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CIRCULATION 4886

FRIDAY, MAY 24, 2013



Pictured left to right front row: Mary Ellen LaRocca, Director of Human Services, Special Recognition Award recipients, Olivia Catarino, Cara Dunhill, Caitlin Foster and Minnie Chen. Pictured left to right back row: Beth Heller, First Selectman, Kari Webster, Director of Admissions at Emeritus, Diane Denis, Senior Resident Care Director at Emeritus, Shelly Gans, Executive Director of JCC of Greater New Haven, Nancy Pfund, Youth Services Director, Mary Lee Barker, Chairperson of Human Services Commission, and Austin Smith, Emeritus at Woodbridge.

Woodbridge Human Services Recognizes Its Volunteers

By Bettina Thiel – Woodbridge Town News Correspondent

The Woodbridge Human Services Department thanked the town's volunteers with a festive Volunteer Tea in the Senior Center cafeteria May 9. Volunteers ranged from individuals who made a difference in people's lives to business entities such as Emeritus and the Jewish Community Center, which helped the town during the power outages of the past years.

Pat Crisco, wife of State Senator Joe Crisco, presented them with certificates of appreciation in recognition of exemplary volunteer services. Human Services Director Mary Ellen LaRocca feted several individuals, who in one capacity or another helped the town's senior citizens, as "outstanding volunteers". They are Lisa Bacchicocchi, a Friendly Visitor; Elsie Vavrek, a Friendly Visitor; Thomas Blackman, active at the Senior Center; Susan Davidson, a Human Services commissioner; Edee Lockyer, active at the Senior Center; and VITA tax volunteers Mariano De Gregorio, Larry Handler, David Learned and Vincent Spino. Special Recognition awards went to Emeritus at Woodbridge and the JCC for helping the town during the storms in the fall and winter.

Four Amity High School seniors also received special recognition for helping out in the department, in particular with the sorting of food at the

("Volunteers" continued on page 3)



SCALETAR READY FOR A NEW CHAPTER

By Bettina Thiel – Woodbridge Town News Correspondent

First Selectman-elect Ellen Scalettar can't wait for the calendar to turn to July. Big changes are afoot for her, both in her personal life and in her work situation, and both are bringing big smiles to her face. One is the birth of her first grandchild, expected to be born to her son in California in a few weeks.

The other is her new role as Woodbridge first selectman. "I can't wait," she said as we met up last week to talk about the transition. A lawyer by profession, she currently is the Director of Policy, Research and Legislation for the state Senate president in Hartford. She has given notice and is getting ready to wind down her work there, but the Legislature is in session and the department is busier than ever.

At the same time she is meeting with Acting First Selectman Beth Heller and Town Hall department heads to familiarize herself with the issues at hand. Her excitement about the imminent career change is palpable, even if it threw her into a crunch, both during the campaign as well as the transition. "It's not like I was planning for this," she said, still a little incredulous at the turn of events.

Scalettar received a phone call Tuesday, April 23, the day after the town's former first selectman, the late Ed Sheehy, unexpectedly died overnight. The news left Town Hall employees shell-shocked, and the Democratic Town Committee scrambling to save a political campaign that was reaching its last push.

When Scalettar was asked to come to Democratic headquarters, she thought it was going to be a general discussion of how to proceed. Instead, the Town Committee popped the question. And she said yes. Not immediately, mind you, but even as she and her husband, Bob, were considering the implications of this career change later that night, "I knew it was the right thing to do," she said. In addition, the support of Ed Sheehy's wife, Ellie, allowed everyone to rally to the occasion. The result was a clear election victory on May 6.

Many people remembered her name from the 1990s, when she represented Woodbridge, Derby and Orange as the State Representative from the 114th District. Or from her serving on commissions such as the Library and Plan-



Ellen Scalettar

("Scalettar" continued on page 4)



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Town Officials Preparing for New Administration

New Term Beginning July 1st

Town officials have started the transition process that will result in a new administration prepared to begin the new term of office on July first. First Selectman Beth Heller and First Selectman-elect Ellen Scalett are meeting regularly and working closely with department heads to ensure a seamless transition at the end of next month.

Heller was appointed First Selectman to complete the term of Ed Sheehy, who died unexpectedly last month while running for re-election. Scalett was elected May 6 to be First Selectman for the new term beginning July 1. "I was proud to be on the ballot with so many outstanding candidates and I am honored to have been chosen by the voters to serve as Woodbridge's First Selectman," Scalett wrote in an open letter to thank all her supporters. "I am grateful for the support of voters from across the political spectrum and I look forward to working with all who wish to participate in strengthening our identity as a unique and visionary town."

Among the many items to be addressed during this interim period will be nominations and appointments to fill several dozen vacancies on town boards and commissions. Terms for these volunteer positions are staggered, so roughly half the membership of each board and commission will require new appointments for the new term.

"We're eager to hear from residents who want to serve our town in a meaningful way and participate in the give-and-take process that results in the effective delivery of municipal programs and services," said Sheila McCreven, who chairs the Nominating Committee of the Woodbridge Democratic Town Committee. "It is our tradition to nominate candidates with a unique interest or qualification specific to each board or commission - our objective is always to find those with an open mind and sincere desire to work collaboratively for the good of the town and its residents."

Woodbridge residents at least 18 years old, regardless of party affiliation, who are interested and willing to volunteer on one of the town's boards or commissions are encouraged to send an e-mail with a note about their topics of interest and a resume to woodbridgeCTdems@gmail.com.

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Pictured left to right front row: Edee Lockyer, Outstanding Volunteer, Lee Canning, Senior Center Director, Mary D'Ostilio, Senior Social Worker. Pictured left to right back row: Mary Ellen LaRocca, Director of Human Services, Susan Davidson, Outstanding Volunteer, Vincent Spino, VITA, Lisa Bacchiocchi, Outstanding Volunteer, Mary Lee Barker, Chairperson Human Services, Vincent Spino, VITA, Beth Heller, First Selectman, Thomas Blackman, Outstanding Volunteer



("Volunteers" continued from page 1)

Woodbridge Food Bank. Youth Director Nancy Pfund made the presentation of awards, saying the girls spent hours after school, even on early dismissal days, offering their services. "These generous, young women have also assisted in local projects on weekends over their high school careers, and continue to make themselves available to the Youth Evening Program. Their service is a sign of their maturity and commitment to others," she said.

First Selectman Beth Heller, in conjunction with Pfund, also presented the First Selectman's Youth Award to Harrison Maxwell Ritchie. Max's portrayal of Abraham Lincoln at the town's Civil War Commemoration in the fall of 2012 made him a local hero for the day. With this award, he has been named a hero in his own right.

Max also volunteered at the Recreation Department where he eventually became a counselor. His love for baseball has brought him to the Woodbridge Father's Baseball League where he has been an umpire. At Amity High School, he has played varsity baseball and has offered his services as a member of the Link Crew, which advises and mentors freshmen. "Max's selflessness became apparent when he offered to help the seniors at Coachman Square with various projects," Pfund said.

Max will carry his love of baseball to Brown University where he plans to attend next year. He is the son of Robert Ritchie and Marjorie Wakeman of Woodbridge and the grandson of Ernestine Olencki of Milford.

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THE BEST IN TOYS

("Scalettar" continued from page 1)

ning and Zoning. But many of the newer residents had not seen her before. The election victory "was a tribute to the quality of the Democratic slate," she said, calling the celebration at headquarters "a very happy moment".

In an open letter to residents, she spoke of Woodbridge as "a unique and visionary town. There are such great things going on in this town," Scalettar said, and she is hoping to build on that foundation.

First and foremost, there is Massaro Farm, which is a "treasure" to her; in addition the high standard of Woodbridge schools is a value shared by all local residents; as is the leafy green into which this community was built. The position in the executive chair will bring its share of challenges, no doubt. What comes to mind is balancing needed infrastructure improvements with fiscal stability.

- Scalettar has vowed to continue Sheehy's policy of low mill rate increases. "We always need to sharpen our pencils, be smart about our investments," she said during the campaign.
- There is the question of the firehouse barbecue pits which is bound to be one of the files waiting for her attention.
- The town is about to embark on a review of its Plan of Conservation and Development. The business community will be looking for support regarding improvements to the commercial district.
- The town is applying to participate in a state microgrid pilot program — a state grant program to support local energy generation for "critical facilities," in this case the town center.
- The Route 15 on and off-ramp is the subject of a traffic study at the state level.
- Meanwhile, there are three construction projects planned for this summer - the Public Works garage, the Meritt Ave. Bridge replacement and sidewalk construction along Lucy Street.

Scalettar hopes to be accessible to the town residents, possibly implementing office hours at different times of the day. Even though she is still needed in her old job in Hartford, she is meeting with town officials here to prepare for what's coming. "I bring the experience and the work ethic," she said, confident that she can hit the ground running.

Making appointments: The Selectmen-elect will have their first board meeting in June to make appointments to boards and commissions, as needed. Interested residents are encouraged to send letters of interest and resumes to either of the two parties.

There are openings on the following Boards and Commissions: Building Board of Appeals, Country Club of Woodbridge Commission, Conservation Commission, Economic Development Commission, EMS Commission, Board of Ethics, Board of Finance, Fire Commission, Government Access Television Commission, Human Services, Inland Wetland Agency, Investment Committee, Library Commission, Board of Police Commissioners, Commission on the Use of Publicly Owned Property, Recreation Commission, Sperry Park Commission, Town Plan and Zoning Commission.

Anyone at least 18 years old, regardless of party affiliation, can send it to either woodbridgeCTdems@gmail.com or to the Republican Town Committee, Kathy Gartland 203-387-8792 email gartlandkb@aol.com or Dorothy Martino 203-397-1547 email dorothyjmartino@yahoo.com.

Swearing in: All the elected and appointed officials will be sworn in June 28 at 4 p.m. at Town Hall. One of the strengths of this town, Scalettar said, is the talent and expertise of its residents. "People are generous volunteering their time," she said. And these "are very good signs for the future of Woodbridge. We need the talent and dedication of a wide variety of citizens to bring fresh ideas that will build upon and celebrate all that makes Woodbridge a wonderful place to live and raise a family."

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CLUBS & ORGANIZATIONS



Pictured left to right: Kristin Scianna, Rotary District Governor Elect, Rick Bassett, and Robyn Vartelas

New Rotary Club Members Installed

The Woodbridge Rotary Club recently installed Robyn Reilly and Kristin L. Scianna as new members. They had the honor of being installed by Rotary District Governor Elect Rick Bassett.

Robyn Reilly is a Senior Financial Services Representative at New York Life Insurance and New York Life Securities specializing in asset and income protection, retirement accumulation and distribution planning as well as business planning and business succession planning. Robyn is part of a family practice with over 75 years of experience helping individual families and businesses achieve their financial goals. Robyn also enjoys helping people create their personal legacy. She grew up in Woodbridge and currently resides in Bethany with her three children.

Kristin L. Scianna is a Senior Registered Financial Representative at New York Life where she focuses her practice on Legacy Planning and Wealth Creation. Kristin grew up in Newtown, CT and attended Pace University in Pleasantville, NY. She currently resides with her three children in Woodbridge, CT. She is a member of the Newtown Chamber of Commerce and continues to give back to her hometown.

Amity Class of '78 Reunion

The Amity Class of '78 is having a reunion October 12 at Bar in New Haven at 7pm. On Sunday, October 13th there will be a brunch at the Waverly in Cheshire at 10am. Please contact Carol Pite Doheny at 203-271-3762 for registration info.

Woodbridge GOP Town Committee Seeks Candidates

At the end of June, the newly elected Board of Selectmen will appoint new members to our Town Boards and Commissions. Approximately half of the current members' terms are expiring; therefore, the Republican Town Committee is seeking qualified individuals, regardless of party affiliation, who wish to participate in our Town Government. During the recent campaign our candidates met many impressive fellow citizens who have much to offer the Town, now is the time to volunteer.

The Nominating Committee is beginning to interview for positions on the following Boards and Commissions: Building Board of Appeals, Country Club of Woodbridge Commission, Conservation Commission, Economic Development Commission, EMS Commission, Board of Ethics, Board of Finance, Fire Commission, Government Access Television Commission, Human Services, Inland Wetland Agency, Investment Committee, Library Commission, Board of Police Commissioners, Commission on the Use of Publicly Owned Property, Recreation Commission, Sperry Park Commission, Town Plan and Zoning Commission.

As you can see, there are multiple Boards and Commission that can use the varied talents of Woodbridge citizens. Serving your community is an honor, is deeply rewarding and essential to the proper functioning of our Town Government. If you are interested in serving or have questions, please contact Kathy Gartland at 203-387-8792 or email gartlandkb@aol.com or Dorothy Martino at 203-397-1547 or email dorothyjmartino@yahoo.com.

Alumni Hall of Fame Set to Induct Four

The Amity Athletic Alumni Hall of Fame will induct four new members at the annual Amity Block A Dinner on June 9th at Grassy Hill Country Club at 5:00 p.m. The 2012 inductees include William Ryan, Brad Chernovetz, Alison Egnaczyk-Sammons and Robert Orgovan.

William Ryan ('83) - As an athlete and scholar at Amity, Bill Ryan excelled in football (3), basketball (3) and baseball (3) during his three years at Amity. In football, Brad made the All Housatonic Honorable Mention Team in 1982. He was selected as the team's Most Valuable Player too. In basketball he made the All Housatonic League 2nd Team and again duplicated his MVP team award for basketball and was also the team's co-captain (1983). In his junior year (1982), the Amity basketball team won the Housatonic League Championship. At the conclusion of his high school career Bill was selected Amity's Male Athlete of the Year for 1983. Bill went on an attended Choate Rosemary Hall for a postgraduate year and lettered in football, basketball and baseball. He was elected tri-captain of the basketball team. After Choate, Bill attended Williams College where he continued his athletic career playing football and baseball.

Brad Chernovetz ('93) - As an athlete and scholar at Amity, Brad Chernovetz excelled in football (3), basketball (3) and baseball (3) during his three years at Amity. In football for 1992, Brad earned All Housatonic League 1st Team, All Area New Haven County Team and was the team's captain. In basketball for 1993, Brad earned All Housatonic League 1st Team, New Haven Tap-Off Club All County Team and Branford H.S. Holiday Festival All Tournament Team. In baseball, Brad earned All Housatonic League 1st Team in 1991, 1992 and 1993. He made the All Area New Haven County Team in 1992 and 1993. Brad was also selected to the District 3 All-Star Team in 1993. Brad was the team's MVP in 1992 and 1993 as well as team captain in his senior year. At the conclusion of his high school career Brad was selected Amity's Male Athlete of the Year for 1993. Brad went on to attend Wagner College where he played football for 2 years and baseball for four years. Today, Brad is in his 15th year as the head coach for Career High School's baseball team and active member of IAABO basketball officials for high school and a Division 1, 2 and 3 college basketball officials.

Alison Egnaczyk-Sammons ('98) - As an athlete and scholar at Amity, Alison Egnaczyk-Sammons excelled in field hockey (4), basketball (4) and track/field (4) during her four years at Amity. In field hockey for 1997, Alison made First Team All SCC, New Haven Register All Area Team, Connecticut Post All Star Team, All State First Team and won her Teams MVP award. She played on Amity's C.I.A.C. State Championship Team in 1995. She was also her team's captain in her junior and senior years. In basketball, Alison won the Branford Lions Holiday Festival MVP award in 1996 and in 1998 she was selected New Haven Tap-Off Club Scholar Athlete. Alison also won her team's MVP award and team captain for the 1996 and 1997. At the conclusion of her high school career Alison was selected Amity's Female Athlete of the Year for 1998. Alison went on to attend the University of New Hampshire where she played field hockey.

Robert Orgvan - (Teacher/Coach) for 40 years of support to the students and athletes of Amity Regional High School. Well respected by his administrators, peers, students/athletes both in and out of the classroom, Bob's teaching career began in 1973 and lasted until his retirement in 2002 from teaching where Bob taught Physics, Chemistry, Physical Science and Environmental Earth Science. Since his retirement he has been a "long term substitute teacher" finally calling it quits in 2012. Bob started his coaching career in 1973 too. His record and career as a head coach is as follows:

- Chairmen of the CHSCA (Connecticut High School Coaches Association) Boys Cross Country Committee.
- Varsity Boys Cross Country Coach- 1977 - Present
- Overall Dual Meet Record: 364 wins & 63 losses
- New England Champions: 2005
- C.I.A.C. State Champions: 1991, 1996, 2005, 2008, 2010
- Housatonic League Record: 130 wins & 22 losses
- 6 Housatonic League Champions: 1986, 1987, 1988, 1990, 1991, 1993
- Southern Connecticut Conference Record: 147 wins & 15 losses
- S.C.C. Conference Championships: 1995, 2003, 2005, 2008
- S.C.C Housatonic Division Record: 89 wins & 4 losses
- Housatonic Division Championships (16): 1994-2000, 2003-2006, 2008-2012
- Connecticut High School Coaches Association
- "Coach of the Year" - 1992
- Varsity Girls Cross Country Coach: 1977-1982
- Varsity Girls Indoor Track Coach: 1995-1997
- C.I.A.C. State Champions: 1998
- S.C.C. Housatonic Division Champions: 1995, 1996
- Varsity Girls Outdoor Track & Field Coach: 1995-1998
- S.C.C. Conference Champions: 1998
- S.C.C. Housatonic Division Champions: 1996, 1997, 1998

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WOODBIDGE EDUCATION ROUNDUP



Andrea Fleischman (upper left), and Nancy White (upper right) work with mathematically inclined students in the school's after school Math Team.

Math Team Prepares for National Event

At Beecher Road School (BRS) in Woodbridge, 50 fourth, fifth and sixth graders would rather solve math problems after school than head right home for the weekend. As part of the recently formed BRS Math Team, these students are steeped in math and are training for a national competition known as Math Olympiads. Some of the team will compete in the elementary age division of this event later this year.

In January of this year, a math team was formed with the support of Nancy White, BRS Assistant Principal, and Andrea Fleischman, a parent volunteer and former Connecticut high school math teacher. BRS sixth grade teacher Joseph Holowienko signed up to volunteer as part of the coaching team. Ms. White noted, "When the idea first came up about our forming a math team, we thought we would be looking for a total of about ten or twelve students in grades 4, 5 and 6. To our surprise and delight, we found over fifty interested students. Each week for an hour, after school on Fridays, we get together."

Ms. Fleischman added, "These eager students work on fact fluency, math contests and problem solving techniques. Some of the techniques they have learned about are: making a table, writing an organized list, working backwards, drawing a picture and finding a pattern. The students have enthusiastically learned these strategies and applied them to different problems."

Nearly 50 students train in an after school Math Team at Beecher Road School in Woodbridge. Sixth grade teacher Joseph Holowienko (upper left).

The students have a mental workout when the team gathers. First they do math sprints. Math sprints are when a set of problems that uses one skill is given and there is a time limit. The students have to work on their own and work quickly to complete the problems. This is done to increase their math fluency.

After the math sprints, they look at math contest problems, discuss strategies and look at extensions. The students practice problem solving as a group as well as on their own. They are expected to work on assigned problems at home as well.

To train for the Math Olympiads, mock contests are run to prepare for the big tournament. Ms. Fleischman explained, "Each time we have a contest, the students are asked to complete five questions. A score of one to five is given for the number of correct problems. While all of the students on the math team participate, there is a group of these students whose scores are submitted to compete with other Math Olympiad teams. We compete with schools and organizations from all over the country."

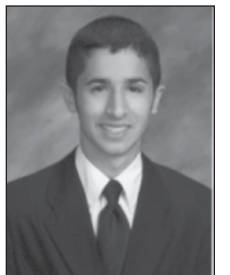
Assistant Principal White said, "Math contests are extremely valuable. Each problem differs from the one before. The strategies needed differ from problem to problem as well. Math contests teach our students to be flexible and creative in their thinking." Summing up, Ms. Fleischman added, "The math team has really impressed us at both of these prep-contests. Their enthusiasm is infectious. Watching a student come to the correct solution for a difficult problem is truly priceless."

Katherine Nicoll Graduates from University of Maine

With a celebratory air of excitement, University of Maine at Farmington held its 2013 Commencement Ceremony Saturday, May 18, with new UMF President Kathryn A. Foster presiding. Foster, faculty, administrators and dignitaries led the graduates in a traditional procession to the festive sounds of bagpipes to open the ceremony. The University awarded approximately 456 diplomas for 2013, including both bachelor's and master's degree. Woodbridge resident Katherine Nicoll received a B.F.A., Creative Writing degree.

David Elimelech Graduates from Mitchell College

Karen Elimelech, of Woodbridge, CT, is proud to announce the recent graduation of her son, David Benjamin Elimelech, from Mitchell College, New London, CT, with a Bachelor of Science in Communications. David has been the recipient of both the "Mitchell Academic Merit Scholarship" and the "Mitchell Valued Potential Scholarship", over the course of his four years at school. David was also inducted in to the "Delta Alpha Pi International Honor Society" in his sophomore year, due to an outstanding academic GPA. While at Mitchell, David was also a member of the "Circle K Club" (community service based), volunteered yearly at the "Cat in the Hat" Ball and Halloween Festival, worked as a computer lab monitor, volunteered at the local soup kitchen, as well as helping out with the Mitchell College Open House. David plans to pursue a career in his chosen field of study. I, along with David's father, and sister, Noa Elimelech, are all so proud of David and all of his accomplishments!



David Elimelech



Nancy Pfund, Youth Services Director, Harrison Maxwell Ritchie award recipient, and Beth Heller, First Selectman

First Selectman's Youth Award

First Selectman Beth Heller honored Amity Senior, Harrison Maxwell Ritchie, with the First Selectman's Youth Award for his exemplary service and dedication to the Woodbridge community. He also received a savings bond from First Niagara Bank. Harrison will be attending Brown University in the fall.

Walsh Ranked 8th Out of 100,000 Students

Woodbridge resident Thomas Walsh, an eighth-grader at Hamden Hall Country Day School recently ranked eighth in the nation on the National French Contest.

Nearly 100,000 middle and high school students from all 50 states competed in this event and were evaluated for writing, reading, and listening skills.



Thomas Walsh

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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
June 7th	June 14th
June 25th	<i>Independence Day Issue</i> - July 2nd
July 19th	July 26th

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

FROM OUR READERS

Fantarella Article Captures True Essence

Recently Laura Fantarella wrote an article regarding my retirement from Amity. The article really captured the essence as to who I am. A former resident, a graduate of the Orange and Amity systems and a 36-year teacher in the Amity District. I cannot thank her enough. I also would like to thank the nearly 1600 students and their parents for making this journey a wonderful experience. The outpouring of gratitude both from the staff and townspeople at the retirement dinner was overwhelming. As we know Amity means Friendship and I have experienced that throughout my time here.

Thank you to Linda Ferranti as a past PTO President for all of your support and even when your kids left the middle school you continued to work with us. Thank you to "Little Cheese Cornell" from "Big Cheese Jacobs". I will never forget you and the kids. And Diane Crocco you made a special effort to attend because you could not be at the Board Dinner. I call that going above and beyond. To Kellie and Andrea you completed the night along with my Family and close family friends. This is what has made Amity the special place it is.

To Dr. Brady, the Amity Board of Education, Administration and Guidance, secretaries, custodians all the support staff,, and the residents of BOW Thank you. And there is no doubt that the Teachers in Amity are totally committed to the educational, artistic, emotional and physical well-being of the students.

Sincerely,

Becca Jacobs

To the Editor

The recent election in the Town of Woodbridge was an example of American democracy at its finest. Still reeling from the sudden loss of our First Selectman, Ed Sheehy, the campaigns re-grouped with only two weeks to go, the voters turned out in numbers not seen for several years, and town officials carried out the election without a hitch.

I was proud to be on the ballot with so many outstanding candidates, and I am honored to have been chosen by the voters to serve as Woodbridge's First Selectman.

Many people became engaged in the process to select new leadership out of genuine interest in local governance and a commitment to citizen participation. These are very good signs for the future of Woodbridge. We need the talent and dedication of a wide variety of citizens to bring fresh ideas that will build upon and celebrate all that makes Woodbridge a wonderful place to live and raise a family.

I am grateful for the support of voters from across the political spectrum and I look forward to working with all who wish to participate in strengthening our identity as a unique and visionary town.

*Ellen Scalettar
Woodbridge First Selectman-Elect*

To the Editor

I would like to thank all the wonderful people who participated in my recent campaign for Woodbridge First Selectman, and all of the residents who came out to vote. I am extremely proud of the substantive, ethical, inclusive campaign we ran.

Woodbridge is facing serious issues in the next few years. I hope that the citizens of the Town will carefully watch over their elected and appointed officials to ensure that the Town is being run in a transparent, principled manner.

As a Woodbridge resident who hopes to remain here long term, I wish Ms. Scalettar the best.

Cathy Wick

Woodbridge Town News

WTN Letters Policy

Submit your letters for our "From Our Readers" section to Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 or email: letters@woodbridgetownnews.com.

Please limit letters to 500 words and include a daytime phone number in case we have any questions. **Letters must be exclusive to the Woodbridge Town News for publication.** We reserve the right to reject any letter.

TOWN DEPARTMENTS & AGENCIES

Citizens Police Academy

On Tuesday, April 30, 2013, the Woodbridge Citizens Police Academy held its graduation at The Woodbridge Gathering Restaurant. The academy was organized by Sgt. Brian McCarthy and was conducted by the Woodbridge Police Department.

Citizen students spent the last 11-12 weeks learning about what police officers do on a daily basis. I believe the academy brought out the credibility of the Police Department and instilled an appreciation for the law enforcement community.

Sgt. Brian McCarthy oversaw the academy and I [Deputy Chief Raymond S. Stuart] commend him as well as those officers who instructed for their dedication in providing students with an educational, fun and enthusiastic environment. While most of the classes were taught by Woodbridge Police Officers, we also had great instructors from Woodbridge Human Services, Woodbridge Animal Control, the Orange Police Department and United Illuminating.

As stated by one of the students: "The Woodbridge Police Academy was an extraordinary journey." Our goal was to create a better understanding, communication and partnership between the citizens and police through education in order to establish a safer and informed community.

Citizens play an important and vital role and to be successful the Police Department needs their support. I hope that these graduates become partners with us to better identify problems and solutions to the crime issues in our community.

Our hope is to conduct the Woodbridge Citizens Police Academy on an annual basis so we can continue to provide the community with a better understanding of what their police officers do. If you have any questions regarding this academy or future classes, please feel free to contact Sgt. Brian McCarthy at (203) 387-2511 (ext. 20).

Woodbridge Recreation Summer Youth Tennis Camps

Woodbridge Recreation is offering four weeks of summer youth tennis at the Beecher School tennis courts. Week one: Monday, June 24 – Thursday, June 27, pee wees (ages 3-4) 9 – 9:30 am followed by junior tennis camp 9:30 – 12:30 each day (grades K-2, 3-5). Week two: Monday, July 8 – Thursday, July 11 from 12:30 – 2:30 pm (grades K-2 and 3-5). Week three and four: August 12 – 15 and August 19 – 22 offers a pee wee clinic (ages 3-4) from 9 – 9:30 am followed by junior camp from 9:30 – 12:30 pm (grades K-2 and 3-5). In the event of inclement weather, Friday is the rain date.

The pee wee clinic focuses on hand-eye coordination in fun game situations. The junior camp is for beginner/advanced beginners with a focus on the forehand, backhand, volley, and serves. Campers should bring a nut-free snack each day.

Registration forms are available online at www.woodbridgect.org. For more information please call Fairfield County Tennis at 203-640-1724 or visit www.fairfieldcountytennis.com.

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Town of Woodbridge

Meetings for the Month of June 2013

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



Town Hall

6/3	Human Services Commission.....	7:00pm	The Center
	Town Planning & Zoning Comm..	7:30pm	Town Hall
6/4	CUPOP.....	7:00pm	Town Hall
6/5	Police Commission	6:00pm	Police Station
6/10	Library Commission.....	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
6/12	Board of Selectmen.....	6:00pm	Town Hall
6/17	Fire Commission	6:00pm	Fire Station
	Woodbridge Board of Education....	7:30pm	Beecher School N
6/19	Inland/Wetland Agency	7:30pm	Town Hall
6/20	Conservation Commission	7:00pm	Town Hall
6/24	Country Club of Wdbg Comm	6:00am	CC of Wdbg
	Recreation Commission	7:30pm	Beecher School S
6/25	Government Access TV Comm	7:15pm	Town Hall
6/26	Board of Selectmen.....	6:00pm	Town Hall

Michael J. Paolini, CPA

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IRS and State Representation

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From Your State Senator

With Gayle Slossberg



Slossberg Supports Expanding Indoor Tanning Ban for Minors

The State Senate voted on May 16th to prohibit individuals under the age of 17 from using indoor tanning devices. State Senator Gayle S. Slossberg (D-Milford), Vice Chair of the Public Health Committee, joined the unanimous vote to pass Senate Bill 872. “Recent research has demonstrated that using indoor tanning facilities drastically increases the likelihood that an individual will develop a form of life-threatening skin cancer,” said Sen. Slossberg. “Teens who tan indoors may be unaware of the consequences they can face later on in life. This bill will help protect them from the dangers of being exposed to UV radiation.”

Current law prohibits tanning facility operators from allowing anyone under age 17 to use tanning devices without written consent from the minor’s parent or guardian. Municipalities may fine operators \$100 for violating the provision. The fine is paid to the municipal health department or health district where the tanning facility is located.

S.B. 872 strengthens the law by striking the language permitting the use of a tanning device with parental or guardian written consent. The bill addresses growing concern over the rise of skin cancer in the United States. Scientists have demonstrated that ultraviolet (UV) radiation exposure can cause cancer, and childhood and adolescent exposure to UV radiation increases the risk of a diagnosis of skin cancer in adulthood.

In 2007, the International Journal of Cancer published a meta-analysis (a review of 19 studies) showing an increase in the risk for melanoma for individuals who began using indoor tanning facilities when they were teenagers or in their twenties. The meta-analysis concluded that using indoor tanning facilities before age 35 increases the risk of melanoma by 75 %.

Similarly, the Yale School of Public Health recently released an epidemiological study on basal cell carcinoma (this kind of cancer makes up 80 % of non-melanoma skin cancers). The study concluded the individuals who use indoor tanning devices are 69 % more likely to develop early onset basal cell carcinoma.

Skin cancer—melanoma, basal cell carcinoma and squamous cell carcinoma—is currently the most common form of cancer in the country. According to the American Cancer Society, an estimated 1,080 Connecticut residents will be diagnosed with melanoma in 2013. S.B. 872 will hopefully mitigate these numbers in the future.

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From Your State Senator

With Joseph Crisco



Legislative Update From Senator Joseph J. Crisco, Jr.

As we navigate the hectic, final couple of weeks of this year's legislative session I want to be sure to keep readers current about several initiatives advancing at the Capitol.

A bill from my committee meant to extend health insurance coverage for autism patients earned unanimous Senate approval recently. I wrote this bill because of my concern that some patients might lose their benefits based upon new diagnosis criteria expected in the next edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM), written by the American Psychiatric Association.

Prior to laws enacted in 2008 and 2009 thousands of Connecticut families were on their own to underwrite the tens of thousands of dollars required to diagnose, treat and care for autism patients. Now, Connecticut leads the pack among states that provide for autism patients and their families. With this year's bill, we underscore our long-term commitment to these families and provide some measure of assurance their coverage will continue regardless of revisions made in the next edition of the DSM.

Another bill, should it become law, would protect consumers from price gouging and unscrupulous service contractors during emergency circumstances. The legislation stems directly from the experience of some state residents after recent severe weather episodes.

Existing statutes had protections in place for unconscionable price increases under comparable conditions for products and commodities, but state law clearly had to be expanded to include such services as tree removal, protection or relief from flooding, and emergency home repair.

According to the bill, a violation under these special circumstances amounts to an unfair trade or deceptive practice, and common sense assures me Connecticut consumers must be protected from those who would take advantage of people that way. The idea seems particularly egregious given the public safety aspects of many services required under emergency conditions.

The Senate also approved a bill to create a Blue Alert System in Connecticut. The initiative would establish protocol by which residents might assist law enforcement personnel working to apprehend dangerous suspects. The recent episode in Boston, after the tragic Patriot's Day bombing, underscores how helpful the public can be in identifying suspected criminals.

This Blue Alert system would function the same way the existing Amber and Silver Alert systems already do, for missing children and senior citizens, respectively. It would notify the public of possible danger after a law enforcement officer has been killed, seriously injured, or goes missing, and a suspect, considered an imminent threat, is at large. Further, it would solicit assistance in apprehending the suspect by providing identifying features such as license plate information or his or her last known whereabouts. This measure would put one more public safety tool at the disposal of those with the solemn responsibility for providing public safety.

During this year's observance of Memorial Day we honor the memory and the sacrifice of those who gave their lives in service to our nation as part of its armed forces. Likewise, we salute the families and loved ones of those who died, as we do each and every year.

Climb, Discover and Explore at JCC Family Fun Day

Climb, discover and explore your favorite truck at the JCC Family Fun Day featuring Touch-a-Truck on Sunday, June 2 from 12 to 4 p.m. Showcasing more than 20 vehicles, it's a day of fun for the whole family with activities including a bounce house, Zumbatomic, face painting, kid's crafts and games, music, and food. Admission is \$5/child; adults are free.

The JCC of Greater New Haven is a welcoming facility open to the entire community. Providing exceptional programs and services, the JCC serves as a crossroad to help build and strengthen the community.

- What: Family Fun Day featuring Touch-a-Truck
- When: Sunday, June 2, 12-4 p.m.
- Where: JCC of Greater New Haven, 360 Amity Road, Woodbridge, CT 06525
- More: Admission is \$5/child; Adults are Free. For more information, call (203) 387-2522 or visit www.jccnh.org.

Bark Bytes...

By Vicki & Richard Horowitz

The Dog Days of Summer

As the season changes to summer, the weather gets warmer and we spend more time outside, pet owners need to take special precautions for their dogs. Summer is an extraordinary season for outdoor fun with our dogs. However, some people forget to take measures to keep their dog safe as temperatures rise and daily activities change.

Beat the Heat

Remember that a parked car can become dangerously hot in only a few minutes. Dogs are not efficient at cooling themselves. They cannot perspire and can only dispel heat by panting and through the pads of their feet. Panting and drinking water helps to cool them, but if they have only overheated air to breathe in a parked car, dogs can suffer brain and organ damage after just 15 minutes.

Your light-colored dog's coat can invite damage from the sun's ultraviolet rays, leading to sunburn and possible skin cancer. If your dog is light-colored and/or he lacks black pigment around the eyes, ears and nose, keep him out of the bright sun. Ask your veterinarian about sun block for your dog, preferably in a formula he can't lick off.

Dogs should always have access to cool shade and fresh water in the summer heat.

Rules of the Road

An unrestrained dog in a vehicle is dangerous to everyone in the car, including the dog himself. Secure your dog in the back seat with a safety harness or in a pet carrier fastened to a seatbelt. Another option is to install a pet barrier to keep the dog in the back area of your vehicle. Dogs riding in the front can be seriously hurt if the airbags deploy.

If you must transport your dog in the bed of a pickup, be sure he is restrained, preferably in a crate or carrier secured to the truck.

Avoid allowing your dog to hang his head out the car window – he could suffer eye injury from flying debris.

When stopping the car along the way, attach a leash to the dog's collar before opening the door so he can't escape. Use a leash to walk your dog.

Waterproof Your Dog

Many dogs enjoy swimming, no matter how clean or dirty the water. If your dog has had a dip in a lake or river, rinse him off to avoid ear mites, eye infections and pesky clingy insects which can imbed themselves into his fur.

If your dog loves to jump into your swimming pool, make sure he knows how to get out safely. When a dog falls into a lake or river, his instinct tells him to turn around and get out from the point at which he fell in. However, in a suburban swimming pool, a dog may drown if he follows this instinctive action. Therefore, teach your dog where and how to get out of the pool regardless of where he went in.

Not all dogs like or know how to swim. If your dog appears eager to give swimming a try, let him get used to it gradually. Refrain from throwing a nervous, inexperienced swimmer into the water.

Fear of Thunderstorms

Fear of thunderstorms is common in dogs. Many dogs can sense a storm coming from the rapidly falling barometric pressure. Thus, your dog may show anxiety even before the storm can be heard.

Dogs can sense fear or discomfort from people, so it is important you develop a calm attitude toward storms. Let your dog stay close and try to distract him with play. Do not try to comfort him in a sympathetic voice; this will sound like praise and may increase his nervousness and confusion.

Keep windows and curtains closed to reduce noise and bright flashes. Turn on a TV or radio at normal volume to distract your dog from loud noises and help him to relax.

Provide your dog with a safe place to be during storms, whether inside or out. Create a special den-like area in your home where your dog always feels safe and secure. If a storm is brewing, lead your dog to his special place to help him feel calm and protected. If you cannot bring your dog inside, cover his doghouse with a blanket to offer some protection from the bursts of lightning and thunder.

Dogs that continue to panic when a storm approaches may have to be reconditioned by creating an artificial storm with environmental recordings. While reconditioning can be a time-consuming procedure, it can have a high success rate. In some cases, medication may be the best solution to help your dog cope with his fear of storms. Consult with your veterinarian about possible treatments, in conjunction with training.

By taking these precautions, you and your dog can enjoy a healthier, fun-filled summertime.

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.dog-training-new-haven-ct.com.

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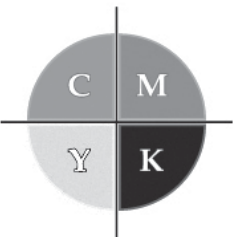
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Wine Talk

With Ray Spaziani

Franciacorta!



Franciacorta is sparkling wine from Lombardy with DOCG status produced from grapes grown within the boundaries of the Franciacorta on the hills of several townships south of lake Iseo in Lombardy. The Still wines from this area have ancient traditions, referred to by Virgil and documented as far back as 1277. Franco Ziliani was permitted to pursue an ambition of producing a fine sparkling wine and, in 1961, was allowed to produce for release 3,000 bottles of a sparkling wine sold under the name of Pino di Franciacorta. The wines were so good that the next year he was allowed to produce 20,000 bottles. By the time the region won DOCG status several producers were producing over 100,000 bottles of this wonderful sparkling wine.



The wines were so good they did not have to export any of them. The Italians and later the French and Germans drank the production dry. Production expanded and the Italian wine council is now interested in exporting the wines to the United States.

Their initial marketing end was to allow eight American Wine Society Chapters across the United States to taste and evaluate the wines. I applied as the chapter director of the New Haven Chapter and received eight bottles, four different types of sparkling wines. We set up a wine tasting for our AWS members at the Bear and Grill Restaurant on the Post Road in Orange. We limited our members to 24 so everyone could have a 2 once portion and evaluate the wines.

Our featured speaker for the evening was my brother, former national president of the American Wine Society, Professor Eugene J. Spaziani who had been to the region and met the wine makers. He lunched with the vineyard workers and visited the wine cellars, sampling various vintages. He explained the wines were produced using the classic champagne method, double fermentation in the bottle. This is how all the great French sparkling wines are produced. His lecture was fascinating as he explained the production process and nuances associated with each wine we tried. He had handouts giving our members information about the wines. The food was wonderful and we also had a prosecco tasting which was fun.

You should start to see Franciacorta wines appearing in the better wine shops. Try them 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.

GRATITUDE

IN HONOR OF THE BRAVE MEN AND WOMEN WHO DIED SO WE MAY BE FREE. ©2011 The Toledo Blade - www.toledoblade.com

Boy Scouts Take Part in Earth Day Cleanup

By Melissa Nicefaro – Woodbridge Town News Correspondent

Some people see the world just a little bit differently than others. Boy Scout Cub Master Andrew Danzig is one of those people and he's trying to pass his vision on to the Boy Scouts he leads each week. Danzig led a small group of Scouts during an Earth Day Cleanup on April 22 along a short stretch of Racebrook Road. In a short time, the boys filled three large trash bags with discarded debris.

When he came up with the idea of cleaning up the wooded area along Racebrook Road on the Woodbridge/Orange line, he thought that through doing something tangible such as picking up other people's trash in commemoration of Earth Day, the boys will be able to integrate scouting ideals with their Jewish values of caring for the Earth. Danzig's seeds to this Earth Day event were planted 43 years ago, when as a young Boy Scout in DeWitt, NY, he went out on what may have been the very first Earth Day to pick up trash along the Erie Canal in a steady rain. "That act and the spirit behind the Earth Day movement affected my relationship to the environment and eventually guided me in my choice of profession, an environmental engineer," he explains. "Despite numerous strides in many areas, environmental degradation—depicted most graphically 'in your face' as trash in public places—is still a major issue over four decades later."



As Cubmaster of Pack 18, Danzig wanted to give the young boys the same sense that they can make a difference as he had when he was a scout. Since the pack was formed with the goal of providing the boys with fun activities while integrating scouting principles with the Jewish values these boys learn in school, be it the Ezra Academy, Southern CT Hebrew Academy, or home school and at home. Cub Scout Pack 18 is made up of first through fifth graders from Woodbridge, Orange and New Haven under the charter organization of the Jewish Community Center of Greater New Haven.

As the Cubmaster of the Pack, one of Danzig's roles is to lead monthly events in addition to two den meetings a month led by den leaders. Along with the values he passes along, he wants the boys to have fun. "After all, fun is why boys become Cub Scouts," Danzig says. "Cub Scout core values are intended to develop character and this Earth Day activity is a prime example. The boys' efforts started at a previous Den meeting where they designed and made the signs placed on the side of the road to raise awareness to passing motorists of their activity. Just as they worked together to create the signs, they teamed up and helped one another while picking up trash," he says.

Danzig invites any boy in grades one through five to join Cub Scouts. Pack 18 has two den meetings a month on Wednesdays from 5:45 -7:00 at the Jewish Community Center and generally one pack event each month. For more information, please contact Andrew Danzig at 203.258.7494, solarpv36@yahoo.com or Gittel Roth at schneurroth@sbcglobal.net.

Care Packages Help Senior Veterans Stay Safe

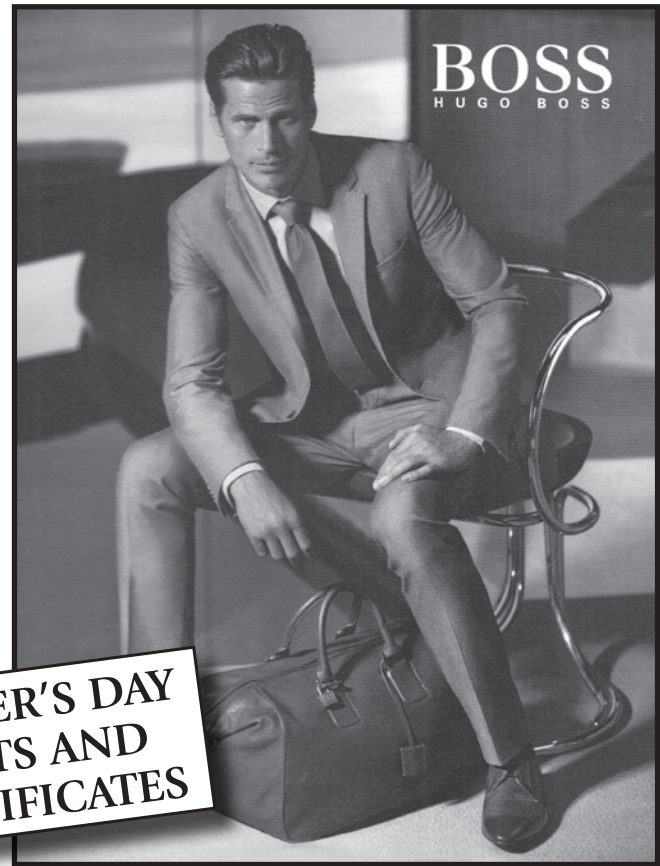
While sending care packages to troops overseas is a time-honored tradition, Emeritus at Woodbridge Assisted Living will be delivering them to local senior veterans or their surviving spouses during Memorial Day week in an initiative designed to assist them in staying safely in their homes. This program is part of a national effort by Emeritus Senior Living to deliver more than 2,000 care packages and provide a helping hand with safety measures for seniors. Called "Heroes Emeritus" in honor of the veterans' service, the program is underway now and runs through Memorial Day, May 27.

The Heroes Emeritus care packages include nightlights, first aid kits, medication management containers, water bottles, healthy snacks, and other items that make a senior's daily life and home more secure. In addition to delivering the packages, the Emeritus team will perform a home safety check to ensure the living environment is free of any potential hazards. "Our veterans and the spouses who gave their support on the home front have done so much to keep our nation safe," said Austin Smith, executive director of Emeritus at Woodbridge Assisted Living. "We'd like to do what we can to help these heroes stay safe in their senior years." Smith noted that the Heroes Emeritus program is part of the Emeritus philosophy of "Safely Somewhere" – an initiative that helps us ensure that seniors are residing in safe, meaningful situations, regardless of whether it is in their own homes or elsewhere.

Members of the public who would like to recommend a local senior veteran or veteran spouse for the Heroes Emeritus program are asked to call Emeritus at Woodbridge Assisted Living at 203-289-2911 or via email at woodbridge-crd@emeritus.com. Heroes Emeritus partners include Omnicare, Caring.com, the Fischer Group, Life Care Funding Group, Gulf South, Kellogg's and Campbell's – all of which made generous donations to fill the veteran care packages.

www.WoodbridgeTownNews.com

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Veterans Claims Still Backlogged

Six months ago, we looked at the claims processing time for a number of small and large locations across the country. Given the Department of Veterans Affairs' efforts to reduce the time to process a claim to less than 125 days, let's check in with a few of the same locations and see how they're doing.



by Freddy Groves

In November, White River Junction, Vt., had 969 veterans awaiting claims, with 510 waiting an average 239 days. Now they have 834 veterans waiting an average of 239 days. However, average wait time for first claims is now at 559 days.

Lincoln, Neb., had 4,476 veterans waiting, 1,678 of them over 125 days. Now they have 2,560 veterans, with 695 over 125 days. Average wait time is 143 days. Clearly there's been some progress made.

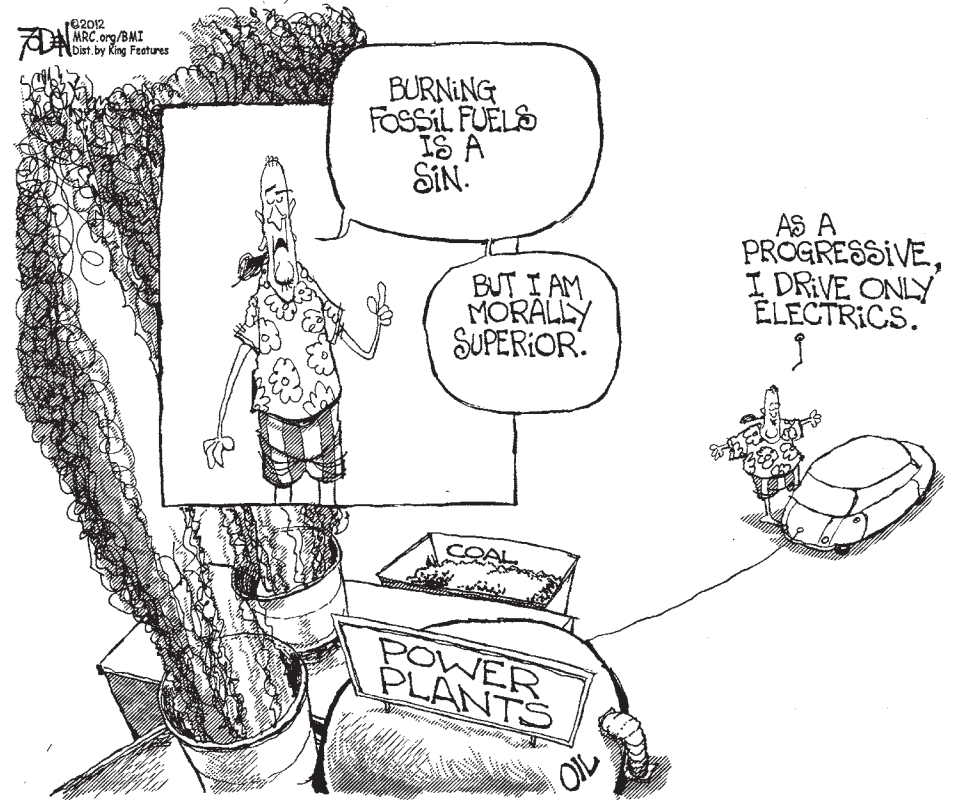
Let's look at some of the more populated areas.

Last November, St. Petersburg, Fla., had 46,366 veterans waiting an average 207 days. Of those, 30,321 were past the 125-day mark. Now there are 50,492 veterans waiting an average of 319 days. Of those, 34,860 are over 125 days. As usual, the devil is in the details. The office receives 4,293 claims per month and only completes 3,687.

Baltimore, Md., had 19,662 claims waiting last November, with 16,472 past the 125-day mark. Average claim time was 343 days. Now it has 18,421 veterans with 15,326 waiting over 125 days with an average claim time of 417 days. Here, too, the incoming exceeds the outgoing: 1,023 claims coming in each month, and only 880 completed.

To see how your local claims office is doing, go online to <http://cironline.org/> and click on Returning Home to Battle, then click on the backlog map.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to column-reply2@gmail.com.



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 ORANGE \$599,900 Custom built cul-de-sac w/fam rm w/vaulted ceiling, wet bar & stone fpl, 4BRs, 4.1ba, gourmet kit, DR, in-law apt, wrkshp, home office. 3 acres. Nick Mastrangelo, 795-2700.com MLS #N337003	 ORANGE \$549,900 Stately Col w/4BR 3 F, 2 H ba, grand FR, 3 fplc, MBR suite, fin bsmt w/ba, hwflrs, deck, 2 c gar, com lot. Mark Fagan 795-2700.com MLS#N332335	 ORANGE \$549,900 Sparkling re-done 4400 SF home with full 1st flr in-law apt. Granite kit, 4 BRs, 4.2 baths, 25x25 FR. Ready for you! Mario Gambardella, 795-2700.com MLS #N336870.	 ORANGE \$475,000 4,473 sq.ft., 14 RM, 5br, 4.5 BA RR; remod kit, many updt, fully fin LL, att in-law, extensive landscaping & more. Nick Mastrangelo 795-2700.com MLS#N333787	 ORANGE \$419,900 Extensively renovated custom blt split w/3BRs, 2.5 ba home. Great location - easy access to everything. Mario Gambardella 795-2700.com MLS#N337114
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DEMOCRATS WIN MUNICIPAL ELECTION

By Bettina Thiel - Woodbridge Town News Correspondent

Although overshadowed by the unexpected death of the town's first selectman, Edward M Sheehy, the municipal elections on May 6 were a sweeping endorsement of the Democratic ticket. Joining the Democratic campaign barely 10 days before the election, Ellen Scalettar won with 1,616 votes and was chosen to succeed Sheehy as first selectman. Opponent Cathy Wick, an

unaffiliated heading the Republican ticket, had a strong showing as well, with 1,207 votes.

Voter turnout this May 6 was up by 42% compared to two years ago. This year, 2,849 of 6,500 eligible voters came out to the polls (just over 43.8%) as opposed to 2,013 or close to 31% of all those eligible in 2011.

ELECTION RESULTS

Results for First Selectman

Ellen Scalettar (D) 1,616
Cathy Wick (U) on the Republican line: 1,207

Board of Selectmen

The Democrats, represented by Laurence Grotheer (1,512), Susan Jacobs (1,568) and Beth Heller (1,655), will return to the Board of Selectmen. They will be joined by Republicans Joseph Dey (1,158) and Anthony Anastasio Jr. (1,153). George Giering (1,113) will not be seated.

Woodbridge Board of Education

Democrats Karen Kravetz (1,511), Chris Jaffe (1,438) and Lisa Connor (1,400) will be joining the Woodbridge Board of Education. They will be joined by Republicans Keri Matthews (1,161) and incumbent Steve Fleischman (1,306).

Amity Board of Education

Democrats Rita Gedansky (1,539) and Pat Cardozo (1,509) will return to the Amity Board of Education. Republicans Robert Wiznia (1,164) and Paul Testa (1,189) will not be seated.

Zoning Board of Appeals

Democrats Mark Levine (1,472) and Henry Nusbaum (1,342) will return to the board. Republican Chris Dickerson (1,435) will join them on the board. Republicans Garrett Luciani (1,288) and Cynthia Gibbons (1,143) will not be seated.

Democrat Aldon Hynes (1,467) won the race for alternate on the Zoning Board of Appeals. His Republican challenger, Pat Madden, received 1,172 votes.

Board of Assessment Appeals

Democrat Sheila McCreven was elected with 1,560 votes. Republican Scott Zavatkay received 1,123 votes.

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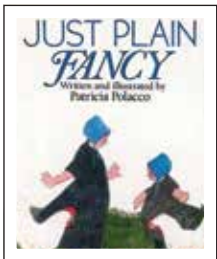
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Holiday Closings: May 27th (Memorial Day)

Programs for Children

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



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

Just Plain Fancy by Patricia Polacco - Monday, June 10th @ 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 Just Plain Fancy by Patricia Polacco, discuss the story, and make a cool craft! Books are available for you to borrow at the Children's Desk. Please register in advance.

Opening Reception - "Kids & Collage" Art Exhibit

Saturday, June 15th from 2:00pm - 4:00pm - Everyone is cordially invited to attend the Opening Reception for our June Art Exhibit, entitled Kids & Collage. Throughout the month of June, we are proudly exhibiting artwork from our own Library CollageArt program, featuring children ages 8 to 12, under the guidance of Beth Weintraub. Everyone is invited to attend the reception and meet Beth and our talented group of artists!

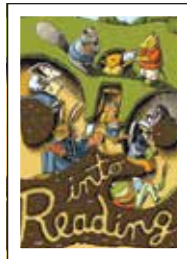


Ten Plus Art (for ages 10 and older)

Wednesday, June 19th @ 6:30pm - At this month's session of 10+ Art, we will decorate tote bags to stow all of your summer gear! Space is limited - advance registration is required.

Summer Reading Program 2013

"Dig In To Summer Reading" - It's never too early to start thinking about summer reading! The theme of this year's program is Dig In To Summer Reading, and it will take place from June 24th to August 16th for children ages 5 to 12. We have a full slate of crafts, activities and programs scheduled - you will definitely want to add this to your summer "to do" list!



Programs for Adults

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

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

North by Northwest - Wednesday, June 12th @ 7:00 pm - Our 2013 series The Films of Alfred Hitchcock with Mark Schenker concludes with his lecture on North by Northwest. This film, released in 1959, features 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.



Caliente Floral Class with Michael Derouin

Tuesday, June 18th @ 7:00pm - Award-winning floral designer Michael Derouin returns with another hands-on floral class. Create a high-style design featuring exotic tropical flowers and foliage. Michael will share design elements and techniques, and some "tricks of the trade" will also be demonstrated. Class size is limited to 20, and registration is required. A \$20 materials fee is payable to Michael at the program. Please bring wire cutters, scissors and a sense of humor to the class.



Strawberry Season Cooking Class with Robin Glowa

Wednesday, June 19th @ 7:00pm - Sweet, succulent strawberries are consistently voted as the #1 berry. Bursting with bright flavor and significant healthy benefits, strawberries are a fabulous addition to so many different dishes. Come enjoy new ways to prepare one of nature's most spectacular ingredients! Samples and recipes will be provided. This free program is open to the public. Space is limited, and registration is required.



Programs for Teens

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

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

Saturday, June 1st @ 3:00pm - Did you know that we have a new Teen Book Discussion Group? High school students are invited to join us for our new Teen Book Discussion Group. Shall we discuss the new Connecticut Teen Nutmegs? Come join us and bring a friend to chat with others about what you've been reading. This book discussion group is limited to high school students.



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

Saturday, June 15th @ 3:30 pm - June's Teen Slap Art session is all about growth. Join us to design your own terrarium and lock in your own creativity. Don't miss this fun project that offers carefree longevity! Space and supplies are limited - registration is required.



Film Screenings

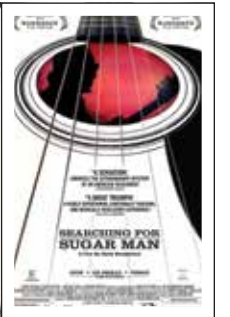
All film screenings begin @ 7:00pm in our Meeting Room. Screenings are free, open to the public, and seating is on a first come, first served basis. In case of inclement weather, screenings may be canceled.

- May 30th - Anna Karenina [rated R]
- June 6th - North by Northwest [not rated]
- June 13th - Searching for Sugar Man [rated PG-13]
- June 20th - Oz, the Great and Powerful [rated PG]



Art Exhibit

The Woodbridge Town Library is proud to present the work of Amity High School's National Art Honor Society (NAHS) in our Meeting Room during the month of May. The NAHS was established to inspire and recognize students in grades 10-12 who demonstrate outstanding artistic abilities. This exhibit is free & open to the public—all are welcome to visit!



Borrowing eBooks



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

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Sculpture in the Garden Show in Woodbridge

This year June 8th and 9th will be the 18th anniversary of the Sculpture in The Garden Show and tag sale on the grounds of the Beverly Kaye Gallery on 15 Lorraine Drive in Woodbridge. Every year a mix of self-taught and trained artists utilizing recycled materials and junk yard finds, morph these items into objects of delight. Everything from life sized horses made from car and truck parts, hand built pottery, masks and birdhouses, to robots crafted from bottle caps, Edison light bulbs and band aide boxes have shown up. From 9 am to 4 pm each day the property is open to families and art collectors who appreciate something unique. We are participating in CT's Open House Day that weekend as well. The indoor gallery is closed during this weekend, but open by appointment to view art brut and non-mainstream art which can also be seen at museums throughout the country. Visit Beverly Kaye Gallery on Facebook for up to date details.

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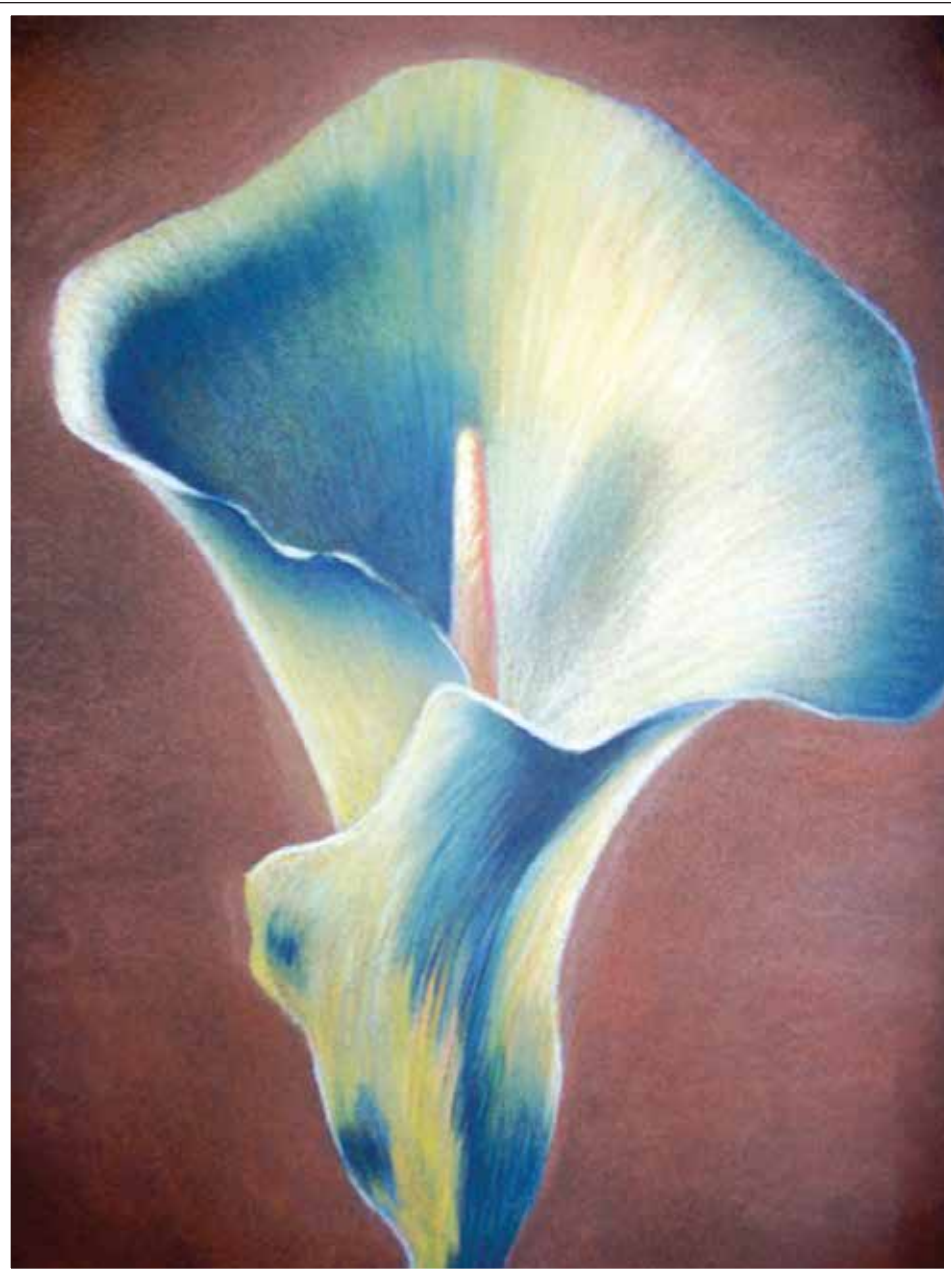
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June is Arts Month at New Haven Public Library

On Saturday, June 22, from 1-3 pm, professional artist Gregory Maichack (GregoryMaichack.com) will offer a workshop, "The Pastel Art of Georgia O'Keeffe," at the Ives Main Library, 133 Elm St.

Maichack will explore the style of America's foremost modernist pastel painter of flowers, touching also on her landscapes and shells. Participants will work in tandem with the instructor, focusing on a calla lily image. Students will work with professional grade pastels, pastel pencils, Rembrandt pastels, and assorted Canson pastel paper.

Participants will experiment with a variety of pastel handling techniques, including scumbling, feathering, blending, slurring, edges, and layering. Learn to layer without fixatives to achieve O'Keeffe's "clean" look; learn also how to build an abstract foundation by studying Leonardo da Vinci's revolutionary drawing technique.

Space is limited to 20 students and is designed to accommodate beginner through intermediate skill levels. Register by June 12 online at pastelworkshop.eventbrite.com. A \$30 registration fee includes all materials, and easels are provided. For more information, please call the library at 203-946-8835.

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Klarides Fights 16% Gas Tax Increase

HARTFORD — State Rep. Themis Klarides (R-114) is urging majority legislators to block the 16-percent gas tax hike scheduled for July 1, asserting funds are available to avoid the increase.

If Democratic legislators fail to act, the wholesale gross receipts tax will increase from 7 percent to 8.1 percent; the tax was originally levied at 1 percent. That increase, coming just in time for vacation season, amounts to roughly four cents per gallon or \$60 million more per year.



Themis Klarides

“The state profits more from your pain at the pump than credit card companies, store owners, and the federal government combined,” Rep. Klarides said. “This tax is ballooning at a disproportionate rate, yielding no significant enhancement to the safety of our bridges and roads.”

“In the past year the state hired 5,300 new employees as state bureaucracy grew by leaps and bounds. We must stop asking more and more from commuters to accommodate the ever-increasing size of state government. It’s not fair to families and businesses in this stagnant economy.”

The combined local, state and federal gas taxes total 63.4 cents per gallon in Connecticut – more than 14 cents per gallon above the national average.

Rep. Klarides added “Budgeting is all about priorities, and this is a prime example of majority legislators’ unwillingness to make tax relief a priority, despite the fact that there are other sources from which this revenue can come.”

Alternative sources from which the \$60 million in anticipated revenue can come:

- Rainy Day Fund, \$100 million
- Hard hiring freeze, \$100 million
- Newly realized health care savings, \$223 million (per the Office of Fiscal Analysis)
- Citizens’ Election Fund, \$10 million
- Elimination of the Earned Income Tax Credit, \$116 million

Since 2007, Rep. Klarides supported 17 separate proposals to permanently cap the gas tax, which were continually voted down by the majority. Last year, Republicans succeeded in pushing Democrats to block the tax hike for one year – a temporary cap that will expire this July. They defeated the Republicans’ amendment to permanently eliminate the increase.

The 2013 Legislative Session adjourns June 5.

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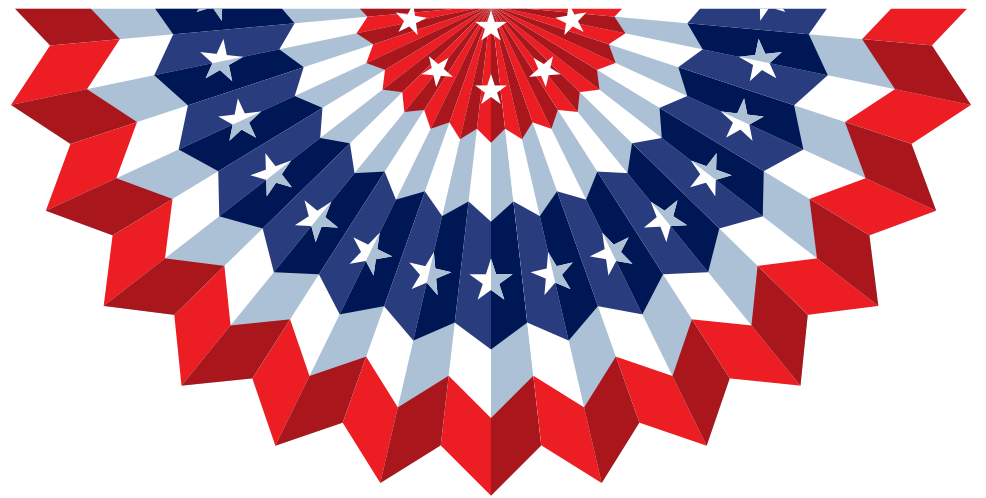
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HEALTH AND FITNESS

A Simpler Application for Health Insurance

The Centers for Medicare & Medicaid Services (CMS) announced that the application for health coverage has been simplified and significantly shortened. The application for individuals without health insurance has been reduced from twenty-one to three pages and the application for families is reduced by two-thirds. The consumer friendly forms are much shorter than industry standards for health insurance applications today.

In addition, for the first time consumers will be able to fill out one simple application and see their entire range of health insurance options, including plans in the Health Insurance Marketplace, Medicaid, the Children's Health Insurance Program (CHIP) and tax credits that will help pay for premiums. The applications released on April 30th, which can be submitted starting on October 1, can be found here: <http://cciio.cms.gov/resources/other/index.html#hie>.

"Consumers will have a simple, easy-to-understand way to apply for health coverage later this year," said CMS Acting Administrator Marilyn Tavenner. "The application for individuals is now three pages, making it easier to use and significantly shorter than industry standards. This is another step completed as we get ready for a consumer-friendly marketplace that will be open for business later this year."

The online version of the application will be a dynamic experience that shortens the application process based on individuals' responses. The paper application was simplified and tailored to meet personal situations based on important feedback from consumer groups.

Consumers can apply online, by phone or paper when open enrollment begins October 1, 2013. There will be clear information provided about how to complete the application, and how to access help applying and enrolling in coverage. This consumer-focused approach will facilitate the enrollment of millions of Americans into affordable, high quality coverage while minimizing the administrative burden on states, individuals and health plans.

For more information about the Health Insurance Marketplace, visit www.HealthCare.gov.

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"Dining with Susan"

By Susan Noonan



Consiglio's Restaurant

I first profiled Consiglio's Restaurant in 2008 so I thought it only fitting to revisit this iconic restaurant as it celebrates its 75th year in business. Located on Wooster Street in New Haven (the little Italy of Connecticut), Consiglio's has such a rich history that I feel honored to share it with everyone.

Salvatore and Annunziata Consiglio, along with their seven children opened this family restaurant in 1938. At the time it was not so much a restaurant, but an extension of their own kitchen and dining room. Only the freshest ingredients could be used, generous portions served, reasonable prices, and of course flawless service.

Fast forward to 2013 and not much has changed in this splendid establishment. The second, third, and fourth generations of Consiglios continue the family's tradition offering some of the finest Italian food and gracious, friendly service you will ever experience. I must add that the Consiglio family are longtime Orange residents. Dad Pasquale is 88 and Aunt Marie (the staff calls her "Mama") is 81. They both work at the restaurant every day. Trish Consiglio Perrotti is in charge of the day to day operations in the restaurant. Sister, Laura Consiglio Fantarella (who is the feature writer for both the Orange & Woodbridge Town News) noted that in addition to Consiglio's exceptional food, how important the service is to the success of a restaurant. Consiglio's certainly excels in this area. The staff has been so well trained and definitely works as a dedicated team.



Consiglio's still serves the best of Annunziata's southern Italian recipes including hand-rolled Cavatelli (unbelievable), Braciola, Lasagna, Eggplant Rollatini, as well as new favorites of the 21st century including Chicken Amalfi, Veal Champagne, and Filet Mignon Gorgonzola. Consiglio's offers a wide range of appetizers, along with dinner choices of veal, beef, seafood, chicken, pasta and of course all their traditional favorites. Warm, crusty homemade bread is served with all entrées. The delicious, decadent desserts include Consiglio's homemade creamy chocolate mousse cake with an Oreo cookie crust. The extensive wine list offers a wide variety of choices from around the world.

Thanks to the kind invitation from owner Trish, I had the opportunity to experience Consiglio's cooking classes when they were brought back by popular demand offering a four-course meal demonstrated right before your eyes. Each course is shown, step by step with the recipes to follow along with and then served to you from the kitchen. The Chef makes this a very enjoyable experience for the group. The classes can accommodate up to 12. Our menu consisted of Fresh Figs stuffed with Goat Cheese over field greens, Linguini with Shrimp and Arugula, Chicken Anna (a longtime Consiglio's favorite) with garlic, roasted red peppers, wild mushrooms, white wine, Gorgonzola and spinach. The finishing touch was a dessert of fresh peaches, ginger gelato and sliced almonds. You may view the schedule for the upcoming cooking classes and menus on its website www.consiglios.com.

Reservations are required as seating is limited. The reasonable cost of \$65.00 per person includes your complete meal, instructions and recipes. Consiglio's also offers "Dinner Theatre" that includes dinner and a show - visit the website for upcoming schedules that will include a "Murder Mystery" Dinner Show. I applaud Trish and her staff for their innovative and fresh ideas to attract new clientele along with keeping Consiglio's very devoted longtime ones coming back for more!

Open 7 days - Lunch served Tuesday - Friday 11:30am-2:30pm - Dinner served Monday - Saturday from 4:30pm. Sunday from 1:00pm.
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Final notes: I highly recommend the informative and very entertaining cooking classes at Consiglio's. The longevity of this restaurant speaks for itself. Consiglio's is the perfect example of the "Little Italy" restaurant offering warm, cozy, romantic ambiance, flawless service and of course the outstanding food. They also have the distinction of being the oldest continuously run (by the same family) Italian restaurant in New Haven. Remember to support our local family owned businesses.

If you have a favorite restaurant, please-mail me at susan@orangetown-news.com or susan@woodbridgetownnews.com.

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Tiffani Thiessen

Q: Will “White Collar” be back for a fifth season? -- Nina W., via e-mail

A: It certainly will; in fact, filming on the series began May 10. I recently spoke with series star **Tiffani Thiessen**, who was busy in the interim promoting clean, green living with Glad by hosting a One Bag party in April for Earth Month (go to glad.com/onebag to see how you can help cut down on waste, and to see pictures from Tiffani’s party).

Tiffani is excited about the coming season and getting to work with the cast again, telling me: “It’s definitely one of the nicest groups of people I’ve worked with in a really, really long time. It’s great that the show’s been doing well, and we’ve been doing this for a while now. We’re going into our fifth season. It’s very exciting.”

When I asked if the cast and crew are green like her, she told me: “They’re actually very good about that. We don’t have any plastic water bottles around the set. Our very first season we got metal water bottles with the “White Collar” logo on them, and all of the crew members, all of the cast members use that. It’s the simple things like that that are great. With crews on TV shows and movies, the amount of stuff that gets wasted is crazy, so little things like that go a long way.”

Q: First “America’s Most Wanted” was canceled, and now I hear “Cops” is following suit. Please say it ain’t so! -- Jeremy S., Washington, Ohio

A: It ain’t so, Jeremy, but there has been a change of venue. “Cops,” which has been a fixture on Fox’s Saturday nights for 25 years, is moving to the Spike network. Beginning in September, the cable network aimed toward younger male TV viewers will begin airing all-new episodes of everyone’s favorite real-life cops-and-robbers show.

For those who’ve been following the story, the move isn’t a surprise, as Fox ordered fewer episodes this season, and often took to pre-empting the show in favor of a sporting event. This move should be good for “Cops,” since it’s right up Spike’s alley and would most likely be given precedence over other types of programming.

Q: I liked the series “Haven.” Do you know if it’s coming back? -- David V., via e-mail

A: The Syfy series based on the **Stephen King** novella will return for a 13-episode fourth season, which should begin airing late summer or early fall.

Readers: A few weeks back, I reported about the resurrection of Lifetime’s “**Drop Dead Diva**.” We now have a premiere date for season five: The 13-episode season premieres June 23 at 9 p.m. ET/PT, with stars **Brooke Elliott, Kate Levering, Margaret Cho, Jackson Hurst** and **April Bowlby** returning. Former “90210” co-star **Justin Deeley** joins the ensemble cast, and **John Ratzenberger** and **Jamie Ray Newman** will be returning for guest appearances.

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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Boy Scout Troop 63 Flag Retirement Collection Boxes

Boy Scouts from Woodbridge Troop 63 will be conducting an official Flag Retirement Ceremony on Friday June 14, 2013 (Flag Day) at 7:00 at the Old Firehouse parking lot on Center Road in Woodbridge. Collection boxes are located at Woodbridge Town Hall and at the Library. 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.

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 community is invited and welcomed. 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 as is customary.

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. For the 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.

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.

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From Your State Representative *By Themis Klarides*



Klarides Successfully Helps Firefighters Raise Charitable Funds

State Rep. Themis Klarides' (R-114) bill aimed at making it easier for fire departments to conduct charitable fundraisers passed the House of Representatives on May 15th by a near-unanimous vote. The proposal requires the Department of Transportation to issue permits to fire departments seeking to host "fill-the-boot" fundraisers on state highways which is currently prohibited.

"The current law against these fundraisers has unfairly crippled our fire departments' charitable efforts and has been enforced inconsistently," said Rep. Klarides. "This bill will allow these hardworking first responders to provide much needed support to their communities in today's tough economic climate using an important fundraising tool."

Rep. Klarides added, "I appreciate the overwhelming bipartisan support my House colleagues have given this measure and I respectfully urge the Senate to pass it as well." The bill was prompted by a recent incident when the Derby Fire Department was ordered to end a charitable boot drive because it took place on a state highway.

The proposal has been endorsed by the Uniformed Professional Fire Fighters Association of Connecticut and the Connecticut State Firefighters Association. HB 5278 now progresses to the Senate for further consideration. The 2013 Legislative Session concludes June 5.

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As a fine antiquarian bookseller, David Lesser is among a handful of people who “occupy an odd little corner of the world together.” Interested in the imprint of General Henry Lee’s 1799 funeral oration in memory of George Washington during which he spoke the famous line, “First in war, first in peace,



Laura Fantarella

first in the hearts of his countrymen?” It can be had for \$2,000. How about the first published collection of Oregon’s earliest territorial laws, extremely rare and printed in 1851? Or “The Child’s Anti-Slavery Book: Containing A Few Words About American Slave Children and Stories of Slavelife,” published in 1859? Nestled in a corner of the Bradley Road Business Park, Lesser’s office is crammed with thousands of books, pamphlets and manuscripts about Americana. From the 1930 “Tijuana Bibles,” introducing young men to the “forbidden world of erotic intimacy,” to the “Authentic History of the Ku Klux Klan,” the volumes that line Lesser’s shelves chronicle the stories of the American past. Among the 30,000 titles that he has bought and sold over the years have included some from as early as the 1600s, when books were published in America. The price of a rare book can range anywhere from under \$100 to millions of dollars. Among the most coveted of rare books is the first edition of Thomas Paine’s “Common Sense,” and the 1863 printing of Lincoln’s Gettysburg Address.

This job as a rare book seller is a second career for Lesser who graduated from Yale Law School, started out in New Haven’s Legal Aid office and later worked in private practice for more than 20 years. The transition to his new job evolved slowly. “I always liked American history and rare books and I was tired of practicing law,” he said. Becoming a dealer actually incorporated what he liked most about



David Lesser

being a lawyer – researching, writing and a healthy dose of competitiveness as dealers vie to add new treasures to their stock. “I know at an auction I won’t get all I want and I’ll have to contend with my dealer friends but the competitive spirit makes it more fun and exciting and ultimately better at what you do.” In the coming months Lesser will attend an industry humdinger, when Sotheby’s in New York will auction off the first edition of The Bay Psalm Book, the first printed book in America, expected to sell for \$15-30 million.

Lesser began building his inventory by perusing book fairs, estate sales and auctions until he had collected several hundred volumes, enough to publish his first catalog of sale items. He remembers his first purchase – a stack of \$20 pamphlets of printed speeches about slavery that were presented to Congress and the Senate in the 1800s. “I went wild and bought them all!” he said. “My hand was trembling as I wrote out a check for \$1,500!” His customers are typically museum curators, private and public institutions, academics and collectors.

Though he loves the books that become his for a while, he is always happy to see them go. “The only time I get a little sad is when someone buys one of my books before I’ve had a chance to publish it in my catalog,” he said. “To enjoy bookselling you have to enjoy commerce. I enjoy the give and take of buying and selling. For a business that’s supposed to be rare there’s an awful lot of stuff out there.”

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HOUSES OF WORSHIP EVENTS

Church of the Good Shepherd Upcoming Events

Weekly Services: Sundays: 8:00 a.m. & 10:00 a.m. - Coffee and conversation after the 10:00 am service. 5:00 p.m. - Come just as you are Worship Service with Sermon discussion. Wednesdays: 7:00 p.m. - Evening Service of Prayer and Healing with Communion

Our Summer Worship schedule begins on June 9th - 8am spoken and 10 am Eucharist with music.



Church of the Good Shepherd

Church On The Beach: Sunday, May 26, 2013, 5 pm - All are welcome to join Church of the Good Shepherd on the beach across the street from Chick's in West Haven on Sunday, May 26, at 5 pm, as we worship God in the most beautiful church, that of God's creation. Afterward, we will enjoy dinner together at Chicks. Please bring a beach towel or chair and cash for dinner. For more information, call 203-795-6577 or find us on Facebook!

Church On The Beach: Sunday, June 30, 2103, 5 pm - All are welcome to join Church of the Good Shepherd at Silver Sands State Park beach in Milford on Sunday, June 30, at 5 pm, as we worship God in the most beautiful church, that of God's creation. A picnic dinner will follow. Please bring a beach towel or chair and a side dish or dessert to share. Fried chicken and drinks will be provided. For more information, call 203-795-6577 or find us on Facebook!

Kingdom Rock: Vacation Bible School: Monday, July 8 through Friday, July 12, 2013, 9 am to noon daily.

Children ages 4 through 11 are invited to discover Kingdom Rock, Where Kids Stand Strong for God! A blend of faith, community, and learning, Kingdom Rock helps children to connect with God and each other through music, games, crafts, and other activities. Vacation Bible School is co-sponsored by Church of the Good Shepherd in Orange, Orange Congregational Church, and Church of the Holy Spirit, West Haven. Camp will be held at Church of the Good Shepherd in Orange.

Registration is ongoing. Cost is \$35 per child. A limited number of scholarships are available (please contact 203-795-6577 for more information). Registration forms are available at <http://www.thegoodshepherdorangect.org/vbs-2013.html>. Cash, checks, and credit cards are accepted.

If you are a high schooler or adult and would like to volunteer at Vacation Bible School, please contact us at 203-795-6577. All are welcome! Check out our float in the Orange Memorial Day Parade!

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.

Beth-El Center Holds Spring Gala

The Beth-El Centers Spring Gala will be held on June 1, 2013! This year, our Spring Gala Fundraiser, "Light Up The Harbor" will return to the Milford Yacht Club. As you may know, the mission of Beth-El is to alleviate homelessness and hunger in the Milford area through shelter, support services, advocacy and community education in partnership with the faith based community and public and private organizations.

Cocktails, Dinner, Dancing and a Live and Silent Auction are all part of the festivities from 6 p.m. - 11 p.m. RSVP date is May 24th. Invitations are available on the web-site, www.bethelmilford.org. For more information, call 203-876-0747.

Trinity Church to Offer Summer Sports Camp

Trinity Church, Woodbridge, will once again offer a summer sports camp for children. "Off the Bench" Sports Camp will be held July 15th - July 19th from 9 a.m. to 12:15 p.m., for children aged five (by 1/1/14) through children entering grade six.

Camp will include music, skits, Bible lessons and quality sports instruction. Basketball, soccer and flag football for boys and girls, and cheerleading for girls will be offered. Campers must be 8 years old by 7/1/13 to participate in Flag Football.

All campers receive a tee shirt and daily take home papers. Cost for those registering before June 23rd is \$50.00 per child, two children \$90.00, three or more children \$125.00 in the same family. Late fees will apply for registrations received after June 23rd.

Registration forms can be downloaded at trinityefc.com under special events or you may call 203-387-4711 ext 20. Mail registration and checks (made out to Trinity Church) to 33 Center Road, Woodbridge CT 06525. Space is limited.

Woodbridge Town News

Attention Woodbridge Churches, Synagogues and Houses of Worship!

Send us your organizations events listings and items of interest. We will publish them for free.

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THE ILLUSTRATED BIBLE



*Is not wisdom found
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Does not long life
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JOB 12:12

The Artist's Mother: Head and Bust,
Three-Quarters Right
Rembrandt van Rijn, 1606-1669

Is Longevity Insurance Right for You?

By Roberta L Nestor

Longevity insurance products are very new and quickly gaining popularity. One of the main concerns with retirement is the risk of outliving our savings, especially with the average retirement being 25 to 30 years long. Whether you are a healthy individual in your 70s with family history of longevity, or a 50 year old without a pension, you may be seeking alternatives that would guarantee a stream of income that will continue no matter how long you live.

Longevity insurance is simply a purchase of an annuity contract today, that will promise to pay you a guaranteed set income at a date in the future. New

Dollars and sense

York Life pioneered this type of insurance with its "Future Income Guarantee" product in 2011. Since insurers like Metropolitan Life, Symetra and Hartford Insurance have all introduced their own versions of providing future income*. It is important to understand that you determine when you want the income

to start, you decide on the payout frequency (monthly, quarterly, annual) and you decide which payout option will best protect your principal should you die before payments start or how to protect income for a surviving spouse.

What's the catch? Once you purchase the annuity, you no longer have access to your principal. You are locked into using those funds for the agreed upon income in the future. Is it worth it? Let's look at some numbers from New York Life's Future Income II:

A 55-year-old man who buys a deferred income annuity from New York Life with \$100,000 and who sets his income start date at ten years from now would receive \$10,620 a year for the rest of his life, which equates to a payout rate of 10.62%.

Or a 65 year old man who makes a \$25,000 purchase and wants income to start in 20 years, when he is age 85. If he wants to protect his money for his beneficiaries, then at age 85 he would receive \$9,228 a year for the rest of his life. If he chose a life only option that would not protect his \$25,000 at his death, then the payout would increase to \$14,700 a year!

With fewer Americans being covered by pension plans and social security providing a smaller percentage of income for retirees, longevity insurance is worth a look. Even contributions can be flexible with as little as \$5,000 (and you can add to it anytime). You can use retirement savings such as IRA or ROTH, even 401k rollovers can be turned into income.

Another bonus is that when you deposit after-tax dollars (or non-retirement) you have tax advantages. Every income check in the future will consist of your own principal and some interest. In the example of the 65 year old above, regardless of what payout option he elects, will have 35% of his income guarantee considered a return of principal and not taxable. Another bonus, your income stream is not subject to stock or bond market risk and backed by the financial institution you purchase from.

Longevity insurance can be complex and may be appropriate for only a small percentage of your overall retirement savings. Sit down with a financial advisor and start to think about an income plan for your future.

*Guarantees extend to the claims paying ability of the issuer.

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.



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.

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

Hooked on the Sound Crochet Guild, Saturdays, 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.

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.

Massaro Farm CT Trail Day, June 2, 2013, 1:30-3:00pm; enjoy a 2 mile walk along our woodland trail, stopping along the way to observe and identify rocks, trees, ferns, birds and evidence of farming history. FREE. Steady rain cancels. No RSVP necessary; Meet in farm parking lot.

Trap Falls Kennel Club TDI Testing (Therapy Dog International), Sunday, June 2, 2013, 10:00am to mid-afternoon, outside at Apple Rehab, 5 Lake Road, Shelton CT. Those interested must pre-register by calling 203-877-6157.

18th Anniversary Sculpture In The Garden Show & Tag Sale, June 8 & 9, 2013, 9:00am-4:00pm, on the grounds of the Beverly Kaye Gallery, 15 Lorraine Drive; artists utilize recycled materials and junk yard finds to create objects of delight-everything from life-sized horses, hand-built pottery, masks, birdhouses, bottle cap robots, and more! Beverly Kaye Gallery will also be participating in CT's Open House Day. Visit Beverly Kaye Gallery on Facebook for up-to-date details.

Volunteer at Your Local Schools

A gentleman in Iowa has gone back to school, although not in the traditional sense. He's found his way to the local elementary school, where he volunteers doing a variety of tasks -- not just a few hours a week, but every day. He's 74 years old.

Some days he spends time one-on-one with children who need help with math. Other times he helps those struggling with reading. During his "spare" time he reorganized the school's library. His school feels lucky to have him.

All across the country there are schools in trouble. They're victims of budget cuts that take away valuable resources, perhaps the resources that the kids need most. Instead of a reading specialist in each school, maybe that specialist is spread out over five schools, and too many kids are falling through the cracks. The federal infusion of "turnaround" dollars for the past three years is about to end. Less money will mean even fewer resources.

It can be a vicious cycle. But it's one that we can break -- by volunteering at our schools.

Here are some things you can do:

- Help struggling students with math and reading at all grade levels.
- Answer phones in the front office.
- Help with building maintenance on an ongoing basis.
- Teach art classes.
- Assist with field trips.
- Give presentations on a topic you know a lot about.
- Organize bake sales.
- Catalog, repair and shelve books in the library.
- Give music lessons.
- Chair an afternoon special-interest club.

We have the time; we have the experience. Who better than seniors to lend a helping hand at our local schools? To get started, call the school principal, the head of the PTA or the district offices.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to columnreply2@gmail.com.

Death Notices



Walter J. Kelley

Walter J. Kelley, of Ashlar Village, Wallingford, CT, formerly of Surfside Beach, SC, passed away May 11, 2013 at the Hospice at Masonicare Health Center in Wallingford, CT. He was born in Brooklyn, New York on March 23, 1928, son of the late Henry and Emma Kelley. He was predeceased by his loving wife, Sally (Reinig) Kelley. He is survived by his brother, Henry, of Hobe Sound FL, and two children, Susan Kelley (Robert Shields, Jr.), of Woodbridge, CT and Peter Kelley (Arlene Terrill) of Wading River, NY. Walter is the devoted grandfather of Rachel and Christopher Shields and Jeffrey Kelley. Also surviving are a brother-in-law, Bill Reinig, of Annapolis MD, and several nieces, nephews, grand-nieces and grand-nephews. After serving in the US Military in the Korean War, he received his BS in Pharmacy from St. John's University in Queens, NY, and enjoyed a long career as a pharmacist and as a middle school and high school teacher and administrator on Long Island and in Brewster, NY. Walter and Sally travelled extensively through the US and Europe, and also visited Australia, New Zealand and Africa. He was an avid user of computer technology and enjoyed reading US and European History. Services will be private. The family is grateful for the care and support Walter received from friends at Ashlar Village and the staff at Masonicare Health Center. Memorial contributions may be made to Masonicare Health Center, 22 Masonic Avenue, Wallingford, CT 06492. Friends may leave condolences at www.beecherandbennett.com.



Walter J. Kelley

Fay Kinney Ladanyi

Fay Kinney Ladanyi, 91, passed away May 16, 2013. Born August 4, 1922, formerly of New Haven and Branford. Daughter of Fay Paul and Nona (Boyd) Kinney. Fay was predeceased by husband, Charles Ladanyi and sister Elizabeth (Kinney) Ryder. Survived by nephews Paul R. Ryder and Peter R. Ryder both of New Hampshire, several great-nieces and nephews, cousin Cynthia O'Donnell of Florida, and long time family friend, Harold Peck, of Milford. A future service will be private.

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

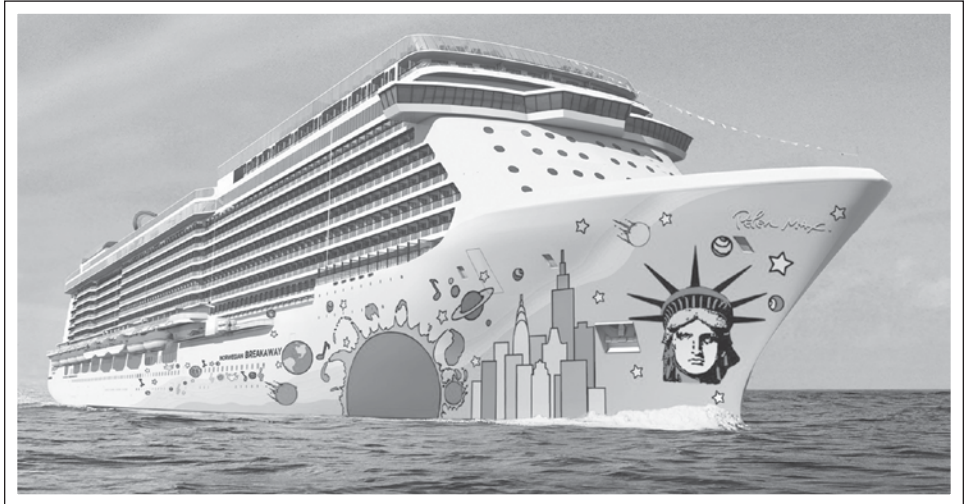
Memorial Day



May 27

Get Ready to Cruise News

By Leslie Marsh



The Exciting New Norwegian Breakaway

Norwegian Cruise Line has hit a major league homerun with its new ship, the Norwegian Breakaway! Showcased during an exciting two-day cruise earlier this month, the Breakaway delivers the best of NYC at sea!

Norwegian Breakaway offers the high-caliber dining and entertainment that New York is famous for. Features include an open-air boardwalk, The Waterfront, and 678 Ocean Place with a wide range of indoor and outdoor venues. Norwegian Breakaway's entertainment includes three Broadway shows: five-time Tony-nominated "Rock of Ages," dance sensation "Burn the Floor" and "Cirque Dreams and Dinner Jungle Fantasy." Nightclub performances include famed comedy troupe The Second City, Howl at the Moon dueling pianos, and New York's own Slam Allen. Norwegian Breakaway will also feature an exciting fireworks show on every cruise as the grand finale of a decadent 1980s-themed deck party. New York's Rockettes are the Godmothers of the ship and will be teaching workout classes on select sailings.

Celebrity Iron Chef and Food Network star Geoffrey Zakarian has debuted his first restaurant at sea on Norwegian Breakaway: Ocean Blue by Geoffrey Zakarian (visit my Facebook page for a photo of me and Geoffrey out on deck). Buddy Valastro, star of the TLC series "Cake Boss," has opened an extension of his popular bakery, Carlo's Bake Shop onboard (the lobster tail pastries are "to die for"). The ship features a total of 28 dining options on board, many of which are complimentary. I had the opportunity to dine at Moderno Churrascaria, the Brazilian-style steakhouse, it was an awesome experience.

The Breakaway features a wide range of stateroom choices beginning with The Haven by Norwegian, a complex of 42 suites complete with private courtyard, pool and restaurant. The Studios are designed and priced for solo travelers, an industry innovation! The ship also features ocean view, balcony and mini-suite staterooms.

The top decks of Norwegian Breakaway feature the first Aqua Park at sea with five full-size water slides including twin free fall slides, and a three story sports complex that includes the largest ropes course at sea where you'll be challenged to "walk the plank" all while safely harnessed in, a nine-hole miniature golf course, a basketball court, rock climbing and more!

Norwegian Breakaway is the largest ship to call New York home, sailing year round to Bermuda, Bahamas/Florida and the Caribbean. With the exciting stateroom choices, activities and features, the Breakaway is a great choice for multi-generational travel, and as Connecticut residents, we have the added benefit of being able to enjoy this ship without having to fly. If you've been considering a cruise vacation, the time has come to Breakaway!!

Leslie Marsh owns and operates Cruise Planners of Orange. She can be reached at 203-799-2367, leslie@getreadytocruise.com or facebook.com/CTCruisePlanners.



KEVIN CHARLOTTE/CEBRE/2013

ENTERTAINMENT

top 10 movies


- 1. Iron Man 3 (PG-13)**
Robert Downey Jr., Gwyneth Paltrow
- 2. Pain & Gain (R)**
Mark Wahlberg, Dwayne Johnson
- 3. 42 (PG-13)**
Chadwick Boseman, Harrison Ford
- 4. Oblivion (PG-13)**
Tom Cruise, Morgan Freeman
- 5. The Croods (PG)**
animated
- 6. The Big Wedding (R)**
Robert De Niro, Katherine Heigl
- 7. Mud (PG-13)**
Matthew McConaughey, Tye Sheridan
- 8. Oz the Great and Powerful (PG)**
James Franco, Mila Kunis
- 9. Scary Movie 5 (PG-13)**
Ashley Tisdale, Simon Rex
- 10. The Place Beyond the Pines (R)**
Ryan Gosling, Eva Mendes

TOP DVD RENTALS AND SALES

- 1. Django Unchained (R)**
Jamie Foxx
- 2. This is 40 (R)**
Paul Rudd
- 3. Life of Pi (PG)**
Suraj Sharma
- 4. The Hobbit: An Unexpected Journey (PG-13)**
Ian McKellen
- 5. Lincoln (PG-13)**
Daniel Day-Lewis
- 6. Parental Guidance (PG)**
Billy Crystal
- 7. Zero Dark Thirty (R)**
Jessica Chastain
- 8. Argo (R)**
Ben Affleck
- 9. The Impossible (PG-13)**
Naomi Watts
- 10. Les Miserables (PG-13)**
Hugh Jackman



Chartbusters

- | | | |
|---|--|--|
| <p>Top 10 Pop Singles</p> <ol style="list-style-type: none"> 1. Pink
"Just Give Me a Reason" 2. Macklemore & Ryan Lewis feat. Ray Dalton
"Can't Hold Us" 3. Rihanna feat. Mikky Ekko
"Stay" 4. Macklemore & Ryan Lewis feat. Wanz
"Thrift Shop" 5. Justin Timberlake
"Mirrors" 6. Bruno Mars
"When I Was Your Man" Justin Timberlake feat. Jay Z
"Suit & Tie" 8. Pitbull feat. Christina Aguilera
"Feel This Moment" 9. Icona Pop Featuring Charli XCX
"I Love It" 10. Imagine Dragons
"Radioactive" | 
<p>Michael Buble</p> | <p>Top 10 Country Singles</p> <ol style="list-style-type: none"> 1. Florida Georgia Line
"Cruise" 2. Darius Rucker
"Wagon Wheel" 3. Blake Shelton feat. Pistol Annies & Friends
"Boys 'Round Here" 4. Miranda Lambert
"Mama's Broken Heart" 5. Florida Georgia Line
"Get Your Shine On" 6. Tim McGraw with Taylor Swift
"Highway Don't Care" 7. Lady Antebellum
"Downtown" 8. Thompson Square
"If I Didn't Have You" 9. Kenny Chesney
"Pirate Flag" 10. Blake Shelton
"Sure Be Cool If You Did" |
|---|--|--|

COUCH THEATER DVD PREVIEW BY DNA SMITH



The Lovings

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of May 27, 2013.

PICKS OF THE WEEK

"Dark Skies" (PG-13) -- A nice young family moves into a pleasant suburban home, only to be harassed by the creepy whims of supernatural forces. There's a mom and dad (Keri Russell and Josh Hamilton) and two young boys who just can't get the message when super-spooky stuff happens to them -- mysterious marks and wounds appearing on their bodies, moments of amnesia, temporarily losing control of their bodies. You know, the usual.
This movie doesn't really break from the "Paranormal Activity" pack, except that it looks more at the family than the (rather lame) myths behind the haunting. Mom wants to sell the house, but the market isn't favorable. Dad isn't happy being unemployed. The boys are going through kid stuff -- on top of being haunted.

"Lore" (R) -- Before Lore's parents -- devout and high-ranking Nazis -- are taken by American forces, they tell their children to flee north and avoid soldiers. Lore (pronounced like "Laura") must care for her four younger siblings as they travel through Germany in the immediate aftermath of World War II. Along the way, they are helped by Thomas, a young man who survived the concentration camps. Though they must depend on this strange man, Lore still remembers all of the things her SS father told her about Jewish people.

The largest part of her journey is going through the ashes of her upbringing. That's the most haunting part -- how do you know where you are when you're forced to question everything you've ever known?

"The Loving Story" (NR) -- In the case of Loving v. Virginia, the Supreme Court ruled that interracial marriages could not be restricted by law. Richard Loving married Mildred Jeter in Washington D.C. in 1958, but their marriage was not recognized in their home state of Virginia -- interracial marriage was illegal there and in more than 20 other states. Richard was a white man, and Mildred was half-black, half-Native American. This award-winning HBO documentary features old home footage of the family, as well as photographs and interviews.

"The Numbers Station" (PG-13) -- John Cusack is a CIA agent who gets assigned to what's supposed to be an uneventful post: protecting a secret bunker where encrypted messages are sent and received. So, from the beginning we're promised a dull affair, and that's what we get -- even after the bad guys breach the compound. Cusack has to protect the pretty blond cryptologist at all costs. This job apparently demands that any romance that might occur between the two agents be as brief and unconvincing as possible. A pleasant surprise is Cusack's performance as an action lead; he's a good at gunplay and portrays a good veteran of espionage.

1. Who released "Heaven Is a Place On Earth" and when?
 2. Name the group that covered the old 1940s standard "Cotton Fields" in 1970.
 3. What was the name of the Mar-Keys when they first began?
 4. Name the group that released "I Was Made For Lovin' You." Bonus for knowing the album name and year.
 5. Name the song with this lyric: "You don't drive a big fast car, no, You don't look a-like a movie star, And on your money we won't get far."

FLASHBACK TRIVIA BY MICK HARPER

1. Behind Carole King, the lead singer of The Go-Go's, in 1987. The song went to No. 1 in multiple countries, including Ireland, New Zealand, Norway, Sweden, Switzerland and the U.S.
 2. The Beach Boys. They originally recorded the song in 1968 but were unsatisfied with the arrangement.
 3. The Royal Spades. Booker T. Jones was a member and eventually formed Booker T. & the MGs.
 4. Kiss, in 1979, on their "Dynasty" album. The B-side of the single release was "Hard Times."
 5. "You Got What It Takes," released in 1959 by Mary Johnson. Nearly every song Johnson released was written by Berry Gordy, Jr., the founder of the legendary Motown record label.

Sudoku answers on page 34

Weekly SUDOKU
by Linda Thistle

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

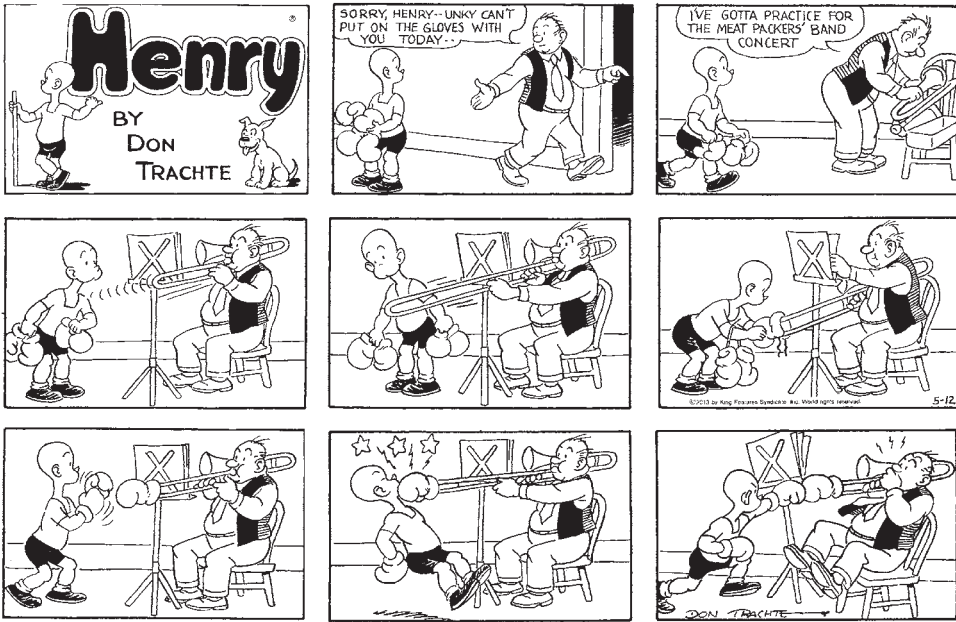
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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COMICS / CROSSWORD / HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Johnny Depp

HOLLYWOOD -- The on again/off again romance between Johnny Depp and Amber Heard is on again ... for the moment. Johnny has been quoted as saying he wants to marry her ONE day, while she counters that she won't take any NONSENSE from him. The bottom line is she wants him to stop the partying and whiskey drinking to prove he's ready to settle down.

The \$250 million "The Lone Ranger" film with Depp in the role of Tonto finally opens July 3. Don't know when he'll have time for romance with all the projects on his plate. First, he wants to produce a documentary on Rolling Stones guitarist Keith Richards, his "Pirates of the Caribbean" co-star. Depp is currently shooting "Transcendence," with Morgan Freeman, Kate Mara and Cillian Murphy, for April 2014 release. Then he'll star in the fifth Caribbean flick, "On Stranger Tides," being helmed by "Chicago" director, Rob Marshall. Add to the mix a remake of the William Powell/Myrna Loy film series "The Thin Man."

In addition, Depp wants to produce and star as comic-book character Rex Mundi and has bought the rights to another comic book, "The Vault." In September, he's due to shoot the film version of the multiple Tony Award-winning musical "Into the Woods" in London, under Rob Marshall's direction. His co-stars are Meryl Streep, Christine Baranski, "Smash's" Marilyn Monroe, Megan Hilty, former "30 Rock" star Cheyenne Jackson and "Phantom of the Opera" film star Patrick Wilson as Prince Charming. Sondheim is adding new songs to the score for the film.

One more part Depp wants to make

his own is Carl Kolchak in "The Night Stalker." The original TV series, with Darren McGavin, was on ABC in the 1974/75 season. It was one of my favorite shows, and I was lucky enough to be asked to act on it by Darren McGavin, who also was producing the show. My character, Leon Van Heusen, was a TV repairman by day and a seeker of UFO's by night. Somehow Leon contacted an extraterrestrial and was lured into the woods, where he was blown to death by gale winds and had his bone marrow sucked out.

When we filmed on the back lot of Universal Studios, my three lines for the scene were drowned out by a waterfall nearby. Luckily, they'd also taped my lines, to be played a second time on a tape recorder Kolchak later found. So McGavin did a voice-over about Leon as they showed the scene. Twenty minutes later, when he found my lifeless body, the audience heard my three lines. For many years, friends kidded me about how I died and then my mouth died 20 minutes later ... that's showbiz!

King Crossword

ACROSS

- 1 Fire residue
- 4 Temptresses
- 9 Swabbie's tool
- 12 Eisenhower nickname
- 13 Approximately
- 14 Flightless bird
- 15 Causing unhappiness
- 17 Lair
- 18 Architect Maya —
- 19 Broken-arm aid
- 21 With "out," depressed
- 24 Grand tale
- 25 Historic time
- 26 Pooch
- 28 Obliterate
- 31 Body powder
- 33 Pinch
- 35 Sleeping
- 36 Apportion
- 38 Beak
- 40 Floral neckwear
- 41 Poet Pound
- 43 Victoria's prince
- 45 Game participant
- 47 Automobile
- 48 High-arc throw

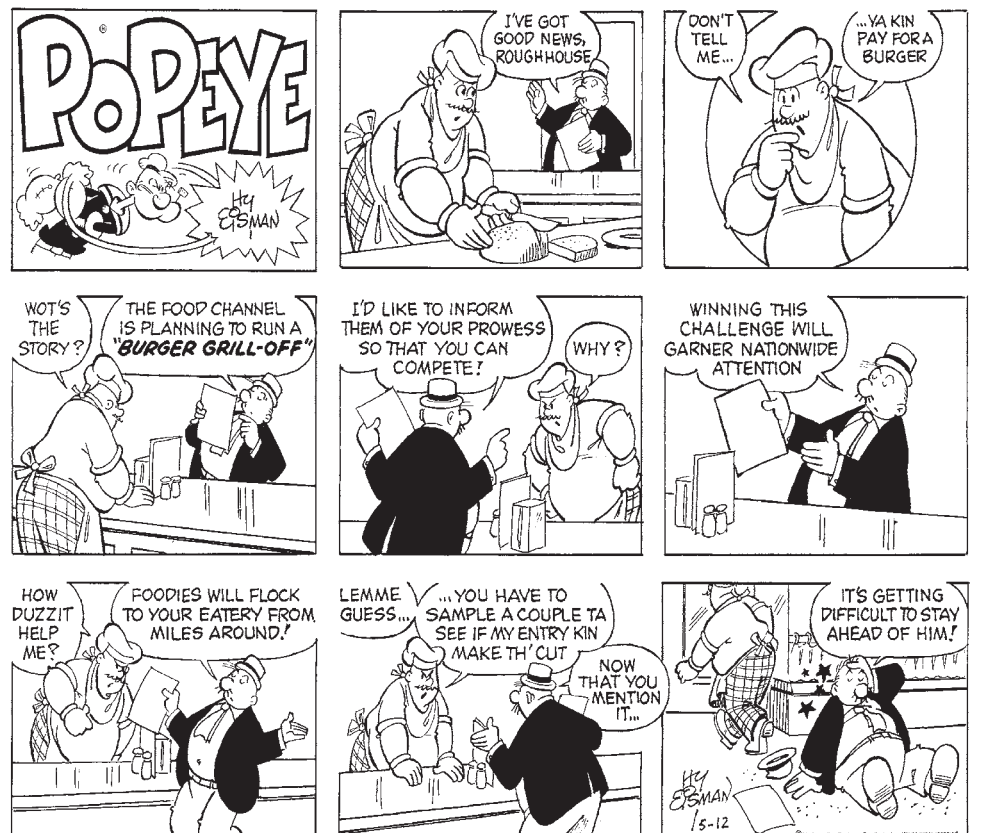
1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
			18			19	20			
21	22	23				24				
25			26	27	28			29	30	
31			32	33	34	35				
36			37	38	39	40				
		41		42	43	44				
45	46				47					
48			49	50				51	52	53
54			55					56		
57			58					59		

DOWN

- 1 Pick a target
- 2 Tackle the slopes
- 3 Cock and bull?
- 4 Miscellaneous
- 5 Desert
- 6 Unruly group

- 7 Throb
- 8 Treeless tract
- 9 Having a remedy
- 10 Portent
- 11 Fourth down option
- 16 Shade provider
- 20 Old Italian money
- 21 Alpha follower
- 22 Caspian feeder
- 23 Up for modification
- 27 Card table call
- 29 Prophet
- 30 Redact
- 32 Snug and warm
- 34 NBC bird
- 37 Quake
- 39 Trumpet noises
- 42 Sports venue
- 44 Lingerie item
- 45 Entreaty
- 46 Lounge around
- 50 60 sec.
- 51 Sandwich, for short
- 52 Shelter
- 53 A billion years

King Crossword Answers on Page 34



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— **King Crossword** — — **Weekly SUDOKU** —

Answers
Solution time: 21 mins.

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I	K	E	A	B	O	U	T	E	M	U		
M	I	S	E	R	A	B	L	E	D	E	N	
			L	I	N	S	P	L	I	N	T	
B	U	M	M	E	D	E	P	I	C			
E	R	A	D	O	G	E	R	A	S	E		
T	A	L	C	N	I	P	A	B	E	D		
A	L	L	O	T	N	E	B	L	E	I		
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E	L	L	O	N	I	C	E	L	E	O		
A	L	E	R	A	N	K	S	T	E	N		

Answer

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

Salome's Stars

ARIES (March 21 to April 19) Lots of possibilities begin to open up by mid-week. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.

TAURUS (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.

GEMINI (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.

CANCER (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there waiting for you to find them.

LEO (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own pace.

VIRGO (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity to avoid raising resentment in the workplace.

LIBRA (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.

SCORPIO (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.

SAGITTARIUS (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

CAPRICORN (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

AQUARIUS (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

PISCES (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

BORN THIS WEEK: You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.



top ten

Least-Visited Countries

1. Nauru
2. Somalia
3. Tuvalu
4. Kiribati
5. Marshall Islands
6. Equatorial Guinea
7. Turkmenistan
8. Sao Tome & Principe
9. Comoros
10. Afghanistan

Source: UNWTO/Gunnar Garfors

HOCUS-FOCUS

BY HENRY BOLTINOFF

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

Pole handle is shorter. 5. Tree is missing. 6. Float and line are missing.

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Pet Insurance For Real?

DEAR PAW'S CORNER: I read an online interview that you did with a veterinarian who advocated that all pet owners buy pet insurance. Why are you recommending pet-insurance companies? Aren't they just a scam? -- Patty in Mobile, Ala.

DEAR PATTY: For better or worse, pet insurance is for real. It's a fast-growing industry, too. Why? Because pet owners are opting for more complex, expensive treatments for their dogs, cats and other pets. In addition, veterinary costs are rising, just as costs for human medical treatment have risen in the past two decades. Vaccinations alone can cost more than \$100 per year in some areas.

Pet insurance gives owners who are committed to caring for their pets additional options in paying for their care. However, there are so many different choices in care that it can be difficult to figure out which insurance option is best. Some owners just want their pets covered for serious illnesses; others want routine checkups and vaccinations covered, as well. To figure out if pet insurance is right for you, talk to pet owners who have insurance. Ask about their experience with their insurance company, the type of insurance they purchased and what they think of the quality of coverage.

You also can also search online. For example, DugDug.com, a comparison-shopping website focused on pet owners, launched a new tool in April that compares different insurance companies, plans and rates. Hunt around, find the best plan and rate for you and your pet, and be sure to read the fine print before signing up for pet insurance.

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

The Garden Bug

butterfliesandmoths.org is a database/website that coordinates up-to-date input on butterflies and moths from professional lepidopterists, published literature, museums, and scientists of all ages and experience levels. Photos and observations from the field are collected, and accessible online via checklists, species profiles, maps displaying point data, and other tools.

Source: www.butterfliesandmoths.org

ARTS & LEISURE

“I Am Your Witness” Premieres

Adopt a Survivor is a program designed to preserve and perpetuate the soul and spirit of Holocaust survivors. For six years, the Jewish Federation of Greater New Haven has been pairing a local Holocaust survivor with a local high school student to take a joint journey through understanding the survivor's life before, during and after the Holocaust.

“Seeing and hearing an eyewitness describe his experience makes history come alive,” said Anat Weiner, Adopt a Survivor program director. “Unfortunately, Holocaust survivors are aging; these important live eyewitness accounts are becoming less available and will not exist to future generations. By this personal journey the adopter becomes one with the survivor and can then be able to represent the survivor and tell his story with accuracy and feeling to any audience for generations to come.”

This past year, local filmmaker Richard Gans followed the Adopt a Survivor participants through the program to create a journey that illuminates the Holocaust's lessons for contemporary life. The film charts the transformative program. “The most sacred and solemn duty of the present generation is to never forget what happened during the Holocaust,” said Gans. “We made this film to reach a larger audience in the community, to honor those survivors who have personally experienced the worst of humanity and to provide hope and inspiration for future generations.”

- WHAT: “I Am Your Witness” – Adopt a Survivor Documentary Film Premiere
- WHEN: Sunday, June 9, 2013 at 3 p.m.
- WHERE: JCC of Greater New Haven, 360 Amity Rd. Woodbridge, CT
- COST: \$5 Suggested Donation



Judy Sirota Rosenthal.

Corey Chang Featured Soloist in GNHY Ensemble

New Woodbridge resident Corey Chang was a soloist performing in the Neighborhood Music School's Greater New Haven Youth Ensembles Spring Concert on Sunday, May 12 at Yale's Battell Chapel on College St. in New Haven. The Mother's Day concert showcased four of Neighborhood Music School's auditioned ensembles, which draw many of the best and brightest musicians from middle and high schools across Connecticut. More than 139 students from 29 towns and cities participate in these ensembles, under the skilled direction of professional conductors. The ensembles include the Concert Band, conducted by Rachel Stevens Antonucci; the Symphonic Wind Ensemble, conducted by Mark Gahm; the Concert Orchestra, conducted by Marvin Warshaw and assistant conductor Christopher Jones; and the Youth Orchestra, conducted by Netta Hadari. Concert tickets are available at the door and cost \$10 for adults; \$5 for seniors and children age 12 and under.



Corey Chang

A junior at Hopkins School, Corey is a member of NMS's Symphonic Wind Ensemble, and will play a solo from George Gershwin's "Rhapsody in Blue". Corey started playing piano at the age of two and has been a student at NMS since age five, taking lessons in classical and jazz piano and drums. His teachers at Neighborhood Music School have included Jesse Hameen II, Rex Cadwalader, Nick Forte, Rebecca Raffaelli and, currently, Mary Bloom. Corey started composing at age seven. From 2009-2011, he participated in the New Haven Symphony's Young Composers' Project with Augusta Read Thomas, and his final composition, "Nature's Release," was premiered in Yale's Sprague Hall. He is currently working on a string trio in the 2012-2014 Young Composers' Project with Christopher Theofanidis. This year, Corey won first place in the Golden Key National Piano Composition Competition, and his piece, "Evening Light," will premiere in Austria in July. He is also second place winner of the 2013 Renée B. Fisher Competition for Young Pianists in the high school division, and will perform in the Winner's Concert on Sunday, May 12 at 7 p.m. at Neighborhood Music School. Corey is a member of Hopkins' male a cappella group, the Harmonaires.

“Audubon Arts on the Edge”

On Saturday, June 8, from 12-5 p.m., families with children of all ages are invited to join us on Audubon Street (between Whitney Avenue and Orange Street) for Audubon Arts on the Edge, an afternoon of free, family-oriented music, dance, and circus performances, hands-on arts-and-crafts activities, and interactive educational programs. Rain or shine! Several featured performers include the ACES ECA Jazz and Vocal Ensembles, NMS Suzuki Strings, ACES ECA “Folktales from Around the World,” New Haven Ballet, Thelma Ladeira & Ginga Brasileira Dance Company with Afro-Brazilian Dances, and Caldwell Dance Center.

For the 18th year, Audubon Street itself will morph into a concrete canvas on which artists of all ages will create a meandering chalk mural. Children will also be able to make music at the “instrument petting zoo,” create art on a giant painting wall, and make useable art from recycled materials. There will also be a dress up corner, caricaturist, cupcake-decorating table, storytellers, face painters, creative science station, sea life touch tank, and much, much more!

For more information about Audubon Arts on the Edge, including a detailed schedule of events, visit newhavenarts.org or call (203) 772-2788. Audubon Arts on the Edge is organized by the Arts Council of Greater New Haven, Creative Arts Workshop, ACES Educational Center for the Arts, Neighborhood Music School, and the New Haven Ballet.

Audubon Arts on the Edge is sponsored by The Community Foundation for Greater New Haven, Kiducation, the Audubon Arts & Retail District, Pfizer, and Suzio York Hill. Additional funding support comes from the Department of Economic and Community Development, Connecticut Office of the Arts, and the The Werth Family Foundation. The media sponsor is Star 99.9.

Keylock Presents “Lucky Me”

Woodbridge resident Joanna Keylock will be producing the upcoming one-woman show called LUCKY ME: My Life With - and Without - My Mom, Shirley MacLaine, starring Sachi Parker. The show will have its debut at the Off Broadway Theatre at Yale University in New Haven.

LUCKY ME takes you on a tour of Sachi's colorful, idiosyncratic and sometimes unbelievable life. LUCKY ME is not only Sachi's story, but also a compelling snapshot of America in the second half of the 20th Century: it spans the Rat-Pack-Vegas world of the 60s, the free love consciousness raising 70s and the New Age self-absorption of the 80s and 90s. Ultimately, it is a bittersweet love letter to a mother who is universally beloved, a larger-than-life figure who commands the spotlight and yet always seems beyond reach.

Directed by Douglas Moser. Set design by Andrew Rubenoff. The show opens Thursday May 31st and runs through Sunday June 9th. The Off Broadway Theatre at Yale University, 41 Broadway New Haven. Tickets are \$30.00. For more information go to luckymetickets@yahoo.com.



ARTS & LEISURE

The Davis Gallery Awarded "Best Of"

The Davis Gallery in Orange was recently voted #2 for Art Gallery Opening Receptions by the well known New Haven Advocate's "Best Of" readers poll. In the short three years since Ron & Julie Davis Opened the Davis Gallery in the VideoLab vestibule, it has been acclaimed the #2 Gallery, second only to The YALE Art Center. The Davis Gallery has quickly become known as the place for talented local artists. Their opening receptions are warm, lively, fun and social. The Gallery's past-presented wing always hosts great wine & cheese parties and did so on May 4th for the well-attended Opening Reception for local photographer and nature lover, James Angersola, who's collection will remain at the Gallery for another month. Stop in at the Davis Gallery, 200 Post Road in Orange, and enjoy the colorful & vibrant works of James Angersola.

The Orange Historical Society is pleased to announce a reception in honor of Emily Prudden and its collection of her water colors recently received from Arlene Burke, an antique dealer whose love of history and art found Emily's work fine enough to frame and enjoy in her home. The society is most anxious for everyone to join them on June 2nd for the official opening of this fine collection from 4:00-6:00pm. Emily Prudden was known locally for the many schools she established in North Carolina in the mid-1800s, but it was not until Mrs. Burke's donation did the society realize what a fine artist she was. For information, call 203 795-3106.



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OPERATION GRADUATION 2013 FUNDRAISER BEGINS

The Amity High School Parent-Teacher-Student Association has begun its annual Operation Graduation fundraiser.

If you know a graduating senior from the Amity Class of 2013 now is the time to order "Congratulations Amity Grad" gold foil balloons that will be delivered, with an attached card to their homes and attached to their mailboxes the day before graduation.

Each 18" balloon costs \$5, all proceeds going to the association and a portion going to the scholarship fund. **Order Deadline is Friday June 14!!!** Balloons will be delivered to homes in Bethany, Orange and Woodbridge.

Anyone wishing to order balloons for seniors residing outside the Amity area may pick up the balloons at the school on Wednesday June 19 from 8:30 till 10:30am.

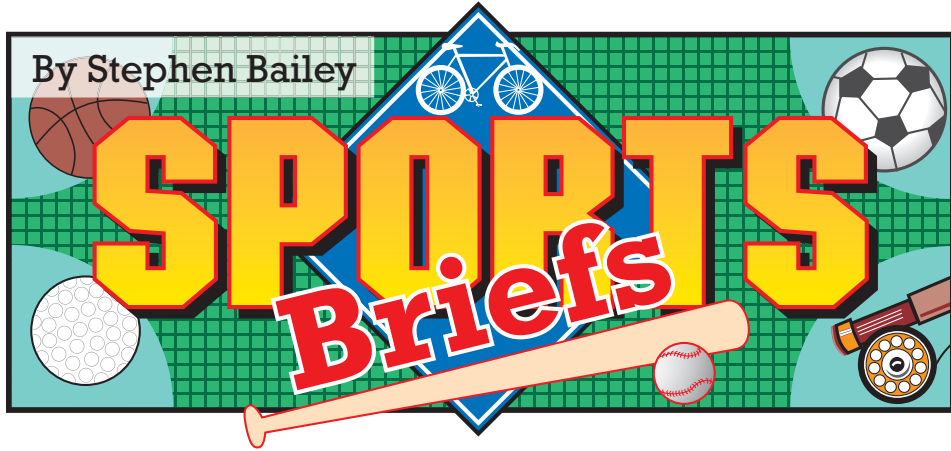
Send checks payable to Amity High P.T.S.A. to Michele Vitti, 506 Turkey Hill Road, Orange, CT 06477.

For more information please call Michele Vitti 203-915-4189, or Linda Ferranti 203-891-9738. To obtain an order form, go to AmityRegion5.org/ahs/High_School_PTSA.



LOCAL SPORTS

By Stephen Bailey



Amity Baseball Crushes Shelton to Take Housatonic Division Crown

The Amity baseball team rocked Shelton 8-0 to clinch the SCC Housatonic Division on May 9. With the title on the line, Mike Concato allowed just three hits and struck out nine batters. Concato added two hits and two RBI while Keith Klebart registered three doubles and two runs as part of a 4-for-4 performance.

The Spartans led 1-0 entering the fifth inning, but churned out a five-hit (including three doubles), five-run frame to break the game open. Anthony Capozziello also had a pair of RBIs while Jake Russo, Sebastian DiMauro, R.J. Moquet and Chris Katz each got a hit for Amity.

The Spartans, who improved to 14-2, were coming off an 11-2 thrashing of rival Cheshire just three days earlier.

Spartans Softball Holds Off Cheshire to Win Housy Title

Amity edged Cheshire 5-3 on May 6 to clinch the SCC Housatonic Division crown. With two runners on and no outs in the seventh inning, Spartans freshman Katie Koshes came on in relief and struck out three in a row to seal the win.

After finishing divisional play 7-0, Amity then beat West Haven 7-3 on May 13 to improve to 13-5. A three-hit, three-error sixth inning allowed the Spartans to score four times in the frame. Heather Ferranti was solid on the mound, allowing six hits in the victory.

Amity Boys, Girls Track Teams Win SCC Eastern Sectional Meets

Alexa Eldracher and David Karabinos starred for the Amity boys and girls track teams in the SCC Eastern Sectional meet as both Spartans teams claimed first place, respectively.

For the girls, who finished with 130.5 points, Eldracher won the long jump, setting a meet record (17 feet, four inches), and also took the triple jump (36-11). Kristen Post won the javelin with a meet-record throw of 117 feet, three inches, while Kate Simon won the shot put (38-6.75) and finished second in the discus (98-8). The Spartans 4x100 relay team set a meet record in 49.96.

Zoie Reed claimed second in the 100 (12.6) and long jump (16-9); Zoe Moscato took second in the javelin (97-8) and Maddie Tremblay was second in the pole vault (9-6).

For the boys, Karabinos won the triple jump (42-10.5) and long jump (21-0) and finished second in the 110 meter hurdles (15.20) to lead the Amity boys to the sectional title. Zachary Torro set a meet record in the shot put (49-3.25) for the Spartans while Shae Belesnki won the 3200 (9:44.35) and placed second in the 1600 (4:28.60) and Michael Yuan won the 1600 (4:28.15). Anthony Barletta finished second in the 800 (2:03.33), Aaron Ratley second in the 300 hurdles (42.31), Mike Vitale second in the shot put (48-3.25) and Matthew Post second in the javelin (156-3). The Amity 4x100 relay team placed second in 45.19.

Amity Boys Lacrosse Routs West Haven for Second Straight Win

The Amity lacrosse team is back on track. After consecutive losses to Guilford and Fairfield Prep, the Spartans have responded with back-to-back wins. After a 9-1 victory over newly-formed program Foran, Amity routed West Haven 17-1 on May 13.

Ajay King led the way with six goals for the Spartans, who found the back of the net nine times in the first quarter. Jake Milner added three goals and five assists, Joey Choinere chipped in two goals and four assists and Dave Buono and Matt Attolino had one goal and assist each. Other scorers for Amity included Matt Milner, John Pignataro, Mike Cala and Johnny Uscilla. Nick Coassin added an assist.

James Chapman (4) and Evan Campbell (2) combined for six saves on the afternoon as the Spartans improved to 7-6, three wins away from first-year coach Brandon Pepe's goal for the team this season.

Spartans Girls Lacrosse Looks to Rebound after Tough April Stretch

The Amity girls' lacrosse team will look to rebound after a tough stretch in mid-April. The Spartans lost three straight to Hamden, Guilford and Pomperaug before beating North Haven 14-7 on April 23.

Kate Simon & David Karabinos Given Prestigious Scholar-Athlete Awards

Amity track and field athletes Kate Simon and David Karabinos have been named two of 13 SportsCenter of Connecticut/Southern Connecticut Conference Scholar Athletes of the Month for March. According to the SCC press release, student athletes who are selected must be a varsity letter winner and have a 3.0/B average while demonstrating leadership qualities such as: being a positive role model; helping teammates overcome adversity; showing a commitment to self-improvement; or putting the needs of the team before themselves.

Simon has set numerous shot put records in her high school career. During the indoor season, she won the shot put competition for the SCC championship, CIAC Class LL meet and State Open meet. Simon also placed third in the New England Championships. In addition to being ranked in the top ten percent of her class, she is a member of the National Honor Society, National Latin Honor Society, National Art Honor Society, and National Spanish Honor Society.

Karabinos is also a star on the track team, having won the state decathlon in consecutive seasons. In a quad meet earlier this outdoor season, he won the 110 meter hurdles, long jump, high jump, and triple jump to lead the Spartans to victory. Karabinos also currently ranks in the top ten percent of his graduating class.

Amity Boys Tennis Clips Cheshire

Amity boys tennis edged Cheshire 4-3 on May 14 to improve to 15-1 on the season. Here are the results:

Singles: Jason Seidman (A) def Nick Anthony (C) 6-0,6-0; Phil Hochman (A) def Reilly Eldredge (C) 6-0,6-0; Jared Pepper (A) def David Light (C) 6-0,6-2; Joeseoph Cashoae (C) def Matt Murphy (A) 7-5, 6-4.

Doubles: Satish Bhat and Harsha Lingareddy (A) def Jackson Aiello and Abdullah Chiudry (C) 6-3,6-4; Blake Wetmore and Andy Carroll (C) def Nathan Brownstein and Rohit Saundankar (A) 6-0,6-4; Ricky Valentin and Jeff Russtino (C) def Andrew Butler and Aiden Stuart (A) 6-4, 7-5.

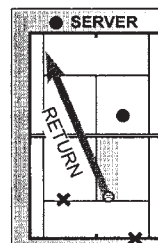
Orange Junior Legion Baseball Tryouts

The Orange American Legion Post 127 is holding tryouts for its Junior Legion Baseball team on Tuesday, May 21, 5:45pm (Brinley Field); Thursday, May 23, 5:45pm (DeGennaro Field); & Saturday, May 25, 1:00pm (Brinley Field), which is located at the Old Tavern Baseball complex on Old Tavern Road, Orange. Players living in Orange, Woodbridge or Bethany are eligible to play.

Any players attaining the ages of 14 - 17 as of December 31, 2013 are eligible to try out. Returning players must bring last year's uniform to the tryout if they did not turn it in previously. The season, including practices, runs from June through early August. The cost is \$500.00.

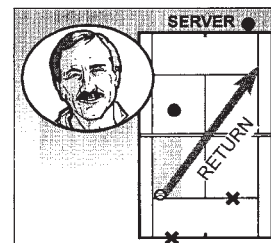
Call Rocco DeMaio (203-988-3876) or Robert Mirto (203-687-8299) for questions.

STAN SMITH'S TENNIS CLASS



DOUBLES: CHOOSING A SIDE

Generally, the player with the better backhand should play the deuce court. This side requires a tough "inside out" backhand return of serve — a shot that goes against the natural flow of your body.



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LOCAL SPORTS



[Photo Credit: Christopher Shannon]

Choinere Helps Tigers to First CAA Title

By Stephen Bailey – Orange Town News Correspondent

There's vision on the playing field and vision in life. Billy Choinere has both. Four years ago, Choinere was reading route breaks and researching Division I-A and AA football programs. Now he's reading Division-I cutters and dodgers and researching opposing attacks, thanks in part to a series of insightful decisions that has guided him through his career.

The former Amity quarterback turned starting close-defender on the Towson Lacrosse Team and helped lead the Tigers to its first Colonial Athletic Association title and NCAA tournament berth this spring. "Having that vision and being able to read plays in such short time, it really helps me out a lot," Choinere said. "Just decision making, communicating, understanding an offensive play they're running before it develops is something I correlate to my time as a quarterback."

Choinere, of Bethany, started every game for Towson as a redshirt junior, racking up careers highs in ground balls (24) and caused turnovers (9). He's heading into his fifth and final season, but almost never picked up a lacrosse stick. Choinere's foresight in his decision making from high school through college allowed him to compete in a sport he loves for a university he truly feels a part of.

Had he not chosen to join the Spartans lacrosse team spring of his freshman year—rather than play baseball, which he had done in the past—he almost definitely would not have been celebrating a CAA championship on May 3. "Just being a starter and a key contributor to winning a title is really gratifying and rewarding to me," Choinere said. "Winning that title with the rest of the seniors that I've been here with was something special."

Choinere never considered playing collegiate lacrosse until the summer after his junior year at Amity. Up until then, he was a quarterback. He wanted to play quarterback at the next level. And with a 6-foot-1, 195-pound frame, he had the size, strength and skill to do it. But that summer, lacrosse coaches started telling him he had the ability to play at the next level in the rapidly growing sport. He could play Division I.

At a club tournament game in Maryland one afternoon that summer, then-Towson assistant coach Shawn Nadelen watched Choinere play. He was there

for another recruit, but Choinere stole the show. After the game, Nadelen asked him and his family to come in for a visit. Soon after, he became a Tiger. "I just knew that Towson was for me right away," Choinere said.

Now under Head Coach Nadelen — Choinere is showcasing the leadership traits he picked up from all those years under center. "He keeps the defense organized, yelling out to the other players who need to be where. So that quarterback that you saw on the high school football field has transitioned to be more of a quarterback on the lacrosse field."

His freshman year, Choinere and 12 of the 14 freshmen in his class decided to redshirt. An extra year to learn, train and prepare would give him more field time, as well as an opportunity to get a graduate degree. He watched that spring as Towson fell to Delaware 9-12 in the CAA title game.

Fast forward two seasons and Choinere was wrapping up another year as a reserve defender. He STAYS, but with a starting spot opening next spring, he cranked up his commitment and crammed in training sessions all summer long. In the fall, he earned that starting spot. "My time is running out essentially," Choinere said. "I just didn't want to be that fourth guy on the bench. It really meant so much to me to be an impact player."

Now he is. Choinere helped lead a stout Tigers defense past Drexel and Penn State in the CAA tournament, two teams who beat Towson in the three weeks prior. Though he's still bitter from the team's 6-16 loss to ECAC champion Ohio State in the first round of the NCAA tournament, Choinere knows he has one more year left. One more summer to train hard and one more slate of collegiate competition before his playing days are over.

And from here on out there are no more decisions. There's only a goal: getting back to the NCAA tournament and avenging this year's loss. "We definitely shocked a lot of people winning the CAA and making it to NCAAs," Choinere said, "but now we know we can get there."

HEALTH AND FITNESS

Beware of the Pitfalls of Summer Activity

When summer calls and is telling you to grab a rake and get the yard clean, consider how easy it is to make the wrong moves and hurt yourself. Raking requires upper body strength and endurance. Warm up your yard work by exercising your primary muscles, which include biceps, deltoids, rotator cuff, forearm, and parascapular muscles. Do it before and after raking.

Simple exercises, like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while raking



Kyle Branday

is a must. Stay upright, heal up, shoulders back, and don't hunch forward. Good postural habits will prevent rotator cuff impingement, strain on neck and back, and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You'll also use less energy.

In removing leftover winter debris – limbs, twigs, leaves – all the residue left by a tough winter – remember to use your legs while bending over. The body's trunk and core are being tested, requiring the lumbar spine and hips to generate to move material. The strain is on your obliques, glutes and hip rotators along with the lumbar extensor muscles.

That means there's a lot of muscle groups interacting to get the debris moved. Never bend from the waist to pick up leaves or sticks. It is vital to squat and bend your knees. Keep a flat back while you lift. This takes the stress of the lower lumbar spine, eliminating the possibility of strains and sprains or worse, injuries, such as herniated discs and sciatica. Helpful are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

In short, summerize your body. Whether you're planting or engaged in summer sports, prepare yourself with proper exercise. Knees, hamstrings, calves, back, shoulders, biceps and triceps all come into play. Yard work and sports require similar exercises. Trunk rotation stretches, hamstring stretches and lightweight workouts with dumbbells for biceps, triceps and deltoids are important in preventing serious injury. Squats with light barbells for your quads, hamstrings and glutes strengthen these important stress absorbing muscles. The spine and lower back also take a heavy shock with physical labor and activity, so warm up with knee to chest exercises, trunk rotations, and quad and hamstring stretches.

So, get out there, enjoy the summer, be active, it's good for you, but avoid injury by prepping your muscle groups and joints with a sensible set of exercises that can keep you fit while you engage in healthy summer activities.

Kyle Branday, MSPT, is a licensed physical therapist and partner at Amity Physical Therapy with offices in Woodridge and Hamden. He is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, treating high level athletes with fractures and sprains to gait and balance dysfunction in the elderly. Kyle can be reached to set up evaluations at 203-389-4593.

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