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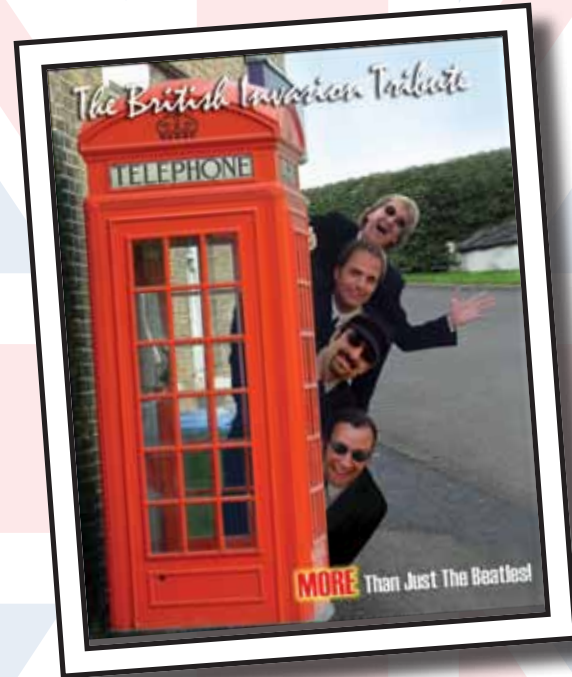


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THE OUTSIDE LIVING BOX

Amity High School senior Jordan Henck is used to being one of the only young women in her advanced science



Laura Fantarella

classes at school, but a recent award will connect her with a group of like-minded females. Henck recently was among 25 young women who received the National Center for Women in Information Technology (NCWIT) Award for Aspirations in Computing for the New York Tri-State Affiliate. "I'm definitely excited to be a part of this community," Henck said. "While more women are entering the sciences, computer science is still a male-dominated field. In my computer science class the last two years, I've been the only woman in the group. I'm really excited to meet other girls my age who are interested in the same thing."

Henck "discovered" computer science several years ago while taking a summer course and was intrigued by the different computer languages that are used for programming. The daughter of two Ph.D. chemists, Hecht always imagined she would one day follow in their footsteps. "I've always been interested in science and the reasoning that comes with it, but in sixth grade I started to explore different fields of science and realized I also enjoyed physics and computer science," she said. When she took her first AP computer science class she was smitten. "It really made me curious about how a computer works. We're dependent on computers all the time for homework, I thought it was so interesting that different programming language is used to make a computer come to life," she said.

For her senior independent science research project she is using computer science to determine the site of origin



Jordan Henck

for metastatic cancer based on DNA mutations in an individual's genes. "I work with a local computer scientist who is my mentor and I do all the programming," she said. To find more opportunities to learn about the field, she's continued her education in the summer, including the National Computer Camp at Fairfield University. She enjoyed the experience so much that this year she is returning as a counselor in training.

The 17-year-old Maplevale Road resident enjoys other hobbies, and often finds she can't help but apply a scientific bent. In her sophomore year when her favorite sport was judo, she did a school project using the principles of physics to investigate whether an athlete's body mass dictated the way they performed various judo throws. A random course elective in photography piqued her interest, particularly the way exact timing with chemicals leads to a better photograph. "I'm amazed how a blank piece of paper can turn into a beautiful picture of something you just saw," she said. She's also captain of the Jewish Community Center's Blue Marlins' swim team where she competes in swim meets in the New England area.

In May Henck will attend the New York City ceremony to receive her award and will join a virtual community of like-minded young women from around the nation which will allow her to participate in real-world computing projects and contests.

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From Your State Senator
With Joseph Crisco



Legislative Update from Senator Joseph J. Crisco, Jr.

As this year's legislative session reaches its halfway point this month, I'd like to update progress toward comprehensive revisions of Connecticut's gun safety policies. Legislative leaders of both parties are meeting to review the suggestions made by the three subcommittees of the Bipartisan Task Force on Gun Violence Prevention and Children's Safety.

I served on the Mental Health Services Working Group, which delivered more than two dozen recommendations, reaching consensus on four fundamental recommendations while 21 others were made by majority vote. All members agreed on the need for increased mental health first aid training for public school personnel. We were also united in a desire to see greater awareness of mental health concerns within our courts and among the state's pediatricians.

The non-consensus recommendations range from the need for behavioral health screenings and services at school-based health centers to the inclusion of mental health histories in background checks and gun permit applications. I think more and expanded school-based health centers would give more young people access to physiological and mental health services and improve the overall public health among children and adolescents.

In a related matter, both chambers of the legislature voted unanimously on March 6th to start a program that will provide financial assistance to those directly and most severely impacted by events in Newtown last December, namely the first responders, educators, and medical personnel who were connected to the scene on those first couple of days. The program was established to compensate them for time lost from work after experiencing the trauma of that day and to help cover related medical expenses incurred but not covered by existing health insurance. Governor Malloy signed this initiative into law March 12th.

Lawmakers of both parties showed solidarity in this effort to help those who were understandably impaired after working to help others that fateful day; the fund itself will be comprised of gifts, donations, and grants from both public and private sources. It will be administered by the state Office of Victim Services. Applications will be accepted beginning April 1, 2013; benefits are to be paid through August 31, 2015.

Woodbridge Writer Wins Prestigious National Poetry Contest

Russ Madison, president of Lone Wolf Advertising, and a long time poet and novelist, has won the prestigious Ruth Stone Prize at Hunger Mountain, sponsored by the Vermont College of Fine Arts. The national competition, which draws thousands of entries yearly, chose Madison's "One Round Elegy for Benny 'Kid' Paret" - a Cuban boxer killed during a bout with former welterweight champion, Emile Griffith.



Russ Madison

"The poem is beautiful," commented Editor Miciah Gault. "David Wojahn, the contest's judge (a poet) called the winning poem "admirable for the ways in which the unflinching approach to its portraiture co-exists with a highly inventive approach to metaphor, and a brash use of the accentual line. Tough and uncompromising as the poem's stance may be, it is not afraid of the pathos that is essential in the best elegies."

Madison spent some five years revising and polishing the poem. He is also a novelist with three novels in print. His first novel, "Victory Among the Insane" published by Grove Press won critical acclaim. His manuscripts, letters and books are housed in the archives of Boston University's Howard Gotlieb Archival Research Center. Copies of his books are available at the Woodbridge library and also on amazon.com. His winning poem will be published both online and in print and can be viewed at Hunger Mountain's website: www.vcva.edu.

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Sales Representatives.....Joy Haines; Ken Morrow
Restaurant Profiles.....Susan Noonan
Contributing WritersStephen Bailey; Muffy German
Administration Assistant.....Katie Carbone

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Contact us:

Rocky Salperto.....Rocky@woodbridgetownnews.com
Marlene Silverstein..... Marlene@woodbridgetownnews.com
Susan Noonan.....Susan@woodbridgetownnews.com
Laura FantarellaLaura@woodbridgetownnews.com
Melissa NicefaroMelissa@woodbridgetownnews.com
Bettina Thiel..... Bettina@woodbridgetownnews.com
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Woodbridge Town News

Below are the next three Woodbridge Town News issue dates and deadlines. Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Deadline	Upcoming Issue Dates
April 5th	April 12th
April 26th	Mother's Day Issue May 3rd
May 17th.....	May 24th

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

FROM OUR READERS

Saddened and Disappointed at Choice for Theater Production

Two weeks ago, the Orange Interfaith Clergy Fellowship sponsored a community dialogue on violence in our culture. Concerned community members that participated in the discussion agreed that we do indeed live in a culture that is pervaded by violence and changes must be made. The deluge of images, movies, video games and yes even Broadway productions that contain, minimize or glorify violence and are served up to our children and families as entertainment speak volumes to who we are as a community. Violence, in its varied forms, takes a toll on our all of us. Research has shown that repeated exposure to violence leads to de-sensitization, hopelessness and an increase in acts of violence towards others. The pervasiveness of violence in our culture has sadly become the new normal. From a faith perspective, our greatest teachers have told us again and again that what we value, what we watch and what we take in transforms and changes us in either good or harmful ways.

In light of all the tragedy that we have experienced here in Connecticut as the result of violence, I was saddened and disappointed to learn that Annual Spring Musical theater production to be performed at Amity High School in April is Sweeney Todd. The musical based on the 1973 play Sweeney Todd, tells the story of Benjamin Barker, aka Sweeney Todd, who returns to London after 15 years spent at a penal colony as a result of bogus charges. When he finds out that his wife poisoned herself after being raped by the judge who sent him to the colony, he vows revenge on the judge and, later, the whole world. He teams up with a pie maker, Mrs. Lovett, and opens a barbershop in which he slits the throats of customers and has them baked into pies. I am dumbfounded to think our high school students were invited to perform a musical whose major themes are rape, revenge, murder and cannibalism, regardless of how many awards it has received or the great music it contains. While I am sure it is not the intent of the School Superintendent or members of the Board of Education to support this subject matter, might better judgment have been used in choosing a performance vehicle to showcase the talents of our students at Amity High School?

What messages are we sending to our children and youth when we as leaders tacitly support violence, innocuously cloaked in the form of a Tony award winning musical, as public entertainment? When are we as a community going to step up and say enough is enough and protect our kids from an entertainment industry that says anything goes as long as it makes money? As adults, educators, parents and faith community leaders we have a responsibility and a duty to protect our children and youth from those influences that can have a detrimental effect on their developing minds and moral compass. I enjoin all of us in the community of Orange, to stay informed, hold each other accountable for what is happening in our schools and make better choices in the educational and entertainment offerings we provide our children. Our children deserve better from us and I for one will no longer be silent.

The Rev. Ann Ritonia

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.

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Lauralton Hall Announces its First Quarter Honor Rolls

Principal Ann Pratson of The Academy of Our Lady of Mercy, Lauralton Hall has announced the Honor Roll for the Second Quarter of the 2012 – 2013 school year. High Honors students have achieved an average of at least 92 in all academic courses; Honors students have an average of at least 86 in all academic courses.

WOODBIDGE Residents High Honors:

Grade 11: Ellen Tein

Grade 9: Madeline Tein

WOODBIDGE Residents Honors:

Grade 9: Meghan Hill



Protect the Babies in Your Life!

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(“Papazian” continued from page 1)

awarded honorary doctorates by the Armenian State Pedagogical University (ASPU) in Yerevan, Armenia. The University was observing the 90th anniversary of its founding, and it marked the occasion by recognizing leaders from a number of universities with which it has international agreements, including institutions in France, Russia, Lithuania, Ukraine, Bulgaria and the United States. Dennis Papazian was recognized for establishing and heading an endowed Armenian studies and research center at the University of Michigan-Dearborn for 20 years.

Rouben Mirzakhanyan, rector (president) of ASPU, attended Mary Papazian’s inauguration as Southern’s president in September, and since that time, he and Papazian have been exploring the possibility of establishing a student/faculty exchange program between the two universities. ASPU has the same teacher-education foundations as Southern and a similar mission. Southern already has established partnerships with several overseas institutions, and a connection with ASPU is one that Papazian would like to develop.

Mary Papazian is Southern’s 11th president and is believed to be the first Armenian-American woman to lead a U.S. university, according to the Armenian Weekly.

(“Business District” continued from page 1)

At the invitation of the EDC, Plattus presented his ideas in two recent sessions, one to business owners, the other to residents living in the District. The snow curtailed attendance at the first session and led to a mixed audience, including town officials and interested residents, on February 27.

First steps could be to rethink parking areas and landscaping as a way to give the area a facelift, Plattus suggested. More attention should be paid to making it a pedestrian-friendly area, with stores connected by sidewalks and streets offering crosswalks. There is a lot of through-traffic coming down Amity Road and Litchfield Turnpike. The challenge will be to manage that traffic and control it. “Make it an asset,” he told the audience.

First Selectman Ed Sheehy said the state was working on a study to improve traffic flow, particularly concerning the Merritt Parkway on-ramp. The last thing he heard was that an informational meeting is envisioned for sometime in April.

Plattus’s report cites the Selden Street Plaza as a prime example of how relatively minor improvements can lead to an attractive shopping area. Especially with its connector to the Amity Shopping Plaza, and the wide-open space it affords, things like curbing, landscaping and lighting could help provide a space where people want to congregate. Along Selden Street is space to create public curbside parking, he said.

Parking

Plattus recommended the town investigate shared parking as a concept. As it is, the district has vast expanses of asphalt for parking, but not necessarily where it is needed. “There is no shortage of parking, but it’s all over the place” he said. The impervious surfaces also cause uncontrolled rainwater runoff in an area that is already plagued by flooding from the West River. He mentioned the municipal parking that Westville created in the lot that was once Hallock’s Store. People can park there and easily reach shops and restaurants by foot.

The Identity Starts With A Name

The first issue that the conversation with District residents got stuck on was the question of what to call the area. In the past it was informally referred to as “The Flats,” but some in the audience felt that was a derogatory name, and certainly not appropriate for a welcoming sign. One resident suggested sticking to the Woodbridge Business District, but as Plattus pointed out, it is also a residential neighborhood. “We have been struggling with the name,” said Jody Ellant, the chairwoman of the Economic Development Commission.

Planning and Zoning, a few years ago, created a “Village District”, but that referred to a specific proposal at the corner of Bradley and Litchfield Turnpike which has not come to fruition. “We are looking for something more ‘Woodbridge’” Plattus said. The term used by the Economic Development Commission is “Gateway District”, and that is the name under which the report is filed on the Town’s website. [To access the draft report, scroll to the bottom of the town’s website and click on the right “Archive” button; then click on the item named “Invitation to Woodbridge residential property owners”.]

Special Services District

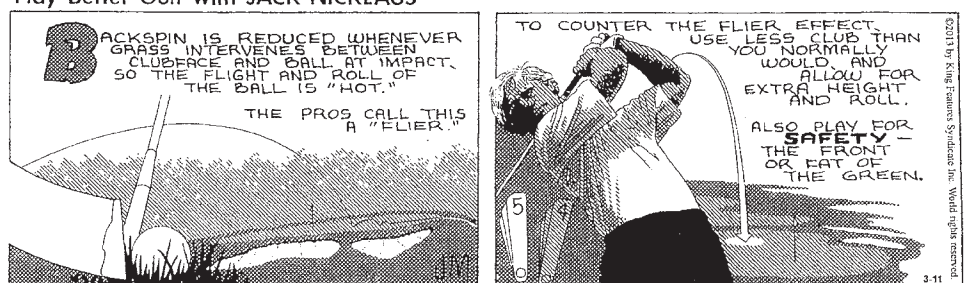
Plattus’s recommendation to the business owners is to form a “Special Services District”, essentially a business association that can work on some of these issues with the town and with its own members. In other towns that created such an organization, the businesses agree to a certain fee or tax that can be used to pay for streetscape improvements. “It’s a very useful vehicle for promoting the district’s businesses,” Plattus said. That suggestion did not go down well with some in the audience. “We pay enough in taxes,” said Chris Dickerson, owner of the Woodbridge Running Company. “The town can help with the streetscape.”

Paul Rossi, a member of the Economic Development Commission, said the plan is not intended to be “prescriptive.” “There are elements that will fall to the town and elements that will fall the businesses,” he said. Signage and façade improvements, for instance, could be accomplished through a public-private partnership, he said.

Planning and Zoning, which has started work on updating the Zoning regulations, should generally think of what types of activity it would like to see in the district, Plattus said. “You can never predict when properties will change hands,” he said. “Before it does, the town may have some idea what it would like to see happen” in that area.

Ellant said the report has been shared with Planning and Zoning. The next step is for the Economic Development Commission to officially adopt it as a planning tool, which they have not been able to do due to a lack of a quorum. Once the EDC adopts the report it can be forwarded to the Selectmen and the town, Ellant said.

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“ROOF” Project Providing Free Information on Foreclosures

By Laura Fantarella, Woodbridge Town News Correspondent

Foreclosure rates in Orange and Woodbridge may be much less dramatic than in some neighboring towns, but a house under foreclosure in any neighborhood can lower property values and deteriorate communities. In an effort to help homeowners at risk, a collaboration of city agencies and services formed the ROOF Project, (Real Options for Overcoming Foreclosure in Connecticut), to help navigate the complicated foreclosure process. The South Central Regional Council of Governments, which includes representatives from Orange, Woodbridge and neighboring towns in New Haven County, is among the area agencies partnering to provide free information, counseling services and resources to help people stay in their homes.

“There are a lot of collection scams out there and often people don’t know where to turn,” according to ROOF program manager Karah Johnson. “We are the beginning of the funnel and we can educate homeowners and tenants of their rights and direct them to trustworthy services. We reach out to thousands of people, to give them the tools they need and refer them to other housing organizations.” Formed in 2008 when housing foreclosures skyrocketed, the program was expected to dissolve after three years. “Clearly it’s lasted a lot longer and our partners are dedicated to keeping the project going as long as it’s needed,” Johnson said. “We estimate that we are at about the halfway mark of the foreclosure crisis, we expect it will last another few years.” Since the project began in 2008, 183 Orange families entered foreclosure and 25 lost their homes. In Woodbridge, 132 families filed foreclosure proceedings and 28 lost their homes. In New Haven County, 16,992 homes were at risk of foreclosure and 4,245 families lost their homes. In 2011, 12 Woodbridge homeowners entered into foreclosure and by 2012 the total increased to 33. In Orange, three homes were at risk of foreclosure in 2011 and seven in 2012. While success is hard to track, Johnson estimates that the ROOF project has helped about 80 percent of its clients remain in their homes.

It takes a village to keep families and communities safe from the ill effects of foreclosure and among those groups and agencies providing financial and resources are: Yale University, The Community Foundation for Greater New Haven, First City Fund Corp, Connecticut Housing Finance Authority, National Community Reinvestment Coalition, NeighborWorks America, the Annie E. Casey Foundation, the City of New Haven, including its public school system, Board of Aldermen, Mayor’s Office and Livable City Initiative; the United Way of Greater New Haven, United Illuminating, Neighborhood Management teams, DataHaven, Homes Saved by Faith, Community Mediation, Workforce Alliance, the Connecticut and New Haven Bar Association, Economic Development Corporation of New Haven, partnering banks, contractors and developers, Webster Bank and Wiggin and Dana law firm.

The next free foreclosure prevention clinic to educate homeowners about the foreclosure process and offer guidance to the free resources that are available will be held at 5:30 to 7:30 p.m. March 26 at Meriden City Hall and April 16 at the West Haven City Hall. For more information, contact the ROOF project at 203-789-8690, www.theroofproject.org; or email Karah@gnhclf.org.

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Woodbridge Resident Elected Member of CASE

The Connecticut Academy of Science and Engineering (CASE) has elected Evangelos Hadjimichael, Ph.D., founding dean of Fairfield University's School of Engineering, to membership in its select organization. A Woodbridge resident, Dr. Hadjimichael is now professor of Physics and Engineering at Fairfield.

The Connecticut Academy is patterned after the National Academy of Sciences and the National Academy of Engineering in Washington D.C. The major objective of the Connecticut Academy is to provide information and advice to the government, industry, and people of Connecticut, and to encourage the young in science, engineering, and technology. Membership in the Connecticut Academy is limited to just 400 persons. "I am very pleased to have been elected to membership in CASE; I see this election not just as an honor, but primarily as an opportunity for me to serve further the interests of the State of Connecticut," Dr. Hadjimichael said.



The Connecticut Academy of Science and Engineering (CASE) has elected Evangelos Hadjimichael, Ph.D., founding dean of Fairfield University's School of Engineering, to membership in its select organization.

Dr. Hadjimichael was instrumental in merging the Bridgeport Engineering Institute with Fairfield University, thus establishing the School of Engineering, for which he was the founding dean. During his 15-year tenure as dean, he established academic alliances that continue to provide a seamless pathway for community college students into the School of Engineering, and he introduced numerous programmatic and curricular innovations, including an Assessment and Continuous Quality Improvement Process (AQUIP) which proved to be invaluable in the School gaining re-accreditation in 1999 and 2005 from the Accreditation Board for Engineering and Technology. Further, he shepherded the establishment of a statewide nanotechnology minor linking the University with research institutions.

"Dr. Hadjimichael has been an invaluable member of the Fairfield University community for over 45 years," noted Jack Beal, Ph.D., dean of Fairfield's School of Engineering. "He has been an outstanding faculty member in the classroom and mentor to our students. He has been an able and collegial administrator at the University. But most of all, he has been a valuable colleague and friend to all of us here at Fairfield and across the entire state of Connecticut. He is richly deserving of this honor."

After earning his doctorate in physics from the University of California at Berkeley, Dr. Hadjimichael did a three-year post-doctoral fellowship at Yale and was subsequently appointed to the faculty at Fairfield. His research in nuclear and elementary particle physics was supported by NSF grants, without interruption, from 1972 to 1996. He served on the Advisory Council on Accreditation, Board of Higher Education, Connecticut, for six years, and was vice-chair and chair of the Council. In 2007-2008, he headed a 15-person inter-institutional group that developed an undergraduate curriculum in nanotechnology for statewide use. He was recently appointed to the Planning Commission for Higher Education, State of Connecticut.

The induction will take place in May at the Academy's annual dinner meeting.

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Pancakes for Parkinson's Fundraiser at Chip's

The 2nd Annual Pancakes for Parkinson's fundraising supper is set at Chip's Family Restaurant, 321 Boston Post Road, Orange, on Tuesday, April 23, with four seatings for diners: 4:30, 5:30, 6:30, and 7:30 p.m. Price is \$10 each.

Raffle tickets will be sold for prizes including an iPad Mini, gourmet baskets, wine, and more. Proceeds will benefit The Michael J. Fox Foundation for Parkinson's Research to help find a cure for the millions suffering from Parkinson's Disease.

Chip's is donating all the food for the mouth-watering meal which includes three pancakes, bacon or sausage, two eggs, and coffee or tea. Major sponsors of the event include Milford Bank, Ashcroft Inc., Rotary Club of Milford, McInnis Companies, Montano Coffee & Candy, David and Terry Rubin, ShopRite of Milford, and Wines and More.

Meal tickets may be pre-ordered or purchased at the door. Checks for tickets, sponsorship, and donations should be made out to The Michael J. Fox Foundation, a non-profit organization, and sent to Team Fox/Jody Culmone, 65 Peck Hill Road, Woodbridge, CT 06525. For more information, please call 203-387-4182 or email jvculmone@optonline.net.

Garden Club of Woodbridge to Meet

John Himmelman, writer, illustrator, photographer, bird enthusiast, and co-founder of the Connecticut Butterfly Society will present "Butterflies and Their Gardens". The meeting will be at the Woodbridge Town Library, 10 Newton Road, Woodbridge on Wednesday, April 3, 2013 at 7pm. The program is free and all are welcome.

Free Security Benefits Workshop

The AAA CT Motor Club will conduct a free "Maximize Your Social Security Benefits" information workshop that is open to the public on Tuesday, March 26th at 6:00 p.m. at the Woodbridge Town Library, 10 Newton Road. This workshop will help participants maximize, project, and protect their Social Security and other retirement income. David Cowan, an AAA-Endorsed Retiree Advisor, will lead the discussion. For information and to register, call 800-978-7953 or visit www.aaaretire.com.

Woodbridge Town News

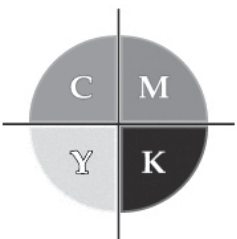
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SENIOR CENTER

By Lee Canning

For information or reservations on the following events call the Senior Center at 203-389-3430.

Exercise: The Senior Center offers exercise (combination of cardio, strength training, flexibility, & aerobic) on Tuesday & Thursday at 10:00 am in the gym. All are reminded to bring their own weights.

Lunch Program: Lunch is served on Tuesdays and Fridays at 12:15 pm. Call in reservations at least one day in advance.

Art Class: The Art Class meets on Wednesdays in the Senior Center Café from 10 to 12 noon. Call Lee Canning at 203-389-3430 for information or to register.

Shopping On Wednesdays: Shopping at Amity Shopping Center-- if you need a ride to pick up groceries, do banking, go to the drug store, etc.; please call the office at 203-389-3430 to make a reservation. The cost is \$4.00.

Senior Center Craft Group: The Senior Center Craft Group meets every Thursday from 10 am to 3 pm. Knitting, Crocheting, Sewing, and Socializing are some of the activities of the group.

Movies & Lunch: Free Friday afternoon movies at the WSC (\$3 lunch and free popcorn will be served). Movies are shown at the Senior Center on Friday afternoons at 1 pm. Join us at 12:15 for a nutritious \$3 lunch, followed by a movie with free popcorn (or just attend the movie at 1 pm).

Mah-Jongg: The Mah-jongg group meets every Monday and Friday in Room 15 from 10 am to 12 noon. Novices are welcome – they will teach you.

Book Club: We will be meeting on April 23rd at 11:15 am to discuss "Lake of Dreams" by Kim Edwards. On May 21st, we will be meeting at 11:15 am to discuss "The Art of Hearing Heartbeats" by Jon-Phillip Sendker. Copies of the books will be available at the Senior Center. Please call Mary D'Ostilio at 203-389-3429 with any questions.

Walking Group: Spring is in the air again! Come and join us for a walk on Friday April 26th at 10:00 am at the Fitzgerald Walking Trail (the "cornfield"). We will meet in the parking lot and take a stroll together. This event is weather permitting. Please call Mary D'Ostilio at 203-389-3429 with any questions.

New! Lunch Bunch: To start in the spring -- Share lunch and friendly conversation at a local restaurant. Everyone is welcome and it is "Dutch treat". Van transportation can be arranged for a \$3 fee. Please call Lee at 203-389-3430 to make a reservation for the lunch and/or transportation.

Volunteer Income Tax Assistance (Vita): The Woodbridge Senior Center will be offering tax help this year, Tuesdays 9:00 – 12:00 starting February 5th until April 9th. Call 203-389-3430 to make an appointment.

TRIPS

May 5, 2013 — Sunday — Warner Theatre "City of Angels". \$100 includes transportation, lunch at San Marino Restaurant, matinee performance of "City of Angels", and driver's gratuity.

May 28-31, 2013 — Tuesday-Friday — Bar Harbor—4 days, 3 nights. \$575 pp double includes transportation, hotel accommodations, admissions wherever applicable, 6 meals (3 continental breakfasts & 3 dinners), Acadia National Park Carriage Ride, Frenchman's Bay Boat Cruise, Lumberjack Show, Maine Lobster Souvenir Hat, Taxes and Baggage Handling, Getaway Tours' Tour Director's & Bus Driver's gratuities.

NEW DATE: June 17, 2013 — Monday — Suffolk Downs. \$67 includes transportation, admission to Suffolk Downs, complete luncheon, and driver's gratuity.

July 16, 2013 — Tuesday — Lobster Lunch and Mohegan Sun. \$97 includes transportation, Lobster Bake Luncheon at Quidnessett Country Club, Casino Bonus, and driver's gratuity.

August 27, 2013 — Tuesday — Newport Playhouse & Cabaret Restaurant. \$101 includes transportation, Lobsterfest Lunch, Show and Cabaret, and driver's gratuity.

September 5, 2013 — Thursday — INTREPID Sea, Air & Space Museum. \$91 includes transportation, Lunch at Carmine's, Admission to the Intrepid & Space Shuttle Pavilion, Getaway Tours' Tour Director's & Bus Driver's Gratuities.

September 18, 2013 — Wednesday — The Big E Fair, Connecticut Day. \$47 includes transportation, Admission to the "Big E", and driver's gratuity.

October 10, 2013 — Thursday — West Point Tour. \$84 includes transportation, Lunch at Torches on the Hudson, Guided Tour of West Point Campus, and driver's gratuity.

October 22, 2013 — Tuesday — Oktoberfest at Platzl Brauhaus. \$84 includes transportation, Festivities & Family-style Luncheon at Platzl Brauhaus, and driver's gratuity.

Please Note: All trips must be booked far enough in advance to assure that trips will not be cancelled. The first two rows are reserved for persons with special disabilities only!

Slossberg Supports Bill Extending Small Business Program

Noting the overwhelming support for the program from business owners, State Senator Gayle Slossberg (D-Orange, Milford, Woodbridge) voted with the Senate in passing a bill that will make funds available to support Connecticut small businesses through the Small Business Express (EXP) program. Senate Bill 801, "An Act Making Manufacturing Assistance Act Funds Available For The Small Business Express Program," allows state funds that had already been made available for manufacturing and related development to be re-directed to EXP. "This program has empowered our region's businesses with the capacity to grow their operations and create new jobs," said Sen. Slossberg. "Small businesses are the backbone of our state, and this program is helping them turn around our economy."



Gayle Slossberg

The bill authorizes an additional \$60 million in general obligation bonds for EXP, increasing its total bond authorization from \$100 million to \$160 million. It does this by taking portions of the bonds that had been previously authorized for different purposes under Connecticut's Manufacturing Assistance Act program (MAA) and giving them to EXP.

Created in 2011, EXP provides matching grants and deferrable or forgivable loans under a streamlined application process to Connecticut-based businesses with fewer than 100 employees and that meet other criteria. Grant and loan amounts range from \$10,000 to \$300,000, and eligible businesses can use the funds to acquire machinery and equipment, construct facilities or make leasehold improvements, cover moving expenses, or meet working capital needs.

As of January 25, EXP had distributed \$29.2 million to Connecticut companies to create or retain 7,011 jobs in the state, including jobs in manufacturing, retail, financial services, hospitality and tourism, construction and healthcare. Fifteen businesses in Milford, Orange, and West Haven have created 39 new jobs and retained more than 155 since participating in EXP.

www.WoodbridgeTownNews.com

Massaro Community Farm Kicks Off Organic Land Care Series

On March 23, Massaro Community Farm will kick off its 2013 season at 10am with its first beekeeping workshop of the year. This workshop focuses on the parts of the backyard hive, hive tools and techniques for assembly to get your backyard beekeeping off on the right track. The farm will also launch its organic land care series by hosting the Duck Truck Composting Workshop at 12 noon at the Ansonia Nature Center, just 0.5 miles from the farm.

For the last two years, the Connecticut Beekeeper's Association has conducted home beekeeping workshops at the farm on a variety of topics from late winter through fall that are intended to guide new and existing beekeepers on the essentials of assembling and maintaining a healthy hive. "Building upon the interest we've had in beekeeping, we wanted to expand our workshops to provide topics that would appeal to and educate our surrounding community on how best to maintain a yard that is both appealing and beneficial to supporting our natural environment," said Jason Morrill, Massaro Community Farm board president. Morrill is also a member of the CT Beekeeper's Association.

The Duck Truck Composting workshop will lead off Massaro Community Farm's 2013 organic land care series that will cover nurturing backyard pollinators and planting an edible landscape, among others. While reservations for this first workshop are not required, calling (203) 736-1053 to hold your spot will help us in planning.

The Duck Truck Composting is the brainchild of Alexis Wilcox, a teacher, master gardener and composter who offers a host of landscaping services, including light chain-sawing, chicken coop building and garden layout and installation. The Duck Truck, a traveling compost workspace based in Hamden, was born when Alexis affixed a number of rescued plastic ducks to the outside of the truck. Now, Alexis makes numerous appearances throughout the year educating both kids and adults on the ease and benefits of diverting our green scraps to the compost pile for repurposing. Alexis is also a big proponent of using worms to eat your compostable materials.

Massaro Community Farm is a non-profit farm on a 57-acre parcel of land in Woodbridge, Connecticut, 15 minutes northwest of New Haven. Our mission is to keep farming, feed people, and build community. Our vision is to enhance the quality of life for generations to come. Our full programming calendar and details can be found at www.massarofarm.org.

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WTN ELECTION 2013 COVERAGE



Pictured (l-r): First Selectmen Ed Sheehy and the Woodbridge Democratic Board of Selectmen candidates: Beth Heller, Laurence Grotheer and Susan Jacobs.



Pictured: Some of the Candidates running for Woodbridge Republican's in the May 6th Election. Standing: Cynthia Gibbons, Keri Matthews, Steven Fleischman M.D. Christopher Dickerson, Robert Wizniz, M.D. Seated: Joseph Dey, George Giering & Catherine Wick.

Woodbridge Democrats Hold Campaign Kick-Off Event

Elected officials from Connecticut's Congressional delegation, Executive Branch, and the town's legislative delegation are expected to gather in Woodbridge tonight to help kick-off First Selectman Ed Sheehy's re-election campaign. Sheehy was unanimously nominated for another term in January; he has been First Selectman since 2006 and has served on the Board of Selectmen since 1979.

U.S. Senators Richard Blumenthal and Chris Murphy, U.S. Rep. Rosa DeLauro, Governor Dannel P. Malloy, Attorney General George Jepsen, Comptroller Kevin Lembo, and state Senators Joe Crisco and Gayle Slossberg are expected at the campaign event Friday evening March 22nd, to be held from 5:30 to 7:30. Woodbridge residents are encouraged to join the celebration and may call 203-745-9835 or send e-mail to woodbridgedtdems@gmail.com for more information.

Republicans to Hold Goods & Services Auction

Please join us, March 23, 7:00-10:00P.M., at Coachman's Square, 21 Bradley Road, Woodbridge, sponsored by the Woodbridge Republican Committee. Meet our candidates who are running for the May 6 Woodbridge Election. The candidates you will meet are a well-integrated slate of both Republican and Unaffiliated voters who are dedicated to working together for the best for Woodbridge. All are invited to enjoy food, drink and an opportunity to bid on more than 200 exciting items; among them: a night and dinner at Mohegan Sun, a weekend in Vermont, a plane trip viewing points of interest in Connecticut, various sports memorabilia, fashion jewelry, handbags and gift baskets. Please come with your family and friends. The tickets are twenty dollars. For additional information, contact Chris Dickerson 203-430-0034 crdrunner@yahoo.com or Tony Anastasio 203-980-9373 tony33@optonline.net or www.woodbridgeGOP.org.

Town Offices and Candidates for the Monday, May 6, 2013 Woodbridge Municipal Election

DEMOCRATS

REPUBLICANS

First Selectman:

Edward Maum Sheehy (D)*

Catherine L Wick (U)

Board of Selectmen: *(Number to be elected - 5)*

Laurence C Grotheer (D)*
Susan L Jacobs (D)*
Beth Heller (D)*

George F Giering (R)
Joseph S Dey III (R)
Anthony F Anastasio Jr. (R)

Board Of Education: *(Number to be elected - 5)*

Karen Baldwin Kravetz (D)
Christianne D Jaffe (D)
Lisa Connor (D)

Timothy M Kelley (U)
Keri Adams Matthews (R)
Steven J Fleischman (R)*

Board of Assessment Appeals:

Sheila McCreven (D)

Scott J Zavatka (R)*

Zoning Board of Appeals: *(Number to be elected - 3)*

Mark I Levine (D)*
Henry J Nusbaum (D)*
John P Santucci (D)*

Cynthia L Gibbons (R)
Christopher R Dickerson (R)
Garett Luciani (R)

Zoning Board of Appeals Alternate:

Aldon M Hynes (D)

Bernard P Madden (R)

Regional Board of Education: *(Number to be elected - 2)*

Rita Gilman Gedansky (D)*
Patricia A Cardozo (D)*

Robert A Wiznia (R)
Paul A Testa (R)

**Incumbent D -Democrat R -Republican U -Unaffiliated*

Absentee ballots will be available at the Town Clerk's Office starting on Friday, April 5th

HEALTH AND FITNESS

When Should Someone Get Early Treatment For Spinal Care?

By Michael Dow

How soon should someone seek help for spinal pain or injury? This is a question we get often in the clinic and the answer varies by condition. Statistics show that most of us will experience at least one episode of low back or neck pain during our lifetime (studies suggest this happening approximately 75 % of the time after age of 25). Approximately 52 % of the patient visits seen at our facilities are treated for neck and/or low back pain. As always, each patient's condition is unique but for the purposes of this article, I will discuss some general principles that should help in the decision process.

The first thing to consider is the inflammatory response. Assuming there is a start date of the injury or episode, there is a chemical inflammatory process that occurs; consisting of three days. During the acute first phase, it is advisable to rest, ice and gentle non-aggressive stretching. In our office, we would typically administer modalities such as ultrasound and electrical stimulation to address inflammation as well as manual therapy to break spasm and decrease pain.



Michael Dow

After day 3, there is a middle phase of inflammation that lasts from day 4 to day 20. During this stage, lymphocyte cells travel to the area of injury and begin the healing process by laying down new scar tissue. This is the time where stretching of muscle tissue and joint mobilization techniques are most vital and beneficial to speed up recovery.

Typically, some of the pain begins to decrease from the first phase, however there is range of motion limitations and alignment issues. This is also the time when strategic core, trunk, and lower extremity exercises should be initiated. Even when the pain is decreased, the affected tissues are not ready for normal activities and the exercises should be somewhat conservative in nature.

The final phase of the inflammatory response begins around day 21 and can last until 4-6 weeks from the initial injury. During this phase, the above mentioned scar tissue fibers begin to mature. It is important that normal range of motion has been restored by this time to eliminate the scar maturation leading to loss of mobility. Typically the pain is significantly lessened and intermittent in nature. During this phase, we are guiding patients with progressive strengthening exercises, as well as advancing their home exercise programs towards full restoration of pre-injury levels.

The above mentioned phases are a guideline for healing process, but does not account for any re-injury that occurs or for older chronic injuries. Those situations may still warrant treatment, but often the decision making process is modified by pain level and the extent of loss of joint mobility and muscle flexibility – both of which may require more aggressive measures.

So what now? It is evident that early treatment certainly helps speed up the healing process physiologically; and there is value in knowing which exercises should or should not be done to facilitate recovery, regardless of acute or chronic injury. In addition to self assessment of needs, patients need access to service. One of the toughest challenges in the medical field is to seek help in a timely fashion as there can be several days to a few weeks to see a specialist. Our office has been very proactive in allowing same day appointments for new injuries to assist in early management and speed up recovery by addressing the inflammatory phases acutely.

As of October 1, 2006, the state legislature passed the direct access bill for physical therapy in Connecticut. This law permits patients to seek physical therapy without the need to obtain a prescription first. This allows patients to obtain physical therapy immediately without having to see their physician or orthopedist first. This law is not intended to defer patients from seeking medical attention for orthopedic care, but rather allows immediate effective care first. Once therapy has begun, our office contacts physicians and details the plan of care. You always have the option of seeing your physician before or during the physical therapy regimen. Insurance carriers, including Medicare, fully support this change and direct access does not negatively affect reimbursement.

This change in state law applies for both exacerbations of older injuries as well as new orthopedic conditions. Upon evaluation, if an immediate need is found to refer patients to their family physician and/or orthopedist, the physical therapist will direct appropriately.

Although not required to begin physical therapy, if you have had relevant diagnostic imaging prior to your evaluation, it would be useful for you to bring in the radiologist reports. Conversely, if after beginning physical therapy and clinically necessary, we may suggest to your physician that you have these tests or refer you to an appropriate specialist.

Michael Dow MSPT received his degree from Sacred Heart University in Fairfield CT. In addition to being the founder of Amity Physical Therapy (locations in Woodbridge and Hamden), 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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Wine Talk

With Ray Spaziani

Brandy and Cognac Labeling Questioned



Q. There are many things that are confusing about the liquor business. One of the most confusing things I find is the labeling of brandies and Cognac. What do all those letters mean? Are they supposed to designate a quality standard or an aging standard or a regional identification standard? To the layman it is confusing. I've asked several liquor store folks about it and they just shake their heads and don't seem to have any answers; perhaps you could help me as you seem to know about these things. TM-Orange

A. The various qualities of Cognacs are indicated by stars: one, two, or three in ascending quality. Wine people are superstitious. One of their firmest beliefs is that comet years produce fine wines. The legend is that in the comet year of 1811, when a superb brandy was produced, one of the shippers decided to designate the brandy of that year with a star, an equally excellent brandy was produced in the following year and this he designated the brandy of that year with a star, an equally excellent brandy was produced in the following year and this he designated by two stars. Fortunately he stopped when he reached five stars. Hennessy claims to have originated the system. Each house blends its brandies for uniformity of quality, which is maintained year in and year out. The standards are represented by the stars, which vary with different houses, but since 1975 French law has decreed that a three star Cognac, the youngest blend on the market, must have spent at least 2½ years in wood. Most Cognacs average 3 to 5 years. In order to enter the United States, Cognacs must be at least 2½ years old. No age statements are permitted on the labels of Cognacs brought into the United States, so beware of so called vintage Cognacs you may see in your travels.

Letters to indicate quality sometimes identify better quality brandies. The letters, oddly enough, represent not French words but English, because of the English market. They represent the following: C-means Cognac; E-means Extra or Especial; F- means Fine; O-means Old; P-means Pale; S-means Superior; V-means Very; and X -means Extra.

These words used to appear on the label at the discretion of the producer. Since 1955 certain combinations of letters have had age significance. For instance, the letters VO or VSOP not only mean Very Old or Very Superior Old Pale, respectively; but they also mean, as does the word Reserve, wood at least 4½ years. In reality VSOP Cognacs usually aged to 10 years.

Since Cognac by and large is a business of brands, many houses have abandoned the stars and letter and identify their various qualities either by the distinct origin. Some other words producers use to describe their best Cognacs are now also regulated by French law. Extra, Napoleon, and Viette Reserve require that the Cognac has been in cask for a minimum of 6½ years. The romantic nonsense about the 80s and 104 year old so called Napoleon brandies and Vielle Reserve require that Cognac has been in cask for a minimum of 6½ years. The romantic nonsense about the 80 and 104 year old so called Napoleon brandies is nothing but a ploy for the unknowing buyers.

Cognac improves in wood for roughly 50 to 55 years. The cost of aging the brandy for this length of time is very high, as the losses through evaporation and the risk of aging too long are considerable and make the ultimate selling price excessive. Once the Cognac is bottled it neither varies nor improves. A Cognac bottled in 1910 will taste exactly the same today as it did the day it was bottled, Yet the question naturally arises: What is the best age for Cognac? It is at its best between the ages or 25 to 40 years.

Cognacs should be examined with the nose before actually being tasted. The best way is to put one's nose on the rim of the glass, not too deeply into the glass. The alcohol is quite strong for the nose. For this reason, many prefer small or chimney glasses or tulips to larger than one is capable of holding and warming in one hand, but the one-ounce pony or cordial glass should be avoided. When evaluating Cognacs, a few drops on the tongue are all that is necessary. Good Cognacs should be light. Since distilled spirits do not change once they are bottled, old bottles mean nothing. Large magnum bottles should be avoided, since once the Cognac is started, it may remain partly full for a long time. Both evaporation and oxidation will make the Cognac deteriorate. While a bottle of Cognac need not be consumed at one sitting; ideally, it should not be left open for more than six months.

A good test of a fine Cognac is to smell a glass that has had some Cognac poured into it. Hours after it has been consumed, the glass should retain its delicious aroma. A cognac with ginger ale is a good drink! Best Buy of the Month: Westford Hill Distillers Kirch Cherry Brandy \$17.99 200ml bottle. Connecticut's own premier distillery distills a variety of eau-du-vies.. This Kirsch brandy it is aromatic and delicious. It can be enjoyed in a variety of ways: on ice cream, in coffee, or savored as a digestive.

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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Programs for Children

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

Eager Readers K-2 Book Group for grades K-2

April and Esme, Tooth Fairies by Bob Graham - Monday, April 15th @ 6:30 pm

Join us for our Eager Readers K-2 Book Group! This program is designed especially for children in grades K-2. We'll read April and Esme, Tooth Fairies by Bob Graham, 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, April 17th @ 6:30pm - At this month's session of 10+ Art, you'll make a faux lava lamp! Find out what happens when oil and water meet the Alka Seltzer! Space is limited – advance registration is required.

SCIENCETELLERS (for ages 5 and older)

Tuesday, April 16th @ 2:00 pm - Sciencetellers offers hands-on interactive programs that use science experiments to tell stories. Each high-energy program is performed by a Scienceteller (part Scientist and part Storyteller) to create a fun, unexpected, and unforgettable experience. Advance registration is required.



Programs for Adults

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

Film Discussion Series With Mark Schenker: "The Films Of Alfred Hitchcock"

Strangers on a Train - Wednesday, April 10th @ 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@woodbridgect.org.

Asparagus: The King of Spring Cooking Class with Robin Glowa

Monday, April 15th @ 7:00pm - Robin Glowa will teach us everything you ever wanted to know about asparagus! Learn about this amazing, versatile and oh-so-healthy vegetable. Samples and recipes will be provided. This free program is open to the public. Space is limited and registration is required.

The Curse: Big Time Gambling's Seduction of a Small New England Town with author Robert Steele

Wednesday, April 24th @ 7:00 pm - Author and former Connecticut Congressman Bob Steele will discuss and sign his new novel, The Curse: Big-Time Gambling's Seduction of a Small New England Town. Steele's novel, which has generated wide interest across the state, comes at a time when Connecticut's casinos face the prospect of heavy new competition from New York, Massachusetts, and Rhode Island, and there is growing political pressure to legalize Internet gambling. The novel is set against the casino gambling explosion that hit southeastern Connecticut during the 1990s, when two Indian tribes built the world's two biggest casinos in the southeastern corner of the state. The story begins with the Pequot War in 1637, then jumps 350 years as a Connecticut family becomes embroiled in a struggle to block a third casino that threatens the family's town and ancestral home. Copies of the book will be available for purchase and signing the evening of the presentation. Registration is requested for this event.

Programs for Teens

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

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.

Teen Jewelry Workshop (for high school students, ages 12 and older)

Saturday, April 6, 2013 @ 2:00pm - Express your creativity at Kim Larkin's jewelry workshop, geared just for teens. Beads and metals will be on hand for you to design your own piece. Space is limited – please register early!



Teen Movie: The Hunger Games (for high school students, ages 12 and older)



Saturday, April 20th @ 2:00 pm - You've read the best-selling novels, now come and see the critically-acclaimed film adaptation! We will be screening the first installment of The Hunger Games series, starring recent Academy Award winner Jennifer Lawrence. This film is rated PG-13.

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.

April 4th – Strangers on a Train [rated PG]

April 11th – Lincoln [rated PG-13]

April 18th – The Hobbit: An Unexpected Journey [rated PG-13]

April 25th – The Impossible [rated PG-13]

Art Exhibit

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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Crisco Embraces State Funding for Key Economic Development Initiatives

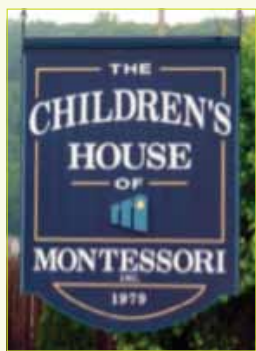
State Senator Joseph J. Crisco, Jr. (D-Woodbridge), vice-chair of the legislature's Commerce Committee, today welcomed final approval of supplemental funding for three key components of the state's economic recovery strategy. Senator Crisco said state support for the Small Business Express Program (EXP), the Subsidized Employment and Training Program (STEP), and Connecticut Innovations are essential ingredients for the state's continuing economic revitalization.

Each item was included on the agenda for this morning's meeting of the State Bond Commission and each item was approved at that time, Senator Crisco said. "The state's Small Business Express Program has been a valuable tool for qualifying companies with 100 employees or fewer that need an infusion of capital to launch a new product or increase inventories, and likewise, STEP has helped eligible employers with payroll and training subsidies to make hiring new employees less risky," Senator Crisco said. "Each of these economic development tools has earned and warrants the additional funding approved today."

Senator Crisco said he is particularly pleased with today's approval of funding for Connecticut Innovations, a quasi-public entity that targets start-up companies, often in emerging industries, and provides them with innovative business strategies and financing. "Just this week Connecticut Innovations announced plans to provide nearly \$1 million to six start-up companies in New Haven County - businesses focused on cutting edge software, clean technology, e-commerce, and emerging life sciences," Senator Crisco said. "New businesses like these will help lead our state's economy into the future - I'm pleased to know the bond commission agreed to replenish the capital made available through the Connecticut Innovations program."

Senator Crisco said the specific value of each bond allocation approved today is as follows: \$40 million for the Small Business Express Program, and \$10 million each for STEP and Connecticut Innovations.

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Woodbridge resident, Anna-Claire Luciani, daughter of Julie Coyne Luciani '84, will follow in her mother's footsteps as a member of the Class of 2017.

Woodbridge Student to Follow in Her Mother's Footsteps

The Sacred Heart legacy continues! Legacies from the incoming Class of 2017 at Sacred Heart Academy were recognized at Orientation for Incoming Freshmen. Twenty-five members of the class have mothers who are alumnae and five members of the class have a grandmother who is an alumna of Sacred Heart Academy. Twenty-nine class members have one or more sisters who are current students or graduates of the Academy; twenty-eight sisters in all. The entering class comes from thirty-five towns and fifty-three feeder schools. "Sacred Heart legacy is more strongly represented in this class than in any previous class. We are particularly struck with the number of alumnae who are sending their daughters to Sacred Heart. The presence of these young women at the Academy is a testament to the importance that families place on the values learned here and their desire to ensure that the Sacred Heart tradition continues," announced Elaine Lamboley, Director of Admissions.

Sacred Heart Academy, an independent college preparatory school founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women in grades 9 - 12 for learning, service and achievement in a global society. Currently celebrating its 65th anniversary, the Academy has an enrollment of 500 students hailing from New Haven, Fairfield, Hartford, Middlesex and New London counties.



Lieutenant Jeff Leiby was invited by B and B Transportation, Inc. to speak to bus drivers at a training meeting. The discussion centered around recent tragic events that involved school buses and how to keep children safe. B and B Transportation, Inc. owns some of the buses that transport students in Bethany, Orange, Woodbridge and Amity.

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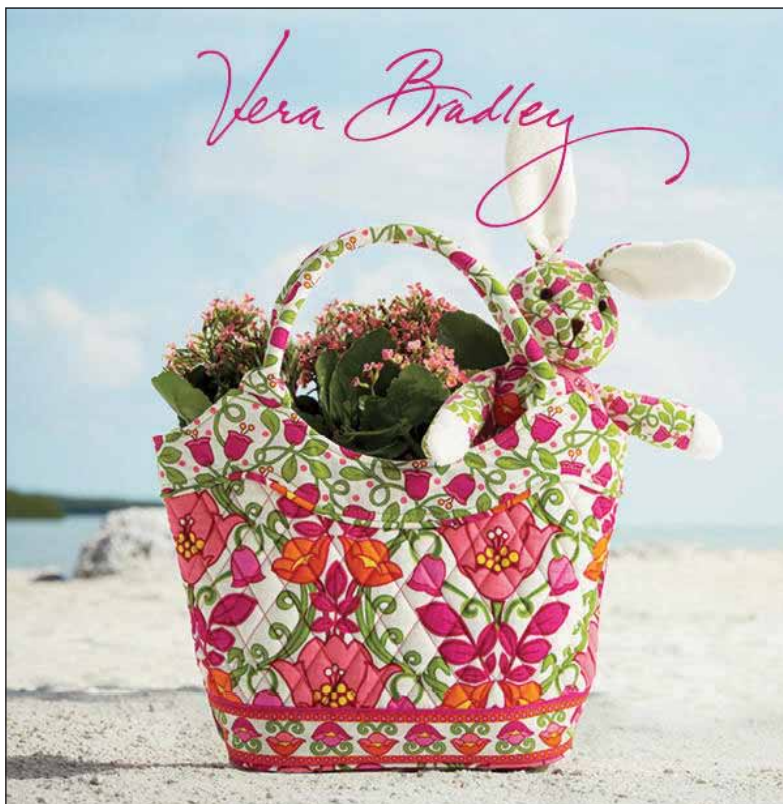


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From the Youth Services Coordinator

By Nancy Pfund



Impact Of Divorce On Families

Youth Services and Beecher Road School sponsored an informative evening for people seeking information about divorce on Monday, March 11th.



Lili-Vassileff, a certified financial planner and author presented the "Top Ten Tips You Need To Know For Divorce, followed by Teena Arbo, a licensed clinical social worker, who discussed the emotional effects of divorce and offered advice for parents.



Bethwood Bash Band Night

The Band Night at Amity Teen Center on March 3rd brought teens and some parents to hear the bands, tour the Teen Center, play basketball, enjoy the games, and munch on sandwiches donated by Subway. Sam Ash and Amity Music donated raffles prizes which thrilled the lucky winners.



Smokestoppers Comes To Amity Middle School-Bethany



Maryellen Bolcer from St. Vincent's Medical Center Foundation empowered the middle school students with information on tobacco prevention as she presented "Smokestoppers" on March 13th.

Woodbridge Youth Services Offerings

Fun Fitness Cooking Class At Bethany Middle School

Cook in your school's kitchen! On-going enrollment! Join any time; enrollment fee is pro-rated for remaining classes.

Woodbridge Youth Services offers this very popular class for a second, 10-week session in the kitchen at Amity Middle School, Bethany campus after school on Tuesdays from 2:25-3:55pm. We'll give you the apron, recipes, and great instruction to make delicious, healthy food. Fee of \$100.00 will be pro-rated for remaining weeks. A discount is available for siblings and returning students. Financial assistance is available for qualifying families. Class started Tuesday, February 5th and will run through May 7th with a make-up date of May 14th, 2013. Call Youth Services at 203-389-3429 or email youthone@woodbridge.org to join this exciting class or obtain more information.

7th And 8th Grade Residents Of Woodbridge And Bethany Semi-Formal Dance

Join us for the semi-formal dance on April 26th at Bethany Town Hall from 7:00 to 8:30 p.m. Great D.J., dancing, photos and flowers for sale, friends, raffle prizes, and great refreshments, all for \$5.00! This is just for 7th and 8th grade residents of Woodbridge and Bethany. Dressy attire, please, no jeans or shorts. We encourage private school students to attend.

We are soliciting donations for more raffle prizes and food items from local stores and restaurants. For more information regarding donations or to chaperone, please call 203-389-3429 or e-mail youthone@woodbridge.org.

Home Alone Course

Woodbridge Youth Services is offering a course entitled "Home Alone" on Tuesday, April 16, 2013 from 9:30 a.m. to 11:30 a.m. in Room 16 at the Center Building at 4 Meetinghouse Lane. Cost of this program is \$10.00. Call Woodbridge Youth Services at 203-389-3429 to register.

Home Alone is a two-hour program designed to teach children simple rules for responsible self-care and to serve as a stimulus for further family communication concerning home safety. Topics include house rules, response to emergencies, calling 911, internet safety and preparing healthy snacks. This program is designed for children ages 9 to 11.

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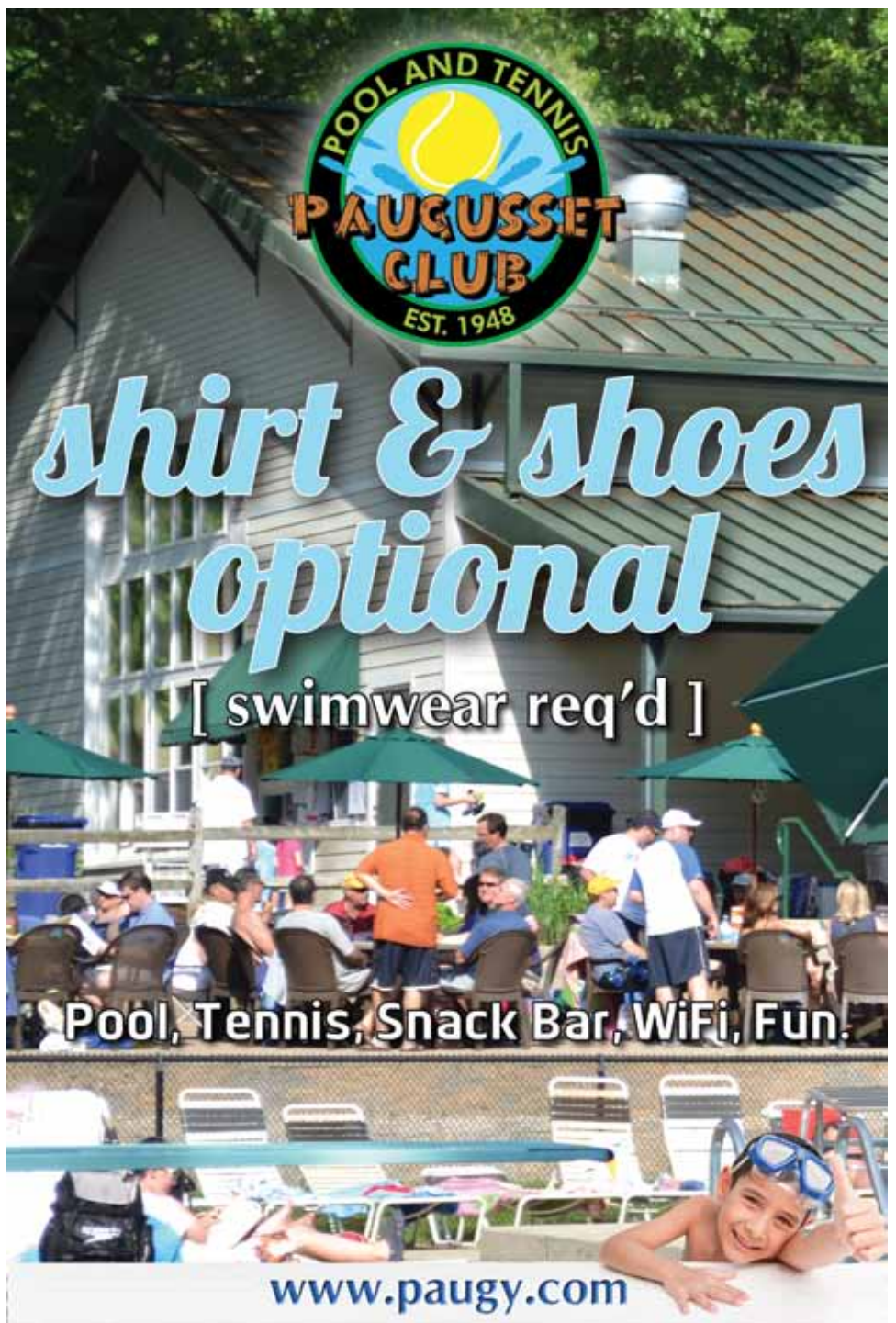
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Mon-Fri: 4-6
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"Dining with Susan"

By Susan Noonan



Ola Restaurant

If you want to get a group into a lively discussion bring up the restaurant business. We all love to offer critiques and opinions of our favorite haunts. The New Haven county area is home to an incredible range of cultural food. We are very fortunate to have an opportunity to experience well prepared authentic cuisine from around the world.

Which brings me to Ola Restaurant in Orange. In the past when I told anyone outside of the area that I lived in Orange they inevitably mentioned Stew Leonard's or The Christmas Tree Shop. Now when I mention Orange all the buzz is Ola Restaurant. This special Latin inspired restaurant is definitely the talk of the town (or should I say more like the tri-state area). I can't tell you how many people (including many high profile ones) have said that Ola is by far their favorite restaurant.

Brothers Melvin and Wagner Lopez along with their lovely spouses, Andrea & Cherry, opened Ola in July of 2007. After almost six years here in Orange with little advertising, but a lot of word of mouth, incredible reviews including the New York Times, Ola's business is booming! So much so that they are opening another OLA in Bridgeport next month. This speaks volumes for the success of their restaurant business, especially given our current economy. The Lopez family is originally from Guatemala and they are committed to making your dining experience unforgettable, focusing on quality and presentation. Their many years in the restaurant business are definitely reflected in the impeccable service, outstanding made to order food, along with pleasing ambiance. "Ola" means waves in the ocean, so the brothers focused on a tropical theme. A perfect place to escape! The interior is decorated in a contemporary Latin style featuring pastels, rich blues, bright oranges borrowed from the city of Antigua, Guatemala's capital city from the mid-16th to late 18th centuries. The colorful artwork displayed throughout the restaurant includes paintings by the brothers and their talented mother, Zoila. They call the environment "smart casual" and it includes linen tablecloths and napkins along with soft lighting and warm Latin music that creates a very pleasing atmosphere for dining. Ola serves "Nuevo Latino Cuisine" which is described as a splashy, exuberant, culinary form of celebrating the heritage and Latin spirit. If this is a new dining adventure for you, Melvin, Wagner and their well-trained staff will carefully explain the menu and attentively guide you through the entire meal. Ola features a "Mojito Classic" that is the famous Cuban drink with light rum, fresh mint leaves, lime juice, garnished with sugar cane. They also make their own red & white sangria using both Chilean & Spanish wine.



The menu has evolved over the past five years and has only gotten better. By far, one of my favorite items on the menu is Ola's Guacamole. Presented on the table using the authentic muddling tool "Molcajete" and featuring ripened Avocado, chopped red onions, diced tomatoes, cilantro, lime juice, served with garlic plantain, beets infused-malanga and lemon-cayenne yucca chips. Ola's most popular dishes include PARGO, red snapper, soft corn tortilla, black bean puree, sweet plantain chutney with truffle balsamic sauce. CHURRASCO, a Strip Steak with lime horseradish, parsley chimichurri, grilled rosemary & thyme red onions. CANA, sugar cane-dark rum caramelized Wild Salmon with baby spinach, shitake mushrooms, sweet plantain, quinoa warm salad, ginger-lemon grass, & albarino sauce. All menu items at Ola are cooked to order with only the freshest ingredients and very creative use of spices. The desserts are made on premise (by the Lopez sisters) in addition to a nice selection of "Ola Sorbets and Coffee Drinks". The reasonably priced wine list offers predominantly Spanish, Chilean and Argentine. Ola's presentation of the food is truly phenomenal. Melvin told me that many of the customers take photos of their dishes when the waitstaff presents them at the table. You really have to experience it! Ola has a great Happy Hour Tuesday- Sunday 4p-6p offering reduced prices for drinks and appetizers.

Open Tuesday - Sunday for dinner beginning at 4:00pm. Closed Mondays. Handicapped accessible - Ample parking in both the upper and lower part of the building. All major credit cards accepted. Take-out available on all menu items. Separate room available for private parties. RESERVATIONS A MUST! You can view the complete menu on the website below.

OLA RESTAURANT - 350 Boston Post Road, Orange, CT 06477 - Phone 203-891-0522 or 203-795-0561 website: olarestaurantct.com - email: olarestaurant@hotmail.com Stay tuned for the opening of Ola's 2nd location at 694 Brooklawn Avenue, Bridgeport, CT 06604.

Final notes: Ola gives back to the community by hosting a wide range of fundraisers including the American Cancer Society, Aids Project, Guatemala Healing Hands Foundation, Towers Senior Services, etc. Melvin said in his own words "We are grateful to be able to be a part of the community and giving back is our way of saying thank you for letting us do what we enjoy most, which is making people happy thru an exceptional culinary experience". I have been writing about restaurants for quite a few years and have never met a family and staff that are so passionate, dedicated, and committed to outstanding customer service. This is why so many people say that Ola is definitely their favorite restaurant! The Lopez family is a true success story and they should be very proud of their accomplishments! Remember to support our local family owned businesses. If you have a favorite restaurant email susan@orangetownnews.com or susan@woodbridgetownnews.com.

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**celebrity
extra**
by cindy elavsky



Kirstie Alley

Q: I am so happy that my favorite reality/competition show, “**Dancing With the Stars**,” is back. But why hasn’t my favorite dancer, **Maksim Chmerkovskiy**, returned? -- Hannah Y., via e-mail

A: Right after the season 16 cast was announced last month, the 33-year-old ballroom pro released a statement explaining his absence this season: “I just want to set the record straight to all of my amazing fans that I will, unfortunately, not be returning for this season of ‘Dancing with the Stars.’ I’ve been a pro dancer on the show for about seven years now and am eager to explore other opportunities that have been made possible because of ‘Dancing with the Stars.’ I’m going to take this time to dive into producing and acting, while fulfilling my sponsorship obligations.”

A representative for the show went on to explain why Maksim -- as well as **Anna Trebunskaya**, **Chelsie Hightower** and **Louis van Amstel** -- wouldn’t be returning: “We frequently rotate the professional dancers, so it is not unusual for them to rest a cycle. As we consider who will be matched up each season, there are a lot of factors that dictate which couples make the best pairings. We appreciate each of our dancers’ dedication to the show, so this is a very difficult decision.”

Q: I really loved **Jane Seymour**’s raunchy turn as BJ’s mom on Fox’s “**Ben and Kate**.” Now that the show has unfortunately been canceled, will we see Jane on anything else soon? I sure do hope so! -- Harold W., Roanoke, Va.

A: The gorgeous and talented Brit has signed on to co-star in a yet-untitled pilot for NBC. The show revolves around a character named Karey, “the clean-nosed black sheep in a family of petty thieves, drug addicts and narcissists.” Jane will play Dotty, Karey’s mother, who’s described as “self-centered, the-

atrical and often inappropriate.”

Q: **Kirstie Alley**: Where is she, and what has she been doing? -- George G., Hanover, Wash.

A: Since wowing her fans during two separate runs on “Dancing With the Stars,” Kirstie is taking that momentum to TV Land, where she’ll star in a new sitcom, “**Kirstie’s New Show**,” beginning this fall. According to the network, the show “revolves around Madison ‘Maddie’ Banks (played by Kirstie), a renowned Broadway star who finds her life turned upside down when Arlo, the son she gave up at birth, suddenly appears hoping to connect after his adoptive parents have died.” The show co-stars Kirstie’s fellow “Cheers” alumnus, Rhea Perlman.

Q: I have been hearing for a while about a new **Aaron Eckhart** movie called “**Erased**.” It is supposed to be in theaters, but I can’t find it anywhere. --Danni R., via e-mail

A: The action thriller was released in Europe at the end of 2012, and will finally be making its way to American theaters come May 10. However, you can see it beginning April 5 on Video on Demand if you can’t wait until May.

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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ARTS & LEISURE



All Undone with Insipid Subsume, Ethan Boisvert

Ethan Boisvert and Mark K. St. Mary at Gallery 195

The Arts Council of Greater New Haven presents an exhibition of paintings by Connecticut artists Ethan Boisvert and Mark K. St. Mary at Gallery 195 at First Niagara Bank, 195 Church St., 4th floor, New Haven. The exhibition will be on display during bank hours from March 19 through June 14, 2013. An artists' reception is scheduled for Tuesday, April 23rd, from 5 to 7 p.m. The public is invited to attend.

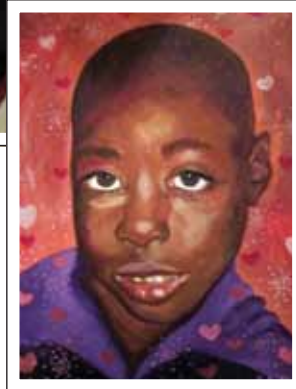
According to curator Debbie Hesse, Ethan Boisvert and Mark K. St. Mary "are both obsessed with colorful patterns and layered patinas rich with memories, yet each artist achieved this quality in their artwork through a different lens; Mark literally through the camera lens and Ethan, through a heavily built up painted canvas."

Boisvert builds his canvas surface from densely layered, broad gestural marks- brushed and stamped- building a history of the artist's process in each painting. Borrowing from a rich tradition of abstraction, he reworks his canvases to reach what he considers "equilibrium."

St. Mark, using light, shadow and color, reframes recognizable places into abstract environments.

Seen together, these artists create abstractions that allude to 21 Westward Road, Woodbridge, both micro and macro universes.

For more information about this exhibition and Gallery 195 at First Niagara Bank, please call the Arts Council at (203) 772-2788. For more information about the artists, visit their respective websites: ethanboisvert.com and saintvisions.net.



The Memory Project

Elizabeth Smolinski, a teacher at Amity High School, runs a chapter of "The Memory Project" at Amity High School. For the past five years, Amity High School students have created portraits for orphaned children through the non-profit organization "The Memory Project". In the past, Amity has created portraits for children in South American and Asian countries. This year, Amity sent a record 21 portraits to Rwanda, which is in Eastern Africa.

Last fall, the organization sent photos of the orphaned children to Amity, from which 19 students and 2 faculty members created portraits in a variety of media, including acrylic paint, chalk pastels, and digital images. Each unique portrait was packaged in a protective plastic sleeve and labeled with the name and photo of the artist. The portraits will be hand-delivered to the kids by Memory Project staff members on March 30th. Roughly a month later, the artists will receive photos and videos of the children receiving their portraits. Recently, the videos have also included traditional songs and dances performed by the children, so Amity's artists are very excited about what they might get to see this year!

Each year that Amity has participated in The Memory Project, the required fees have been generously donated by the Jamie A. Hulley Arts Foundation. Though the number of portraits created has quadrupled over the past four years, the foundation has continued to support Amity's efforts. The Memory Project is a way for Amity to reach out and make a difference for children whose lives are vastly different from their own. "I can't think of a more meaningful way for our students to share their artistic talents," said Elizabeth Smolinski, the teacher who runs The Memory Project at Amity, with the assistance of studio art teacher Brian Flinn. "Every year, the portraits get more and more beautiful. We can't wait to see the photos of the kids in Rwanda receiving their portraits. It's a feeling that can't be matched."

For more information about The Memory Project or the Jamie A. Hulley Arts Foundation, visit these websites: www.memoryproject.org and www.jamiehulleyartsfund.org.

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HISTORY CORNER

With Muffy German

Woodbridge's Stone Walls



Remains of a probable animal pound.



Old walls run along many town roads.



Trees and ice destroy stone walls.

As the snow retreats another historic feature of our landscape returns to prominence: the stone wall. Once you start looking for them around town, you will be amazed at their ubiquity. Most of our main roads are bordered by stone walls in varying states of decay. In the mid-nineteenth century the northeast was dotted with about 250,000 miles of stone wall. To put it another way, if laid end to end, they could more than reach to the moon or wrap around the earth ten times! An 1872 agricultural survey estimated Connecticut's walls at a length of 20,505 miles.

The earliest residents of Woodbridge probably enclosed their fields with wooden fences. Chestnut and cedar were the preferred woods for their durability. The typical pattern was split-rail, zig-zag fencing. Wood was also in demand for heating homes, heating water, and industrial uses. An average farm consumed 30-40 cords of wood a year. In addition, before the discovery of coal, tons of wood were burned to create charcoal for the iron refining industry. By the first decades of the nineteenth century wood was in short supply and the transition to stone fencing began. The stones were often piled along the old wooden fencing. Rarely, you may find a zig-zag stone wall that clearly followed the pattern of a long gone wooden fence.

Ironically, as the forests disappeared, the amount of stone increased. When first opened to tilling, the soil was tremendously fertile with centuries of leaf mold and a small amount of exposed rock. Once cleared of trees, the soil was no longer protected from the extremes of seasonal temperature change. Farmers might lament quite accurately that their winter fields raised crops of stone. The deeper the unprotected soil froze each winter, the greater the number of stones would be heaved to the surface. Then, late winter rainfall would wash away the soil around the new crop of rocks. Thus, the spring preparation of farm fields increasingly involved stone removal.

There were many types of stone walls. Simplest is the rubble wall in which the stones were simply massed or tossed in a low, broad line. Next is the single stack or "farmer's" or "lace" wall. Here the largest rocks were lined up and successively smaller ones were piled on top. Typically, they were built as high as it was easy to lift: about the height of a man's thigh. A double stack wall consists of two rows of large rocks filled in with smaller ones. It is stronger and more stable than the previous type. The sides of the wall were slanted slightly inward and the width decreased with height ("batter") to stabilize the wall with gravity. Large stones were moved with a sled or "stone boat" drawn by oxen. Farmers invented systems of pulleys to lift stones into position from the boat. Most of these walls were topped by wooden fencing (especially if enclosing livestock) and had wooden gates.

The average size of a farm field was a 2-4 acre square. This size best balanced the time needed to move stones to the edge with efficient plowing space. The height and shape of a wall may tell you what it enclosed. For example, walls with an upper layer of many small stones likely enclosed tilled land rather than a hay field or grazing land. The absence of roots in finely tilled land allowed more rocks to surface in the freeze-thaw cycle than where turf covered the land. The hay field walls would have wide openings for large hay wagons to pass through. Animal "pounds" usually had walls

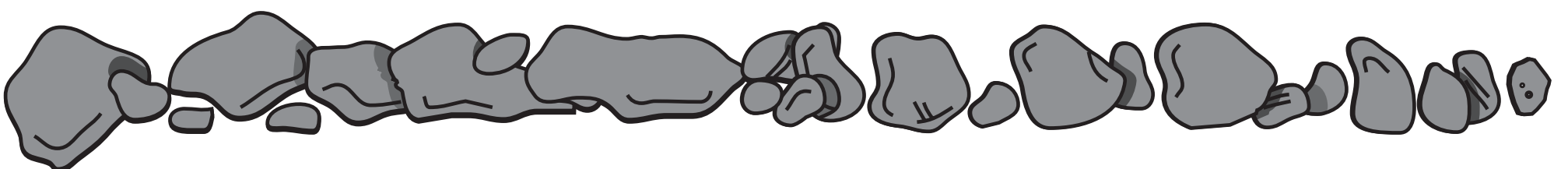
5-6' high and were about 30' wide. Cow runs were narrow paths flanked by stonewalls leading from the barn to the pasture. Stone walls were also used to mark town boundaries.

New England's "sheep mania" of the early 1800s also shaped stone wall usage. In 1811 Merino sheep were first imported from Portugal. In the archives of the Darling House is a series of documents attesting to the purchase of a large flock of "Trashumante Merino" sheep which had belonged to the Carthusian Friars of Paular and were confiscated from their subsequent owner, Don Manuel de Gadoy by the "Supreme Junta of Government of the Province of Estremadura". These sheep were described as "the most particular and preferred line in the Kingdom in so much that the wool has always had the preference in all Foreign Countries....Rams in good feed years yield 9-12 pounds of wool each and ewes 6-8". In October 1810, William Jarvis, American Consul at Lisbon, bought 4,000 of these sheep. He stated that they "will be distributed between Virginia and Maine" as well as to his farm in Vermont. In June of the next year, Mr. Darling (possibly Noyes Darling from Woodbridge) was to receive some of the sheep in Utica, NY. Tantalizingly, it was not recorded if any of the flock came to Woodbridge, but by 1840 Connecticut was home to 250,000 sheep. Overgrazing and consequent pasture erosion led to the exposure of more rock across New England.

Walls to enclose sheep needed to be extra tall as the animals are good climbers. Sometimes the single stack or "lace" wall was used as its numerous small openings might warn off the sheep. Other times the stone was topped with brush or fencing. Eventually, the late 19th century invention of barbed wire rendered stone walls obsolete for farming usage. Many old walls were pulverized by the new "stone crusher" of the 1890s and used to resurface the roads they formerly bordered. It was also around this time that "walls of affluence" were springing up to define and enhance country estates. They were often made of shaped and cut stones. In the early 1900s the fashion turned to walls held together with mortar. In front of my old farmhouse is such a wall probably re-fashioned about 1925. It replaced a dry-stone wall topped with a fence. The earlier wall is more pleasing to my eyes and more durable. The acid in the stones themselves as well as in the rain dissolves the mortar and the freeze-thaw cycle cracks it.

Numerous clues can help to date a stone wall. If it runs along a slope, decades of erosion may have buried much of the uphill side of the wall while the original height is visible from the downhill side. Lichens which cling to the stone grow at a rate of one millimeter a year (@ 25 years/inch). So, measure the lichen's radius and estimate the age of the stone wall.

Robert M. Thorson states in his book *Stone by Stone*, "To know New England well, one must know its stone walls". He argues that stone walls are the quintessential landform of New England just as lakes, mountains and bayous are for other parts of the country. If our walls are not maintained they will eventually disappear. Nature will reclaim the rocks. As you hike in the woods, notice the old walls dismantled by tree roots, fallen trees, and pilfering. Think of the early residents of our town who piled up those stones. Can you find a new purpose for preserving the work of their hands?



HOUSES OF WORSHIP EVENTS

Passover & Easter Services

Congregation Or Shalom

Passover begins at sundown, March 25

Services are March 26, 27, April 1, 2 at 9:30 am. Yizkor is April 2 at approximately 11:00 am.

Services

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



Congregation Or Shalom

Church of the Good Shepherd

Holy Week Schedule

- March 24 ~ Palm Sunday: Worship and Eucharist—8 am, 10:00 am
- March 27 ~ Wednesday: Tenebre—7 p.m. a service of Darkness and Light
- March 28 ~ Maundy Thursday: Dinner, Table Eucharist, Foot Washing, and Prayer—6 pm
- March 29 ~ Good Friday: Interactive Stations of the Cross 12-3 pm, Veneration of the Cross 7pm
- March 30 ~ Holy Saturday: Easter Vigil—8 pm
- March 31 ~ Easter Sunday: Worship and Eucharist, 8 am, Breakfast, 9am- All are welcome, Worship and Eucharist 10:00 a.m. and Easter Egg hunt following the 10 am service.

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

Orange Congregational Church Calendar of Services

All are welcome to join us in celebration of this Easter Season!

Lenten Services

If you are looking for some tranquil moments during this year's Lenten season, please join us at the Orange Congregational Church for three mid-week Taize services. We'll start with a simple soup supper in the John Ho Dining Room (an optional \$5 donation is suggested), followed by the Taize service in the Chapel. The service includes meditation, songs and prayers. Dates: March 6th, 13th and 20th (Wednesday nights).

6:15 PM – Soup Supper; 7:00 PM –Taize Service

Holy Week Services

Sunday, March 24 – Palm Sunday
8:00 AM (Chapel) ; 10:00 AM (Sanctuary)

Thursday, March 28 – Service Of Tenebrae
Maundy Thursday; 7:30 PM (S)

Friday, March 29 – Good Friday Services
Last Words Of Christ Read By Area Clergy; 12:00 PM to 3:00 PM (S)

Sunday, March 31 – Easter Sunday
6:00 AM Sunrise Service - Hannah's Hill; 9:00 AM and 11:00 AM (S)

To learn more, visit our website www.OrangeCongregationalChurch.org or call 203-795-9749. Whoever you are, wherever you are on life's journey, you are welcome here.



Orange Congregational Church



WORSHIP EVENTS



“Multiple Perspectives on Holiness” at Temple Emanuel

On Sunday, March 10, members of the Orange Clergy Association presented a panel discussion entitled “Multiple Perspectives on Holiness” hosted by Temple Emanuel of Greater New Haven. Participating clergy included Rev. Suzanne Wagner and Rev. Lee Ireland of the Orange Congregational Church; Rev. Ann Ritonio of the Church of the Good Shepherd, Rabbi Alvin Wainhaus of Congregation Or Shalom, Father Gene Charman of Holy Infant Church, Rev. Peter Orfanakos of St. Barbara Greek Orthodox Church, Pastor Timothy Boerger of Zion Lutheran Evangelical Church, and Rabbi Michael Farbman of Temple Emanuel.

Each participant presented his or her faith’s traditional concept of holiness to the audience of about 100 congregants from many of the houses of worship in Orange. By the end of the evening it was clear that our similarities outweigh our differences.

The potluck dinner that preceded the discussion was organized by Beth Lambert from the Orange Congregational Church, Sandy Bremer from the Church of the Good Shepherd, Debbie Farber from Congregation Or Shalom, Nancy Becque and Pat McCorkle from Holy Infant Church, and Barb Berkowitz and Barbara Goldhamer from Temple Emanuel.

The Orange Clergy Association sponsors at least two interfaith events each year. Information about these events is available on the websites of the participating houses of worship. For more information about Temple Emanuel, please call 203-397-3000 or go to www.templemanuel-gnh.org.

Rabbi Meir Azari to Speak at Temple Emanuel

On Sunday, April 7 at 10:15 am, Rabbi Meir Azari, executive director of Beit Daniel, a congregation in Tel Aviv affiliated with the Israel Movement of Progressive Judaism (IMPJ), will speak at Temple Emanuel of Greater New Haven. Rabbi Azari’s talk is titled “New Horizons: New Civil Society in Israel.”

Rabbi Azari received his rabbinic ordination from Hebrew Union College in the United States. Born in Haifa, he attended the Leo Baeck High School and was active in the IMPJ youth movement. He served in the Israeli navy and holds a BA from Haifa University and an MA from Hebrew University.

This discussion about the balance between tradition and modernity in Israeli society is free and open to the public. Temple Emanuel is located at 150 Derby Ave. in Orange. For more information about this program and others at Temple Emanuel, please call 203-397-3000 or go to www.templemanuel-gnh.org.

Holy Infant Woman’s Guild “Second Time Around” Sale

Holy Infant Women’s Guild Spring Second Time Around Sale will be held on Saturday, April 13th, in the school gym, 450 Racebrook Road, from 9 am to 2 pm. To reserve a table, call Marilyn at (203)795-9078. Tables are \$20 for members and \$25 for non members.

Pancake Breakfast on Palm Sunday

The youth at First Church of Christ, Woodbridge, are hosting a pancake breakfast on Palm Sunday, March 24, prior to the 10 a.m. worship. Join them in the Parish Hall for a hearty breakfast of pancakes, sausage and bacon, 8:30 - 9:30 a.m. Tickets are \$7 for all-you-can eat, \$25 for families. Proceeds will benefit this year’s mission trip in conjunction with the Pittsburgh Project.



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Chapel Haven Receives Award for Its Programs

Chapel Haven has received a prestigious national award for its innovative and successful program for individuals on the autism spectrum. Advancing Futures for Adults with Autism, an initiative with the mission to support the growing number of people on the autism spectrum who are moving into adulthood, bestowed Chapel Haven with its first AFAA Applauds award.

Each of the six AFAA Applauds winners will receive a \$5,000 grant to create a video about its program, to be released in April. "We were delighted to be one of six organizations chosen for this prestigious grant," said Chapel Haven President Michael Storz. "The designation gives Chapel Haven the spotlight, and the grant funds, to tell our story to a national audience, and we truly feel we have a compelling story to tell...at a time when more and more families are searching for the next best step in the lives of their young adults."

Chapel Haven, based in New Haven, is a nationally accredited, private, nonprofit school and postsecondary program that teaches adults with autism and other cognitive disabilities to live independent lives. Storz said Chapel Haven is "living proof that adults with disabilities truly can achieve an independent and productive life." He said the organization has 40-plus years and more than 300 independent individuals as proof.

Chapel Haven's program, long considered a national model, was specifically chosen for the award because of its success in helping adults with autism gain employment, make friends and experience a vibrant life in the community. "AFAA Applauds shines a bright light on the most innovative programs in the country...as 500,000 children with autism spectrum disorders enter adulthood this decade," said Christina Whalen, vice-president and director of the Vocational and Life Skills Academy at the Southwest Autism Research & Resource Center (SARRC). Whalen also serves as a member of the AFAA Leadership Council.

The videos will then be promoted by AFAA. AFAA is led by the vision of individuals with autism and their families who want to develop public and private sector supports for adults with autism.

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"An Ounce of Prevention"

Ow! My Aching Feet!

Feet that hurt are a common health problem. Most people try to treat the problem themselves until the pain becomes so bad that they seek medical help. (The evidence for this can be seen given the number of products on the shelves claiming foot pain relief!) Very often, the shoes people wear cause foot problems. Over time, minor problems become major problems as the effects of the ill-fitting shoes multiply.

PROBLEMS: There are several foot problems that people experience. Some are more common than others. CNN reports that 78% of adults age 21 and over have had at least one foot problem in their lifetime (National Foot Health Assessment June 2012.)

As you read the following brief descriptions of common foot problems, you may find yourself saying, "Wow. That's my problem". Most people have heard of bunions. Bunions are misaligned big toe joints. People can have a genetic tendency toward having them. But they can also be caused (or aggravated) by wearing shoes that are too narrow. Treatment can include comfort measures like padding or wider shoes and/or surgery. Plantar fasciitis is a condition in which the plantar fascia, which runs along the bottom of the foot and supports the arch, becomes stretched or torn. Treatment can include heel pads, pain medicines, cortisone injections, splinting, stretching, physical therapy and/or surgery. Neuromas are enlarged benign (non-cancerous) growths of nerves, most commonly between the third and fourth toe. They can be caused by poorly fitting shoes. Symptoms may be pain, burning or numbness between toes and the ball of the foot. Treatment options include: padding, taping, orthotics, cortisone injections and/or surgery. Heel spurs are calcium growths on the bottom of foot bones. They can be very painful. Treatment can include exercise, orthotics and/or medications. Metatarsalgia is a condition in which pain from the metatarsals (the five slender toe bones) occurs when you stand or walk on the balls of your feet. High heels and excess body weight put extra pressure on these bones. Padding, changing shoe heights and/or surgery are options for treatment.

PRODUCTS:

There are many products lining store shelves that may or may not provide you with relief. For example, store-brand (non-prescription) orthotics may work for you. It is worth a try as prescription orthotics are very expensive. The Harvard Health Letter (August 2009) described many products and their value for treating problems. For example, the guest editor of this article, Dr. James Ioli, notes that "detoxifying foot pads, that claim to absorb impurities from the body and aid in naturally cleansing" do no such thing. To clean your feet, Dr. Ioli recommends soap and water! "Toe Exercisers" are another example from this article about products that may have little impact. They may cause minor improvement, but Dr. Ioli believes that purchasing new, proper-fitting shoes is a better way to spend your money. What about arch bandages? Again, the editors state that while an arch bandage may provide temporary relief, it isn't going to fix the structural problem. Diabetics and people with poor circulation should not use them.

Aching feet can make it very difficult to perform day to day tasks. If your "home-remedies" don't improve your condition, you should seek medical help. There is no need to suffer, as there are many new treatments and prescriptive products available through your doctor, an orthopedist or a podiatrist. For free copies of articles on foot problems and treatment, District residents (Bethany, Hamden, North Haven and Woodbridge) can call QVHD or request on line, www.qvhd.org.

Yanagisawa Named NEOS President

Ken Yanagisawa, MD, FACS, of Woodbridge, has been appointed President of the New England Otolaryngological Society, an organization comprised of 8 Otolaryngology residency training programs throughout New England (including Yale University School of Medicine and the University of Connecticut Medical Center), which supports the improvement of patient care and outcomes for patients with ear, nose and throat problems.

Dr. Yanagisawa, an Assistant Clinical Professor of Surgery at Yale University School of Medicine, works at the Southern New England Ear, Nose, Throat & Facial Plastic Surgery Group, LLP, and continues in his roles as President of the Connecticut Ear Nose and Throat Society, and Immediate Past President and Honorary Chairman of the University of Connecticut Medical Alumni Association. He is the Section Chief of Otolaryngology at the Saint Raphael Campus of Yale New Haven Hospital.

Dr. Yanagisawa has been working extensively to organize and promote free Head and Neck Cancer Screenings throughout the state, an annual event scheduled to take place in multiple cities and towns during the upcoming Oral Head and Neck Cancer Awareness Week (April 14-20, 2013). More details about specific location dates and times are available at the Head and Neck Cancer Alliance website: www.ohancaw.com.



Ken Yanagisawa

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BULLETIN BOARD

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

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

Hooked on the Sound Crochet Guild, Saturdays, 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.

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.

Youth at First Church of Christ, Pancake Breakfast, Palm Sunday, March 24, 2013, 8:30 - 9:30am, Parish Hall, pancakes, sausage and bacon, Tickets \$7/for all-you-can eat, \$25/families. Proceeds will benefit this year's mission trip in conjunction with the Pittsburgh Project.

7th annual Celebration of the Personal Essay, Anne Fadiman presents her essay *The South Polar Times*, Thursday, March 28, 2013, 6:00pm, New Haven Public Library, 133 Elm Street, New Haven, free and open to the public, refreshments served. For more information, call 203-946-8835.

Garden Club of Woodbridge Meeting, Wednesday, April 3, 2013, 7:00pm, John Himmelman, writer, illustrator, photographer, bird enthusiast, and co-founder of the Connecticut Butterfly Society presents "Butterflies and Their Gardens", Woodbridge Town Library, 10 Newtown Road, Woodbridge; admission is free and all are welcome.

Free Head & Neck Cancer Screenings, week of April 14-20, 2013, Yale New Haven Hospital, York Street Campus, April 19, 2013, 9:00am-3:00pm, and Yale New Haven Hospital, Saint Raphael Campus at Father McGivney Cancer Center, April 11, 2013, 4:30-6:30pm. For more details about specific location dates and times, go to www.ohancaw.com.

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What's In Your Bond Basket?

By Roberta L Nestor

When we think of diversification and investments, there are no truer words of wisdom than the expression, "don't put all of your eggs in one basket". While most commonly associated with investing, this expression holds true whether you are putting a hundred percent of your efforts, resources or money into just one thing or idea. The theory extends itself to many real life experiences; like bringing \$100 to the casino and letting it all ride on red or taking out 100% of your liquid savings to buy real estate, even committing all of your free time to just one cause.

When investing, buying different asset classes such as stocks, bonds or cash and putting them in one basket would be considered diversification. However, over the past 5 years, investors have taken out over \$500 billion from US equity investments and dumped nearly a trillion dollars into taxable bond investments. It is no surprise that we are seeing more "bond baskets" than diversified baskets. A basket full of bonds in itself can be extremely diversified and can include corporate bonds, government bonds, convertible bonds, high yield bonds, emerging market bonds and municipal bonds, just to name a few. However, regardless of how many different types of bonds you have in your basket, they all share the same risks. One is the risk of default and the other is interest rate risk.

Interest rate risk happens to be on the forefront for bond holders. When interest rates go up, the value of bonds goes down. Here is an example:

Let's say you own an individual bond that is paying 5% for the next 20 years. Whether you own it or I own it, that bond will pay 5% until it matures. If you hold the bond until maturity you will get your principal. If you sell it before it matures, you could receive more or less than your original principal depending on interest rates at the time. If you sold the bond when interest rates are lower than 5% (like they are now), I would want your 5% bond since the current market will only offer me 2%. Actually, I would pay you more for that bond (a premium) because of the higher yield. It works the reverse if interest rates are higher when you sell. If you wanted to sell your 5% bond in a market that was offering 10% - I wouldn't want your bond because I could get a higher rate. Selling bonds in a higher interest rate environment could mean taking a loss. Bondholders should be focusing on interest rate risk. Interest rates are at a historic low and have been for several years. It is not a question of if interest rates go up; it is more of a question of when. We haven't seen high interest rates in a very long time. In December, 1980 the US prime rate hit a record high of 21.50% and it wasn't until 1985 that we started to see single digit lending rates. Our current prime rate is 3.25%; however, the target rate for federal funds remains at a historic low of 0 to one quarter of one percent (.25). This translates into 33 years of declining interest rates! A great ride for bondholders who benefit from decreasing rates.

Since we haven't been in a rising interest rate environment since the 1940's (the last secular bear market for bonds) it is hard to say how various types of bonds will hold up when rates go up. The bond market is somewhat peculiar; it has the ability to price in future events before they actually happen; meaning bond prices may decline before interest rates go up. I wrote about the "Bond Bubble" just about a year ago (*Orange Town News* 04/20/2012) and I will close with the same thought.

A word of caution, don't panic if you own bonds. Talk to your financial professional. Not all bond investments are equal. Understand what you own and how it may be affected if there is a rise in interest rates. Remember why you are investing in bonds in the first place and the importance of not having all of your eggs in one basket.

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

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ENTERTAINMENT

top 10 movies

- 1. Jack the Giant Slayer (PG-13)**
Nicholas Hoult, Stanley Tucci
- 2. Identity Thief (R)**
Jason Bateman, Melissa McCarthy
- 3. 21 & Over (R)**
Miles Teller, Justin Chon
- 4. The Last Exorcism Part II (PG-13)**
Ashley Bell, Julia Garner
- 5. Snitch (PG-13)**
Dwayne Johnson, Susan Sarandon
- 6. Escape from Planet Earth (PG-13)**
animated
- 7. Safe Haven (PG-13)**
Julianne Hough, Josh Duhamel
- 8. Silver Linings Playbook (R)**
Bradley Cooper, Jennifer Lawrence
- 9. A Good Day to Die Hard (R)**
Bruce Willis, Jai Courtney
- 10. Dark Skies (PG-13)**
Keri Russell, Jake Brennan

TOP DVD RENTALS AND SALES

- 1. Flight (R)**
Denzel Washington
- 2. Here Comes the Boom (PG)**
Kevin James
- 3. Taken 2 (PG-13)**
Liam Neeson
- 4. Hotel Transylvania (PG)**
Adam Sandler
- 5. Alex Cross (PG-13)**
Tyler Perry
- 6. Seven Psychopaths (R)**
Colin Ferrell
- 7. Ted (R)**
Mark Wahlberg
- 8. Pitch Perfect (PG-13)**
Anna Kendrick
- 9. Paranormal Activity 4 (R)**
Stephen Dunham
- 10. The Bourne Legacy (PG-13)**
Jeremy Renner



Chartbusters

- | | | |
|---|---|--|
| <p>Top 10 Pop Singles</p> <ol style="list-style-type: none"> 1. Baauer
"Harlem Shake" 2. Macklemore & Ryan Lewis feat. Wanz
"Thrift Shop" 3. Bruno Mars
"When I Was Your Man" 4. Taylor Swift
"I Knew You Were Trouble" 5. will.i.am & Britney Spears
"Scream & Shout" 6. Drake
"Started From the Bottom" 7. Rihanna feat. Mikky Ekko
"Stay" 8. Justin Timberlake feat. Jay Z
"Suit & Tie" 9. Bruno Mars
"Locked Out of Heaven" 10. Lil Wayne feat. Drake & Future
"Love Me" | 
<p>Hunter Hayes</p> | <p>Top 10 Country Singles</p> <ol style="list-style-type: none"> 1. Blake Shelton
"Sure Be Cool If You Did" 2. Hunter Hayes
"Wanted" 3. The Band Perry
"Better Dig Two" 4. Tim McGraw
"One of Those Nights" 5. Carrie Underwood
"Two Black Cadillacs" 6. Little Big Town
"Tornado" 7. Florida Georgia Line
"Cruise" 8. Gary Allen
"Every Storm (Runs Out of Rain)" 9. Lady Antebellum
"Downtown" 10. Hunter Hayes
"Somebody's Heartbreak" |
|---|---|--|

COUCH THEATER DVD PREVIEWS BY DNA SMITH



Tahar Rahim in "Day of the Falcon"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of March 25, 2013.

PICKS OF THE WEEK

"Parental Guidance" (PG) -- Grandpa Artie (Billy Crystal) and Grandma Diane (Bette Midler) agree to babysit their three grandchildren. The kids' parents, (Marisa Tomei, Tom Everett Scott) are oh-so busy, yet manage to coddle the kids too much. It's up to the grandparents to restore common sense and family warmth to the household.

If you thought all of the old family sitcom humor was used up by "Full House," "Cheaper by the Dozen" and all their ilk ... you were right. There are only scraps of humor left for "Parental Guidance" to nibble on. It's a predictable, cloying mess. All of the touchy-feely group-hug stuff is shoehorned into the end of the movie like a last-minute confession for all of the stale bits and toilet jokes that make up the rest of the film.

"Killing Them Softly" (R) -- A couple of small-time crooks rob a poker game full of crime bosses. Their little mistake does not go unpunished. The robbed mobsters call in Jackie (Brad Pitt), a ruthless killer with a surprising self-awareness, to right some wrongs and make everything all better. Witty and gritty dialog gets tossed around in between bouts of vicious violence.

Pitt doesn't disappoint. He plays a tough guy who's too cool to act tough. In a world of takers, losers, smart guys and victims, Jackie knows just where he fits in. If anything, the dialog and seedy-underbelly setting get too self-aware. The movie has a lot to say about capitalism and the American Dream. If you want a thriller with a charismatic lead, you can't miss this one.

"A Royal Affair" (R) -- King Christian VII of Denmark was a difficult man to be around. In a world of pretty costumes, elaborate events and decadent lifestyles sits pretty Queen Caroline Mathilda. Along comes Johann Struensee, a brilliant, charming physician who represents the reason and enlightenment of a new age. Of course, a love triangle forms. Mixed in with all of this are some well-crafted political drama. Add in the 18th-century costumes, sets and delicate direction -- and you're looking at a rent-worthy foreign-language period piece.

"Day of the Falcon" (R) -- In the Middle East, two rival warlords finally agree to end a long, bloody war. Emir Nuad (Antonio Banderas) takes in two sons from his rival, Sultan Amar (Mark Strong.) Unfortunately for everyone, it's the 1920s, and oil is discovered in what the two men agreed would be neutral territory. When one tries to profit, the peace is broken and the younger generation must face the consequences of their fathers' war. It's a fun film to watch, but some vital element is missing -- an otherwise interesting tale fails to make an emotional impact.

1. Name the group that released "Give a Little Bit" on an album titled "Even in the Quietest Moments ..."
2. Which Al Green song is used in the musical score for the television show Nip/Tuck?
3. Who released "Could've Been," and when?
4. Which group had a modest U.S. hit with "So Much in Love"?
5. Name the song that contains this lyric: "But without him, how would Hitler have condemned them at Dachau? Without him Caesar would have stood alone."



1. Supertramp, in 1977. The song was re-released in 1992 for a television. 2. "Tired of Being Alone," released in 1969. 3. "Tiffany," in 1987. "The Hip Side of Love," Tiffany was 17 years old when her first album came out. 4. The Tymes, in 1963. Their "Ms. Grace" topped the U.K. charts in 1975, and remains a perennial favorite among the Carolina beach dance music crowd. 5. "Universal Soldier," written and recorded by Buffy Sainte-Marie. The war protest song didn't catch on until recorded by Donovan in 1965. Others of the anti-war genre are P.F. Sloan's "Eve of Destruction," performed by Barry McGuire, and Phil Ochs' "Draft Dodger Rag," both in 1965.

Sudoku answers on page 32

Weekly SUDOKU
by Linda Thistle

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

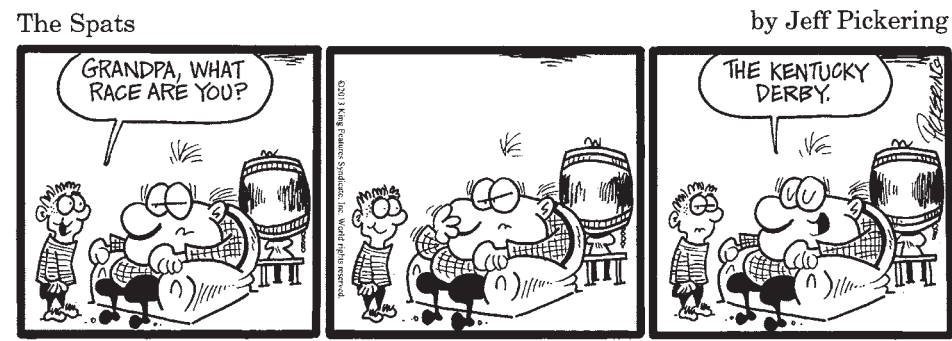
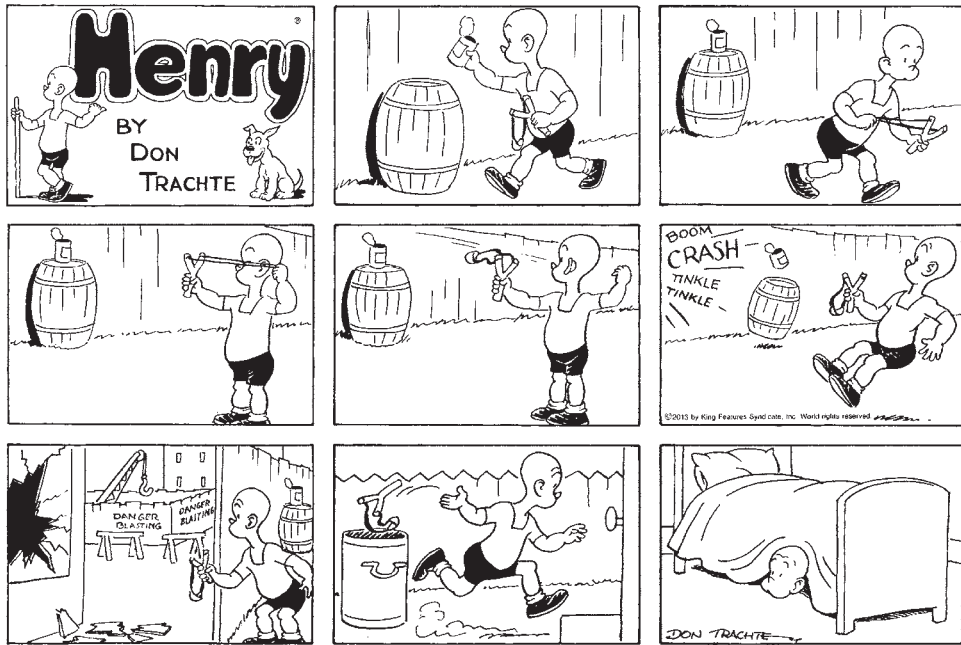
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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COMICS / CROSSWORD / HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Sharon Gless

HOLLYWOOD -- Some final words about the Oscars. Oscar night has become a feeding frenzy, literally. You have to be ready to walk the red carpet by 3 p.m. Celebrities walk the endless carpet from 30 minutes to an hour. By the time the press people have covered the red carpet and head to the pressroom, they've been inside a hurricane for about two and a half hours.

Behind the scenes, winners and presenters are paraded through rooms filled with press, often missing the show itself. Then, once the show ends some four hours later, you have to cover the parties.

Most winners, presenters and stars stop by the official Oscar ball, in The Dolby Theatre complex, and then race off to either Elton John's party, which raises millions for AIDS, or the Vanity Fair party, which is small and very exclusive. George Clooney, Ben Affleck and Jane Fonda skipped those parties in favor of a private one of their own at Craig's, the hot new West Hollywood in-spot where Clooney often goes.

This year, I passed on that craziness to attend Norby Walters' Oscar viewing party, Night of 100 Stars, at the Beverly Hills Hotel. I arrived at 3:30 p.m. and spent the first 45 minutes with Terry Moore (best remembered for "Mighty Joe Young") at the cocktail party. Terry told me how she proved she was once married to billionaire Howard Hughes: "Howard knew people wouldn't believe we were secretly married once, so he made recordings, in his own voice, in which he referred to me as his wife." Those recordings were worth millions to her when she won her lawsuit against his family.

I sat next to Sharon Gless, origi-

nally of "Cagney & Lacey" (1982-1988), who is now starting season seven as Madeline Western, Jeffrey Donovan's mother on "Burn Notice." She was lamenting having to cut her hair again to start work.

Ran into Patrick Warburton, whom I met when he first started acting. He might have to stop playing Jeff Bingham on "Rules of Engagement" to star in the new CBS show "Jacked Up."

Years ago, I became friends with a neighbor, Adrian Paul, who became a regular on the "Dynasty" spin-off "The Colbys." He later starred in 117 episodes of "Highlander" and 22 episodes of "Tracker." Adrian told me, "It was all a lot easier back then, so much has changed in the industry."

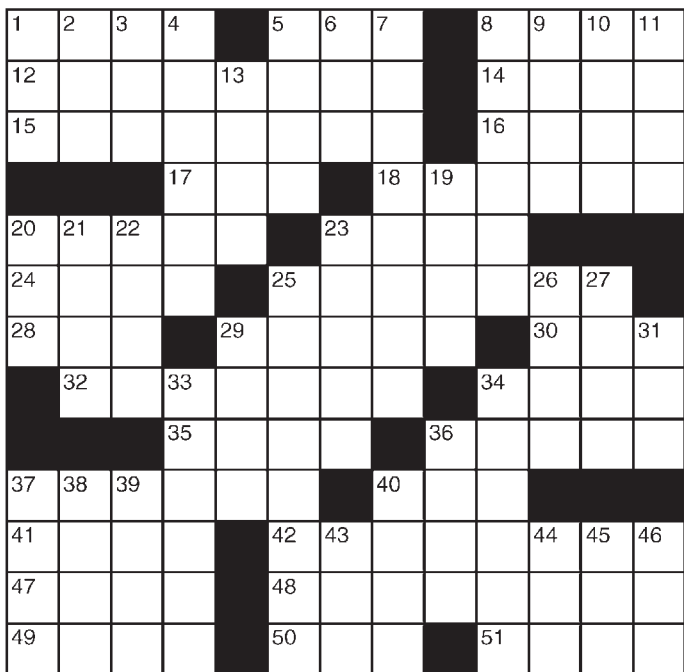
My big moment of the night came when Eric Roberts (brother of Julia Roberts), an Oscar nominee for "Runaway Train," asked me who designed my tuxedo. I told him it was by Emanuel Ungaro, and then said, "Hey, that was supposed to be my line!"

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

King Crossword

ACROSS

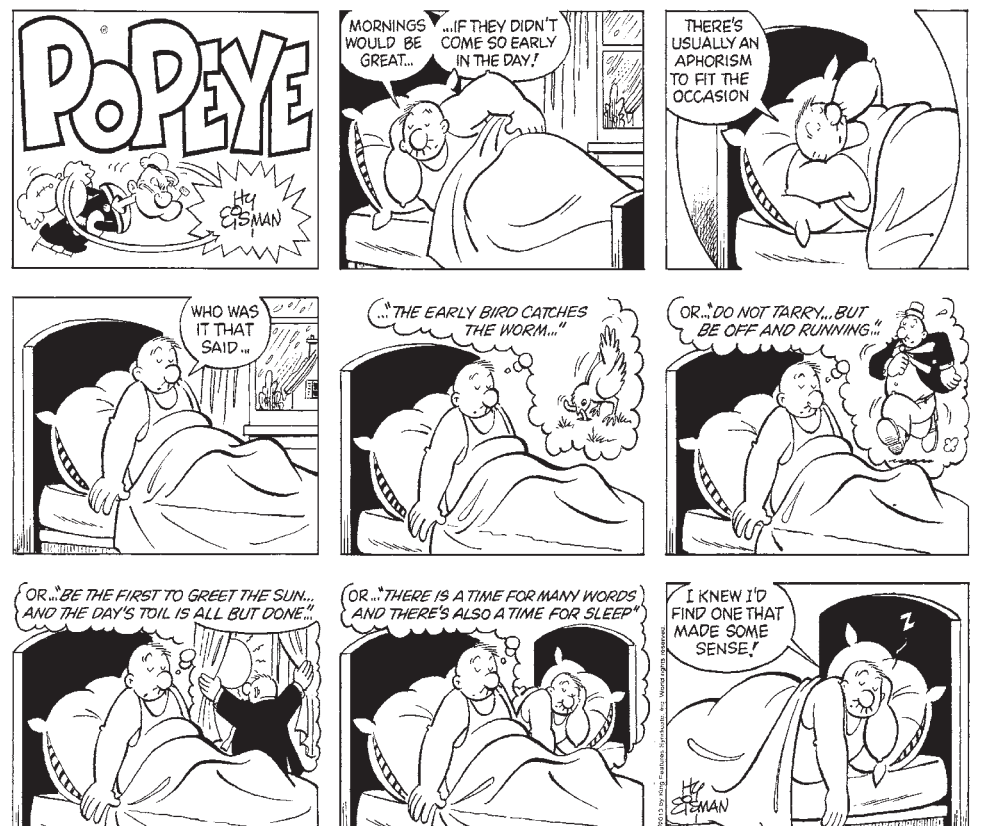
- 1 Bakery buys
- 5 Youngster
- 8 Treaty
- 12 Australian city
- 14 Reverberate
- 15 Like spread sheets, e.g.
- 16 Slender
- 17 Scepter
- 18 Each
- 20 Hybrid eating utensil
- 23 Entanglement
- 24 Bohemian
- 25 Refrigerator decorations
- 28 Humor
- 29 Gave a darn
- 30 Regret
- 32 Grieved
- 34 Intentions
- 35 Primary
- 36 Sag
- 37 "- & Louise"
- 40 To and -
- 41 Emanation
- 42 Ivy League university
- 47 List of options
- 48 Catholic prayer
- 49 "Hey, you!"
- 50 Remiss



- 51 Je ne — quoi
- DOWN**
- 1 Atl. counterpart
- 2 Altar affirmative
- 3 Conger or moray
- 4 Wet cement mixture
- 5 Sort
- 6 Mrs. McKinley
- 7 Mad
- 8 Small
- 9 Liniment target
- 10 Stylish
- 11 Color quality
- 13 Beyond control
- 19 Frogs' hangout
- 20 Witnessed
- 21 Proper partner?
- 22 "Beetle Bailey" dog
- 23 Carpenter or Black
- 25 Crazy
- 26 Threesome
- 27 Japanese wrestling
- 29 Study all night
- 31 Kreskin's claim
- 33 Diacritical mark
- 34 Scents
- 36 Snare or tom-tom
- 37 Pack down tightly
- 38 Shades
- 39 Sea eagles
- 40 Show off your muscles
- 43 Eggs
- 44 Lingerie item
- 45 Midafternoon, on a sundial
- 46 Some small batteries

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King Crossword Answers on Page 32



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Bark Bytes...

By Vicki & Richard Horowitz

Selecting the Right Puppy or Dog for You and Your Family

A dog's breed and temperament, combined with your lifestyle and personality, all play an important role in determining what kind of dog is the best fit for you. For instance, a slight or shy person could find a large-breed dog—especially one that is boisterous or hyperactive—difficult to control. On the other hand, a timid, little dog may not be a suitable match for an adventuresome, outgoing, or loud person.

So with all the choices available, how do you go about selecting the right dog for you?

Deciding Between a Puppy and a Full-Grown Dog

If you are considering adopting a dog, first determine whether you want a puppy or an adult dog. Adopting a puppy has certain advantages—you will be able to choose one with the best temperament for you and ensure it gets a proper education before behavioral problems or bad habits develop. But puppies bring added responsibilities, too. During the first few months, a puppy requires more of your time than an older dog.

Puppies should not be left alone for extended periods of time.

- They need to be fed several times a day, constantly monitored, and handled with care.
- Owners must fill the void created when they take a puppy away from its mother and littermates.
- Attention is required to properly house-train the puppy.
- Other training is required with goals suitable for the puppy's age. (Training goals will change as the puppy matures.)

If you do not have the time required for a puppy, consider adopting a full-grown dog that has already gone through the puppy stage.

- Usually an older dog will be housebroken and less likely to chew anything and everything within reach.
- More advanced training can begin immediately.
- As a newcomer to your family, however, even older dogs require attention and understanding while they become oriented to a new environment.

Before adopting an older dog, learn as much as you can about its background, such as details of its diet so you can be sure any change in diet will not be abrupt. If adopting a dog from another home, ask for a favorite item, such as a toy, a blanket, or a pillow that the dog can take with him. This will help in the transition.

Understanding the Importance of Temperament

Temperament has nothing to do with a dog's size, breed or upbringing—temperament is something innate in a dog. A dog's temperament has a lot to do with how easily it can be trained and, while good training can improve certain traits in a dog, training cannot change the dog's temperament.

There are a variety of temperaments in dogs, and some dogs can have a combination of temperament traits, but generally speaking, dogs have four basic temperament types:

1. Nervous – This bottom-of-the-pack dog requires more effort and perseverance on your part to train. An older, nervous dog can act in a variety of ways around strangers. It might bark but then back off or circle while barking and growling. Another nervous type might settle down when the stranger is seated but bark and possibly try to attack when the visitor gets up to leave. Its fear of strangers makes a nervous dog a challenge to train.
2. Timid – Also a bottom-of-the-pack dog, a timid dog will hold its ears back, squirm, put its tail between its legs, or roll onto its back. You can easily

train this type of dog once it recognizes you as its leader.

3. Dominant – This top-of-the-pack dog requires owners to demonstrate their own dominance through a consistent and committed effort to train the dog, no matter how long it takes. When around strangers, this dog stands its ground and, under some circumstances, attacks. It will not relinquish its leadership position easily and, if you move too quickly with training, it might bite you. With professional help and a lot of determination, even the most dominant dogs can be trained.
4. Middle of the Pack – This dog is easy to train because it wants to please its owners out of respect for them as the leaders of the pack. Usually friendly toward strangers and not aggressive toward other dogs, this type of dog is delightful to own.

Spotting a Puppy's Temperament

Even if the puppy is very young, you can tell its temperament. Within the litter, watch how the puppies run and play to determine where each puppy stands in the litter's pecking order. More dominant puppies act bossy by standing over the other littermates. Less dominant puppies act submissive by rolling over or lowering their heads.

Then, observe the individual puppy you are considering adopting when it's alone with you. A well-adjusted puppy will follow you freely when you lead it. Then drop a soft glove or cloth near the puppy and watch its reaction:

A confident puppy will approach the object immediately to investigate. While this puppy could grow up to be a well-adjusted dog, it is likely to be strong-willed and might be a challenge for a soft-natured person.

A less-dominant pup will jump and move away when the object is dropped, but it will usually return fairly quickly to investigate. Less bossy than the more confident puppy described above, this puppy will make a great pet.

The puppy that takes longer to approach and runs around the object acting as if it is alive and might attack is a little timid but still will make a wonderful pet with proper, gentle training.

The puppy that barks at the object, runs away and crouches down or refuses to return to the spot has a more nervous temperament and could be a difficult pet. More patience will be required during training.

Finally, lift and hold the puppy in your arms. A pup that settles in and sits still is far more acceptable than one that wriggles and tries to escape.

Choosing the Best Breed for Your Personality

In addition to recognizing an individual dog's temperament, you would do well to investigate the breed that best suits your needs. Listed here are some of the most popular breeds and, based on our experience with hundreds of thousands of dogs worldwide, how their personalities and characteristics might match the requirements of different types of owners. While some breeds do have tendencies toward a certain temperament, keep in mind that this is not absolute. Use the information as a guide, but we recommend you make your final decision based on background information and observation.

Just like people, dogs come in all shapes, sizes, and temperaments. A dog's breed and temperament, combined with your lifestyle and personality all play an important role in determining what kind of dog is best for you. Do a bit of research first, then visit your local shelter. There is a dog with the perfect temperament for everyone.

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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King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

Salome's Stars

ARIES (March 21 to April 19) Congratulations, Lamb. This is the week to finish your project and then bask in your well-earned approval. (And if you like, you also can say "bah" to all those detractors.)

TAURUS (April 20 to May 20) The bold Bovine could find a new opportunity too intriguing to be ignored. But don't charge into it. Go slowly so you see how things develop as you get more involved.

GEMINI (May 21 to June 20) You might try to soften your stand on that important issue. A little more flexibility actually could get you what you're looking for. A new friend enters the picture midweek.

CANCER (June 21 to July 22) Your inner voice is on the mark when it advises you to tackle that family problem now! The sooner you're able to come to terms with it, the better it will be for everyone.

LEO (July 23 to August 22) Someone reveals important news about a long-time associate. But before you decide how to deal with this information, make sure it's reliable, and not simply self-serving.

VIRGO (August 23 to September 22) Some intensive soul-searching early in the week can help you reach a decision by week's end that should please both you and the other person involved.

Good luck.

LIBRA (September 23 to October 22) The possibility of a career change is intriguing. Learn more about what it can offer and what it cannot. Weigh everything carefully. And ask questions.

SCORPIO (October 23 to November 21) Work is your priority this week as you try to make up for lost time. Expect help from someone who cares about you. Things take a welcome turn by the weekend.

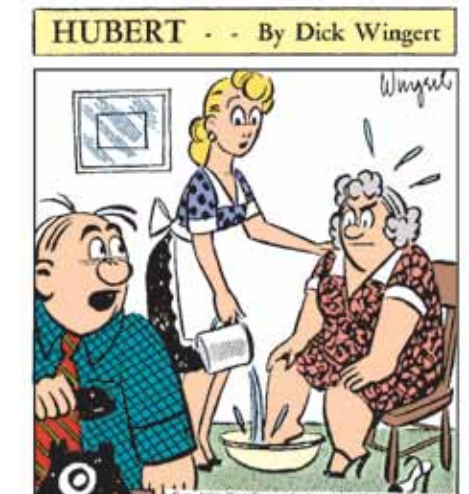
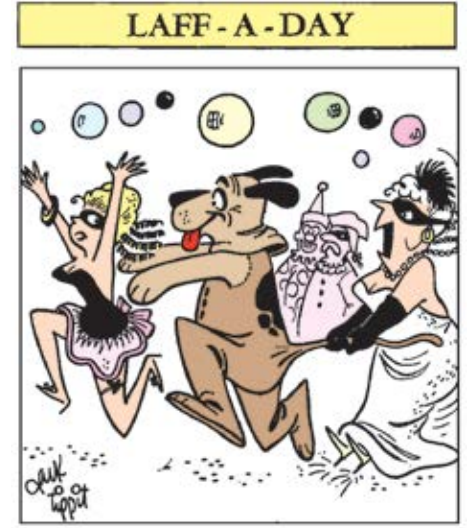
SAGITTARIUS (November 22 to December 21) A health problem causes some anxiety early in the week. But prompt medical attention soon eases everyone's concerns. Enjoy an arts-filled weekend.

CAPRICORN (December 22 to January 19) As much as you might resent it, a changing situation could require you to adjust your plans accordingly. The good news: An associate agrees to cooperate.

AQUARIUS (January 20 to February 18) That old problem is finally resolved, just in time for you to take on a new work-related project. This one could be the super door-opener you've been looking for.

PISCES (February 19 to March 20) The early part of the week presents some difficult hurdles. But once you get over them, you can start to focus on matters that are more important to you.

BORN THIS WEEK: You are respected for your honesty and your dedication to doing the right thing, no matter how difficult that might be.



top ten

Most Searched Health Issues

1. Cancer
2. Diabetes
3. Depression
4. Acne
5. Herpes
6. Back pain
7. Burns
8. Breast cancer
9. Autism
10. Diarrhea

Source: Zeitgeist/Google

HOCUS - FOCUS

BY HENRY BOLTINOFF

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

DIFFERENCES: 1. Clothesline is missing; 2. Chair is lower; 3. Napkin is missing; 4. Teapot is reversed; 5. Bird is missing; 6. Sweater design is missing.

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Pet Charities

DEAR PAW'S CORNER: I gave some money to a pet charity a couple of years ago, and now I am contacted several times a month, by mail and by phone, by this charity asking for more money. Are all pet charities like this? Is there another organization I can donate to, or even just volunteer for? -- Jerry C., San Diego

DEAR FRANK: If the calls and letters are annoying, you should be able to contact the charity and ask it to take you off its mailing list. Check one of the mailers for a phone number or email address specifically for this type of request.

It's likely that whatever charity you give to will begin sending you regular mail, at the very least, since that is an effective method of reminding supporters to donate again. It's sort of an occupational hazard. There certainly are other ways to contribute to causes that help animals. Some people have more time than money, or feel that just throwing money at a charity isn't enough.

Helping out at pet shelters is one of the first options people think of, but each shelter has different rules about volunteers. Most will not allow new volunteers to work directly with shelter animals, for safety reasons. However, they do try to put volunteers into other supportive roles, and some offer periodic training sessions to initiate new volunteers into their programs. (Volunteers often are needed to help with fundraisers -- perhaps annoying to some, but direct funding is important.)

Your first step is to look up local pet charities, shelters or clinics, and contact each to find out if it has volunteer programs. The local newspaper, your municipality's website, or the yellow or white pages are among resources available to find these programs.

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.

The Garden Bug

The legend of the dogwood

Legend has it that the dogwood tree was large and straight-limbed in the days of Jesus, and its wood was used to build the cross for His crucifixion. The dogwood was afterwards cursed to grow gnarled and short, so it would never again be used to crucify, and the bracts of its flowers were given the mark of a driven nail and seeping blood. The center flower was given the appearance of a bowed head bearing a crown of thorns.

Source: wikipedia.org

LOCAL SPORTS

Amity Track & Field Competes at New England's

Three individual Amity track and field athletes and one relay team qualified for the New England Track & Field Championships held at the Reggie Lewis Track & Athletics Center in Boston on March 2. Katharine Simon finished third in the shot put (38-7.75), Zoie Reed (16-5.5) claimed 14th in the long jump and Mike Vitale took 23rd in the shot put (44-4.75) while the Spartans boys' 4x200 meter team was 14th (1:34.67). Benjamin Feola, Sean Beaulieu, Joshua Timpko and James Bonvicini ran the four legs.

Spartans Boys Basketball Falls in First Round of States

The Amity boys' basketball team rallied back from 22 points down midway through the third quarter to within three with 1:58 to go, but the 14th-seeded Spartans couldn't quite finish the comeback as 19th-seeded Xavier beat them 66-57 in the first round CIAC Class LL state tournament on March 4. After falling behind 43-21 with five minutes left in the third quarter, Nick Bottone scored on consecutive drives to help pull Amity within 48-36 entering the fourth quarter. Spartans' leading scorer Zac Campbell—who had just six points in the first three quarters—made a 3-pointer, went 3-for-3 at the foul line and hit a jumper to cut the deficit to 55-43 midway through the fourth quarter.

Campbell received help from Ben Levine, Matt Lettick and Sebastian DeMauro as an 11-0 Spartans jaunt brought them as close as 55-52 with 1:58 to go. But Xavier's Elijah Pemberton made two free throws and a three-point play to push the Falcons' cushion to 60-52 with 1:44 left. Campbell's fourth 3-pointer of the game and a Gardner Broderick jumper in the waning seconds weren't enough as Amity couldn't quite complete the comeback. Xavier outscored the Spartans 14-4 in the first quarter and 23-13 in the second to build a 37-17 halftime lead.

Amity Girls Basketball Loses to East Hartford in LL Opener

The 15th-ranked Lady Spartans fell to 18th-ranked East Hartford 46-41 in the first round of the CIAC Class LL state tournament on February 26. Chloe Brinton led Amity with 14 points and five rebounds, but the Lady Spartans were unable to overcome 18 turnovers. Brinton scored the first points of the game on a layup 2:37 into regulation as the Hornets missed their first nine shots. She had two more buckets in the opening frame, but East Hartford rallied to a 10-8 lead at the end of the period.

The two teams battled back-and-forth in the second quarter before Rachel Nevolis made a jumper to give the Lady Spartans a 21-19 lead at halftime behind 44.4 percent shooting. A Brinton 3-pointer to open the second half gave Amity its largest lead of the night at 24-19, but the Hornets, who shot just 32 percent in the first half, took over from there. An 11-5 run gave East Hartford a 30-29 edge with 3:56 to go in the third quarter. After Janae Graham hit a 3-pointer to put Amity ahead a 33-32 with 49 seconds left in the frame, the Hornets scored to take a 34-33 lead into the final frame — an advantage they would not relinquish.

The Lady Spartans went scoreless for nearly three minutes and had a chance late as back-to-back baskets from Graham and Brinton brought them within 42-41 with just under one minute left. Brinton couldn't convert a layup and the Hornets went 6-for-6 at the foul line to close it out.

Amity Ice Hockey Drops D-II State Tournament Opener

The Amity ice hockey team enjoyed its first regular season after dropping to the Division-II level, going 13-7 overall and drawing the No. 1 seed in the CIAC D-II state tournament. But after scoring the first goal against 17th-seeded Newtown on March 5, the Spartans slipped up and ultimately fell 2-1.

The Spartans controlled the puck for most of the first period, but could only beat Newtown goaltender Patrick Mcloughlin once despite outshooting the Nighthawks 15-2 in the frame. Mcloughlin stoned Dane Simone twice and turned away an Adam Shea one-timer with 6:19 left in the period, before Simone cleaned up a rebound to give Amity a 1-0 lead.

The Spartans held momentum in the second period, but Mcloughlin continued to turn them away. Arguably his most impressive save came when he snared a John Uscilla wrister from point-blank with 3:13 left in the period. Finally, Newtown got on the board when Evan Isaacs beat Spartans goalie Nick Nuzzolo from the point with less than one second to go before intermission. Hayden Savoia scored on a 3:34 into the third period to provide the Nighthawks' go-ahead tally. Nuzzolo finished with 15 saves while Mcloughlin totaled 30. The Spartans finished with a 31-17 shot advantage.



Milner Ready to Usher in New Era for Amity Lacrosse

By Stephen Bailey – Woodbridge Town News Correspondent

Matt Milner is ready to usher in a new era of Amity lacrosse. With a new head coach, a new schedule and a relatively young team, the senior captain is ready to put back-to-back six-win seasons behind him. This year, under Spartans alum Brandon Pepe, Milner said Amity is ready to turn the program around. "Whether we're favored by two points or we're the underdog by 16, we're going to go out there and expect to win every game," Milner said.

Milner, of Woodbridge, senior Austin Burns (Woodbridge) and junior Joey Choinere (Bethany) comprise Amity's trio of captains. The Spartans hope to go 10-6 in a regular-season slate with three new opponents. Amity will play Foran and Law this year, after both Milford schools developed Varsity lacrosse programs, as well as Brookfield.

Pepe, a 2005 Amity graduate, played goalie at Connecticut before returning to serve as a Spartans varsity assistant for the last two years. Now, having already formed close ties with many of Amity's players, Pepe takes the helm with an entirely new offensive approach and minor alteration on the defensive end as well. "We're really moving the ball a lot more as opposed to having one or two kids take it themselves every time, as we've done the last few years," Milner said.

Milner raved about "Coach Brandon's" person ability with the players. He's the kind of guy who takes you out to play golf or hops between the pipes in practice to mess around with the players. Only seven years older than the seniors, Pepe is viewed as a coach and authority figure, but also someone Milner and Co. can relate with. "He feels connected to us," Milner said. "It does have to do with the fact that he's seven years older than us — that does help us feel connected to him — but it's also the quality of a person he is. He's just a great guy, a great mentor and a great leader. Those are all the reasons we're looking forward to playing with him."

And joining Pepe on the sidelines are Kevin Donovan and Bryant Sterczala, both of whom played at Amity before competing at Lehigh and Clemson, respectfully. Milner said the players are thrilled to play for three coaches with Division-I college experience.

The first official Amity lacrosse tryout is March 16, but Milner, Burns and Choinere have taken the initiative to hold captains practices in hopes of preparing the more dedicated members of the team for what they know will be a grueling challenge. The trio meets with Pepe regularly, Milner said, who passes along schemes and ideas for them to work on with the rest of the squad before the team can officially start practicing. "We're showing the young guys everything that we're going to get done during the season, so by the time the season comes, we can hit the ground running and the young guys already know what to expect," Milner said.

For Milner, the transition to a leadership role has been enjoyable, but it did take time. Milner looked back on the captains he's played under and tried to take the best attributes from each of them. He still remembers when he was the freshman coming to captain's practices. But it's a role he's now embracing. Milner tries not to come down on the kids too hard, but is making sure everyone works hard to prepare for the season. "I think it's something that I can give back to the kids that I got from experience and from other captains who I really enjoyed playing for," Milner said. "I like it."

Soon, it will be time to start the season. The beginning of a new era of Amity lacrosse. "No matter what happens this season, I'm looking at it as this is the foundation for our team, a new era of Amity lacrosse," Milner said. "I'm excited to be one of the first captains for Brandon, to help him succeed in his head coaching career and hopefully build a good foundation in the years to come for the younger players."



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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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