

Woodbridge Town News



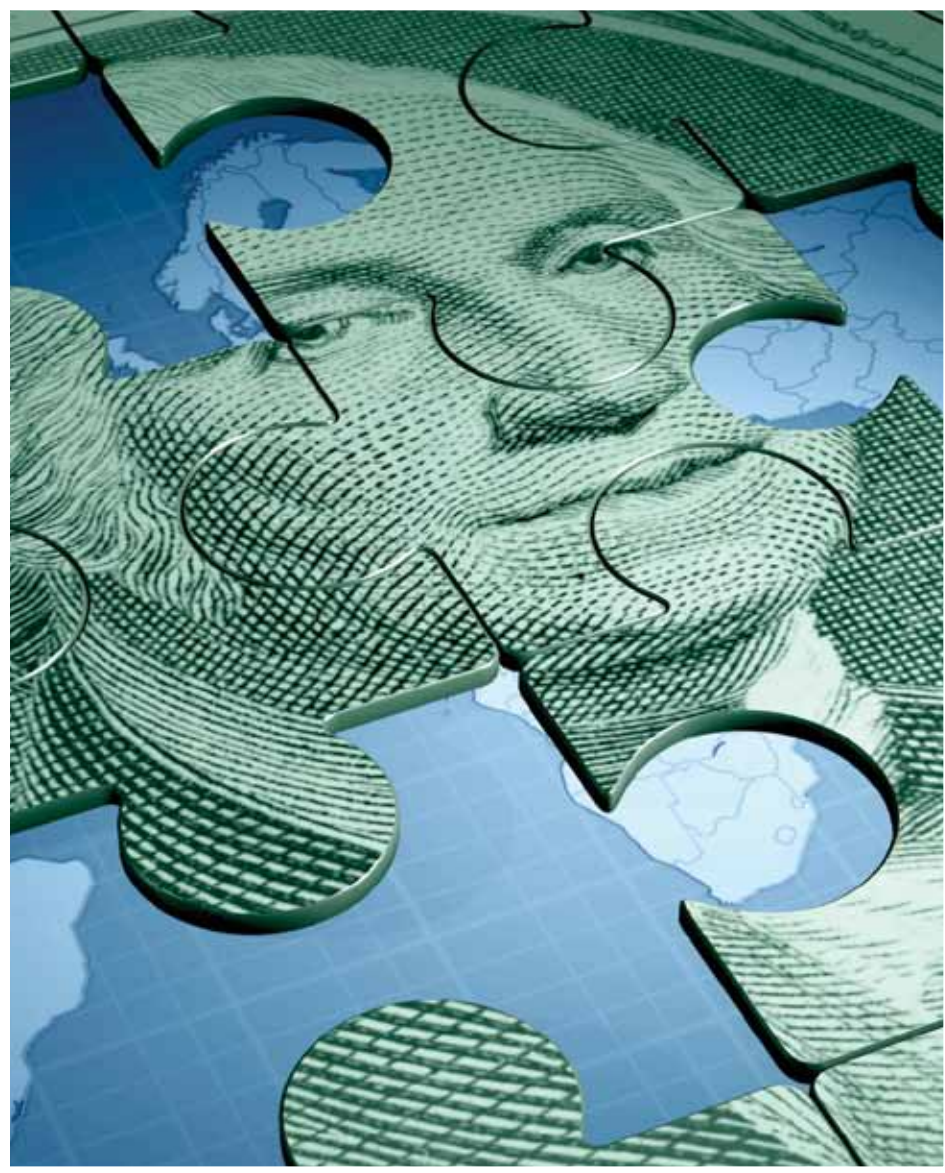
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CIRCULATION 4886

FRIDAY, FEBRUARY 8, 2013



Amity Proposed Budget Increase Less than 3%

By Bettina Thiel - Woodbridge Town News Correspondent

Amity School Supt. Dr. John Brady is proposing a 2.86% budget increase for the 2013-14 school year. If approved, the Amity budget would increase from this year's \$43.6 million to a \$44.8 million budget in 2013-14. "We continue to strive to present a budget that is reasonable and can be supported by all three member towns," Brady wrote in his budget overview posted on the District website.

There are several budget "drivers," line items that push up the bottom line. The biggest one is the increase in salaries and benefits which combined add up to an over \$1.1 million increase.

("Budget" continued on page 8)



Dan Hecht



Bethany Hecht



Jake Teplitzky

Woodbridge Teens Named Among Connecticut's Top Jewish Leaders

Woodbridge brother and sister Dan and Bethany Hecht, and Woodbridge resident Jake Teplitzky, were three of 14 Teen Trainers in the Connecticut Anti-Defamation League's Confronting Anti-Semitism (CAS) program who were honored among the top Movers and Shakers of 2012, an annual honor bestowed by the Connecticut Jewish Ledger that highlights top Jewish leaders from across the state. CAS Coordinator Cantor Sharon Citrin also received the recognition.

"These are truly special kids doing very important work very well," said Gary Jones, ADL's Connecticut Regional Director. "Sharon, too, has been on the front lines battling anti-Semitism in Connecticut for more than a decade, constantly innovating creative and engaging ways to help teens stand up to bigotry. Many of the important goals of our education programs that address

("Teen Trainers" continued on page 14)



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Hoops for Hats!

Four Hamden Hall students who also serve on the Junior Board of Yale-New Haven Children's Hospital recently raised \$300 to purchase hats for children undergoing chemotherapy.

The fundraiser, called Hoops for Hats, took place at the varsity basketball games of the Hornets' girls and boys teams. This is the second year Hamden Hall students have raised funds to help pediatric oncology patients who are affiliated with Yale-New Haven's Smilow Cancer Hospital.

"Hamden Hall's efforts are greatly appreciated. It is comforting for children to know they have the support of other children, their peers, in their fight against cancer," said Yale-New Haven Development Officer Michelle D'Amore.

The Hamden Hall students, junior Sara Bennett of Hamden, sophomore Doria Weiss of Orange, and Woodbridge residents Jake Teplitzky and Ronald LoRicco, both freshmen, serve on Yale's Junior Board and help brainstorm and coordinate fundraising ideas.

"The Junior Board works extremely hard to raise money to buy any supplies, games, clothes, and equipment the hospital needs to care for all of the children there," said Sara Bennett who is serving her second year on the board and is the current vice president. "Our board clearly helps the children but it also helps me to know that I am helping children in need."

Hamden Hall is dedicated to preparing its students for the challenges of life and fosters the belief that students have a responsibility to give back to others. As such, community service is a key component of the Hamden Hall experience and students are provided many opportunities to get involved both on and off campus.

"Community service is an important part of our core values at Hamden Hall and that's why I'm involved with the Junior Board. This is an opportunity for me to do something in the community and to bring it back to school and share with my friends," said Jake Teplitzky, who is serving his first year on the board.

For Doria Weiss, who has helped with many fundraisers during her two years on the Junior Board including Christmas parties for sick children and their siblings, it's the actual impact from the various donations and events that has been most unexpected.

"My biggest surprise was how the little things, such as hats, actually have a big impact on the sick children," said Doria. "There are many benefits of being on the Junior Board, like the satisfaction of knowing that you're helping children in need. The ones who benefit the most from our efforts are the children with cancer in the Smilow Center."



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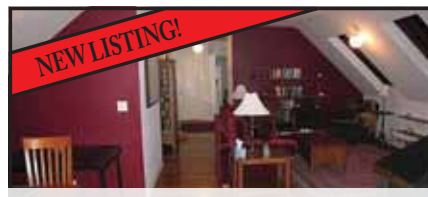


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THE OUTSIDE LIVING BOX



Laura Fantarella

Arielle Verinis had youth, passion, and luck on her side when she decided to pack up her life in New York and move to LA six years ago to pursue her dream of becoming a recording artist. Today the beautiful young woman with a soulful voice that sounds part Tina Turner and part Amy Winehouse with a dash of Bonnie Raitt is opening for more established musicians and headlining on her own in popular venues in and around tinsel town. Best of all, her first album, "Bruised Not Broken," about to be released, a tribute to her own climb in the industry and a vehicle to champion a NY-based grassroots animal rescue organization that goes by the same name.

Most of the proceeds from the sale of her new album will benefit the Best Friends Animal Society, the country's largest rescue organization. Her allegiance to the group stemmed from her own encounter with a five-month old abandoned dog with a broken tail that she came upon tied to a lamppost in the Bronx shortly after she graduated from Fordham University. Though her living situation was hardly ideal for a lively pup, Verinis scooped up the pit bull mix terrier, and brought Maddie home to her apartment. "I fell in love with her and the breed and through her I began to get involved with a group of wonderful rescue people," she said. The title of her new cd, with the photo of a disfigured pit bull mix and a story as heart-wrenching as its damaged snout, is a testament to the breeds' enduring character. "They lend themselves to triumph over darkness and always see the light at the end of the tunnel," she said. "This is a cause that is close to me and has brought many wonderful things into my life. This album has enabled me to combine my two passions, animal rescue and music." Today she has both family and career in her sights - in October she married fellow Amity High School alumnus Brian Klein of Orange who serves as her project and marketing manager and works on her music every day. "He's instrumental in helping me navigate this murky path



Arielle Verinis

that I love," she said.

Her journey as a musician began as a young girl at Amity Junior High in Bethany where the native Woodbridge resident began getting involved in Summer Theater, talent shows, local bands and any other venues where she could share her singing gift. "I always knew it was what I wanted to do," she said. "I never thought I was much good at songwriting, but I thought my talent was my voice." Realizing LA would be the best home base to break into the business; she lined up a job as a nanny and moved. "I never realized at the time how difficult it was until I look back. I had no family, no friends, I was starting from scratch," she said. "But it was one of the best things I ever did." Some of her recent credits include playing at the Cosmopolitan Hotel in Las Vegas, The Viper Room in Hollywood Hotel Café in Hollywood opening for the Taj Mahal & the Electras band and performing at the Long Beach (CA) Blues Festival, and the Malibu (CA) Inn.

She's currently caught up in the excitement of preparing to release and market her new album. "I'm working on connecting with my fans and trying to turn new people on to my music as well," Verinis said. "I'm constantly using social media to always keep the conversation." Unlike years ago, when musicians needed music companies to market their work, today's musicians can put their music on the internet independently. "There's so much more music to weed through for people to find what they really like. We are constantly looking for creative ways to stand out and do something different."

To hear Verinis' tunes, visit www.facebook.com/ArielleVerinis and www.ArielleVerinis.com.

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Natural Remedies for Preventing Flu

By Denise Romano, APRN, Family Nurse Practitioner at The Graduate Institute

According to the Center for Disease Control (CDC), it's not possible to predict when, exactly, this elevated flu season will reach its peak, but it is likely to continue for some time. As a Family Nurse Practitioner, I'm often asked what I think are the best remedies for preventing flu. Here are some useful tips I can provide, based on what I have seen of the recent influenza outbreak:

- Honor and listen to your body: This is perhaps the most important key to good self-care. That means giving your body the rest and the attention that it needs instead of fighting against it.
- Practice wellness and self care: Find an activity you enjoy that reduces stress and engage in it on a regular basis. Sleep and healthy eating go a long way, too, in maintaining our health and supporting our immune system.
- Stay home from work to avoid infecting others: Because of our busy schedules and all the deadlines we have to meet, often people think they are doing others a favor by coming into the office when, in fact, they are doing themselves and their co-workers a disservice. In order for the flu outbreak to subside, we need to contain germs before they are spread.
- Change your air filters: At the start of any winter season, all air filters should be changed in your workplace to ensure that the space we inhabit is not creating an unhealthy air environment and thus perpetuating germ outbreaks. Filters should be checked and replaced on a regular basis every few months.
- Cover your nose and mouth with tissue and wash your hands regularly: We all know this, but it cannot be overstated. Germs spread by touching your eyes, nose, and mouth, and it's important to be conscious of where you are putting your hands and to ensure that you are washing them continually.
- Use home remedies: A warm salt water gargle in the morning and before bed can go a long way in relieving sore throat. Elderberry syrup can be purchased to help stop viral infection and reduce coughing.
- Stay hydrated: Drink at least 3 liters of clear liquid to prevent dehydration.

I hope these tips will help keep you, your family, and coworkers healthy during the rest of this flu season.

Denise Romano is a Family Nurse Practitioner who serves as a Program Coordinator for The Graduate Institute's Master of Arts in Integrative Health and Healing – a program that examines natural and holistic therapies for health, wellness, and healing. To learn more visit www.learn.edu/ihh.

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Woodbridge Town News

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Upcoming Issue Deadline	Upcoming Issue Dates
February 22nd.....	March 1st
March 15th.....	Easter/Passover Issue March 22nd
April 5th.....	April 12th

Note: Copy due by 4:00p.m. Thank you.

FROM OUR READERS

A Note of Thanks

A lot of things have changed in the last few years in this world. But some things never change in Bethany. The spirit of giving, the pride in the community, the trust and willingness to pitch in with sweat, ideas and support is alive and well in our town. This spirit was never more prominently displayed than it was during our Veterans' Day celebration in November.

Bethany, Orange and Woodbridge students at Amity Regional Middle School invited us to share our stories in their classrooms and children, faculty and administrators in Bethany Community School wrote letters of appreciation to our local veterans to honor their service to our country.

Our local scouts joined us in the ceremony that took place at Veterans' Memorial Park on Beacon Road and unveiled the American Flag Retirement Fire Ring, a project led by Nicholas Monelli, a member of Troop 931, who achieved the rank of Eagle Scout on December 21, 2012 for his work on this addition to the memorial. The construction of the ring, used for the respectful disposition of American flags, took an incredible amount of dedication, devotion and determination by Nicholas and will be a constant source of pride to our local veterans.

Other members of our community who contributed greatly to the success of this project are Amy Sampson, Mark Kehlenbach, Chuck Cabe, Al Green, Alan and Nancy Monelli, Kris Sullivan, Ray Pantalone, Commander Al Mayer and many scouts and local veterans.

It is heartwarming to see that our community continues to value military service and respect for the symbol of our American values, the flag.

Respectfully,

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Woodbridge Town News

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WOODBIDGE EDUCATION ROUNDUP

Dangers that Lurk in Popular Teen Apps Addressed at Amity High School

By Melissa Nicefaro – Woodbridge Town News Correspondent

If you think you know what your teenagers are doing on the Internet, think again. That was the message at a presentation held at Amity High School in mid-January. The presenter, Scott Driscoll, spent 24 years in law enforcement working with youth. He has posed under cover as a teenager to lure pedophiles out of hiding and then used his experience to start Internet Safety Concepts, a company that hosts conferences and presentations for adults and students. He says that though the Internet has virtually put the world at our fingertips, there are dangers that even some of the best parents are not aware of.

While introducing Driscoll, Amity Principal Charles Britton explained, “We are hoping to start a conversation about how students are using the internet and all of the devices that attach to the Internet.” Britton describes the Internet as a valuable instructional resource when it’s used properly. He says computers and cell phones are providing some students with a sense of anonymity, resulting in behaviors that are uncharacteristic and downright bad. He compares the faceless interactions of those on Twitter and Facebook to driving: “Think of the nicest person you know. They get cut off on the Merritt Parkway and they turn into a raving maniac! They would never behave that way if it was face-to-face, and the same thing is happening with students online.”

He says the language used by students—yes, even some of the best students—is grotesque and unbelievable at times. “There is a certain level of responsibility and ethical use that students should have. These interactions are not private, they will follow you for a very long time,” he warns. “Children still think they can be anonymous,” Driscoll says. “Ten years ago, they would have gotten away with that, but not today.” Emails that are used to bully or tease another student are easily traced via an IP address that accompanies every electronic mail. “If you wouldn’t say it to someone’s face, it had better not be on the Internet,” he says.

Driscoll warns of the permanent record that a teen’s online presence creates, and encouraged parents to go home and search their child’s name and email address on Google. He says that colleges are doing this when they receive applications and using their findings in their admissions decisions. “All it takes is one poor choice and it will come back to haunt you,” he says.

Driscoll and Britton agree that social networking is providing a new path for bullies to reach their victims at virtually any time of the day. “There used to be a time when home was safe, where there was a break from bullying,” Driscoll says. “But now, this stuff is serious. We’re losing kids all over the



country and we have to do something about it.”

Some teens are putting each other at danger with their actions from behind a computer screen, but they’re also endangering themselves. Many are unknowingly exposing their personal and private information, allowing it to fall into the wrong hands as pictures are shared on Instagram and Facebook.

Not only are teens telling each other way too much about their daily lives via social networks, the thousands of photos they’re sharing are quite revealing. Driscoll says, “The metadata that follows a picture provides the date and time it was taken, as well as the longitude and latitude and with a click, any-

one is able to see where you are by using Google Earth. Parents want the GPS on a phone, but by using a people locator such as Banjo, a stranger can get the GPS coordinates with a detailed map.”

As for the appropriateness of photos being shared by teens, Driscoll urges kids to pose the question, “Am I ready for the world to see this picture?” SnapChat, a popular new app that teens use to share photos and videos also has hidden dangers, according to Driscoll. Teens, feeling a false sense of safety that the photos truly do ‘disappear’ after a few seconds are sharing revealing and inappropriate photos of themselves and others. Easily saved in as a screen shot, the photos are now permanent and easily sharable.

Driscoll urged parents to keep an eye on their kids’ activity online, even in purchasing and sharing music on certain sites such as The Pirate Bay, Bitland, Vuze and Frostwire. “All it takes is one click on ‘yes’ and you’ve allowed people to come into your hard drive,” he says. iHeartRadio and iTunes are much safer choices, according to Driscoll.

The presentation was attended by about 200 parents. The high school students attended their own presentation during the school day. “It’s not that we don’t trust our kids, it’s that they just get sucked in so easily,” Says Driscoll. He advises parents not to take matters into their own hands if they find out their child is communicating with someone questionable online. “Call the police, don’t try to handle it on your own,” he says.

As a law enforcement officer, Driscoll investigated Internet crime, some involving him going online under cover as a teenager. Other investigations involved possession and distribution of child pornography, online bullying and harassment, identity theft and enticement of minors. In 2010, he co-authored a book with Laurie Gifford Adams: ‘www.R U In Danger.net,’ a guide for families and educators on what dangers lurk on the Internet and how we can all be safe.

Beecher Road Preschool Openings

The NAEYC Accredited Beecher Road School Preschool Program has openings for the 2013/2014 school year for students who do not have special needs. This reverse mainstream program, servicing children with special needs, in Woodbridge, has a few openings for typically developing peers, who join the program as role models. Peers are chosen using a lottery system. The three-year-old class is Monday-Thursday from 8:35-11:05 a.m. The four-year-old class is Monday-Thursday from 12:05-2:35 p.m. Parents must provide transportation.

Children who meet the following criteria are eligible:

- must be three years old prior to October 1, 2013
- must have age-appropriate language skills
- must demonstrate age appropriate play skills
- must be toilet trained
- must be a Woodbridge resident

There will be an informational meeting, for parents only, on Tuesday, March 5th (snow date Thursday, March 7th) at 7:00 p.m. in the Preschool classroom. Please call the Preschool classroom if you plan to attend (203-389-2195 ext. 141).

A mandatory visitation for the children will be held in our Preschool classroom on Friday, March 15th (snow date will be on Friday, March 22nd). Please call and leave a message to schedule an appointment time. We will return your call with a scheduled appointment time. Applications will be available on the day of the visitation. Your child must be present at the visitation in order to be a part of the lottery system for choosing typical peers.

The Beecher Road School Preschool Team is a resource to Woodbridge families regarding the development of young children. If you have any concerns about your preschooler’s development, please contact Beecher Road Preschool at 203-389-2195 ext. 141.

(“Budget” continued from page 1)

Salaries

This is the second year in a 3-year teacher contract. After accepting a zero-percent increase for the current school year, the contract calls for step increases next year and 1.5 % salary increase for those who have reached the top of the step chart.

Curriculum changes

In addition, the district will have to implement changes to its curriculum and program to adhere to the new common core standards. Some ten teachers from the district will take part in a training program next summer, Brady said. It will help teachers “weave” the new standards into the existing program of studies. These are not new content areas, but programs designed to improve literacy and problem-solving strategies. So far, the common core requirements effect English Language Arts instruction and math, but “science is coming,” Dr. Brady said. The costs the district will incur to meet these changes add up to \$220,000, and are grouped under a rubric Brady refers to as “Unfunded and under-funded mandates.”

The new teacher evaluation introduced by the state will also require some changes. Standardized test results are now part of the teacher evaluation. However, the CMTs and CAPT are administered only in grades 7, 8, and 10. As a result, the district will have to purchase a new program to administer tests in the other grades.

There is \$87,000 in the budget for new textbooks. Teachers will need to prepare for the new generation of state tests, which replace the CMTs and be implemented in 2015. The new tests are much more rigorous than the current ones, Brady said.

Hockey Team

The budget provides for a girls hockey team in 2013-14. Up until now, Cheshire, Amity and North Haven had a combined girls hokey team. However, Amity expects to have 21 players next year, and by law will need to offer its own program, Brady said. The most expensive part of a hockey program is the rental of ice time, he said. But if Amity were to cut the girls hockey, the district would risk a Title IX complaint.

Program enhancements

The Amity Board of Education’s Curriculum Committee approved several small program expansions, which combined add up to \$97,000. Amity will offer two new science classes next year, one a combined physics and engineering class, which combines the theoretical approach of physics with an engineering component. The other new class will be an oceanography class.

In addition, the school will have to increase its Spanish and French class offerings in response to increased interest in these classes. With the school changing from a 7-period schedule to an 8-period schedule last year, it gave students the opportunity to sign up for more electives. As a result, more students are signing up for foreign language, Brady said.

Technology

Given that the school has not kept up with its technology plan these past few years in order to keep budget increases low, the 2013-14 budget provides \$279,000 in computer and other technology upgrades. There also is \$31,000

earmarked for a digital photography lab. Currently photography is taught “the old way,” by developing film. However, in today’s increasingly visual world, students need to be familiar with digital photography. So the decision was taken to turn one of the darkrooms into a photo lab, while still preserving one darkroom.

No roll-overs

This year the district will not have any money left over to put into next year’s budget, as it has done in past years to keep tax increases low. It means that \$300,000 rolled over in the past few years now need to be made up.

Savings

The proposed budget also shows several areas that come in lower than in the previous budget. Debt service, both in principal and interest, was down by \$375,202. A major contributing factor is the refunding of bonds to take advantage of the low interest rates and the District and Member Towns’ excellent bond ratings. In addition, the proposed budget cuts 3.2 full-time equivalent teaching positions at the high school, or a reduction in salaries and benefits of \$276,653. It is not determined yet where those cuts will be made, Brady said.

Buildings and grounds

In addition to the Photography lab, the district is suggesting to install netting for the baseball field to prevent foul balls from leaving the field (\$24,462); re-sod crown of football field which is in bad shape (\$16,000); asphalt sealing and crack repair of parking lot (\$22,000); paint high school track and several smaller items.

At both middle school campuses the locker hinges do not work properly and need to be repaired, he said.

The superintendent’s proposed 2013-2014 budget increases total expenditures by \$1,247,837, or 2.86 percent. If approved as presented, the budget impact on the three towns would be as follows:

Bethany’s share would be \$8,746,849, which represents a \$155,202 increase (1.81 %).

Woodbridge’s share would be 13,101,944, which represents a \$716,749 increase (5.79 %).

Orange’s share would be 21,793,804, which represents a \$1,106,104 increase (5.35 %).

Even if the numbers seem high, per pupil expenditure at the Amity district level are lower than at the state level or any of the three elementary school districts that feed into Amity. “Amity Regional School District No. 5 spent \$7,687 of expenditures for instructional staff and services compared to the State average of \$8,155. We even spent less than our member towns’ elementary school systems,” he wrote in his budge presentation. According to 2010 numbers supplied by the State Department of Education, Bethany’s per pupil expenditure were \$7,879; Orange \$8,939 and Woodbridge \$11,000.

In spite of tight budget years, the school has seen many of its students recognized. “Our students have made us proud with outstanding achievements in academics, arts and athletics,” he wrote. “Amity high school has been rated #4 of 193 high schools in the state and the District has been rated as #7 of 165. Most recently, Amity sophomores outperformed all others in the DRG (Districts Reference Group) at the advanced level of the CAPT (Connecticut Academic Performance Test).”

Michael J. Paolini, CPA

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Wine Talk

With Ray Spaziani

St. Valentine's Day



*To-morrow is Saint Valentine's day,
All in the morning betime,
And I a maid at your window,
To be your Valentine.
Then up he rose, and donn'd his clothes,
And dupp'd the chamber-door;
Let in the maid, that out a maid
Never departed more.*

—William Shakespeare,
Hamlet, Act IV, Scene 5

Numerous early Christian martyrs are named Valentine. The Valentines honored on February 14 are Valentine of Rome. Valentine of Rome was a priest in Rome who was martyred about AD 269 and was buried on the Via Flaminia. The flower crowned skull of St. Valentine is exhibited in the Basilica of Rome. Other relics are found in the Basilica of Santa Pressede, also in Rome, as well as at Whitefrier Street in Dublin, Ireland.

Valentine of Terni became bishop of Terni about AD 197 and is said to have been martyred during the persecution under Emperor Aurelian. He is also buried on the Via Flaminia, but in a different location than Valentine of Rome. His relics are at the Basilica of Saint Valentine in Terni (Basilica di San Valentino).

The Catholic Encyclopedia also speaks of a third saint named Valentine who was mentioned in early martyred under date of February 14. He was martyred in Africa with a number of companions, but nothing more is known about him. Saint Valentine's head was preserved in the abbey of New Minister.

February 14 is celebrated as St. Valentine's Day in various Christian denominations; it has, for example, the rank of 'commemoration' in the calendar of Saints in the Anglican Communion. In addition, the fest day of Saint Valentine is also given in the calendar of saints of the Luthern Church. However, in the 1969 revision of the Roman Catholic Callender of Saints, the fest day of Saint Valentine on February 14 was removed from the General Roman Callender and relegated to particular (local or even national) calendars for the following reason: "Though the memorial of Saint Valentine is ancient, it is left to particular calendars, since, apart from his name, nothing is known of Saint Valentine except that he was buried on the Via Flaminia on February 14." The feast day is still celebrated in Malta where relics of the saint are claimed to be found, and also throughout the world by Traditionalist Catholics who follow the older, pre-Second Vatican Council calendar. In the Eastern Orthodox Church, St. Valentine's Day is celebrated on July 6, in which Saint Vallentine, the Roman presbyter, is honored.

Stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl--possibly his jailor's daughter--who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine", an expression that is still in use today. Although the truth behind the Valentine legends is murky, it is also said that he cured his jailers daughter. However, stories all emphasize his appeal as a sympathetic, heroic and--most importantly--romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

Valentine's Day Wines

The most romantic thing you can do with your significant other is to share some wonderful wines. To start the evening on a festive note, you can't go wrong with bubbles. "Champagne" is probably the most romantic word in wine, but there are alternatives that fit the Valentine's mood. One



is the La Vie en Rose sparkling wine from Domaine du Pas Saint Martin in France's Loire Valley (\$17). It costs a fraction of the price of true champagne, yet provides atmosphere with its vibrant red color. Geek alert: It's made using the "methode ancestrale" with a single fermentation rather than the induced second (bubbly) fermentation used to make champagne and most other sparkling wines. It is also made from an obscure grape called grolleau noir, so wine lovers can quietly cross another variety off their century list when their dates aren't looking.

The Beaujolais cru called Saint Amour probably enjoys higher sales in February than in any other month. Look for the bottling from Georges Duboeuf (\$16); it's pleasant, fruity and food-friendly. After all, you want the wine to facilitate, not dominate, your evening. White wine lovers should consider the Hugel pinot blanc called Cuvee les Amours from Alsace. Its richness makes it an ideal partner for winter seafood dishes.

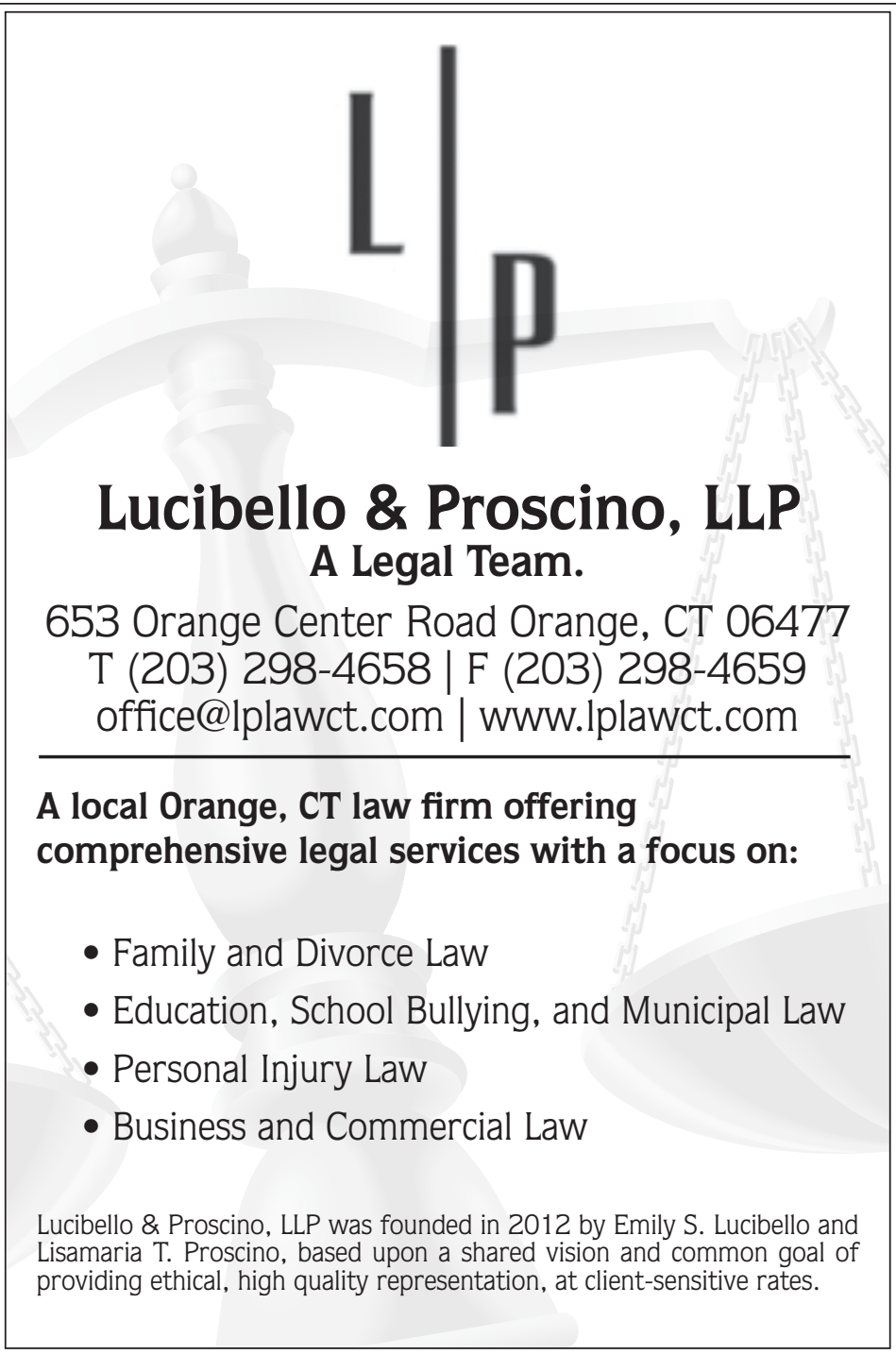
Of course, in any Valentine's Day meal, dessert is the piece de resistance, the mood-setter for the rest of the evening. If you're indulging with a rich chocolate dessert, I recommend two approaches with wine: First, port matches chocolate's intensity with power. Benjamins Port is an Australian product that is quite pleasant and at about \$13.99 very inexpensive. One of my very favorites is Presidential Port which is matured in wood for 20 years and the alcohol content is 20%. It has a great balance and at about \$35.00 is a bargain. The second approach is to balance chocolate's richness with a lighter, fruitier wine. I recommend brachetto and other sweet, fizzy, low-alcohol reds from northern Italy as ideal playmates for chocolate.

Now this category seems poised to become the next fad, capitalizing on the meteoric rise in sales of moscato. Even Yellow Tail, the popular Australian label, last month introduced Sweet Red Roo (\$8.99 At Firelight in Orange), citing a 246 percent increase in U.S. sales of sweet wine last year.

Unless you're courting an animal-rights activist, you might not want to go with a critter wine for Valentine's Day. So I suggest sticking with a brachetto, such as the widely available Rosa Regale from Banfi (\$25) or La Romantica from Vinchio-Vaglio Serra (\$24). This winery has a cheaper, lighter version called La Passione. The category is growing: Red Dream from Rinaldi (\$23) is made from the malvasia grape and is somewhat richer and sweeter than brachetto. Another popular malvasia is the delightful Fracchia Antichi Giochi Casorzo called Voulet (\$14). If that doesn't sound particularly romantic, it does in Italian.

One final piece of advice: Don't play the song "My Funny Valentine", (Is your figure less than Greek? Is your mouth a little week? When you open it to speak, are you smart?) You could get a good bottle of wine thrown at you! Play nice, you'll be glad you did!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College, and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at Ray.Spaziani@gmail.com.



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Slossberg Appointed to Gun Violence Task Force

State Senator Gayle S. Slossberg (D-Orange, Woodbridge) was selected by Senate Democratic Leadership to be a member of the Special Bipartisan Task Force on Gun Violence Prevention and Children’s Safety. “In the wake of recent events in Newtown and ongoing issues with mental health services in Connecticut, it is encouraging that both parties are willing to come together to work on these problems,” said Senator Slossberg. “It is unfortunate that we have been brought to this moment by such a tragedy, but we can no longer avoid having a conversation about the availability and delivery of mental health services in our state.”



Gayle Slossberg

Members of the task force will conduct a review of current law and make recommendations on potential legislation to prevent gun violence, enhance school security, and ensure the availability and delivery of mental health services in Connecticut. Recommendations will be provided to Senate and House leadership with the goal of producing a bipartisan emergency certified bill in late February.

The task force has designated working groups to focus on three core issues: gun violence prevention, school security and mental health. Senator Slossberg will serve on the mental health working group. “The obstacles facing those who need help are unacceptable, and this is a discussion that I plan to continue as Chair of the Human Services Committee,” said Senator Slossberg. “I wish to thank Senators Williams and Looney for affording me the opportunity to participate on this critical task force.”

The first full meeting of the task force was held on January 18th.

Amity Class of 1973 40th Reunion

Attention all graduates of the Amity Class of 1973 – Save the date! Saturday, November 30, 2013, 7pm to midnight, Grassy Hill Country Club, Orange, CT. Plans are underway to celebrate the 40th Reunion. Pass the info on to fellow alumni. We are in the process of creating a master data base in order to get out future info to all. Please provide your name, address, phone number(s) and email address to: paula.cofrancesco@reg5.k12.ct.us. We are on Facebook: Amity Reunion (Woodbridge, Female).

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CLUBS & ORGANIZATIONS



Woodbridge Rotary Club recently distributed dictionaries to 3rd graders at Beecher Road School. Pictured is Rotarian Andy Skolnick with Principal Gina Prisco and 3rd graders who received dictionaries.

Relay for Life Planning Meetings Scheduled

Meetings for the planning of this year's Relay for Life are currently scheduled as follows. All meetings will be held at High Plains Community Center starting at 7:00 PM unless noted.

Meeting Dates: February 10th*, March 25th, April 22nd & May 20th.

*Kick Off at Orange Hills Country Club Starting at 4:00PM. Team Captain Packets will be available at this time. This is a great time to ask any questions or become part of a Relay Committee. If you are going to attend this kick off, would you please email BOW Relay for Life bowrelayforlife@gmail.com with who is coming so we can properly prepare with light refreshments.

Green is On the Way... Upcoming St. Patrick's Day Parade Events

Snow may still be in the forecast, but green is coming to New Haven! Although the New Haven St. Patrick's Day Parade is still several weekends away, the Greater New Haven St. Patrick's Day Parade Committee is busy planning events to put the 2013 parade on the street. Here is information on a variety of popular upcoming events – all open to the public:

February 15: THE GREAT GUINNESS TOAST: Raise a glass of Guinness and support the 2013 St. Patrick's Parade at O'Toole's Irish Pub & Restaurant, 204 Orange Street, New Haven (plenty of off street parking). Entertainment provided by "The Strangers". Guinness specials all night and The Great Guinness Toast at 11 pm. Tickets @ \$10 are available at O'Tooles at the door the night of the event or reserve by calling Patrick Smith at 203-494-0640.

February 17: CORNED BEEF DINNER, 1 to 5 pm at the Knights of St. Patrick Club, 1533 State Street, New Haven. Tickets are \$12 adults; \$5 for children under 12 (hot dogs and chips available). Traditional corned beef, cabbage, potatoes, carrots, Irish Bread, tea/coffee and dessert. Tickets available at the door; no advance reservations. Shop for Irish gifts and imports brought to you by Celtica Specialty Gift Shop. Contact Patricia Nester, 203-239-9956 for additional information.

February 23: LEPRECHCON 2013 FUN FEST will take place on Saturday, February 23. Registration takes place at Anna Liffey's Pub, 17 Whitney Avenue at 2 PM. Participants will be provided with one complimentary beverage, a free buffet, Entry Prize and Best Costume prize. Popular pubs along the downtown route will include Black Bear, Christy's, G.O.A.T., Kelly's, O'Toole's, Russian Lady, and back to Anna Liffey's for prize give aways. An airplane ticket to Ireland will be awarded to a random participant somewhere along the route and a plane ticket for Best Dressed Leprechaun at the conclusion of the fun fest. Check out Facebook page for more information.

March 2: GRAND PARADE BALL: This is the premier formal event for the Parade Committee held at Yale Commons, 168 Grove Street in New Haven. Honorees include the 2013 Grand Marshal, Joseph Michael Lynch; Jill Marcus, Brian Jooss, and Glenn Conlan -- all who have demonstrated dedicated service to our community. Tickets are \$100 per person and include an open bar, catered buffet and dancing to a live band. Tickets go fast, so contact Anne Hines, Ball Chairperson, at 203-488-4902 or ahsheep@aol.com. Tickets can be ordered via the parade website.

March 10: PARADE DAY - Visit the parade website for up-to-date information at www.stpatricksdaysparade.org - Starting Time is 1:30 pm. Parade route starts at Chapel Street @ Sherman Avenue and proceeds down Church Street to Grove Street ending at Orange Street marching through downtown New Haven.



Boy Scout Troop 63 Annual Freeze Out

Boy Scouts from Woodbridge Troop 63 camped and cooked outside at their annual "Freeze Out" January 12-13, 2013. The winter camping experience lets the scouts practice their skills at keeping warm and dry. The scouts camped "under the stars" in elevated lean-tos. Double sleeping bags, dry socks and hats help keep the boys warm all night. This year 11 scouts, along with four Webelos from Cub Scout Pack 902, and five adult leaders joined together for a great time by all.

The acclaimed cooking event, dubbed The Golden Whisk, is a multi-meal contest in which the scouts are judged on taste, presentation and clean-up. The dinner menus included Sheperd's Pie, Fajitas and Chicken Cordon Bleu. The lunch menus included pulled pork sandwiches, homemade chicken noodle soup and tortilla pizza. And for dessert chocolate cherry cake, strawberry shortcake and brownies topped with mangoes. The Stone Squirrels patrol won and will have their name engraved on the plaque that is prominently displayed in the scout meeting room.

The boys also worked on the new Search and Rescue Merit Badge. The badge was led by Assistant Scoutmaster and Woodbridge Fire Captain Ted Pocwierz. Some of the highlights included teaching and practicing techniques used in actual missing person searches by applying skills learned in scouting including map reading, first aid and identification of natural flora and fauna that are critical in their own survival if they are the ones lost. In addition, the scouts practiced the principles of Leave No Trace on their hike.

Boy Scout Troop 63, founded in 1963, is one of the oldest Troops in the Connecticut Yankee Council. Our objective is to bring scouting to boys in the Woodbridge, Bethany and surrounding communities. Known as the "outdoor troop" we are active all year. Our outings include all types of camping, hiking, backpacking, skiing, canoe trips, white water rafting as well as cultural events such as visits to historical parks and monuments and much more. We also plan and participate in community service projects each year.

Join the adventure. Join the fun and see what scouting is all about. Meetings are held at Our Lady of the Assumption "Mother" Church located at 1700 Litchfield Turnpike (Rte. 69) in Woodbridge on Monday nights from 7:00 – 8:30 and all boys ages 10 and up or who have completed the fifth grade, along with their parents, are encouraged to visit.

For more information, visit our website at <http://www.troop963.org> or email Troop63CT@gmail.com.

Come See Chris Herren

Chris Herren, a basketball legend from Fall River, Massachusetts, realized his dreams by playing for the Celtics in the NBA, only to lose it all to addiction. Drug-free and alcohol-free since August 1, 2008, Chris has refocused his life to put sobriety and family above all else.

In 2009, Chris launched "Hoop Dreams with Chris Herren". Off the court, Chris continues to share his story with audiences in the hopes of reaching just one person and making a difference in their life. With the release of his memoir, Basketball Junkie in May of 2011, Chris was approached by hundreds of people and their families looking for assistance in their road to recovery. Inspired by their stories, Chris formed The Herren Project to educate at-risk populations on addiction and help others in taking the first steps toward recovery and a life of sobriety.

The presentation will be on Tuesday, February 12 at 7pm in the Amity High School Auditorium. It is free and open to the public. Doors open at 6pm. Seats are first come, first served.

TOWN DEPARTMENTS & AGENCIES

From the Youth Services Director

By Nancy Pfund



Fun Fitness Cooking with Instructor, Donald Stankus Jr.

A great after school activity beginning February 5th!

Learn how to cook in a fun, hands-on environment and gain a recipe for lifelong healthy living! Woodbridge Youth Services will offer this very popular class for a second 10-week session. The class will be held in the kitchen at Amity Middle School, Bethany campus after school on Tuesdays from 2:25-3:55 p.m. Class is limited to 12 participants. New students will receive a notebook with recipes, nutrition and food safety information, a glossary of techniques and terms, and an apron. All new recipes! (No repeats from first session.) Students will enhance basic skills and make healthy and nutritious food. Participants will learn about foods from different cultures, important nutritional facts, and healthy substitutions. Fee for the course is \$100.00 per student, and must be paid in advance. Please make checks payable to Woodbridge Youth Services. A discount is available for siblings and returning students. Financial assistance is available for qualifying families. Class will begin Tuesday, February 5th and run through April 30th with a snow make-up date of May 7th, 2013. For more information or to sign up, please call Youth Services at 203-389-3429 or email youthone@woodbridgect.org.

Babysitter Training Course

Tuesday, February 19th and Wednesday, February, 20th

Woodbridge Youth Services is offering a 2-day Babysitter Training Course on Tuesday, February 19, 2013 and Wednesday, February 20, 2013 from 9:30 a.m. to 1:30 p.m. to residents 12 through 16 years of age. An American Red Cross-trained facilitator will offer instruction in Leadership, Basic Care, Safety, and Basic First Aid. Students will receive an American Red Cross Babysitter's Handbook, a DVD, and Certificate of Completion. The fee for the class is \$60.00. The session will be held in Room 16 (second floor) of the Woodbridge Center Building, at 4 Meetinghouse Lane. Registration is limited to the first 10 applicants who apply. Call Woodbridge Youth Services at 203-389-3429 to register today! Non-residents will be placed on a wait list until one week before the class. See website for more information at www.woodbridgect.org. In case of inclement weather, view closings on News Channel 8 under "Woodbridge Youth Services".

Fitness Training Class Starts Tuesday, February 26th

First class Free with Registration

We're offering the first class free on Tuesday, February 26th to all interested participants! Students must register and have a parent complete a permission slip to attend. Classes are on Tuesdays, 2:25- 3:55 p.m. beginning February 26th, for a nominal fee of \$75.00 for the remainder of this six-week course in the West Cafeteria at AMS-Bethany. Join the staff of Live to Excel as they instruct a unique exercise program. Participants will improve agility, balance, coordination and strength. This exciting program provides an active environment which uses body weight and equipment i.e., a 48-inch diameter ball, balancing mediums and household items in fun games, friendly team challenges, and much more. For more information or to sign up, call 203-389-3429 or email youthone@woodbridgect.org. This program is sponsored by Woodbridge Youth Services and the Town of Bethany. A discount for siblings and financial assistance is available for qualifying families. Classes are for AMS-B students only. Limit 12 students.

Woodbridge First Selectman's Youth Award Nominations Due March 8th

Woodbridge Youth Services, in collaboration with First Selectman Edward Maum Sheehy, is seeking nominations for the First Selectman's Youth Award. The annual award will be presented to a deserving young Woodbridge resident at the Human Services Department's Annual Volunteer Tea on Thursday, May 9, 2013. The First Selectman's Youth Award, recognizes any youth (age 18 or under) who, either individually or as a member of a group, has demonstrated positive actions to improve the quality of life in Woodbridge or to assist Woodbridge residents. Volunteer agencies, neighbors, group leaders, teachers, principals, counselors, and fellow students are among those who may nominate a youth for consideration. Parents and relatives may not nominate family members. For nomination forms online, go to www.woodbridgect.org, and see Youth Services under "Departments", or call 203-389-3429 for more information. Please submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, by Friday, March 8, 2013.

Bethwood Bash Band Night

**Sunday, March 3, 2013 at Amity Teen Center
(ATC), 10 Seldon Street, Woodbridge!**

With the Forresters, Terra Firma, REVvival, THOSE GUYS and Henry Sidle! Join us from 5-7:30 p.m. for live music, gaming, basketball, food and fun! Parents are welcome to take a tour of the facility 4:30-5:00 p.m. with ATC board members. Admission is \$5.00. For Woodbridge and Bethany 7th and 8th grade residents only. For more information, call 203-389-3429 or email youthone@woodbridgect.org. The Bethwood Bash is sponsored by Woodbridge Youth Services and the Town of Bethany.

Impact of Divorce on the Family Panel at Beecher Road School March 11th

**Do You Have Questions About Divorce And Its Impact On The Family?
Learn the "Top Ten Tips You Need to Know for Divorce"**

Woodbridge Youth Services and Beecher Road School will host an "Impact of Divorce" Panel for adults on Monday, March 11, 2013 from 7:00 to 8:30 PM in the Beecher Road School Library at 40 Beecher Road in Woodbridge. Presenters include Teena Arbo, LCSW, LADC, a licensed clinical social worker who has 32 years of experience working with children and adults, and Lili Vasileff, CFP, CDFA, a financial expert in divorce and financial planning and noted author, who brings over thirty years of experience to our panel. Come for answers and support. This is for anyone who is thinking about divorce, is going through divorce, or is already divorced. Family members and friends are welcome. We will provide child care and refreshments. Please call 203-389-3429 to register or have your questions included in the agenda. Questions must not include personal information. There is no fee to attend. Refreshments provided.

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WTN ELECTION 2013 COVERAGE



Left to right, front row: Susan Jacobs, Edward Sheehy, Laurence Grotheer. Back row: Hank Nusbaum, Sheila McCreven, Karen Baldwin Kravetz, Lisa Gigilo Conner, Chris Jaffe, Pat Cardozo and Aldon Hynes.



Woodbridge Republicans Announce Candidates for May Election

At their Nominating Caucus Tuesday evening, January 15, 2013, Woodbridge Republicans unanimously approved their slate of candidates for the Town election to be held May 6, 2013.

The slate is headed by Cathy Wick, who has lived in Woodbridge since 1997 after living in New Haven for the previous decade. After a successful career in the academic publishing industry, Cathy has become increasingly involved in conservation and open space issues in Woodbridge. She serves on the Boards of the Woodbridge Land Trust, the Woodbridge Park Association, and the Massaro Community Farm. She has been an active volunteer at Beecher Road School and has served ten years on the Woodbridge Board of Education Facilities Committee.

A graduate of Williams College, Cathy and her husband Dr. Robert McLean have 2 teenage sons.

Nominating Committee chair Kathryn Gartland praised the slate of candidates: "We have a truly exceptional slate of candidates for all of the town's elected offices. They come from a variety of backgrounds but have a common goal: to work together for the benefit of the town as a whole."

According to Republican Town Committee Chairman Donald Celotto: "Recent events such as the decisive defeat of the Sheehy administration's proposal to sell Town owned open space to Toll Brothers have convinced many of us that the people of Woodbridge are tired of business as usual. We have put together a slate that combines deep experience in Town government with a fresh energy that we are confident can put Woodbridge on a sustainable path forward, ensuring the superb quality of our schools, maintaining the prized rural atmosphere of our Town, while controlling spending and planning carefully for our future."

The Slate is as Follows

- First Selectman.....Catherine L. Wick
- Board of Selectmen.....Joseph S. Dey III
George F. Giering
Anthony F. Anastasio, Jr.
- Woodbridge Board of Education.....Steven J. Fleischman
M.D. Timothy M. Kelley
Keri Adams Matthews
- Amity Board of Education..... Paul A. Testa
Robert A. Wiznia, M.D.
- Zoning Board of Appeals Christopher R. Dickerson
Cynthia L. Gibbons
Lochlin A. Reidy
- Zoning Board of Appeals – Alternate Bernard P. (Pat) Madden
- Board of Assessment Appeals..... Scott J. Zavatkay

Woodbridge First Selectman Ed Sheehy Unanimously Nominated for Re-Election


First Selectman Edward Maum Sheehy was nominated to run for another term as the Town's chief elected official. Sheehy has been First Selectman since 2006; he has served on the Board of Selectmen since 1979. Sheehy's nomination was unanimously endorsed by Democrats at the party's official nominating caucus. The town's municipal election will be held Monday, May 6, 2013.

"I am grateful for this vote of confidence and believe we have a solid record of fiscal responsibility, modest budget growth, and success on projects like bringing natural gas into town and plans for a new public works facility," Sheehy said. "Stability like this in town government and ongoing excellence in our public schools continue to make Woodbridge an attractive community in which to live and raise a family."

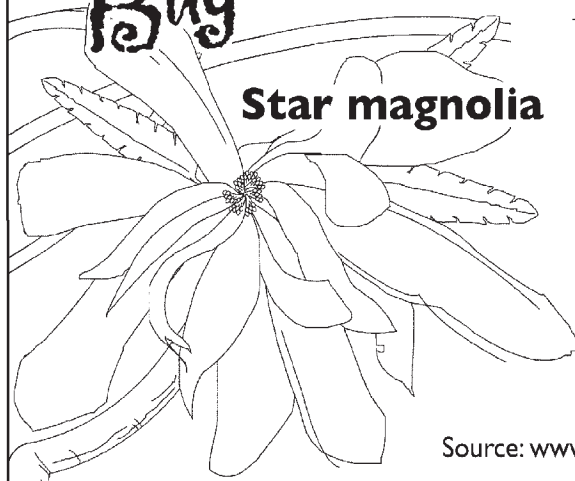
Joining Sheehy on the ballot for the May elections are Board of Selectmen incumbents Beth Heller, Susan Jacobs, and Laurence Grotheer, Amity Regional Board of Education incumbents Patricia Cardozo and Rita Gedansky, and Woodbridge Board of Education candidates Lisa Gigilo Conner, Christianne Jaffe, and Karen Baldwin Kravetz.

Also nominated are Sheila McCreven for the Board of Assessment Appeals, incumbents Henry Nusbaum, Mark Levine, and John Santucci for the Zoning Board of Appeals, and Aldon Hynes for Zoning Board of Appeals Alternate.

"This slate of candidates includes dedicated and effective public servants throughout, each of whom has years of experience contributing hours and hours of their time to maintain our town's traditions and distinct character," Sheehy added. "We're all proud of our town and its reputation for excellence; I'm proud to have been nominated and honored to lead a team of candidates who offer so much experience working on behalf of our community."



Magnolia stellata, commonly called "star magnolia," is native to Japan. It typically grows 15 to 20 feet tall. It is noted for its very fragrant, star-like, white blooms that blanket the tree in early spring before the foliage appears. Red seeds form in green pods that split open in fall.



Source: www.missouribotanicalgarden.org

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(“Teen Trainers” continued from page 1)

bias and discrimination, including our CAS program, are unique to ADL and would not be accomplished in Connecticut if there were no ADL presence here.”

The Teen Trainers range from 12 to 18 years old and attend public and private schools throughout Connecticut.

Initiated in Boston in the late 1980s, the CAS program was developed in response to a survey of Jewish youth in the New England area. The survey results showed that middle and high school students in a wide range of communities had experienced anti-Semitic taunts, epithets and graffiti in their classrooms, in school hallways, on the playground and in their neighborhoods. A generous grant from the HRH Foundation then allowed ADL to expand the program to regional offices around the country.

The latest trend in anti-Semitism is cyber-bullying, or bullying in cyberspace that includes, but is not limited to, cell phones and social media. Cyber-bullying extends a bully’s reach beyond the school campus and leaves students vulnerable to harassment even in the privacy of their own homes.

The fear of being singled out as different and the risk of being viewed as an outsider are too often-expressed reasons why too many Jewish youngsters and adults remain silent in the face of anti-Semitism. A strong, positive Jewish identity is closely related to the willingness to respond to anti-Semitism, but even those who wish to respond may not know how. This lack of knowledge may, by itself, be sufficient to explain why children and adults fail to share their personal experiences of anti-Semitism.

The CAS program addresses these issues by allowing participants to acknowledge trends of anti-Semitism locally, nationally and globally; gain awareness about the types of incidents Connecticut families are encountering; understand the impact of anti-Semitism on Jewish families; address the concerns of parents, teens and educators and engage in a forum for dialogue; and develop strategies for support, advocacy and leadership.

“I’m proud to be recognized as a Mover and Shaker, but I’m far more proud of our 14 Teen Trainers,” said Citrin. “By learning how to confront anti-Semitism at such a young age and teaching their peers to do the same, ADL is training these teenagers to be powerful, outspoken and lifelong leaders in their respective Jewish communities. This isn’t just about standing up for the present-day Jewish community, it’s also about ensuring a vibrant Jewish future.”

The Anti-Defamation League, founded in 1913, is the world’s leading organization fighting anti-Semitism through programs and services that counteract hatred, prejudice and bigotry.

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Holiday Closings

February 18th (President's Day)



Borrowing eBooks

Learn how to borrow eBooks from the Woodbridge Library! Do you have a Kindle, NOOK, iPad or other eReader? Join us for a one-on-one lesson on how to borrow eBooks using your eReader. You must be a Woodbridge resident or live in a community that participates in the LION consortium. (Contact the library to see if your community participates.) We are currently scheduling appointments – please call the Reference Department @ 203.389.3434 to reserve your time slot!

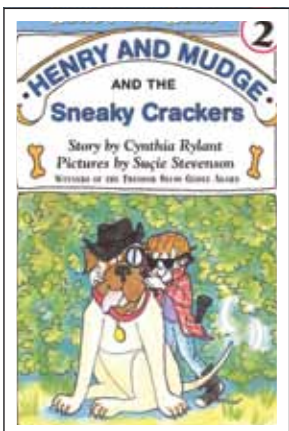
Programs for Children

To register for children's programs or for more information, please call 203.389.3439, or email childrensprogram@lioninc.org.

Eager Readers Book Group for Grades K-2

Henry and Mudge and the Sneaky Crackers by Cynthia Rylant

Monday, February 11th @ 6:30 pm - Join us for our new Eager Readers Book Group! This program is designed especially for children in grades K-2. We'll read *Henry and Mudge and the Sneaky Crackers* by Cynthia Rylant, discuss the book, make a craft, and enjoy a snack! Books are available for you to borrow at the Children's Desk. Please register in advance.



Ten Plus Art (for ages 10 and older)

Wednesday, February 20th @ 6:30pm- At this month's session of 10 + Art, you'll make a faux lava lamp! Find out what happens when oil and water meet Alka-Seltzer. Advance registration is required.

Flow Circus (for ages 4 and older)

Friday, February 22nd @ 2:00pm - Join us for a spectacular juggling and magic show with Paul Miller. A trip to the circus inspired him to visit his library to learn more about juggling, which led to balloons, magic, and the history of the circus. Space is limited - advance registration is recommended.

Programs for Adults

To register for adult programs or for more information, please call 203.389.3433, or email pvalsecchi@woodbridgect.org.



Japanese Woodblock Printing Workshop with Margot Rocklen

Saturday, February 16th from 10:00am to 4:00pm - Printmaker Margot Rocklen will lead this all-day Japanese Woodblock Printing workshop. Participants will have an introduction to the history and tradition of Japanese woodblock printing and samples of prints made in the Japanese woodblock and Western woodcut styles will be available for comparison. There will be a demonstration of the "moku hanga" process, including preparation and transfer of the image to the woodblock, carving the block, preparing inks and paste, applying the water base inks, and printing with a bamboo baren. Inks, papers, wood types, specific tools and their uses, and paper registration will be discussed. Participants will design a composition for their own print, and will cut and print their blocks, using several inking techniques, different types of Asian papers, and the traditional kento method of paper registration. Class size limited to 12 - please register in advance. \$20 Materials fee required.

Film Screenings

All film screenings begin @ 7:00pm in our Meeting Room. Screenings are free, open to the public and seating is on a first come, first served basis. In case of inclement weather, screenings may be canceled.

- February 14th – Flight [rated R]
- February 21st – Argo [rated R]
- February 28th – The Master [rated R]

Art Exhibit

The Woodbridge Library is proud to present the art of Margot K. Rocklen during the month of February. Margot Kurzrok Rocklen began making prints at Carnegie Mellon University where she majored in Graphic Design. She studied printmaking at the Tyler School of Art in Rome, Italy, and wrote a Master's Thesis entitled "The History of Monotype and its Role in Contemporary Art". She is a member of the arts faculty at Gateway Community College and has been teaching courses at the Cooperative Arts and Humanities Magnet High School in New Haven.

Margot's printmaking techniques include: intaglio, monotype, Japanese woodblock, photosensitive polymer plates, and viscosity color printing. Her recent mixed media work often combines drawn, painted, collaged or digital imagery with printmaking. She prints by hand or intaglio press in her home studio and exhibits her work in individual and selected group shows. Margot has curated exhibits for the Printmakers' Network and coordinated Network demonstrations and workshops. This exhibit is free and open to the public. All are welcome to visit.



Friends Bookstore Hours

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**Gan Hayered Celebrates
TuB'Shevat**

A few days before the holiday of TuB'Shevat (the birthday of the trees) our three, four and five year olds shared a special TuB'Shevat seder with their parents at Gan Hayered. We included concepts of conservation, looking after our world, and planting trees for future generations to enjoy. We discussed the seasons and demonstrated with collage posters, one tree per season, that the children had made earlier in the week. We spoke about the seasons in Israel and drank four cups of grape juice: The first, white grape juice, and progressing, as the seder continued, with more red grape juice added as summer approached. We sang songs in Hebrew and English and ate fruit from Israel, from the three varieties of fruits, characterized by fruit covered in a shell or peel, fruit with an inedible pit and fruit that may be enjoyed without peeling or pitting. We planted 'carob seeds' (carob chocolate chips) in soil (chocolate pudding mix) and watered it with rain (milk) and, with lots of sunshine (collage posters) the 'magic of nature' occurred – and we enjoyed chocolate pudding at the close of the seder!

Gan Hayered Early Childhood Center, for children ages 2-5, located at 75 Rimmon Road, Woodbridge, CT 06525, 203.389.2111 ext. 214, ganhayered@gmail.com.

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An Ounce Of Prevention

“Act In Time To Heart Attack Signs”

“Act in Time to Heart Attack Signs” is an important slogan to remember. What does it mean? Statistically, it is known that heart attacks that are treated within one hour of occurrence have incredibly better outcomes! This means that quick response with medical intervention can prevent permanent heart damage or even save your life!

Many people are embarrassed to call 911 for help if they aren't sure they are having a heart attack. This is very unfortunate because quick action can save a life. Others think that heart attacks occur with sudden, intense pain (“the Hollywood version” – Remember Fred Sanford?) This is unfortunate because many heart attacks start slowly with a mild pain or discomfort or feeling like you have indigestion. Symptoms can differ between men and women. The symptoms can come and go.

Still others believe if they are having a heart attack, they are going to die, so why bother to act quickly? The answer is because quick action can save a life.

Why does a quick response make such a big difference in survival rates? The answer is because clot-busting drugs and other artery opening treatments can stop a heart attack in its tracks, thus preventing or limiting damage. But they need to be started immediately after symptoms begin; the sooner the better! Ideally the time frame is within 1 hour. This doesn't leave much time to debate whether or not you should seek treatment!

What are the symptoms of a heart attack? The warning signs are:

- Chest pain or discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. This can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This often occurs along with chest discomfort. But it can also occur before chest discomfort.
- Other symptoms include breaking out in a cold sweat, nausea, vomiting, light-headedness, dizziness, unusual fatigue or feeling like you have indigestion, but it doesn't go away.

For women, the warning sign of chest pain or discomfort may be less pronounced than it is in men or may not occur at all. It may present in the lower chest or upper abdomen. Because heart attack symptoms may be less severe in women, it may make it harder to identify and diagnose. It is sometimes mistaken for another illness. Women should take note of any of the symptoms noted above and seek care if they are persistent.

In the old days, heart attacks meant sure death. But in today's world, life can go on for many years following a heart attack. Learn to recognize the signs of a heart attack and take quick action if a heart attack is suspected. The experts say wait no more than 5 minutes.

Who should you call if you suspect a heart attack? The answer is 911. Emergency medical personnel can start you on treatment the moment they arrive on the scene. If a family member or friend takes you, you delay treatment and decrease the odds of survival. Don't even stop to take an aspirin. The EMS can do that on the way to the hospital. Remember, it is quick action that saves lives from heart attacks. Don't be embarrassed. Be proactive! Congratulations to Woodbridge for having earned the distinction of being a HeartSafe community. This means that there are trained town personnel who can administer CPR and use AED's (automated external defibrillators). This can lead to rapid access to life-saving treatment. For an information packet on this topic, QVHD residents can call 203 248-4528 or request on line, www.qvhd.org.

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- a statement long associated with Frank Woodruff Rogers. However, after 56 years in the real estate business, Frank gave up his real estate office and joined Weichert Regional Realtors. Why? Frank said he simply didn't want to do it all by himself anymore, and knew that being associated with a national name agency would provide a broader service base to meet the needs of his many Orange clients. Frank can be reached at 795-2349, or on his cell phone, 795-0000

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ARTS & LEISURE



Sips and Giggles

Looking for something special and unique to do for Valentine's Day? Come celebrate with a night of Sips and Giggles! at The Lyric Hall on Saturday February 16th at 8pm. The night promises bawdy laughs, live musical interludes, great food and wine, and stellar acting on stage.

Sips and Giggles! is an evening of one-act plays paired with distinct wines and light bites specially chosen for Valentine's Day. Joanna Keylock's Sips and Giggles! has been heralded as "easily as satisfying as anything I have ever seen on any New York stage, or any other stage come to think about it" (Zander Opper) and far more intimate due to its production in the historic and quaint Lyric Hall.

Tickets are \$40.00. For more information or ticket reservations email joanakeylock@gmail.com.

Childrens Call for Performances of La Bayadère

Ajkun Ballet Theatre is looking for enthusiastic young dancers (Pre-K to Young Teens) to perform alongside the Company in its summer production of La Bayadère. Rehearsals and performances will run from July 29 throughout August 10, 2013 at The EGG Performing Arts Center in Albany (NY). Participation in New York City performance (August 16) is optional. Early Registration Fee is \$165 (including \$65 Registration Fee to cover insurance cost and tuition of \$100) if children sign up by April 15, 2013. To learn more about this opportunity, please email us at artisticstaff@ajkunbt.org. Information about Company can be found online at www.ajkunbt.org.

Annual Poetry Contest

The New Haven Free Public Library is once again gearing up for its annual poetry contest, open to those who live, study or work in New Haven. The 2013 theme is "A place of light", and poems will be judged on original interpretation of the theme as well as other criteria. Just in time for National Poetry Month, winners will be announced at the April 27 Poetry Reception at Ives Main Library, 133 Elm Street. The New Haven Free Public Library Foundation will once again award \$100 cash prizes to winners in each age category as well as a \$25 award to a People's Choice Winner at the reception. Winning poems will be featured in the New Haven Review (www.newhavenreview.com), a bi-annual literary magazine containing essays, reviews, fiction, poetry, and art.

Submissions may be dropped off at any New Haven Free Public Library branch or emailed to nhfpl.poetry@gmail.com between March 1 and March 23. Complete guidelines and additional information are available by calling the library at 203-946-8835 or by visiting the library's website at <http://nhfpl.org/programs/cultural-connections>.

Historian, Architect & Author Colin Caplan To Make Presentation

Since New Haven was invented 375 years ago, hundreds of thousands of people have lived, worked, studied and visited our City. And some of them have changed the world forever through their inventions. From the first city plan in the U.S. to the pedal bicycle, New Haven has always been fertile ground for innovation, as attendees will discover in this program which is being presented on Monday, February 25, at 6 pm at New Haven Free Public Library, 133 Elm Street.

Colin Caplan was born and raised in New Haven, where he developed an early appreciation for architecture and history prior to earning a Masters degree in architecture from Tulane University. Caplan has worked with several architecture firms in New Haven and heads up "Taste of New Haven" offering culinary and cultural tours that spotlight New Haven's diverse restaurant scene. He has been featured in national television shows and publications. Caplan is the author of New Haven (Then & Now); A Guide to Historic New Haven CT; 101 Glimpses of New Haven; and Tales from a Connecticut Hamlet, about the Westville section of New Haven. For more information, please visit his website, www.magrissoforte.com.

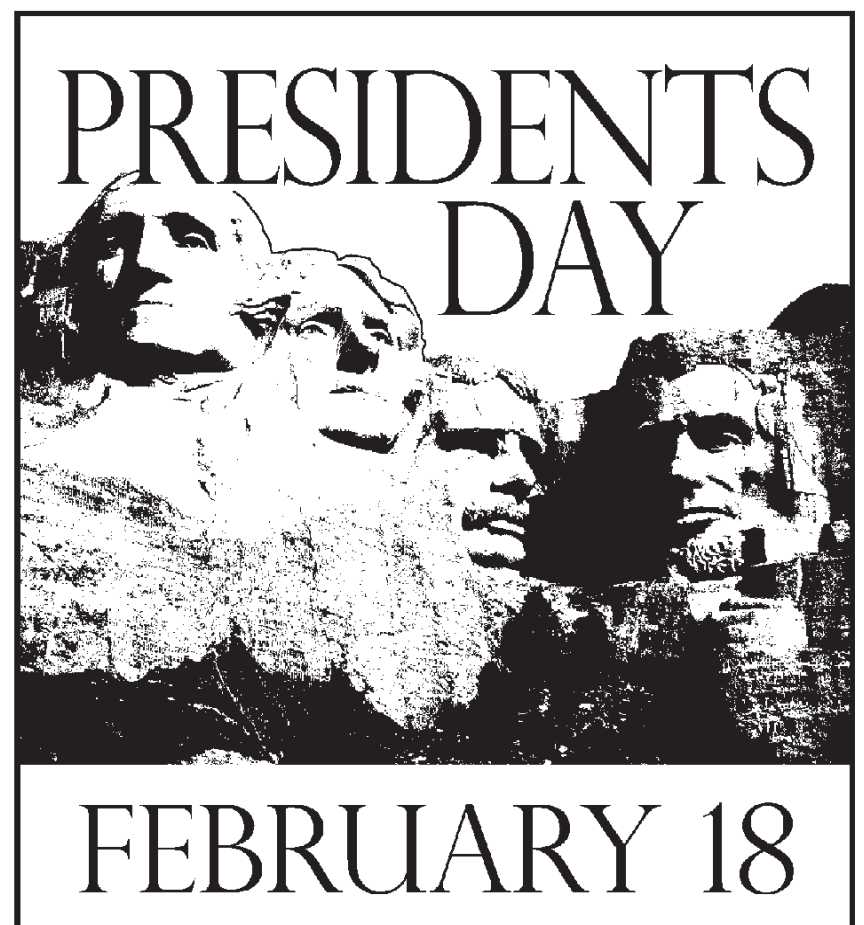
This program is presented without charge by the NHFPL's Local History department (203-946-7430).

Take A Chance and be A \$10,000 Winner!

That winning ticket is calling you! Sacred Heart Academy is sponsoring a \$10,000 Cash Raffle as part of its signature fundraising event...The FantaSHA 2013 Live and Silent Auction! Take a chance and be the lucky winner of \$10,000 by purchasing tickets at \$20 each. Visit www.sacredhearthamden.org > support SHA > Auction to download the ticket form or contact the Main Office at Sacred Heart Academy, 203-288-2309 to purchase tickets.

The winning ticket will be drawn at the Auction - "Black & White - Oh, What a Night!" - on Saturday evening, April 6 at the Academy. Winner need not be present. For information on the \$10,000 Cash Raffle or the Auction, contact Debbie Camner at dcamner@sacredhearthamden.org or 203-287-8181, x318 or visit the website at www.sacredhearthamden.org. All proceeds from the \$10,000 Cash Raffle and the Auction will directly benefit the students at Sacred Heart Academy.

Sacred Heart Academy, an independent college preparatory school founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women in grades 9 - 12 for learning, service and achievement in a global society. There are 500 students hailing from New Haven, Fairfield, Middlesex, Hartford and New London counties.





Ms. Reizfeld's Fourth Grade Class International lunch buffet and multicultural program.

Fourth Graders Hold Class International Lunch Buffet

It is a small world as students in Ms. Reizfeld's fourth grade class at Beecher Road School learned recently. After studying geography, immigration, and Ellis Island in social studies, the students had the opportunity to use both their school library and the Woodbridge Public Library with the help of Mrs. Patrick and Mrs. Rabin respectively, to research foreign lands and read stories that take place in all of the different countries immigrants to America have come from.

The children learned about a place of their choosing, its map, money and customs. This unit integrated many of the Common Core skills of reading, writing and speaking. The students presented their research to their families and shared their hopes for the future. In Martin Luther King type speeches, "I have a dream", the class developed their own topics about how they can help the world be a better place. For example, a child delivered, "I have a dream that every child has an equal opportunity in life and that no child is homeless. I believe all children should be treated fairly even though their parents might be sick, disabled, or not able to work. We should have kindness in our hearts to care for those who need help. I hope you will join me in my dream, so we can work together to make a difference in this world."

One parent was quoted as saying "The kids were truly amazing. I couldn't believe the quality of the speeches from 4th graders. We know teenagers who aren't as articulate! The children were patient and respectful while their peers were talking."

Ms. Reizfeld and her class appreciated Mrs. White, the assistant principal, Mrs. Prisco and Dr.

Stella's attendance at the program. Mrs. White gave specific and insightful feedback to many of the students which they later shared beaming with pride at a class meeting.

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"Dining with Susan"

By Susan Noonan



Romantic Restaurants for Valentine's Day 2013

Love is always in the air on Valentine's Day. Having a romantic dinner with your "significant other" is one of the most memorable ways of celebrating Valentine's Day. This is my 3rd year sharing my favorite picks for romantic restaurants in the area featuring many well established icons along with some new additions. All of these local family owned restaurants have the ambiance that will make your Valentine's Day celebration very special.



ANTONIO'S - 208 Amity Road, Woodbridge, CT 06525-203-397-8882-www.theoriginalantonios.com. Since the opening in 2006 "The Original" ANTONIO'S has maintained a loyal following with many regular customers. Its menu includes the chef's finest creations, from exquisite appetizers, to great pizzas, along with wonderful entrees.

CAFÉ GOODFELLAS - 702 State Street, New Haven, CT 06511-203-785-8722-www.cafegoodfellas.com. Featuring Italian food prepared to perfection & elegant service. Chef/Owner Gerry Iannacone focuses on simple farm fresh ingredients coupled with traditional Italian cooking in an atmosphere where customers have a great time. They have a beautiful new location on State Street.

CARMINE'S TUSCAN GRILL RISTORANTE - 1500 Whalley Ave., New Haven, CT 06515-203-389-2805-www.carminestuscangrill.com. Located in the Amity section close to the Merritt Parkway exit 59, Carmine's is a very well established popular restaurant offering old country charm and exquisite dining with the ambiance of Italy in the heart of New Haven. The food and service are superb.

CONSIGLIO'S - 165 Wooster Street, New Haven, CT 06511-203-865-4489-www.consiglios.com. The time has come to "Rediscover" Consiglio's. The longevity of this restaurant speaks for itself-can you believe 1938! Consiglio's is the perfect example of the "Little Italy" restaurant offering warm, cozy, romantic ambiance, flawless service and, of course, the outstanding food.

JEFFREY'S RESTAURANT BY CLAUDIO - 501 New Haven Avenue, Milford, CT 06460-203-878-1910-www.jeffreysofmilford.com. Jeffrey's Restaurant has an excellent reputation for outstanding food and service. The intimate lounge offers a fireplace and piano. Many evenings you will find guests dancing and being serenaded by owner Claudio himself. He is a true gentleman and the ultimate host with a gift of making his customers feel like they are very special and part of his family.

GABRIELE RISTORANTE ITALIANO - 326 Boston Post Road, Orange, CT 06477-203-799-2633-www.gabrielect.com. Gabriele's has been going strong since 1973 with many local and high profile regular customers. Lovely interior, great lounge and consistently good food.

GINO'S STEAK HOUSE - 1003 Boston Post Road, West Haven, CT 06513-203-934-5300-www.ginossteak.com. The talented Claudio from Jeffrey's Restaurant in Milford & his partner Gino now own the legendary Chuck's and they have made some significant changes both inside and out. Time to revisit this well established location that is now an upscale steakhouse with that popular salad bar.

OLA RESTAURANT - 350 Boston Post Road, Orange, CT 06477-203-891-0522-olarestaurantct.com. This special Latin inspired restaurant is definitely the talk of the town (or should I say more like the tri-state area). Brothers Melvin and Wagner Lopez along with their lovely spouses Andrea & Cherry opened Ola in July of 2007. After almost six years here in Orange with little advertising but a lot of word of mouth, incredible reviews including the New York Times, Ola's business is booming.

RAINBOW GARDENS RESTAURANT & BAR - 117 North Broad Street, Milford, CT 06460-203-878-2500-www.rainbowgardens.org. Rainbow Gardens Restaurant & Bar is the quintessential example of a quaint & cozy New England family owned restaurant but with all the modern amenities. The dining area offers a series of private areas for that intimate cozy dinner. The view of the Milford Green is spectacular through large picture windows with stained glass accents.

SOLUN RESTAURANT/BAR/TAPAS - 245 Amity Road, Woodbridge, CT 06525-203-298-9741-www.soluntapasbar.com. Definitely a "hidden gem" in Woodbridge & one of my new additions. Owner Carols Hernandez & his talented staff definitely will make your visit memorable offering award winning "tapas cuisine". His cozy bar is one of my favorites.

VILLANO'S RESTAURANT (formerly Conte's) - 1573 Boston Post Road, Milford, CT 06460-203-783-1766-www.villanosrestaurant.com. You will feel like you are dining in an outdoor café in Tuscany with all meals cooked to order by the talented chef Claudio Conte. Live entertainment is offered most evenings with famous pianist Ray Cranshaw.

FINAL NOTES: These are just a few of my favorite "romantic spots" in the area. Reservations are a must for all these popular restaurants. Please remember to support our local family owned businesses. HAPPY VALENTINE'S DAY TO ALL and don't forget the romance! If you have a favorite restaurant e-mail: susan@orangetownnews.com/susan@woodbridgetownnews.com.

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**celebrity
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Linda Gray

Q: I am so excited that “Dallas” is back on TNT for its second season. I am, however, sad about **Larry Hagman’s** death; watching his last episodes of “Dallas” are bittersweet, to say the least. How is the cast holding up? -- Mary Anne M., via e-mail

A: I spoke with series veteran **Linda Gray** recently, and while she is, of course, in mourning for her best friend, she shared some fond memories she had with Larry. “From day one, it was magic to work with him, and it never stopped being magic. He was a joy to watch, and looking into those baby-blue eyes and go, ‘You little rat, what are you doing now?’”

“When Larry and I worked together, it was really like a ping-pong game. It wasn’t a tennis game; it was faster, like ping-pong. It was like, I’m going to throw you something, and I don’t know what you are going to do, but you’re going to give it back to me, and it’s going to be fast and it’s going to be intense, but I’m going to hit it right back to you, so be careful.”

“It was just extraordinary to work with him. And he was a great, generous actor. I remember in 1978, I was coming at him (in a scene between Sue Ellen and J.R.) and just yelling at him or something, and he gently took my shoulders and moved me; I didn’t realize it, but I had gotten out of my light. Now another actor would have thought, ‘Let her bury herself. She’ll be in the dark; I’ll be in the light. Perfect.’ But he wasn’t like that. He was gentle like that. He was gentle with me. It was absolutely an unspoken chemistry that happens so rarely in life, and I was blessed.”

Q: When will “Army Wives” be back? -- Bea W., Fort Worth, Texas

A: It’s almost time! The seventh season of Lifetime’s hit drama will return with 13 all-new episodes, beginning

Sunday, March 10, at 9 p.m. ET/PT. This season brings new challenges, including a heartfelt and final goodbye to one of the wives in what is being billed as “one of the series’ most dramatic and pivotal moments.”

Q: I need my Don Draper fix! When will “Mad Men” return? -- Diana W. in Tennessee

A: AMC has confirmed that the sixth season of “Mad Men” will premiere April 7 with a two-hour episode, which has been written by series creator **Matthew Weiner**. Series stars **Jon Hamm, January Jones, Elisabeth Moss, John Slattery** and **Christina Hendricks** are all set to return.

Q: Is “Grimm” returning to TV? Most of the other shows have returned from winter hiatus, but “Grimm” has not. I hope it did not get canceled. — Don R., via e-mail

A: Never fear, Don. “Grimm” is just taking a slightly longer break, and will return with all-new episodes on Friday, March 8.

Write to Cindy at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at letters@cindyelavsky.com.

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Beth Larkins-Strathy, left, associate dean of the Quinnipiac University School of Education, and Paula Idarola, of Woodbridge, a student teacher supervisor at Quinnipiac, attended a January 15 state Department of Education training session on new standards, assessments and programs for teachers.

Woodbridge Resident Attends State Department of Ed Training at Quinnipiac

Paula Idarola, of Woodbridge, a student teacher supervisor at the School of Education at Quinnipiac University, attended a state Department of Education training session on January 15 to learn about the Common Core State Standards that all teachers will be responsible for meeting in 2014.

The standards, which have been adopted in 45 states and the District of Columbia, provide a consistent, clear understanding of what students are expected to learn, so teachers and parents know what they need to do to help them. The standards are designed to be robust and relevant to the real world, reflecting the knowledge and skills that our young people need for success in college and careers. With American students fully prepared for the future, our communities will be best positioned to compete successfully in the global economy.

In addition, she learned the Smarter Balanced Assessment Consortium is developing a system of valid, reliable, and fair next-generation assessments aligned to the Common Core State Standards (CCSS) in English language arts/literacy (ELA/literacy) and mathematics for grades 3-8 and 11. The system, which includes both summative assessments for accountability purposes and optional interim assessments for instructional use, will use computer technologies to the greatest extent possible to provide meaningful feedback and actionable data that teachers and other educators can use to help students succeed.

Student teacher supervisors also learned about Connecticut's Teacher Education and Mentoring (TEAM) Program, a two-year induction program for beginning teachers that includes mentorship and professional development. Beginning teachers participating in the program are assigned a trained mentor to guide them through developing individualized growth plans, uniquely based on their own needs as educators. The unifying framework for the program is a series of five modules aligned to the Connecticut Common Core of Teaching.

Additionally, supervisors were presented with an overview of the System for Educator Evaluation and Development (SEED Model) that is currently being implemented in several districts across the state with anticipated statewide implementation in the Fall of 2013. SEED is a model evaluation and support system that is aligned with the state's guidelines for educator evaluations.

"We planned this seminar for our student teacher supervisors because the clinical pieces of our program, especially student teaching, are critical," said Beth Larkins-Strathy, associate dean of the School of Education at Quinnipiac. "Our candidates need the best guidance and mentoring possible."

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HISTORY CORNER

With Muffy German

A History of Valentines... and the Woodbridge Connection

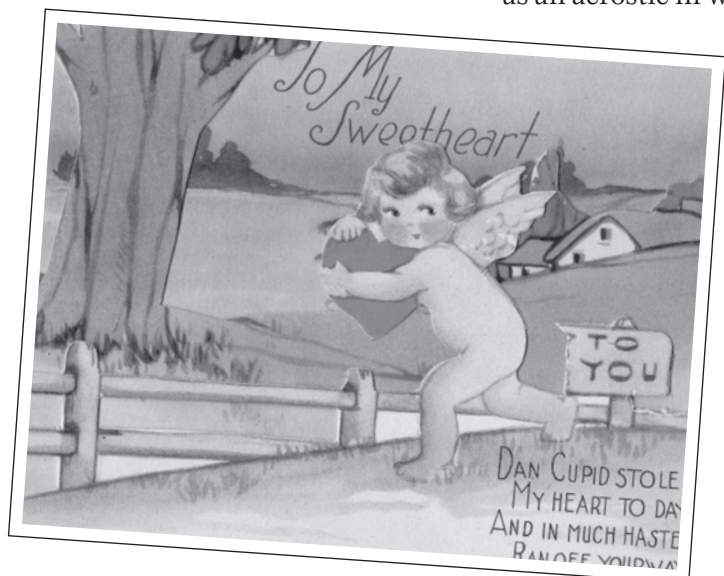
This Valentine issue of the Woodbridge Town News should serve as a little reminder to you readers to consider how you will mark February 14th. It might be with a handmade card, or a Hallmark design, a box of chocolates or a pair of gloves. Yes, gloves were a typical Valentine gift in the 17th century. Here is the story behind our modern customs.

To begin the tale, St. Valentine had nothing to do with lovers! Alban Butler's Lives of the Saints describes him as "a holy priest in Rome, who...assisted the martyrs in the persecution under Claudius II" and suffered the same fate on c. February 14, 270. This date happened to coincide with the Roman spring fertility festival of Lupercalia (February 15). St. Valentine's name was used by the early Christians to supplant the pagan festival, but the old association with the late winter pairing up of birds and courting of young people remained.

This tradition was carried on in both literature and in country customs. Geoffrey Chaucer's c. 1375 Parliament of Bryddes states: "For this was Saint Valentine's Day/When every fowl cometh to choose his make, (mate)/Of every kind that men think may...". Among longstanding customs was the valentine lottery. Young women's names were written on slips of paper and put into a box from which each young man drew the name of his valentine for the year. Sometimes the matches led to marriage. Elsewhere it was only a game. Samuel Pepys in his London diary records in detail the upper class valentine customs in the 1660s. Ladies and gentlemen were informally paired for the ensuing year with the first person of the opposite sex met on February 14th! The man was expected to recognize his lady with a gift which ranged from a handwritten valentine letter to a pair of gloves, silk stockings or jewelry. Pepys wrote in 1662: "I did this day purposely shun to be seen at Sir W. Batten's because I would not have his daughter to be my Valentine, as she was the last year, there being no great friendship between us now, as formerly." In 1667, he notes a rudimentary Valentine card created by the son of Mrs. Pepys's maid and "writ upon blue paper in gold letters, done by himself, very pretty...". By the 1760s valentine custom evolved away from expensive gift giving to the exchange of small tokens, poems and decorated letters among children as well as adults.

In America, as in Britain, valentines originated as handwritten letters. One striking example shows that Valentine's Day was even celebrated by the Puritans. Massachusetts Governor John Winthrop wrote a touchingly affectionate letter to his wife on February 14, 1629, ending: "Thou must be my valentine for none hath challenged me." Eighteenth century valentines could be as simple as a heart cut out of paper and hung on the sweetheart's door, or as elaborate as an acrostic in which the first letter

of each line of a poem spells out the recipient's name. Another charming motif was a drawn or cut out paper hand holding a heart with the words: "Hand and heart shall never part." The Pennsylvania Germans brought from their homeland the tradition of Freundschaftskarten or



friendship cards. Similar to Fraktur wedding or baptismal certificates, they featured bright colors, patterns of interlace, stylized birds and flowers and bands of lettering in the blackletter style. Also brought from Germany were Irrgarten or labyrinth or puzzle purse cards composed of a complex series of folds or a text following the convoluted pattern of a love knot.

As with Christmas cards, the heyday of printed Valentines was the Victorian era. From the 1840s to the First World War, the market was flooded with designs. Developments in printing, engraving, and chromolithography were quickly incorporated in valentine production. Paper lace (used today in doilies) was invented by the valentine industry. For homemade cards, manuals termed "Valentine Writers" were published with verses for all ages and occupations. Sets of cards were printed for sailors with scenes of them setting sail or returning to their sweethearts carrying a heart-shaped bundle. More elaborate maritime valentines show a ship the side of which folds open to reveal a sailor writing with instruction from cupid. In the 1860s card companies printed series of camp themed valentines for Civil War soldiers to send home. Along with the charming or sentimental cards, there were rude, insulting, vulgar and political cards!

One of the most famous families in the history of printed valentines was that of Jonathan King of London. He opened his stationery shop in 1854, carrying newspapers, tobacco, toys, writing paper and valentines. His wife, Clarissa, crafted wonderfully inventive valentines from commercial stationery, paper lace, rice paper, ribbon, pressed ferns and leaves, feathers, shells, tinsel and glitter. Soon they had to move into larger quarters and their son, Jonathan (1836-1912), joined the business. The cards created by the Kings and their workshop of women were so elaborate they consisted of as many as 700 individual pieces! The younger Mr. King also gained fame as a collector of Christmas cards and Valentines. He even bought out businesses to collect their inventory. Nicknamed "Master of all Christmas card collectors," he also amassed 250 volumes of over 30,000 valentines. In his retirement, he offered his collection to the British Museum, but sadly it was turned down. After his death, parts of the collection were sold, but much remained in a warehouse.

And this is where the Woodbridge connection begins. In the 1950s a large part of the surviving King collection was purchased by antiquarian Carroll G. Alton Means. Mr. Means grew up in Woodbridge and attended a one room school here. He became an estate appraiser and book collector. In the late 1930s, he and his wife Sylvia were founding members of the Amity & Woodbridge Historical Society. Eventually, Mr. Means sold his valentines to the Hallmark Card Company where they now form an important part of the Historical Collection. In a recent Hallmark ad, I was amused to hear the motto: "For everything they need, there is a card." Surely, Jonathan King and Carroll Means would heartily agree.



I Love You, You Love Me

By Roberta L Nestor

Such simplicity in those words, I love you, you love me...what's mine is yours and what's yours is mine. Decades ago these simple words described an "I Love You Will". It was commonly used by married couples whose situation didn't warrant complex estate planning. For married couples with simple or traditional family dynamics it might just work. However, most of us no longer have simple family dynamics.

So, here is a story about Jack and Diane. Second marriage for both and most of the assets is Jack's. When they got married 30 years ago, Diane was a homemaker and since Jack had such a good income, she never had to go back to work. Jack wanted to make sure that Diane was taken care of in the event of his death. He also wanted to make sure his children from his first marriage would inherit everything after Diane's death. And, by the way, Diane also has 2 children from her first marriage.

So, Jack thought the best way was to leave the house to Diane and give her life use. That way she would always have a home. He also thought it was best to leave her as the primary beneficiary on all of his investments, knowing that she didn't have any substantial savings of her own and she would need money to maintain living in the house.

When Jack died the financial tug of war began: Jack's children didn't believe that they should have to wait until Diane's death to get their inheritance and they want her to pay them the value of the house now with the proceeds from their Dad's investments.

Diane is adamant! This is the way her husband wanted his estate and she refuses to give in to his children, ensuing what appeared to be several ugly confrontations with Jack's children. Even her own children were getting involved to protect their mom.

Jack's children took legal action through the probate courts. The law suit lingered for several years only adding to the bitterness of the two families. However, Jack's will stood up in court and Diane did not have to sell the house, nor did she have to give any money to Jack's children.

Once this legal battle was settled, Diane decided to do some of her own estate planning. She changed her will naming her two children as the sole beneficiaries as well as designating them on investments she inherited from Jack, leaving nothing to Jack's children. At Diane's death, Jack's children inherited the house that had declined in value and nothing else.

Nothing happened the way Jack planned! And, sadly this hypothetical story plays out in real life quite often. To accomplish the goals Jack and Diane needed comprehensive estate planning. They needed professional guidance on how to protect income and security for Diane as well as protection for his children so they would have their inheritance.

Some of you may be familiar with "AB Trusts", an estate planning tool that is commonly used with second marriages. The B Trust can be drafted to take care of the surviving spouse during his or her remaining lifetime, but also to protect the principal for the benefit of the deceased spouse's children or other beneficiaries - this is particularly important when planning for blended families when each spouse has a different set of final beneficiaries.

Blended families can face many financial obstacles and if you love your spouse and your children you need to plan properly. Protect your family and learn about the many legal ways to say "I love you".

Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network - a member FINRA/SIPC and a Registered Investment Adviser. Fixed insurance products offered through Nestor Financial Network are separate and unrelated to Commonwealth. Commonwealth Financial Network or Nestor Financial Network does not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation. Roberta can be reached at Nestor Financial Network, 203-876-8066 or roberta@nestorfinancial.com.

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Get Ready to Cruise News

By Leslie Marsh



Honeymoon Tips: The "How-To's" After the "I Do's"

Your honeymoon is an important part of your wedding, and a much needed romantic getaway after the big day. Whether you choose a Caribbean cruise, relaxing at an all-inclusive resort or taking in the wonders of Paris, planning ahead will assure a wonderful honeymoon with memories that will last a lifetime.

Begin early and share the planning. To ensure that you both enjoy the honeymoon, make all the decisions together (by the way, this is good advice for any decisions you need to make as a newly married couple). Take time to discuss and consider the destination that's perfect for both of you. If you're not sure of the destination, decide what type of vacation you want (cruise, all-inclusive resort, adventure vacation, cultural trip) and then narrow down the list of destinations.

Plan Ahead. Make your reservations at least 6 months in advance to take advantage of early booking discounts and the best accommodations. Check your calendar, how long do you want to be gone? If just a few nights, look for something close to home. If a week, try to limit your transportation time. If you can travel for 10 days or more, the sky's the limit!

Set a tentative budget. Talk about expectations and priorities from the very beginning and decide where to splurge and where to cut corners. All-inclusive resorts and cruises make your budgeting much easier, because these packages include practically everything. A honeymoon registry is a great way to help defray the cost.

Make time for yourselves. Pad your honeymoon schedule with generous amounts of free time so you're free to relax rather than always feeling rushed and pressured. Your honeymoon should be stress free!

Packing. Always "cross-pack" your clothing. Be sure to put identification inside your luggage, just in case it's lost. Pack a carry-on bag with valuables, prescriptions, suntan lotion, swimwear, travel documents, and sunglasses, just in case you have to wait for your room.

Brides, use your maiden name. Unless you're planning a delayed honeymoon, you won't have time to change the name on your passport and driver's license. Use your maiden name on visas, airline tickets, etc., so the name matches the name on official documents.

Most importantly, leave the actual planning to a professional. For stress-free honeymoon planning, seek out the expert advice of a travel agent like me. I'll save you money as well as time, two things that couples planning their wedding and honeymoon often find in short supply!

Leslie Marsh, ECC owns and operates Cruise Planners of Orange. You can contact her at 203-799-2367 or leslie@getreadytocruise.com.

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As a former Largest Loser participant, David Chorney states, "If you have the opportunity to find yourself in the JCC's Largest Loser contest...take it. Expect to work harder than you've ever worked in your entire life. Expect it to be very difficult, not only physically, but maybe more so mentally and emotionally. And expect it to change your life for the better, in all three ways, permanently."

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Church of the Good Shepherd

Shepherd's Café

Church of the Good Shepherd has opened The Shepherd's Café. The Shepherd Café will be open from 10:30 a.m. to 1:00 p.m. every Wednesday and will be serving coffee, light snacks and a tasty and nutritious lunch from 11:30 a.m. to 1:00 p.m. This meal will be available to seniors or to anyone that needs or would like to share a meal and some companionship. Bingo and other activities will take place from 10:30 to 11:30 a.m. Church services are available at 12:30 for those who would like to attend. There will be menu choices each week with soup and selected sandwiches always available. While there is no cost for the meal, donations are always appreciated. This is a new ministry of the Church of the Good Shepherd, and a partnership between the church and Community Services. The Church is located at 680 Racebrook Road, and there is ample parking. While reservations are not needed, they would be appreciated. To make a reservation, volunteer, or to help in any way, please call the church at 203-795-6577. Community Services will provide transportation from the High Plains Community Center to and from the Shepherd Café. Please call Kim at 203-891-4788 at least a day ahead to reserve a ride.

Ash Wednesday, February 13th Service Schedule

- 12:00 p.m. Holy Eucharist and imposition of Ashes
- 7:00 p.m. Holy Eucharist and imposition of ashes with prayer.

Faith Community Conversation on the problem of violence in our Culture

7pm, Monday, February 25th at St. Barbara's Greek Orthodox Church, 480 Racebrook Road, Orange. The discussion is sponsored by the Orange Interfaith Clergy Fellowship and moderated by the Rev. Ann Ritonia. Child Care is available.

Lenten Series

A Moveable Feast-Lent 2013 • Celebrating the Eucharist

- (Fridays)
- February 15 Contemporary Praise Eucharist: Church of the Good Shepherd, Orange
- February 22 Traditional Rite I Eucharist: Trinity, Seymour
- March 1 Solemn High Mass: Trinity, Seymour
- March 8 Table Eucharist: Church of the Good Shepherd, Orange
- March 15 Taize Eucharist in the Round: Church of the Good Shepherd, Orange
- The celebration of the Holy Eucharist is the primary form of weekly worship for Episcopalian Christians. The Book of Common Prayer provides the framework for our Eucharistic celebration, but within that framework there exists a variety of traditions and practices that shape how we conduct and experience worship. Join us during Lent as we explore some of these traditions and practices, share a meal and reflect on our experience of worship.
- 6:00 pm Hors d'oeuvres
- 6:20 pm Holy Eucharist
- 7:00 pm Simple Soup Supper and Discussion
- Sunday Evenings February 17, February 24, March 3, March 10 and March 17th
- 6:30 -7:30 pm Lenten Spirituality
- 7:30 pm Contemplative Compline

Ashes to Go

Imagine: It's an ordinary weekday, and in the middle of your daily tasks, you stumble into a moment of prayer. The street corner, the coffee shop, or some other ordinary place is suddenly a place where God has come to meet you. The church has come out from behind the comfortable pews and doors to be in the places where the rubber meets the road. It's Ash Wednesday, and you're invited to wear your ashes, to claim repentance, grace, and deep relationship with God for the challenges of your daily life.

The Reverend Ann Ritonia of Church of the Good Shepherd, 680 Racebrook Road, Orange, CT, and teams of two are going out into the world as a part of "Ashes to Go," a nation-wide, grassroots movement that is about bringing spirit, belief, and belonging out from behind church doors, and into the places where we go every day. It's a simple event with deep meaning, drawing on centuries of tradition and worship to provide a contemporary moment of grace.

Look for that moment of grace on Wednesday, February 13, 2013. You will find it along the Boston Post Road in Orange or at the Milford Train Station from 6:30 to 8:30 am. In the evening, search the Connecticut Post Mall in Milford between 4 and 6 pm. Or, come to Church of the Good Shepherd at noon or 7 pm for a more traditional experience. All are welcome!

Congregation Or Shalom Upcoming Events

Coffee & Learn with Rabbi Wainhaus on Wednesdays, 11:00 am: Each week, the Rabbi addresses interesting and sometimes amusing topics regarding Hot Topics, Judaism, Bible, Yiddish, and much more. The class begins at 11:00 am and runs until Noon. These classes are held every Wednesday through March (no class February 20). All are welcome. There is no charge and no reservations are required. Refreshments (Coffee And) are served.



Congregation Or Shalom

Men's Club Shabbat, Friday, February 22, 7:00 PM: The Or Shalom Men's Club will lead Services. All are welcome.

Purim Services: All are welcome to join us as we celebrate Purim. The Evening Service will be February 23 at 6:15 pm followed by the Megillah at 6:30 pm.

Shabbat Across America, March 1: Or Shalom will join synagogues around the country to celebrate "Shabbat Across America". The dinner will precede the service at 6:00 pm with the Service at 7:00 pm. For information and reservations, contact the office at 203-799-2341.

Zumba Gold: Tuesdays & Thursdays, 7:00 PM - 8:00 PM: Join Zumba Gold with coach Robin Allen each week for a one hour class. Call Robin for more information at 203-314-8176.

Naming Babies: Does your Jewish child need a Hebrew name? If so, we will provide him/her with one. There is no charge and this is open to Congregation Or Shalom members and non-members. Call the Or Shalom office at 799-2341.

Services: Sunday mornings: 9:00 am, Monday mornings: 7:30 am, Thursday mornings: 7:30 am, Friday evenings: 7:00 pm (the first Friday of each month is our Family Service where Rabbi Wainhaus reads the children a story in lieu of a sermon. Following the Service, there will be a dairy Oneg Shabbat-refreshments. Saturday mornings: 9:30 am

All events are open to non-members.



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From Your State Senator

With Joseph Crisco



The response by the state legislature to the Newtown shootings has been swift and productive: its Bipartisan Task Force on Gun Violence Prevention and Children’s Safety has already held four meetings to glean information and suggestions from both professionals and the public. Three separate working groups – on gun safety, school security, and mental health issues – are preparing recommendations based upon input from those meetings.

As a member of the Mental Health Services Working Group, I remain grateful to the hundreds of residents who testified at our hearing, which lasted nearly 14 hours. Information was presented about glaring gaps in available services, undeniable inequities in coverage and payment for services, and other access impediments that must be addressed.

In one area of note, some who spoke underscored how there are insufficient services available in our state for children and adolescents who might avail themselves of those services. This seeming inadequacy in our delivery system must be addressed because the developing human brain doesn’t really stabilize until we’re well into our twenties. We ought to have ample mental health services available for young people who might need help.

Another seeming shortfall is in the lack of a coordinated, comprehensive system in which case management becomes the standard. Right now we seem to be getting by with a patchwork approach in which individual episodes are treated – often at great expense in emergency rooms – without any long-term planning or consideration.

In the coming weeks recommendations from our working group will focus on filling these gaps with better coordination of the existing framework, perhaps by county or region, and revising the payment and reimbursement system so more options exist among private providers, and more access is available through a greater number of public providers. Other matters to be addressed in this subject area include school-based mental health services, mental health first aid training, and de-stigmatizing the very need for help with mental health issues. Our working group will synthesize all this in the form of proposed legislation. I’ll update our progress as it does.

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Upcoming Events at Massaro Community Farm

At 1pm on February 23rd Massaro Community Farm will screen the documentary film, Food Fight by Chris Taylor. This film looks at the American food chain and the corporatization of agriculture in the 20th century. The film also examines efforts to reverse the widespread use of processed foods and reliance on monocultures. Please join us, along with Greg Grinberg, for a post film discussion about healthy food delivery in our communities. Greg Grinberg is proprietor of Actual Food, a local group working to bring locally sourced food into our communities in non-traditional ways. The film will be screened at Mitchell Library in Westville.

Please join us for Massaro Community Farm’s Annual Meeting on Sunday March 10th. We will present 2012 results and 2013 goals and programs. Representatives of Jewish Family Services and Columbus House will also be on hand to discuss the impact of Massaro Community Farm’s food donations on their efforts to feed the community. The meeting will be held at 1:30pm at First Church of Christ, 5 Meetinghouse Lane, Woodbridge.

Massaro Community Farm kicks off its 2013 programming with its first Beekeeping Workshop of the season, 10am and 2pm on Saturday March 23rd. MCF offers these workshops in partnership with CT Beekeeping Association and this workshop will focus on bringing the hive out of winter hibernation. Together with Ansonia Nature Center, the farm will also be featuring ‘Composting - What and How’ at 12 noon on March 23rd. This interactive workshop presented by Alexis Wilcox of Duck Truck Composting is informative and engaging for both children and adults, and covers what we can throw into the compost bin, as well as how worms can be critical to breaking down and reducing household waste. This is the first of a series in organic land care for homeowners that Massaro will be offering throughout 2013. More information and registration details can be found on our website: www.massarofarm.org.

Submit your engagement announcement to the Woodbridge Town News and

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Please be sure to include your mailing address with all submissions



BULLETIN BOARD

Please Note: If you have an event for the Bulletin Board, please send it along no matter how far in advance it is. We will include it in the appropriate issue(s) until the event has taken place.

Annual Fund Drive for Bethany's Clark Memorial Library, contributions requested to help for the cost of a website to update services, etc.

Sacred Heart Academy Alumnae Association "Little Valentine's Day Dinner Dance", Friday, February 8, 2013, 5:00-8:00pm, 265 Beham Street, Hamden, open to the public for grades Pre-K - 4, pasta supper/6:00pm, dance music, raffle, photographer for family photos; \$8/pp, children under 3/free; parent or guardian must accompany each child. For more information, contact Sr. Mariette Moan, ASCJ, Director of Alumnae Relations at 203-288-2309 ext. 313 or email alumnae@shaexcelsior.org.

Massaro Community Farm Film Screening "Food Fight", Saturday, February 23, 2013, 1:00pm, Mitchell Library, Westville section of New Haven.

Hooked on the Sound Crochet Guild, Saturdays, March 2, April 6, May 4, June 1, July 6, August 3, September 7, October 5, November 2, December 7, 2013; 10am-1pm, Case Memorial Library, 176 Tyler City Road, small meeting room on 2nd level (elevator available); share stitch successes, assist with pattern problems and have a great time crocheting, no fee. For more information, visit <http://hotscrochetguild.yolasite.com/>, Email HOTSCrochetGuild@Live.com.

Beecher Road School Preschool Peer Openings, Informational Meeting, Tuesday, March 5, 213 (snow date March 7), 7:00pm, Preschool classroom, call 203-389-2195 ext. 141 to attend. Mandatory visitation for children, Friday, March 15, 2013 (snow date March 22), call to schedule an appointment, applications available on day of visitation.

Bethany Nursery Group Annual PAJAMA HOP, Sunday, March 10, 2013, 5:00-7:00pm, Bethany Town Hall, 40 Peck Road, Bethany, featuring breakfast for dinner buffet from Chip's Restaurant, entertainment for children, silent auction with many great items; \$10/adults, children over three/\$5, and under age three are free. Tickets should be purchased in advance, please call BNG @ (203) 393-3032. Put on your favorite PJ's and come join us.

Massaro Community Farm Annual Meeting, Sunday, March 10, 2013, 1:30pm, First Church of Christ, 5 Meetinghouse Lane, Woodbridge.

Massaro Community Farm Beekeeping Workshop, Saturday, March 23, 2013, 10:00am and 2:00pm. For more information, go to www.massarofarm.org.

Massaro Community Farm Composting Workshop, Saturday, March 23, 2013, 12noon. For more information, go to www.massarofarm.org.

Bethany Nursery Group will be hosting their Annual PAJAMA HOP on Sunday, March 10. 5-7pm at the Bethany Town Hall, 40 Peck Road, Bethany. We will feature breakfast for dinner buffet from CHIPS RESTAURANT. There will also be entertainment for children. For adults, we have a fantastic silent auction planned with many great items - come check it out! Tickets are \$10 for adults, children over three are \$5, and under age three are free. Tickets should be purchased in advance, please call BNG @ (203) 393-3032.



OPEN HOUSE

Monday, Feb 18, 2013 • 12:00 PM - 6:00 PM
23D Lucy Street, Woodbridge
 Woodbridge Elderly Housing · William Warner Village
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Investors like you are now more concerned about affording long-term care than being able to retire securely

Provided by Richard J. Zorena, CFP®

Investor concerns always evolve with the changing economic landscape. But recently, the converging factors of rising health-care costs and increased life expectancy have resulted in the primary worry being the financial consequences of supporting themselves in old age. And, for the first time ever, long-term care issues are more pressing than retirement.

In a recent survey of over 2,000 affluent investors reported in UBS Investor Watch—a quarterly research publication that tracks the trends of current investor sentiment—26% of investors indicated their largest personal concern was affording long-term care. That was more than those who indicated their biggest worry was retirement (14%). And in a sweeping nod to the growing importance of this issue, younger investors, ages 25-49, reported seeing long-term care as more important than their older counterparts, ages 60 and older (33% vs. 18%).



"We're beginning to see a major shift in what investors see as their most important personal issues," Mike Ryan, Chief Investment Strategist for Wealth Management Americas and Regional CIO for the U.S., said as he unveiled the new report. "The impact of growing long-term and health-care costs cannot be disputed," he concluded.

Other anxieties about the macro environment persisted, including concerns about an increasingly intractable political situation in Washington. Seventy-six percent of investors are highly concerned about the political climate in Washington, surpassing concerns about rising healthcare costs (67% were "extremely / very worried") and the size of U.S. national debt (66% were "extremely / very worried").

Mike Ryan commented, "We see today's investors as adaptive creatures. In this environment, neither euphoric nor despondent, they are more pragmatic and practical. They've tempered return expectations, but acknowledge participating in the markets is necessary to grow wealth."

While there's no shortage of issues to be concerned about, the report found that overall confidence is higher among investors and significantly higher among those who create and follow a financial plan.

Seventy-three percent of investors who consistently follow a financial plan feel "excellent / very good" about their financial situation and the ability to reach their goals, as opposed to 31% who feel "excellent / very good" and don't have a plan. Furthermore, advice was shown as central to helping investors feel more confident, with 68% saying "receiving good advice to make smart financial decisions" is "very / extremely important."

If the trend toward higher healthcare costs and long-term care costs continues, as most would expect, the need for planning for the future will become more important than ever. If you're an investor who shares these concerns and has the desire to create a plan to move forward with more confidence, connect with Richard Zorena today.

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Death Notices



Clorinda Dzikas

Clorinda DeVito Dzikas, 61, of Bethany, passed away Thursday, January 24, 2013 at Yale-New Haven Hospital. Wife of Michael R. Dzikas. Clorinda was born in New Haven on April 8, 1951; daughter of the late Frank D. and Clara Teti DeVito; had worked as a Teacher's Assistant at Beecher Road School for twenty-seven years; loved to dance and was a former dancing instructor; had a love for animals especially cats. Mother of Patrolman Anthony "A.J." Santagata North Haven PD and his wife Patricia of Woodbridge, and Michael Santagata of Newport Richey, FL. Sister of Anthony "Twan" DeVito of Woodbridge. Grandmother of Aidan and Lucas. Also survived by her cat "Gizmo".



Clorinda Dzikas

Her funeral procession left the North Haven Funeral Home, 36 Washington Avenue, on January 28th. A mass of Christian burial was celebrated in Our Lady of the Assumption Church, Center Road, Woodbridge with Interment following in Northwest Cemetery, Woodbridge.

John Henry Lassiter, Sr.

John Henry Lassiter, Sr. at the age of 78, passed away peacefully on January 24, 2013 while recovering from postoperative complications at the Connecticut Hospice in Branford. He was born June 9, 1934 in Waterbury, CT to John Henry Lassiter and Mary Douglas.



John Henry Lassiter, Sr.

John married his beloved wife, Margaret Norman Lassiter, in Cardiff, Wales, on June 25, 1955. They were happily and devotedly betrothed for 57 years and raised their 5 beautiful children, John Henry Lassiter, Jr., Irving Hadyn Lassiter, Cheryl Anne Lassiter-Edwards, Craig Lassiter and Jason Lassiter in Woodbridge, CT. Grandfather of Rachel, Adam, Jason, Blake, Aikikko, Jessica, Haley, Kate and Hannah. He was preceded in death by his brothers Irving and Nelson, and sisters Shirley Branch and Mary Brewster.

A service was held on Monday, January 28, 2013 followed by a Military Service at Beecher & Bennett, 2300 Whitney Avenue, Hamden, CT; with cremation to follow. Memorial donations are appreciated to the CT Hospice of Branford, 100 Double Beach Road, Branford, CT 06405. For information or to send a condolence, please see obituary @www.beecherandbennett.com.

Dr. Morton J. Weyler DDS

Dr. Morton J. Weyler DDS, 81, devoted husband for more than 61 years to Arlene (Levitt) Weyler, died on Saturday, January 5, 2013. Born in New Haven, January 7, 1931, he was the son of the late Dr. Jacob & Sara (Krall) Weyler. Beloved father of Jill (John Lesage) Weyler Lesage of Guilford and Eric (Ann Marie) Weyler of Orange. Dear brother of the late Marilyn Weyler Cohn. Cherished grandfather of Sara Lesage, Morgan Lesage, and Emily Weyler. He also leaves behind a devoted sister-in-law Edith Schpero and her family. A Yale Graduate, always a student throughout his life, Dr. Weyler practiced Orthodontics in New Haven for more than 30 years. He graduated from U-Penn Dental and Tufts University Orthodontics schools. He was the managing partner of the Doctors Building in New Haven until his retirement.



Dr. Morton J. Weyler, DDS

Known not only for his extensive interest in all things human and humorous, he was an avid toy collector and historian. He took an active interest in everyone he met and enriched many lives. Above all, he cherished his wife, best friend and teenage sweetheart, Arlene.

Funeral services were held at Robert E. Shure Funeral Home, 543 George Street, New Haven with Internment Services at B'nai Jacob Memorial Park, Wintergreen Ave., New Haven. Anyone wishing to make a memorial contribution may do so to the American Heart Association or to the Woodbridge, CT Public Library.

Raymond John Bergmann, Jr.

Raymond John Bergmann, Jr., loving husband of 50 years of Eunice Gustafson Bergmann, passed away peacefully January 14 at Yale New Haven Hospital. He was born in New Haven January 8, 1941, a son of the late Raymond J. and Carol Peck Bergmann, Sr. and was a lifelong resident of Woodbridge. Raymond was employed with the Ed-Mor Electric Co. retiring in 1995. He was a member of Local Union # 90 International Brotherhood of Electrical Workers. He was a past member of the Woodbridge Fire Dept. in his early years. He enjoyed his home, being outside taking care of his yard and pool. His main priority and enjoyment was spending time with his family, close friends, and his kitty.



Raymond John Bergmann, Jr.

He and his wife spent many years traveling to the Caribbean Islands for their vacation, where he enjoyed good food and relaxing on the beach. In recent years, he and his family enjoyed time together in Vermont. In addition to his wife, he is survived by his children and their spouses, Raymond J. (Sengdao) Bergmann, III of Bethel, CT., Christina (Richard) Quesenberry of Sparta, NJ., and his brother, John Bergmann of Windham, NH.

A memorial service and reception, was held on January 17 in the Trinity Evangelical Church, 33 Center Road, Woodbridge. Interment was in Milfordside Cemetery. Arrangements were made by Beecher & Bennett, 2300 Whitney Ave., Hamden. Donations in Mr. Bergmann's memory may be sent to the American Heart Association, 5 Brookside Drive, P.O. Box 5022, Wallingford, CT 06492. For information or to send a condolence, please see obituary at www.beecherandbennett.com.

Detra "Dee" MacDougall

After a valiant battle during the past several years with Multiple Systems Atrophy, Detra passed away peacefully at her home in Bethany, CT at the age of 68 on Tuesday January 15th, 2013. She is survived by her husband Erwin Steward, her mother Allena T. MacDougall, her brother Kevin B. MacDougall and Predeceased by her sister Marlee L. MacDougall. She was the loving Aunt to Adrenna D'Orlando, Andrew Paolillo, Dominic Paolillo, Kevin B. MacDougall II and Corrine DeVincentis as well as 3 great nieces and 1 great nephew.



Detra "Dee" MacDougall

Detra was born in New Haven, CT in 1944. She quickly found her home at The Yale Divinity School where she served as the Registrar for 45 Years and became a "rock" and mentor to her students until her retirement in 2008. During this time she was heavily involved in and passionate about all things "UCC" and the progression of the Women's Liberation movement. She was a lifelong member of The Whitneyville Congregational Church and a graduate of Quinnipiac College. She served for over a decade on the board of the New Samaritan Organization which managed elderly and community housing. A treasured time of year was the first full week of August when she made her journey northward to the shores of Lake Winnepesaukee to Camp "Winni". She cherished that community and always used the time spent there as her "refueling" for the year to come. One of her favorite lyrics from camp was "Bring me a rose in the wintertime, when it's hard to find, bring me a rose in the wintertime I got roses on my mind, for a rose is sweet most anytime and yet. Bring me a rose in the wintertime how easy we forget." To know her was to love her and never forget her.

Calling hours, in remembrance of Detra, were held Friday, January 18, 2013 at Beecher and Bennett Funeral Home at 2300 Whitney Avenue, Hamden CT. A "Celebration of Life" memorial service will be held later in the spring with date and time to be determined. In lieu of flowers, send donations payable to "Geneva Point Center" to Geneva Point Center, 108 Geneva Point Road, Moultonborough, NH 03254 or donate online at www.genevapoint.org. For information or to send a condolence, see obituary at www.beecherandbennett.com.

Walter G. Knudsen

Walter G. Knudsen, age 81, of North Haven and Beaver Cove, ME, passed away on January 31, 2013 in Yale New Haven Hospital. Born in New Haven on October 7, 1931 he was the son of the late Harry & Frieda Ganter Knudsen. Walter was the husband of Gladys Ahlstrand Knudsen; father of Gladys K. Knudsen of Orange, Barbara McFarland-Shields & her husband Leroy of North Haven and Walter Kristian Knudsen & his wife Amy of Newark Valley, NY; brother of Joyce Abbott of MA and Ruth K. Ritter of Switzerland. Walter is also survived by five grandchildren and two great grandchildren. Walter was an Electrical Engineer, retired from the former Electrostatic Corporation and prior to that, Yale University. He was past-president of the Beaver Cove Condo Association in Maine where he lived and was an active member of the Church of Jesus Christ of Latter Day Saints, once serving on a mission in Salt Lake, Utah.



Walter G. Knudsen

Contributions in his memory may be made to his church or to the Salvation Army, 301 George Street, New Haven, CT 06511. Arrangements are in care of Beecher & Bennett Funeral Home, 2300 Whitney Ave, Hamden. To send a condolence to his family please see:www.beecherandbennett.com.

Death Notices

The Woodbridge Town News will publish death notices for Woodbridge families free of charge as a service to our readers. Family members please email notice (limit 250 words, please) to: edit@woodbridgetownnews.com

ENTERTAINMENT

top 10 movies

1. **Mama (PG-13)**
Jessica Chastain, Nikolaj Coster-Waldau
2. **Zero Dark Thirty (R)**
Jessica Chastain, Joel Edgerton
3. **Silver Linings Playbook (R)**
Bradley Cooper, Jennifer Lawrence
4. **Parker (R)**
Jason Statham, Jennifer Lopez
5. **Django Unchained (R)**
Jamie Foxx, Christoph Waltz
6. **Movie 43 (R)**
Emma Stone, Stephen Merchant
7. **Gangster Squad (R)**
Sean Penn, Ryan Gosling
8. **Les Miserables (PG-13)**
Hugh Jackman, Russell Crowe
9. **Broken City (R)**
Mark Wahlberg, Russell Crowe
10. **Lincoln (PG-13)**
Daniel Day-Lewis, Sally Field

TOP DVD RENTALS AND SALES

1. **Looper (R)**
Joseph Gordon-Levitt
2. **Ted (R)**
Mark Wahlberg
3. **The Bourne Legacy (PG-13)**
Jeremy Renner
4. **The Dark Knight Rises (PG-13)**
Christian Bale
5. **Total Recall (PG-13)**
Colin Farrell
6. **Trouble With the Curve (PG-13)**
Clint Eastwood
7. **Ice Age: Continental Drift (PG)**
animated
8. **The Watch (R)**
Ben Stiller
9. **Dredd (R)**
Karl Urban
10. **Men In Black 3 (PG-13)**
Will Smith



Chartbusters

Top 10 Pop Singles

1. **Macklemore & Ryan Lewis feat. Wanz**
"Thrift Shop"
2. **Bruno Mars**
"Locked Out of Heaven"
3. **The Lumineers**
"Ho Hey"
4. **Justin Timberlake feat. Jay Z**
"Suit & Tie"
5. **Taylor Swift**
"I Knew You Were Trouble"
6. **will.i.am & Britney Spears**
"Scream & Shout"
7. **Swedish House Mafia feat. John Martin**
"Don't You Worry Child"
8. **Rihanna**
"Diamonds"
9. **Justin Bieber feat. Nicki Minaj**
"Beauty and a Beat"
10. **Phillip Phillips**
"Home"



Justin Timberlake

Top 10 Country Singles

1. **The Band Perry**
"Better Dig Two"
2. **Gary Allen**
"Every Storm (Runs Out Of Rain)"
3. **Hunter Hayes**
"Wanted"
4. **Florida Georgia Line**
"Cruise"
5. **Jason Aldean with Luke Bryan & Eric Church**
"The Only Way I Know"
6. **Taylor Swift**
"We Are Never Ever Getting Back Together"
7. **Randy Houser**
"How Country Feels"
8. **Blake Shelton**
"Sure Be Cool If You Did"
9. **Tim McGraw**
"One of Those Nights"
10. **Zac Brown Band**
"Goodbye In Her Eyes"

COUCH THEATER DVD PREVIEW BY DNA SMITH



Keira Knightley in "Anna Karenina"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Feb. 18, 2013.

PICKS OF THE WEEK

"Argo" (R) -- During the Iran hostage crisis of 1979, 52 Americans were taken captive, but six managed to avoid capture. CIA operative Tony Mendez (Ben Affleck) has to devise a scheme to rescue the six survivors hiding in the Canadian embassy. The plan: pretend Mendez is a Hollywood producer and the civilians are a movie crew scouting locations for a science-fiction movie. It's a true story too weird to doubt, even for the Iranian revolutionaries.

"Argo" has won a ton of awards and honors, including Oscar nominations for everything from editing to Best Picture. Affleck directed the movie, and gave it a '70s feel that is a welcome change of pace from contemporary thrillers. It's an intriguing narrative with peeks into American foreign policy and the big-headedness of Hollywood.

"Anna Karenina" (R) -- Based on the story by Russian author Leo Tolstoy, this adaptation takes a love affair and injects a new level of lush romanticism. Anna (Keira Knightley) is married to an frigid but well-seated government official (Jude Law) in St. Petersburg. She travels to Moscow to settle a dispute, and finds herself in a quandary of her own when she falls for a young army officer (Aaron Taylor-Johnson.)

It's such a saturated and elegant viewing experience that the screen practically drips. The drama and the passion is underscored by theatrical settings and visual flourishes. Whether or not the actual story pulls you in depends on your vulnerability to star-crossed lovers in elaborate costumes.

"Undeclared" (PG-13) -- This documentary follows the struggles of a Memphis high-school football team. In 2009, The Manassas Tigers were on a 110-year losing streak. Bill Courtney is a volunteer coach with the drive to take beaten-down team to their first win in a playoff game. It's moving to see a grown man spout sports cliches when you know he truly means them. While the coach is the focal point of the story, the film really sinks in because you get to feel for the players -- real inner-city kids hungry for a taste of success.

"Fun Size" (PG-13) -- On Halloween night, teenager Wren (Victoria Justice of Nickelodeon's "Victorious") gets saddled with babysitting her 8-year-old brother while their mom goes partying with her 20-something boy toy. The little brother promptly disappears in all the holiday hubbub, kicking off a wild night of and teen shenanigans -- with a little bit of searching mixed in. It's not as touching or poignant as the John Hughes movies it draws from, but "Fun Size" has plenty of chuckles for the pretty tame teen romp that it is.

1. "Beach Baby" was a one-hit wonder for which group?
2. In the song "TSOP," what do the initials stand for?
3. Name the 1969 Shocking Blue song brought back to life in 1986 by Bananarama.
4. On which album did "Throwing It All Away" appear?
5. Name the song that contains this lyric: "The blues they send to meet me, won't defeat me."



1. The First Class, in 1974. It was sung by Tony Burrows, well known for providing lead for groups that don't flourish. 2. The Sound of Philadelphia, which was the theme song for the television music show "Soul Train." The song was sung by MFSB, which stood for Mother Father Sister Brother. MFSB was actually a group of studio musicians. 3. "Venus." The song has been widely used, including in the films "The Brady Bunch" and "Remember the Titans." 4. "Invincible Touch," in 1986 by Genesis. 5. "Rahm Drops Keep Fallin' On My Head," sung by B.J. Thomas in 1969. The song was written for the film "Butch Cassidy and the Sundance Kid." Thomas had been recovering from laryngitis, which gave his voice the needed hoarseness in the film version.

Sudoku answers on page 32

Weekly SUDOKU
by Linda Thistle

8			5	9				2
		3		1		8		
	1				7		6	
7					2	1		
5	2		4					9
		9		3				7
		7		2			8	9
	4		7					3
6					5	4		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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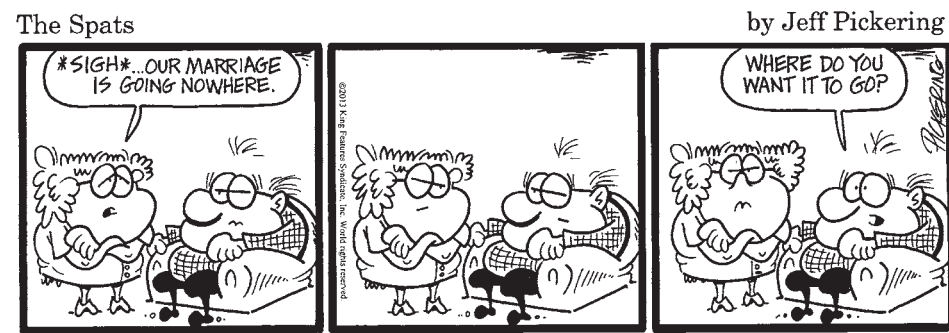
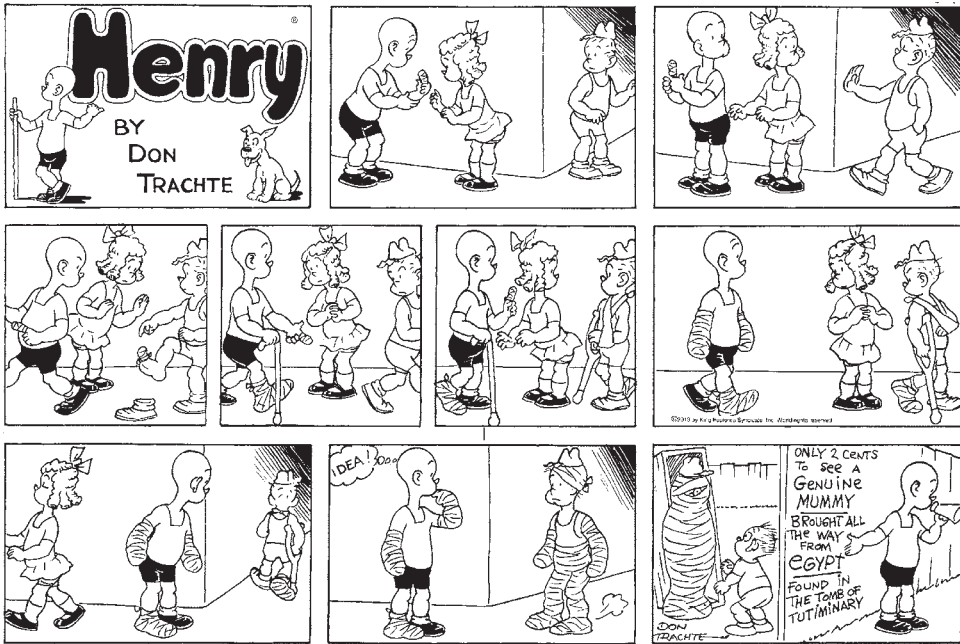
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COMICS / CROSSWORD / HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Shirley Jones

HOLLYWOOD -- On Sunday, Feb. 24, untold millions of movie fans around the world will tune into the annual Academy Awards. Every year the current nominees and stars appear onstage to receive and present awards. But, what about the past winners and nominees who don't go to the actual red carpet event? Where do they watch Hollywood's biggest night? For 23 years, the "in" crowd has attended a \$1,000 a plate Oscar viewing party, held this year at the swank Beverly Hills Hotel and hosted by music agent Norby Walters.

Expected to attend this year's party are past winners Shirley Jones ("Elmer Gantry," 1960), Maximilian Schell, ("Judgment at Nuremberg," 1961), George Chakiris ("West Side Story," 1961), Richard Dreyfuss ("The Goodbye Girl," 1977), Martin Landau ("Ed Wood," 1994) and Jamie Foxx ("Ray," 2004). Past nominees include Shirley Knight ("Dark at the Top of the Stairs," 1960, and "Sweet Bird of Youth," 1962), three-time nominee Diane Ladd ("Alice Doesn't Live Here Anymore," 1974, "Wild at Heart," 1990, and "Rambling Rose," 1991).

Also expected are Rip Torn ("Cross Creek," 1983), Sally Kirkland ("Anna," 1987), Danny Aiello ("Do the Right Thing," 1990), Bruce Davison ("Longtime Companion," 1991), Robert Forster ("Jackie Brown," 1997) and Peter Fonda ("Ulee's Gold" 1997). They will mingle and mix with the likes of Toni Braxton, "Twilight's" Peter Facinelli, Ed Asner, Kevin Dillon, John Schneider and the perfect "10" herself, Bo Derek, to name just some of the 100 stars. If you're not at the Oscars, it'll be THE place to be!

It looks like Sony Pictures is considering throwing in the towel and getting out of the movie business. It

has sold its U.S. headquarters building in New York City for \$1.1 billion to "strengthen its financial foundation and business competitiveness for future growth," and is denying it's looking for a buyer for the movie division, which includes the studio in Culver City (which was formerly Metro-Goldwyn-Mayer) and the vast Columbia Pictures library of films and TV series. Meanwhile, Blockbuster is closing another 300 stores, leaving just 500 stores nationwide. Some 3,000 employees will be affected.

While Universal/NBC recently announced it was cutting jobs, prompting Jay Leno to take a pay cut in order to keep his full staff, Disney/ABC announced it was giving its chairman-CEO Robert Iger a 20 percent pay raise. With the acquisition of George Lucas' "Star Wars" franchise, "The Muppets" and just about anything animated, and the success of "The Avengers," the No. 3 box-office grosser of all time at more than \$1.5 billion, it's not surprising the Disney board gave Iger a whopping \$40.2 million paycheck this year. So much for the fiscal debt!

Send letters to Tony Rizzo's Hollywood, 8306 Wilshire Blvd., No. 362, Beverly Hills, CA 90211.

King Crossword

ACROSS

- 1 Houston acronym
- 5 Sternward
- 8 Streetcar
- 12 Winged
- 13 - goo gai pan
- 14 Like a moray
- 15 End of an illness
- 17 Performances
- 18 Sycophants
- 19 Implant
- 21 Help
- 22 Entrance
- 23 Melody
- 26 Allow
- 28 Wild West show
- 31 "Star -"

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18							19	20			
			21				22				
23	24	25		26		27		28		29	30
31			32		33		34		35		
36				37		38		39		40	
			41			42		43		44	
45	46						47		48	49	50
51						52	53				
54											
57						58					

- 33 Flop
- 35 Ginormous
- 36 Unspoken
- 38 Wager
- 40 Decay
- 41 Rhyming tributes
- 43 Airport overseer (Abbr.)
- 45 Move up and down
- 47 Busy
- 51 Gumbo need
- 52 Flinched
- 54 Nasty stinger
- 55 Cistern
- 56 Journalist Lisa
- 57 Caustic
- 58 Acapulco gold
- 59 London gallery name
- 9 Flute's cousin
- 10 Sax range
- 11 1990s video game
- 16 Bride's cover
- 20 Neither partner
- 23 Lawyer (Abbr.)
- 24 Playwright
- 25 Source of help
- 27 Bathroom fixture
- 29 Id counter-part
- 30 Morsel for Dobbin
- 32 Abducts
- 34 Actually
- 37 Sleuth, for short
- 39 Mexican entree
- 42 Electronic control system, briefly
- 44 At an angle
- 45 Cheek by -
- 46 Fine
- 48 Hip bones
- 49 Outlet
- 50 Advantage
- 53 Listener

DOWN

- 1 - a soul (nobody)
- 2 Sheltered
- 3 Pouches
- 4 Scent
- 5 Rewrote the Constitution
- 6 Supportive of
- 7 Monkeyed (with)
- 8 Quaint

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King Crossword Answers on Page 32



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King Crossword

Answers

Solution time: 25 mins.

N	A	S	A	A	F	T	T	R	A	M	
A	L	A	R	M	O	O	E	E	L	Y	
R	E	C	O	V	E	R	Y	A	C	T	S
Y	E	S	M	E	N	E	N	R	O	O	T
			A	I	D	D	O	O	R		
A	I	R	L	E	T	R	O	D	E	O	
T	R	E	K	D	U	D	M	E	G	A	
T	A	C	I	T	B	E	T	R	O	T	
			O	D	E	S	F	A	A		
J	O	U	N	C	E	A	C	T	I	V	E
O	K	R	A	R	E	C	O	I	L	E	D
W	A	S	P	V	A	T	L	I	N	G	
L	Y	E	S	O	R	O	T	A	T	E	

Weekly SUDOKU

Answer

8	6	4	5	9	3	7	1	2
9	7	3	2	1	6	8	5	4
2	1	5	8	4	7	9	6	3
7	3	6	9	5	2	1	4	8
5	2	1	4	7	8	3	9	6
4	8	9	6	3	1	5	2	7
3	5	7	1	2	4	6	8	9
1	4	8	7	6	9	2	3	5
6	9	2	3	8	5	4	7	1

Salome's Stars

ARIES (March 21 to April 19) Stop being the wool-gathering Lamb, and start turning that dream project into reality. You have the ideas, the drive and the charisma to persuade others to follow your lead. So do it.

TAURUS (April 20 to May 20) You've scored some big successes. But remember that all hardworking Ferdinands and Ferdinandas need some time to restore their energies and refresh their spirits.

GEMINI (May 21 to June 20) You're gaining a stronger mental image of what you're trying to achieve. Now look for the facts that will help get this to develop from a concept into a solid proposal.

CANCER (June 21 to July 22) Some of you eager-to-please Moon Children might want to delay some decisions until midweek, when you can again think more with your head than your heart.

LEO (July 23 to August 22) A new business venture seems to offer everything you've been looking for. But be careful that that rosy picture doesn't betray traces of red ink under the surface.

VIRGO (August 23 to September 22) A volatile situation needs the kind of thoughtful and considerate care you can provide right now. There'll be plenty of time later to analyze what might have gone wrong.

LIBRA (September 23 to October 22) Your loyalty to a friend in a tough situation earns you respect from people you care about. Those who criticize you don't understand what friendship is all about.

SCORPIO (October 23 to November 21) Your strong work ethic is rewarded with the kind of challenging opportunity you love to tackle. Now, go ahead and celebrate with family and/or close friends.

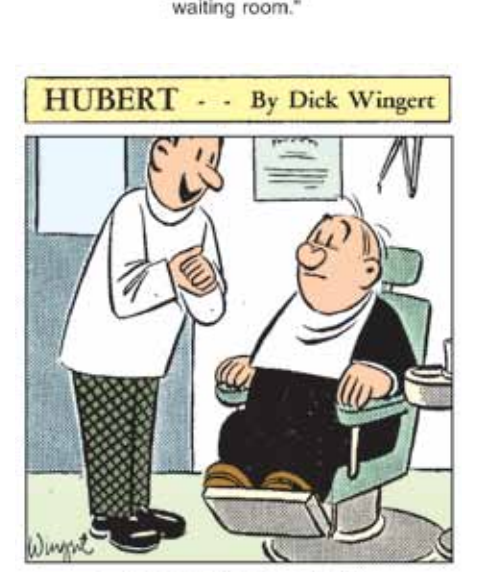
SAGITTARIUS (November 22 to December 21) A legal matter you thought had been finally resolved could require a second look. But don't make any moves without consulting your lawyer.

CAPRICORN (December 22 to January 19) Taking charge is what you like to do, and since you do it so well, expect to be asked to lead a special group. This could open an exciting new vista for you.

AQUARIUS (January 20 to February 18) An important matter might wind up being entrusted to you for handling. The responsibility is heavy, but you'll have support from people able and eager to help.

PISCES (February 19 to March 20) A spouse or partner might make an important, even life-changing, suggestion. Consider it carefully. It could hold some of the answers you've both been looking for.

BORN THIS WEEK: You always try to do the right thing, and for the right reasons. No wonder people have come to depend on you.



top ten

Winter Vegetables*

1. Artichoke
2. Bok Choy
3. Broccoli Rabe
4. Cauliflower
5. Celery Root
6. Kale
7. Radishes
8. Rhubarb
9. Snow Peas
10. Watercress

*Listed alphabetically
Source: www.marksdailyapple.com

HOCUS-FOCUS

BY HENRY BOLTINOFF

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Number is different; 2. Apron is shorter; 3. Hat is missing; 4. Shade is raised; 5. Scarf is shorter; 6. Birdhouse is missing.

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Houstraining 101

DEAR PAW'S CORNER: How do you houstrain a dog? Does it take a long time?
-- Soon-To-Be Dog Mom in Illinois

DEAR EXPECTING: Houstraining a dog -- basically, getting a dog to eliminate outside rather than whatever spot is convenient in the house -- can take anywhere from a couple of days to a few weeks. The length of time depends on several factors, including a dog's age, intelligence and your commitment to its training time.

Consistency is the key, so place that word at the top of your to-do list before bringing home your new dog. It will make life easier for you and your dog in so many areas down the road.

Houstraining itself is pretty basic. Twice a day, morning and evening (more often for puppies), take your dog outside, on a leash, to a spot well away from the house (or the neighbor's house). If you're in a city environment, scout out trees and sidewalk areas. Let your dog explore the spot while you gently encourage it to go. There are a number of command words you can use to signal that it's to eliminate. I use the truly original statement, "Go poop."

Your dog will not understand you immediately, nor will it go on command. But most dogs will pee during the walk and may defecate. (Please pick up the poop using a scooper bag.)

Accidents will occur during houstraining, particularly with puppies. Do not scold or rub the dog's nose in it. Try and catch it as soon as possible after it eliminates in the house, say "No," and immediately put it on the leash and head outside to the selected "go spot." Then bring the dog back in, clean up and try again at the next scheduled time.

Again, I've had dogs figure out the routine in a single day. Others have taken longer. Be patient and consistent, and stick to the schedule even after your dog has mastered the art of the go.

Send your question or comment to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. Find more pet advice and resources at www.pawscorner.com.

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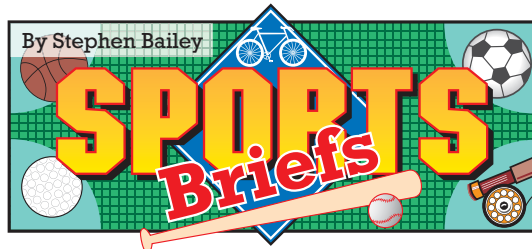
Amity Boys' Ice Hockey Skates past West Haven to Clinch Spot in SCC Playoffs

Brett McNeil buried a breakaway goal with 1:50 left in Amity's 4-3 victory over Division-I West Haven last Thursday to propel the Spartans to the SCC Championship playoffs. McNeil and Keating Seymour split the scoring load for Amity and goaltender Nick Nuzzolo made 31 saves to hold off the Westies.

The Spartans got on the board with 5:42 left in the first period as McNeil beat West Haven goalie Mike Savino for an unassisted tally. Forty-four seconds later Seymour doubled Amity's lead off passes from Patrick Flynn and John Uscilla.

After the Westies cut their deficit to 2-1 midway through the opening frame, Seymour scored unassisted. And with just 3:42 to go in the period, West Haven scored again to pull within 3-2. West Haven found an equalizer with five minutes left in the second period — the only scoring in a very busy frame. Neither team was able to score after that point until McNeil's game-winner in the final moments.

Amity improves to 8-2 on the season while West Haven falls to 4-7.



Spartans Boys' Basketball Rallies Past Lyman Hall

Without Gardner Broderick, the Amity boys' basketball team rebounded from a 50-43 loss to Cheshire by knocking off Lyman Hall 49-39 on Tuesday night. Zac Campbell scored team-high 18 points. With the win, the Spartans improved to 11-3 and kept pace with Cheshire atop the Southern Connecticut Conference Housatonic Division standings. Both the Spartans and Rams are now 5-1 while the Trojans dropped to 0-6 and 1-13 overall.

Campbell drained an early 3-pointer as Amity ran out to a 15-3 lead behind 6-of-9 shooting. Remi Farrell logged five of his 12 points and four of his nine rebounds before Dave Ryan made a 3 at the buzzer.

Lyman Hall outscored the Spartans 10-7 in the second quarter to pull within 22-13 at halftime. Campbell scored seven points in the third quarter, but after the Trojans canned back-to-back shots from beyond the arc, the Amity lead was once again cut to 10 at the end of the frame.

Finally, the Spartans managed to pull away in the fourth quarter, building a 49-34 lead before Farrell rejected a put-back dunk with 45 seconds left to put an exclamation mark on the victory. Amity shot 41 percent (20-for-49) while holding Lyman Hall to just 34 percent (16-for-47). Lettich finished with 10 points and a team-high 10 boards as the Spartans won the battle on the glass 36-28.

Amity Boys' Swimming Beats Branford to Remain Undefeated

Amity and Branford traveled to High Plains Pool in Orange on Tuesday both undefeated. The Spartans left with their perfect season intact while the Hornets did not. Amity won 7 of 12 events to beat Branford 95-77 after disposing of Xavier 95-79 last week.

Jacob Laster, A.J. Pite Brian Liang each recorded two victories in the meet. Laser touched the wall first in the 100-yard freestyle (50.12) and the 100-yard backstroke (59.73) while Pite won the 50-yard freestyle (23.28) and Liang took the 200-yard individual medley (2:08.52). Pite and Liang then teamed with Ben Bacal and Sam Guerra to take first in the 200-yard freestyle relay (1:36.34).

Charlie Pite won 200-yard (1:51:20) and Dylan Swanepoel claimed the 500-yard freestyle (4:48.93) as Amity improved to 8-0. Branford falls to 6-1 on the season.

Lady Spartans Basketball Crushes Branford

The Amity girls' basketball team held Lyman Hall to just 30.8 percent shooting en route to a 44-29 victory over Branford last Thursday. Chloe Brinton and Mikaila Schmitt scored 14 points each, the Lady Spartans dominated on the defensive side of the ball and outrebounded the Hornets 41-27 to improve to 10-4 on the season. Kristen Post led the rebounding effort with a team-high 11 boards while Schmitt and Brinton added eight and six apiece.

Brinton, Janae Graham and Sarah Rives scored early to give Amity a 6-2 lead with five minutes left in the first quarter. An Elise Graham jumper gave the Lady Spartans a 23-15 lead heading into the second quarter before Schmitt finished off a baseline drive to push that cushion to 23-15 with 3:04 left in the half. Neither team scored again before intermission.

Graham canned a 3-pointer 3:28 into the third quarter to extend Amity's edge to 28-17. Lyman Hall was able to cut that lead to 28-22 with 4:30 left in the period before a Brinton corner 3 sparked an 8-1 Lady Spartans run. The jaunt gave Amity a 36-23 lead heading into the final. Brinton made three late free throws to keep the game out of reach.



Lady Spartans Poised for Playoff Run

By Stephen Bailey – Woodbridge Town News Correspondent

Chloe Brinton has waited five years to play with this team at the Varsity level. Each summer, including this past off-seasons Brinton's older sister Courtney has coached Chloe and most of the Amity girls' basketball team to keep them in shape and ready for the school season. Finally, Brinton's long-awaited Lady Spartans have come together this year. And thus far, they've fared pretty well. Amity is 10-4 after a suffocating defensive effort against Branford last Thursday. The Lady Spartans limited the Hornets to just 30.8 percent shooting and Brinton matched a team-high with 14 points as Amity cruised to a 44-29 victory.

"Branford was a game where everyone contributed," Brinton said. "Toward the beginning of the year we got off to the slow start, but once we got going, we got the ball rolling a little." Brinton, a Bethany native, came to Amity and made an immediate impact. She garnered Varsity minutes as a freshman, picking up valuable on-court experience, before stepping in as the starting shooting guard her sophomore year. "As a freshman I was kind of nervous starting out," Brinton said. "There were a lot of people ahead of me, but the team and the coaching staff really pulled you in."

Now a junior captain, Brinton is one of the Lady Spartans best scorers and is poised to help bring the program to a recently unheralded level of success. She believes the 2012-13 Amity team is capable of taking the Housatonic Division title over Cheshire and Hand and said the Lady Spartans can compete with Southern Connecticut Conference power Career if they play their best. "It's been a good experience for everyone," Brinton said. "We all really want to play for SCCs and go far in the postseason."

Brinton is accompanied in the backcourt by Janae Graham, who is in her first year starting at point guard. Mikaila Schmitt starts at small forward while Molly Ronan and Kristen Post compose the front court.

Graham has shown poise on the court along with some sharp passing, Brinton said, while Ronan and Post are monsters on the glass and can defend virtually any position. Schmitt's voice on the court echoes through gymnasiums across the SCC. "You cannot go anywhere on the court without hearing her," Brinton said. "She's really enthusiastic. She gives 110 percent every game."

The Lady Spartans still have to finish off the regular season before entering postseason play, but the team chemistry and camaraderie is high, Brinton said. Having primarily played together for the last half-decade, each player knows where to be on the court. And they know where their teammates are going to be. "We all trust each other and know that we have each other's backs when we're out there," Brinton said.

While it's still two years away, Brinton has every intention of playing in college. She said that she would like to extend her basketball career as long as possible. But right now she's focused on this year's Lady Spartans. It's the team she's been waiting for since signing up for the middle school team. And even though Michelle Martinek is standing on the sideline, rather than her sister Courtney, Chloe Brinton is forever grateful for the opportunity that her sister helped provide. "Some of my best friends are on this team, and that's a huge reason for it," Brinton said. "She is an Amity girls' basketball alumni and supports us every step of the way. I'm not sure what I would do without her."

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HEALTH AND FITNESS

Sciatica: Fact or Fiction? Find the True Source of Your Orthopedic Leg Pain...

In orthopedics, it is often believed that when someone experiences leg pain, that the source is usually “sciatica” originating from your back. Although this scenario can happen, there are several other conditions that can mimic those symptoms.

Sciatica, defined as inflammation to the sciatica nerve, is often as a result of a disc herniation between the last two vertebrae. The disc will push onto the nerve causing inflammation, and depending on extent, can lead to pain and often numbness along the back part of your leg and thigh, sometimes as far as your foot. Nerve pain like this tends to be sharp and can be triggered by certain spine positions. It may also be triggered by coughing, sneezing or laughing hard, as these activities can put pressure on the trunk area and compress the spine temporarily.



Michael Dow

In addition to nerve and disc origins, leg pain can also be referred from other structures such as muscle or ligaments. The piriformis is a triangular muscle deep in your hip, underneath the buttock. It is responsible for hip rotation strength and also serves as a pelvic stabilizer. In about 15 % of the population, females more than males, the sciatic nerve will run through the muscle belly of the piriformis. Tightness or weakness of this muscle can compress the sciatic nerve and often mimic the symptoms of a disc herniation.

The sacroiliac joint is where the tailbone and pelvis meet. It is located in close proximity to lumbar vertebrae #5 and shares ligaments with it. Often seen in our practice, patients with low back, buttock, and thigh pain can often have alignment issues with their pelvis and sacroiliac joint. There are several ligaments and muscle groups that directly attach to the pelvis, and their collective actions help keep it aligned. Treatment consists of skilled manual therapy techniques, as well as specific stretching and strengthening exercises.

Osteoarthritis of the hip joint itself can often refer pain into the front, inner and occasional back of thigh, referring down as far as one’s knee. Pain is usually dull and deep but can also be sharp with certain motions. In addition, moderate to severe arthritis nearly always comes with loss of joint rotation. Lack of appropriate joint rotation can place undue stress on the adjacent joints, including low back. Manual stretching and specific joint mobilization techniques to the hip may redistribute force off of the lower spine and decrease the pain associated with that stress.

Another common muscle origin of leg pain is one’s hamstring. It is located on the back part of the thigh and attaches at both the knee and underneath the buttock onto the pelvis. It serves as a pelvic stabilizer as well as controlling knee motion. When strained, pain can be sharp or dull and occur most often when the leg is loaded in standing or walking.

Any of the above scenarios, or combination of these conditions, can contribute to leg pain symptoms. It is important to determine the exact origin of the symptoms, as the treatment for each can vary greatly. If you are experiencing any of these symptoms, I recommend that you get an evaluation from a licensed medical professional to guide you as to the best course of treatment. Physical Therapy, diagnostic imaging, injections, or possibly even surgery may be necessary to eliminate your symptoms. In most studies, conservative treatment that addresses inflammation, restoring joint mobility and alignment, and appropriate strengthening have been shown to yield the best short and long term management of the above conditions.

Michael Dow MSPT received his degree from Sacred Heart University in Fairfield CT. In addition to being the founder of Amity Physical Therapy in Woodbridge, he has been recognized by the US Dept of Health and Human Services for his work with the National Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Michael can be reached at (203) 389-4593 or www.amitypt.com.

Amity Rugby Club

The Amity Rugby Football Club is holding an open sign-up and informational meeting for all players and parents Wednesday night, February 13th at 5:30pm at the Amity High School cafeteria 25 Newton Road, Woodbridge, CT 06525. The Amity Rugby Football club is in its 4th year and competes in Connecticut’s State Based Rugby Organizations Division II. The club is open to any area high school students that do not have a rugby program at their school. We field two teams, an A side and a developmental side. Athletes who love a fast-paced, action-packed sport may be interested in trying rugby. No experience is necessary.

While most U.S. team sports have seen recent declines in participation, rugby has enjoyed double digit growth over the last two years. Rugby will debut as an Olympic sport at the 2016 Olympic Games in Rio de Janeiro which will continue to fuel growth worldwide and here in the United States. For more information about rugby, visit USA Rugby’s website, www.usarugby.org and Connecticut Rugby at www.ctrugby.org.



Bark Bytes...

By Vicki & Richard Horowitz

What is Your Dog Learning Today?

Compared to our hectic schedules, our dogs have very little to do or think about every day. Often, our dogs are simply observing the activity around them. They watch us, study us, and learn from us. Our dogs, therefore, become experts in understanding our behavior patterns.

We are creatures of habit so we have routines that we follow, and our dogs learn these routines, usually very quickly. They see a pattern and learn to predict our behavior based on the pattern. More importantly, they learn to use an understanding of our behavior patterns to get what they want.

For example, putting on a certain pair of sneakers may signal to your dog there’s a very good chance you’re going for a walk and he’s coming with you, so you find him waiting attentively at the door. He might learn that when you begin cooking dinner, his meal is soon to follow, so he’ll lay down next to his bowl in anticipation.

Without any conscious effort to teach our dogs what these kinds of signals mean, they learn them anyway and act accordingly. But most dogs will do more than just react to our signals: They try to initiate a behavior from us that they have seen before.

Instead of waiting patiently by the door, Rover might decide a walk is in order and bring your walking shoes to you. Or if he’s in the mood for a snack, he might bark at you from the kitchen to call you.

Whether these more assertive gestures are considered problem behaviors often is a matter of personal preference. Sometimes, they are just downright cute!

It is not uncommon, however, that we find dogs that engage in a long list of behaviors that serve to run the household on their terms. Only when an owner is confronted with a real “problem” that disrupts their enjoyment of their dog are these other controlling gestures identified and fixed.

Sometimes, we teach our dogs things we never meant to teach them. If we take Rover outside while gardening—pulling weeds and digging holes for plants—what do you suppose he’s learning to do? To try some gardening of his own, of course.

With a puppy, what does he learn when we ask, “What’s that? Who do you hear?”—and allow him to rush excitedly to the window to bark at any possible intruder? It’s a fun game at first, but not so much when the puppy grows up believing that he has to defend your home from all of your friends.

The most common and least understood behavior we unwittingly teach our dogs comes from the subtle signals we respond to for attention: for example, a nudge of the hand, or bringing a toy or leash (or maybe something he’s not supposed to have at all to initiate a game of chase).

Our dogs will use these behaviors to try to shape what we do. Most of it is quite harmless and even fun, but some of it can become annoying, and some may represent problem behaviors that require a solution. What behavior does your dog initiate that you find endearing? What would you rather he stop?

Who is responding to whom is important to dogs; it’s part of how they figure out their relationships within their instinctive social structure, or pack. In the pack, leaders are the center of attention and our dogs often discover that is exactly where they sit; we have inadvertently taught them to be leaders. Remember, they learn our behavior patterns, then they respond to them, then they try to manipulate them.

Most dogs don’t want to be in charge, however, because pack leadership can feel like too much responsibility. Without meaning to, we often give our dogs a feeling of too much authority, and that can be troubling and stressful for both owners and dogs.

What have you taught your dog inadvertently? What’s he learning today? When you recognize his and your patterns of behavior and use those to teach him desirable actions instead, you’ll be on your way to a happier dog—and a happier family.

Vicki and Richard Horowitz, of Woodbridge, are dog behavioral therapists and trainers with Bark Busters, the world’s largest dog training company. For more information, call 1-877-500-BARK (2275) or visit www.BarkBusters.com.



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