Hamden Elks Honors Veterans With Breakfast



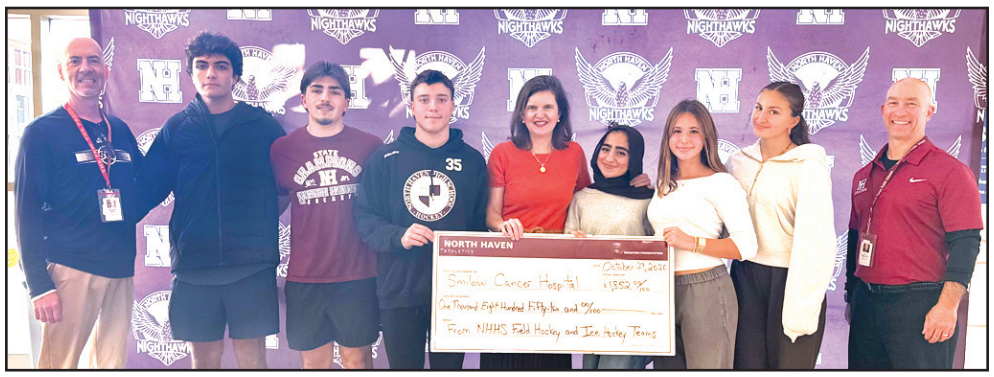
Pictured: At the breakfast are blind veterans from West Haven VA, members of Hamden Elks Lodge No. 2224, and ladies from Girl Scout Troops 60788, 60875, and 60408.

Hamden Elks Lodge No. 2224 held a breakfast on October 17 to honor veterans from the West Haven VA Blind Center. The Lodge hosted eleven veterans from the center, along with several Lodge veterans and members. The Hamden Lodge Veterans Committee, chaired by Kathy Kelsey, Past President, and co-chaired by Ann Cullinan, organized the event. Lodge members prepared the meal, assisted by Girl Scouts from Troops 60788, 60875, and 60408.

Blind and low vision rehabilitation is available at the West Haven VA. Help is available for common conditions such as macular degeneration, diabetic eye disease, glaucoma, corneal diseases, retinitis pigmentosa, uveitis, stroke, and injury-related vision loss. The West Haven VA helps veterans regain the confidence and skills needed to lead an independent, fulfilling life after vision loss.

The Elks are dedicated to charitable and patriotic programs in our community. For membership information, contact Andy Caporossi at 203-248-2224.

North Haven High School Annual Pink Game Honors Breast Cancer Awareness Month



Pictured (L-R): Principal Dr. Russell Dallai, Hockey Captains Ben Cruz, Alex Porto, Joey Salzano, Ms. Palmer, Field Hockey Captains Fatima Butt, Camilla Bianchi, Reese Rothfuss, and Athletic Director Steve Blumenthal.



Pictured Above: NHHS Girls' Field Hockey Team and NHHS Boys' Ice Hockey Team.

North Haven: On Friday, October 23rd, the North Haven High School Boys' Ice Hockey Team played against the Girls' Field Hockey Team in the 6th Annual Pink Game to benefit Smilow Cancer Hospital in honor of Breast Cancer Awareness Month. They raised $1852 at the event, and were pleased to present a check to Martha Palmer, Senior Development Officer for Smilow.

North Haven Garden Club Birdseed Wreath Fundraiser



North Haven: The North Haven Garden Club is selling homemade birdseed wreaths, baskets, and ornaments as their largest fundraiser for 2026. All funds raised go into the North Haven community to support beautification projects, gardens, barrels and pots, and youth programs.

Birdseed wreaths make a wonderful gift for that someone who loves birds or for that hard-to-buy-for person in your life. There are a variety of sizes available: large 10" wreath for $15, small wreath for $10, extra-large snowflake wreath for $20 and ornaments for $5 each. Custom baskets can be purchased at the craft fairs for $25-35.

You can buy these beautiful wreaths on November 6th from 5:30 to 8:00pm and November 7th from 9:00am to 2:00pm at St. Augustine Church, Caputo Road, North Branford, and on November 7th from 9:00am to 2:00pm at North Haven High School Craft Fair.

Or you can order wreaths by contacting Linda Lianos by email at linda.lianos@gmail.com., or by phone 203-239-3889 or a leave a message on the North Haven Garden Club Facebook page and you will be contacted.

Deadline for orders is DECEMBER 1st. Prepayment is required by check, made out to North Haven Garden Club and mailed to NHGC, 59 Juniper Drive, North Haven, CT 06473. Please include with your check a list of which wreaths you are ordering. Orders can be picked up at North Haven High School Craft Fair on Saturday November 7th (10am-2pm) or on Saturday, December 5th at North Haven Recreation Center from 10am to noon with prior arrangements. Wreaths and baskets can be delivered for an additional charge of $5.00.

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



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Question & Answer - Dr. Richard Durocher

Q: I have recently increased walking and running and noticed that I am getting blisters on my feet. How can I prevent them and how should they be treated?

A: Blisters are usually produced by friction, and will often result from shoes that are not broken in yet, wearing worn-out socks and loose shoes. The shearing causes irritation, redness and eventually separation of the skin layers with fluid. These can become painful and large if not treated early.

To prevent blisters wear shoes and socks that fit appropriately. Avoid socks that are too fibrous or loose-fitting. Keep the skin lubricated by applying petroleum jelly to the area before activity. Popping blisters is not a good idea, since this could allow infection into the area. Very small blisters (1/4 cm) should not be popped. As a blister gets larger and more painful, it should be de-roofed followed by application of antibiotic ointment or cream and a Band-Aid until it is healed.

If you repeatedly get blisters, consult the podiatrist for evaluation. Repeated shearing may be due to the foot functioning improperly in shoe gear. Orthotics may also help adjust the foot and improve its function in shoe gear.

Contact Dr. Durocher for further evaluation.



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