Dr. Marie Hardin Begins Tenure As Quinnipiac University's 10th President

Hamden: After a distinguished career as a journalist, scholar, professor and dean, Dr. Marie Hardin began her tenure as Quinnipiac's 10th president on July 1.

Hardin brings a lifelong commitment to excellence, innovation and ambition to the role as she guides Quinnipiac toward its centennial in 2029 - and beyond.



Dr. Marie Hardin

"Quinnipiac has always impressed me as a community that has the energy, imagination and adaptability to meet its promise to every learner who joins this great university," Hardin said. "As a Texan, I can summarize that in one word: grit.

"It is a place that takes its commitment to students seriously and is fearless in meeting the challenges to its mission. I love that!" she said. "I also love the location and the orientation toward health and wellness that is built in here. This is a place where people can truly thrive."

Hardin is eager to foster the same bold, collaborative relationships at Quinnipiac that have heralded her as a proven leader and a driver of success.

"I strongly believe if you want others to listen to you, listen to them first. If you want others to trust you, trust them first. Talent is everywhere at this great university," Hardin said. "A big part of the president's role is to find the talent, tap it and support it."

"I also believe that if you want to solve problems, talk to the people who are closest to those problems," she said. "They have insight you don't have. Everyone has a critical role in the health and growth of the institution."

Hardin said she's looking forward to learning more about Quinnipiac and its narrative of growth, courage and curiosity.

"I also believe in understanding the history of a place that shapes its people and vice versa," Hardin said. "There is a Texasism: 'Don't go tearing down fences until you know what's on the other side.' That requires understanding the culture and getting to know the stories."

One of Hardin's top priorities as president is listening to Quinnipiac's proud community of students, faculty, staff, alumni, parents, partners and friends.

"I have a lot of listening to do," she said. "My first questions to the community: What makes us special? What are our immediate and long-term challenges. And, perhaps most importantly: What are the values that define the QU community? That unique combination of values is our core strength."

Hardin is eager to build upon that core strength, together, with every member of Quinnipiac's community. As president, she will lead that charge with vision, purpose, and, of course, grit.

Hardin comes to Quinnipiac after serving as dean of the Donald P. Bellisario College of Communications at Penn State. She succeeds Dr. Judy Olian, who served as Quinnipiac's ninth president from 2018-2025.

Fuel Your On-the-Go Adventures With Real Food This Summer

(StatePoint) Does your summer involve active, outdoor fun? Whether it's a hike, a road trip, a day at the pool, or just a busy afternoon, fueling your adventures the right way can keep you energized. Here are some important nutrients to focus on:

Electrolytes: Hydration is about more than drinking plenty of water, it's also about keeping your electrolytes in balance for healthy heart, nerve and muscle function. When outdoors on a hot day, especially when you're exercising, consider drinking some coconut water, or adding a pinch of lemon juice and sea salt to your water bottle. Pickles, olives and yogurt are also quick grab-and-go foods that provide electrolytes.

Fiber: Easy-to-pack fresh fruits like oranges, apples and berries are not only refreshing on a hot summer day, they are real foods that provide fiber, a dietary nutrient that's important for digestive health, along with a range of other vitamins and minerals.

Protein: Numerous products on store shelves promise to deliver a hefty dose of protein. For a real food option, StarKist offers over 25 bold varieties of convenient, ready-to-eat protein, including its Tuna, Chicken and Salmon Creations pouches. These pouches deliver standout flavor and lean protein, all in a no-prep format perfect for busy summer days. From tangy Thai Chili Style and Hot Buffalo to Zesty Lemon Pepper and Bacon Ranch, each fully cooked, ready-to-eat pouch provides 10-17 grams of protein and can be enjoyed straight from the pouch or mixed into quick, summer-friendly recipes like salads, sandwiches and more.

Want to get some additional inspiration or encourage others to have well-fueled summer adventures? A bold new campaign called StarKist Summer is all about making the most of the season by staying active, getting outside, and enjoying real food that fits your lifestyle. As part of the campaign, you're invited to join in on the summer fun and show how you fuel your summer for a chance to win big, starting with a $2,500 Grand Prize and other cash rewards. Whether you're road-tripping, hiking, or just soaking up the sun, StarKist wants to see your summer story. There are three easy ways to enter:

1. Post a photo or video on Instagram or TikTok showing how you summer with StarKist. Tag @StarKist and use #StarKistSummerSweepstakes to qualify.
2. Send a DM on Instagram or TikTok using #StarKistSummerSweepstakes and share how you fuel your summer with StarKist.
3. Enter on the microsite at StarKistSummer.com through a simple online form, where you can also find all official rules for the sweepstakes.

For official rules, visit StarKistSummer.com.

By stocking your pantry with ready-to-eat proteins and other flavorful real foods, you'll always be ready when the mood for summer fun and adventure strikes.

Breastfeeding Support Group July 9th Meeting

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wednesday mornign, July 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 on the 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

Have an Afternoon to Spare?

Hamden: If you do, we could use help at Mae's Closet, where gently used equipment is donated and then lent out to people who need it.

Mae's Closet is in Hamden and is a program of Interfaith Volunteer Care Givers. Our goal is to take in wheelchairs, walkers, bath seats, etc. that are no longer being used, sanitize, repair if necessary and then lend out. We are keeping this equipment from the landfill or sitting in someone's garage unused.

This is a very satisfying way to spend time and very appreciated by the people who come to borrow equipment which can be so expensive.

If you are interested, please call 475-414-8333 and one of the volunteers will call you back and answer any questions you may have.

FOR SALE: Wheelchair $50; Harley-Davidson jacket, patches on sleeves $50; (203) 208-5630 •

FOR SALE: Six glass soda bottles within cardboard Pepsi carry-case $55; Gulf gasoline porcelain sign $45; (203) 239-8060 •

FOR SALE: Sears Craftsman radial arm saw $40, like new; extra blades $3; (203) 494-9867 •

FOR SALE: Two adjacent burial plots, All Saints Cemetery, North Haven $1800, plots 4 & 5 Lot G-3, Section 13, prime location; (239) 849-9390 •

WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662 •



NORTH HAVEN DENTAL GROUP

Stuart A. Lazaroff, D.M.D.
FAMILY & COSMETIC DENTISTRY



invisalign + evenly
We now offer Invisalign teeth straightening.

COMPLETE DENTISTRY FOR ADULTS & CHILDREN

CEREC TECHNOLOGY IS HERE IN NORTH HAVEN!

Call for A Complimentary Initial Consultation Today...

NEW PATIENTS & EMERGENCIES WELCOME

Like us on Facebook
17 Broadway, North Haven
(203) 239-SMIL(E)
(203) 2 3 9 - 7 6 4 5

Question & Answer - Dr. Richard Durocher

Q: My mom has pain in the space between her 3rd and 4th toes. She was told it was a neuroma. Please explain.

A: This type of neuroma, also called Morton's neuroma, happens more often in women than men. It is a benign enlargement of the nerve, usually between the 3rd and 4th toes. Initially a person may feel a dull pain, a stinging or burning sensation, but in time, severe pain develops.

Morton's neuroma results from pressure irritating the nerve. The pressure may be caused by bones that are abnormally close to each other. More often the problem is caused by narrow shoes that compress the fore foot or an unstable foot.

In less severe cases, the podiatrist can provide relief from the neuroma pain by injections, recommending more suitable shoes, and creating orthotics (shoe inserts) to relieve the pressure on the area involved. More severe cases can be treated by surgical removal of the nerve.

For further evaluation, contact Dr. Durocher.



Dr. Richard W. Durocher, Podiatrist & Surgeon
Board Certified
Member of the American College Of Foot & Ankle Surgeons
Doctor is fluent in French & Spanish

Early Morning and Evening Hours Available
Advanced Footcare Specialists of Connecticut
20 Washington Ave.
North Haven (203)239-1119
(off street parking)
NOW ACCEPTING NEW PATIENTS
Most Insurances Accepted ... including ConnectiCare

FELDMAN ORTHODONTICS
Orthodontic Excellence Since 1971
offers
Traditional Metal Braces, Clear Braces and Invisalign for Children and Adults





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

Call to schedule a complimentary consultation appointment!

435 Highland Avenue, Cheshire, CT 06410, 203-272-0900
850 North Main St. Ext., Wallingford, CT 06492, 203-949-0800
25 Washington Avenue, North Haven, CT 06473, 203-239-2288
www.feldmanorthodontics.net