

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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CIRCULATION 4886

FRIDAY, MARCH 1, 2013



Whiteout!

By Bettina Thiel - Woodbridge Town News Correspondent

With its 38 inches of snow, Blizzard Nemo was unlike any storm this area has seen in its recent history. No one felt its impact more than those tasked with cleaning it up. Public Works employees were working practically non-stop from 7 a.m. Friday, February 9, to 11 p.m. Saturday, February 10, said Operations Manager Warren Connors. On Sunday, they were back on the job and then every day for the rest of the week. By the time the week was over, they had accumulated more than 65 hours of overtime.

The worst part of the storm was after dark Friday night, when for a period of several hours, the storm dumped more than 4 inches of snow in any given hour. "It was a complete whiteout," Connors said.

But the drivers kept on plowing. One truck broke down with a broken axle and had to be towed to the Public Works garage; four others got stuck in the snow. Even police cars were stuck in some places, and sent to Public Works for the rescue. Every time drivers from another route got pulled to help the stranded operator that left their own route unattended for a while.

By that time the eyes are fatigued and the bodies get fatigued, but there is no place to rest, no place to acquire food, Connors said. "The drivers just keep going, out of necessity." Luckily, there were no medical or fire calls that night.

Woodbridge has nine plow routes for its close to 80 miles of roads. The state is responsible for its routes and dispatches trucks from the garage on Route 34. But even they got stuck at the intersection of Rimmon Road and Racebrook, and Connors diverted a driver to help them out. "You'd be surprised how many cars were still out there," he said, even after the governor

("Whiteout" continued on page 2)



Wear Red Day

Recently gathered to support the American Heart Day, Woodbridge Town employees wore red to raise awareness to help the American Heart Association support critical research and education for heart disease in women. In addition to wearing red, the Town employees made monetary donations to the American Heart Association.



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View from the truck of Public Works Director Warren Connors at the intersection of Bradley and South Bradley roads. Even though the roads were plowed by Tuesday night, town officials did not deem them safe for children to be waiting for their buses.

("Whiteout" continued from page 1)

had ordered highways closed and asked everybody to stay home.

Three vehicles got stranded and the passengers were rescued by police responders who took them to the Woodbridge emergency shelter. One of them was a pregnant woman and her husband, who were relieved to get to shelter. The shelter was open Friday night and Saturday, but closed after the roads were considered passable.

Once the worst of the storm was over, however, some residents became restless. Many called the Town Hall or the Public Works Department to find out when their particular road would be plowed. Like most municipalities around the state, Woodbridge relied on construction-type equipment to assist in moving the snow. All the roads were passable by Monday night, Connors said, but some had just one lane. Sightlines were non-existent given that the snow was piled high on the shoulders.

School was called off for Tuesday. By Tuesday afternoon, Orange and

("Whiteout" continued on page 4)

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THE **OUTSIDE LIVING** BOX

When Brandon Pepe was protecting the goal for the Amity Lacrosse Team in 2005 he had an idea that



Laura Fantarella

one day he'd be back on the Amity fields, calling, not blocking the shots. And this season, that's exactly what Pepe will be doing as Amity's new varsity lacrosse coach. The 25-year-old financial

advisor said he is thrilled with his new appointment and ready to make Amity a winning team again. "I'm back to my roots," said Pepe, who started as an attackman in the Eli Youth Lacrosse program at age 12 and joined the Amity Youth program when it was first founded in 2000. At that time lacrosse was a relatively new sport in the Bethany-Orange-Woodbridge area as most kids were involved in the towns' successful baseball programs. "I moved from baseball to lacrosse, I'd had enough of baseball!" Pepe said. Today it is one of the area's fastest growing sports, with five new teams joining Amity's Southern Connecticut Conference division over the last three years alone.

Pepe's vision for his team is two-fold -- win and have fun doing it. "I want the kids to have the same positive experience playing lacrosse that I had. I plan to focus on what's going well instead of what's not going well," Pepe said. "It's not acceptable to lose to worse teams. We have a good youth lacrosse program that is a good feeder into the high school program and we have a really talented group of players. I don't want to be mediocre as a team or as a coach." His goal for this year is to win at least 10 of the 16 games on his schedule and make the state play offs. For the past two seasons, Amity's record has been 6-10.

Pepe is well-prepared for his new post. As Amity's assistant lacrosse



Braandon Pepe

coach for the past three seasons under Head Coach Frank DeRubeis, Pepe not only knows the game from a player's standpoint but is well-versed in leading plays and practices. In his sophomore year he experienced the team making it to the 2003 state championship and in his senior year, was named captain and All New Haven Register Goalie. Pepe went on to play for UCONN's club team led by a former coach from the Division I University of Maryland's Lacrosse Program where he was named Most Valuable Player and All-Conference each of his four years. "The job requires a lot of organization on and off the field," he said. "There will be a lot more pressure than there was as an assistant coach. I'll be attending more meetings, talking to parents, helping students get recruited by colleges and it will be my name that's quoted in the papers." But as he prepares for his first season's try outs as head coach, Pepe remains undaunted by his new responsibilities. After all, he has a team of new coaches, including former teammate Mike Faroni, and years of good coaching and mentors to rely on. "We're young, hard-working, energetic and enthusiastic," Pepe said. "I'm looking forward to this new opportunity and I plan to make the most of it. And I'm mature beyond my years."

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Woodbridge received 38 inches of snow, practically all in one night.



The town treated its Public Works employees to a luncheon last week to thank them for the blizzard cleanup. Here, Craig Molsick and Steve Nizen are chatting with Administrative Officer Joseph Hellauer.

(“Whiteout” continued from page 2)

Bethany were ready to allow school buses through, but Woodbridge officials were hesitant. Not only would buses run into diminished maneuvering space, officials also were worried about the safety of students waiting for the buses behind walls of snow. “There was no place for a child to stand,” Connors told the Board of Selectmen at their meeting February 13.

In an interview the following week, he said Woodbridge was not far behind its neighbors in getting the roads cleared. “It was an eight-hour differential,” he said. “With five trucks out of nine routes disabled you get set back very, very quickly.”

Woodbridge Finance Director Anthony Genovese said the town incurred somewhere between \$140,000 and \$150,000 in costs due to the storm. About half of that amount is overtime-related, the other half for outside contractors and repairs. Even though some of the trucks may have had some damage during the storm itself, there were no major repairs - a rear axle and a couple of chains, he said. Due to President Obama’s emergency declaration, the state and its municipalities can request some help paying for the storm-related costs. Genovese said he expects about \$45,000 in FEMA (Federal Emergency Management Administration) reimbursements for Woodbridge.

It did lead to the unusual situation that Amity and Beecher Road Schools remained closed Wednesday, while Orange and Bethany elementary schools were back in session. For Brad Cohen at B&B Transportation, the caution paid off. “When they opened, roads were in good shape,” he said. In none of the towns did the buses run into any trouble, “much to the testament of the town crews,” he said. The department also received many grateful notes from residents in different areas in town. “I told everyone how happy I am with the planning, foresight and strategy used by my town leaders in dealing with this unprecedented event,” wrote one Baldwin Road resident.

Going Forward

After each event the department looks back to think about what it could have done differently, Connors said. For one thing, the department is expecting to receive a new plow truck that is currently being outfitted for them.

The question they will need to answer is whether they need to change their procedures or equipment as a result of this storm. Was it the once-in-a-lifetime event or are there more like it in store? “That is not my decision to make,” he said. Orange and Bethany have been contracting with private contractors for years, but so far Woodbridge managed with its own manpower to get the job done. With this snow event, when they were turning to contractors for help, they found that they were already booked.

Selectmen certainly were very appreciative of the work performed. Town Hall arranged for a luncheon with salads and sandwiches to thank the crews that had put in so many hours. At the Selectmen’s meeting, Selectman Laurence Grotheer said when he saw the official snowfall amounts posted for communities in the Greater New Haven area, Woodbridge — had it been included — would have ranked right up second after Hamden. “I appreciate the magnitude of the job,” he said.

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Police Academy Participants Learn Department's History

By Bettina Thiel, Woodbridge Town News Correspondent

A Police Citizens Academy started in February at the Woodbridge Police Department, the first class one of its kind since 1992.

"It's an interesting opportunity to see how the police department operates in town, said Monty Adams, 30. He grew up in Woodbridge and remembers visiting the police station when he was in pre-school.

Twenty residents, ranging in age from 15 to 70, are now meeting every Tuesday night in the Department's training room to learn more about the local police, its mission and policies.

"They will learn about their agency, who the officers are and what we do in the town of Woodbridge," said Sgt. Brian McCarthy, who organizes the curriculum.

Linda Sullivan, one of the participants, has her own reasons for wanting to learn more about the department's inner workings: Her husband works here.

Lola Johnson works in the office at Beecher Road School and is part of their security team. Communication with the police is one of the things they do, and it sparked her interest in knowing more about it.

Political candidate Cathy Wick also is part of the class. "Public Safety is one of the most important functions of Town government. That's why I signed up for the Citizen's Police Academy," she wrote on her Facebook page, Cathy Wick for Woodbridge.

The Department's History

What Wick learned along the way was that Woodbridge had the first female police officer in the state, Mary Mallinson, who later became Mary Erler. She started here in 1974 and had a 25-career with the local department.

As it turns out, 40 years later the department still has one female officer in its ranks of 26.

Sergeant McCarthy had some other firsts to offer in his presentation of the local department's history. Ken Howland was the department's first chief and he developed the first in-state police academy. It took place in the town's meeting room in the basement of the current Town Hall, and McCarthy included a photograph of it in his presentation.

Howland, back in the 1940s, took his family car and installed lights on top, and that became the department's first cruiser.

Howland's ideas changed law enforcement training in unsuspected ways. One of his inventions was to construct a box for testing ballistics. The bullet will drop into the box and it can then be matched to the gun. Howland's idea was picked up by the FBI and became part of their training.

As emergency responders police have also gotten into harm's way. In 1971



Participants in the Citizens Police Academy are meeting every Tuesday in the department's training room.

and again in 1980 police officers were shot at, both responding to domestic incidents in Woodbridge. And two years later, a drunk driver injured two officers.

Probably the saddest moment of the department's history was when its chief, Bill Garfield, was shot and killed in a hunting accident in the woods off Litchfield Turnpike.

Hands-on Learning

In addition to learning from the manual, the Police Academy participants will also be involved in some hands-on activities.

There will be a narcotics demonstration, for which they will bring a canine in, McCarthy said.

Those who want will get to ride along on a shift. There are also plans for a range day at the Ansonia Rod and Gun Club. Before participants get to use a gun, however, they will have to take a firearms class.

McCarthy said he had offered a Citizens Police Academy back in 2009, but at the time they only had one applicant.

This year, they had more applicants than spots, and added some names to a waiting list. He said they might offer another class in the fall.

More than that he is hoping that some of the participants will be interested to serve on a new CERT (Citizens Emergency Response Team). Both Bethany and Orange have active CERT teams who have been invaluable help during the recent storms, when the towns had to arrange for emergency shelters.

"I have a great deal of respect for first responders," said one of the Academy participants, Rich Santoro when asked what sparked his interest in the class. "I like to bond with the community."

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Upcoming Issue Deadline	Upcoming Issue Dates
March 15th	Easter/Passover Issue March 22nd
April 5th	April 12th
April 26th	Mother's Day Issue May 3rd

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

FROM OUR READERS

St. Patrick's Day Letter to the Editor

This St. Patrick's Day, millions of adults will celebrate with parties and parades. But it takes more than the luck of the Irish to make sure everyone who observes the holiday gets home safely. To that end, Dichello Distributors, Inc., the local Anheuser-Busch distributor, is working with local bars and restaurants to encourage party-goers 21 and older to celebrate responsibly and designate a driver or make plans for a safe ride home. Thanks to efforts like these and increased law enforcement, drunk-driving fatalities are down 53 percent nationwide since 1982, according to the National Highway Traffic Safety Administration.

We hope everyone will join us in celebrating responsibly this St. Patrick's Day. After all, these are our roads and our shared responsibility.

Sincerely,

Tony Lota
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Woodbridge Town News

WTN Letters Policy

Submit your letters for our "From Our Readers" section to Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 or email: letters@woodbridgetownnews.com. Please limit letters to 500 words and include a daytime phone number in case we have any questions. **Letters must be exclusive to the Woodbridge Town News for publication.** We reserve the right to reject any letter.

Amity District Searches for a New Leader

By Melissa Nicefaro - Orange Town News Correspondent

The Amity Regional School District #5 Board of Education has reopened the search for a new superintendent. Superintendent of schools John Brady is retiring this June. Amity's Board of Education has enlisted the CT Association of Boards of Education (CABE) to assist with the search. Brady announced his intent to retire last year, citing personal reasons, but he stayed on for an additional year. Interested candidates need to apply before March 10, 2013.

For the position, the Board of Education seeks a strong, energetic, inspirational and student-centered superintendent who can build on past successes and lead the school district to the next level. The new superintendent will be responsible for the education of more than 2,400 students at two middle schools and the high school. In its advertisement for the position, the Board of Education says it is seeking a superintendent that values the input and participation of families and communities in decision making and is passionate about educational excellence in learning, teaching and service to its families.

Polly Demerjian, president of the high school PTSA, believes that the ideal superintendent is an educator first, but who also possesses the qualities of a good businessperson. "In the 14 years I have had children in the system and been involved in PTSAs at every level, the concern I have heard voiced over and over is for a leader who balances the need to sustain a quality education (that can compete with other schools in our demographic group in Connecticut) with the fiscal realities of three towns with shrinking tax bases and limited state contribution," she said, adding, "It also doesn't hurt to have the superintendent have some diplomatic skills and be a good communicator, skills which Dr. Brady definitely has."

The Board of Education is looking for just that. Strong emphasis will be placed finding an intelligent, skillful communicator who can build relationships with all constituents; a progressive instruction leader; an individual who can maintain a high level of personal accessibility and visibility; an educator who will uphold the district mission to educate and enable every student while fostering a climate of accountability and high standards for all; and an adept financial manager with knowledge and experience in complex regional budgeting.



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
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- 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.

Woodbridge Resident Honored

Georgia Chavent (Morgan), MS, RD, CSSD- Assistant Professor and Director of the Nutrition and Dietetics Program at the University of New Haven (UNH) was recently honored with the Excellence in Student Advisement Faculty Award by the University of New Haven. Chavent's nomination was prepared by current and former students as well as faculty and staff from the university. She is well known for her extensive network of colleagues who serve as adjunct faculty members and preceptors for her students. Georgia Chavent joined the full time faculty at UNH in 1995 and was awarded tenure and Director of the Nutrition and Dietetics Program in 2001. As director, the program was recognized as an Accredited Didactic Program in Nutrition and Dietetics by the Accreditation Council for the Education of Nutrition and Dietetics of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association). Enrollment has tripled in the past ten years as students of all ages choose to join the growing field of nutrition with opportunities to become registered dietitians, community nutritionists or food service professionals. Georgia Chavent has mentored hundreds of students throughout her career and is credited for ongoing curriculum revisions, excellent graduation results and student mentoring for acceptance into highly competitive, post-graduate dietetic internship programs.



Georgia Chavent

Prior to joining the faculty at UNH, Chavent served as the Assistant Director of the Food Service Department at the Hospital of St. Raphael in New Haven and positions as a Clinical Dietitian at Memorial Sloan-Kettering Cancer Center and the Medical College of Virginia in Richmond, Virginia. She served as Chair of the Dietetics Educator Committee of the Connecticut Academy of Nutrition and Dietetics from 2001-2003 and 2008-2011. Georgia Chavent served on the Woodbridge Town Library Commission for six years and currently serves as a Board Member of the Woodbridge Park Association. She lives in Woodbridge with husband, Jim Morgan, MD, of Pediatrics and Adolescent Medicine of Orange, CT. The couple has two grown sons, Richard and Elliott.

An Ounce Of Prevention

The "Stomach Flu"

By Debbie Culligan, Quinnipiac Valley Health District

It hits hard and fast. It is very intense. It spreads rapidly from person to person in the home, the school, businesses, health care institutions, college campuses or cruise ships. It causes vomiting and/or diarrhea and general gastrointestinal illness. It often is over as fast as it came on. But it is not the "stomach flu". Flu refers to respiratory illness and does not occur in other organs of the body.

There is a viral illness that strikes as described above. It has occurred within the QVHD community and across the state of Connecticut. More properly, this illness is usually called Norovirus infection or "winter vomiting disease" and is caused by norovirus (or one of its variations). It can make you feel very sick; even sick enough to go to the emergency room.

The Centers for Disease Control offers the following information on its web page http://www.cdc.gov/features/norovirus/?s_cid=fb578:

Noroviruses are a group of related viruses. They are the most common cause of gastrointestinal illness in the United States. Norovirus is estimated to cause over 70,000 hospitalizations and 800 deaths each year in the United States.

Infection with these viruses affects the stomach and intestines.

Anyone can get infected with norovirus and become sick.

You can get norovirus more than once in your life.

Noroviruses are transmitted easily. It doesn't take many viruses to cause illness. This virus is found in the stool and vomit of someone who is ill. If a little bit gets on food or an object, you can ingest the virus and become ill.

People are contagious from the moment they are sick until 3 days (or more) after they recover.

The illness often begins suddenly. You may feel very sick, with stomach cramping, vomiting and diarrhea. Other symptoms can include low-grade fever, chills, headache, muscle aches, and a general sense of fatigue.

Norovirus illness is usually not serious. Most people get better in 1 to 2 days. But it can be very serious in young children, the elderly and people with other health conditions. It can lead to severe dehydration.

When you are vomiting, the last thing you want to think about is eating or drinking. But replacing fluids is very important so that you do not become dehydrated. Most people do not realize that dehydration can lead to very serious health problems. It is very important to get fluids (without caffeine or alcohol) into the body. Water is a good choice, but may not replace electrolytes that are lost. If the person you are caring for shows signs of severe dehydration (decrease in urination, dizziness, disorientation, confusion, slurred speech, very sleepy or any unusual behavior) you should seek medical help right away.

There is no vaccine or medication to treat this illness. Antibiotics will NOT make you better, so don't even ask for them. Your best defense is offense. WASH, WASH, WASH those hands thoroughly and frequently; the more often, the better! Use great care in the kitchen when preparing foods: wash produce, cook foods completely, don't contaminate food surfaces and DO NOT prepare foods for others when you are ill. Clean and disinfect contaminated surfaces (those with vomit or diarrhea) with a bleach-based household cleanser, as directed on the product label. Machine wash contaminated bed linens, towels and clothing. Wearing disposable gloves may also help to prevent contracting the illness.

Norovirus infection is not a pleasant illness. Many people associate getting sick with the last food they ate and will NEVER eat that food again. Chances are that was not where you contracted the illness but the brain is powerful and you may never break that association! This information has been provided by Quinnipiac Valley Health District, the public health department for Bethany, Hamden, North Haven and Woodbridge. Visit us on our website, www.qvhd.org.

Attention Teachers!

We want to know what's going on in your classroom!

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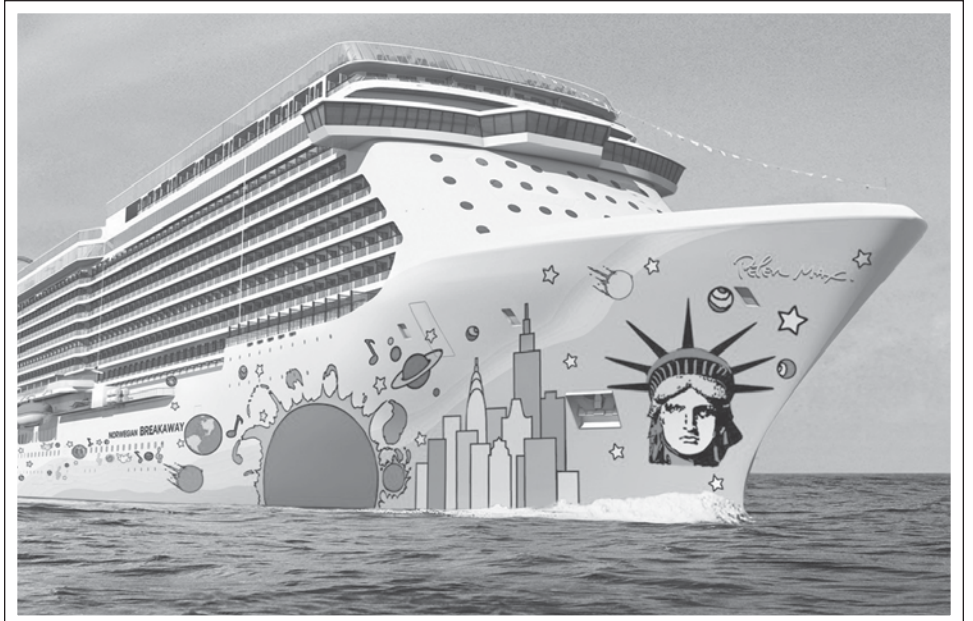
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Get Ready to Cruise News

By Leslie Marsh





Norwegian Breakaway

The buzz is growing in anticipation of the New York-inspired Norwegian Breakaway making her debut in our very own homeport of New York City this May! From the New York themed hull design to the Broadway shows to fine dining and ship's Godmothers, The Rockettes, this ship promises to deliver everything you love about New York City at sea, all with the Freestyle cruising that Norwegian Cruise Line is known for.

The Norwegian Breakaway will weigh in at 144,000 tons and will be able to accommodate up to 4,028 passengers with a crew of 1,595. The majority of her staterooms will have an ocean view, but there will still be inside staterooms for those who may be more budget conscious. And speaking of inside staterooms, the Breakaway is going to have Studio Staterooms, purposely built for solo travelers. They're smaller than the average inside stateroom, but still have all the amenities associated with the other accommodations on board. In addition to ocean view, balcony and mini-suite staterooms, she's also featuring The Haven, the ultimate in luxury accommodations. The Haven features 24 hour concierge service, preferred seating and reservations for shows and dining as well as access to The Courtyard, with private pool, sundeck and poolside valet.

Some of the exciting new dining and entertainment venues onboard will include: The Waterfront, a quarter-mile oceanfront walkway with shops, restaurants and bars; 678 Ocean Place, three decks of entertainment venues such as the Breakaway Casino, 678 Ocean Place shopping and La Cucina Restaurant; Rock of Ages, five-time Tony-nominated Broadway show in the Breakaway Theater and the Aqua Park and Sports complex with five multi-story water slides. New dining venues include The Manhattan Room, modeled after a private New York supper club, offering guests the chance to dine and dance in style; O'Sheehan's Neighborhood Bar and Grill (NCL CEO Kevin Sheehan lent his name) featuring American classics served 24/7; Ocean Blue by Geoffrey Zakarian (celebrated world class chef) and The Cakestand, for those of us with a sweet tooth!

The Norwegian Breakaway will be sailing from New York City beginning mid May. In spring and summer, she'll be sailing to the pink sand beaches of Bermuda where she'll stay for three full days each cruise. In winter, she'll sail to warmer climes with 7-day itineraries to the Bahamas and Florida or 12-day Caribbean cruises. Get ready to abandon land and breakaway!

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

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From Your State Senator

With Joseph Crisco



Two important bills will be considered at near-future legislative hearings – I'd like to keep readers current with these important initiatives.

As co-chair of the legislature's Insurance and Real Estate Committee I've scheduled an informational forum to help other lawmakers become more familiar with Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal Infections (PANDAS), which seems to be caused by strep or other infections, when antibodies made to fight the infection mistakenly attack the portion of the brain the controls thought and muscle function instead.

The incidence of PANDAS, while still rare, is increasing at an alarming rate. Compounding our sense of urgency is the suddenness with which it strikes: in one case parents sent their child to school one day without a worry and then were called mid-morning about their child's acute case of PANDAS. One of the first obstacles to a complete understanding of PANDAS is the fact there is no test for the condition but rather, doctors use a combined diagnosis of up to five individual criteria.

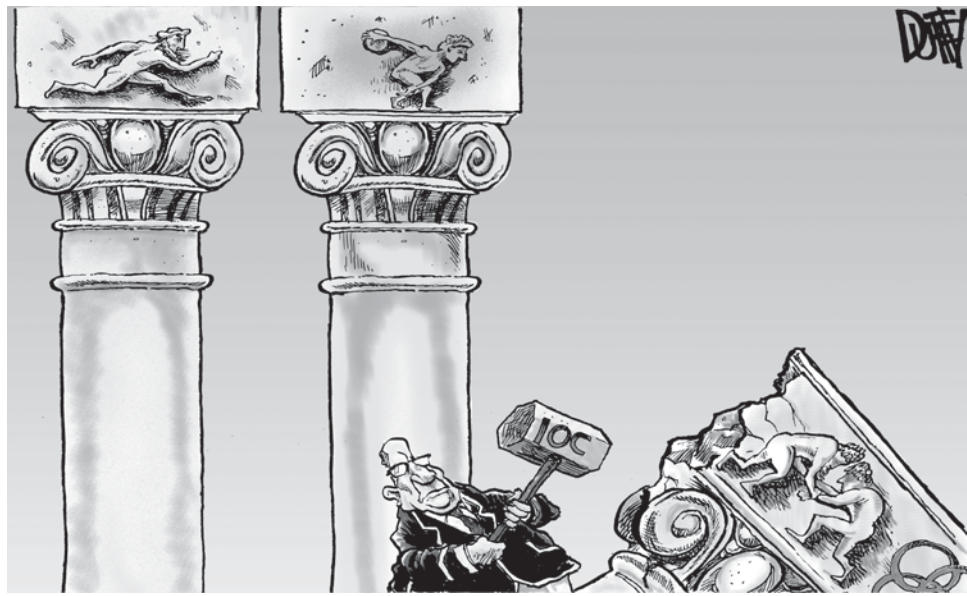
PANDAS cannot be treated with antibiotics like most other infections because in this disorder the infection isn't the culprit – antibodies automatically produced by the patient are. Another unsolved aspect of the puzzle is seemingly arbitrary susceptibility to PANDAS. The condition seems related to streptococcal or other infections but will not develop in every child who winds up with a strep infection.

Some compare the current emergence of PANDAS with the manner in which Lyme disease arrived on the scene 20 years ago; I'm determined to have our state address this vexing issue promptly.

Another bill would formally prohibit price gouging during and immediately after severe weather events – a particularly sensitive topic for consumers who were victimized by a scam or simple rip-off after one of the four serious storms we've had in the past two years.

During these periods, under these unique circumstances, peak demand for such things as lodging, snow removal, tree work, and other cleanup and repair services creates a perfect climate for gouging. This bill, should it become law, would provide for careful scrutiny of wholesale and retail pricing for these things during a formally declared weather emergency, as proclaimed by the governor.

Again, should this bill become enacted, every excessive charge for any of these items would constitute a violation under existing unfair trade and deceptive practices statutes.



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CLUBS & ORGANIZATIONS



On February 19 (President's Day) the Amity Teen Center hosted its 18th Annual Benefit Show at Toad's Place in New Haven. Twelve bands were chosen to perform and the teens were responsible for the ticket sales and the publicity. The proceeds from this event will go toward new stage lighting at the Teen Center. [Photos by Jen Romanoff, Teen Center Director]

Children's Easter Party Open to the Public

Spring is in the air, Easter is just around the corner, and it's time for the Annual Children's Easter Party, sponsored by the Sacred Heart Alumnae Association. This year's event will be held Saturday, March 23, rain or shine, from 10:00 am until noon on the Sacred Heart Academy campus, 265 Benham Street in Hamden. Activities include face painting, games with prizes, raffles, three separate Easter candy dashes, a magician, and, of course, professional photos with the Easter Bunny. There will be "coffee and..." for the parents and children will enjoy Easter snacks and treats. Best suited for children, from toddlers to age nine, the Easter Party is open to the community. The fee is \$10.00 for children; adults and children one and under are complimentary. Spread the word to your families and friends, but don't wait to call in your reservations as space is limited and the event is always a sell-out.

Advance reservations are required and can be made in the following ways:

- Register online - Visit www.sacredhearthamden.org > easterparty;
- Phone - Contact Sr. Mariette Moan, ASCJ, Dir. of Alumnae Relations 288-2309, x 313;
- Email - alumnae@sacredhearthamden.org.

Questions? Contact Sr. Mariette @ 203-288-2309, x313 or alumnae@sacredhearthamden.org.

Sacred Heart Academy, an independent Catholic college preparatory school founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women in grades nine through twelve for learning, service and achievement in a global society. The Academy has an enrollment of 500 students hailing from New Haven, Fairfield, Middlesex, Hartford and New London counties.

Publicly Speaking

Jason was honored when Bill asked him to be his best man. Now, the day of the wedding, he wasn't so sure. He had rehearsed what he wanted to say for two weeks and had it clear in his mind. Jason was ready. As the guests settled in at the reception and the servers finished pouring the Champagne, he could feel his blood turning to ice. The fateful "ting-ting-ting" of a fork on one of the glasses brought the crowd to their feet. The room fell silent as all eyes turned toward the best man for the "Toast".

Let's be honest, we've all been where Jason was at some point or another. That terrifying moment when you must stand and speak in front of a group of people. According to The Book Of Lists, speaking in public is the number one fear held by most people. It holds many of us back. And yet it is this exact skill which is so necessary today to communicate ideas, confidently present proposals, or network professionally within your industry to grow your business or career. A great idea is just that until you communicate it to others for action.

While public speaking can be stressful, dealing with it doesn't have to be. I'd like to introduce you to Toastmasters, one of our community's best self-improvement opportunities. The Toastmasters program can help speakers at any level, but it is designed especially for those just starting out. You work at your own pace, there is no pressure at all. An easy step by step process helps guide you through various types, and techniques, of good communication. Best of all is the community of caring fellow members who want to help you succeed. We all learn from, and help each other.

As for Jason. He stood confidently and delivered a wonderful toast as he knew he would because he had practiced in the friendly, supportive atmosphere of his Toastmasters club. Whether you wish to be better at networking, giving presentations at work, or selling your ideas, stop by as our guest and discover how you can confidently convey your message. The Nutmeg Toastmasters Club is the longest standing club in Connecticut. We meet the first and third Tuesday of each month from 7:00 - 8:30PM at the Willows Nursing and Rehabilitation Center on Amity Road in Woodbridge.

Garden Club of Woodbridge to Meet

Marna Ringel, floral designer and owner of Flowers by Marna in Fairfield will present "Bright Spring Creations". Come see an artist at work as Marna Ringel creates 5 floral arrangements sure to put you in the mood for spring. The meeting will be at the First Church of Christ, 5 Meetinghouse Lane in Woodbridge. There will be refreshments served at 11:45am with the presentation to follow at 12:30pm. There is a \$5.00 fee for non-members.

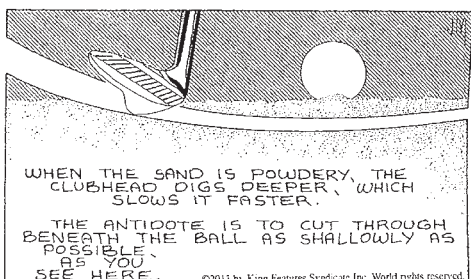
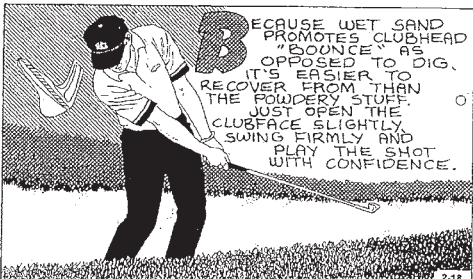
The Garden Bug Growing papaya

Originally from South America, papayas grow everywhere there is frost-free climate, lots of sunlight, lots of water and very good soil. Cut out and dry seeds from fruit grown locally, and sow them directly where you want them to grow to full size.

Source: www.tropicalpermaculture.com

Woodcut of papaya
(1742)

Play Better Golf with JACK NICKLAUS



Am I Tripping, Losing Balance, Getting Older or Just Clumsy?

Balance issues can be a tricky thing to self assess, until there is a fall that causes injury, or unfortunately more serious conditions such as fractures of ankle or hips.



Balance issues can affect all ages, and often gets ignored in the elderly or just attributed to getting older. There are several different systems that play significant roles, and knowing which one is the culprit (or culprits) will directly lead to the appropriate intervention.



Michael Dow

Balance and coordination are complex and often involve the intertwining of several systems. The three major ones are vision, vestibular, and proprioception. For the purposes of this article, I'd like to discuss the two systems that we often see in physical therapy and are most likely to affect balance, even in the healthy individual.

The first system is called the vestibular system, and is comprised of three small ones in the inner ear named ossicles. These bones, like most in our body, can become degenerative or get out of alignment. The resulting interruption in feedback loops from the ossicles can lead to vertigo, loss of balance, dizziness, loss of neck rotation and headache. Oftentimes, these symptoms may require evaluation from an ear nose and throat specialist. In the case of vertigo from ossicle alignment, our physical therapists administer an advanced technique called the Epley's maneuver in the office to help realign the ossicles to stop the vertigo symptoms. Usually this technique is followed with other manual therapy to restore the likely precipitated loss of neck rotation. There are studies that have directly linked patients who suffer with vertigo with a loss of neck rotation, suggesting that the loss of rotation may actually increase likelihood of developing vertigo.

The other system that affects balance is the most common one addressed in physical therapy, called proprioception. There are receptor cells in our joints and muscles that tell our brain instinctively where our body is in

space. This feedback loop is developed by our general movements. In instances where movement is impaired (acute swelling, immobilization from a cast, pain, spinal tightness, postural changes from

aging), this information is fragmented and can alter balance. In the elderly, postural changes in the spine cause a flexed position with a loss of rotation, along with hip and lower extremity tightness. The lack of flexibility does not feed the system the appropriate feedback so when the person rotates too far, they can be at a much higher risk of fall. Generally, restoring rotation in the neck, spine, and hips can greatly help increase stability and reduce risk of fall.

Proprioception problems are not limited to the elderly. When athletes get hurt and have a period of immobilization (like a surgical recovery or use of a cast and crutches), the affective area does not move throughout the normal range of motion. Thus the receptors become inhibited from providing the same proprioceptive feedback to the brain to interpret. Physical therapists spend much of the treatment sessions performing joint mobilization techniques, flexibility and balance oriented exercises that not only increase range of motion, but directly increase proprioception. Restoration of movement is also necessary to increase muscular strength. You have to have motion available to use it. The further a muscle is elongated, the more potential force it can produce.

It is important to recognize that balance issues are not exclusive to just getting older and should not be overlooked. Recognizing which systems are compromised is the first step in helping reduce balance issues. Should you experience any balance related symptoms, it is advisable to seek the opinion of your primary care physician, ENT specialist, or local physical therapist.

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.

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TOWN DEPARTMENTS & AGENCIES

Town of Woodbridge Recommits to Clean Energy Program

Inspired by personal experience with home energy assessment and his community's past success, First Selectman leads residents to clean, energy-efficient future.

As part of a statewide effort to reduce energy consumption and embrace clean energy cross Connecticut towns, Woodbridge's First Selectman Ed Sheehy signed the Clean Energy Communities Municipal Pledge, marking the Town's official commitment to improve its energy efficiency and promote the use of renewable energy sources. The Town of Woodbridge was a part of the original Clean Energy Communities program, which was expanded in 2012, and now asks municipalities to demonstrate even stronger support of energy efficiency and renewable energy.

Under the Energize Connecticut initiative, in conjunction with the Clean Energy Finance & Investment Authority (CEFIA) and the Connecticut Energy Efficiency Fund, the Clean Energy Communities program incentivizes Connecticut municipalities who make the pledge and achieve milestones within the program.

"We are working towards a greener and cleaner community, and I encourage all businesses and residents to get on-board with this effort," said First Selectman Sheehy.

With Sheehy's signing of the Clean Energy Communities Municipal Pledge in late July, Woodbridge aims to reduce its energy consumption by 20 percent by 2018 and voluntarily purchase 20 percent of its energy from renewable sources by 2018. By achieving success in saving energy and supporting clean, renewable energy, the town will be eligible to earn clean energy systems and grants that can be used toward energy efficiency projects. Under the original Clean Energy Communities program, the town of Woodbridge installed a 5 kW solar photovoltaic system at the Massaro Community Farm and worked with their Regional School District to install a 4 kW array at Amity High School. To-date, Woodbridge is among the 31 Connecticut towns that have signed the pledge.

In 2008, First Selectman Sheehy received a Home Energy Solutions (HES) assessment at his home, a comprehensive in-home weatherization service offered through the Energy Efficiency Fund. By sending a certified contractor to evaluate heating and air conditioning systems, lighting, windows, duct work and appliances, the HES assessment helps Connecticut residents like First Selectman Sheehy to become more energy efficient around their homes. In addition, the contractor makes on-the-spot improvements and provides valuable rebate information on appliances, HVAC systems and insulation.

"Once I learned that the Clean Energy Communities program had been expanded to further support energy efficiency and renewable energy, I knew recommitting to the program was the best way to lead our residents towards heightened energy efficiency awareness, especially after my favorable experience with the HES assessment at my home," Sheehy commented.

Clean Energy Communities program administrators, The United Illuminating Company, Connecticut Light & Power and CEFIA, will work with Sheehy and the Woodbridge Clean Energy Task Force to help the town meet the goals laid out in its Comprehensive Energy Plan and in the Clean Energy Communities Municipal Pledge.

For more information on the Clean Energy Communities program, towns are encouraged to visit www.ctcleanenergy.com/communities. To learn about energy efficiency or clean and renewable energy programs through the Energize Connecticut initiative, please visit www.EnergizeCT.com or call 1.877.WISE.USE.

To keep up-to-date on the latest energy-efficient conversation happening in Connecticut, visit our Facebook page at www.facebook.com/energizect.

Woodbridge Recreation Spring Yoga 2013

Yoga postures strengthen and sensitize body and spirit, increase flexibility and balance, develop concentration, and relieve stress. Breathwork calms the mind and nervous system. Classes for varied fitness levels in a gentle style. Many studies show that yoga improves balance, lowers blood pressure, and increases body strength.

Classes will be held Monday 10:30-11:45 or 5:30-6:45 on April 1, 8, (skip 15) 22, 29 and May 6, 13, 20; and Wednesday 10:30-11:45 or 5:30-6:45 on April 3, 10, (skip 17) 24 and May 1, 8, 15, 22

The cost for 7 classes is \$60, \$10/class drop-in
Classes held in Room 16, The Center, 4 Meetinghouse Lane, Woodbridge, CT. Register with Woodbridge Recreation, 203 389-3446, or with instructor at first class. Checks payable to Woodbridge Recreation.
Call Diane King, Instructor, 203-494-3745 with questions

Town of Woodbridge

Meetings for the Month of March 2013

(Subject to Change, Check with Town Clerk's Office, 203-389-3422)



Town Hall

3/4	Human Services	7:00pm	The Center
	Town Plan & Zoning Commission	7:30pm	Town Hall
3/5	CUPOP	7:00pm	Town Hall
3/11	Library Commission.....	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
3/13	Board of Selectmen.....	6:00pm	Town Hall
	Inland/Wetlands Agency	7:30pm	Town Hall
3/21	Board of Finance	6:00pm	Town Hall
	Conservation Commission.....	7:00pm	Town Hall
3/25	Fire Commission	6:00pm	Fire Station
	Recreation Commission	7:00pm	Beecher School S.
	Woodbridge Board of Education....	7:00pm	Beecher School N.
	EMS Commission	7:00pm	Town Hall
3/26	Government Access TV Comm	7:15pm	Town Hall
3/27	Board of Selectmen.....	6:00pm	Town Hall

Chapel Haven Open House

If you are a family of a young adult with autism, Asperger Syndrome, Down Syndrome or intellectual disabilities, and are exploring the next step in education and independence, you can check out Chapel Haven's award-winning program at an upcoming open house. The open house will be held March 8 from 9 a.m. to 11 a.m. and the event includes a light breakfast. Those who attend will get an overview of Chapel Haven, listen to student panels and a tour of two of its programs, REACH and Asperger Syndrome Adult Transition Program. Registration is required, so visit the website at <http://www.chapelhaven.org/> to register online or call Connie Brand, (203) 397-1714, ext.111.

Chapel Haven, located at 1040 Whalley Avenue, is a nationally accredited, private, non-profit school and postsecondary program that teaches adults with autism and other cognitive disabilities to live independent lives. Chapel Haven's program, long considered a national model, recently received a prestigious award from the national initiative, Advancing Futures for Adults with Autism. "Chapel Haven is living proof that adults with disabilities truly can achieve an independent and productive life," said organization president Michael Storz.

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Woodbridge Town News
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Heating Bill Assistance is Available at TEAM Inc.

Maintaining a warm household during winter months can be costly. Families and individuals who have not obtained help to offset winter heating bills can apply up to May 1, 2013 for assistance from TEAM.

Eligible households may secure fuel deliveries and have their utility heating costs defrayed. For households whose heat is included in their rent, one-time financial assistance is available. Eligibility is determined by income, household size and liquid assets.

Applicants are eligible based on review of their total household income, such as job earnings, unemployment compensation, social security, pension, etc.; household size; and liquid assets, as shown through bank statements. If an applicant is approved for assistance, TEAM will make direct payments to their home heating provider. Both homeowners and renters who are residents of Ansonia, Beacon Falls, Bethany, Derby, Milford, Orange, Oxford, Seymour, Shelton and Woodbridge can apply for energy assistance from TEAM.

To schedule an appointment with TEAM Energy Assistance, please call 203-736-5420 ext. 3, or in Milford, 203-783-3253; Woodbridge, 203-389-3429; Orange, 203 891-4787, and Bethany, 203-393-2100 ext. 124.

TEAM Inc. is a private, 501(c)3 non-profit corporation whose mission is to connect individuals and families with solutions that lead to well-being, self-sufficiency and full participation in the community. It aims to achieve its mission by conducting activities that address the needs of economically disadvantaged individuals and families including resource mobilization, education, advocacy and service delivery. TEAM programs serve the communities of Ansonia, Beacon Falls, Bethany, Derby, Milford, Orange, Oxford, Shelton, Seymour and Woodbridge.

Spring Adult & Continuing Education Courses to Begin

Welcome Spring! Give Your Brain a Treat! Learn Something New! The spring program of Amity Adult & Continuing Education is set to start the week of Monday, March 4th with several new courses to choose from, as well as your standard favorites. The full catalog is on the Amity website at www.amityregion5.org. Just click on the Adult Ed option across the top of the page, and then click on "Spring Catalog". Have you ever wanted to create a Tiffany style window? Take our Stained Glass course and bring home your own masterpiece. Try your hand at Acrylic or Oil Painting, Country Folk Art Painting or Drawing Essentials. There are bus trips galore. Among the offerings are trips to take you to the Bronx Zoo, Macy's July 4th Fireworks & Cruise, Newport Train & Sail, River Rose Cruise, Yankee Stadium Tour, Adirondack Balloon Festival 3-day trip, and many more.

Classes on Resume Redesign will help you prepare for a new job. If you want to start your own on-line business or take computer courses to update your skills there will be opportunities to learn from our expert instructors. Learn to play the Ukulele or Guitar. Our new class "Drums! Find the Rhythm Within" will have you taking part in drum circles, enjoying fun, interactive rhythm games, and just plain ole' bangin' and jammin'. Make it a family thing! Check out the Dance, Entertainment and Finance programs. There will be Bridge, Mah Jong, and Pinochle classes. Our expanded fitness and sports offerings include Boating Safety and Personal Watercraft, Golf, Fly Fishing, Tai Chi, Yoga, Zumba, Tennis Clinics and our fun Hoop Dance Workout Class.

In the Language Department, learn to speak Arabic, Italian, German, Polish, Russian, Mandarin or Sign Language. Several Health offerings, such as Adult, Child & Infant CPR, First Aid, Wilderness First Aid, Nutritional Balancing, It's a Health Thing and How to Lose Weight Like a Guy are being offered. In addition, some very special offerings with noted professionals addressing issues near and dear to us are on the docket. Dr. Bernie Siegel will teach "Reflections on the Art of Living and Healing". Robert Klancko, expert on environmental and energy issues, will give a course on "Contemporary Environmental/Energy Issues". Jeff O'Hara is teaching "Solidworks 3-D Modeling Fundamentals", a must have course for anyone in the engineering or manufacturing field.

In the Craft Department, you'll learn how to Organize Your Photos, make beautiful Beaded Jewelry, and learn to use that Cricut Machine you got for Christmas. For the first time we're offering a class in making one-of-a-kind Handcrafted Knives. This class is being taught by Jim Turecek, who has been crafting award winning knives since 1979. But the list doesn't stop here. Please call for a catalog or contact Karen Wade at 203-392-2005 for more information.

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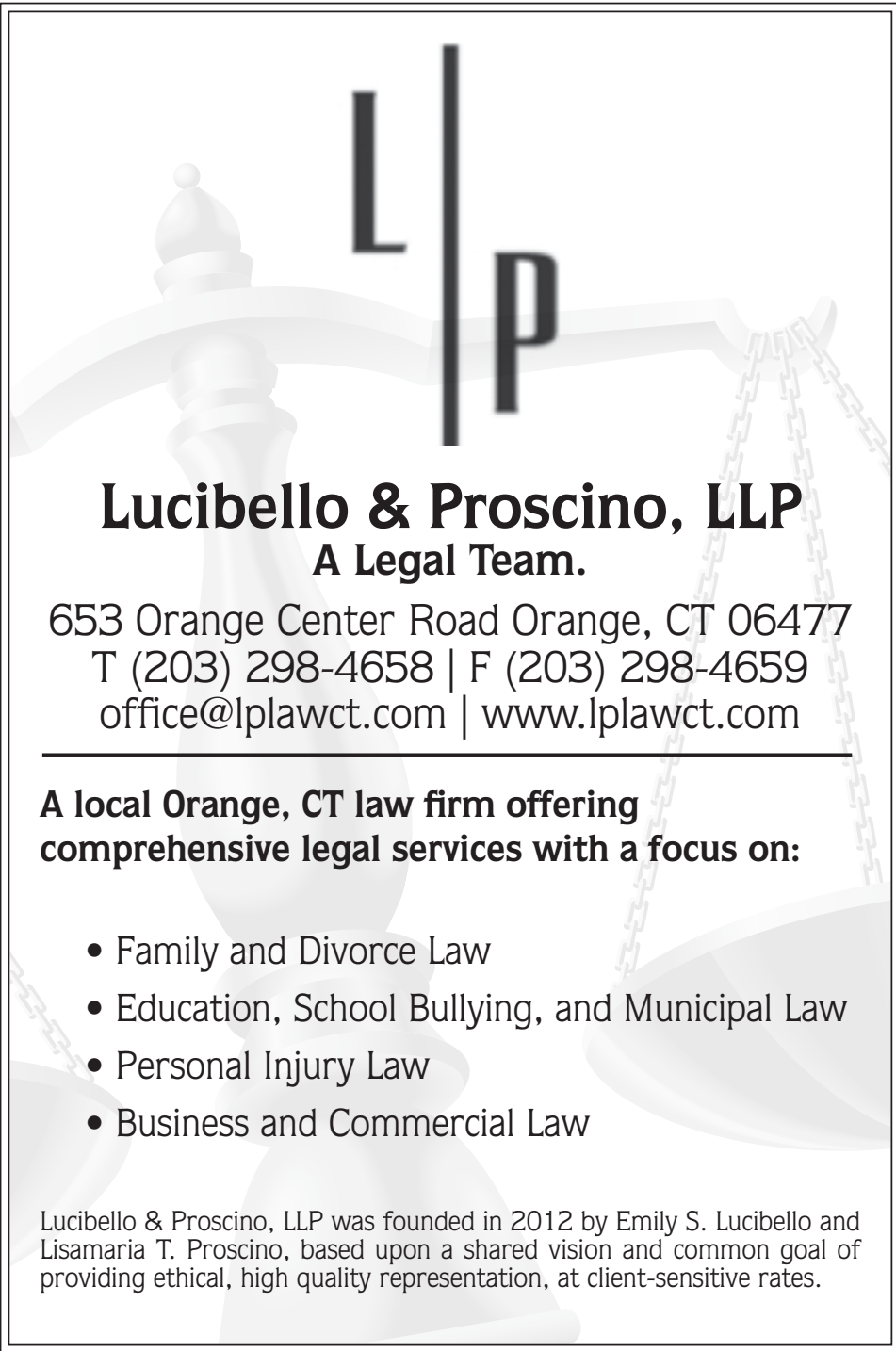
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From Your State Representative *By Themis Klarides*



Klarides Addresses Governor's Budget

The budget proposal presented on February 6th by Gov. Dannel Malloy relies on record borrowing, budgetary gimmicks and other fiscal slight-of-hand maneuvers that will jeopardize the state's financial future and struggling economy, said Rep. Themis Klarides. The proposal included \$750 million in borrowing to pay day-to-day expenses, a spending increase of \$1.7 billion and an extension of several taxes scheduled to sunset this year. "With the state currently facing a \$2.5 billion budget deficit, it isn't responsible for the Governor to propose an unprecedented spending increase of nearly 10% while we borrow over \$3 billion just to cover operating and other expenses," said Rep. Klarides, a member of the Appropriations Committee.

"Our families use common sense budget principles everyday by living within our means and borrowing only what we can afford to pay back. Government needs to do the same, and this, unfortunately, is a step in the wrong direction.

"Following Gov. Malloy's last budget, which produced the largest tax increase in Connecticut history, I was hopeful about his pledge to not increase taxes again. However, he extended several taxes that were scheduled to expire, including the 20% corporate surcharge - creating instability for existing businesses in the state and discouraging new businesses from coming to Connecticut. The message here is clear: Connecticut is not open for business."

She added, "While eliminating the car tax sounds like a good idea on the surface, I am very concerned this will significantly shortchange municipalities who will be forced to raise property taxes - essentially creating a fancy shell game."

Other aspects of Malloy's budget include:

- Continuation of the electric generation tax, likely to result in more than \$80 million passed on to families and businesses;
- Avoids exceeding the Constitutional Spending Cap by moving \$900 million in spending outside of the cap;
- Bonds \$1.5 billion in FY 14 and \$1.6 billion in FY 15;
- Pushes off Economic Recovery Notes payments - \$300 million in bonding that will be moved from the next two years into the out-years;
- Bonds Pay-As-You-Go transportation projects - \$20 million a year;
- Implement Tax Amnesty program for \$25 million;
- Eliminates \$24.9 million in school transportation and adds a \$5 million regionalization grant;

\$47 million grant to municipalities to make them whole; and

Eliminates \$94 million in municipal revenue sharing grant (AKA manufacturing machinery and equipment grant/property tax relief).

The \$43.8 billion biennial budget was unveiled to the State House of Representatives and State Senate in a joint convention of the legislature by Gov. Malloy. The budget proposal will now be sent to the legislature's Appropriations Committee for further consideration. The General Assembly has until June 5 to pass a balanced budget.

Rep. Klarides represents the 114th District communities of Woodbridge, Orange and Derby.

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Programs for Children

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

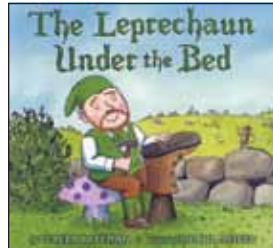


Laura Doherty in Concert! (for all ages)

Saturday, March 2nd @ 2:00 pm - Laura Doherty is a nationally acclaimed touring children's recording artist with an ear for a catchy melody. She acoustically rocks your kid's world with her breezy folk-pop tunes for the whole family! Advance registration is required.

Eager Readers Book Group for grades K-2

The Leprechaun Under the Bed by Teresa Bateman - Monday, March 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 The Leprechaun Under the Bed by Teresa Bateman, discuss the story, and make a fun & festive craft! 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, March 13th @ 6:30pm - At this month's session of 10+ Art, you'll make masks! March masks summon mystery...come and create yours! Bring an old shirt to put over your clothes - we will be painting. Space is limited - advance registration is required.



Pot o' Gold! (for ages 6 and older)

Saturday, March 16th @ 2:00pm to 4:00pm - Celebrate St. Patrick's Day at our drop-in craft session! Wear your best green outfit and come craft with us! No registration is necessary for this program.



Programs for Adults

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

The Kerry Boys in Concert

Tuesday, March 12th @ 7:00 pm - Join us for the musical Irish spirit of The Kerry Boys, Connecticut's favorite Irish balladeers for over 20 years! The Kerry Boys feature Pierce Campbell from Prospect, CT who was also the Connecticut State Troubadour for 2007 & 2008. Joining Pierce are Paul Neri on banjo and Tony Pasqualoni on bass. These dynamic and popular Connecticut Irish balladeers have been performing together for over 20 years, dazzling fans of all ages from Maine to New York. The Kerry Boys promise a high-energy show that will have you clapping and singing along in no time, engaging you from start to finish with their wide collection of traditional and original songs. Come and get your Irish on! This is a free program and all are welcome to join. Space is limited - registration is required.



FILM DISCUSSION SERIES with Mark Schenker: "The Films of Alfred Hitchcock"

Notorious - Wednesday, March 13th @ 7:00 pm: In a continuation of his 2012 series How to Read a Film, Mark Schenker will present four lectures on The Films of Alfred Hitchcock. Notorious (1946), with Cary Grant and Ingrid Bergman in what is perhaps the director's most fully realized love story; Strangers on a Train (1951), with Robert Walker as one of Hitchcock's most impressive villains; Vertigo (1958), with James Stewart and Kim Novak in what many people consider the director's greatest film; and North by Northwest (1959), with Cary Grant as another of Hitchcock's innocent men on the run in a movie that is a sophisticated blend of thriller, romance, and comedy. This is a free program, and all are welcome to join. Registration is required. Copies of all films are available on DVD at the Woodbridge Library - please inquire at the Circulation Desk. To register or for more information, please call 203.389.3433, stop by our Circulation Desk, or email pvalsecchi@woodbridget.org.



The Power of Breakfast Cooking Class with Robin Glowa

Tuesday, March 19th @ 7:00pm - Robin Glowa returns with a cooking class that will tackle the most important meal of the day - breakfast! Learn how to power yourself up with healthy breakfast recipes! Samples and recipes

will be provided. This free program is open to the public. Space is limited, and registration is required.

Programs for Teens

To register for teen programs, or for more information, please call 203.389.3439, or email wbrjustaff@lioninc.org.

Teen Book Discussion Group (for high school students, ages 12 and older)

Saturday, March 9, 2013 @ 3:00pm - Did you know that we have a new Teen Book Discussion Group? High school students can join us for a light-hearted chat, sprinkled with snacks, to share thoughts about books that they have been reading. Come join us and bring a friend to hear what others have on their to read list. This book discussion group is limited to high school students.



Slap Art: Teen Workshop (for high school students, ages 12 and older)

Saturday, March 23, 2013 @ 3:00 pm - Join our group of enthusiastic teens! All of our projects rely on recyclables and found objects. This month: paper stars! Make and design these paper stars, worthy to adorn any teen ceiling. No telescope required! All supplies will be provided for this Slap Art session. What will your stars look like? Registration is 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.

March 7th - Notorious [rated NR]
March 14th - Life of Pi [rated PG]
March 21st - Zero Dark Thirty [rated R]
March 28th - Les Misérables [rated PG-13]

Art Exhibit

The public is invited to attend an Opening Reception for The Palette Art Studio at the Woodbridge Library on Wednesday, March 27th from 6:00pm to 7:30pm.

The March/April exhibit features the works of students of the Palette Art Studio in Cheshire, Connecticut. Their work represents a variety of technique, media, and content. The artists used materials such as oil, watercolor, gouache, tempera, pencil, and ink to create still lifes, portraits, landscapes, and more. The participating artists range in age from five years old to adulthood.

Palette Art Studio was founded in Cheshire, Connecticut, in 1997, by artist and teacher Natasha Piskunova. Trained in Russian schools of classical and contemporary painting and drawing, Mrs. Piskunova draws on her experience as a teacher of artistically-gifted children in St. Petersburg. Her studio employs both innovative and traditional teaching methods. Students are systematically introduced to the fundamental concepts and skills of painting and drawing. They learn to understand and manipulate structure, form, and color, while utilizing a broad range of mediums and techniques. At Palette Art Studio, personal artistic expression and growth is encouraged, and students enjoy the process of creation. Teaching methods are flexible and individualized, so that each student can thrive in a dynamic and exciting setting. For more information, visit its website at www.paletteartstudio.com. This exhibit is free and open to the public. All are welcome to visit.

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!



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Woodbridge Republican Board of Selectmen Candidates: George Giering, Catherine Wick, Joseph Dey, and Anthony Anastasio.

Woodbridge Republicans Hold Gala Auction Event

The Woodbridge Republican Town Committee announces a Gala Auction Event, Saturday, March 23, 7:00-10:00 P.M. at Coachman's Square. A \$20 ticket includes food, beverage and a grand time. There will be a silent as well as a live auction. Many exciting and fun items will be offered. Please join us. For more information and tickets, please contact Anthony (Tony) Anastasio 203-980-9373.



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For the 5th consecutive year Kaoud Rugs and Material Girls Boutique of Orange has collected toys for the "Yale Toy Closet" at the Children's Hospital. With the support of friends, family, customers, and Beecher Road school families they collected hundreds of toys. This is something that they are hoping to do at other times of the year since toys are needed year round. If you would like to donate any new, unwrapped non plush toy, they will be starting a collection again soon. Pictured (l-r): Kristina, R.J, Joey, Jim, and Jillian Kaoud.

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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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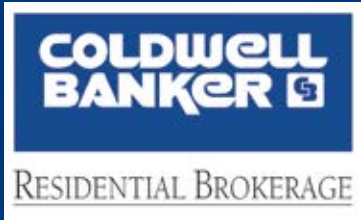
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From left: Marji Lipshez-Shapiro, education director at the Anti-Defamation League, Amity Regional High School teacher Emily Clark, Holocaust survivor Anita Schorr, Amity High School teacher Maggie Barkin and Quinnipiac University School of Education Professor Gloria Graves Holmes were among those who participated in the "Echoes and Reflections" curriculum training.

Amity Teachers Complete Holocaust Curriculum Training

More than 25 teachers from Connecticut, including Amity Regional High School teachers Maggie Barkin and Emily Clark, completed a February 5 training program on "Echoes and Reflections: A Multimedia Curriculum on the Holocaust," a comprehensive 10-part curriculum on the Holocaust. The Connecticut Office of the Anti-Defamation League (ADL) sponsored the training which took place at the Quinnipiac University School of Education.

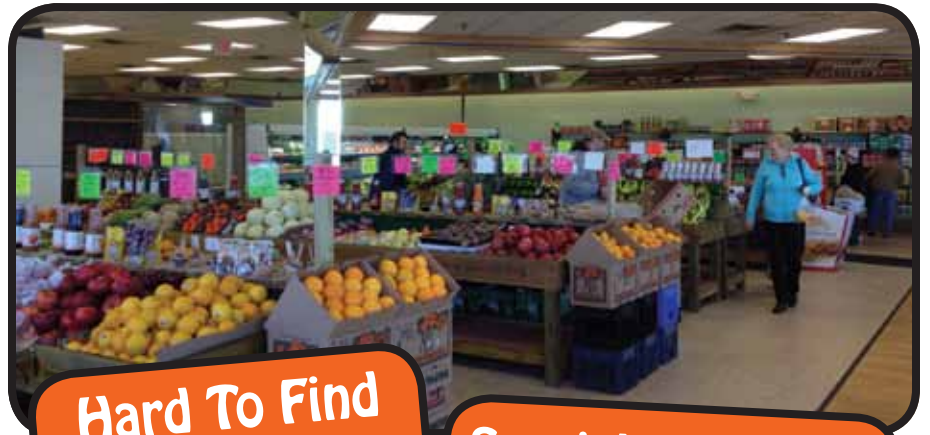
"Echoes and Reflections" uses visual history testimony from survivors and other witnesses and additional primary source documents, including maps, photographs, timelines, literature excerpts and other materials. The curriculum was produced primarily for use in high schools in partnership with the Anti-Defamation League, the USC Shoah Foundation Institute for Visual History and Education and Yad Vashem, the Holocaust's Martyrs' and Heroes' Remembrance Committee.

In addition, Holocaust survivor Anita Schorr, of Westport, addressed the teachers. A native of Czechoslovakia, Schorr was arrested with her family in 1939 when she was 8, according to an April 12, 2012 article in "The Jewish Ledger." The family survived the Jewish ghetto and was transported to Terezin, where Schorr sang in the children's opera, "Brundibár." The family was then deported to Auschwitz, where Schorr's parents and younger brother were murdered. Schorr served in a slave-labor unit in Hamburg before ending up in Bergen-Belsen. After liberation, Schorr joined the Haganah, a Jewish parliamentary organization, and fought in the Israeli War of Independence. She married a fellow Czech and lived on a kibbutz until 1959, when the couple came to the U.S. Trained as a commercial artist, Schorr didn't start telling her story until about 10 years ago, after retiring from a long career.

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"Dining with Susan"

By Susan Noonan



"The Original" Antonio's

Restaurant - Bar - Takeout - Catering

I always get very excited when I have an opportunity to write about a successful restaurant especially in this challenging economy. Actually in this case "The Original" Antonio's has three popular restaurants. I first met the Setaro family (Tony, Chris & mom Mina) in 2006 when they opened their first location in Woodbridge. This Italian restaurant that features home style cooking of Cosmina immediately became a very popular spot in town offering excellent food, reasonable prices and outstanding service. Mom "Mina" Setaro, is a native of Salerno, Italy. Mina's father owned restaurants in Italy, so she was brought up in the business and had owned successful restaurants in Oxford, Southbury, and Waterbury prior to the Woodbridge location. Mina is a friendly, soft-spoken woman whose beloved sons, Chris and Tony own the business with her. They are a close-knit family and have great admiration for each other.

Now, in 2013, the group now has 2 additional locations. "The Original" Antonio's - Beacon Falls opened in March 2009 and "The Original" Antonio's - Ansonia opened in November 2010. Tony runs Woodbridge, Chris in Ansonia, and mom Mina in Beacon Falls. All three locations are open Tuesday-Sunday serving lunch and dinner. They feature a wide range of classic Italian dishes along with a full pizza menu. Antonio's Restaurant offers catering for your special affair. Whether intimate or grand, they will ensure your complete delight. Antonio's caters in-house for up to 60 guests, or for larger functions, their professional and courteous staff will cater off-premises for up to 500 guests. They will accommodate any dietary need including vegan & gluten free. Antonio's 15 years of successful catering will make your event including birthdays, weddings, showers, bar mitzvahs, bat mitzvahs, engagement parties, anniversary parties, holiday parties, and corporate functions very special.

Antonio's brings you some of the finest and freshest food in Connecticut! Antonio's menu includes their chef's special creations, from exquisite appetizers, to great pizzas and wonderful entrees. You're going to enjoy dining at Antonio's as they have something for everyone. From an intimate dinner for two and/or a family friendly gathering they by far know how to do it right! They have many loyal regular customers that will definitely agree.

Visit website: www.theoriginantonios.com to view all menus.

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**celebrity
extra**
by cindy elavsky

Q: Can you give me any info on the new season of "Army Wives"? -- Jennifer A., Nashville, Tenn.

A: The longtime hit drama, which begins its seventh season on March 10 at 9 p.m. ET/PT on Lifetime, welcomes a new castmate: **Brooke Shields**. Brooke will play the "brash and brilliant Air Force Col. Katherine Young. A crack C-17 pilot who can hold her own in the boys' club atmosphere of the military, she's hardly touched down in her new assignment at Joint Base Marshall Bring before she clashes with Army Gen. Michael Holden (played by **Brian McNamara**)." The series stars Catherine Bell, Brian McNamara, Kelli Williams, Wendy Davis, Terry Serpico, Alyssa Diaz, JJ Soria, Ashanti, Torrey DeVitto, Elle McLemore and Jesse McCartney. Sally Pressman and Sterling K. Brown will also appear in several episodes.

Q: Now that **Matthew Perry** has his own TV series, when can we expect to see some "Friends" stars show up? -- DeeDee T., via e-mail

A: Matthew will welcome his former TV wife to his new show, "Go On," sometime in April. **Courtney Cox** will play a new love interest for Matthew's character, Ryan King. The "Friends" friends always have been supportive of each other's post-"Friends" endeavors, with **Jennifer Aniston** appearing on Courtney's "Dirt" and "Cougar Town"; **Lisa Kudrow** also on "Cougar Town"; and Kudrow's "Web Therapy" hosting **David Schwimmer** and **Courtney Cox**.

Q: I know you're a fan of TNT's "Dallas," so maybe you can find out some scoops for season two for me? -- Erin T. in North Dakota

A: Well, I did manage to get a little bit out of **Josh Henderson**, who plays John Ross Ewing, when we spoke recently. He told me: "At the end of season one,



Josh Henderson


John Ross was on fire. By this season, he's cooled off a bit because he knows that if he wants to achieve his goals, then he's going to have to keep his emotions and anger buried to gain others' trust. But he's definitely on a mission, and he definitely wants to take down Christopher and Elena."


In regard to John Ross and Pamela Barnes' new relationship, Josh explained: "These are two people who know that they are never supposed to be together. Their fathers are enemies, but they don't care. Julie (Gonzalo, who plays Pamela) and I get along so well; we have a ton of fun together. I really think it shows on screen, and it's going to be a fun thing for people to watch throughout season two."


As for the show's future after the passing of **Larry Hagman**: "I don't know what the second half brings. None of us do. With Larry's passing, they've had to rewrite the second half of season two completely. I can tell you this: Season two is like season one on steroids. It's everything that people re-fell in love with 'Dallas' for in season one. You won't be disappointed."


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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"Girls Helping Girls" Hopes to Empower Woman Worldwide

By Laura Fantarella - Orange Town News Correspondent

Though they are worlds away in miles and circumstances, a group of female Amity High School students are doing what they can to help fight oppression and empower women around the world. "Girls Helping Girls," a new Amity club organization that works to raise funds and awareness of women's issues will host a March 9 cabaret gala at Lyric Hall in New Haven. The all-female event will feature a variety of acts including performances by singers, musicians, dancers, actors and writers. Most of the cast are members of Amity's popular Theater Department.

Senior Sabrina Brier founded the new organization last fall as a sister club to Beacon Fall's Woodwind High School's "Woodwind for Women Worldwide". Brier's interest in women's issues stems from her own mom, who is involved in the Woodwind High's club. According to Brier, the organizations are inspired by the Half The Sky movement, which partners with existing charities to promote education, economic empowerment and maternal health for women. "The movement seeks to turn oppression into opportunity for women so they can break cycles of violence, prostitution and sex trafficking," Brier said. She is encouraged by the initial core of 20 female student volunteers who have joined the club which kicked off with a t-shirt sale and a holiday messenger service to raise funds. The group meets at least once a month to research and share information about women's issues and to plan fundraising events. They plan to donate the proceeds from their fundraisers to Half the Sky supported charities at the end of the school year. "We try to learn about topics that appeal to a lot of people, we really want to educate ourselves and others about the cause," Brier said.



Event organizers Tina Glusac (left) and Sabrina Brier.

The event will start with hors d'oeuvres at 7 p.m. followed by the 7:30 show at Lyric Hall, 827 Whalley Avenue, New Haven. Tickets are \$20 and can be purchased online at www.lyrichallnewhaven.com. "The space is really cool and pretty, it's small and intimate," Brier said. "We wanted the event to be appealing to the public." Brier is hopeful in the coming years the club will grow and eventually raise substantial funds. "It's daunting to think of how you individually can make a difference but it's important to try," she said.

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HISTORY CORNER

With Muffy German

Notable Trees of Woodbridge

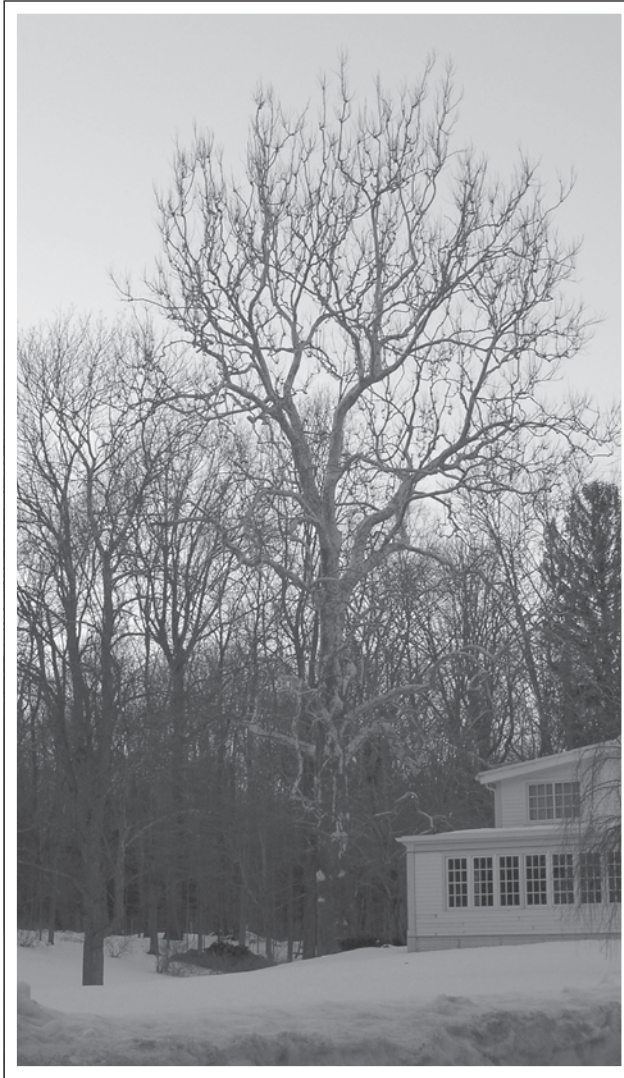
Now that our roads are clear, it is a wonderful time to take a drive around town and admire our trees! Often we identify trees by their leaves, but winter reveals the equally distinctive trunk structure, branch pattern and bark of each species. Today's trees also offer clues to the forest history of the town. Before its incorporation in 1784 as the town of Woodbridge, the area was known as "Chestnut Hill". Thomas Darling recorded in his daybook in April 1772 that his master carpenter was cutting chestnut and oak structural timbers on site for his home. The wide floorboards and paneling in the Darling House and other 18th c. Woodbridge homes give an indication of the immense size of these early trees. The chestnut was the dominant tree (one tree in four) in this part of New England followed by oak, beech, maple and white pine.

Another clue about the town's earlier landscape comes from the species noted in our street names: Acorn Hill, Appletree Lane, Beechwood Road, Birch Road, Buttonball Lane, Cedar Road, Chestnut Lane, Dogwood Circle, Hemlock Hollow, Hickory Road, Hollow Oak Road, Maple Terrace, Oak Hill Lane, Pine Ridge Road, Redwood Lane, Spruce Road, Tulip Tree Lane, White Oak Lane and Wolf Tree Lane. While these are common street names repeated in town after town, they were often chosen with reference to local groves or individual trees. For example, a "wolf tree" is a large, wide spreading tree among smaller trees. It is often a sign that the area was formerly a pasture, and it was saved by the farmer to offer shade to his animals.

Buttonball Lane is near the intersection of Ansonia and Racebrook Roads, historically referred to as "Buttonball Corner." The 1868 town map shows a buttonball/sycamore tree on the northwest corner. Rich Jeynes who grew up across the street told me stories about this tree that he heard from neighbor, Ephriam Baldwin who died in 1967 at age 98. It was used as a meeting place for residents of the southwest side of town. In the mid-late 19th c. their mail was dropped off under the tree from the postal wagon on its route between New Haven and Derby.

While the original buttonball was cut down around 100 years ago, a few of its "children" are reaching maturity a block up Ansonia Road from the corner. To get a sense of the size and elegance of the original tree, travel down Beecher Road to #78 where a huge sycamore glows in the winter light and dwarfs the house below it. Resident, Cathy Suttle said, "We love this tree! It's our big shade tree; we can't do without it".

Another notable tree that served as a meeting place and famous picnic spot was the "Woodbridge Oak". On the old map it is marked on the northwest corner of Center and North Pease Roads. Also called "the lantern tree," it was reputed to be visible from New Haven harbor six miles away when lanterns were hung in it as a navigational aid in the 1700s. In the records it is referred to as a "yellow oak" which I learned was an old fashioned name for the black oak, *Quercus velutina*. If you scratch the outer bark, it reveals a bright yellow layer. Rich Jeynes has a copy of a letter written in 1945 by George R. Hubbell who was 16 when he and Wales Clark cut the oak down secretly, at night in 1881! He described its sad state, "only a thin shell was left" and "it was condemned by the town" as a danger to passersby. With a 7' diameter, its trunk was transformed into fine furniture, notably the president's chair at the Quinnipiac Club in New Haven. The historical society has a simple cane adorned with a silver cap inscribed in script: "Woodbridge Oak/ EBR/1889".



Cathy's Sycamore

An etching by Robert Wiseman of the historic oak in its prime is on display in the library and at the Darling House. Recently, Rich had an inscribed boulder/marker placed (inside the stone wall) on the site of the oak. Only two other trees are pictured on the 1868 map: a pine tree that appears to be on top of West Rock Ridge and an oak on Seymour Road which perhaps served as the gathering place for residents of that part of town.

Some trees are noteworthy for their rarity. A non-native with an unusual story is located at 5 Fairview Road. It is a dawn redwood or *Metasequoia*, a species considered extinct until rediscovered in 1941 by botanists in China. After WWII, scientists from Boston's Arnold Arboretum went to China and brought back seeds. Around 1947, G. Evelyn Hutchinson, Sterling Professor of Zoology at Yale, who lived on Johnson Road, gave seeds to his green thumb neighbor, William Entrikin, who grew this tree. The professor must have impressed them with value of the young tree because Mrs. Entrikin remembered watering it with her dishpan in dry spells! Current resident, Roger Sherman, has cut down a lot of the trees on his property, but he says he will never cut this one!

My favorite tree is the now 100 year old hemlock that I learned to climb as a child. The view of the town from its height was a wide, foreign landscape! Mrs. Entrikin told me that it was planted to memorialize an Augur family wedding. Twenty years ago the hemlock began to decline from wooly adelgid infestation. Thankfully, two annual sprayings are now keeping it in good health. While this tree looks like a giant, Adam Parsons told me about a remnant of primeval hemlock forest near the Bethany reservoir along the trail below the dam. He also made note of an extraordinary sugar maple off Litchfield Turnpike (across from the Darling House) beyond



Metasequoia Redwood

the Boy Scouts' camp along the brook.

It is hard to believe that Woodbridge today is more thickly forested than it was 150-200 years ago. In the 19th c. most of the land was cleared for cultivation of crops or hay or animal pasture. As a general trend in central New England, many farmers headed west after the Civil War to find more fertile land. Thus, by 1900 at least half of the former farmland was returning to forest. Old stone walls running off into the woods still show the outlines of old farms.

While humans have altered the landscape to suit their purposes over the past three centuries, it is our inadvertent introduction of pathogens that is now altering our forests. The 20th c. saw the decimation of white pines from blister rust, and of elms through Dutch elm disease, and the almost total loss of American chestnuts by 1950 from an Asian fungus. For six years now, the Woodbridge Land Trust has hosted one of the American Chestnut Foundation's research orchards on the FitzGerald property. Their goal is to "produce blight resistant trees that would be used to repopulate the species". In two years you may have the opportunity to plant nuts from those trees. Trust President, Lochlin Reidy told me that they are also growing about 20 elms in hopes of reestablishing them, too.

So, before the spring leaves obscure the landscape, go out and read the history of our town in her trees. Take a look at the young chestnuts as you walk on the cornfield trail. Keep an eye out for the new threats to our trees: the emerald ash borer and Asian longhorned beetle. And I invite you to send me stories of your discoveries of notable trees (at woodbridgetownnews.com or muffykg@aol.com). For more information, I recommend two books, *READING THE FORESTED LANDSCAPE* by Tom Wessels and *Seeing Trees* by Nancy Ross Hugo with gorgeous photos by Robert Llewellyn.

HOUSES OF WORSHIP EVENTS



Temple Emanuel Celebrates Debbie Friedman

"We must live for today, we must build for tomorrow. Give us time, give us strength, give us life..." (Lyrics from "And the Youth Shall See Visions" by Debbie Friedman, 1981.)

On Sunday, January 27, Temple Emanuel celebrated the musical life and legacy of the late Debbie Friedman, a leading composer and performer of contemporary Jewish music, with a concert of her music and the music of others influenced by her work. Participants in the event included the children of the Temple Emanuel religious school, the newly formed TE Children's Choir, directed by Anna Zonderman, and the TE Band, directed by Laurel Shader. In addition to several iconic songs by Friedman, who died in 2011, the TE musicians performed tunes by such composers as Julie Silver, Dan Nichols, Craig Taubman, Jacob "Spike" Kraus, Stephen Schwartz and Peter and Ellen Allard. Rabbi Michael Farbman explained how, as the first to bring a woman's voice and perspective into late 20th century Jewish music, Friedman inspired two generations of musicians to write accessible songs combining liturgy and social commentary.



Temple Emanuel

Upcoming events at Temple Emanuel, both musical and non-musical, include "This is Purim," the Megillah reading and Purim shpiel on February 23, and the annual town-wide Interfaith Scholar in Residence Learning Experience, featuring a panel of Orange clergy discussing "Multiple Perspectives on Holiness" on March 10.

For more information about Temple Emanuel, please go to www.templemanuel-gnh.com, or call the office at 203-397-3000.

Saint Barbara Greek Orthodox Church to Present "A Taste of Greece"

Saint Barbara Greek Orthodox Church announced details regarding A TASTE OF GREECE, to be held Saturday, March 9, 2013 from 11:00am-9:00pm. This one-day food festival features our mouthwatering Greek cuisine. Held in the Social Hall of the beautiful Byzantine-style Saint Barbara Greek Orthodox Church, A TASTE OF GREECE offers a sampling of our well known dishes and desserts.



Saint Barbara Greek Orthodox Church

A TASTE OF GREECE INCLUDES:

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- Greek Pastries (glyka) – Baklava (layers of nuts and filo, drenched in syrup), Kourabiedes (shortbread dusted with powdered sugar), Galatoboureko (flaky pastry filled with custard), and Ravani (moist almond and honey cake).
- Eat-In or Take-Out – Dine in our elegant social hall, and/or take food and pastries to go for another Greek meal.

For 32 years Saint Barbara Greek Orthodox Church has delighted the senses at ODYSSEY, A GREEK FESTIVAL with a feast of Greek cuisine. Now you don't have to wait for Labor Day weekend! Due to popular demand, on Saturday, March 9, 2013, A TASTE OF GREECE will treat your taste buds to some of your favorites. Meet friends and family in Saint Barbara's Social Hall to dine Greek style. Take home some of your favorites for another meal.

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Our Lady of Sorrows Catholic Church Easter Service Schedule

Our Lady of Sorrows Traditional Catholic Church on 378 Spring Street, Orange will be conducting Easter services as follows:

- Holy Thursday (3/28) 6:00pm;
- Good Friday (3/29) 6:00pm;
- Holy Saturday 12:00am midnight (pre-mass service @ 11:30); and
- Easter Sunday 9:00am, 6:00pm.



Our Lady of Sorrows Catholic Church

Woodbridge Town News

Woodbridge Churches, Synagogues & Houses of Worship!

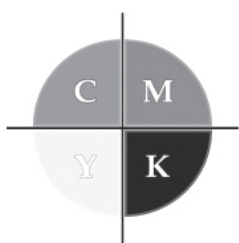
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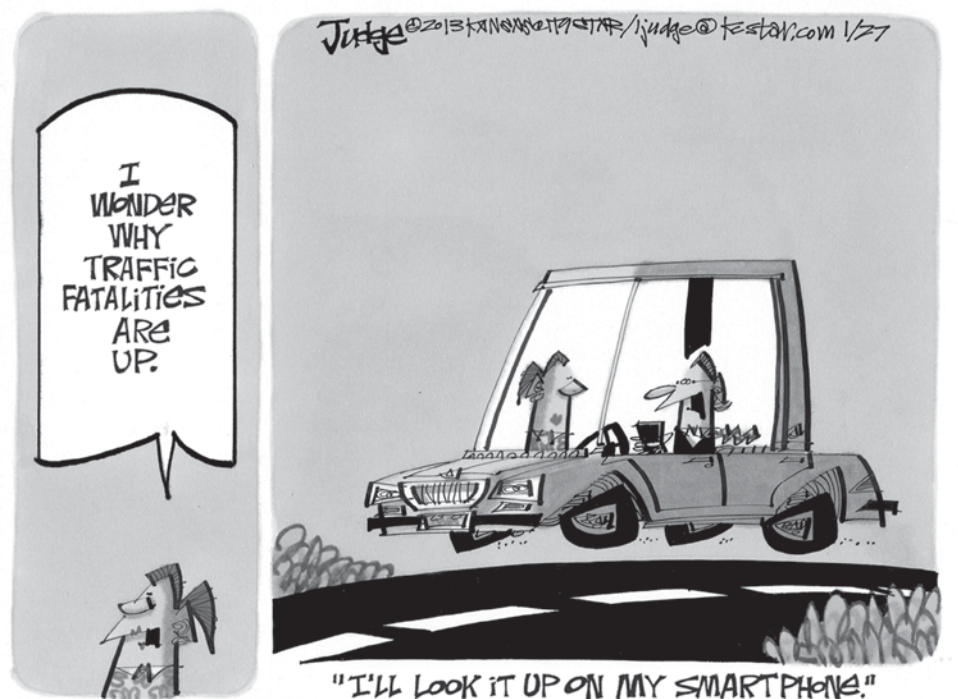


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Wine Talk

With Ray Spaziani

Switzerland... Its Wines & History



I have a very fond memory associated with Switzerland and Swiss wines. As a young man I was working my way through college playing saxophone on weekends in various bands. A very great musician and wonderful man, Sal Liebro, was a sought after lead alto player in many big name big bands in the 40's and 50's. He had played all the great gigs with Les and Larry Elgart who provided the music for Bob Hope's various TV gigs entertaining the troops, cut records with all the great singers from Sinatra on down. He was great friends with the jazz great Jerry Mulligan and was close to Hamden's own Domonic "Sonny" Constanzo who was one of greatest jazz trombone players you could imagine. He had a sound that was so unique and so pleasing you had to hear it to believe it. Sal introduced me to Sonny and I became associated with the Quinnipiac College Jazz Ensemble. This was a fantastic college jazz organization that Sonny directed and played with upon occasion. We had very few musicians from Quinnipiac but we played at the Quinn Jazz Festivals and we gave concerts with the great Clark Terry who played with the Tonight Show Big Band and Jerry Mulligan and several other Jazz Greats who Sonny would get to play with us. We played on the New Haven green and at Quinnipiac College and at several locations. We cut a couple of records and in June of 1971 we were invited to play at the famous Montreaux Jazz festival in Montreaux Switzerland on the Lake Geneva shore line. Our 20 year old drummer was Ralph Nuzzo who, this past year, retired as principal of the Orange Kindergarten at the Mary L Tracy School. I went there expecting to quaff hearty German beers my older brothers had told me about when they were stationed in Germany in the early 50's. Instead I found wonderful white wines that I had never known and a great red wine called Blauburgunder. The flight attendants for Swiss Air were staying at our hotel and we were intimidated by them thinking of them as girls from a James Bond movie. When we got to know them they were just nice kids a couple of years out of high school like we were and they helped us order the good wines while giggling at our naiveté.

Switzerland is surrounded by major wine-producing countries and the Swiss are definitely wine conscious. Switzerland is both a wine producer (about 35 million gallons in good years) and it imports a great deal of wine from France, Italy, and Spain, among other countries. Most of the wines they import are red wines as about 65 % of the wines produced in Switzerland are white varieties.

Swiss vineyards date back to Roman times when vines were cultivated around Lake Neuchatel, Morat, and Bienne. In the Swiss mountains, passes such as the Simpson and Saint Gotthard, led to France, Austria, Germany, and Italy and thus became the highroads of the Middle Ages.

The Alps are an important influence on Swiss viticulture. The Alps shield the Valais area from winds and storms, for example, resulting in a temperate climate in summer, even though winters are cold. Most of the vineyards are at high altitudes, carefully terraced. Visperterminen, which is at an altitude of four thousand feet, is the highest vineyard in Europe. Because of the cold climate and high altitude, most vineyards face south over lakes and rivers to benefit from both direct and reflected sunlight. Most of the thirty thousand acres under vines is irrigated with water from melting glaciers through a system of canals.

While some ancient Roman vine areas are still grown, such as the Arvine, Amigne, Humagne, and Rese, the invading dukes of Burgundy brought European varieties with them, and it is these grapes that are grown in Switzerland today. The early indigenous grapes have been replaced, for the most part, by Chasselas, Pinot Noir, and Gamay.

The Chasselas is the most important white-wine grape, and it appears under several names in different parts of Switzerland. In Valais, it is called the Fendant, in Vand it is the Dorth, near Geneva it is the Perlan, and in the German cantons it is the Gutedel. In Neuchatel it is called the Chasselas.

The Sylvaner grape appears in Valais and Geneva, while a cross between Riesling and Sylvaner is grown in the German cantons. The Trainer grape in Valois is sometimes called the Savagnin.

Red wine grapes of French origin are the Pinot Noir and Gamay of Burgundy and the Merlot of Bordeaux. In the German cantons the Pinot Noir is known as the Blauburgunder and the Clevner. The Gamay, in Valais, is called the Goron. The Merlot, a newer vine to Switzerland, grows in Ticino, an Italian region along with the Italian varieties Nebbiolo and Bondolo. The Italian and French cantons of Ticino, Valais, Vaud, Geneva, Neuchatel, and Fribourg produce 90 percent of the wine in Switzerland.

On the southwestern frontiers of Switzerland is the Lake Geneva region, which is sub-divided into smaller regions. Chablais, southeast of Lake Geneva, produces good reds and pleasant whites. East of Lausanne is Lavaux, where one of the finest white wines, Dezaley, is produced from the Chasselas grape. West of Sausanne is La Cote, producing a fresh white wine called Dorin. On the tip of the lake is Geneva itself, the third largest producer. Red wines are produced in Vaud from the Gamay and Pinot Noir grapes, and are labeled Salvagnin.

The Valais, a long valley along the Rhone River, is third largest in area and first in wine production. This canton is favored with good soil and climate. The best wine is Fendant, and some wine called Johannisberger is produced from the Sylvaner. Dole, considered the best red wine of Switzerland, is made from 60 percent Pinot Noir, the balance being Gamay.

The Seeland area, which includes Lake Neuchatel, Morat, and Bienne, has a chalky soil rich in limestone and makes especially good white wines. North of Lausanne, on the north shore of Lake Neuchatel, is the home of the clean, fresh white wine called Neuchatel. It is made from the Chasselas grape and undergoes a second fermentation in the bottle. The wine has a slight petillance because of this and is most refreshing. A light red and a "partridge-eye" rose are produced from the Pinot Noir in the Seeland area. The best red wine is called Cortaillod, named for the village where it is made.

Ticino (Tessin), an Italian region on the other side of the Saint Gotthard Pass from Valais is on the southern slopes of the Alps. There are ten thousand growers around Lake Locarno, Lugano, and Maggiore. The climate is temperate, and the Merlot has been expanded from two thousand to thirty thousand acres in the past thirty years. Merlot produces eight million gallons annually, and the best is labeled Viti, for the appellation Vino Ticinese, if it passed government inspection.

Along the Rhine River, from Chur to Basel, are the German cantons, which produce about 10 percent of Swiss wines. Here red wine, which is 80 percent of the local production, is made from the Pinot Noir.

Champagne Nicolas Feuillatte, the #1 Champagne in France, the country where love is a daily celebration, is a recommended choice. Whether you are in for a romantic evening or a girls-night-out seeking a significant other, let Champagne Nicolas Feuillatte show you the path to romance. The Rose (SRP \$49) comes packaged in a beautiful gift box and will mesmerize anyone falling upon its salmon-pink color, aphrodisiac red fruits notes that pair ideally with a candle-lit dinner boasting lobster or oysters. This classic Brut NV (SRP \$37) will also delight you for this or any other occasion with its refreshing notes of apple and pears.

For those who seek help and advice on how to properly open a bottle, letting out air with a sigh and an exhaustive list of retailers and restaurants carrying the brand near you, turn to your iPhone, iTouch or iPad and download Mobile Toast, Champagne Nicolas Feuillatte's witty application. It will teach you how to avoid overflowing and will allow you to virtually pour a glass and toast your date. Our tip of the week.

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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LOCAL BUSINESS ROUNDUP

Homehaven Receives Grant

Amity Village, serving Orange, Woodbridge and Bethany, is part of HomeHaven (formerly called East Rock Village). HomeHaven is steadily growing in its mission to help people stay in their own homes as they age. For the second year in a row, the organization has received a \$5,000 matching grant from the Village to Village (VtoV) Network and MetLife Foundation to help with the development of a sustainable business and organizational infrastructure. East Rock Village was founded as a nonprofit corporation in 2010 by a group of New Haven neighbors whose purpose was to provide its members with the opportunities, services, and confidence to remain active participants in the life of the community as they grow older, living as fully as possible in the comfort of their own homes and calling on the help of volunteers and contracted home maintenance and health care services as needs arise. Despite the Village's immediate success in recruiting members and raising money from private philanthropic sources, it soon became clear that to continue and still maintain a desired level of services, the organization would need to include more households; there was growing interest from people in surrounding communities, but such expansion beyond the East Rock neighborhood threatened to dilute the concept of a community of involved neighbors, while also increasing the service area for volunteers and contracted agencies. The first \$5,000 Business/Operation Sustainability Grant from VtoV Network, in 2012, was used to hire professional consultants to help find ways to grow without losing the essence of the original vision.

As of January 1, 2013, the single Village with many tentacles to outlying areas has morphed into the umbrella organization, HomeHaven, which currently embraces three local Villages, East Rock, Westville, and Amity, with others to join as they are organized. Each Village will maintain its geographic identity and, while making use of the established operating infrastructure, may develop its own services according to needs in its particular community. The new grant from VtoV Network will be used for evolving a three-year fund development plan for HomeHaven and for the creation of operational and training plans for Village leaders and volunteers. As of February 2013 HomeHaven has 113 member households and 177 individual members.

HomeHaven is a member of the VtoV Network, which is a national organization that supports communities in establishing and managing their own Villages. Currently there are some 94 operating Villages in the United States and over 120 communities that are in some stage of developing one. HomeHaven is one of 12 Villages receiving Sustainability Grants from VtoV Network and MetLife Foundation in 2013. For more information visit the website www.HomeHavenVillages.org.

Cohen and Wolf "Cinco de Miles" Road Race

Together with the Autism Services and Resources CT, the Orange Chamber of Commerce presents the Cohen and Wolf Cinco de Miles Road Race. The race will begin at the High Plains Community Center on May 5, 2013 at 8:30 a.m. Dri-fit tee shirts will be given to the first 400 runners to register. The course is a 5 mile run through the country roads in Orange, beginning and ending at High Plains Community Center.

The mission of the ASRC is to provide, through its many programs, the most recent information and research to help parents and professionals understand the barriers and challenges people with ASD face on a daily basis. The ASRC Center is committed to raising public awareness about autism spectrum disorders and devoted to empowering families and lessening their isolation. They are the leader in the state dedicated to training, advocacy, integrated recreational programs, sibling support, adult support and much more. The ASRC is a 501(c)(3), non-profit organization in Connecticut that serves individuals with autism spectrum disorders, their family members, and the professionals who work with them.

Founded in 1962, the mission of the Orange Chamber of Commerce is to provide leadership in promoting a favorable business climate for our members. The Chamber is dedicated to being a proponent for the business community through education, interaction and support.

Participants of the race can register at Active.com. Fees are \$25.00 in advance \$30.00 day of event. Registration closes on Friday, April 26, 2013 @ 11:59 PM PST.

For more information, call 203.795.3328 or e-mail Info@orangetchamber.com.

Shear Bella to Offer Full Salon Services

While the faces and skills may be familiar to Woodbridge residents, the salon, Shear Bella, will bring new life to the town. Shear Bella, located at 31 Lucy Street in Woodbridge, will offer full salon services and is slated to open on March 1, 2013.

Shear Bella, the full service salon, will offer haircuts, Joico color and highlights (the leading color line in the world,) waxing and makeup. It will also offer great take home products to help recreate the styles provided.

The new owners, Rachel Fasano and Maria Colagiovanni-Quintana, will open Shear Bella with 24 years of combined experience. Maria, a Woodbridge native, has been a hairdresser for 18 years. Rachel has been a hairdresser for six years and has worked in Woodbridge for the last 5 ½ years. When asked what it takes to be successful at hairdressing, Rachel quickly answers, "You must continue to take classes all year to stay up on the latest styles and trends and listening to your clients' desires is a must!" For more information or to make an appointment with Rachel, call 203-687-9830; Maria, 203-435-6218.



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.

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.

Garden Club of Woodbridge Meeting, Marna Ringel presents "Bright Spring Creations", Tuesday, March 5, 2013, 11:45am/refreshments; 12:30pm/presentation; \$5.00 fee for non-members, First Church of Christ, 5 Meetinghouse Lane in Woodbridge.

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.

Artist Patti Mollica Lecture/Demo, Monday, March 18, 2013, 1:00-3:00pm, St. Paul's Episcopal Parish Center, 25 Church St, Huntington, CT. Patti is a well-known acrylic artist, she will be using Golden Acrylics, and all those who register will receive free product samples and hand-painted color charts! This is a FREE event - but, you must register by March 13th if you want to receive free samples. TO REGISTER: e-mail capisani@charter.net or call Carol @ 203-502-8177

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

Children's Easter Party, Saturday, March 23, 2013 rain or shine, 10:00am - noon, Sacred Heart Academy campus, 265 Benham Street in Hamden, best suited for children from toddlers to age nine, open to the community, \$10.00/children; adults and children one and under/complimentary. Advance reservations required online - www.sacredhearthamden.org > easterparty; Sr. Mariette Moan, ASCJ, Dir. of Alumnae Relations 288-2309, x 313; or email - alumnae@sacredhearthamden.org.

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

Woodbridge Republican Town Committee Gala Auction Event, Saturday, March 23, 2013, 7:00-10:00 P.M. at Coachman's Square, \$20/pp includes food, beverage and a grand time, silent and live auction. For more information and tickets, contact Anthony (Tony) Anastasia 203-980-9373.

Death Notices



Natalie S. Smith

Natalie S. Smith, age 91 of Woodbridge, formerly of Orange entered into peaceful rest Feb. 15, 2013 at the Willows of Woodbridge with her devoted family by her side. She was the beloved wife of the late Francis W. Smith. Mrs. Smith was born August 15, 1921 in Meriden, daughter of the late James W. and Helen (Fitzgerald) Shortelle. Natalie was a retired Executive Director for the Printing Industry of Connecticut; she was a communicant of Our Lady of the Assumption Church. She was a longtime resident of Orange, and was a member of the Orange Republican Women's Club. Mrs. Smith and her late husband also lived in their retirement in North Ft. Meyers, FL. She enjoyed playing Bridge, square dancing, and travel.



Natalie S. Smith

Natalie leaves her loving family including 2 daughters, Nancy Kriz and her husband Joseph of Woodbridge, and Sally Winchester and her husband James W. of Tallapoosa, GA, 2 sons, Thomas F. Smith of Cincinnati, OH, and Peter J. Smith and his wife Linda of Chatham, MA, a brother James W. Shortelle of Wallingford, grandchildren, J. Michael and David A. Kriz, Kevin and Todd Smith, and Stephen, Brian, Gregory, and Andrew Smith, also 13 great grandchildren.

A Memorial Mass of Christian Burial will be celebrated Saturday March 9th at 10 a.m. in Our Lady of the Assumption (Mother Church) 1700 Litchfield Turnpike, Woodbridge. There are no calling hours. Memorial gifts may be sent to Masonicare Hospice, 33 North Plains Industrial Road, Wallingford, CT 06492. The Ralph E. Hull Funeral Home, 161 W. Church ST., Seymour is entrusted with the arrangements. To share a memory online, please only go to www.hullfh.com.

Verla Helene P. Schenarts

Verla Helene P. Schenarts, 86, of Woodbridge, wife of the late Theodore Schenarts, passed away on February 15, 2013 surrounded by her family. Born in New Haven on October 11, 1926 to the late Frederick and Helene Kandetzki Pokrop, Verla is survived by her two granddaughters, Tricia Rowold & her husband David of Bloomfield, NJ and Tabatha Maccio & her husband Gabriel of Cromwell; her two great-granddaughters, Sarah Rowold & Jenna Maccio and her brothers Paul Pokrop of Norwalk & Harold Pokrop of Florida. She was predeceased by her daughter, Verla Goodhue. Verla grew up in New Haven and moved to Hamden where she lived for 52 years before moving to the Willows in Woodbridge. For many years she was employed at Circuit Wise and most recently had worked at Toys-R-Us in Guest Services. Verla always enjoyed interacting with people and helping them whenever she could. She taught Sunday school at the Trinity Lutheran Church in New Haven. On weekends, Verla and her husband loved leaving their house and traveling to wherever the winds took them. The beach was one of her favorite places to visit and sharing those moments with her daughter and then granddaughters was very special.



Verla Helene P. Schenarts

Verla's Funeral Service was held on February 18th at BEECHER & BENNETT, 2300 Whitney Ave, Hamden. Burial was Private. Contributions in Verla's memory may be sent to Good Shepherd Lutheran Church, 3680 Whitney Ave., Hamden, CT 06518. To send a condolence, please 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

Funeral services were held on Monday, February 4, 2013 in the Church of Jesus Christ of Latter Day Saints, 990 Racebrook Rd, Woodbridge, CT 06525. Interment with Military Honors followed in Centerville Cemetery, Hamden. Contributions in his memory may be made to his church or to the Salvation Army, 301 George Street, New Haven, CT 06511. Arrangements were in care of Beecher & Bennett Funeral Home, 2300 Whitney Ave, Hamden. To send a condolence to his family, please see: www.beecherandbennett.com.

Dr. Ella Yensen Fierman

Dr. Ella Yensen Fierman, a retired clinical psychologist, wife of the late Dr. Louis B. Fierman, and a devoted mother and grandmother, passed away at her home on Thursday, February 7, 2013 at the age of 90. Dr. Fierman, the daughter of the late Cecil and Dortha Yensen, was born in Cleveland, Ohio, June 20, 1922. She received a B.S. in psychology and sociology from Case Western Reserve University in Cleveland, Ohio, and an M.S. in psychology from the University of Iowa. In later years, she completed her Ph.D. in psychology through the Saybrook Institute of San Francisco, California. For many years, together with her husband Louis, Dr. Fierman was the director of Psychotherapy Associates of Connecticut. She pursued many interests in years past, including traveling, exploring the Colorado river, and visiting Europe and Russia. She had a passion for gardening, birds, and all wildlife. She also enjoyed collecting and creating artwork. Dr Fierman is predeceased by her brother Volmer Yensen and sisters Helen Malokas and Nina Pierce. She is survived by her son Daniel, her daughter Lauren and son-in-law Daryll, and her two grandchildren Kelsey and Nicholas.

Funeral arrangements were made by Beecher & Bennett Funeral Home, 2300 Whitney Ave, Hamden. Burial took place on in Beaverville Memorial Park, New Haven. To send a condolence to her family, please see: www.beecherandbennett.com.

Woodbridge Town News

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



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top 10 movies

TOP DVD RENTALS AND SALES

- 1. Identity Thief (R)**
Jason Bateman, Melissa McCarthy
- 2. Warm Bodies (PG-13)**
Nicholas Hoult, Teresa Palmer
- 3. Side Effects (R)**
Rooney Mara, Channing Tatum
- 4. Silver Linings Playbook (R)**
Bradley Cooper, Jennifer Lawrence
- 5. Hansel & Gretel: Witch Hunters (R)**
Jeremy Renner, Gemma Arterton
- 6. Mama (PG-13)**
Jessica Chastain, Nikolaj Coster-Waldau
- 7. Zero Dark Thirty (R)**
Jessica Chastain, Joel Edgerton
- 8. Argo (R)**
Ben Affleck, Bryan Cranston
- 9. Django Unchained (R)**
Jamie Foxx, Christoph Waltz
- 10. Bullet to the Head (R)**
Sylvester Stallone, Jason Momoa

- 1. Looper (R)**
Joseph Gordon-Levitt
- 2. Ted (R)**
Mark Wahlberg
- 3. The Bourne Legacy (PG-13)**
Jeremy Renner
- 4. Pitch Perfect (PG-13)**
Anna Kendrick
- 5. The Dark Knight Rises (PG-13)**
Christian Bale
- 6. Ice Age: Continental Drift (PG)**
animated
- 7. Possession (PG-13)**
Jeffrey Dean Morgan
- 8. Trouble With the Curve (PG-13)**
Clint Eastwood
- 9. Total Recall (PG-13)**
Colin Farrell
- 10. The Watch (R)**
Ben Stiller



Chartbusters

Top 10 Pop Singles

- 1. Macklemore & Ryan Lewis feat. Wanz**
"Thrift Shop"
- 2. Bruno Mars**
"Locked Out of Heaven"
- 3. will.i.am & Britney Spears**
"Scream & Shout"
- 4. The Lumineers**
"Ho Hey"
- 5. Taylor Swift**
"I Knew You Were Trouble"
- 6. Swedish House Mafia feat. John Martin**
"Don't You Worry Child"
- 7. Justin Bieber feat. Nicki Minaj**
"Beauty and a Beat"
- 8. A\$ap Rocky feat. Drake, 2 Chainz & Kendrick Lamar**
"F--kin Problems"
- 9. Pink**
"Try"
- 10. Calvin Harris feat. Florence Welch**
"Sweet Nothing"

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. Blake Shelton**
"Sure Be Cool If You Did"
- 5. Jason Aldean with Luke Bryan & Eric Church**
"The Only Way I Know"
- 6. Florida Georgia Line**
"Cruise"
- 7. Tim McGraw**
"One of Those Nights"
- 8. Carrie Underwood**
"Two Black Cadillacs"
- 9. Randy Houser**
"How Country Feels"
- 10. Little Big Town**
"Tornado"



Blake Shelton

COUCH THEATER DVD PREVIEWS

BY DNA SMITH



Gerard Butler in "Playing for Keeps"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of March 4, 2013.

PICKS OF THE WEEK

"Wreck-It Ralph" (PG) -- The villain of an old arcade game decides he's done being the bad guy, and travels to other video games to find a new life. Wreck-It Ralph (John C. Riley) is a loveable, misunderstood giant who wants to get out from the shadow of his game's titular good guy, Fix-It Felix. Along the way, he teams up with annoying little girl from a racing game (Sarah Silverman). Every shot is packed with nostalgic nuances and rewarding visuals for the watchful. Characters from every generation of video games make clever appearances. The script is fast-paced enough to keep the kids involved in its story about a supposed bad guy who only wants to be kind and be accepted.

"Red Dawn" (PG-13) -- A handful of well-armed American teens wage war

against North Korean invaders in Spokane, Wash. For some convoluted reasons, North Korea 1) Has the resources for a land invasion of America, and 2) Actually does that. Who cares about the details? Only one of the foreigners has a name, and the rest get handily gunned down by suburban high-school students. Oh yeah, and it stars Josh Hutcherson and Chris Hemsworth -- two stars who signed on to the project just before their big breaks.

This is a remake of a big-deal '80s movie by the same name. Even the old "Red Dawn" doesn't hold up well in the modern climate, and this one has none of the charm and depth of the original. And the original was not deep.

"The Intouchables" (R) -- This French import tells a (kinda) true story about the friendship between a super-rich white man in a wheelchair and a black man he hires to be his assistant. It's full of life-affirming messages and tender scenes, all wrapped up in race humor that American audiences got tired of a while ago. The white guy likes classic orchestra, but his black friend gets him to listen to Earth, Wind & Fire. It's not the barrier-breaking true story it wants to be, but it might just produce some warm and fuzzy feelings.

"Playing For Keeps" (PG-13) -- A washed-up soccer star from Scotland (Gerard Butler) ends up in Virginia suburb with his ex-wife (Jessica Biel) and their son. While trying to prove he can be a real grownup, Butler's character gets roped into coaching his son's youth league team. Soon, he's swarmed by sultry soccer moms and stale comedy. This romantic comedy is as funny as a soap opera and as romantic as a "Lockhorns" comic strip.

1. What singer had a Top 10 hit with "Pride and Joy"?
2. Who released "Spanish Stroll," and when?
3. Which one-name artist released "I Want to Be Your Man?"
4. Who had a hit with "Calendar Girl"?
5. Name the song with this lyric: "Soon he'll be there at your side with a sweet bouquet, And he'll kiss your lips and caress your waiting fingertips."



1. Marvin Gaye, in 1963. He was shot and killed in 1984 during a violent argument with his father, Marvin Gay Sr. received only five years probation, even though his second shot was at point-blank range after Gaye was already dead.
2. Mink DeVille, in 1977. It was used on the soundtrack of "In the Land of Women" in 2007.
3. Roger Troutman, aka Roger, in 1988. His "The Many Facets of Roger" solo album was released after his debut with the group Zapp.
4. Pop artist Neil Sedaka, in 1961. His mother took a second job to buy a piano, thinking that the young Neil would become a classical pianist.
5. "It's All in the Game" by Tommy Edwards, in 1958. The melody was originally written in 1911 by Charles Dawes, who became the 30th vice president under Calvin Coolidge.

Sudoku answers on page 32

Weekly SUDOKU

by Linda Thistle

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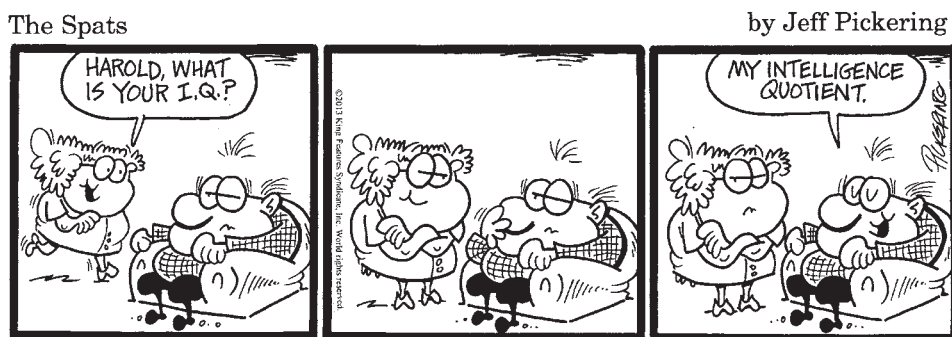
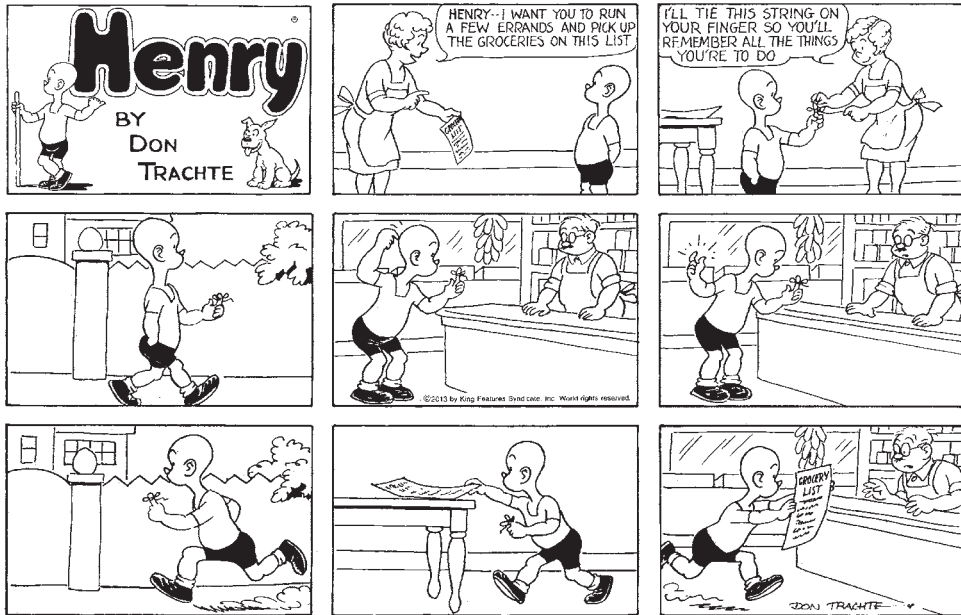
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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COMICS / CROSSWORD / HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Henry Cavill

HOLLYWOOD -- We will finally see the long-awaited reboot of the Superman franchise when "Man of Steel" opens June 14. The last Superman reboot, starring Brandon Routh, failed at the box office. This time around, British actor Henry Cavill is "The Man of Steel." We first saw Henry in "The Tudors" from 2007-2010.

Among his film roles were "Stardust" (2007) with Claire Danes, Sienna Miller, Peter O'Toole, Michelle Pfeiffer and Robert DeNiro, which cost \$88.5 million to shoot and made \$135.5 million. In 2009, Woody Allen cast him in "Whatever Works," with Larry David, Evan Rachel Wood, Ed Begley Jr. and Michael McKeon. In 2011, Cavill succeeded with "The Immortals" in 3D, with Stephen Dorff, Kellen Lutz, Frieda Pinto and Mickey Rourke. It cost \$75 million to make and earned a whopping \$227 million. This year's "Cold Light of Day," with Bruce Willis and Sigourney Weaver, came and went, costing \$20 million to make with only \$16 million in ticket sales.

As in the original "Superman," a first-rate cast will back him up. Four-time Oscar-nominee Amy Adams is Lois Lane (which Margot Kidder played), and Oscar-nominee Michael Shannon is the ruthless General Zod (originally Terence Stamp). Oscar winner Kevin Costner is Jonathan Kent, Superman's adoptive father (originally Glenn Ford), while Oscar-nominee Diane Lane is Martha Kent, his mother (originally Phyllis Thaxter). Oscar-nominee Laurence Fishburne is Perry White (originally former child star Jackie Cooper) and Oscar winner Russell Crowe is Jor-El, Superman's father on Krypton (originally Marlon Brando).

Cavill's Superman will have a dif-

ferent look. The Superman suit has been given an upgrade in the form of a built-in crotch (yes, that's what they're calling it!). The decision was based on the desire to make Superman more alien, and the red undershorts made him more Earth-like. Henry Cavill is more than capable of filling out the suit -- from top to bottom -- without any padding. The opening date of the film was chosen to honor the 75th anniversary of the release of the first comic book featuring Superman, Action Comic No. 1. How will Americans react to an English Superman, and what about the other skeleton's in Henry's closet that may come out?

BITS & PIECES: Elizabeth Olsen and "Breaking Bad's" Bryan Cranston are in talks for yet another remake of "Godzilla," and here we thought Mathew Broderick's reboot put an end to that! ... TV isn't exempt from comic-book reboots. There's talk of a TV series based on the 1968 Jane Fonda film "Barbarella," which contained a scene where little robots tore off Barbarella's clothes ... well, you can do just about almost anything on cable these days!

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

King Crossword

ACROSS

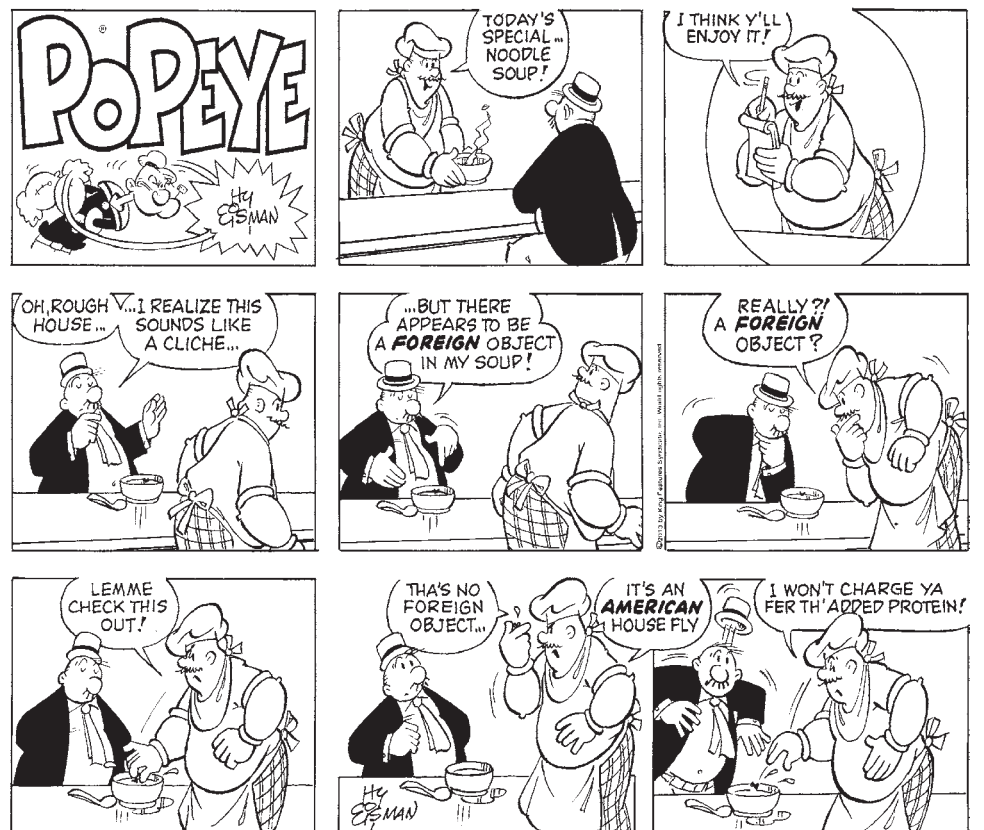
- 1 Eastern European
- 5 Use a crowbar
- 8 Resistance measures
- 12 Chantilly, e.g.
- 13 Individual
- 14 Reach 212 degrees, perhaps
- 15 Microwave, for one
- 16 Willingness to wait
- 18 No-goodnik
- 20 Bit of progress
- 21 Makes a mistake
- 23 Neither partner
- 24 New England football team
- 28 Astronaut
- 31 "This tastes awful!"
- 32 Wall painting
- 34 Ram's mate
- 35 Standard
- 37 New Jersey city
- 39 Corn spike
- 41 Purple shade
- 42 Sculpture
- 45 Pale brown monkey
- 49 Spoke rapid-fire

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- 51 Conflagration
- 52 Out of the storm
- 53 -- carte
- 54 Rim
- 55 Fix
- 56 Firmament
- 57 Smell bad
- DOWN**
- 1 Unkempt one
- 2 Volcano out flow
- 3 Scored 100 on
- 4 Plywood layer
- 5 Boy band, e.g.
- 6 Genetic letters
- 7 Bigfoot's cousin
- 8 Fairy king
- 9 Award recipients
- 10 Insignia
- 11 Coaster
- 17 Hostel
- 19 Bleak
- 22 Knapsack part
- 24 Play on words
- 25 Past
- 26 Menace
- 27 " -- Night Live"
- 29 Jima
- 30 Author Deighton
- 33 Walesa of Poland
- 36 In a thick tangle, as hair
- 38 Close-fitting jacket
- 40 Regret
- 42 Unwanted email
- 43 Story
- 44 Historic periods
- 46 Faction
- 47 Incite
- 48 Look for
- 50 Wapiti

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King Crossword Answers on Page 32



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Woodbridge Recreation Spring Programs 2013

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MONDAY

BOWLING – Grades K–6 AMITY BOWLING CENTER APR 1 thru JUNE 10
Busing to Amity Bowling will be provided and is included in the cost. Cost also includes the rental of bowling shoes. TIMES: 3:15 Leave for bowling and 5:15 pick up at Amity Bowling Center BY PARENTS FEES: \$100.00 Residents \$110.00 Non-Residents. Food may be purchased at the refreshment stand at an additional cost.

TENNIS – Grades K-6 Beecher Tennis Courts APR 22 thru JUNE 3 Beginner/Intermediate 3:25-4:25pm.
Cost \$100 Residents \$110 Non-Residents

TAEKWONDO – Grades K-6 WORLD CHAMPION TAEKWONDO AMITY RD APR 1 THRU JUNE 10 \$150.00 Busing to 152 Amity Rd. will be provided and is included in the cost. 3:15 Leave for Taekwondo and pick up between 4:30 - 5:00 at World Champion Taekwondo at 152 Amity Rd BY PARENTS

RUNNING CLUB – Grades 3 – 6 Monday, Wednesday, & Friday 7:15am-8:15am APR 22–JUNE 7. Bus Transportation provided to Beecher Rd School at the end of each morning. \$75

KUMON-math.reading.success – Grades K-6 APR 1 thru JUNE 10 after school math & reading program. Busing to 152 Amity Rd. will be provided and is included in the cost. 3:15 Leave for Kumon and pick up between 4:30 - 5:00 at Kumon of Woodbridge at 152 Amity Rd BY PARENTS \$330

NO PROGRAM APRIL 8, 15 & MAY 27

TUESDAY

CAPTURE THE FLAG, MATT-BALL, KICKBALL – Grades K-6 BEECHER SO. GYM APR 2 thru JUNE 4. TIMES: 3:15 to 5:00 pm FEES: \$85.00 Residents \$95.00 Non-Residents

ARTS & CRAFTS –Grades K-6. REC DEPT. OFFICE APR 2 thru JUNE 4 3:30-4:30pm FEE: \$85

LITTLE SCIENTISTS – Grades K-5 BEECHER SOUTH ASSEMBLY APR 9 thru JUNE 4 3:30 – 4:15pm \$148

SOCCER - New England Comets Grades 1-4 BEECHER SOUTH FIELD APR 9 thru JUNE 4. TIME: 3:30 -4:30pm FEE: \$100.00

NO PROGRAM APRIL 16

WEDNESDAY

BASKETBALL – Grades K–6 BEECHER SOUTH GYM APR 3 thru JUNE 5
TIMES: 3:15 to 5:00pm FEES: \$85.00 Residents \$95.00 Non-Residents

CHESS – Grades K-6 REC DEPT OFFICE–APR 3 thru JUNE 5 TIME: 3:30 – 4:30pm \$70.00

WORLD DANCE – Grades K-6 BEECHER SO. ASSEMBLY APR 3 thru JUNE 5. TIMES: 3:30 to 4:30 pm FEES: \$80.00 Residents \$90.00 Non-Residents

NO PROGRAM APRIL 10, & 17

THURSDAY

FLAG FOOTBALL – Grades K–6 BEECHER SOUTH FIELD APR 4 thru JUNE 6. TIMES: 3:15 to 5:00pm FEES: \$85.00 Residents \$95.00 Non-Residents

KARATE – Grades K-6 BEECHER SOUTH ASSEMBLY. Session 1 MAR 14-APR 25 3:30 – 4:15 FEES: \$70 Residents \$80 Non-Residents. Session 2 MAY 2 – JUNE 6 3:30 – 4:15 FEES \$70 Residents \$80 Non-Residents. *Uniforms not included

NO PROGRAM APRIL 18

FRIDAY

STICKBALL – Grades 3–6 BEECHER NORTH TENNIS COURTS APR 5 thru JUNE 7. TIMES: 3:15 to 5:00PM LIMITED ENROLLMENT: MAX 36. FEES: \$85.00 Residents \$95.00 Non-Residents

TENNIS RACQUET STICKBALL Grades k-2 BEECHER SOUTH POOL COURT APR 5 thru JUNE 7. TIMES: 3:15 to 5:00PM FEES: \$85.00 Residents \$95.00 Non-Residents

ENGINEERING WITH LEGOS- Grades 3-5 BEECHER SO. ASSEMBLY APR. 5 – MAY 31 TIME 3:30 TO 5:00pm \$138

NO PROGRAM APRIL 19

SATURDAY

GYMNASTICS/MOVENASTICS –BEECHER SOUTH GYM APR 6 thru JUNE 8. GYMNASTICS ALL LEVELS: 9:00 AM to 10:00 AM. MOMMY & ME MOVENASTICS (3, 4, and 5 year olds): 10:30 AM to 11:15 AM. FEES: \$85.00 Residents \$95.00 Non-Residents

TENNIS – APR 27 thru JUNE 1 \$100 Residents \$105 Non-Residents CENTER RD COURTS 9:00am-10:00am – Munchkin 10:00am-11:00am – Youth Beginner/Advanced Beginner. 9:00am – 10:00 am Adults

GUITAR – BEECHER SO. ASSEMBLY Guitar 1 class: 10:00 AM – 11:00 AM, Guitar 2: 11:00am – 12 noon APR 6 – JUNE 1 AGES 10 AND UP. \$80

NO PROGRAM APRIL 20

PLEASE NOTE: ALL OF THE ABOVE PROGRAMS ARE FOR BOYS AND GIRLS! PARENTS MUST NOTIFY TEACHERS THAT A CHILD IS ATTENDING AN AFTERSCHOOL PROGRAM! No Peanut Butter Snacks allowed.

Public Notices

A public notice is information informing citizens of government activities that may affect the citizens' everyday lives.

Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.

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DONATIONS WANTED - Helping Hands Community Thrift Store raises money for over 125 local non-profits. Donate your furniture, housewares, clothing etc. and make a difference! Call 203-782-4800 for a Free Furniture Pick-Up. Two Locations for donation drop-offs and shopping: 334 Boston Post Rd, Orange and 77 State Street, North Haven; www.helpinghandscftb.com.

HELP WANTED

DRIVER NEEDED - for legally blind young man from the Milford train station to the Turkey Hill School area to around 7:00 pm. Mon-Fri. Willing to share commute cost with someone or pay for service directly. Call: 203-887-8177.

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— King Crossword — — Weekly SUDOKU —

Answers

Answer

Solution time: 21 mins.

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Salome's Stars

ARIES (March 21 to April 19) Your soft-hearted self is drawn to a tempting offer. But your hard-headed half isn't so sure. Best advice: Do it only after every detail is checked out to your liking.

TAURUS (April 20 to May 20) Your inventive mind should help you find a way to get around an apparently impassable barrier and make yourself heard. Your efforts get you noticed by the right people.

GEMINI (May 21 to June 20) You're enjoying this creative period. But by midweek, you'll need to emphasize your more pragmatic talents as you consider a risky but potentially lucrative move.

CANCER (June 21 to July 22) An unexpected rejection could turn into something positive if you pocket your pride and ask for advice on how you can make changes that will make the difference.

LEO (July 23 to August 22) Your Lion's heart gives you the courage to push for answers to a job-related situation. Stay with it. You'll soon find more believers coming out the ranks of the doubters.

VIRGO (August 23 to September 22) Your curiosity pays off this week as you push past the gossip to find the facts. What you ultimately discover could lead you to make some changes in your plans.

LIBRA (September 23 to October 22) A new sense of enthusiasm helps get you out of on-the-job doldrums and back into a productive phase. Family matters also benefit from your more positive attitude.

SCORPIO (October 23 to November 21) A bit of nostalgia is fine. But don't stay back in the past too long or you might miss seeing the signpost up ahead pointing the way to a new opportunity.

SAGITTARIUS (November 22 to December 21) If you feel you need to take more time to study a situation before making a decision, do so. Don't let anyone push you into acting until you're ready.

CAPRICORN (December 22 to January 19) As the Great Advice Giver, the Goat really shines this week as family and friends seek your wisdom. Someone especially close to you might make a surprising request.

AQUARIUS (January 20 to February 18) Spiritual concerns dominate part of the week before more worldly matters demand your attention. An old promise resurfaces with some surprises attached.

PISCES (February 19 to March 20) You're in a highly productive period and are eager to finish all the projects you've taken on. But don't let yourself get swamped. Take a breather now and again.

BORN THIS WEEK: You have a gift for learning new things quickly and applying your knowledge to best advantage where needed.

Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY

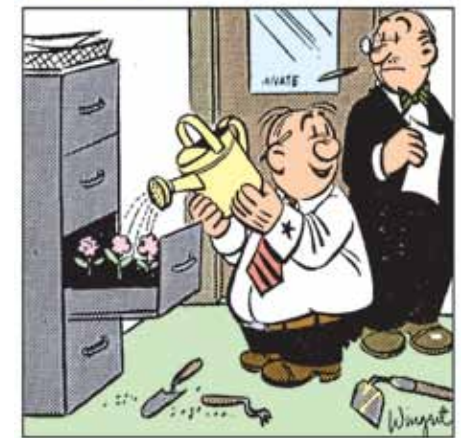


"Al, get the truck! This guy's REALLY in trouble!"

MISTER BREGER By Dave Breger



HUBERT - - By Dick Wingert



"I think they'll pull through the winter all right."

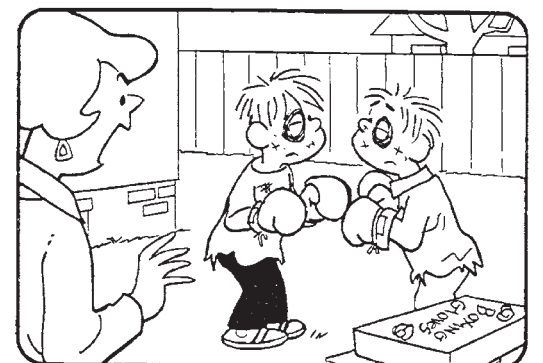
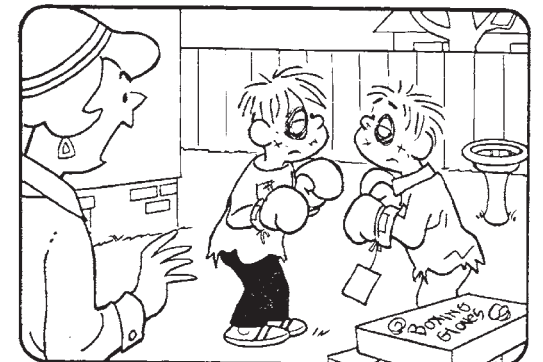
top ten

AIR PURIFYING HOUSEPLANTS

1. Areca palm
2. Lady palm
3. Bamboo palm
4. Rubber plant
5. Dracaena "Janet Craig"
6. English ivy
7. Dwarf date palm
8. Ficus Alii
9. Boston fern
10. Peace lily

Source: NASA

HOCUS - FOCUS BY HENRY BOLTIKOFF




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. Hat is missing; 2. Cuff is missing; 3. Arm is missing; 4. Tag is missing; 5. Bird bath is missing; 6. Box cover is reversed.

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No Bad Breath, So Why Brush Teeth?



DEAR PAW'S CORNER: What are the risks if I don't brush my dog's teeth? He doesn't have really bad breath, so I don't see the point. -- Frank G., Houston

DEAR FRANK: Good question! Periodontal disease is a problem that develops over time. Your dog's breath might be OK now, but his teeth and gums could be slowly deteriorating as plaque builds up. And while bad breath often signals gum disease, it isn't the only indicator of a problem. Brushing your dog's teeth regularly helps prevent periodontal disease. A dental checkup and cleaning at the veterinarian's office every six or 12 months is important too, because the vet will remove built-up plaque and also diagnose problems or point out potential issues that you can head off early.

According to vets at VCA West Los Angeles, there are more reasons to brush your dog's teeth.

- Pets often hide dental pain, like a toothache or abscess. Frequent brushing means you're more likely to realize there is a problem and take your dog to the vet to get it checked out.
- Severe periodontal disease can weaken a dog's jawbone to the point where it breaks.
- Periodontal disease can lead to infections in a dog's blood or heart.
- Oral cancer can be caught and treated earlier with regular veterinary dental cleanings.

VCA West L.A. added that veterinary dental cleanings are usually done while the dog is under anesthesia, to prevent stress and make the dog more comfortable. It also advises that small dogs, and dogs that eat only soft foods, need more frequent cleanings.

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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LOCAL SPORTS

Amity Basketball Clinches First Housatonic Division Championship in Six Years

When Amity (17-5) defeated Shelton 75-60 on February 7, the Spartans clinched their first Housatonic Division championship since the 2006-07 season. It came on the same night that leading scorer Zac Campbell broke the 1,000-career points milestone, too.

Campbell finished with game highs of 22 points and 12 rebounds while Gardner Broderick added 19 points and five rebounds for Amity, which shot 47 percent from the field. The Spartans followed that victory with a 62-30 rout of East Haven on February 15. Amity held the Yellow Jackets to just 23 percent shooting on Senior Night as Remi Farrell paced the team with 11 points. Campbell and Broderick hauled in six rebounds each.

The senior class of Campbell, Broderick, Farrell, Ben LeVine, Gilbert Guo, Alex Tumeniuk and Matt Lettick, were honored in a pre-game ceremony,

along with Marine Corporal and 1989 Amity graduate Chris Zovinka who was in attendance as part of the Wounded Warrior fundraiser. Zovinka coached the Spartans' throwers on the track and field team while assisting around the school in recent years.

Amity fell to the state's top-ranked team, Fairfield Prep, 61-46 on Tuesday. The Spartans led 13-11 after the first quarter, entered halftime tied 24-24 and trailed 44-41 heading into the final period, before the Jesuits pulled away. Amity closes out its regular season schedule at Hand on Thursday and will face Notre Dame in the opening round of the Southern Connecticut Conference tournament.

Kate Simon Wins State Open Shot Put Title

After claiming the Class LL shot put title with a heave of 40 feet, 1½ inches, Amity's Kate Simon blew away the State Open field throwing 41 feet, 6¼ inches — beating her closest competition by more than four feet. Simon, who will be heading to Yale University next fall, is the school record holder in the shot put.

The Amity girls' track and field team finished sixth at LLs with 27 points. Zoie Reed took second in the 55-meter dash (7.51) and the long jump (16-6½) before placing third in the long jump at State Opens (17-4½).

Mike Vitale took third in the shot put at State Opens (49-9) while the 4x200 relay team, composed of Benjamin Feola, James Bonvicini, Joshua Timpko and Sean Beaulieu, placed fifth (1:34.89). The Spartans' boys team took fourth place at LLs with 41 points. Vitale claimed second in the shot put (47-7½) while Zachary Torro placed third (47-3½).

David Karabinos was third in the 55-meter hurdles (8.17), the long jump (20 feet, 8¼ inches) and tied for third in the high jump (5 feet, 10 inches). Shae Belenski finished fourth in the 3,200 (9:42.35) and the 4x200 meter relay team took fourth (1:36.33).

Spartans Ice Hockey Wins One for Martino Family

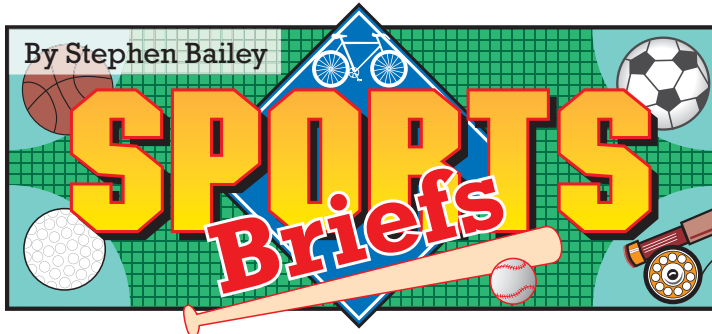
Amity's 2-1 win over Cheshire on February 7 carried an added emotional attachment. The Spartans honored the Martino family of Orange, which lost its home and possessions in a house fire on January 21, by edging their rival Rams on the ice to improve to 11-3 on the season. Amity also donated proceeds and donations from the game to the Martino family.

The Spartans, ranked No. 1 in Division II, set the tone right from the get-go as Brett McNeil scored just 35 seconds into regulation, off passes from John Crocker and Adam Shea. After heading into first intermission with the one-goal lead, McNeil scored again early in the second period. This time it was Johnny Uscilla and Shea who set him up 2:41 into the frame.

Cheshire's Sean Richard scored with 2:27 left in the period to pull the Rams within one, but Amity goalie Nick Nuzzolo preserved the Spartans' lead with a clean slate in the third period. Nuzzolo finished with 29 saves and Amity outshot Cheshire 36-30 as the Spartans rounded out their Division-I schedule. The Rams fell to 3-11.

Amity Swimming & Diving Edges East Lyme

Amity improved to 10-1 with a 95-88 victory in East Lyme. The Spartans won seven of 12 events, with Dylan Swanepoel, A.J. Pite and Jacob Laser claiming two individual wins each. Swanepoel took the 200-yard freestyle (1:47.67) and 500 freestyle (4:51.08), Pite the 200 individual medley (1:58.63) and 100 breaststroke (1:02.25) and Laser the 50 freestyle (23.36) and 100 freestyle (50.42). Stephen Cheung won the 400 freestyle relay (3:24.61).



Campbell's Three Point Play Clinches Spartans' Division Championship

By Stephen Bailey – Woodbridge Town News Correspondent

Zac Campbell achieved individual accolades and team glory in one fell swoop. Cutting through the lane late in Amity's 75-60 win over Shelton on February 7, Campbell caught a pass from Remi Farrell. Turning, he beat his defender and flipped the ball up, onto the rim. As it fell through, a foul was called. Campbell capped off the three-point play to seal the win — clinching the Spartans' first Housatonic Division championship since the 2006-07 season and eclipsing 1,000 points for his career. "I knew in the back of my head that I needed 21 more to get 1,000," Campbell said. "And I figured if I scored 21 or above then we'd win the game. "...I didn't want to walk out of the gym empty-handed."

Campbell, a senior captain from Woodbridge, becomes the ninth player in Amity history to reach the milestone and the first since Bob Coppola in 1999. He's led Amity (15-5) to its best regular-season finish in six years and plans on playing for Roger Williams next fall, though he's also received interest from Connecticut College, Stonehill and Bentley.

After finishing with 22 points and a game-high 12 rebounds in the win over Shelton, Campbell and Amity rolled through East Haven 62-30 on February 1. The Spartans then trailed No.1 Fairfield Prep by just three points heading into the fourth quarter on Tuesday before ultimately falling 61-46. The team will wrap up its regular season against Hand on Thursday night before opening SCC Tournament play against Notre Dame in East Haven.

Campbell said it was the matchup they hoped for, though a second-round appearance would likely peg the Spartans against Prep again. "After the game against Prep we feel like we can play with anyone and there's nothing standing in our way in the SCC Tournament," Campbell said. "We've just got to play every game with the intensity we did on Tuesday." And some of that newfound intensity may have come from a more relaxed Campbell. He said breaking the 1,000-point plateau was a weight off his shoulders, just as much a relieving moment as an exciting one. "Everyone was just so happy for me and it was being nice being surrounded by people who actually care," Campbell said. "... The pressure of it was gone. So now going into the postseason, we can just go free flow and we'll see where it takes us."

Campbell is one of three senior leaders for the veteran Spartans. Farrell and Gardner Broderick have played crucial roles in Amity's success this year. And now the program has an opportunity to take that success one step farther. Amity is heading into the SCC Tournament with tremendous confidence. The Spartans are playing their best basketball of the year at the most important time. Even so, Campbell admits the competition is formidable. "The SCC is really strong especially when you dwindle it down to the eight top teams," Campbell said. "So we're looking to get past there and then we're looking at either Prep or Hillhouse again."

Right now, Campbell's favorite career moment is the end of the Shelton game. But he and the rest of the Spartans have a chance to change that when they take on Notre Dame. A win will keep the season alive while a loss will end it. Either way, it's been a fun ride for Campbell and he's ready for the next one when the time comes. "The school in general prepares you to be the best person you can be and it prepares you well for college," Campbell said. "From a basketball standpoint, you learn how to work as part of a team and I feel like that's important."



Bark Bytes...

By Vicki & Richard Horowitz

The love and laughter that comes with a new puppy epitomizes the joy of dog ownership. But while puppies are cute and cuddly, accepting the role of guardian for a new pup comes with significant responsibilities. Be certain that you or the recipient is ready for such a commitment.

Tips for the New Arrival

Before you bring home your puppy, have these supplies on hand:

- **A crate** is an invaluable tool when housebreaking a puppy. It also provides your young dog with a sense of security when you are busy or away. However, never leave a puppy in a crate for longer than 4-5 hours.
- **Bedding** should be thick enough for comfort and sized appropriately for the breed. Be aware that some puppies that are left unattended for too long may chew their bedding.
- **Baby gates** serve as a great training tool in that they can be used to block off “restricted” areas of the house and help to teach your puppy what areas are off limits.
- **Dog-appropriate toys**, like the puppy-sized Kong™, are the smart choice. Although children’s toys look cute, they can prove hazardous. Never use old clothing or shoes as toys; a puppy cannot differentiate between your old and newly bought items. Stick with size-appropriate toys for your breed. Always supervise your puppy when he is playing with toys that contain squeakers as they can be a choking hazard.
- **Two dog bowls:** one for fresh water and one for quality dog food. Consult your veterinarian for food recommendations.
- **A well-fitted collar and leash** are a must for training and safety during outdoor excursions. Avoid chain leashes; a soft cotton leash is a better alternative.
- **A pet ID tag** allows your puppy to find his way home should he roam. You may also want to microchip your puppy at your next vet visit.
- **Brushes and dog shampoo** will eventually be needed for every breed.
- An odor and stain eliminator is a cleaner you will want on hand for those inevitable toileting accidents.
- **A veterinarian** should be researched and chosen beforehand. You will want a contact should an emergency arise. Introduce your new puppy early to the vet and learn what vaccinations he will need.

Tips to “Puppy Proofing” Your House and Yard

In addition to the essential supplies mentioned above, ensure your home and yard are safe for the exuberance of a new puppy.

- **Remove potential hazards**—anything that would make an enticing chew toy—such as power cords, window blind cords, potted house plants, children’s toys, coins, batteries, shoes and clothing, garbage bins, and anything “bite sized” that could be ingested by a curious puppy. Outside, remove bite-size rocks, sticks, fertilizers, gardening tools and equipment. Also, be mindful of toxic household and garage items, such as antifreeze, detergents, mothballs and tobacco products. (See a complete list of dangerous items on our home page at www.BarkBusters.com.)
- **Large and unstable objects** should be moved out of harm’s way. These objects could potentially fall on your inquisitive puppy as he explores his new surroundings.
- **Move anything cherished or breakable** to higher ground. Puppy tails have a way of sweeping a coffee table clean.
- **Get on your hands and knees**—at the puppy’s view—to look for potential problems. If you think an item could be a hazard, remove it. It’s better to be safe than sorry.

Tips for the First Day Home

Your pup will be excited and anxious in his new environment. It is your job to make him feel safe and comfortable.

- **Be patient.** Although accidents will happen, do not reprimand your puppy during the first 24-48 hours while he is acclimating to the new

environment. But do praise him profusely when he does something positive. This will start you both off on the right foot.

- **Structure is a must.** Have a planned schedule from the day your pup arrives—especially when trying to housebreak. Take your puppy outside frequently and stay with him so that you know he has toileted.
- **Getting acclimated** will take him some time. Show your pup where he will be eating, sleeping and toileting. As your puppy adapts to his new surroundings and routine, he will feel more comfortable.
- **Naps** are important for a puppy. Be sure to give him the space and time he needs to relax. Try not to overwhelm your puppy. He is like a new baby and will need frequent naps throughout the day.
- **Start training early.** Dogs are pack animals and seek authority and reassurance from the pack leader. Providing this leadership is key to managing a dog’s behavior. For additional behavior and training tips, please visit www.BarkBusters.com.

Tips for the First Night Home

The first night may prove to be a challenge as puppies often cry and whine throughout the night. Also, he probably will need to go out to toilet. Just as the daytime routine is important, so is the evening routine.

- **Use the crate and bedding** at night. As difficult as it is, avoid letting your pup sleep with you or any other family member. It could lead to behavior problems down the road.
- **Your puppy’s sleeping arrangements** should be in a central location in the house. If you let your puppy sleep in your room, you may have trouble catching any shut-eye.
- **Tough love** should be your motto. Usually, a puppy takes a few nights to feel safe at night. Take him out to toilet every 4-5 hours. Other than that, he will need to get used to sleeping on his own.
- **If your puppy still has trouble sleeping** at night, hide a ticking clock in his bed. The sound imitates the heartbeat of the mother and can sometimes soothe an anxious puppy. To simulate the warmth of his littermates, place a warm water bottle or oversized stuffed toy in his crate for added comfort.

Tips for the Future

- **Picking a trainer** can be a daunting or confusing task. Consult your veterinarian or visit www.BarkBusters.com for the best training options for you and your growing puppy.
- **Keeping your puppy healthy** starts with a visit to a veterinarian. Usually, a yearly exam and the vet-recommended vaccinations will keep your puppy in tip-top shape.
- **Exercise** your puppy regularly. A walk in the neighborhood or a trip to the park is good for mind and body—for both you and your dog. Be careful not to overdo it with young pups.
- **Be consistent.** Puppies learn through experience and association. The more consistent you are, the faster your puppy will learn and the better he will perform.

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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