



PRESIDENT’S LIST

So. New Hampshire Univ.

Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2024 President’s List:

Hamden: Renee Blake, William Evans, Wesley Hamerschmidt, Amber James, Kirkland Noble, Jenny Saysiri.

North Haven: Kevin Croce.

Wallingford: Madison Platt, Kathleen Porto, Sergio Rodriguez, Joseph Simmons, Franchelyz Soto.

The State University of New York

Hamden resident, Andre Fisher was recently named to the President’s List at The State University of New York at Potsdam (SUNY).

Fisher, whose major is Politics, was honored for academic excellence during the Fall 2024 semester.

DEAN’S LIST

Curry College

Curry College congratulates the following local area students who were named to the Fall 2024 Dean’s List:

Hamden: Ava Andreoli, Sylvia Gaunichaux.

Bates College

Wallingford resident, Sam Fers was named to the Dean’s List at Bates College for the Fall semester ending in December 2024.

Fers is majoring in Biology and minoring in Education at Bates.

Local ECSU Dean’s List Students Named

Eastern Connecticut State University recently released its Dean’s List for the Fall 2024 semester:

Hamden: **Kolby Becker**, sophomore, Business Administration; **Mia Civitillo**, senior, Early Childhood Education and Psychology; **Donald Moorcroft**, senior, Health Sciences; **Samantha Musella**, senior, Criminology; **Amarylisse Rodriguez**, senior, Communication; **Alani Santiago-Bell**, first-year student, Nursing; **Emmett Swindon**, sophomore, Environmental Earth Science; **Addison Twohill**, senior, Communication.

North Haven: **Justin Falasco**, senior, Finance; **Amy Gibson**, senior, Early Childhood Education and Psychology; **Emma Gill**, first-year student, Psychology; **Liam Millman**, first-year student, Communication, Film & Theatre; **Miranda Tessitore**, senior, Social Work; **Kaitlyn Vece**, junior, Early Childhood Education and English; **Justin Yeager**, senior, Art.

Northford: **Ariana Fiondella**, senior, Early Childhood Education and Sociology; **Jillian Garrett**, senior, Elementary Education and Liberal Studies; **Carl Jackson**, sophomore, Computer Science; **Emily McCormack**, senior, Social Work; **Desiree Wilson**, first-year student, Anthropology; **Emma Yacono**, junior, Theatre and Performance Media.

Wallingford: **Shelby Anderson**, junior, Social Work; **Rebecca Bright**, sophomore, Psychology; **Nathan Cerasale**, senior, Business Administration; **Emily Conte**, junior, Business Administration; **Zachary D’Andrea**, sophomore Accounting; **Jessica Davies**, senior, Social Work; **Ella Dorsey**, first-year student, Exploratory Education; **Bree Foucault**, first-year student, Business Administration; **Autumn Murray**, senior, Environmental Earth Science; **Emma Oliano**, senior, Business Administration; **Gianna Scoppetto**, senior, Physical Education; **Allison Sherwood**, first-year student, Health Sciences; **Jacob Shook**, junior, Business Administration; **Angelina Verdi**, first-year student, Health Sciences; **Cassandra Wentzell**, sophomore, Business Administration.

Warming Center at Keefe Community Center in Hamden

The Town of Hamden, in partnership with Columbus House, Inc., will open an overnight winter warming center for those experiencing homelessness in our community.

Hamden’s Warming Center will be open now through March 31st, from 7pm-7am, seven nights a week. It will be stationed at the Keefe Community Center Gym, located at 11 Pine St in Hamden. Please enter through the George

So. New Hampshire Univ.

Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2024 Dean’s List.

Hamden: Chason Higgs, David Johnson, Balla Koevogui, Alyssa Misurale.

Northford: Gabrielle Senerchia.

Wallingford: Noah Baltramaitis, EmilyMay Bott, Dan Graham, Joseph Grzywinski, Riley Parkin, Madyson Ruggiero.

Roger Williams Univ.

The following select students have been named to the Fall 2024 Dean’s List at Roger Williams University:

Hamden: Gabriel McCray.

North Haven: Julia Ball.

Wallingford: Kate Connery, Brooke Guy, Cassandra Mastroianni, Zaiden Piccoli, Giana Pye, Aidan Strahowski.

Bucknell University

Bucknell University has released the Dean’s List for outstanding academic achievement during the Fall semester of the 2024-25 academic year. Local area students include:

Hamden: Charlotte Morvan, 2028, Undeclared; Lea Trachten, 2027, Civil Engineering.

North Haven: Mikey Brandt, 2026, Markets, Innovation & Design; Colin Knauft, 2026, Economics; Ryan Skoronski, 2028, Biology.

SUNY New Paltz

SUNY New Paltz announces its Dean’s List for the Fall 2024 semester, which includes the following local area students:

Hamden: Morgan Tobio.

Wallingford: Matthew Clem.

North Haven Garden Clubs Tips On How To Keep Cut Flowers Fresh



Pictured Top: Mixed flowers in oasis. **Bottom:** Mixed flowers and tulips in vase.

North Haven: With Valentines Day right around the corner, the gift of fresh flowers are sure to make it into many of our homes. I would like to share a few tips on how to keep your beautiful flowers fresh longer. *When selecting your vase make sure its large enough to accommodate all the stems and with it has a wide mouth to allow for good air circulation. *After receiving your beautiful bouquets, strip all the leaves form the stems, if you leave any leaves below the water line they will rot and ruin the water quality. *Re-cut the stems, if you are simply using a vase no need to cut on an angle, it doesn’t make much difference to the flower. When using oasis, most definitely cut the stems on an angle, makes it easier to insert into oasis. Cut the stems underwater, this prevents the stem from taking on air which will cause a blockage that keeps water from entering the stem. Flowers like to be warm and prefer warm water, so always start your flowers in warm water, not cold. It is not necessary to maintain warm water, just when placing your flowers in a vase. Remember to check the water level daily. North Haven Garden Club wishes each and everyone a Happy Valentines Day.

FUN FACTS: Did you know that flowers like daffodils contain a type of sap that will shorten the life of other flowers in your vase, Tulips will continue to grow, Chrysanthemums will last for more than a week, while Day-lilies last only a day!

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 the great Town of North Haven and like our page!!

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

Organizations or agencies that are interested in providing dinners and breakfasts are encouraged to contact Columbus House at (203) 401-4400, ext. 138 or by email at sdimario@columbushouse.org.

Residents wishing to contribute to the Warming Center may do so by donating items such as non-perishable, pre-wrapped snack food items and beverages. Donations of new socks, new underwear, gloves, hats, umbrellas, and rain ponchos are also welcome.

Donations may be dropped off at the Keefe Community Center between the hours of 8:30am and 4:30pm, Monday through Friday. Donation receipts will be available.

For further information, please contact:

Keefe Community Center at (203) 562-5129

The Columbus House Emergency Services Team at (203) 768-7232

Deputy Chief of Staff, Alexa M. Panayotakis, at (203) 287-7100 or by email at apanayotakis@hamden.com.

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 • FOR SALE: Horton trombone, excellent cond., asking \$100; (203) 506-5024, Spring Glen area •

Attention: 18-19 Year Olds

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’m 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. Your opinions are valuable and your perceptions meaningful. Three surveys on these subjects have been created and need your input. Your names will NOT be used. The only identifying information will be your gender, age and grade.

Please access these surveys on the link and/or QR Code shown here. They should only take you a few minutes to complete.

Thank you for your participation.

https://forms.gle/aa4jCEXfdUxvNixm6

Dave Wolfe, MS, Author
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Cozy Up With Nourishing, Soup-Centered Meal

(StatePoint) As the days grow cooler, nothing comforts quite like a warm bowl of soup. Welcome the crisp air by making wholesome, hearty soups the star of your meals. Ideal for family dinners, quiet nights in, or meal prep for busy weeks, soups are versatile and satisfying, offering a variety of flavors and textures that the whole family will love.

While soup has always been a cool-weather favorite, incorporating it into baked dishes can bring a new twist to classic recipes. By adding seasonal ingredients, protein and hearty grains, you can create balanced, warming meals that feel both familiar and fresh.

Soups not only provide comfort, but they also pack a nutritious punch. Filled with vegetables, legumes and whole grains, they’re a great way to create nourishing dishes that warm both the body and soul. Amy’s Kitchen, known for its high-quality, organic meals and snacks, cooks its soups from scratch—using slow-simmered broths, fresh vegetables and plant-based proteins.

This soup season, Amy’s is introducing five new soups that can transform any meal into a nutrient-rich delight.

Here’s a crowd-pleasing recipe to try that pairs cheesy cornbread with flavorful chili:

- Chili Topped Cheesy Cornbread Ingredients:**
- 2 corn on the cobs
 - 1 cup self-rising flour
 - 1/2 tsp baking powder
 - 1/2 tsp cayenne pepper
 - 3/4 cup natural yogurt

- 4.6 fluid ounces olive oil
- 1 cup instant polenta
- 2 tablespoons maple syrup
- 1 tablespoon cider vinegar
- 1 bunch green onions, finely sliced
- 3 ounces feta, crumbled
- 1/2 can Amy’s Organic 3 Bean Vegetable Chili

- 1 1/2 ounce mature cheddar, grated
- 1 teaspoon nigella seeds

Directions:

1. Place a large frying pan over high heat and char the whole corn on all sides for 10 minutes, turning regularly until slightly blackened. Remove to a board and cut off all the kernels into a bowl.
2. Preheat the oven to 325 degrees F. Grease and line a 10-inch ovenproof skillet pan.
3. Tip the flour, baking powder, cayenne pepper and 1 teaspoon salt into a bowl and whisk together.
4. In another bowl, mix together the yogurt, oil, polenta, maple syrup and vinegar; whisk until combined.
5. Pour the wet mix into the dry ingredients and fold to combine. Add the green onions, feta and charred corn and stir again.
6. Pour the cornbread mix into the prepared skillet. Add small spoonfuls of Amy’s Organic Spicy Chili on top. Top with grated cheddar and nigella seeds. Bake in the oven for 40-45 minutes until risen and a skewer comes out clean.
7. Enjoy while warm or serve at room temperature. Best eaten that day.

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