Girl Scouts Had A Busy Few Weeks!





North Haven: The last few weeks have been very busy for Girl Scouts in North Haven as they commemorated the 113th year of Girl Scouts in the United States. First, they attended the town's First Selectman's meeting, where Selectman Freda proclaimed it to be Girl Scout Week in North Haven.

After that, two of our older Girl Scouts attended the first Girl Scout Day at the State Capitol since the pandemic. There they were able to sit in the People's House, meet many legislators, and even pinned some, inducting them into Girl Scouts. Governor Lamont sent a proclamation that was read, declaring it to be Girl Scout week in all of Connecticut!

Between this, the North Haven Girl Scouts ran their second Pinewood Derby. Girl Scout entrants submitted cars that they built according to official specifications, and ran several races to see whose car was fastest! There were winners for Elementary School level Girl Scouts as well as MS/HS levels.



All of these activities led into the delivery of cookies to the state! Girl Scouts will be delivering their orders and holding booth sales at local businesses. You will see booths throughout North Haven over the next few weeks.You can use the cookie finder on GSofCT.org to find where they are!

If you are interested in signing up your child for Girl Scouts, or are interested in volunteering, please go to GSofCT.org and click on.

Hamden Rotary Club March Student Of The Month



Pictured: With Ayla are school principal Karen Franklin, teacher Mary Kate Prezioso and Rotarian Betsy Gorman.

Hamden: The Hamden Rotary Club has named Ayla Vasquez it's March 2025 Student of the Month. As a second grader at Helen Street School, she has already established herself as a kind, helpful, responsible, hard working and respectful student who goes out of her way to help others.

La Leche League April 9th Meeting

La Leche League LLL of Hamden/North Haven Breastfeeding Support Group will meet on Wed., April 9, 9:30am at Grace & St. John's Church, 2927 Dixwell Ave. Led by accredited LLL Leaders, our group will gather in the upstairs church living room. We meet every 2nd Wednesday of each month.

Are you pregnant or a parent of a breastfeeding baby? Come to our free in-person meetings to get support and information on all aspects of breastfeeding and parenting. Women with their babies and young children are welcome from all surrounding towns of the Greater New Haven area.

We also provide phone and online help at any time with your questions/concerns, plus can give you info on additional virtual meetings held monthly in CT.

To RSVP and get details on our monthly meeting and for breastfeeding questions, contact Anne.M@LLLCT.org

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FOR SALE: Picnic table with new umbrella, includes cement base $150; (203) 887-7377

Hamden Lions Blood Drive

Heroes come in all shapes and sizes. They do not wear capes or special suits, and their badge of honor is the bandage that shows they gave the gift of life. The Hamden Lions Club invites you to become a hero and answer the call of patients in need by donating blood. The need for blood does not take a vacation. Please take the time on Mon., April 21 from 10am-3pm in the VFW Post 88 at 3005 Dixwell Ave., Hamden to give the gift that means something.

Donating blood is one of the simplest things a person can do to help save a patient's life. For the hour it takes to give blood, there could be a whole community of people thankful for another birthday given to their loved one. Your single donation will impact the lives of three people, and all you will feel is good.

Donors can schedule appointments by calling 1-800-RED-CROSS (1-800-733-2767); going to redcrossblood.org; downloading the Blood Donor App; or contacting the Hamden Lions Club at lionalannhct@gmail.com

The Red Cross RapidPass offers donors a way to complete their pre-reading and donation questions online from the comfort and privacy of their home or office, reducing the time you spend at blood drives by as much as 15 minutes. Using RapidPass is simple: Visit redcrossblood.org/RapidPass

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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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WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662 •

FOR SALE: Coffee/cocktail table, 38" round, easy clean beveled glass, wrought iron base $90; (203) 606-0932

FOR SALE: Naturepedic crib mattress, 100% organic cotton, no chemicals $99 (paid $300); (203) 623-0744 •

Question & Answer - Dr. Richard Durocher

Q: My son is ten years old and he has been complaining of pain in his heels after gym class. What might cause his heel pain?

A: Your son may have calcaneal apophysitis, an inflammation of the growth center of the heel bone. The disorder is usually seen in children 7-10 years old, and is more prevalent in males and in children that are very active or stocky. The main complaint is pain in the heel after periods of activity. On examination, there is localized soreness, and sometimes swelling, in the area behind the heel bone, where the achilles tendon attaches. The calf muscles are often tight. This condition usually occurs during a period of rapid growth, where the bones get longer and consequently the muscles and tendons become tighter resulting in excessive strain at the sites where the tendon attaches to the bone.

Treatment includes decrease in activity, ice applications, heel lifts and stretching exercises. In severe cases, physical therapy, orthotics, and short-term immobilization with a walking cast may be indicated. Contact Dr. Richard Durocher to treat your painful foot condition.



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The North Haven office is staffed by Dr. Preeti K. Chandhoke & Dr. Jonny Feldman

Call to schedule a complimentary consultation appointment!

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