Scheduled Bus Trips

MOHEGAN SUN CASINO: Monday, February 23rd. Pick up at Miller Library, Hamden at 8:30am, leaving the Casino at 3:30pm. Cost is $35. **All proceeds go to Abandoned Animals, Inc.** Please call Arlene at (203) 248-8936 for information and reservations.

Children's Birthday Notices

Birthdays celebrated from Sun. January 25, 2026 to Sat. January 31, 2026 MUST BE IN OUR OFFICE By Thurs. January 29. 2026 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.

North Haven Garden Club Presents 2024-2025 Winning Poem By Samantha Alleyne



Pictured: Samantha Alleyne with Youth Chair Cindy Golia.

North Haven: The North Haven Garden Club is pleased to share with you each week one of the winning poems for the annual poetry contest which is run in conjunction with the National Garden Clubs contest. After winning at the North Haven Garden Club level the poems are submitted to the Federated Garden Clubs of Connecticut, New England Garden Clubs and last the National Garden Clubs. Samantha won in all the clubs for 1st place in Kindergarten and won an Honorable Mention for Kindergarten at the National Garden Club level.

Do the Right Thing
Red, orange, yellow and green.
These are the colors in the rainbow and the garden too.
I like veggies
Carrots, tomatoes, corn and more carrots.
When I have enough I like to share
Why? Because I'm really nice and it's the right thing to do
I eat cooked vegetables especially when I make it
Give me carrots and corn anytime
I especially love juicy tomatoes, they are the best
When I have enough i like to share
Why? Well I already told you, I'm really nice and it's the right thing to do

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

Meet Bagel!



Happy new year from beautiful Bagel! This gorgeous cutie is still looking for her forever home! She would like to be an only pet and is particular about her people. She loves some of the volunteers and is more cautious with others. We know that her forever home is out there.

Bagel was a young mom who loved her babies, now all adopted. She was stressed out by shelter life (and shelter roommates) so she went into a foster home for recovery. She is now ready for her forever home. Loves: window watching, zoomies, playing with toys, and human friends.

You can apply on our website: https:/branford compassion club.org/learn/adoption **CT Homes Only Please**

all about kids

Sunny Side Up
Early Care Learning Center
Visit our website at www.sunnysideupearlycare.com
76 Maple Ave., North Haven (203)239-7395
Select Openings for 3 & 4 Year olds Available



Following the clues to build the town, little city planners all around!
PreK openings. Call for a tour!

Animals Looking for Homes

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



5 Sugar Intake Tips to Prevent Cavities in 2026



(StatePoint) Holiday celebrations often feature lots of great food and drinks, including sweet treats to indulge in. But too much sugar in your diet can weaken your teeth, leaving your smile vulnerable to cavities. After a sweet holiday season, follow these five sugar intake tips so you can prevent cavities and improve your oral and overall health in 2026.

Restore the balance. If your holiday season was filled with candy canes, hot cocoa and cookies, now is the time to revive a balanced diet with a variety of healthy foods from each of the five major food groups. Fill your plate with whole grains, fruits, vegetables, lean proteins and low-fat dairy foods.

Sugary beverages like soda and juice should be served sparingly, as healthier options like water and plain milk have far more nutritional value. "Water is the best beverage for your teeth," said American Dental Association (ADA) dentist, Mirissa Price, D.M.D. "Not only does water help wash away cavity-causing bacteria and weaken the acids in your mouth, but water with optimal levels of fluoride strengthens your teeth against cavities.

Be picky if it's sticky and watch out for starch. You might think dried fruit is a healthy choice, but raisins and dried cranberries often stick to your teeth, giving the bacteria in your mouth more time to feast on the natural sugars. Meanwhile, starchy foods like chips and cakes often get trapped between your teeth where cavities also form. "If you choose these foods, pair them with water, and make sure to brush and floss thoroughly," said Dr. Price.

Resolve to maintain your dental routine. Speaking of brushing and flossing, it's important to keep up with your dental care routine no matter what your diet looks like. That means brushing your teeth twice daily with fluoride toothpaste and cleaning between your teeth once a day. Choose dental products with the ADA Seal of Acceptance and see your dentist regularly for valuable checkups. Appointments can fill up fast after the holidays, so schedule them far in advance to avoid delays.

Timing matters. Instead of eating sweets on their own, pair them with meals or eat them shortly after mealtimes. During a meal, your mouth releases more saliva, which is another tool in the fight against tooth decay, canceling out acids and washing away food from teeth and gums. Saliva also contains minerals to repair weakened teeth. For snacks between meals, choose a healthy option like fruit, vegetables or cheese. "If you find yourself enjoying a sweet treat apart from a meal, chewing sugar-free gum with the ADA Seal of Acceptance after can increase saliva and may help counter acidity," said Dr. Price.

Set a good example. It's no surprise that most kids also want to enjoy a sweet treat now and then, but remember that cavities are the most common chronic childhood disease. Provide children with foods and drinks that are healthy and low in sugar, remind them about regular at-home dental care, and set a good example by modeling all the tips above.

To learn more about how nutrition affects your teeth, visit MouthHealthy.org/nutritionsimpact. For help keeping your child's dental routine on track, visit MouthHealthy.org/calendar to download a free 12-month brushing and flossing calendar.

"Making choices to keep your mouth healthy doesn't stop you from enjoying good food," said Dr. Price. "Finding a balance is key, and the start of a new year is a great time to focus on healthy behaviors to benefit your dental and overall health."

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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; GrassyHill Auctions.com**

Tail To Paw Animal Support

Tail To Paw Animal Support is a nonprofit 501(c)(3) charity that provides owners with access to free or low-cost basic medical assistance, food, vaccinations and other care regardless of their housing or income insecurity. By providing more easily accessible resources to the disabled, veterans, homeless, seniors and low-income, Tail To Paw helps to keep animals with their owners and reduce abandonment and surrender to shelters and the streets.

Tail To Paw assists owners to keep their companion animals with them, by offering services through multiple programs:

- Access to pet food and supplies at no cost or subsidized pricing
- Access to vaccinations, spay/neuter, basic medical or emergency medical at no cost or subsidized pricing
- Case management for all participants to assist with other benefits including, but not limited to SNAP, energy assistance, etc.
- Public education regarding TNR and feral colonies

Tail To Paw Animal Support's website is https://www.tailtopaw.org containing information about case management and assistance programs, as well as fundraising programs Tail To Paw is also on Facebook, Instagram and Tik Tok.