

# Woodbridge Town News



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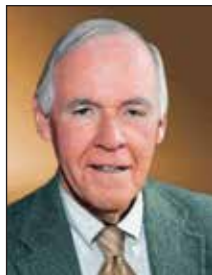
FRIDAY, APRIL 12, 2013

## WOODBIDGE GEARS UP FOR MAY 6TH ELECTION

### First Selectman Highlights Administration's Triumphs

By Bettina Thiel - Woodbridge Town News Correspondent

Experience, that is the buzz word First Selectman Edward Maum Sheehy is running on for his fourth term. April 20, 2006 was the first time he sat at the head of the table. He remembers that date, along with his wedding anniversary and October 2, 1975, the day he and his wife Ellie moved into their Woodbridge home — dates that are important to him.



Ed Sheehy

He joined the Board of Selectmen in July 1979, a few years after the Sheehys had moved to town, and has served ever since. Sheehy is proud of his record of accomplishments over the past seven years, in particular the purchase of the Country Club of Woodbridge; also the referendum and imminent construction of a new Public Works garage behind the Town Hall, and the advent of natural gas in the center of town. The gas company, Southern New England Gas, last summer extended the gas line up Amity Road and then along Center Road to the municipal center. Amity High School was the first campus to be hooked up last August and Governor Dannel Malloy himself visited the school to highlight the conversion away from oil.

The library, the Town Hall and parts of the Center Building are now all hooked up to natural gas, at no expense to the taxpayer. Instead, officials expect lower heating costs for the public buildings that did the conversion. Although taking over a Country Club in the midst of a recession has created several headaches for town officials — including an unsuccessful attempt to sell and develop an outlying piece of the property, a proposal that was shot down at referendum — Sheehy faced the opposition with calm and respect.

The town has moved on. Sheehy appointed a committee and they have helped develop a three-year plan with the new managing company, Billy Casper. "I think the Country Club is a real asset to the community," Sheehy said. The golf course manager set a preferential rate for Woodbridge residents, for golf, the pool and tennis, which has been well received, according to Sheehy.

### Developing the Business District

In other infrastructure improvements, the Merritt Avenue Bridge replacement, after many years of state planning, is expected to start this summer. The bridge project is one of several towards making the town's business district a more attractive place. Parallel to the bridge work, which is largely funded by the Department of Transportation, the town is also working to establish a partnership with environmental groups and the state DEEP regarding removal or partial removal of the Pond Lily Dam downstream from the bridge.

In tandem, these improvements are hoped to get a handle on the West

("Sheehy" continued on page 8)

### A Fresh Face Heads the Republican Ticket

By Bettina Thiel - Woodbridge Town News Correspondent

Cathy Wick is a fresh face on the political scene in Woodbridge. She has not run for political office before and she is not part of any party establishment. Her lawn sign is not red or blue, but green, and that is really indicative of where her heart lies: in land conservation.



Cathy Wick

It is this deeply held value that befriended her with the Woodbridge Republicans, many of whom have been actively engaged in land conservation groups. Wick said a light bulb went off for her after the November 2010 (national) election, when she realized how toxic politics in Washington had become. It is then that she made the decision to do something about that division locally. "I felt helpless on the national level," she said in an interview last week. "But what I can do is here.

"This campaign is not about Hartford or Washington DC," she wrote on her Facebook page, Cathy Wick for Woodbridge. "it is about Woodbridge. And the issues here are unique to our town, and they have no connection to National Party platforms or values, whatever they may be."

And so it happened that the former Democrat-turned unaffiliated became the top name on the Republican ticket. She does not lack name recognition, as she is active in many organizations in town: she is on the Board at Massaro Community Farm, the Woodbridge Park Association, the Land Trust and the Garden Club. For years, she served on the Beecher Road School PTO and on the Beecher Facilities Committee.

She was captured on Woodbridge Government Access television speaking out against the 90-foot baseball diamond at the Alegi property and a few months later against the proposed Toll Brothers development on Woodfield Road. She came across as an articulate, outspoken critic of the current administration, in both instances objecting to the proposed developments over economic considerations. She criticized the administration for a lack of openness, saying the Toll Brothers referendum which shot the proposal down could have been avoided if the issue had been discussed more openly and more widely beforehand. She points out in her campaign literature how the town's budget has grown since Ed Sheehy became first selectman, increasing from 14.9 million in 2007 by \$4.8 million to 19.7 million in 2013. The biggest dollar increase is in this past year, due in large part to the Country Club financing.

When the townspeople voted to acquire what was then known as the Woodbridge Country Club, they were told the town would not be in the golf course business. She said town officials promised to work out a plan on how to manage it without putting the town at risk. "Now it's almost four years," she said. "The town is in the golf course business and we still have no plan." She suggests to form a task force to evaluate a broad array of options for the

("Wick" continued on page 8)



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## CLUBS & ORGANIZATIONS

### Amity Aquatic Club Begins Summer Season

The Amity Regional Aquatic Club will be beginning its Summer Long Course Season for all ages on April 22nd starting at 5:00 p.m. at the High Plains Community Center Pool. All new swimmers will receive a 1 week free trial.

Anyone interested in joining a competitive swim team in a fun, learning environment is encouraged to come out and join our team that boasts over 200 years of coaching expertise! Registration is now open online at [www.aracswimteam.com](http://www.aracswimteam.com).



### Boy Scout Troop 63 to Conduct Flag Retirement Ceremony

Boy Scouts from Woodbridge Troop 63 will be conducting an official Flag Retirement Ceremony on Friday, June 14, 2013 (Flag Day) at the Old Firehouse parking lot on Center Road in Woodbridge. United States Federal Law provides that 'The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.' This includes flags that are worn, torn, faded or badly soiled. Troop 63 will conduct a solemn and respectful ceremony following the traditional methods that have been adopted. During a Flag Retirement ceremony the flag will be cut into pieces with scissors or shears in a methodical manner. It is important to remember that one does not cut the blue star field as it represents the union of the fifty states and one should never let the union be broken.

The scouts from Troop 63, along with their adult leadership and members of the Woodbridge Fire Department, will conduct the actual Flag Retirement Ceremony. The ceremony will include the Pledge of Allegiance, and with the support of the Woodbridge Volunteer Fire Department, the flags will be carefully burned. Following the ceremony the ashes and the grommets will be buried at the base of the flag-pole, as is customary.

Collection boxes will be placed at Woodbridge Town Hall and at the Library to collect retired flags from the community. The scouts welcome flags from anyone who wishes to have their flag retired in a dignified way. The community is also invited to bring flags the day of the ceremony, and all are welcome to attend this moving ceremony.

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

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

For more information visit our web site at <http://www.troop963.org> or email [Troop63CT@gmail.com](mailto:Troop63CT@gmail.com).



Left to right: Past President Andy Skolnick, President Anna Dickerson, and newly installed Rotarian Matthew Cummings.

### Woodbridge Rotary Welcomes New Member

Woodbridge Rotary Club welcomes local Chase Bank Branch Manager, Matthew Cummings of Trumbull who was recently installed as a new member. He is the Branch Manager of the new Chase Bank branch opening at 149 Amity Road on April 17, 2013. Matthew is a former Westport Rotarian and looks forward to working with the Woodbridge Rotary Club.

In his first week as a Woodbridge Rotarian, Matt has already contributed his time and helping hands to this community. He assembled the Chase Team to join fellow Rotarians and Michael Walter, the Woodbridge Train Master for a "Trail Clean Up" on April 6th near the Rotary Pavilion.

The Rotary Club is an organization of business and professional people united worldwide to provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace throughout the world. The Woodbridge Rotary Club meets the 1st and 3rd Friday of the month at 7:30 a.m. for a breakfast meeting at the Country Corner Diner, 756 Amity Toad, Bethany and the 2nd and 4th Friday of the month at 12:15 p.m. for a luncheon meeting at Carmine Tuscan Grill, 1500 Whalley Ave., New Haven. Anyone interested in learning more about Rotary should contact Anna Dickerson at 203-710-0223 or email [annadickerson@yahoo.com](mailto:annadickerson@yahoo.com).

### Woodbridge Garden Club to Meet

The Garden Club of Woodbridge will hold its next meeting on Tuesday, May 7th. Please join us for "Underutilized and Exceptional Native Trees and Shrub" presented by Adam Wheeler of Broken Arrow Nursery in Hamden. The meeting will be held at the First Church of Christ at 5 Meetinghouse Lane in Woodbridge. It will begin at 11:45am with some light refreshments and the lecture to follow at about 12:30pm. The meeting is open to the public and admission is \$5.00.

The Garden Club of Woodbridge will be holding a **Spring Plant Sale** just in time for Mother's Day. Come to our "Celebrate Spring" event on Saturday, May 11th, 10:00am-3pm, at Massaro Farm, 41 Ford Road in Woodbridge. We will have a huge selection of plants from our members' gardens as well as a variety of annuals in flats, containers, and hanging baskets that you can purchase to spruce up your gardens or give for Mother's Day gifts.

### Orange Players Community Theater Seeks Directors

The Orange Players is seeking a director and music director for our fall production of "You're a Good Man Charlie Brown". Show performances (October 25, 26, November 1 and 2) will be at the High Plains Community Center on 525 Orange Center Road, Orange, CT. Please call Marianne Miller at (203) 795-3906 or send your resume to P.O. Box 1162 Orange, CT 06477 by May 3, 2013.

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## Woodbridge's Exclusive Newspaper

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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 26th .....	Mother's Day Issue May 3rd
May 17th.....	May 24th
June 7th .....	June 14th

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

## FROM OUR READERS

### Amity's Sweeney Todd: A Moral Musical

In Reverend Ann Ritonia's contribution to this paper last month, she argued that Amity High School's spring musical, Sweeney Todd, is senselessly violent, and that exposure to such gore has the potential to cause "de-sensitization, hopelessness, and an increase in acts of violence towards others". As a senior at Amity High School and a member of the show's pit orchestra, I have a few comments for the Reverend.

First is this: as teenagers, we see violence in the novels we read in English class, in the fistfights in the hallways, and in the news of tragedies like Newtown. To suggest that Sweeney Todd would introduce innocent, corruptible high school students to the age-inappropriate concept of violence is ludicrous. With or without Sweeney, violence is present at Amity.

A more important point to consider is that, as Garrett Stack put it at a BOE meeting's public forum on this very topic, "Art makes us question". All art forms give us a lens through which we can make sense of formerly incomprehensible violence. If we can't avoid violence in society (and we can't) then our best alternative is to understand it. Sweeney allows performers and viewers to understand revenge; through the demon barber, we watch the sick desire for vengeance germinate and fester, growing until it consumes a once peaceful man. At the show's end, we see the need for revenge destroy more than one life.

Far from having pessimistic and vulgar themes of "rape, revenge, violence, and cannibalism," as the Reverend claimed, Sweeney Todd condemns acts of senseless violence by warning against them. The true theme, as theater expert Howard Sherman argued, is "the uselessness of revenge". Sweeney teaches us that the evil suffer and the good prosper, and this hardly seems an objectionable message. In fact, it follows a traditional, arguably Judeo-Christian moral compass, hardly different from allegories like "Noah's Ark".

There are legitimate concerns about superficial expressions of violence. The vulgarity and gore crucial to the production may be offensive to some viewers, especially young ones; that's exactly why attendance is extracurricular and optional. But the larger issue, the one following the claim that the musical condones or even promotes senseless violence is hardly fair. The show's bloody scenes do have a purpose: they expose viewers to the very real causes and effects of violence. Rather than complaining about superficial issues, the community would do well to take Sweeney Todd for what it is—a moral musical—and use it as a catalyst for a meaningful discussion.

Finally, while I personally disagree with the complaints expressed against Sweeney Todd, I applaud the Reverend for raising her concerns. Last year's production of Legally Blonde, rife with homophobic punch lines, hardly faced any public opposition. Those who protested the production of Sweeney Todd exercised an important right, and in doing so raised an important question about the musical's selection process, and the amount of involvement the community deserves.

*Emma Platoff, Amity High School '13*

### Connecticut Could Move into the Forefront of Medical Privacy

If you are concerned about having control over the privacy of your personal health information, then please contact your legislators immediately to support  
*("From Our Readers" continued on page 7)*

### 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](mailto: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.



# EDUCATION

## Woodbridge Residents Earn Honors

Sacred Heart Academy Principal, Sr. Maureen Flynn, ASCJ has announced the Honor Roll for the SECOND marking period of the 2012—2013 academic school year.

The following Woodbridge residents were named to the Honor Roll:

**HIGH HONORS:** Lucy Andersen, Julianne Beltz, Isabella Buda, and Teraesa Vitelli.

Residents of Bethany named to the Honor Roll are:

**HIGH HONORS:** Sienna DeMaio.

**HONORS:** Ava Amendola and Brittney Guerra.

Academic Honors are awarded at the end of each quarter to students attaining an average of 3.5 or better. Those students who achieve a grade point average of 3.8 or better are awarded High Honors.

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



Sacred Heart Academy

(“From Our Readers” continued from page 6)

proposed House Bill 5737 which may need to be added as an amendment. HB 5737 would give us the ability to decide whether or not we want our health insurance claims data to be stored by a private company in a centralized All-Payer Claims Database – APCD (HB 5038, 2012). This would be all our medical diagnoses, drugs prescribed, doctors seen, hospitalizations and procedures with dates, along with our race, ethnicity and demographics that would be released to employees of the Department of Public Health and Access Health CT (the new CT Health Insurance Exchange), researchers and to the public. The State Agencies may be able to see our medical claims information in an identified form, and that which is released publically may be seen in an aggregated and/or de-identified form. But taking away our names, id numbers, and the month and day, but not the year of medical events, still leaves the data easily re-identifiable with all that would be left of our medical histories. Our employers, co-workers, or neighbors could possibly recognize us by our illnesses, broken bones and the years of our children’s births, for examples.

We need HB 5737 to decide how much risk to our privacy we wish to take, as there will be the inevitable leaks and hackers. Not only would this Database be the mother lode for identify theft, but for exposure of some of our most intimate information.

Susan Israel, MD



## When the Heart Has Become a Weak Pump

**DEAR DR. DONOHUE:** I am 79 and have congestive heart failure with some high blood pressure. Please give the information you have on my illness. -- F.W.

**ANSWER:** Congestive heart failure is a common illness in older people. Up to 10 percent of those older than 65 have it or have had it. The meaning is that the heart has become so weak that it can’t pump enough blood to support all body organs and tissues. You can call it just heart failure. The “congestive” word confuses people.

The signs of a weakened heart are breathlessness when trying to do even relatively easy physical tasks, along with a feeling that all energy has left the body. A third sign is swelling, most often of the feet and ankles. The lungs also fill with fluid from backed-up blood, and that adds to the breathing difficulty. The lungs are congested with fluid.

Clogged heart arteries, heart-valve problems, a previous heart attack, a former viral heart infection and uncontrolled high blood pressure are some of the causes of heart failure. Aging is a major cause. The heart is beginning to wear out.

This sounds hopeless; it isn’t. Plenty can be done. For one, reduce the amount of salt and salty foods that you eat. Salt causes fluid retention in the body. Water pills (diuretics) remove excess body fluid, and they’re a constant part of treatment. Drugs called ACE inhibitors not only regulate blood pressure, but they also ease heart failure. This is only a sample of the drugs that are useful for the treatment of this condition.

Once under treatment, you ought to be breathing with ease and feel a return of pep. An exercise program is then possible and an essential for treatment. The program is one that should be devised by your doctor. Walking is an excellent way to strengthen both body and heart muscles.

The booklet on congestive heart failure provides detailed information on the condition and its treatment. Readers can order a copy by writing: Dr. Donohue -- No. 103W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

\*\*\*

**DEAR DR. DONOHUE:** My eyes are colored dark brown. I am a 57-year-old female. Around the edges of my brown eyes is a blue border -- something new. The eye doctor said it means my cholesterol is high. My family doctor said it is fine, and it happens with age. Have you heard of this? What causes it? -- D.E.

**ANSWER:** I believe you’re describing an arcus senilis. It’s an off-white (bluish or gray) circle looping around the colored iris. Actually it’s a deposit of fat and cholesterol in the cornea, the clear covering that lies over the iris and pupil. At one time, it was thought to indicate high blood cholesterol; it doesn’t.

It’s one of those many adornments of aging that come for no good reason. If you start looking at the eyes of older people, you’ll find that you are far from the only one with arcus senilis.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.



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Woodbridge Town News  
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(“Sheehy” continued from page 1)

River flooding problems along Litchfield Turnpike. The town has funded a study by the urban design consultant Alan Plattus of the Yale Urban Design Workshop to come up with ideas for the town’s business district. Plattus has published a preliminary report, which he was expected to present to the Board of Selectmen at its April meeting.

One of Plattus’ recommendations is the construction of sidewalks to connect the area’s businesses and make them accessible to pedestrian traffic. The town has already embarked on that path last summer, obtaining a state grant to install sidewalks on Amity Road. This season, the sidewalks will be extended down Lucy Street, connecting Routes 63 and 69, and then up a few feet to the Church of the Assumption’s Mother Church.

### Budget Restraint

Sheehy is proud of a total of \$2.4 million in grants the town received from the state, grants that include money for the new firehouse, for the police station renovation and the sidewalks. The state also helped the town with \$300,000 to establish Massaro Farm. “We accomplished a lot,” he summarized in the recent interview.

And these accomplishments have been achieved with relatively small tax increases, Sheehy said. The average tax increase in each of the last two years was less than 1%, he said. Yet the town has maintained its road repair program, budgeting \$700,000 every year toward that purpose.

There is a spirit of collaboration, both between the First Selectman and the Board of Finance, and between the schools and the town, which helped keep tax increases low. It has earned the town a AAA Moody’s credit rating, “the highest rating a town our size can achieve.” A high credit rating will come in handy when the town is looking to bond for the Public Works garage and possibly Beecher Road School renovations. It was Sheehy who sent the Beecher Building Committee back to the drawing board to come up with a phased approach, rather than asking the town for \$15 million.

### Building a Community

As part of his record, Sheehy also pointed out several events promoting a sense of community, such as the celebration last fall of the Emancipation Proclamation in conjunction with a parade. The event, part ceremony, part re-enactment, attracted a lot of attention and hundreds of onlookers.

Other community-building events are the popular farm dinners at Massaro Farm and most recently, a vigil in the wake of the Newtown shootings. “I try to establish consensus,” Sheehy said, adding that “more than half of the appointments I made to town boards and commissions were either Republicans or Independents. We look for everyone to come together and move the community forward.”

#### Brief Bio

Sheehy is a practicing attorney with the law firm of McElroy, Deutsch, Mulvaney & Carpenter in Southport. He specializes in civil litigation.

He grew up in Ansonia, then graduated from Yale University before he received his JD from the University of Connecticut School of Law. He has served as past president of the Connecticut Bar Association, The Greater Bridgeport Bar Association, and the University of Connecticut Law School Alumni Association. He is also a Fellow of the prestigious American College of Trial Lawyers and an Advocate of the American Board of Trial Advocates; Sheehy is a life Fellow of both the American Bar Foundation and the Connecticut Bar Foundation.

## Michael J. Paolini, CPA

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(“Wick” continued from page 1)

golf course, starting with the question whether the town needs another public golf course in the first place.

“The marketplace has changed dramatically,” she said. Development of the property should be on the table, she wrote on the website. “However, this discussion should take place within the context of our Zoning Regulations and our Town Plan of Conservation and Development.” She said there should be an opportunity for the public to have input into what’s happening.

If elected, she would work to reduce partisanship and the influence of parties in town government, Wick said. “Parties create an artificial division,” she said in an interview last week. She would work to put the best candidate forward, with little or no consideration to the party affiliation (except to satisfy minority representation requirements). “I have done my homework,” she said. She has followed many board meetings, attended the Police Citizens Academy, and is probably more knowledgeable about the town’s Plan of Conservation and Development than most.

Wick said charter revision and examination of ordinances is overdue, and should be done with outside counsel. Questions such as whether the Town Clerk should be elected or appointed —the latter is the Woodbridge model — should be looked at. Another goal would be to cut wasteful spending, such as for the golf course. “We’re throwing good money after bad,” she said.

She would like to investigate whether the new fire marshal actually needs 28 hours to do the job, after the former fire marshal admitted to not working that many hours. If elected, she would like to be a more accessible leader, both for town residents and town employees. She remembers fondly the open office hours former first Selectwoman Amey Marrella held at the library, where people could meet with her and chat about what’s going on. If people were given the chance to communicate more, they may create a shared vision, she hopes. “We will get there if we facilitate the process.”

#### Brief Bio

The former WW Norton college text book editor is an English and history major with a degree from Williams College. She grew up in Watertown, where her mother chaired the Planning and Zoning Commission for 25 years, and her father served on the town council. She and her husband, Dr. Robert McLean, moved to Woodbridge in 1997, from Westville. They have two sons, now almost 18 and 14 years old.

Woodbridge Town News

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# WTN ELECTION 2013 COVERAGE

## Notification of Upcoming Important Election Dates

The Bethany and Woodbridge Registrars of Voters announce important voting dates. Municipal Elections will be held on Monday, May 6, 2013.

**Cut-off Dates:** Mail in registration deadline for voting in the May 6th election (postmark) is April 22nd. Deadline for registering in person with Registrars is 8:00pm, Monday April 29th.

**Registrars' Session:** A special enrollment session will be held at town hall in Woodbridge on Tuesday, April 2nd from 9:00a.m. to 11:00a.m. and at town hall in Bethany on Tuesday, April 2nd from 2:00p.m. to 4:00p.m. for the purpose of completion of the preliminary registry list.

**Registrars' Session:** A special registration session will be held at the Registrars office on Saturday, April 20th from 10:00a.m. until 2:00p.m.

**Registrars' Session:** Monday, April 29th is the in-person cut-off for voter registrations. Applicants must appear in person to the Registrar of Voters of office between 9:00a.m. and 8:00p.m.

**Limited Session:** There will be a limited enrollment session on Friday, May 3rd from 9:00a.m. to 5:00p.m. for persons who attained age, citizenship or residency after the April 29th deadline.

**Absentee Ballots:** Applications for absentee ballots should be made through the Town Clerk's office and will become available April 5th. You may also download an application from the Secretary of the State's website: click on "Elections and Voting" then "Absentee Ballot Application".

- Bethany Registrars: 203-393-2100, ext. 121
- Woodbridge Registrars: 203-389-3408, 3409

The Town Clerk's Office is available to register voters, for absentee ballots and to accept party changes Monday through Friday from 8:30am to 4:30pm in Woodbridge. Bethany's hours are 9:00am to 4:30pm Monday through Friday and Monday evenings 6:30pm to 7:30pm.

The Amity Referendum will be held in Bethany, Orange and Woodbridge on Wednesday, May 8th. Polls will be open in all three towns from 6:00a.m. to 8:00p.m.

## Democratic Team Tout Strong Fiscal Record

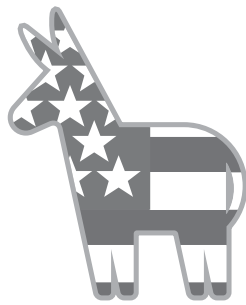
The men and women atop the Woodbridge Democrats-endorsed slate for this spring's municipal elections are experienced, dedicated public officials with a strong record of fiscal accountability and accomplishment, according to officers of the Woodbridge Democratic Town Committee. The Democratic candidates for First Selectman and Board of Selectmen have more than 50 years of volunteer service in elected and appointed positions in Woodbridge. Municipal elections will be held Monday, May 6.

"My administration has achieved an average tax increase of less than one percent in each of the past two years without sacrificing our ability to fund education and other important services," said Woodbridge First Selectman Ed Sheehy, who seeks re-election. "I have worked extremely hard with volunteers on the Board of Finance and the Board of Selectmen to achieve and maintain a AAA Moody's credit rating – the highest rating a town our size can achieve. We are an experienced group, we work very well together, and we'd like to continue our public service and collaborative efforts to preserve this restored sense of vitality in our town," Sheehy added.

To that end, U.S. Rep. Rosa DeLauro will be in Woodbridge Sunday, April 14 to formally endorse Sheehy and his entire slate. Those who would like to attend this event are invited to call 203-745-9835 or send e-mail to woodbridgedtdems@gmail.com for more information.

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

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



Events Committee (l-r): Christopher Dickerson, Kathy Gartland, Cathy Wick, Dorothy Martino, Jeannette Kordiak, Anna Dickerson & Anthony Anastasio.

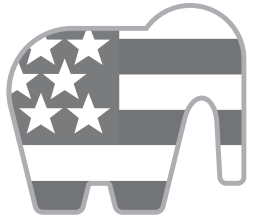
## Republican Auction a Great Success

The Events Committee of the Woodbridge Republican Town Committee wishes to thank the wonderful people who made our Auction Gala at Coachman's Square such a huge success. It truly was a grassroots effort attended by more than 200 Woodbridge people from all segments of the population. Our loyal voters showed their unwavering support for our well prepared and experienced slate of candidates, led by Cathy Wick. A special thanks to Auction Chair, Anthony Anastasio, his wife Lisa and the following young supporters: Robert and Raymond Anastasio, Dan Bollier, Molly, Maggie and Megan Lasto, and Chandler and Taylor Morris. Special thanks to Mary Ellen Perrotti who took charge of contacting businesses for donations – outstanding job!

Local Restaurants supplied a bountiful array of their specialties. Many local merchants donated intriguing and beautiful items for the auction. Our friends and neighbors supplied a variety of interesting and useful goods and services, six special items were donated for the Live Auction. Our greatest expectations were realized. Thank you to the management and dedicated staff of Coachman's Square for providing facilities and assistance.

A special part of this event was a raffle fundraiser scholarship in memory of Eric Soufrine, a young Woodbridge resident who was killed in action in Afghanistan in June 2011.

Our next exciting event will be April 29th at Antonio's. Hold the date! Web Site [www.woodbridgeGOP.com](http://www.woodbridgeGOP.com).

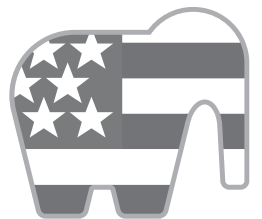


## A Republican Thank You Dinner

A Thank You Dinner and Campaign Rally, Monday April 29 at Antonio's Restaurant is planned by the Republican Town Committee. The dinner is to thank three valued Republicans who have dedicated many years serving our Town so well as our elected representatives. David Barkin, Woodbridge Beecher Board of Education, Greg Coyne and Tom Kenefick both members of the Board of Selectmen. A big THANK YOU for all you have accomplished on behalf of the Town of Woodbridge.

The dinner is also a rally to get out the VOTE. Your vote as a citizen is important to our form of government. So vote Election Day Monday May 6.

Dinner is 6:00P.M. to 9:00P.M. Tickets are \$40.00 pp. cash bar. Limited sitting, tickets purchased in advance. Anna Dickerson, 203-710-0223. email: [annadickerson@yahoo.com](mailto:annadickerson@yahoo.com). For additional information and Candidate information, please visit web-site [www.woodbridgeGOP.com](http://www.woodbridgeGOP.com).



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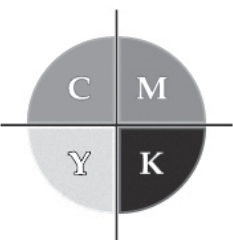
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## THE OUTSIDE LIVING BOX

For as long as she can remember, once the music started playing, Lynne Drazen was on the dance floor and



Laura Fantarella

that's where she stayed til it ended. Little surprise that at age 63, Drazen is taking her love of dancing one step further – she's become a competitive ballroom dancer.

"As a child I would be jumping off the picnic table and dancing around the yard," said the petite Rimmon Road resident. "I've always loved to dance." As an adult her dancing was confined to weddings, parties and other social venues, but when a friend signed up for ballroom dancing lessons at a local dance studio, Drazen decided to check it out. She signed up for private lessons with Martin Ramsauer, co-owner of the Fred Astaire Dance Studio in Orange and began dancing three to four days a week. She immediately liked learning the basics of precision ballroom dancing, from the basic technique of posture and holding a frame to memorizing choreographed routines. "I was a typical former '60s college student be-bop dancer and my instructor had to calm me down. He considers ballroom a 'sport' and I had never looked at it that way," she said. Introduced to all forms of ballroom styles, from rumba, samba, cha-cha-, swing, Latin salsas and mambos, to foxtrots, waltzes and quicksteps, Drazen found she loved them all.

"It has become a passion. I light up when someone wants to talk about ballroom dancing," she said. "I love the dance studio and I get a high the moment I step foot in it. I leave everything behind and focus on my dance." Drazen, a licensed clinical social worker, psychotherapist and former college professor, says her visits to the studio provide a calming respite from her private practice in which she specializes in individual and couples' therapy, grief counseling and helping victims of



Lynne Drazen and her dance partner.

domestic violence. "It forces me to get out of my head for a little while and that's a good thing," she said.

As her dancing skills became more proficient, Drazen was persuaded to begin performing at the studio's showcase events and even encouraged to enter national ballroom competitions. She recently took first place in the bronze level American Rhythm and Latin events and third in the foxtrot at Fred Astaire's regional competition. "I never thought of myself as a competitive person but my instructor would probably say otherwise," Drazen said. "I enjoy challenging myself and setting my own personal goals. Participating in competitions really pushes me to try and advance." She was also surprised that she isn't nervous performing before hundreds of spectators. "I found I wasn't afraid to be out there. I love the emotional, human connection with a dance partner that makes a performance fun to watch. If a dance doesn't have that, it has no life, no spark," she said. At her last performance she splurged on several form-fitting ballroom outfits heavily beaded with crystals and so fabulous they looked like they were made for the celebrities on ABC's TV hit, "Dancing with the Stars."

Drazen has no regrets that she found her passion later in life, in fact, she is pleasantly surprised each time she can swing a leg over a chair or nearly make it to a split position. And learning the new routines and dance steps is sure to keep her mind active as well. "I never think of my age," said the youthful grandmother of two. "I don't feel it, I don't look it, and my instructors see what I can do and push me to do as much as I can. I can't get enough of it; I wish I could do it every day," Drazen said.

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# LOCAL BUSINESS ROUNDUP

## Ezra Academy Space for Lease

Real Living Wareck D'Ostilio announced it has listed the rear parcel of 75 Rimmon Road in Woodbridge for lease. The space is being vacated by Ezra Academy which is relocating to another Woodbridge site. The well maintained, approximately 25,000 sq. ft. facility set on 25 + acres was originally a private school equipped with 27 classrooms, science room, library, security entrance, playground, and 160 spaces for parking. This is an ideal space for a school, a recreational facility, yoga, or religious center. Space can be subdivided. The convenient, central location is just minutes to New Haven, with easy access to New York or Boston. "This is a unique and once in a lifetime opportunity" said Seth Hershman, co-listing agent. "It is being offered at \$8 per square foot which is a very aggressive price point for space of this condition and location," said Frank D'Ostilio, co-listing agent and broker. Contact Seth Hershman at 203-676-8193 or Frank D'Ostilio at 203-641-7072.

## MRI Can Verify Gulf War Illness

Gulf War illness is not psychological, and scientists can prove it. Researchers at Georgetown University were able to see the damage to the brain in 31 test veterans with Gulf War illness. The findings, published recently in the PLOS ONE journal, describe how a fast and definitive diagnosis can be produced. Specifically, they looked at brain fibers that process pain. In veterans with Gulf War illness, those fibers never turn off. Pain is constant. The key here is that researchers (or doctors) can see the actual damage to the fibers with a machine that many hospitals have -- an MRI, or Magnetic Resonance Imaging. All that's needed is special software called fMRI.



by Freddy Groves

Knowing that Gulf War illness is not psychological is not new. Studies have linked it to 1990-1991 exposure to sarin gas, pesticides, oil-well fires, smoke, petroleum, anti-nerve-gas pills and a whole array of vaccinations, including anthrax and botulinum toxoid.

A partial list of illnesses tied to exposure: Chronic fatigue syndrome, fibromyalgia, gastrointestinal disorders such as irritable bowel syndrome, muscle and joint pain, headache, memory problems and skin conditions. What's been seen in the 250,000 veterans who were exposed is that the illness doesn't go away. It gets worse as time goes on.

Veterans who meet certain criteria can receive disability compensation, starting with a Gulf War Registry health exam. Enrollment in Department of Veterans Affairs health care is not required to get the free exam. Also available is the full range of VA health care.

However, there is a time limit: Per the VA website, symptoms must be present for at least six months and have appeared during active duty -- or by Dec. 31, 2016.

Call the VA Health Benefits Call Center at 1-877-222-8387 for more information.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to [columnreply2@gmail.com](mailto:columnreply2@gmail.com).

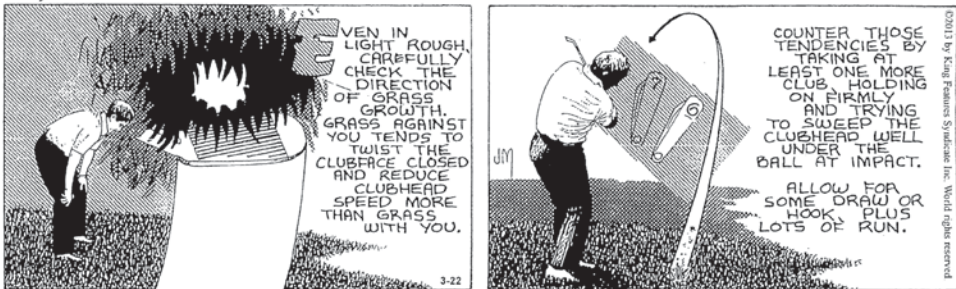


## Give The Spooner House a Fill-Up

On April 14 Heav'nly Donuts will be beginning its 27th Car Cruise Season with a Special Dust-Off Car Cruise. Heav'nly Donuts has become one of the longest running and biggest car Cruises in Connecticut. Heav'nly Donuts normally runs the Cruise from Mothers' Day until the end of October on every Sunday afternoon. This year we would like to pick up where we left off last April, last April we started a new tradition with a Dust-Off Car Cruise, but a Dust-Off Cruise with a cause, to help the Spooner House. It will be a way for us and ALL the Cruisers and spectators who come to see all the GREAT CARS and BIKES, to help those less fortunate by bringing canned goods, or other non-perishables, to benefit the Spooner House. We are living in tough times; the bad economy has been hard on everyone, but more so on some. A lot of people unfortunately have been pushed to seek aid, whether its food, shelter, or other support services, the Spooner House is there for them but can always use some help. So, as Spring begins and the Cruise season starts, let's try to give those less fortunate a helping hand. It's easy to do this during the Holidays but people truly need help year round. So let's Dust-Off our rides, come get together with friends, see the Cars, listen to some Oldies Tunes and give the Spooner House a boost. Let's fill its pantries, and GIVE THE SPOONER HOUSE A FILL-UP!!

Location: Heav'nly Donuts - 658 New Haven Ave., Derby, Ct 06418 Phone - 203-734-4185.

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**Get Ready to Cruise News**  
*By Leslie Marsh*

## Announcing My New Smart Phone App

There's always something new and exciting to share about the cruise industry, but today I'd like to share some exciting Cruise Planners news. I'm announcing the release of my consumer smart phone application, Cruise Planners Mobile™! Now you can connect with me on your mobile device, accessing all the details of your entire trip in one, easy to use format. The application allows you to view upcoming trips, book vacations and access Cruise Planners' exclusive special offers, all from the palm of your hand!

According to recent statistics, approximately 75% of all Americans regularly access the internet, and by 2014, the majority of them will be using a mobile device to do so. With the use of our mobile handheld devices, we've become reliant on having instant access to information. The Cruise Planners Mobile™ app provides instant access to your travel information. With this app, you can easily search all of my latest offers and securely book your trip right from your phone. If you find a trip you'd like to plan at another time, you can bookmark it and return to it when you're ready. From your mobile device, you'll be able gain access to all of your travel plans, both your trip history and upcoming travel information. You'll be able to view a summary of each component of your trip, see a day by day itinerary with city details via Google Maps, get updates on the weather and even share details about your trip with Facebook, Twitter or email. There are other useful tools such as a to-do list and a checklist of items to bring before the trip departure.

Cruise Planners Mobile™, is available as a free download for both Android and iPhone. If you're currently a client, you'll use your "My Trips" email address and password to log in. If not, setting up an account is easy, all you need is your email address and a password which I will provide to you. Cruise Planners Mobile™ isn't meant to replace the work that I do as a travel advisor, on the contrary, it complements the service I provide by keeping me further connected to my clients and ahead of the curve when it comes to technology. And by the way, it's fun to use! Check it out today, I'd love to hear what you think!

*Leslie Marsh owns and operates Cruise Planners of Orange. You can contact her at 203-799-2367 or [leslie@getreadytocruise.com](mailto:leslie@getreadytocruise.com)*

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**From Your State Senator**  
*With Joseph Crisco*



**Legislative Update from Senator Joe Crisco**

Last week, Governor Dannel P. Malloy signed into law a comprehensive gun violence prevention initiative the legislature had approved the day before. I joined a bipartisan majority of my Senate colleagues with a vote for the measure that includes new responsibilities for gun owners, school security provisions, and improved access to mental health services. The new law is a direct result of the December 14th shootings at Sandy Hook Elementary School in Newtown that left 20 children and six adults dead. Its details are the byproduct of an extensive public hearing process and protracted negotiations among legislative leaders of both political parties.

In one single day last fall Connecticut instantly became the focus of a national outcry for common sense efforts to prevent these episodes that have become all-too-common and simply unacceptable in our culture. This new law includes a broad range of initiatives calling for greater accountability for gun ownership and a fortified effort to address shortcomings in delivering behavioral health services.

The best aspect of the mental health services portion of this bill requires training in mental health first aid – that is to say, the ability to recognize warning signs for behavioral health disorders so services can be made available. We have an obligation to public school students in Connecticut to identify and then address their needs as they grow and develop and this provision for mental health first aid training goes a long way in that regard.

\*\*\*

The State of Connecticut continues its campaign to heighten awareness about internet safety protocol – an ongoing effort to help state residents protect privacy, avoid identification theft, and educate children about the potential risks of internet use.

The program directs residents to follow these fundamental guidelines:

- Monitor and strengthen personal security settings on social media outlets.
- Print business or website privacy policies, read them and become familiar with them.
- Avoid using public computers to access personal and private information.
- Don't share your Social Security number or other personally identifying information unless you know it is for a legitimate purpose.
- Never give up any personally identifiable information in response to an unsolicited email, text or telephone call.
- Use only secured connections or encrypt private personal or financial information.
- Protect your identity and conduct periodic credit checks.
- Protect wireless settings to protect information being sent.
- Stop and think before posting any information online.

Internet technology has placed the world at our fingertips and its widespread use has transformed our culture. But we must also do all we can to guard against misuse – this information works to that end.

\*\*\*

I recently joined officials of the state Department of Public Health to announce this year's recipients of biomedical research grants to study diseases associated with tobacco use and other chronic illnesses. The Biomedical Research Trust Fund – established by a law I wrote in 2000 – underwrites research into tobacco-related conditions like heart disease and cancer.

The trust fund itself derives revenue from the state's share of the Tobacco Settlement Fund; in 2010 the scope of the program was expanded to include Alzheimer's disease and diabetes research. These grants are consistent with a growing and accelerating emphasis on comparable projects in Connecticut.

To date, approximately \$14.5 million dollars have been awarded to Connecticut research institutions for biomedical research into leading causes of death and disability. It's vitally important to continue investigating causes and potential treatments and cures for these conditions. This grant program sustains that research.

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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.

**Crafts** - 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** - 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.

**Driver Safety Course** — AARP will offer the four hour Driver Safety Course at the Woodbridge Senior Center, Monday, May 6, 2013. AARP developed the classroom refresher course to help drivers fifty and older improve their skills and prevent traffic accidents. The course is offered from 9:00 a.m. to 1:00 p.m. A \$12.00 fee (for AARP members), \$14.00 for non-members, is payable to AARP.

### Programs at the Senior Center

- May 9 — Thursday — Volunteer Tea - 2:00 pm.
- May 22 — Wednesday — Lifeline Screening 9 to 5. Call 1-800-897-9177 Ext 9177 for appointment.
- May 28 — Tuesday — Gadgets & Gizmos A representative from Best Buy will explain all the latest gadgets; such as I Pad, iPhone, Tablet, and much more.
- May 31 — Friday — Movie. Dr Meissner, Hearing Aid Technology.

### 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.

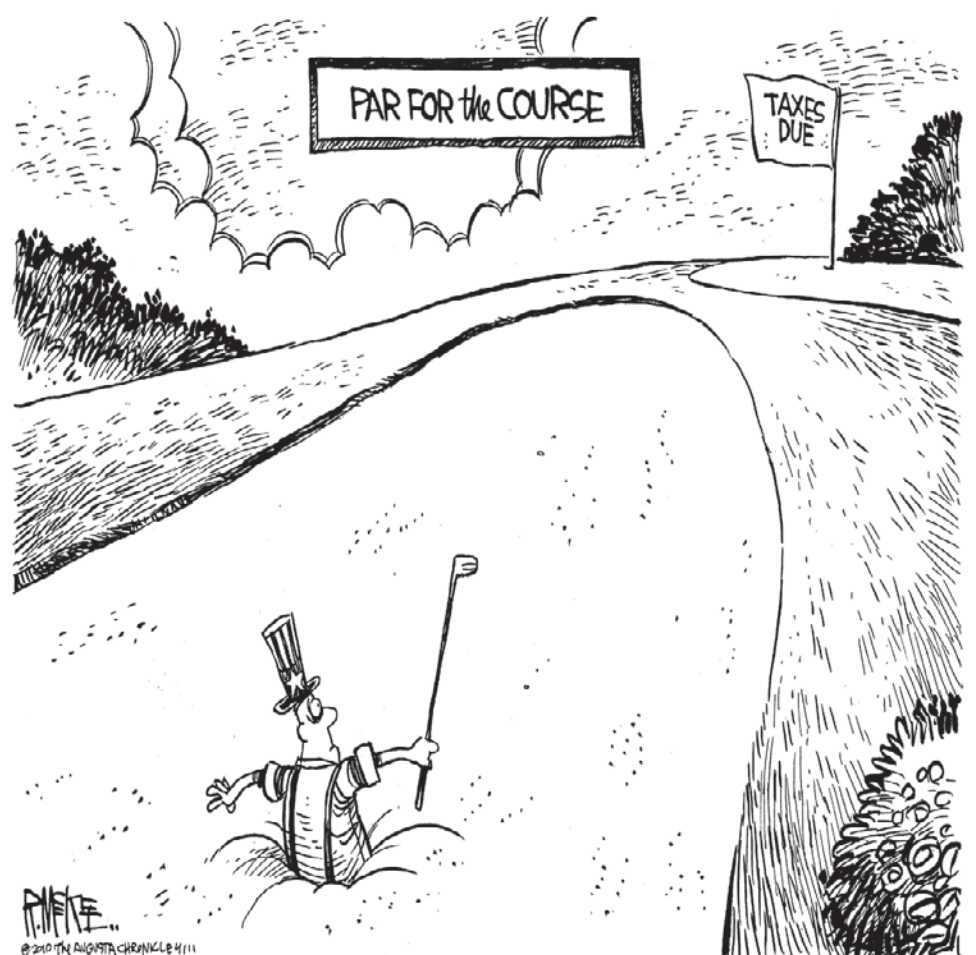
Please Note: All trips must be booked far enough in advance to assure that trips will not be cancelled. The first two rows are reserved for persons with special disabilities only!



## Klarides Reads to School Children in Woodbridge

On March 20th State Rep. Themis Klarides (R-114) read to a group of second grade students at Beecher Road School in Woodbridge in celebration of Read Across America Day. Rep. Klarides toured their classroom and learned what the students were studying before reading the Dr. Seuss story Gerald McBoing Boing as part of the nationwide reading celebration that takes place annually in March.

Launched by the National Education Association in 1998, Read Across America Day involves more than 3.2 million teachers, librarians, athletes, celebrities, politicians, business professionals, neighbors and family members reading to an estimated 45 million children in 2013.





## “An Ounce of Prevention”

### Just the Flax!

Flax has become a popular herbal supplement. Nutrition magazines and producers of flax supplement products (who make money selling the supplement) claim that flax consumed on a regular basis may lower the risk of developing a whole host of diseases, including heart disease, cancer, diabetes, dementia, depression, high cholesterol, anxiety and strokes ([www.flaxusa.com](http://www.flaxusa.com)). WOW! What a seed!

The theory behind the claims made by flax seed producers is that flax seed is high in alpha-linolenic acid (ALA), an omega-3 fat, which the body breaks down into DHA and EPA fats within our body. Sound familiar? Think fish. They are the same fats that provide the heart-health benefits attributed to fish oils, except that when it comes to the flax supplements, it is not clear if the fatty acids in flax provide the same heart-health benefits. In order to achieve meaningful amounts of DHA and EPA from flax, you need to take very large amounts of it (Consumer Reports on Health, April 2009). ALA is also found in canola and soybean oils.

The National Institutes of Health has a website devoted to complementary and alternative medicine ([www.nccam.nih.gov](http://www.nccam.nih.gov)). (If you are a user of herbal supplements to treat health issues, you will find this site very useful.) The following information is taken from this website.

- Flaxseed contains soluble fiber, like that found in oat bran, and may have a laxative effect.
- Studies of flaxseed preparations to lower cholesterol levels report mixed results. A 2009 review of the clinical research found that cholesterol-lowering effects were more apparent in postmenopausal women and in people with high initial cholesterol concentrations.
- Some studies suggest that alpha-linolenic acid (a substance found in flaxseed and flaxseed oil) may benefit people with heart disease. But not enough reliable data is available to determine whether flaxseed is effective for heart conditions.
- Study results are mixed on whether flaxseed decreases hot flashes.
- Although some population studies suggest that flaxseed might reduce the risk of certain cancers, there is not enough research to support a recommendation for this use.
- NCCAM is funding studies on flaxseed. Recent studies are looking at its potential role in preventing or treating atherosclerosis (hardening of the arteries), breast cancer, and ovarian cysts.

**OTHER IMPORTANT INFORMATION TO KNOW:** Flaxseed and flaxseed oil supplements seem to be well tolerated. Few side effects have been reported. Flaxseed, like any supplemental fiber source, should be taken with plenty of water; otherwise, it could worsen constipation or, in rare cases, even cause intestinal blockage. Both flaxseed and flaxseed oil can cause diarrhea.

The fiber in flaxseed may lower the body’s ability to absorb medications that are taken by mouth. Flaxseed should not be taken at the same time as any conventional oral medications or other dietary supplements.

It is important to tell all your health care providers about any complementary health practices you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

For free written information on flaxseed, Quinnipiack Valley Health District residents (Bethany, Hamden, North Haven and Woodbridge) can call QVHD, 203 248-4528 or request on line, [www.qvhd.org](http://www.qvhd.org).



State Senator Joseph J. Crisco, Jr. (D-Woodbridge) participates in Read Across America event at Beecher Road School in Woodbridge, Wednesday March 20, 2013. Senator Crisco encouraged students to learn to read so they will in turn become lifelong learners about any and all other subjects.

## Restored South School Open House

The Amity and Woodbridge Historical Society Announces the Opening and Open House of the Old South School One Room School House. The South School Restoration Committee, The Town, and the Amity and Woodbridge Historical Society invite the public to view its finished school house on Johnson Road in Woodbridge on Sunday, June 2, 2013 for the official opening and open house. Rain Date is June 9th.

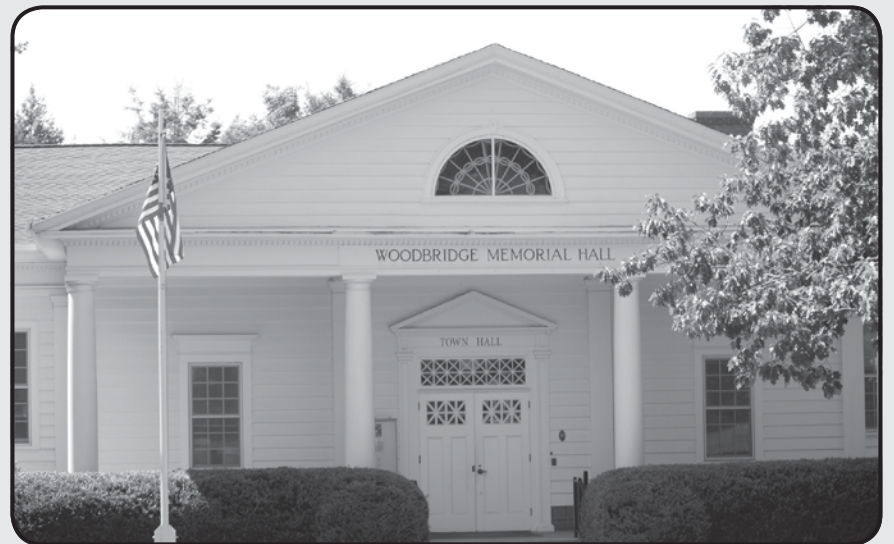
Opening ceremonies will begin at 12:00 and the open house will run until 2:00 PM. Light refreshments will be served. Park carefully, either on Johnson Road or along Manville Road.

As a fully restored one-room schoolhouse, South School will be utilized by Beecher Road School as an educational tool to teach local history. A teacher can take their class there to reenact a lesson or a whole day’s activities. Stop in and see how Woodbridge did the three R’s over one hundred years ago. (That would be: Readin’, Ritin’, and ‘Rithmetic, of course!)

## Town of Woodbridge

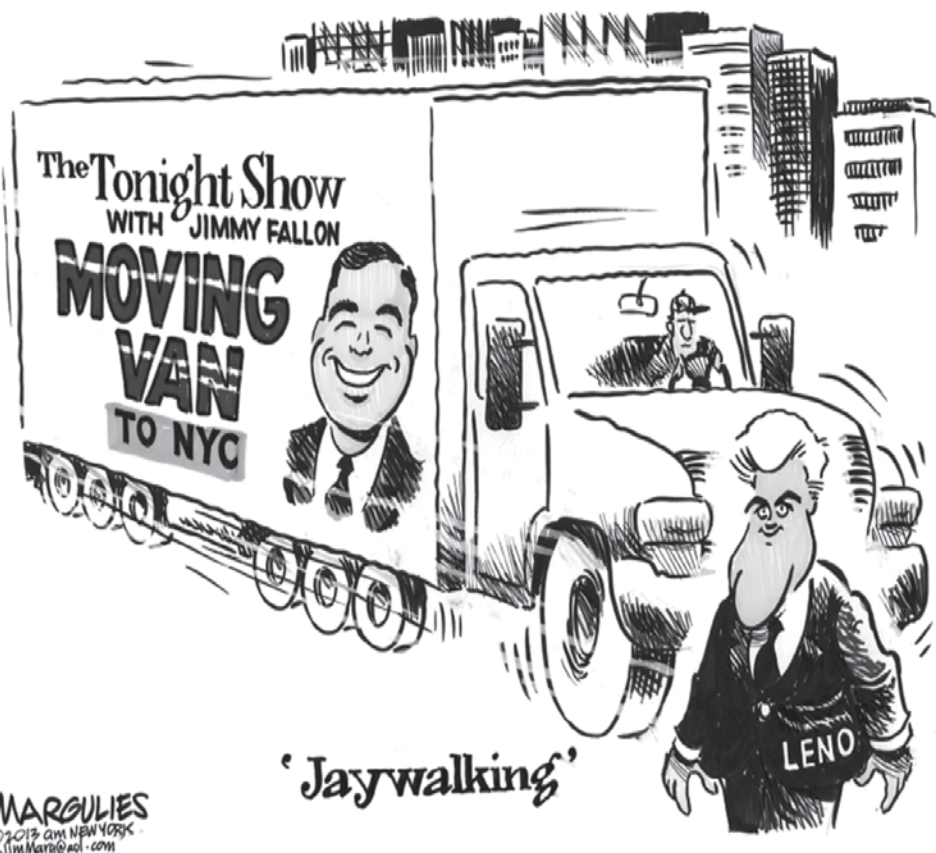
### Meetings for the Month of April 12-30, 2013

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



Town Hall

4/17	Inland/Wetlands Agency .....	7:30pm	Town Hall
4/18	Board of Finance .....	6:00pm	Town Hall
	Conservation Commission .....	7:00pm	Town Hall
4/22	Country Club of Wdbg. Comm .....	6:00pm	CC of Wdbg
	Fire Commission .....	6:00pm	Fire Station
	Woodbridge Board of Education....	7:00pm	Beecher School No.
	Recreation Commission .....	7:30pm	Beecher School So.
4/23	Government Access TV Comm .....	7:15pm	Town Hall
4/24	Board of Selectmen.....	6:00pm	Town Hall





## 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.*

**Woodbridge Rotary Club Meetings**, 1st and 3rd Friday of the month, 7:30am breakfast meeting, Country Corner Diner, 756 Amity Toad, Bethany and the 2nd and 4th Friday of the month, 12:15pm luncheon meeting, Carmine Tuscan Grill, 1500 Whalley Avenue, New Haven. Anyone interested in learning more about Rotary should contact Anna Dickerson at 203-710-0223 or email [annadickerson@yahoo.com](mailto:annadickerson@yahoo.com).

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

**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](http://www.ohancaw.com).

**2013 National Day Of Prayer Ecumenical Service**, Thursday, May 2, 2013, 5:00pm, Room # 16, the Center Building, 4 Meetinghouse Lane, Woodbridge. Everyone welcome!!

**Hooked on the Sound Crochet Guild**, Saturdays, 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](mailto:HOTSCrochetGuild@Live.com).

**Garden Club of Woodbridge Meeting**, Tuesday, May 7, 2013, light refreshments/11:45am, presentation/12:30pm, "Underutilized and Exceptional Native Trees and Shrub" presented by Adam Wheeler of Broken Arrow Nursery in Hamden, First Church of Christ at 5 Meetinghouse Lane, Woodbridge, open to the public, admission/\$5.00.

**Garden Club of Woodbridge Spring Plant Sale**, Saturday, May 11, 2013, 10:00am-3:00pm, Massaro Farm, 41 Ford Road, Woodbridge, large selection of plants from members' gardens, variety of annuals in flats and hanging baskets.

**Amity and Woodbridge Historical Society Opening and Open House** - Old South School One Room School House, Opening ceremonies 12:00, open house until 2:00 PM, June 2, 2013, Light refreshments. Rain Date is June 9th. Park carefully, either on Johnson Road or along Manville Road.

Woodbridge Town News

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## From Your State Senator

With Gayle Slossberg



### Slossberg Supports Bill to Access to Mental Health Treatment & Support

State Senator Gayle S. Slossberg (D-Milford, Orange, Woodbridge) joined her House and Senate colleagues on April 3rd in voting for bipartisan legislation that will address the issues of mental health, school security, and gun violence prevention in the wake of the Newtown tragedy. "We recognize that there are far too many families with significant mental health needs, especially for our young adults aged 16-25," said Sen. Slossberg. "Services are few, difficult to access, and insurance is inadequate. This bill gives us the tools to identify the gaps in our state's mental health system. By February of 2014, we will have a clear picture of how to address the gaps that exist. This is long overdue and will finally help move us toward a strong and comprehensive system to help people who need support for mental health issues."

The bill will create a task force to conduct a comprehensive study of the state's mental health system. Research topics for the study will include early intervention, gaps in insurance coverage, outpatient commitment, services provided in the schools and stigma. The task force will report on its findings by February 1, 2014.

An additional mental health provision in the comprehensive legislation will require the Department of Mental Health and Addiction Services, in consultation with the State Department of Education, to administer a mental health first aid training program. It will help teach people to recognize the signs of mental disorders in children and young adults and educate on how to connect them with services. Boards of education will also be permitted to require teachers and school employees to participate in this training. The Commissioner of Education will also be required to consider whether mental health first aid training should be included in the teacher preparation program leading to certification.

The legislation passed the Senate by a vote of 26-10 and was expected to pass the House with broad support later in the evening.

### Dr. Rosenblum Awarded 'Top Doc' by CT Magazine

David Rosenblum, MD, of Woodbridge, has been consistently recognized by his peers as a "Top Doc" and has once again been named one of the top doctors in Connecticut by Connecticut Magazine. Dr. Rosenblum is the medical director of physical medicine and rehabilitation and the director of the spinal cord program at Gaylord Specialty Healthcare in Wallingford, Connecticut. He began working at Gaylord Specialty Healthcare in 1992 where, for over twenty years, he has treated patients with a spinal cord injury or other types of neurologic injury or disease. As a physiatrist, certified in Spinal Cord Injury Medicine and Physical Medicine and Rehabilitation, Dr. Rosenblum continuously seeks out new ways to improve the present and future quality of life for his patients. His innovation and leadership have helped to propel Gaylord to the national forefront of spinal cord injury care and rehabilitation. Each new project or initiative that he has pursued or participated in has provided the foundation for the next opportunity.

"I am honored and grateful to be recognized with the distinction of a "Top Doc" in Connecticut. However, I share this distinction with my fellow staff and wonderful commitment at Gaylord to its patients," said Dr. Rosenblum. "Gaylord continues to acquire the latest and most innovative technology to serve our patients. We are here to maximize our patient's ability even in disability."

Dr. Rosenblum's valuable contributions began when he became one of the first physicians to become board certified in spinal cord injury in 1998. In the 1990s he helped to create and then direct Gaylord's Multiple Sclerosis Clinic which focused on rehabilitation. One of Dr. Rosenblum's long-term goals has been for Gaylord to become a Model Spinal Cord System. With only 14 model systems in the U.S. funded by the National Institute on Disability and Rehabilitation Research, the application process is rigorous and facilities must meet specific criteria. To overcome this barrier, Dr. Rosenblum collaborated with Boston University Medical Center which resulted in a successful joint application and redefined the New England Regional Spinal Cord Center (NERSCIC).

The most recent opportunities and contributions Dr. Rosenblum has pursued for Gaylord and the healthcare industry has been through a recent development in spinal cord injury therapy called exoskeletal robotic technology. The wearable robot is used to help patients with spinal cord injury, or other lower extremity paralysis or weakness, to stand and walk. Gaylord is one of only twenty facilities in the world to offer the Ekso™ bionic exoskeleton, which was named a top ten invention by CNN and Wired and one of the Best Inventions by Time.

"Dr. Rosenblum is extremely deserving of this honor. He is valued by his patients for his caring approach, compassion, and vision, which exemplifies the spirit of innovative quality rehabilitation," said George Kyriacou, President and CEO of Gaylord Specialty Healthcare. "It is outstanding doctors and staff like Dr. Rosenblum who help make Gaylord a national leader in rehabilitate health."

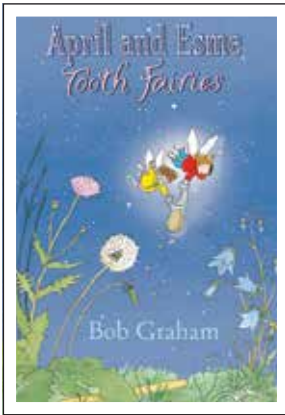


# WOODBIDGE LIBRARY

## Programs for Children

To register for children's programs, or for more information, please call 203.389.3439, or email [childrensprogram@lioninc.org](mailto:childrensprogram@lioninc.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](mailto:pvalsecchi@woodbridgect.org).

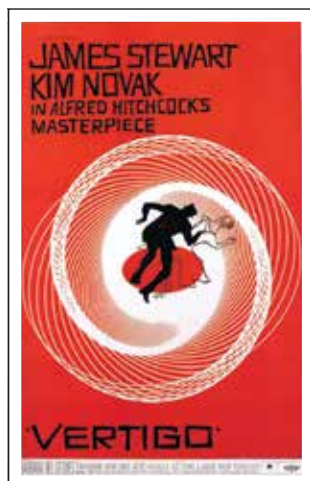
**Asparagus: The King of Spring Cooking Class with Robin Glowa** - Monday, April 15th @ 7:00pm - Robin Glowa will teach us everything you ever wanted to know about asparagus! Learn about this amazing, versatile and oh-so-healthy vegetable. Samples and recipes will be provided. This free program is open 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.

**The Power of Breakfast Cooking Class with Robin Glowa** - Tuesday, April 30th @ 7:00pm - Robin Glowa returns with a cooking class that will tackle the most important meal of the day - breakfast! Learn how to power yourself up with healthy breakfast recipes! Samples and recipes will be provided. This free program is open to the public. Space is limited, and registration is required.

**Film Discussion Series with Mark Schenker: "The Films of Alfred Hitchcock" Vertigo** - Wednesday, May 8th @ 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](mailto:pvalsecchi@woodbridgect.org).



## Programs for Teens

To register for teen programs, or for more information, please call 203.389.3439, or email [wbrjustaff@lioninc.org](mailto:wbrjustaff@lioninc.org).

**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.



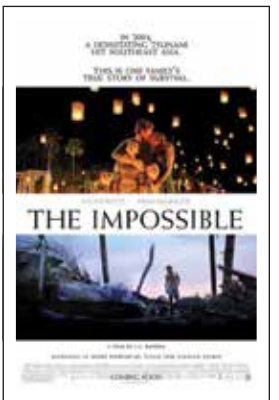
**Teen Book Discussion Group** (for high school students, ages 12 and older) - Saturday, May 4th @ 3:00pm - Did you know that we have a new Teen Book Discussion Group? High school students can join us for a light-hearted chat, sprinkled with snacks, to share thoughts about books that they have been reading. Come join us and bring a friend to hear what others have on their to read list. This book discussion group is limited to high school students.



## 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 18th - *The Hobbit: An Unexpected Journey* [rated PG-13]
- April 25th - *The Impossible* [rated PG-13]
- May 2nd - *Vertigo* [rated PG]
- May 9th - *Silver Linings Playbook* [rated R]



## Art Exhibit

The 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 the website at [www.paletteartstudio.com](http://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!



## Friends Bookstore Hours

Tuesdays from 10:00am to 1:00pm and Saturdays from 10:00 am to 1:00pm.





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**From Your State Representative** *By Themis Klarides*



**Klarides Hosts Greek Independence Celebration**

On March 25th State Rep. Themis Klarides (R-114) served as master of ceremonies at the 19th annual Greek Independence Day celebration to honor Greece's independence from the Ottoman Empire in 1821. Sponsored by the Hellenic Student Association Paideia of the University of Connecticut, the event featured folk dance, student poetry readings, traditional cuisine and speeches by several Greek community leaders. In addition to hosting the event Rep. Klarides, who is the only Greek American currently serving in the General Assembly, marked the occasion by presenting Rev. Fr. George Zugravu with a legislative proclamation and honored the Pan Gregorian of Connecticut with the "Paideia" award.

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Discover the Montessori Method at The Silent Journey of Discovery hosted by New England School of Montessori in Milford on Saturday, April 27, 2013 from 9:30 AM - 12 Noon, Light refreshments offered. Parents will discover why this scientific method of education guides children to develop their own, individual passions to carry with them through a lifetime. Why do Montessori children seem to inherently understand more socially, emotionally and academically?

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## "Dining with Susan"

By Susan Noonan



### Captain's Catch Seafood Restaurant

I originally wrote about Captain's Catch Seafood Restaurant 6 years ago and thought it was time to revisit this cozy spot located in the Woodmont section of Milford. I am happy to report that it is still going strong after 10 years and the food is better than ever. Original owners Tom and Dawn Ramadan worked tirelessly to make the restaurant a success from day one. Tom's family has owned Turks (the legendary restaurant in West Haven) since 1939. He worked at Turks for many years and brought his great expertise along with the "secret recipes" with him to this busy location offering high quality seafood along with consistent recipes. Tom and Dawn did a lot of leg work prior to opening Captain's Catch checking out the local competition and selecting only the best ingredients for their menu. They wanted to offer something a little different than Turks and other local seafood establishments and they definitely accomplished that.

In 2011 Tom & Dawn felt it was time to embark on a new adventure. They moved to Bartlett, New Hampshire opening a restaurant similar to Captain's Catch called "Cabin Fever". They asked their daughter Kaitlyn and son-in-law Brad Heisler to take over their precious Captain's Catch. I must say that they definitely made the right choice. Brad (who is also the chef) and his staff have kept the same quality food, generous portions, reasonable prices, fast service, along with a very casual family style atmosphere.

The menu is on a large chalkboard visible as soon as you walk in. One of the most popular dishes is, of course, fish & chips along with clam strips and Lobster Rolls (available hot with butter or a cold salad). Soups include New England or Rhode Island Clam Chowder, Chili and Lobster Bisque (my favorite). Appetizer choices include stuffed clams, buffalo shrimp, and shrimp cocktail. Fried Dinners of Sole, Cod, Tilapia, and Sea Scallops are offered. The menu also features non-seafood items that are equally delicious including fried mozzarella, boneless buffalo chicken, Charbroiled burgers, hot dogs, chicken salad, just to name a few, all served with French fries. Platters include corn bread, cole slaw and French fries. Dinners are served with corn bread, potato & vegetable or a large salad. There are also a wide range of side dishes and salads. Brad and his staff make the onion rings, cole slaw, tarter sauce & cocktail sauce daily (again those "secret recipes"). I have to mention the outstanding Corn Bread as it is baked at the restaurant daily and will melt in your mouth. What a refreshing change from the usual bread or rolls usually served at other restaurants.

The "Little Fish Menu" is for kids 12 & under that includes choices of fish & chips, grilled cheese, hotdog, clam strips, chicken tenders served with French fries, drink and ice cream. You place your order at the counter for take out and if you choose, the staff will deliver your food to the cozy dining room that seats 55. Dessert includes Soft served frozen custard featuring cones, cups, hot fudge sundaes with a variety of toppings available, milk shakes, root beer floats (that really brings back memories). Beverages available include soda, freshly brewed ice tea, lemonade, bottled water, coffee, tea and hot chocolate.

HOURS: Tuesday - Saturday - 11:00am-9:00pm - Closed Sundays & Mondays - They will be opening Sundays from 12p-8m after Memorial Day thru-out the summer season. Early Bird & Lunch specials served from 11:00am-4:00pm - 10% off Senior Citizen Tuesday & Wednesday - View menu on Captains Catch Facebook page. All major credit cards - Gift certificates available - Catering menu (see Brad for details). Reservations not required - Handicapped Accessible - Ample Parking - Take-out available on all menu items.



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Directions from Orange & Woodbridge- Marsh Hill Road towards Milford becomes Oxford Road - Right on Merwin Avenue, left on New Haven Avenue - Restaurant on left in small strip mall - Woodmont section of Milford across from Robert Treat Farms and Adams Supermarket. Brad & Kaitlyn, who are Milford residents, also own "Redding Roasters", a specialty coffee store in Bethel, CT.

FINAL NOTE: Captain's Catch has managed to create a very successful restaurant with minimal advertising. Word of mouth is sometimes the best way to go. That old expression "if it ain't broke, don't fix it" certainly applies in this case. Tom & Dawn passed on the torch to Brad & Kaitlyn and they should be very proud. Make a visit soon for dining in or take-out to this wonderful seafood restaurant offering quality food, service and reasonable prices. I know you will be impressed with the "CAPTAIN"!! Please remember to support our local family owned businesses.

If you have a favorite restaurant please e-mail me at [susan@woodbridgetown-news.com](mailto:susan@woodbridgetown-news.com).

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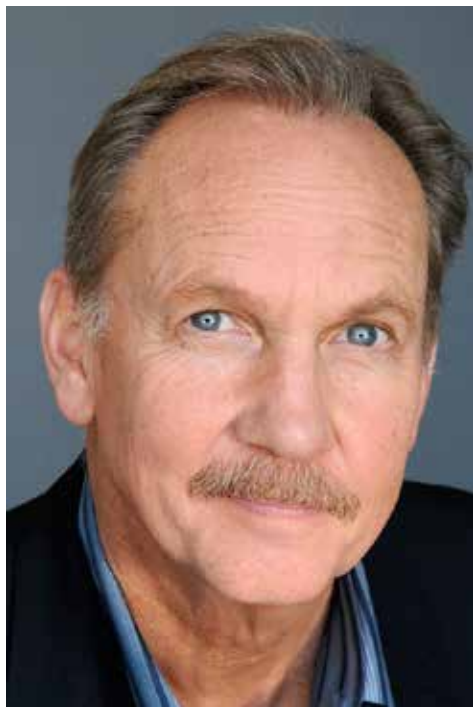


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Michael O'Neill

**Q:** One of my favorite character actors is **Michael O'Neill**. I especially enjoyed him as Special Agent Butterfield in "The West Wing," and as distraught widower Gary Clark in "Grey's Anatomy." What is he up to now? -- Patrick G. in Connecticut

**A:** Michael co-stars in the new Sundance Channel original drama called "Rectify," a six-episode series that begins April 22 at 10 p.m. ET/PT. He plays Sen. Roland Foulkes, who rose to great political heights on the heels of what turns out to be the wrongful prosecution and imprisonment of Daniel Holden for rape and murder, for which he is exonerated after serving 19 years on death row.

When I spoke with Michael recently, he told me about his new role: "On the one hand, it's so delicious to play a guy who's Machiavellian, and you want to make him more evil, more manipulative. You just want to go down that rabbit hole."

"But I don't think that's true (to his character). I think he feels like he's been a public servant. He answers to the people. He felt the pulse of the town and what they wanted. They wanted a retribution for the act, so he went about making sure that they were satisfied. And it didn't hurt -- clearly my character's a political animal. There's a certain hunger in him to be the top dog. At the end of the day, there's a certain self-serving that takes over."

\*\*\*

**Q:** I love actress **Laura Dern** and her HBO series "Enlightened." Will it be back for another season? -- Jerry U., via e-mail

**A:** HBO recently announced the "very difficult decision" of deciding to cancel the struggling comedy series after two seasons. "Enlightened," which was created by Laura and co-star **Mike White**, was critically acclaimed but struggled with ratings. Even a Laura's Golden Globe win for Lead Actress in

a Comedy Series, as well as co-stars like **Luke Wilson** and **Diane Ladd**, couldn't save the show.

\*\*\*

**Q:** Please tell me that TBS will continue to produce new episodes of "Cougar Town" after this season. -- Darla W., Birmingham, Ala.

**A:** I am happy to report that TBS has renewed "Cougar Town" for a 13-episode fifth season. The new season -- which will continue to star Courteney Cox, Christa Miller, Busy Philipps, Dan Byrd, Ian Gomez, Josh Hopkins and Brian Van Holt -- is expected to launch in 2014.

\*\*\*

**Q:** Can you tell me if "Fairly Legal" will ever come back? -- Elaine J., via e-mail

**A:** The USA Network decided to cancel the lawyer series after two seasons. Series star Sarah Shahi has since co-starred on "Chicago Fire" and had a guest appearance in February (which could turn into a recurring role) on "Person of Interest." **Michael Trucco** recently completed an explosive recurring role on "Revenge," and was cast to star alongside former "Battlestar Gallactica" co-star **Tricia Helfer** in her new ABC pilot, "Killer Women."

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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Artwork by Laurie Flaherty

**CT Authors Present Programs in “Democracy Forum” Series**

On Thursday, May 2, former Congressman Robert H. Steele will explore the impact of casino gambling that provides the backdrop for his recently published novel, “The Curse: Big-Time Gambling’s Seduction of a Small New England Town”. Set against the explosion of casino gambling that hit Connecticut during the 1990s, when two Indian tribes built the world’s two biggest casinos in the southeastern corner of the state, his book shines light on the issues of competing regional interests in casino gambling.

On Thursday, May 9, Ron Berler launches a conversation about public education in his talk about his new book, “Raising the Curve: A Year Inside One of America’s 45,000 Failing Public Schools”. Using the experiences of two 5th-grade girls who try to navigate the failing Norwalk public school system as case studies, Berler will discuss the struggles that engaged the girls and their educators in their effort to deal with the pressures brought on by “No Child Left Behind”.

The public is invited to both free discussions, which start at 6 pm at the Ives Main Library, 133 Elm Street. Books will be available for purchase at both events. For more information, please call the library at 203-946-8835.

**Amity Students Treated to the Sweet Sounds of Strings**

By Melissa Nicefaro – Orange Town News Correspondent

Around 100 Amity High School students were treated to the sounds of the Hartford Symphony Orchestra on March 27. The concert, made possible by a grant from the Jamie A. Hulley Arts Foundation, featured an Amity junior who was invited to play in the quartet.

James Chapman of Orange filled in as a cellist, though one who didn’t know better might have thought he was part of the original group as he played his instrument with the same fluidity and expertise as the professional orchestra members.

Jaroslav Lis, who plays the violin with the symphony, explained to students that each period represents a different style of music, a style that is similar to the lifestyle and culture of the era. For example, he explains, “The Renaissance was the coming of new age. There were arts and sciences being created and the music of the period represents that.”


The quartet played selections from the Renaissance, Baroque, Romantic and Classical periods. “Music from the Baroque period was ornamental in a dynamic way,” explained Lis. “There was much more anxiety in the music.” To prove that point, the group played a selection from Vivaldi called ‘Four Seasons,’ in which music mimicked the crunch of snow, the frigid howling wind and even chattering of teeth.

“The next period, the Classical Period, featured music that was back to clarity and structure,” Lis explained. The group wrapped up the performance with selections from the Romantic Period and the Twentieth Century Period. Lis and Chapman were accompanied by Karin Fagerburg (violin II) and Michael Wheeler on the viola.

The grant was part of a standing arrangement between the Jamie A. Hulley Arts Foundation and Amity Regional High School to provide opportunities for students to experience the visual performing arts in its various formats each year. According to Judy Primavera, founder of the organization, “Having a student perform with the group was more in keeping with the mission and spirit of the foundation”. She says next year, they may incorporate students into the performance again.

The Jamie A. Hulley Arts Foundation was founded in 2003 after Primavera’s daughter Jamie Hulley passed away after a battle with an aggressive form of lymphoma. The foundation provides grants to schools and organizations and scholarships to students in the Amity region and also throughout New Haven and Fairfield Counties.

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## HISTORY CORNER

With Muffy German

# A Piece of the Puzzle

I am sure that most of you immediately recognize the striking young woman pictured here as Amelia Earhart. Seventy-five years and nine months since her disappearance on the final leg of her round-the-world flight, the mystery still fascinates us. Just last Saturday, the Orange Historical Society featured at their annual Taste of the Past lunch and program an actress portraying Amelia Earhart.

Even after all this time, so many questions remain. Did she and her navigator, Fred Noonan crash in the ocean or land on an uninhabited Pacific island and perish there? Once again searchers are combing through documents and scouring islands for evidence of their fate. The recent discovery of a c. 1930s jar of “anti-freckle cream” on Nikumaroro/Gardner’s Island fuels speculation that the pair landed there. Were their radio calls for rescue dismissed or unrecognized as suggested by members of the International Group for Historic Aircraft Recovery? And, is there any truth to the rumor that Earhart and Noonan were spying for the U.S. government by taking aerial photographs of Japanese military bases in the Marianas Islands?

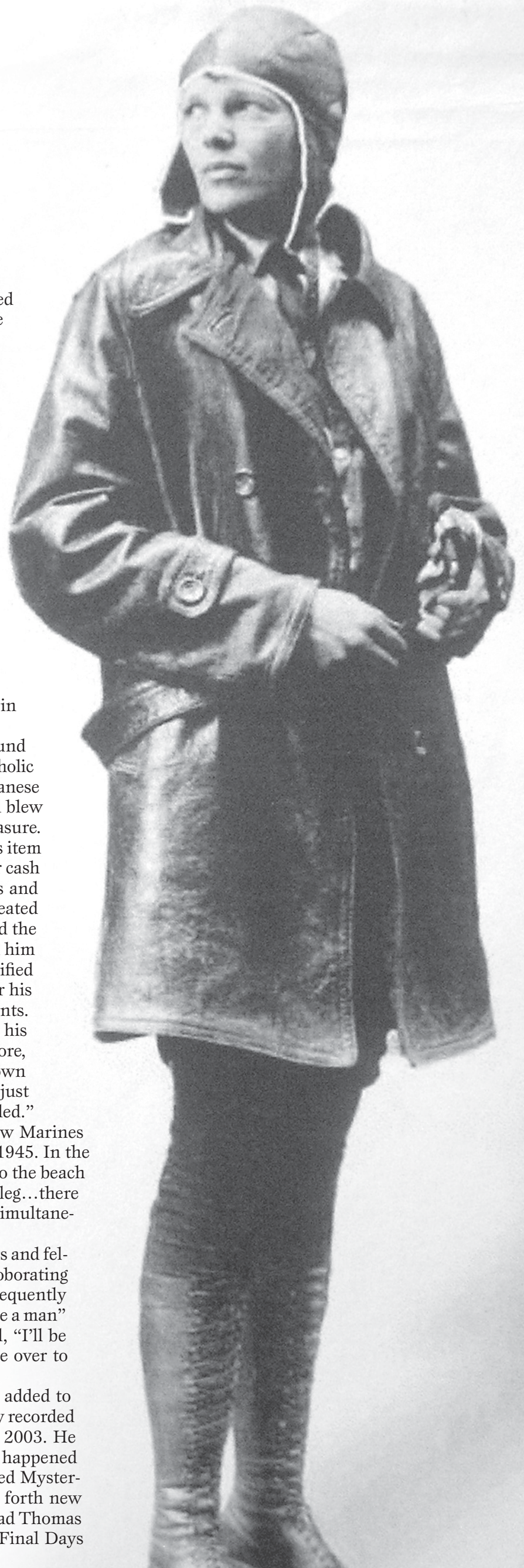
A piece of this puzzle awaits rediscovery here in Woodbridge. My next door neighbor, Robert E. Wallack shared his story with me a decade ago. It dated back to his service in the Pacific in World War II. He was an 18-year-old Marine machine gunner in the July 1944 assault on the Japanese stronghold of Saipan. The 13-mile-long island was defended by 30,000 Japanese troops. On the first day of fighting the marine casualties numbered 2,000. Wallack participated in the second wave of attack on the beach and was wounded in the hand.

After treatment, he joined a dozen soldiers assigned to search out stragglers around the bombed out capital city of Garapan. They sheltered in the broken remains of a Catholic church, and then investigated a ruined office building formerly belonging to the Japanese Navy. The only intact item was a locked safe. One of the men rigged the door and blew the safe open. Each man grabbed something and ran outside to examine his treasure. Mr. Wallack told me, “We thought we would all become Japanese millionaires!” His item was “a brown leather attache case with a large handle and a flip lock”. His hopes for cash or gold were quickly dashed. The case contained only papers: maps, visas, charts and other travel documents. The language of each text was English and the name repeated on the documents was Amelia Earhart! The young Marine immediately recognized the importance of his find. He showed the papers to a few companions who convinced him to turn them in to a superior. On the beach, he gave the briefcase to an unidentified naval officer in return for a receipt. He was told he could reclaim the material after his service. For safe keeping he put the receipt in a money belt given to him by his parents. Although he had only a short time to examine the papers, one detail stood out in his memory. The leather case and contents showed no sign of water damage. “Therefore, these items could not have been obtained from a plane that had been reported down at sea.” He wrote home, “Watch the newspapers. Something is going to happen. I just found Amelia Earhart’s papers.” But there was no revelation. He said “It just fizzled.”

Unfortunately, Mr. Wallack never saw the attaché case again. He and his fellow Marines were sent back to Guadalcanal and then on to the battle for Okinawa in April of 1945. In the first assault, he was wounded in the left leg. He remembered: “When they got me to the beach to bring me out to the hospital ship, they were cutting my clothes off to get to my leg...there goes the receipt. I remember yelling ‘Could they find the clothes?’” This wound simultaneously ended his service and lost the only proof he had to back up his story.

Over the years Mr. Wallack has shared that story with relatives, friends, neighbors and fellow Marines. He has contacted other veterans who served on Saipan and heard corroborating stories. One serviceman saw Earhart’s Lockheed Electra sitting in a hangar and subsequently burned by the Americans. He also heard about “a white man and woman dressed like a man” imprisoned in Garapan and executed by the Japanese. Back in 2003 he lamented, “I’ll be pushing up daisies before the truth comes out. But, someday, Martha, you’ll come over to the cemetery on Pease Road and tell me, ‘Mr. Wallack, you were right.’”

Sadly, he passed away in July of 2008 without seeing his piece of information added to complete the puzzle of Earhart’s end. He did have the satisfaction of having his story recorded for the Oral History Unit of the Marine Corp Historical Center at Annapolis in 2003. He commented, “I’m happy because it records my plain and accurate account of what happened and what I touched and saw.” He was also interviewed for an episode of “Unsolved Mysteries”. Perhaps this anniversary of Earhart and Noonan’s disappearance will bring forth new evidence and a willingness to put all of the pieces out on the table. To learn more, read Thomas E. Devine and Mike Campbell’s book, *With Our Own Eyes Eyewitnesses to the Final Days of Amelia Earhart*.



# Total Knee Replacement: Is This your Best Option?

By Joel Paul, MSPT

Knee pain affects both men and women and is often unbearable to live with. Knees are a vital “hinge point” allowing us to walk by bending and straightening at specific points. This joint is also crucial for helping with weight bearing and dissipating forces so that our hips and back can remain stable and pain free. The hinge joint is comprised of two bones: the femur, or thigh bone, and the tibia, or shin bone. Both bones have coverings called articular cartilage, which can wear down over time to cause bone on bone contact.



Joel Paul, MSPT

That’s the technical stuff. Simply going up and down stairs can trigger pain in a specific point in your range of motion. That can be a wearing pattern of your cartilage. Or even while standing still and your knee feels stiff after

time, bend and straighten it to provide relief. This removes the compression of weight bearing surfaces affecting worn cartilage.

Just because you have painful osteoarthritis does not mean you need surgery. Other options to reduce pain (rather than over the counter medications) include synvisc injections, weight loss, life style changes and, importantly, physical therapy. Many patients who undertake a combination of the above can reduce their pain and lead more normal, active lives.

Physical therapy, while not a miracle cure, can help to strengthen muscles, provide knee support and flexibility to reduce compression in the knee. Sometimes simple stretches are not enough, and medication may be needed to help. But combining a prescribed exercise program along with medication can be effective in reducing pain and might actually lower medication intakes.

When people walk with a limp, or avoid activity, these compensations actually make the condition worse by continuing to bear weight in the same area of worn cartilage. Physical therapists evaluate and assess overall motion, and strength and range of motion, to determine what precise protocol to follow.

Back to anatomy: the knee has several muscles that cross the knee. When they are tight or weak they may put undue stress on the knee. Reducing these factors can change the wear pattern and enhance one’s ability to walk and return to normal activities. Osteoarthritis is a structural change in the knee; it will not improve with most intervention; however, changing where the joint is contacting can reduce pain, degeneration, and avoid surgery. That’s the province of physical therapy.

However, if surgery is the only alternative, even then physical therapy can help in pre-surgical preparation. Because knee replacement requires a surgeon to cut into the quadriceps muscle, patient recovery time (usually three to four months) can be reduced by at least one month through therapy “rehabilitation” before the knee procedure is undertaken.

Last, the Check List. Before you decide on surgery, consider all options. A pain free life from osteoarthritis does not have to be dictated by surgery. That should be your final option. Physical therapy and its more conservative approach to degeneration of cartilage in the joints should be considered first. The practice today is far more sophisticated then it was decades ago. Prominent physical therapists now work closely with the medical fraternity to reduce, and possibly rid patients of osteoarthritis pain.

Joel Paul, MSPT, is a graduate of Sacred Heart University’s Physical Therapy Program, and is an active member of the APTA. His therapy experience ranges from Parkinsonian treatment to manual techniques and multilevel back school therapy programs. He serves as Clinical Supervisor in Amity Physical Therapy’s Hamden office and can be reached at 203-691-6248. [www.amitypt.com](http://www.amitypt.com)

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# SENIOR NEWS LINE

by Matilda Charles

## My Social Security

There is an easier way to get answers from Social Security than sitting on hold on the phone.

Social Security’s website (<http://socialsecurity.gov>) has a long list of things you can do online after creating a My Social Security account: get your benefits verification letter, get your statement, apply for retirement or disability benefits, appeal a disability decision, estimate your retirement benefits, check your application status and so much more.

The biggest concern, however, is that if you’ve done a Google search about the topic, you easily could end up at a fake website that is not Social Security.

For example, replacing your card is free, but if you accidentally wander to a scam site, they’ll want to charge you as much as \$50. Not only that, but they’ll have your Social Security number when you type it in.

If you marry and want a card in your new name, you’ll need to contact Social Security directly. Don’t fall for an online scam.

Even if you haven’t hunted online for information yet you receive what looks like Social Security email, beware. Social Security will never send you email asking for information such as your name or number. Any emails asking for that are from scammers. If you receive that kind of email, call the real Social Security administration immediately at 1-800-772-1213 or the fraud hotline at 1-800-269-0271.

Do the same if you receive a phone call from someone pretending to be from Social Security. They might have excuses, such as their computer system went down or they need to verify your banking direct-deposit information.

If you sign up online for a genuine My Social Security account, beware. Be sure what webpage you’re on. Remember to look for the “gov” at the end of the address.

Matilda Charles regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to [column-reply2@gmail.com](mailto:column-reply2@gmail.com).

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## ADL to Hold Greater New Haven Torch of Liberty & Centennial Gala

The Anti-Defamation League will honor Superintendent of New Haven Public Schools Dr. Reginald Mayo, Community Leaders Beverly and Dr. John Levy, and Wiggin and Dana LLP at ADL's 2013 Greater New Haven Torch of Liberty and Centennial Gala, at 5:30 p.m. on Tuesday, May 21, in Woodbridge, Conn. Founded in 1913, ADL's theme in its centennial year is "Imagine A World Without Hate."

The Torch of Liberty Award is presented annually to outstanding citizens and corporations whose extraordinary work has helped to strengthen the Greater New Haven community.

Dr. Reginald Mayo began his career in education in 1967 as a science teacher at Troup Middle School in New Haven. He has served as Superintendent of New Haven Public Schools since 1992. Under his leadership, New Haven built the largest inter-district magnet school program in the state, extended full-day kindergarten to all students, strengthened and expanded preschool opportunities, constructed 37 new schools and launched a nationally recognized School Change Initiative. In 2004, Dr. Mayo was named Connecticut Superintendent of the Year by the Connecticut Association of Public School Superintendents and was named a finalist for National Superintendent of the Year by the American Association of School Administrators.

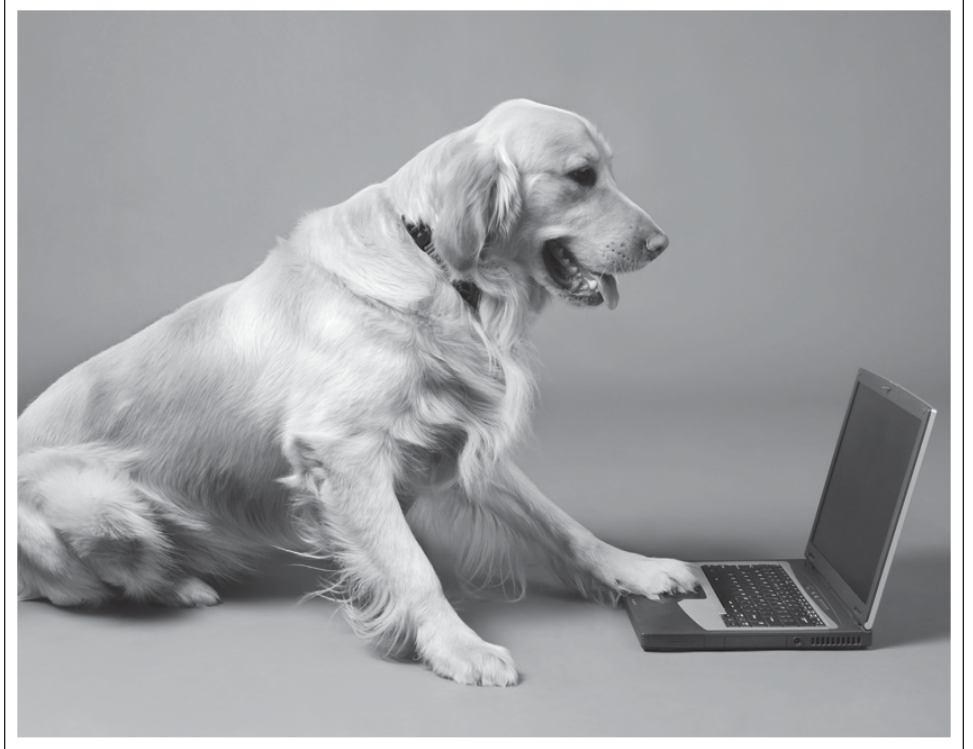
Dr. John Levy is a New Haven native and owner of Levy Dental Group for the past 36 years. Among his many charitable endeavors, he has served as Board President for Jewish Home for the Aged in New Haven and the New Haven Jewish Foundation, and has been on ADL's Connecticut Regional Board for the past 16 years. Beverly Levy has served on ADL's Connecticut Regional Board for the past 20 years, including three as Board Chair. She has also chaired the boards of Jewish Family Service and Ezra Academy. In 2005, she retired from her role as Vice President of Public Relations at AT&T after a 29-year career, starting a second career as an adjunct professor of public relations at Quinnipiac University from which she recently retired. The Levys reside in Woodbridge.

Wiggin and Dana LLP is a full-service law firm with four offices across Connecticut, as well as New York City and Philadelphia. The firm has had a longstanding commitment to civil rights and offers pro bono counsel to a number of organizations, such as New Haven Legal Assistance, All Our Kin, Lawyers for Children America, the Ronald McDonald House and the NAACP. In Connecticut and nationally, Wiggin and Dana has been especially valuable in helping the Anti-Defamation League to pursue its work in civil rights and constitutional matters, including authoring three Supreme Court briefs on ADL's behalf.

The Greater New Haven Torch of Liberty Award Reception is one of ADL's premier annual events in Connecticut, attracting more than 400 prominent and leading citizens from the Greater New Haven area.

For more information, please contact Janet Magid, Associate Development Director, at (203) 288-6500 x313 or [jmagid@adl.org](mailto:jmagid@adl.org).

The Anti-Defamation League, founded in 1913, is devoted to fighting anti-Semitism, racism and other forms of bigotry, building bridges of understanding and safeguarding our liberties.



## Bark Bytes...

By Vicki & Richard Horowitz

### Spring Into Spring

As winter's chill gives way to warmer days and spring flowers, not everything that springs forth this season is good for dogs. With a little awareness and a few simple precautions, dog owners can prevent many of the problems that arise with warmer weather and keep their dogs safe and healthy.

#### Heartworm Infection

The American Heartworm Society recommends that all dogs be tested annually for heartworm infection. Transmitted by mosquitoes, this serious parasitic disease can be fatal. Fortunately, your veterinarian offers a variety of options for preventing heartworm infection, including an injection, daily and monthly tablets, and monthly topical medications.

#### Fleas And Ticks

Fleas and ticks can cause a host of problems, from flea allergy dermatitis to Lyme disease and Rocky Mountain Spotted Fever. In large enough numbers, both ticks and fleas can also cause dangerous amounts of blood loss, especially in young dogs. While a number of flea and tick prevention options are available today, monthly spot-on topicals and oral tablets offer convenience and effectiveness in protecting your dog. Ask your veterinarian for more information.

#### Spring Allergies

Blooming plants, grasses and flowers can trigger atopy, an allergy similar to hay fever. But instead of sneezing, a dog typically develops itchy skin and will persistently scratch, lick and bite to get relief. If you suspect that your pooch may be suffering from seasonal allergies, visit your veterinarian for recommended allergy treatments. These can range from oral medications (like cortisone) to skin tests that pinpoint allergies in more severe cases.

#### Poisonous Plants

Inquisitive dogs might see those fragrant spring blooms as a tasty snack, but dogs can become extremely ill or even die from eating poisonous plants. Ask your vet for a list of poisonous plants you'll want to avoid having in your garden. You can also help prevent your dog from digging by not gardening with your dog present—he may conclude that digging is acceptable and enjoy digging to underground pipes or chewing on sprinkler heads.

#### Lawn Hazards

If a lawn—yours or another's—has been treated with fertilizers, herbicides or insecticides, do not let your dog walk on it until these potentially dangerous treatments have dried completely.

#### Unpleasant Odors

If your furry friend has taken on an offensive aroma over the winter, find out where the smell is coming from. Odor in your dog's mouth could mean dental problems, digestive problems or underlying internal diseases, such as kidney problems or diabetes. If his teeth are discolored or he has an odor worse than his usual doggie breath, have your veterinarian perform a dental exam. Next, check his ears. If the skin inside is red or sore, if the ear has a bad smell, or if your dog reacts in pain when you examine his ears, have your vet check him for an ear infection. Also check your dog's skin for the common disorder seborrhea, usually characterized by flaky dandruff or an oily, waxy feel to the coat and a strong odor. You can prevent this by frequently bathing your dog with a medicated shampoo that your veterinarian can recommend. Finally, an infection or anal gland problems can also lead to odor and discomfort, in which case your dog will need to be seen by your veterinarian.

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](http://www.BarkBusters.com).

## HOUSES OF WORSHIP EVENTS

### Church of the Good Shepherd Events

#### Weekly Services

**Sundays:** 8:00 a.m. and 10:00 a.m. - Coffee and conversation after the 8:00 am service and after the 10:00 am services. 5:00 p.m. - Come just as you are Worship Service.

**Wednesdays:** 7:00 p.m. - Evening Service of Prayer and Healing with Communion.



Church of the Good Shepherd

#### Shepherd's Café

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

### St. Brendan's Church to Celebrate 100 Years

St. Brendan's Church in New Haven will celebrate its 100th anniversary this year with several events for the parish community beginning April 7, past parishioners, St. Brendan School alumnae, neighbors, former resident clergy and nuns. On April 7, 2013- Anniversary mass was celebrated by Archbishop Mansell. (100 years to the day of the creation of St. Brendan's Church on April 7, 1913.)

St. Brendan's has been a spiritual home away from home to thousands of New Haven residents who were baptized, received first communion, attended mass, were married, or attended St. Brendan school. The church continues to serve as social hub for many in the Whalley-Edgewood-Beaver Hills community and the attractive buildings and grounds anchor the mid-point of Whalley Avenue between Broadway and Westville.

We encourage attendance at all of the 100th anniversary events and reach out to those who have moved away to join in celebrating this milestone in the history of St. Brendan's Church and the City of New Haven! St. Brendan's 100th anniversary is a milestone for present and past parishioners, but also a celebration of a neighborhood institution. St. Brendan's is one of the many New Haven churches and synagogues which nurtured generations of immigrants, families, neighborhood friendships, and the social webs which existed long before social networking. St. Brendan's has a rich history in Beaver Hills and the western part of New Haven and is one of the better examples of Romanesque architecture remaining among our places of worship.

### Americans to Unite for National Day of Prayer

As our nation struggles with continued economic insecurity, major health-care reform, and perceived challenges to our constitutional rights, citizens of the United States, from many religious backgrounds, are preparing to exercise their freedom to gather, worship, and pray. Millions will answer the call to prayer on Thursday, May 2nd in observance of the annual National Day of Prayer. Organized events will be held in thousands of public venues, where prayers and intercession to God will be made for America and its leadership.

In Woodbridge, a special ecumenical gathering will take place on that day at 5 P.M. in Room #16 of The Center Building, 4 Meetinghouse Lane. Everyone is encouraged to attend!

The National Day of Prayer tradition predates the founding of the United States of America as seen by a Continental Congress proclamation in 1775 setting aside a day of prayer. Then in 1952, Congress established an annual day of prayer and, in 1988, that law was amended, designating the first Thursday in May as the National Day of Prayer. Traditionally, each President of the United States issues an official National Day of Prayer proclamation each year as well.

A different theme is chosen every year for the National Day of Prayer. This year's theme is "Pray for America", which is based on the scripture verse Matthew 12:21 which reminds us that "in His name the nations put their hope". As long as the American people continue to face challenges that do not have simple solutions, our hope rests in seeking the Almighty's protection, blessing, and guidance, not only on the National Day of Prayer, but throughout the year.

Further information about the National Day of Prayer can be found on the website [www.nationaldayofprayer.org](http://www.nationaldayofprayer.org).

### "PI" Takes On New Meaning for BCA Students

Pi may mean 3.14 to most people, but to the students at Beth Chana Academy High School for Girls, it took on a whole new meaning on what became "Pi Day", March 14, 2013. The concept came to life as Lilach Shaham, math instructor, took the girls through the mystery of pi. The class began with the girls learning about the origin and meaning of pi. Mrs. Shaham discussed the concept of pi, and how it has become extremely significant in the math world today. Following her discussion, the girls watched a movie about pi and learned how it has meaning, not only in the math world, but throughout society as well. A fabulous hands-on activity followed as the girls built their own three-dimensional pi. Searching for special dates inside the 1000's of digits of pi became a challenging activity. In the list of seemingly random numbers, the girls found many relevant dates in the digits. To reinforce the endless numbers of pi, the girls went on to construct a pi chain beginning with 3.14 and then adding additional numbers of pi. After all the activity and discussion, it was time for one last activity. A large pizza was delivered and students calculated the diameter to many numbers before consuming the delicious treat!

Beth Chana Academy, located in Orange, is committed to excellence in education and the development of self-assured young women who exemplify middot tovot, strength of character, and good citizenship. Through a rigorous academic program of both Judaic and secular studies, as well as goal-oriented extra-curricular programs, BCA instills within its students the confidence to discover and cultivate their own unique talents and to note their accomplishments with pride. The school's focus is to foster dignified young women who will be able to assess their actions and who will develop the sensitivity to make decisions which positively impact their growth and development in school and beyond. For more information, please call principal, Mrs. Bluma Hecht at 203-795-5261.

### Temple Emanuel Celebrates Cinco De Mayo

Temple Emanuel cordially invites you to join us at our first ever "Erev Cinco de Mayo Fiesta" on May 4! Enjoy superb gourmet Mexican appetizers, entrees and desserts, taste delicious margaritas and fresh fruit sangria, dance "Latino style" with a quick and easy Salsa lesson, and sing along with the "Mariachi Emperadores de Puebla" as TE celebrates Cinco de Mayo. A silent auction is also on the agenda. The fun begins at 7:30p. Tickets are available on the TE website or by calling the TE office. For more information about the Fiesta and other events and services at Temple Emanuel, please go to [www.templemanuel-gnh.org](http://www.templemanuel-gnh.org) or call the TE office at 203-397-3000.



Temple Emanuel

### THE ILLUSTRATED BIBLE

*...from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.*

2 TIMOTHY 3:15

Sketch of Edward, Prince of Wales by Hans Holbein, 1542-43

# “How Not To Pay For College”

By Roberta L Nestor

This is the time of year when high school seniors will be making one of the biggest financial decisions of their lives – where to go to college and how to pay for it. Student loan debt is the biggest concern among college bound students. The heightened awareness of college costs and resulting debt is probably good in the long run, but it certainly takes a lot of the fun out of dreaming about college. Parents look to financial advisors, tax advisors, college financial aid offices, even high school guidance counselors for advice. Some parents are even

willing to pay a fee and hire a “college planner” for college planning advice.

## Dollars and sense

Let me begin by stating that a certification program for college planners does exist. The National Institute of Certified College Planners (NICCP) was established in 2002. There are no pre-qualifications for this designation, however,

initial testing and annual continuing education requirements are a part of the certification process. Below I have detailed questions from a family living in California who have a son starting college this fall. They paid a fee to a Certified College Planner and wanted to know if their financial advisor agreed with the recommendations that were made.

- They want us to convert our 15 year fixed mortgage (we have 13 years and \$130k left) to a 30 year fixed home equity installment loan. They said the money we saved would be better used to put into their investment recommendation and said that it would offer more years of tax credit on the interest.
- They want us to stop saving in our 529 College Savings plans because they are not “invisible” to financial aid and transfer money we have in one child’s name to our younger child.
- They want us to stop contributing to our 401k because these too are visible to financial aid and our employers don’t match.
- They want us to stop paying premiums on our term life and variable life policies and cash them in to open Indexed Universal Life policies. Actually, they want us to take the extra money from the home equity loan, all of our future savings and the \$100,000 we have in savings and use that for the new life insurance policies.
- They mentioned that the new life insurance was low risk and we can’t lose money and has historically gained 7% per year. They told us that it would hide all of the money from the financial aid calculations. And, we will even be able to borrow money from the policy to pay for tuition for our daughter who is a junior in high school.
- Is buying life insurance the best way to qualify for financial aid? All I can say, if it sounds too good to be true, it is too good to be true! There are so many things wrong with these recommendations I would need several columns. Cashing in all of your savings to “hide” assets and buy life insurance so you can qualify for financial aid is wrong on so many levels.
- Financial Aid (FAFSA) is *need based* and 80% of the calculation is based on income, not assets.
- Each recommendation could result in serious tax ramifications. Contributions to your state 529 plan are state tax deductible. Contributions to retirement plans lower income and stopping them will not only increase your taxes, but it will also increase your income that FAFSA uses to determine *need*. And selling off an investment portfolio could result in long term capital gains.
- Savings in a 529 plan are considered assets of the parents, which are considerably less “countable” than assets that are owned by the child attending college.
- The majority of private colleges require what is called a CSS Profile that digs deeper into your financial status. They ask about cash value in life insurance contracts and they ask about 529 savings for siblings.
- Do you know any investment that has gained 7% a year over the last 5, 7 or 10 years?

In an attempt to save your children from extensive college loans, it is important to explore every avenue available to help reduce college costs. Federal aid is where we all begin. Beyond that there are grants, loans (subsidized and unsubsidized); work programs for students, tax credits and scholarships are all avenues to explore. Some families borrow from their 401ks, use their home equity line of credit or reduce savings in order to help pay college costs. None of us want our children walking away in debt. There are many risks involved with the recommendations above and if you find yourself presented with an option that is “too good to be true”, tread slowly and seek several opinions to make sure your short term situation doesn’t impede on your long term goals for your future.

**Special Note:** In honor of Earth Day we will be holding our 5th annual “Shred Day” at our offices on April 20th, please call for more information.

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 is 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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## The Orange Chamber's Women's Leadership Network

### Annual Spring Event

focusing on

### Womens' Health

"Good Health is  
Good Business"  
Breakfast

#### DATE

Wednesday, April 24, 2013

#### TIME

Beginning at 7:30am

#### LOCATION

Race Brook Country Club

#### COST

\$25 per person

#### CONTACT

Email: [info@orangechamber.com](mailto:info@orangechamber.com)

Phone: 203-795-3328

#### FEATURING



Jocelyn Maminta  
WINH News8  
Medical Reporter

#### KEYNOTE SPEAKER



Dr. David Katz  
Yale University's  
Prevention Research  
Center

#### SPEAKER



Kelley Connors, MPH  
Design The 2nd Half of  
Your Life



ALSO SPEAKING: Cathy Connorton Chef's a' l'Orange

## Wine Talk

With Ray Spaziani

### Great Wines for Spring!



April is here and even though some of our overnight temperatures are in the 20s and 30s it is time to start to enjoy our outdoors and start to think in terms of our deck wines and heating up our outdoor barbecues. One of the great areas to look at this time of year is South Africa. In South Africa wineries are referred to as wine farms. In 1487 the Portuguese navigator Bartholomeu Dias sailed through the tempestuous seas to round the southern tip of Africa. He named it Cabo Tormentoso, the cape of storms. Later, Portugal's king, fearing that mariners would refuse to sail around the cape, renamed it Cabo de Boa Esperanca, the Cape of Good Hope.

The first South African wines were made more than three centuries ago by Dutch colonists who vinified the wild grapes they found growing on the southwestern tip known as the Cape of the African continent. The colonists, employees of the Dutch East India Company, planned to establish the Cape as a restocking station for food and provisions halfway between Europe and the spice-rich East Indies.

Though the presence of native grapes was encouraging to the colonists, the wine made from them was not. The commander of the small settlement, Jan van Riebeeck, immediately sent word back to Holland imploring his employers to send European vine cuttings on the next ship out. Within a decade, French vine cuttings, most probably chenin blanc and muscat of Alexandria were thriving in Cape soil. Through these humble beginnings developed the establishment of extremely powerful cooperatives that dominated the South African wine industry. Grape growing and winemaking are concentrated in the southwestern part of South Africa bordered on the west by the Atlantic Ocean and the south by the Indian Ocean.

White wines include Cape Riesling. This is a minor grape that makes mundane, common whites. It is thought to be related to the French grape crouchen blanc. Chardonnay is important and very popular. It is an up and coming grape. Usually made in an "international" style with lots of oak. Chenin Blanc is a major grape with nearly a quarter of all South African vines are planted with. It makes dry and sweet and sparkling wines as well. Muscadell is a member of the muscat family. This is usually made for sweet fortified wines, some of which have an appealing raisiny character. Riesling is sometimes called Rhine riesling in South Africa. This grape can be made into impressive late harvest sweet wines. (Dry wines made from it are only decent.) Sauvignon Blanc is South Africa's "Great White Hope". They make big grassy, herbal, bone-dry wine with high acidity and lots of personality and layers of flavors. Great for early spring Deck Activities.

The South African Reds include Cabernet Franc which is a major blending grape that is attracting attention on its own. Cabernet Sauvignon is used in Bordeaux style blends. Cinsault is a French Rhone grape known as hermitage in South Africa and it is used in blending in that it is light grapy red. Some Merlot is grown, although not popular and used in blending. Pinot noir is difficult to grow in South Africa. It is used primarily as a sparkling wine grape. One of the most spectacular reds of South Africa is Shiroz. This is the same as the French Grape syrah. The soil and temperature has caused a change in the DNA of the grape making it unique and a wonderful wine with lots of berries and vanilla flavors and it is one of my very favorites! This is a fantastic DECK wine with some meat or pasta dishes.

The most unique red of all from South Africa was an attempt to strengthen Pinot Noir by grafting it with Cinsault or in South Africa called Hermitage. In 1925 at the viticulture center at Stellenback University they made an attempt to help Pinot Noir grafting hermitage and came up with Pinotage. A unique grape that makes very rustic appealing red wine. It seems to go very well with steaks and chops on the grill given its smoky flavor.

So, as the weather softens and the temperature rises, it becomes time to venture out on the deck and fire up the grill with a glass of South African Sauvignon Blanc in your hand such as Klein Steenberg. At about \$11.00 or \$12.00 per bottle, it is more than a nice wine, it is an experience. Then, when the big pasta dish is served, try some Oracle Shiraz with flavors of red berries and spice and oak. The price ranges between \$10.00 to \$12.00 for this wonderful spicy red. Then open the Fairview Pinotage for the big steak or prime rib serving. It needs about 20 minutes of venting to clear off the slightly chemical nose. The big mouth feel of this large red will complement your beef dishes from the grill with a smoky-chocolate finish. At \$14.00 it is a great bargain. Life is too short to drink bad wine. Try these you will be glad you did!

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

[www.WoodbridgeTownNews.com](http://www.WoodbridgeTownNews.com)

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Lucibello & Proscino, LLP was founded in 2012 by Emily S. Lucibello and Lisamaria T. Proscino, based upon a shared vision and common goal of providing ethical, high quality representation, at client-sensitive rates.

## Death Notices



### Concetta Fusco Amatruda

Concetta Fusco Amatruda, a long-time resident of New Haven and Woodbridge, passed away at the age of 103, on March 29, 2013 of cancer. She was born in New Haven on May 14, 1909 of immigrant parents, Pascuale and Concetta Fusco of Vitulano, and was orphaned by the age of 2 years old. For many years she lived with the Sisters of Sacred Heart on Greene Street in Wooster Square. She was ever grateful for the many things she learned from the nuns and for the responsibilities they gave her even at an early age. Her life with the nuns had an indelible impact on her life as a Catholic and an independent and resourceful woman. She graduated from Hillhouse High School and, with a loan from Grace Hospital, received her RN from Grace Hospital in 1935. She loved nursing and was a Visiting nurse for several years before her marriage, in 1940, to Andrew A. Amatruda, her husband of 68 years. She returned to nursing in 1970 at Yale New Haven Hospital until her retirement. Connie was an active member of St. Aedan's Church in New Haven and The Church of the Assumption in Woodbridge and contributed her time to several Catholic organizations including assisting with Pre-Cana courses.

Having raised their children in Westville, Connie and her husband moved in 1981 from Westville to Woodbridge where she was the Municipal Agent for the senior citizens. In this role she taught handwork, found new homes for seniors and often helped them move, in addition to running the senior citizens center for the Town of Woodbridge. She and her husband moved to Litchfield in 2003. She is survived by her son, John M. Amatruda, M.D. of New York and Branford, CT, her daughter, Jean Flint Nelson of Litchfield, CT, four grandchildren, Vanessa Flint, Matthew Amatruda, Kristen Cowings, Andrew Flint and four great grandchildren.

A Mass of Christian Burial was held April 3rd in the Church of the Assumption, 75 Center Road, Woodbridge with interment following in St. Lawrence Cemetery. For those wishing to make a donation, donations can be made in Concetta's name to the Yale School of Nursing Annual Fund, P.O. Box 2038, New Haven, CT 06521. Arrangements in care of BEECHER & BENNETT, 2300 Whitney Avenue, Hamden. For information or to send a condolence, please see obituary @www.beecherandbennett.com.

### Joseph (Sandy) Anastasio

Joseph (Sandy) Anastasio, 94, of Woodbridge, passed away peacefully at his home on March 21, 2013. He is predeceased by his wife, Mary Gene (Priess) Anastasio and two sisters, Marie Dey and Gloria Zyskowski. He is survived by his three children, Robert Anastasio of Seymour, Roye Marie Anastasio-Bourke and Carol Sue Anastasio, both of New Haven; sister Joan Kinney of West Haven; five cherished grandchildren and six great grandchildren.

Joseph was born in New Haven on February 28, 1919, to the late Andrew and Nancy (Ruggerio) Anastasio. He was a decorated WWII Marine Corps officer, receiving the Purple Heart and was the youngest Lieutenant Colonel to serve in the US Marine Corps at that time. Prior to retirement, he was vice president of International Consumer Products at Uniroyal, formerly the U.S. Rubber Company.

Joseph was deeply loved by his family and a cherished friend and mentor to many. The family will gather privately in remembrance and a public celebration of his life is planned for a later date, to be announced. Inquiries and remembrances can be sent to Sisk Brothers Funeral Home, 3105 Whitney Avenue, Hamden, CT 06518. www.siskbrothers.com.



Joseph (Sandy)  
Anastasio

### Walter A. Page

Walter A. Page (Wally), age 89, passed from this life into eternal peace March 16, 2013, at Masonicare, Wallingford, CT. He had been a resident of Woodbridge, CT since 1969. Wally was born in Marshfield, WI, but lived his formative years in Shelbyville, IN.

He leaves behind his loving wife of 64 years Joanna (Jo), devoted daughter Sally Sherwood and husband Bill of Norman, OK, son Thomas Page of Hamden, CT, and three grandchildren, Andrew, Kyle and Susan Sherwood. He was predeceased by 5 brothers.

Wally was a teacher, coach, mentor and administrator by profession. Most of his career was in IN. When he moved to CT, he taught PE in Bridgeport, CT. He earned a basketball scholarship to New Mexico Western College prior to WWII. After the war he attended Tulane University on another basketball scholarship and finished his degree at Ball State University. He proudly served in the US Navy as a fire controlman on the USS Underhill for 4 ½ years. Wally worked tirelessly for others. After having a son with autism, he along with his wife devoted much of their lives working on projects to enrich the lives of autistic individuals. They were instrumental in founding ASCONN and introducing several legislative bills concerning the care of persons with autism. Together they founded Opportunity House (an agency serving autistic adults). He was an active member of First Church of Christ in Woodbridge, and served on



Walter A. Page

many boards and was responsible for many activities. Wally was much cared about by all whose lives he touched. He was a very creative and compassionate person, and will be greatly missed.

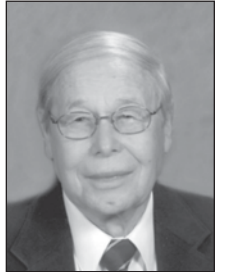
A private burial will be held. A celebration of life service will be held on April 13, 2013 at 11:00am at the First Church of Christ, Woodbridge, CT. In lieu of flowers, donations may be made to Opportunity House, Inc., 320 Old Hill Rd., Hamden, CT 06514. Arrangements are with the Hawley Lincoln Memorial, New Haven.

### Robert "Bob" Herman Yucker

Robert "Bob" Herman Yucker, 85, of Hamden passed away on March 31, 2013. Born in Derby on April 28, 1927 to the late Herman and Anna Dapkunes Yucker. Bob is survived by his wife of 52 years, Shirley Turkington Yucker; his son, Robert W. Yucker of Hamden; his daughter, Mary Ann Mott of Arizona and her husband Geoffrey.

Bob grew up in Woodbridge and has lived in Hamden for over 50 years. He is a proud US Navy Veteran and worked as a contractor in Woodbridge for many years. Water skiing and snow skiing were two of Bob's favorite past times. When he no longer skied, he picked up golf and enjoyed that for many years. Over all, Bob enjoyed life and appreciated his family and friends.

Arrangements were in care of Beecher & Bennett, 2300 Whitney Avenue, Hamden on April 4th. His Funeral Service took place at St. John's Episcopal Church, North Haven followed by his burial in Centerville Cemetery. Contributions in Bob's memory may be sent to Masonicare Hospice and Palliative Care, 22 Masonic Ave, Wallingford, CT 06492. To send a condolence, please see obituary at www.beecherandbennett.com.



Robert "Bob"  
Herman Yucker

Woodbridge Town News

## DEATH NOTICES

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



MILFORD LIONS PRESENT



### 3<sup>rd</sup> Annual Charity Car Show



Sunday June 9<sup>th</sup>  
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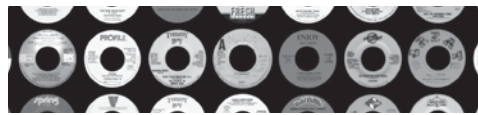
ENTERTAINMENT

top 10 movies

- 1. The Croods (PG)**  
animated
- 2. Olympus Has Fallen (R)**  
Gerard Butler, Aaron Eckhart
- 3. Oz the Great and Powerful (PG)**  
James Franco, Michelle Williams
- 4. The Call (R)**  
Halle Berry, Evie Thompson
- 5. Admission (PG-13)**  
Tina Fey, Paul Rudd
- 6. Spring Breakers (R)**  
Vanessa Hudgens, Selena Gomez
- 7. The Incredible Burt Wonderstone (PG-13)**  
Steve Carell, Luke Vanek
- 8. Jack the Giant Slayer (PG-13)**  
Nicholas Hoult, Stanley Tucci
- 9. Identity Thief (R)**  
Jason Bateman, Melissa McCarthy
- 10. Snitch (PG-13)**  
Dwayne Johnson, Susan Sarandon

TOP DVD RENTALS AND SALES

- 1. Skyfall (PG-13)**  
Daniel Craig
- 2. The Twilight Saga: Breaking Dawn Part 2 (PG-13)**  
Kristen Stewart
- 3. Rise of the Guardians (PG)**  
animated
- 4. Wreck-It Ralph (PG)**  
animated
- 5. Playing for Keeps (PG-13)**  
Gerald Butler
- 6. Taken 2 (PG-13)**  
Liam Neeson
- 7. Flight (R)**  
Denzel Washington
- 8. End of Watch (R)**  
Jake Gyllenhaal
- 9. Here Comes the Boom (PG)**  
Kevin James
- 10. Hotel Transylvania (PG)**  
animated



Chartbusters

Top 10 Pop Singles

- 1. Baauer**  
"Harlem Shake"
- 2. Macklemore & Ryan Lewis feat. Wanz**  
"Thrift Shop"
- 3. Bruno Mars**  
"When I Was Your Man"
- 4. Justin Timberlake feat. Jay Z**  
"Suit & Tie"
- 5. Rihanna feat. Mikky Ekko**  
"Stay"
- 6. Drake**  
"Started From the Bottom"
- 7. Taylor Swift**  
"I Knew You Were Trouble"
- 8. Pink**  
"Just Give Me a Reason"
- 9. will.i.am & Britney Spears**  
"Scream & Shout"
- 10. Pitbull feat. Christiana Aguilera**  
"Feel This Moment"



Drake

Top 10 Country Singles

- 1. Blake Shelton**  
"Sure Be Cool If You Did"
- 2. Lady Antebellum**  
"Downtown"
- 3. Miranda Lambert**  
"Mama's Broken Heart"
- 4. Carrie Underwood**  
"Two Black Cadillacs"
- 5. Daruis Rucker**  
"Wagon Wheel"
- 6. Lee Brice**  
"I Drive Your Truck"
- 7. Florida Georgia Line**  
"Get Your Shine On"
- 8. Hunter Hayes**  
"Somebody's Heartbreak"
- 9. Hunter Hayes**  
"Wanted"
- 10. Kenny Chesney**  
"Pirate Flag"

COUCH THEATER DVD PREVIEW BY DNA SMITH



Jamie Foxx

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of April 15, 2013.

PICKS OF THE WEEK

**"Django Unchained" (R)** -- Quentin Tarantino serves up another pithy revenge story, this time setting the carnage in the pre-war South. Django (Jamie Foxx) is a slave who lost his wife to an especially cruel master (Leonardo DiCaprio.) Fate gives him another shot when he is bought, freed and then hired by a German-born bounty hunter (Christoph Waltz). Together, they go from plantation to plantation, hunting fugitives and tracking down Django's lost love.

While the bullets and witty rejoinders fly, "Django" keeps you involved despite its one-sidedness. Without the sense of real conflict, the story doesn't rise above revenge fantasy. It's not Tarantino's finest, probably not even top five, but undeniably fun. Viewers sensitive to shoot-outs and coarse language won't last five minutes. This is DiCaprio's first time playing the

villain, and he delivers.

**"Save the Date" (R)** -- Sarah (Lizzy Caplan), a sardonic, 30-ish bookstore manager, receives an unwelcome and comically misfired proposal from her boyfriend. Embarrassed, she dumps him and moves on ... perhaps a little too fast. Sarah's sister Beth ("Mad Men's" Alison Brie) is oblivious to this mess as she is wrapped up in planning her own wedding. As the sisters realize their lives and relationships are all screwy, they run home to Mom and Dad for reassurance, only to find that their folks are just as lost.

This is not a love-dovey romantic comedy, nor is it a thought-provoking indie-flick. "Save the Date" is in the weird in-between space, where the story is neither insightful nor comforting, just sort of there. Caplan and Brie are positively sublime, but without a script to support them, their full abilities are left out of this film.

**"Spies of Warsaw" --** Poland must have been a pretty tense place in 1937, with the Germans gearing up for an invasion and little that could be done to stop it. Too bad this British TV mini-series is pretty tame -- given the circumstances. Adapted from a novel by American author David Furst, the high-budget production brings the historical fiction to life. David Tennant (who made a fine Doctor on the sci-fi series "Doctor Who") plays French military officer Jean-Francois Mercier, a smooth operator who can convince well-to-do ladies to forget themselves for a bit.

**"Future Weather" (R)** -- This environmentally conscious indie-movie follows Lauduree, a Midwestern teen whose mother gave her only a weird name. When Lauduree's mother runs to LA to become a makeup artist, the teenage girl is left with her rather frigid grandma. Lauduree's issues are explored through her interest in the science of global climate change. Her fears for the future and concerns about human responsibilities are discussed within the context of science. The environmental messages are overt, but the real story is how they are used to explore the characters.

- Who wrote and first released "All Along the Watchtower"?
- What was the title of Del Shannon's only No. 1 hit? What year was it?
- Who sang the 1959 version of "Lonely Boy"?
- Who released the worldwide No. 1 hit "Mickey" in 1982?
- Name the song containing this lyric: "They ate up all my food. And I don't stand to search. Don't tell me it was a woman Cause a woman don't eat that much."



1. Bob Dylan, in 1967 on his "John Wesley Harding" album. Those who've studied the lyrics think the story comes from the Bible.  
2. "Runaway," in 1961. After his death in 1990, The Traveling Wilburys recorded a version of "Runaway" to honor Shannon.  
3. Paul Anka. He'd recorded his first single, "Diana," at age 14.  
4. Tomi Basil (born Antonia Basilotta in Philadelphia). The former high-school cheerleader has had a long career as a film director, choreographer and dancer, actress, singer-songwriter and filmmaker.  
5. "Somebody's Been Sleeping in My Bed" by funk-soul group 100 Proof (Aged in Soul). The song was a Grammy runner-up in 1971.

Sudoku answers on page 36

Weekly SUDOKU

by Linda Thistle

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

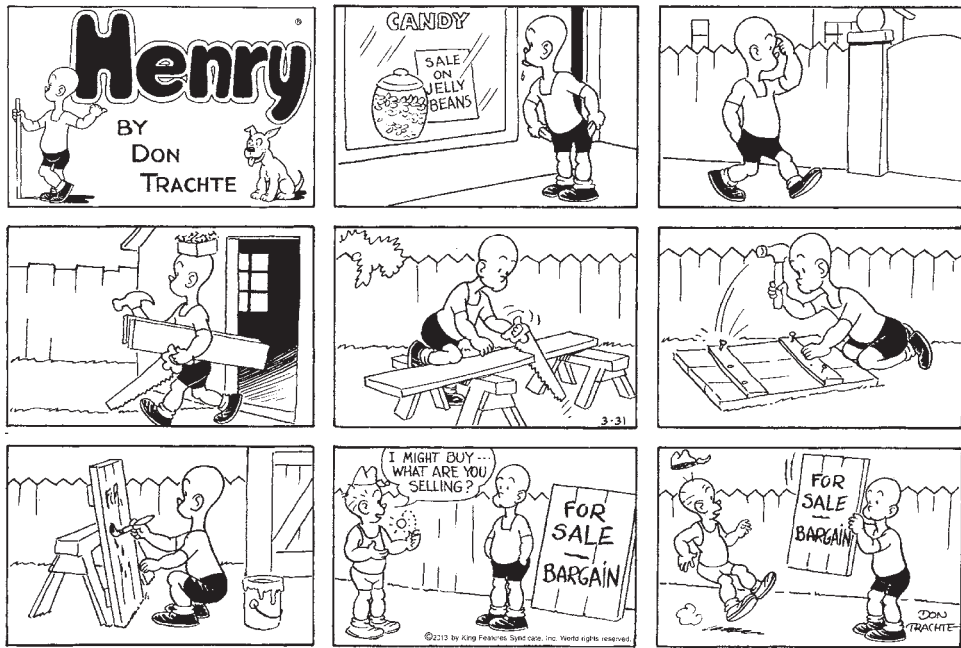
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!



# COMICS / CROSSWORD / HOLLYWOOD



## King Crossword

**ACROSS**

- 1 Science workplace
- 4 One of the Seven Dwarfs
- 7 Campus area, for short
- 11 Baghdad's nation
- 13 Gorilla
- 14 Cold War country (Abbr.)
- 15 List of options
- 16 — canto
- 17 Simple
- 18 Avid
- 20 Result of overspending
- 22 Piglet's mama
- 24 Mideastern marketplace
- 28 Donder's yokemate
- 32 Cut in two
- 33 Places
- 34 Rock band, — Leppard
- 36 Symbol of craziness
- 37 Know like —
- 39 Drop
- 41 Easter chapeau
- 43 Menagerie
- 44 " — Breckinridge"
- 46 Rudimentary

1	2	3		4	5	6		7	8	9	10	
11			12		13			14				
15					16			17				
18				19		20		21				
			22		23		24			25	26	27
28	29	30			31		32					
33					34		35		36			
37					38		39		40			
41					42		43					
			44			45		46		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60						61	

- 50 Midwestern state
- 53 One's years
- 55 — list
- 56 Burn some what
- 57 Poolroom stick
- 58 Calm before the storm
- 59 Part of NYC
- 60 Barbie's companion
- 61 Pod occu pant
- DOWN**
- 1 Citrus fruit
- 2 Vicinity
- 3 Gunshot sound
- 4 Touch lightly
- 5 Newspaper page
- 6 Star, for short
- 7 Chief Aztec god
- 8 14-Across' foe
- 9 Fool
- 10 Parched
- 12 It shares a key with the slash
- 19 Cartoonist
- 21 "Humbug!"
- 23 Marry
- 25 Lotion additive
- 26 Shakespeare's river
- 27 Tear in two
- 28 Spill the beans
- 29 Timber wolf
- 30 PC picture
- 31 Actor Betty
- 35 Tasseled hat
- 38 Crucial
- 40 Weep loudly
- 42 — and field
- 45 Chills and fever
- 47 Campbell's product
- 48 Not working
- 49 Soda flavor
- 50 Frigid
- 51 Discoverer's cry
- 52 Kids' card game
- 54 Still, in verse

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King Crossword Answers on Page 36

## HOLLYWOOD

By Tony Rizzo



Ryan Gosling

**HOLLYWOOD** -- Ryan Gosling is taking time off from acting to direct "How to Catch a Monster," which he also wrote. Ryan cast his "The Place Beyond the Pines" co-star Eva Mendes as the female lead in the film ... and his personal life! The film also stars Bradley Cooper and Aussie actor Ben Mendelsohn, last in "The Dark Knight Rises." Mendelsohn joins Christina Hendricks and the current "Dr. Who," Matt Smith, in Gosling's "Monster" movie. In addition, Ryan has "Only God Forgives," with Kristin Scott Thomas, ready for release.

\*\*\*

Ecstatic to hear that "Hot in Cleveland" castmates Betty White and Georgia Engel will have a reunion with Mary Tyler Moore, Valerie Harper and Cloris Leachman of "The Mary Tyler Moore Show." It will be the first time they've all worked together since 1977. The threesome will play members of White and Engel's old bowling team, GLOB (the Gorgeous Ladies of Bowling). The special episode will be filmed in April.

\*\*\*

Sean Hayes' best credit of late is as producer of "Hot in Cleveland." He recently did three episodes of "Smash," which did nothing for the ratings. Hayes was once a member of "The Gay Men's Chorus" (but turned down headlining a fundraiser). He's said in interviews that he doesn't discuss his sexuality because it could keep him from being considered for a variety of roles. Hayes, who won an Emmy for "playing gay" on "Will and Grace," should take a cue from Anderson Cooper, who was given a major award by GLAAD.

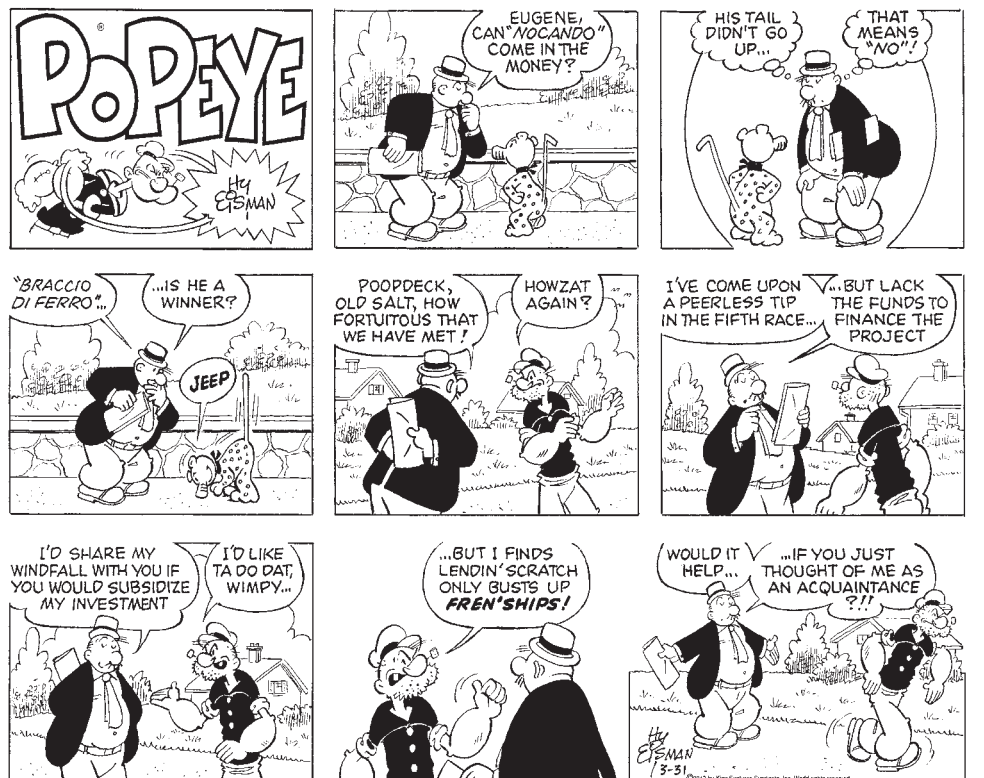
Madonna presented it to him dressed as a Boy Scout, admitting, "I wanted to be a Boy Scout, but they

wouldn't let me join. I can build a fire, know how to pitch a tent, have a very good sense of direction, but most importantly, I know how to scout for boys!" She also admitted that she got the uniform by saying it was for her son. Anderson accepted, saying, "I've had so many blessings in my life, and being gay is certainly the greatest blessing."

Are you listening, Sean? What is it they say? "If it quacks like a duck ...!"

\*\*\*

**BITS & PIECES:** When "Hansel & Gretel: Witch Hunters" passed the \$200 million mark, producers Will Ferrell, Adam McKay and Kevin Messick announced they're planning a sequel. ... Speaking of sequels, Halle Berry will join Sir Ian McKellan, Patrick Stewart, Hugh Jackman, Anna Paquin, Shawn Ashmore, Michael Fassbender, Ellen Page, James McAvoy and this year's best actress Oscar winner Jennifer Lawrence in "X-Men: Days of Future Past." ... Six-time Emmy winner Bob Newhart makes a rare TV guest appearance on the May 2 episode of "The Big Bang Theory" as Professor Proton, the former host of Sheldon's (Jim Parsons) favorite childhood science show.



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Those on social security disability are exempt from the age requirement.

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Proof of 2012 income and social security earnings is REQUIRED along with receipts of ALL 2012 RENT AND 2012 UTILITIES (exclusive of phone & cable).

Those persons who had applied for this program last year will be mailed an application in April 2013.

If you have any questions concerning this program, please call the Assessor's Office at 203-389-3416.

### King Crossword

Answers

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

### Weekly SUDOKU

Answer

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

## Salome's Stars

**ARIES (March 21 to April 19)** A little woolgathering is OK. But don't let that dreamy state linger beyond midweek, when you'll want to be ready to take on new workplace responsibilities.

**TAURUS (April 20 to May 20)** Love rules the week for single Bovines seeking romance. Attached pairs also find new joy in their relationships. Friday should bring news about a business opportunity.

**GEMINI (May 21 to June 20)** Home becomes the center of a new social whirl, as you show your talent for hosting great parties. You can expect to impress a lot of people who've never seen this side of you.

**CANCER (June 21 to July 22)** The Moon Child might have to raise those powers of persuasion a notch to get a still-wary colleague to agree to go along. Finding more facts to back up your position helps.

**LEO (July 23 to August 22)** Hold off trying to fix the blame for an apparent mishandling of a work situation. A full investigation could reveal surprising facts on how and why it really happened.

**VIRGO (August 23 to September 22)** Your ability to find details others might overlook gives you an advantage in assessing a possibly too-good-to-be-true offer. A trusted colleague has advice.

**LIBRA (September 23 to October 22)** Expect to be called on once again to act as peacemaker in a long-simmering dispute that suddenly flares up. Offer advice, but be careful to stay out of the fray.

**SCORPIO (October 23 to November 21)** Your organizational skills help you line up your priorities so that you get things done without added pressure. The weekend could hold a special surprise.

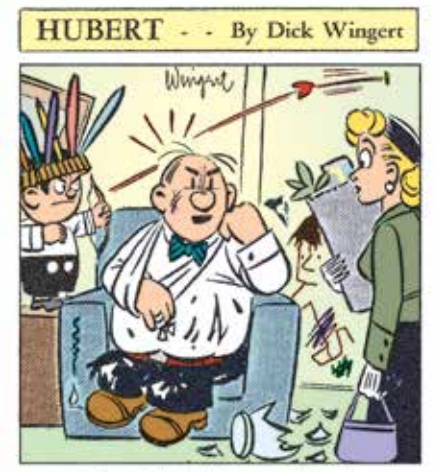
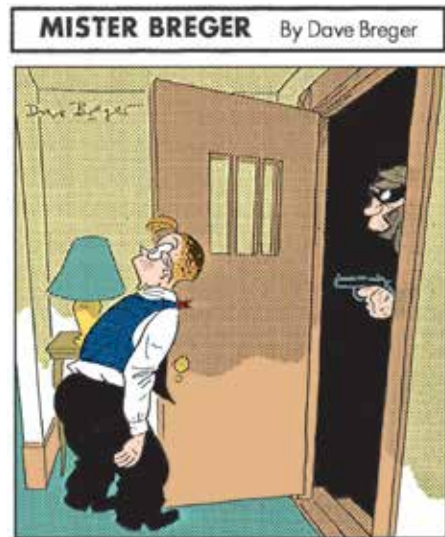
**SAGITTARIUS (November 22 to December 21)** New ventures are favored. But don't launch yours before rechecking all facts and sources. Also, be sure you can rely on support from certain people.

**CAPRICORN (December 22 to January 19)** Don't be pushed into renegotiating an agreement, even though it might help avoid a potential impasse. Get legal advice before you sign or agree to anything.

**AQUARIUS (January 20 to February 18)** Helping others is what Aquarians do so well. But this time, someone wants to help you. Expect to hear some news that will both surprise and delight you.

**PISCES (February 19 to March 20)** Things go so swimmingly that you're tempted to take on more tasks. Best advice: Finish what you have now, then enjoy a well-earned relaxing weekend.

**BORN THIS WEEK:** Your understanding of human nature helps you make wise decisions that are appreciated by all. You would make a fine judge.



### top ten

## Best Dogs for Families

1. Bulldog
2. Newfoundland
3. Papillon
4. Beagle
5. Golden Retriever
6. Pug
7. Bull Terrier
8. Irish Setter
9. Vizsla
10. Labrador Retriever

Source: SheBudgets

### HOCUS-FOCUS

BY HENRY BOLTINOFF

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DIFFERENCES: 1. Tail is shorter. 2. Number is different. 3. Arm is moved. 4. Hat is different. 5. Sleeve is shorter. 6. Light switch is missing.

## It's My Mother or the Dog

**DEAR PAW'S CORNER:** My mom keeps complaining that she wants to visit me at my new apartment, but that my dog, "Frankie," sheds too much and causes her allergies to flare up. Frankie is one of those "no-shed" breeds of poodle, so I don't know why she thinks he's the culprit. How can I solve this? I'm not getting rid of Frankie just so she can visit.  
-- Abigail C., New York

**DEAR ABIGAIL:** Perhaps there's a happy medium the two of you can reach. First, understand that even dogs whose coats don't shed much hair are not really "allergen-free." Dander, which grows close to the dog's skin, can still be shed and can cause allergies to flare up.

Other environmental issues in the apartment can contribute to your mother's allergies. In winter, dust can build up, and mold spores and pollen can enter even the cleanest apartments through heating air ducts. Reduce the amount of allergens by dusting and vacuuming frequently. Wash and dry area rugs before your mom's visit. During days with high pollen counts, keep the windows shut and run the air conditioner or heater instead. Be sure to change or clean the unit's filter, if you have access to it, to reduce the amount of allergens coming through the system. If she still insists that the dog is the culprit, consider boarding Frankie for the day or two that your mother is visiting, or having a friend keep him during that time. You shouldn't have to give up your pet just so your mother can drop in occasionally, but you probably can come to a compromise that will enable her to visit.

Send your question or comment to [ask@pawscorner.com](mailto: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](http://www.pawscorner.com).

## The Garden Bug

### Plant warnings

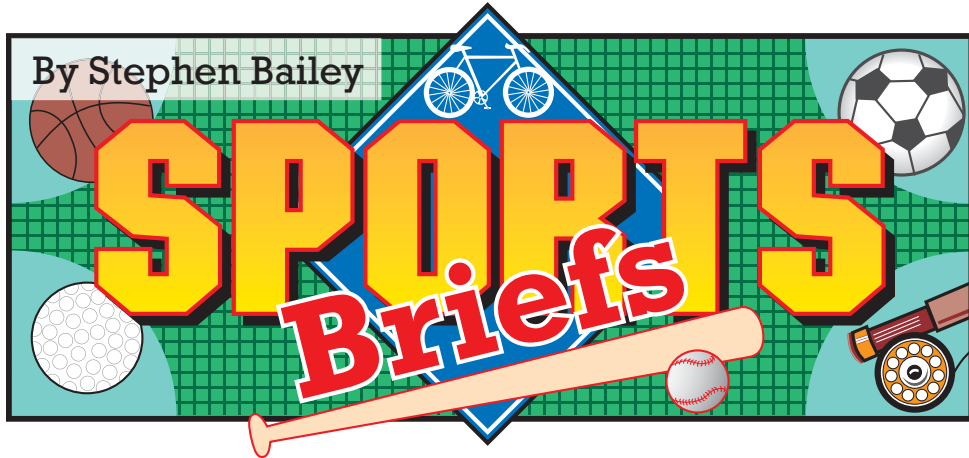
Researchers at Exeter University found that when cabbage plants are cut or pierced, they emit a gas that signals other cabbages nearby that there is danger. The nearby cabbages then produce toxic chemicals on their leaves to fend off predators like caterpillars.

Source: [www.medicaldaily.com](http://www.medicaldaily.com)



## LOCAL SPORTS

By Stephen Bailey



### Former NBA Player Chris Herren to Speak at Amity on Addiction

Former NBA player Chris Herren will be giving a special presentation about drug addiction at the Amity High School Auditorium on Tuesday, May 7 at 7 p.m. Herren's career with the Boston Celtics was derailed by his addiction. Now, drug-free and alcohol-free since August 1, 2008, Herren has adjusted his life goals toward helping the next generation. The Amity Community Action Club welcomes him to share his story and preach the importance of a clean lifestyle. Doors open at 6 p.m.

Herren launched "Hoop Dreams with Chris Herren" in 2009, seeking to reach as many young audiences as possible and make a difference in their lives. In May, 2011, Herren released his memoir, "Basketball Junkie". During his travels, he's been approached by many individuals and families looking for advice and assistance in their personal substance battles. Ultimately, Herron launched The Herren Project to help educate at-risk populations on addiction and help as many people as possible taking their first steps toward sobriety.

Matt Milner, president of the Community Action club, organized the event, along with club coordinator Amy Miller. The event was scheduled for earlier this year, but was postponed after a snowstorm. Please e-mail amitycommunityactionclub@gmail.com or call Matthew Milner at (203) 927-7273 with any questions or donations.

### No. 1 Amity Baseball Crushes Guilford to Open Season

Mike Concato, Nick Fusco, Ross Weiner and Max Ritchie combined for a no-hitter as the Spartans opened the season with a rout of Guilford on Thursday. Amity enters the season as the CIAC's top LL program.

### Spartans Boys Track & Field Team Beats Cheshire

The Amity boys track & field team dominated rival Cheshire 100.5-49.5 on Wednesday, winning 13 of 18 events in the process. David Karabinos won the 110-meter hurdles (15.7), high jump (5-10) and triple jump (41-2) while Shae Belenski took the 800 meters (2:06.3) and 1600 and Aaron Rately the long jump (18-1) and 300-meter hurdles (45.6).

Other winners for Amity were Mike Vitale (shot put, 45-11), Matt Post (javelin, 148-9), Harry Brownfield (pole vault, 10-6) and Brian Dunleavy (3200, 10:07.8). The Spartans 4x100 meter relay team (Josh Timpko, Ben Feola, James Bonvicini, Cory Ricks) claimed first in 45.6 seconds and the 4x400 meter relay team (Timpko, Mike Yuan, Mark Pigatt, Feola) won in 3:41.5.

### Amity Softball Edges East Haven in Season Opener

Amity softball edged East Haven 3-2 on Thursday in its season opener under first-year head coach Loren Purcell. Heather Ferranti struck out 10 batters and added a two-run home run for the Spartans, who graduated seven seniors from last year's CIAC LL tournament championship winning team.

Ferranti allowed just five hits and one walk in her complete-game debut. After East Haven scored in the first inning, Ferranti crushed a deep shot over the left-field fence in the fourth inning with Jenna DiLorenzo on first base to give Amity a 2-1 edge.

Teresa Marchitto scored on a single in the fifth inning to push the cushion to 3-1 before the Easties pulled within one again in the following frame. Krista Reynolds made a sharp defensive play at third base with a runner on second to seal the season-opening win for the Spartans.

### Spartans Golf Opens Season with Loss to Hand

The Amity golf team dropped its season opener to Hand 169-152 on Wednesday at Madison Country Club. Aaron Uscilla shot a 40 for the Spartans, followed by Billy Emery (41), Brent Marieb (44) and Zach Prete (44). Hand's Chris Bennett was the medalist, shooting a 36. Tommy Pellatt (37), Sam Jablonski (39) and Chandler Williams (40) rounded out the scoring.



Pitcher Mike Concato (l) & third baseman Keith Klebart (r).

## Spartans Focused on Another CIAC LL State Championship

By Stephen Bailey – Orange Town News Correspondent

Last year, Keith Klebart was nervous. Each time the Amity third baseman stepped to the plate for an at-bat, the same worry popped into his head: who was watching? Was he playing well enough? With collegiate scouts coming and going through the season, Klebart still managed to hit .320 and steal 16 bases without being caught before committing to Sacred Heart in the summer.

Now, he's back with only one goal in mind for the No. 1-ranked Spartans. Win another CIAC LL state championship. "We want to be that team that the coaches talk about to their future teams," Klebart said. "We want to be the team that's known for doing something more special than any other team."

Amity took its first step toward that direction on Thursday, blasting Guilford 15-1 in the Spartans' season opener as Mike Concato, Nick Fusco, Ross Weiner and Max Ritchie combined for a no-hitter. But the road back to the state tournament is a long one for the Woodbridge resident Klebart and Co. That's why they've been training throughout the off-season. Sundays and Thursdays are reserved for hitting and fielding work. Mondays, Wednesday and Fridays, the Spartans hit the weights. And in their open time, they volunteer at soup kitchens and nursing homes.

That regimen has brought close players closer. "Everyone on the team is great friends," Klebart said. "A lot of us played on the same team growing up so we all love each other and we all hang out after school. We're all great friends. We all have one goal in mind and that's just to win, to win a state title."

The well-rounded Spartans team is led by aces Concato and Sam Nepiarsky, both of whom can throw close to 90 mph, Klebart said. Three-year starters Justin Ashworth (1B) and Chris Katz (OF) provide experience, while Chris Cimmino (C), Jake Russo (2B), Josh Sabitsky (SS), Anthony Capozziello (OF) and Sebastian Dimauro (OF) round out the starting lineup. Ritchie is back in the bullpen after a one-year rehab from arm surgery, too.

Together, the group combined to score 15 runs against Guilford—the first high-scoring display of many, Klebart hopes. "It was a great start," Klebart said. "We've been working hard all year, working out. We've been excited for game one and when we got there, we just ripped it open."

"...It sets up the season that we know how good we can be and that if we keep working hard, we can do a lot of things this year. Those mainly being another SCC championship and state title."

For Klebart, this season will be one of clarity. There are no distractions with his name already penciled in on the Sacred Heart roster for next season, rather than Rhode Island and Hartford — both schools which showed interest in him. Klebart wants to help defend the Spartans' SCC crown and bring the LL title back to Amity for the first time since 2007.

Last year, the seventh-seeded Spartans beat No. 26 Fairfield Ludlowe, 11-0 and No. 10 Xavier 4-3 before falling to No. 18 Southington 3-1 in the LL bracket. "It really takes the stress off because last year I was too worried at every at-bat, worried about how I was doing and who was looking at me rather than going out and getting the job done for my team," Klebart said. "So this year, I'm really out there just trying to get it done for my team and just trying to win."



## Hot in Syracuse

It's cold in Syracuse ... but not in March.

Watching the NCAA tournament this year, I remembered thinking, "You know who I like? Jim Boeheim."

Mr. Boeheim, for the uninitiated (and why are you reading a sports column if you are?), is the second-winningest coach in NCAA history, second only to Mike Krzyzewski, but with a surname that's slightly easier to spell. He's guided the Orangemen to 28 NCAA tournaments, three title games and one championship.

Records aside, what I really like about the guy is his overall demeanor. He wears a suit and tie in a decidedly non-suit-and-tie world. He demands that his players show respect to media and fans at all times and excel in school. Sure, sometimes it doesn't work out, but those kids aren't around for long when they don't "get with the program." Also, I love the fact that he straight out tells you what his team is going to do before the game. "Here's our zone defense, try and beat it. Bet you can't." That's a winner's mentality. You have to respect that attitude.

Anyway, it's almost impossible to dislike Syracuse. For thinking people, it's always in the top ten (20 if you're really smart) of colleges you'd like to apply to. It's a "big" school. It has "big time" basketball, football, lacrosse and various other dominant programs (which may or may not be true, but I didn't feel like looking it up and didn't want some Syracusian gymnast sending me angry emails). The Carrier Dome is iconic, and looking at its list of accomplished alumni (which I did look up) is dizzying.

Syracuse is in New York, but anyone that lives north of Hudson on the Hastings considers it to be a province of Canada. No matter ... if that's the truth, then the best running back of all-time, Jim Brown, is a Canadian football star. (He also played lacrosse, but that's another column.)

Syracuse is a college town. To show you how old I am, I saw Bruce Springsteen play the Carrier Dome when I was in college ... and he was considered old then. I saw the concert with a friend and the obligatory friend of the friend. He had a crush on his female roommate and confided to us that he was going to try and kiss her when Springsteen sang "Thunder Road," and at the exact moment he sang "You ain't a beauty but hey, you're alright."

My friend and I strenuously advised against that strategy. "What would Jim Boeheim do?" we asked in a jocular -- yeah ... but no, seriously -- manner. And I think you know how that worked out:

It's cold out there in Syracuse.

Mark Vasto is a veteran sportswriter who lives in Kansas City.

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