North Haven Garden Club Decorates Barrels Around Town









Pictured Top: Italia Avitable, Cindy Golia, Angela Buzzelli, Cindy Adinolfi, Gerri Giordano, and Officer and Captain Chris Thorpe, Gerri Giordano and Cindy Golia. **Bottom:** Italia Avitable and Cindy Adinolfi, and Angela Buzzelli and Italia Avitable.

North Haven: On Saturday November 16th a few members of the North Haven Garden Club met at Todds Pond to decorated the barrels on Maple Avenue. We also decorated the 3 barrels on Pool Rd, 3 barrels on Shawmut Avenue, the cement planter at Parks and Rec. North Haven Garden Club members Cindy Golia, Gerri Giordano and Cindy Adinolfi met the prior Wednesday to separate, sort and bag the decorations for each barrel.

North Haven Garden Club members who helped to decorate were Cindy Golia, Gerri Giordano, Cindy Adinolfi, Italia Avitable, and Angela Buzzelli. As usual the barrels look very festive and beautiful. We would also like to thank Officer Chris Thorpe who did an amazing job protecting all of us while we worked in Saturday traffic.

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

Wallingford Garden Club Holiday Tea/Pop Up Shop & Wreath Exhibit









Wallingford Garden Club will hold the Annual Holiday Tea/Pop Up Shop & Wreath Exhibit at the Wallingford Public Library Community Room, 200 North Main Street. Dec 10, 2024 with snow date on Dec 11. The Event will be held from 1-3 with refreshments (cookies/sandwiches) and coffee/tea/punch. There will be entertainment as well.

For more information, please call 203-269-2653.

Photos by Betty Wilson

Town of No. Branford Office of Social Service

DECEMBER HOLIDAY BASKET SHARE

Over the years many community members, religious and civic organizations as well as businesses, large and small have been integral members of the community through their time, donations, and generosity. Some participate just one year or through one program. Others participate each year. Every effort is appreciated.

If you are interested in assisting an individual, family, or a child in the North Branford/Northford Community, we encourage you to do so through a variety of programs.

The December Holiday Basket Share Program will take place on Thursday, December 19, 2024.

For those wishing to donate a basket, you only need to call the Office of Social Service at (203) 484-6006 and express your desire to donate a Holiday Dinner Basket with or without toys. You may choose the family size you would like to adopt. You may choose to do this alone, or as a group, with neighbors or co-workers. For those donors that wish to include children's gifts, this Office will provide you with the children's wish list.

Donor Drop Off: Thursday, December 19, 9:30-11am.

Recipient Pick-up: Thursday, December 19, 11:30am-1pm.

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

FOR SALE: Girl's 10-spd. bike, exc. cond., white and pink $60; (203) 269-1259 • FOR SALE: Sofa, chaise attachment, brown fabric, very good cond. $75; (860) 573-3210, Hamden •

FOR SALE: Holiday and seasonal decorations, full-size trees, Christmas village, etc. $5 to $100; (203) 500-7301 •

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

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Question & Answer - Dr. Richard Durocher

Q: What is Plantar Fasciitis?

A: Plantar Fasciitis is an inflammation of the plantar fascia. The plantar fascia is the thick band of tissue in the bottom of the foot that goes from the heel to the toes. Excessive pull on the fascia causes the inflammation. Abnormal change in the arch height due to increased activity, weight gain, worn out shoes and wearing shoes with no support contribute to the pull. The most common symptom is a deep ache or cramping sensation in the arch. The pain is most severe in the morning when getting out of bed. The pain sometimes decreases after a few steps, but not always.

Treatments vary from person to person. In mild cases, stretching exercises, ice therapy, change of shoes, and oral anti-inflammatory medications are recommended. In more severe cases, orthotics (custom-made arch supports) and physical therapy may be necessary. In extreme cases surgical release of the fascia from its attachment to the heel may be indicated. Conservative treatment reduces most symptoms so surgical intervention is usually not advised.

Contact Dr. Richard Durocher for evaluation of this condition.



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Member of the American College Of Foot & Ankle Surgeons
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(off street parking)
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FOR SALE: Commode, brand new $25; tub seat $15; 3 rollators $40 each. Cash Only. (203) 710-5445 •

FOR SALE: Gulf motor oil 2-gallon metal can $25; seven auto showroom brochures, 1980s, $10; (203) 239-8060

FOR SALE: Kitchen table, formica top, 38x59, 4 rolling chairs, very good cond. $50; (203) 915-4155 •

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The North Haven office is staffed by
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