 5 great grandchildren; and many nieces and nephews. She was predeceased by her siblings, Domenica Galati, Fortunata Riso, Joseph Calabrese, Michael Calabrese, and Mary Hudon.

Wallingford • Yalesville Funeral Homes



Edna Luz Velez, a loving and devoted wife and mother, passed away peacefully on February 28, 2025 at the age of 65 at CT Hospice.

She will be lovingly remembered by her husband of 29 years, Johnny Velez Sr.; her daughters, Mercedes M. Serrano and Marisol L. Serrano; her step daughter-in-law, Diane Mora-Velez; her grandchildren, Abel Velez, Elijah Burris, Dominic Velez, and three step grandchildren; her sisters, Maria (Jason) Hickman and Veronica Morales. She is predeceased by her mother Juanita Bernazard-Morales and father Jesus "Choo" Morales and stepson Johnny Velez Jr.

Services were held at the **BEECHER & BENNETT** at the
www.beecherandbennett.com.



David Manfredi, age 59, of Wallingford passed away suddenly at home on February 26, 2025. He was the son of Frank Manfredi of Wallingford and the late Maureen Hayes Manfredi. David is also survived by his brothers, Mark (Nancy) Manfredi and John (Lisa) Manfredi, and his niece and nephews, Megan, Nicholas, and Matthew.

Wallingford • Yalesville Funeral Homes



Wallingford & Yalesville Funeral Homes





NO OBLIGATION PRE-ARRANGMENT CONSULTATION AVAILABLE
We specialize in traditional and cremation funeral services.
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Please visit our website at www.wallingfordfh.com to download a free copy of our Funeral Planning Guide.



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www.wallingfordfh.com



A PATHWAY THROUGH GRIEF

North Haven Funeral Home &
The Landing - Co-sponsors
Bob Havens - Facilitator
Catherine Szerszen - Co-Facilitator

Location
The Landing
201 Clintonville Rd.,
North Haven
Bob Havens: 860-480-1655
~ havensvo67@aol.com



NEXT SESSION MEETS
March 18th - May 6th 6:00-7:30 P.M.

"A Pathway Through Grief" is an eight-week program for those who have lost a loved one or dear friend. This program affords one the opportunity to share and discuss those issues that are of the greatest concern at this time. It is intended to help you understand your emotions and problems; support and comfort from those who have shared the same experience and how to cope within the norms of society. Through our journey together, you will discover that life can be satisfying, rewarding and full of joy.

If you have had a recent or previous loss and are having difficulty coping, please join us. **North Haven Funeral Home** offers this bereavement support program at no charge to participants.

RSVP: Bob Havens (860) 480-1655

Those interested in taking on a more responsible role, please reach out to Barbara at (203) 780-8418 or email her at bgode@ccacem.org. Visit our website often for any scheduling updates at www.ccacem.org

North Haven Congregational Church

ST. PATRICK'S DAY DINNER - MARCH 16TH

The North Haven Congregational Church, 28 Church Street will hold a St. Patrick's Day Dinner on Sunday, March 16th at 3pm.

Adults: \$18, Children under 12 Free. Corned beef, cabbage, potatoes, carrots, Irish soda bread, dessert & coffee will be served.

Reservations and payment MUST be made prior to March 9, by calling the church office, (203) 239-5691. Payments may be made by check, online, or in person, Venmo accepted.

Take-out also available, must be under reservation and pre-paid. Available for pickup after 4pm.

Ample free parking; handicap accessible.

WORSHIP SERVICE
Worship Service at the North Haven Congregational Church is held on Sundays at 9:30am. Come and visit - you are welcome!

Northford Community Church Sunday Service

Please join us at Northford Congregational Church, 4 Old Post Road for Sunday Service at 10am.

Visit our Website: northfordcongregational.church
Follow us on YouTube, TikTok, Instagram, and Twitter: [NCCHSMove](https://www.facebook.com/NCCHSMove)

Find us on Facebook: Northford Community Church or Northford Congregational Church.

St. John's Episcopal Church

Sunday Service

North Haven: You are welcome at St. John's Episcopal Church, 3 Trumbull Place (at the top of the North Haven Green) for Sunday Service (Holy Communion) at 9am.

Visit our website: <https://www.stjohns-northhaven.org/>
Follow us on Facebook: St. John's Episcopal Church, North Haven, CT.



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Joyce C. Budrow Senior Center
189 Pool Rd., North Haven
Hours: 8:30am-3:30pm
Phone: (203) 239-5432

The following programs are held at the Joyce C. Budrow Senior Center and are available for North Haven Residents only. View our Senior Center Newsletter online at www.town.north-haven.ct.us.

WEEK OF MARCH 10-14
Mon., 3/10 9:30am: Fitness Fun; **10am:** Canasta; **11am:** Move to Music with Adrienne; **1pm:** Bingo.
Tues., 3/11: 10:30am: Finance Meeting; **12:00 noon:** Oil Painting Class; **1pm:** Mahjong.
Wed., 3/12: 9:30am: Fitness Fun; **11am:** Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo; **2pm:** Pool School.
Thurs., 3/13: 10am: Knitting/Crochet Class; **10:30am:** Ask the Nurse; **1pm:** Holiday Fair Committee Meeting, Balance Through Strength w/Tom, Dominos, Mahjong.
Fri., 3/7: 8:30am: AARP Free Tax Prep. (last appt. at 11:30am); **9:30am:** Fitness Fun, Scrabble; **11:30am:** St. Patrick's Day Party Featuring Lou Manzi; **12:30pm:** Bridge; **1:15pm:** NO Bingo.

Senior Center Activities
AARP Smart Drivers Course: Fri., March 21, from 8:30am-12:30pm. The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers 50 years old and up. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. Cost is \$20 for AARP Members, \$25 for Non-Members. **Pre-Registration is required** by calling (203) 239-5432.

Peabody Museum & Lunch: Wed., March 26, at 10am. Come explore the NEWLY renovated Peabody Museum. With over 14 million artifacts, the Yale Peabody Museum is one of the oldest and largest University museums of its kind. After exploring the Museum, we will enjoy lunch at Friendly's on Universal Drive, North Haven. This is a drive-on-your-own/pay-on-your-own event, however, the senior center bus will provide transportation for Non-Drivers ONLY (first come, first serve). Space is limited. For more information, call (203) 239-5432.

Spotlight Activities: Interested in playing Chess? Want to learn how to play Rummikub? We are looking forward to bringing these activities to the Center. Chess has been around since the 6th Century, originating in India, as it spread throughout Europe, it became a popular game of the 'noble class'. Rummikub is a fun and fast-moving game where players take turns placing "runs" or "groups", just like in Rummy, but instead of cards, tiles are used with numbers and colors. Both games are great for improving memory, strategic thinking, and maintaining focus. If either game intrigues you, sign up at the Center today!

Volunteer Opportunity: We are seeking volunteers to call Bingo on Mondays. If you like to have fun, have a vibrant personality, love to meet new people, and have a couple hours to spare, this is the opportunity for you! No experience needed and training provided! Call (203) 239-5432 for more information.

Upcoming Day Trips
• **Thurs., May 29 - "Waitress: The Musical"** at The Majestic in West Springfield, MA. \$155 North Haven Residents, \$165 Non-Residents. Register by April 11.
• **Wed., June 25 - "Summer Breeze"** at Amaranthe's in New Haven. \$85 for North Haven Residents, \$95 for Non-Residents. Register by May 1.
• **Thurs., July 17 - "Boston Harbor Bingo Cruise"** in Boston, MA. \$165 for North Haven Residents, \$175 for Non-Residents. Register by June 3.

Call (203) 239-5432 for more information regarding these exciting day trips!

Enrichment Class

• **Move to Music w. Adrienne:** This is a low-impact, fun, choreographed fitness class which can be done either seated or standing. The functional movements can help to improve coordination, balance, strength, and memory. Cost for this class is \$5 for Residents, and \$10 for Non-Resident Guests*. Upcoming session date and times are as follows:

Session II: Monday, March 24 at 11am. Register for this session March 10-17. Space is very limited. Call (203) 239-5432 for more information.

*Non-Resident guests are asked to complete a Non-Resident Guest Agreement for all classes, as well as completing a Non-Resident Guest Application. Both documents need to be on file before registering for a class.

Checks are payable to Treasurer-Town of North Haven, unless otherwise indicated. A class with insufficient enrollment will be cancelled prior to the start date and participants will be notified and receive a refund. Once a class is in session, there are NO refunds or adjustments to the required payment, as instructors are based on payment once class is filled.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF MARCH

Mon., 3/10: AARP Tax Preparation. **10am:** iPad User Group.
Tues., 3/11: Happy Birthday Party.

Wed., 3/12: AARP Tax Preparation. **10:30am:** Q&A Wlfd. Police.

Thurs., 3/13: 9:30am: Reiki Certification (1 hr.); **11am:** Cardio Drumming.

Fri., 3/14: 11am: Celtic Sounds Concert; **12:30pm:** Movie: "The Cutting Edge."

Mon., 3/17: AARP Tax Preparation. **9am:** Fitness Classes Registration - Members.

Tues., 3/18: 9:15am: Trip Sign Up for Saratoga; **10am:** ShopRite Dietitian - OILS.

Wed., 3/19: AARP Tax Preparation. **10am:** Moses Y. Beach Presentation.

Thurs., 3/20: 9:30am: Reiki Certification (1 hr.); **1:30pm:** Book Club Discussion Group; **2pm:** Talent Show Auditions.

Fri., 3/21: 9am: WCOA; **1pm:** Walmart Bingo.

Mon., 3/24: AARP Tax Preparation; **10:30am:** Wills, Trusts and Probate; **1-3pm:** Hearing Services. **9am:** Fitness Classes Registration - Members.

Tues., 3/25: 9:30am: Veterans' Coffee House.

Wed., 3/26: AARP Tax Preparation. **10am:** Long Term Care Presentation.

Thurs., 3/27: 9:30am: Reiki Certification (1 hr.); **11am:** Cardio Drumming.

Fri., 3/28: 10am: iPhone Workshop, Parkinson's Support Group; **12:30pm:** Movie: "The Pursuit of Happyness."

Mon., 3/31: AARP Tax Preparation. **10am:** Fire Safety Presentation.

MARCH 2025 WEEKLY ACTIVITIES

Monday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Texas Hold'em, Canasta Lessons, Body in Motion; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue-ZOOM; **11am:** Total Fitness; **12:00 noon:** Healthy Moves, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club, Harmonica Club.

Tuesday: 8:30am: Workout with Sue - ZOOM; **9am-1pm:** Lake View Café; **9am-4pm:** Club

60 Plus, Billiards; **9:30am:** Total Fitness, Basic Social Dance; **10am:** Bocce, Ballroom Dance Lessons; **11am:** Strength and Balance; **12:00 noon:** Bridge; **12:30pm:** Bingo; **1pm:** Quilting, Parkinson Fitness, Mah Jongg; **2pm:** Silver Sneakers Classic.

Wednesday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards, Cards; **9am:** Setback; **9:30am:** Body in Motion; **9:45am:** Guided Meditations; **10:15am:** BOOM Silver Sneakers; **11am:** Shuffleboard; **12:30pm:** Acting Club, Dominos; **1pm:** Cribbage, Cards; **2:30pm:** Basic Group Drumming.

Thursday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Total Fitness, Basic Social Dance; **10am:** Bible Discussion; **11am:** Total Fitness; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble, Crafters Corner; **2pm:** Silver Sneakers Classic; **3pm:** Gentle Yoga.

Friday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Tap Dance; **10am:** Mah Jongg Lessons, Tai Chi, Mah Jongg; **10:30am:** Workout with Sue - ZOOM; **11am:** Strength and Balance, Bridge; **12:30pm:** Pinochle, Movie Matinee; **1pm:** Knit & Crochet, Cornhole; **2pm:** Senior Jammers.

Subject to Change. We will make every effort to reschedule any activity that has been cancelled.

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

RSVP Volunteer Program

Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.

The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.

Just give us a call at (203) 752-3059 and ask for Schari.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Independence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.

Mae's Closet Still Needs Help

Hamden: Mae's Closet, the place where durable medical equipment is loaned out, is asking for volunteers to assist in helping. You do not need to be familiar with the equipment, we will teach you. What we need are people who are friendly and helpful, and interested in making life easier for our fellow citizens.

The Closet is based in Hamden but we serve people from all over the area. We are a non-profit affiliated with Interfaith Volunteer Care Givers and we meet our borrowers or donors of equipment on weekday afternoons by appointment.

If you are interested in volunteering or to find out more, please call (475) 414-8333 and a volunteer will return your call.



SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR Studio Units \$560
1 Bedroom Units \$661
Includes All Utilities

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125 Putnam Ave. Hamden
(203) 248-1445

Age and income limits apply
TRS message relay via CCC:
TRS (800) 842-9710

Equal Housing Opportunity

North Haven Conservation Commission Earth Day Celebration 2025



Pictured: Earth Day from previous years.

North Haven: Join us on Saturday, April 26, 2025 from 10:00 AM to 1:30 PM at the Mildred A. Wakley Community and Recreation Center, located at 7 Linsley Street, North Haven, CT 06473, for a vibrant Earth Day Celebration. Now in its 17th year, this event is proudly sponsored by the North Haven Conservation Commission and highlights our shared commitment to environmental stewardship.

This free event invites residents and families to explore a wide range of engaging exhibits and demonstrations presented by local businesses, civic organizations, and state and local agencies. It's not just an opportunity to raise awareness about environmental issues: it's also a chance to discover ways to actively contribute to the improvement of life in North Haven.

Attendees can look forward to exciting activities and displays, with previous participants including A Place Called Hope, a bird of prey rehabilitation center, Mystic Aquarium, North Haven Garden Club, The North Haven Camera Club, the North Haven Trails Association, Peters Rock Association, the Daytime Gardeners of North Haven, and many more. Come celebrate our planet and learn how you can make a difference. Submitted by Cindy Golia

"The State Of Our Birds"

Sponsored by the Daytime Gardeners of North Haven
North Haven: Presented by Sally Brockett, MS, Daytime Gardeners of North Haven, President.

Are you hearing the birds sing and watching them gather nest material? Do you enjoy seeing them fly through your yard, catching insects to feed their young? Maybe you put out feeders and nest boxes to create a bird-friendly environment. If you have interest in birdlife, or human life, you will enjoy learning more about the state of our birds.

Sally Brockett, a long-time birder and gardener, will provide a presentation focusing on how birds are managing in today's environment. Learn about the past and how birds existed in the early days of our country's development. And learn about the present impact of our current environment on birdlife.

This presentation will be held Tuesday, March 25, 2025, at the North Haven Recreation Center, 7 Linsley Street, North Haven, from 11:00 AM to noon. The public is invited. Please call 203-239-1557 to register. A donation of \$5.00 from guests is appreciated.

Photo by Sally Brockett



SPONSORED CONTENT

New Haven Area Surgeon Pioneers New Treatments for Foot and Ankle Disorders with Old School Approach

(Ad) With smaller medical practices becoming a thing of the past as large health care companies continue to absorb them, personal treatment has become difficult to find.

Dr. Christopher M. Yardan, founder of the Center for Foot and Ankle Surgery in Wallingford and Branford, indicated that his practice is different. Now in its tenth year, Dr. Yardan said when patients come to his practice, they "will see the doctor." As an independently owned practice, there is no red tape to deal with.

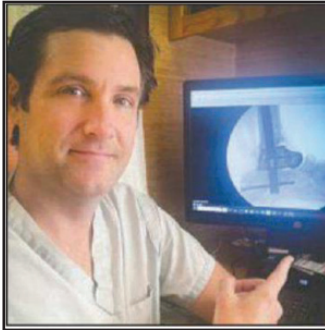
Dr. Yardan pointed out that he and his office manager, Julie, go above and beyond for their patients - getting to know them and even transporting them to the hospital on an occasion.

Beyond the personal touch, what truly sets Dr. Yardan apart are his innovations in both the medical and surgical treatment of the foot and ankle. Having been at the forefront of 3D printed custom surgery, Dr. Yardan completed the first 3D printed custom designed implant for podiatry in Connecticut in February 2019.

"This type of surgery is primarily used in salvage type cases where all other conventional surgical options have been exhausted. When I started exploring the use of 3D printers and custom designed implants, it was to combat osseous defects that were too large for effective allo-grafting," he said.

"Whether the problem was caused by previous surgeries or trauma, this treatment is aimed to prevent amputation when all other attempts have failed."

By Susan Shultz



Dr. Christopher Yardan

Dr. Yardan is currently one of only a handful of physicians around the country successfully implementing this type of complex surgery in the foot and ankle. He also fully supports and has integrated regenerative medicine into his practice.

"Regenerative medicine has absolutely changed how I treat tendon pathology specifically. It has prevented the majority of my patients from having to undergo surgery," he said.

Dr. Yardan explained this works by replacing/regenerating the injected native tissue, but cautions it is not a one-size-fits all treatment.

"I have not seen significant clinical response with injections to joints or ligaments. However, patients with common tendon pathology such as Achilles or Posterior Tibial tendinosis have demonstrated remarkable improvement of function with equally remarkable reduction in pain," he said.

He also cautions that depending on the specific treatment modality chosen, it may not be covered by insurance.

Dr. Yardan is a long-time member of the community. His current office in Branford served as his late father's dental office.

His mother is a retired Branford High School teacher.

Dr. Yardan graduated from Notre Dame High School in West Haven, his bachelor's degree in biology from Boston College and his doctorate degree in podiatric medicine from Kent State University in Ohio. He then completed his three-year foot and ankle surgical residency affiliated with Nova Southeastern University, training under fifty podiatric and orthopedic surgeons in Broward County Florida.

Dr. Yardan is Board Certified in foot and ankle surgery and is currently the acting section chief of Podiatric Foot and Ankle Surgery at Midstate Medical Center. He is a member of the Connecticut Orthopedic Institute and is certified by the State of Connecticut to perform advanced reconstructive foot and ankle surgery. He is an attending for the Yale Podiatric Surgical Residency Program as well as the Vice President of the Northeast Alliance Surgery Center in Hamden.

The Center for Foot and Ankle Surgery has offices at
187 North Main St., Wallingford, CT 06492
9 Pine Orchard Rd., Branford, CT 06405.

For more information or to set up a consultation, Please call us at 203-265-4814 or visit <https://centerforfootandanklesurgery.com/>

The previous content is a paid advertisement for The Center for Foot and Ankle Surgery.

Statements made are not meant to offer medical advice nor diagnose any condition

La Leche League March 12th Meeting

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wed., March 12, 9:30am at Grace & St. John's Church, 2927 Dixwell Ave. Led by accredited LLL Leaders, our group will gather in the upstairs church living room. We meet every 2nd Wednesday of each month.

Are you pregnant or a parent of a breastfeeding baby? Come to our free in-person meetings to get support and information on all aspects of breastfeeding and parenting. Women with their babies and young children are welcome from all surrounding towns of the Greater New Haven area.

We also provide phone and online help at any time with your

questions/concerns, plus can give you info on additional virtual meetings held monthly in CT.

Should the weather on meeting day be snowy/icy, please check before coming out.

To RSVP and get details on our monthly meeting and for breastfeeding questions contact: Anne.M@LLLCT.org

Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and

stories.

To learn more, browse the website ctalanon.org. To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.

Volunteers Needed for Nursing Home

Hamden: Whitney Rehabilitation Center at 2798 Whitney Ave., is seeking volunteers for our recreation department.

Interested individuals can inquire at (203) 287-7718 and ask for our Director of Recreation, Donna Mignosa.

FOR SALE: 53" round wood table with 3 leaves, 8 chairs, very good cond. \$400; (203) 641-5466

YOUR LINK TO QUALITY HEALTHCARE

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Question & Answer - Dr. Richard Durocher

Q: What causes flat feet and what other problems can it contribute to?

A: The arch of your foot is its main supportive structure. If the arch loses strength, the bony framework begins to collapse causing flat foot. Ligaments, muscles and tendons help hold this framework together. There are many causes of flat feet. Some people are born with them. Other people acquire flat feet as a result of arthritis, trauma, or musculo-skeletal disorders. Over use or repeated pounding on hard surfaces can also weaken the arch. Discomfort from flat feet doesn't often appear for years unless it is caused by trauma. Pain may be felt while walking as stress in the foot and leg progresses due to the flattened feet.

When the feet become flattened, the foot's alignment is altered which causes other problems to happen such as hammertoes, bunions, heel spurs, arch strain, corns and neuromas. It can lead to pain and stiffness in the ankles, knees, hips and lower back.

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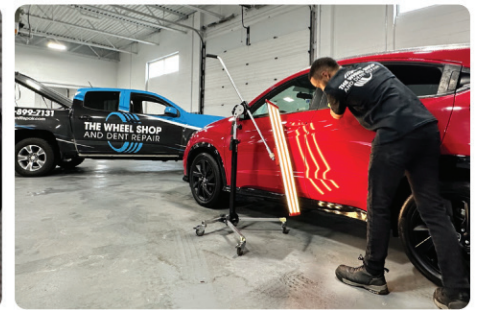
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QU Professor, Students Participate In Wellness Night At Hamden's West Woods Elementary School



Pictured: Quinnipiac nursing students Abigail Crowell, left, and Maverick Hammond presented information on staying healthy and safe, first aid, calling 911 and the importance of sleep hygiene during Wellness Night.



Pictured: Quinnipiac Rugby player Kelsey Thomas discussed the importance of exercise and led children through safe rugby drills during Wellness Night.

Hamden: Representatives from Quinnipiac University's School of Nursing and women's rugby team participated in Wellness Night activities at Hamden's West Woods Elementary School on Friday, Feb. 28.

Bridget Rich, assistant dean for clinical education and clinical instructor of nursing at Quinnipiac, was joined by students Abigail Crowell and Maverick Hammond.

They presented information on staying healthy and safe, first aid, calling 911 and the importance of sleep hygiene. In addition to dispersing important information, the Quinnipiac nursing contingent helped the elementary students make bracelets with ultraviolet beads that change color in the sun.

"Community engagement is essential in nursing because it allows nurses to actively identify and address community health needs by collaborating with residents, leading to improved access to healthcare, better health outcomes and empowered individuals who can take charge of their well-being by providing education and resources tailored to specific local issues," Rich said. "Our students are excited to teach students about healthy habits and first aid and are doing so with fun infused."

Rugby players Kelsey Thomas and Gillian Mason, both juniors, talked about the importance of exercise and led the children through safe rugby drills.

It was the second consecutive year in which Quinnipiac visited West Woods for the event, which was organized by physical education teacher Alan Page. About 100 people registered to attend the event, which featured everything from art therapy to Zumba demonstrations.

Adyson Maguire, a third grader at West Woods, attended the event with her brother Ayden Maguire, a first grader.

"It's good to be healthy and it is important to exercise," Adyson said. "You need to be active."

Energize ConnecticutSM eesmarksTM Student Contest Celebrates 20 Years of Energy Efficiency Education

Registration is now open for the 20th annual eesmarksTM Student Contest, presented by the Energize Connecticut Sponsors, Eversource and Avangrid, Inc. subsidiaries United Illuminating (UI), Southern Connecticut Gas (SCG), and Connecticut Natural Gas (CNG).

For two decades, eesmarks has encouraged Connecticut students in grades K-12 to discover how energy efficiency, renewable energy, and sustainable solutions can impact our world through grade-level-appropriate prompts. This year, in addition to student entries, teachers are invited to showcase their creativity by making a video or song alongside their students addressing why saving energy is important.

Student prompts for Grades K-8 include a poster (Grades K-2), limericks (Grade 3), outdoor billboard (Grade 4), fictional story with an energy-saving character (Grade 5), persuasive letter (Grade 6), comic strip (Grade 7),

or social media post (Grade 8).

High school-age students, Grades 9-12, are asked to produce a persuasive image in words or pictures, such as a short poem (125 words or less) or cartoon strip (12 cells or less) that advocates for an energy-saving topic. Entries will be evaluated based on scientific validity and concise and convincing imagery.

Contest registration is open until March 21, 2025. Project submissions are due on March 28, 2025. All work must be completed by the individual submitting the entry. No group projects will be accepted.

Finalists in all categories and grade levels will be honored at a special awards ceremony to be held in May 2025 at the Connecticut Science Center in Hartford. Winners will receive a certificate and an Amazon gift card.

For more information about the contest, visit EnergizeCT.com/student-contest.

Special Olympics to Hold Annual Awards Dinner

Hamden: Special Olympics Connecticut's Annual Awards Dinner, presented by Tokio Marine HCC and hosted by the Calvanese Family, will be held at the Aqua Turf on Tues., March 25. The event is being held to honor outstanding athletes, volunteers, families and groups who exemplify the spirit of Special Olympics and have made a significant impact on the organization.

For reservations and information about sponsorship opportunities, visit soct.org, email specialolympicsct@soct.org or call (203) 230-1201.

Emcees will include WFSB's Renee DiNino and NBC Connecticut's Ryan Hanrahan and, in addition to Tokio Marine, Webster Bank is an event sponsor. The Aqua Turf Club is located at 556 Mulberry Street in Plantsville and doors will open at 5pm. The program will take place from 6-9pm. Tickets are \$35 per guest and must be purchased in advance.

Honorees will include:

Susan Saint James Leadership Award - The Necci Family, Glastonbury

Eunice Murtha Award for Philanthropy - Keith Moon, Lakeville

Shriver Family Award - The Michael Family, Ledyard
Sheila Schmidt Award - Kevin Fitzgerald, Naugatuck

Eunice Kennedy Shriver Award - Robin Batchelder, Simsbury
Community Leadership Award - Mohegan Tribe, Uncasville

Law Perkins Coach Award - Amanda Renaud, Cheshire
Outstanding Special Olympics Local Program - Special Olympics North Haven

The Norman Hanenbaum Lifetime Service Award - The Ever-

source Volunteer Snowmakers, Windsor

Spirit of Life Awards - Clarissa Enes - Storrs, Matthew Lengvinis - North Haven and Timothy Michaud - Ledyard

Spirit of Inclusion Awards - Bunnell High School - Stratford, Guilford High School and Valley Regional High School - Deep River

Unsung Hero Awards - Adam Coletti - Plainfield, Melissa Jacobs - Bristol, Helen King - Middlebury, Heidi Klein - Cheshire, The Zoccoli Family - Cromwell

New Haven Sail & Power Squadron

BOATING WITH CONFIDENCE: HANDLING YOUR BOAT UNDER WAY

New Haven Sail & Power Squadron, part of America's Boating Club, will hold a 2-hour seminar about handling your boat under way.

Learn about basic operations; trimming your boat; operating on plane; handling seas and waves; dealing with bars, rivers, and bends; and other situations you will encounter along your cruise. Class will be held from 9-11am on Sat., March 29, at Indian Neck Yacht Club, 87 Harding Avenue, Branford.

All students must sign up by Wed., March 26. People can sign up online and charge it to a credit card. The class costs \$10 per person. To register and pay online, use the Zeffy link that follows: <https://www.zeffy.com/ticketing/boating-with-confidence>

There is no processing fee. Or, contact Squadron Education Officer Peter DePascale at (203) 671-2420 and leave a message, or email him at bathworksinc@gmail.com.

For information on NHSPS, go to: www.nhsp.org.