

## Quinnipiac University Community Participates In 17th Annual Big Event On April 11



**Pictured:** Quinnipiac President Marie Hardin and students visited Jepp Brook Preserve in Hamden as part of the Big Event.

**Hamden:** About 800 members of the Quinnipiac University community took part in the 17th annual Big Event on Saturday, April 11.

The Big Event is an annual day of community service that connects Quinnipiac students, faculty, staff and alumni with community partners in the Greater New Haven area and beyond.

During this year's Big Event, Quinnipiac students, faculty, staff and alumni formed teams and spruced up sites in Ansonia, Bethany, Cheshire,

Hamden, Meriden, New Haven, North Haven, Orange, Southington, West Haven and Woodbridge.

Participants volunteered at specific locations, including Bethany Historical Society, Field of Greens Community Garden in Hamden, Hamden Rehabilitation and Healthcare Center, Camp Cedarcrest in Orange and Massaro Farm in Woodbridge.

The Big Event is a nationwide day of service during which colleges and universities send teams to volunteer in surrounding communities. The Big Event originated at Texas A&M University in 1982.

Quinnipiac has participated in the event since 2010.

### North Haven Taking Back Unwanted Prescription Drugs - April 25th

On Saturday, April 25th, from 10am-2pm, the Town of North Haven and the Drug Enforcement Agency (DEA) will be teaming up once again to give the public the opportunity to prevent pill misuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs.

This event is open to any residents from any town. Visitors are asked to bring medications for safe disposal to North Haven Fire Headquarters located at 11 Broadway. The service is free and anonymous, with no questions asked. This is the 33rd National DEA Takeback Day, with collection events taking place every April and October.

This is a drive-through drop-off event. Visitors simply need to pull down the driveway of Fire Headquarters and drive around to the back of the building, where they will be greeted by staff to accept the medications. Visitors will be asked to remain in their vehicles and to hand the medications

through the window to the staff. Visitors are discouraged from exiting their vehicles or walking up to the disposal tables.

Vapes and other e-cigarette devices or cartridges are also now being accepted; please remove the batteries before dropping these items off for safe disposal.

Items that will not be accepted include syringes, needles or other sharps, inhalers, such as those for asthma, aerosol cans, mercury thermometers, iodine-containing medications and illegal drugs or substances (including marijuana which is still a schedule 1 drug under federal law).

Please leave all medications in their original containers if possible. Cross out the person's name with a black marker to ensure privacy.

For more information, please contact Carla Picard in Community Services at (203) 239-5321 x8504.

### Masonicare at Ashlar Village Hosts Green Fair

**Wallingford:** Masonicare at Ashlar Village is proud to invite residents and the community to its Green Fair this Earth Day on Wed., April 22, from 1pm-3pm in the Knapp Auditorium. This exposition-style event is designed to showcase the many ways the Ashlar Village community embraces environmental stewardship and sustainable living.

The Green Fair will feature tables representing campus-wide programs, giving attendees the opportunity to ask questions, get involved, and explore topics ranging from energy conservation to gardening.

Confirmed groups that will be participating include: NexTrex, the OP SHOP, LR Enterprises,

the Xerces Society, and many more!

Residents and members of the community are encouraged to attend, learn, and get involved in shaping a greener future at Masonicare at Ashlar Village.

For more information, please contact Kerry Hatch at 203-679-6017 or khatch@masonicare.org

**WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271**  
**FOR SALE: Five outdoor patio chairs with pillows, including one swivel chair, good cond. \$150; (203) 284-1183**

### Free Prescription Discount Cards for Residents

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.

Not sure if you would like to sign up? You can search for the price of any of your medications online before enrolling if that makes you more comfortable. The tool shows real-time prices at pharmacies near you, so you can compare and save.

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.

**FOR SALE: Plank board, 2x10" \$10; 6 ft. step ladder, fiberglass \$30; (203) 248-2839**

**WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662**



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### Question & Answer - Dr. Richard Durocher

**Q: What is Tarsal tunnel syndrome?**

**A:** Tarsal tunnel syndrome is an entrapment of the posterior tibial nerve, one of the major nerves of the foot which runs along the inside aspect of the ankle into the bottom of the foot. It may occur as a result of an acute injury such as ankle sprain or chronic overuse. It has also been associated with excessive flattening or rolling in of the foot and ankle when walking or running, metabolic diseases such as diabetes, certain arthritides and poor venous circulation. It can also be caused from ganglion cysts and inflammation of the tendons and/or muscle belly in that area leading to no blood circulation to that nerve and nerve damage.

Common complaints include radiating pain from the inside of the ankle and foot, and pins and needles or numbness of the toes and sole of the foot. The symptoms are often aggravated by prolonged standing, walking or running, but are also commonly present while at rest or even while sleeping at night. However the most common symptom is acute tenderness in the inside of the foot and ankle area.

Treatment may include orthotics (arch supports), steroid injections, oral anti-inflammatories, and physical therapy. In resistant cases, surgical release of the entrapped nerve may be necessary. It is recommended to see the podiatrist to treat your painful foot condition.



**Dr. Richard W. Durocher,**  
 Podiatrist & Surgeon  
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Member of the American College Of Foot & Ankle Surgeons  
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