Spring Glen Garden Club Welcome Back Shelby



Pictured: Shelby a former hardworking member of The Spring Glen Garden Club and Marti IN THE PLANTER in the rotunda at the Miller Memorial Library working on the plants and trying to straighten the tree and rearranging the plants.

Hamden: The Club has been a fixture in the Hamden community since 1925, a chartered member of The Federated Garden Clubs of Connecticut, Inc., and National Garden Clubs, Inc., since 1929.

The Garden Club ongoing projects include gardens and planters in Spring Glen, Poppy's Garden on the Farmington Canal Trail and the Historical Herb Garden at The Jonathan Dickerman House.

The Club donated 10 American Elm hybrid trees to the Hamden Center Park as a result of its successful Wreaths for Trees program.

Other projects of the Club are a Rhododendron Garden at the entry to Lockwood Cottage and the Red Oak tree (Quercus rubra) affectionately known as "Annie Oakley" planted in the Eli Whitney Park.

The Spring Glen Garden Club is looking for new members, who are not only interested in horticultural pursuits but civic beautification and preservation of our natural resources. There are no residency requirements to belong, our members are as local as Hamden, North Haven, Branford, or as far flung as Goshen. For further membership information, please call Dorothy at 203.934.5975.

Benefits of Membership: The Spring Glen Garden Club. Fellowship with other garden and flower enthusiasts. Educational opportunities through the CT Federation of Garden Clubs.

Monthly meetings featuring Professional Speakers on a wide range of topics.

Tending the gardens at the Spring Glen Municipal Parking lot Club members also host informational teas, man booths at the and the annual Brooksvale Park Fair.

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The **Town of North Haven** is stepping up to make medication more affordable and want YOU to be part of it. North Haven has partnered with the State of Connecticut Comptroller to spread the word about a free prescription savings card for anyone living in Connecticut. No cost. No insurance needed. Just real savings and better access.

ArrayRx is a free prescription discount card program offered by the State of Connecticut. It helps people in our communities save money on their medications, no matter their age, income, insurance, or immigration status. Anyone who lives part- or full-time in Connecticut can sign up online or over the phone and begin using it right away. There are no fees, no applications, and no eligibility requirements. Just real savings on the medications people need to stay healthy.

For more information or if you would like assistance in signing up, you can call the ArrayRx Enrollment Line at 1-800-913-4146, Monday-Friday, 10:30am–8:30pm, contact Carla Picard in Community Services at 203-239-5321 x8504 or visit ArrayRxCard.com.

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FOR SALE: Atlantic 3-piece soft side expandable with wheels, durable suitcase set, one 22" and two 26", gently used $70; call (203) 530-1045 •

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Quinnipiac University Hosts Second Annual Powwow Celebrating Indigenous Culture And Community



North Haven: Hundreds gathered at Quinnipiac University for the second annual "Dancing in the Shadow of Sleeping Giant" powwow, a vibrant celebration of Indigenous art, culture and tradition. Held on Burt Kahn Court, the event brought together Tribal Nations, students, faculty and community members for a day of cultural exchange and education.

The powwow featured drummers and dancers representing Connecticut's five Tribal Nations - Golden Hill Paugussett, Eastern Pequot, Schaghticoke, Mashantucket Pequot and Mohegan - alongside Indigenous arts, crafts and food vendors from across the Northeast. Hosted by the Indigenous Student Union (ISU), the Office of Inclusive Excellence and the Indigeneity Initiative, the event was supported by the university and Sunrise Healing Community Inc.

New this year, the Akomawt Educational Initiative Learning Tent offered hands-on opportunities to learn about powwow traditions, including dance styles, regalia and cultural practices.

"This is not just an event - it's a living expression of identity," said Marie Hardin, president of Quinnipiac University.

The powwow opened with a ceremonial grand entrance, including a welcome song, opening prayer and a moment of silence to honor ancestors.

Student leaders emphasized the importance of the event in building awareness and community on campus. "This powwow has helped bring so much more awareness to the school," said Alexiyah Hazard, president of the Indigenous Student Union.

Organizers also highlighted the event's continued growth and impact. Founded in 2019 by alumna Kiara Tanta-Quidgeon, the Indigenous Student Union has expanded significantly, with this year's powwow drawing a larger and more diverse audience.

"It thrills me to be here today to celebrate and honor Indigenous culture and traditions," said Adam Sendroff. "Honest accounts of history need to be told, discussed and understood."

The annual powwow continues to serve as a meaningful platform for Indigenous voices, traditions and education at Quinnipiac and in the broader community.

FOR SALE: Plank board, 2x12" $10; two 4x4 pressure treated $20; (203) 248-2839 •

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Question & Answer - Dr. Richard Durocher

Q: I have a toenail that has been painful and blackened since yesterday. What causes this and how can it be treated?

A: The sudden blackened color under the toenail is usually indicative of blood under the nail caused by some type of injury. The injuries can be from repeated nail trauma from the tip of the toenail coming in contact with the tip of shoegear during jogging or sports activities. It can also be a result from dropping something heavy on the end of the toe resulting in either a tear in the skin under the toenail and/or a broken toe bone. The blood under the toenail is also called a hematoma.

Treatments for this injury will vary depending on its level of involvement. It is important to see a doctor to evaluate and treat this. X-rays may need to be taken to determine if a bone is broken. Some treatments include creating a hole in the nail to relieve the pressure caused by the blood, which relieves some pain, and removal of the toenail if a tear in the nail bed or a fracture is suspected. If there is a torn nail bed or a severe fracture, they will need to be repaired.

Please call Dr. Durocher's office to set up an appointment for further evaluation.



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