

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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Pictured (l-r): Daniel Esty, DEEP Commissioner; Woodbridge First Selectman Ellen Scalettar; and Governor Danel Malloy.

WOODBIDGE TO RECEIVE \$3M STATE GRANT

Governor Malloy recently announced that the Town of Woodbridge has received a grant of \$3,000,000 from the Connecticut Microgrid Grant and Loan program. This is the largest grant amount awarded in this new state program. The grant will help the town create a microgrid connecting all of the municipal buildings in the Town Center, including Amity High School.

First Selectman Ellen Scalettar applauded the decision: "This is very exciting news for Woodbridge. All of our residents will be the beneficiaries of this new, cutting edge technology". Ms. Scalettar credited the success of the Town's application to the foresight of the late First Selectman Edward Maum Sheehy, who championed the effort.

She also thanked the Town employees who worked so hard to prepare the application, including Tony Genovese, Woodbridge Director of Administration and Finance, Joseph Hellauer, Woodbridge Administrative Officer and Jim Saisa, Facilities manager of the Amity Regional School District. "Local distributed generation will provide reliable energy during emergencies for our critical facilities, including the Police Department, Fire Department, the Senior Center and Amity High School," Scalettar said.

A microgrid provides locally generated electricity combined with underground transmission lines so that the critical Town facilities can continue to operate during power outages.



DR. STELLA RETURNS FROM CHINA TRIP

By Bettina Thiel – Woodbridge Town News Correspondent

Woodbridge School Supt. Dr. Guy Stella recently returned from a 10-day educational ambassador trip to Shenzuen, a city in southern China, where he held up the Woodbridge school and its students as 21st Century learners. Along with him traveled Assistant Principal Nancy White and Kindergarten teacher Jeanne Dempsey, Beecher School's Teacher of the Year. A Beecher parent with connections to China, Tiequiang Ding, met up with them there. Ding introduced the visitors to education officials in the 16-million populated city, who had invited the delegation to visit their schools and speak about what it is they do here that makes the school successful.

Shenzuen, – a young and sprawling metropolis, grew in the span of 30 years from a fishing village of 16,000 to its current 16 million inhabitants. The pictures Dr. Stella shared at the Board of Education meeting July 15 show high rises of glass and steel, making it a hyper-modern city of the future. The influx of people from the surrounding countryside brought a lot of children into the city and school officials are "very interested in education," Dr. Stella said. "There is a certain urgency preparing the children for a world economy," he said. Their hosts provided for everything, ranging from translators, authentic feasts and transportation. At every school, they were greeted by students, teachers and administrators.

A look inside the Chinese schools: Dr. Stella, Mrs. White and Mrs. Dempsey visited about three schools every day, sometimes more, ranging from high school to elementary-school level. Everywhere they went they were enthusiastically greeted by teachers and students, even an audience of parents came to hear them out one Saturday morning.

The typical classroom has 40-60 students, Dr. Stella said of the Chinese schools, and the lessons proceed very orderly. Teachers try to utilize varied methods, breaking

See "Dr. Stella" continued on Page 2



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Nancy White, Dr. Guy Stella and Jeanne Dempsey arrive in China after a 15-hour plane trip.



The Shenzhen South International Human Resources Company, and its president, Dr. Fang, supported the exchange and looked after the "Connecticut delegation" consisting of Beecher Road School Teacher of the Year Jeanne Dempsey, Assistant Principal Nancy White and School Supt. Dr. Guy Stella. Standing next to him is Beecher parent Dr. Tiequiang Ding.

"Dr. Stella" continued from Page 1

away with the monotonous drills of years past. They will use small group instruction and other methods to teach English. Children learn English from first to sixth grade every day. There is a strong emphasis on development of proficiency in English, Dr. Stella said. As a result, many students have a basic knowledge of the language. One young man he met spoke with such fluency, without ever having traveled abroad, that it surprised the visitors.

There is also a strong emphasis on character education, Dr. Stella said. Arts, drama, dance and instrumental instruction are part of the education. He said he was very impressed, when happening upon an art class, at the first graders' ability of sketching his profile.

What Dr. Stella brought to them: In return for their hospitality, Dr. Stella gave several talks on education in Woodbridge. His hosts were very interested to learn about his ideas of how to prepare children for the future, he said. The parents had many questions for them, such as how much homework children have; what they do after school; how the school handles discipline, etc.

Why develop these relationships? Beecher already has a sister school in Shandong Province, a relationship that has been built upon over several years. Officials from Shandong have visited here just a few months ago, and both he and Nancy White have been over there. This upcoming fall, three groups of teachers from Shandong Province will be visiting Beecher Road School for three weeks each, for a total of nine weeks. They will be accompanying teachers in the classroom.

This way Woodbridge children will have access to educators from another culture, Dr. Stella said. "Now we are ready for a new chapter," in building this bridge across continents, he said. Mandarin, the main language spoken in China, is not being taught at Beecher Road School, even though it is making its slow, but steady entry into the local education system. Once they get to the Middle School, they can take Chinese as a World Language.

Beecher Road School students learn Spanish, K-6, with the goal that they will be proficient in Spanish by the time they enter middle school. "This is the proficiency model," Dr. Stella explained. The school concentrates on one world language — Spanish — rather than have students sample different languages. There are no efforts to change that approach; however, "we will be looking for ways to introduce a non-European language." One way to do that is by introducing exploratory after-school courses, Dr. Stella said, possibly in conjunction with the Extended Day program.

During the weekend they spent in China, Dr Stella had a chance to visit his niece, who lives in China with her Danish husband. Their two daughters speak three languages fluently, English, Danish and Mandarin. But more than that, they meet people from all over the world, he said. They learn to switch from one cultural context to another without missing a beat. "That's what we want for our children at Beecher as well, he said.

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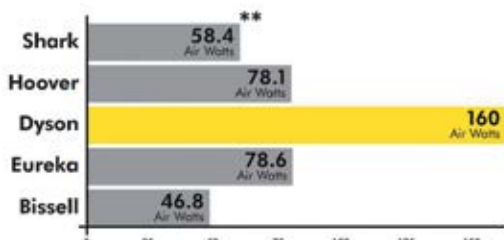


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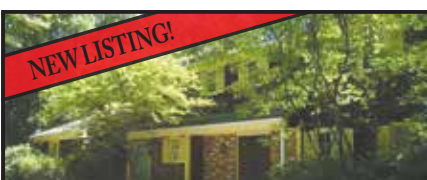
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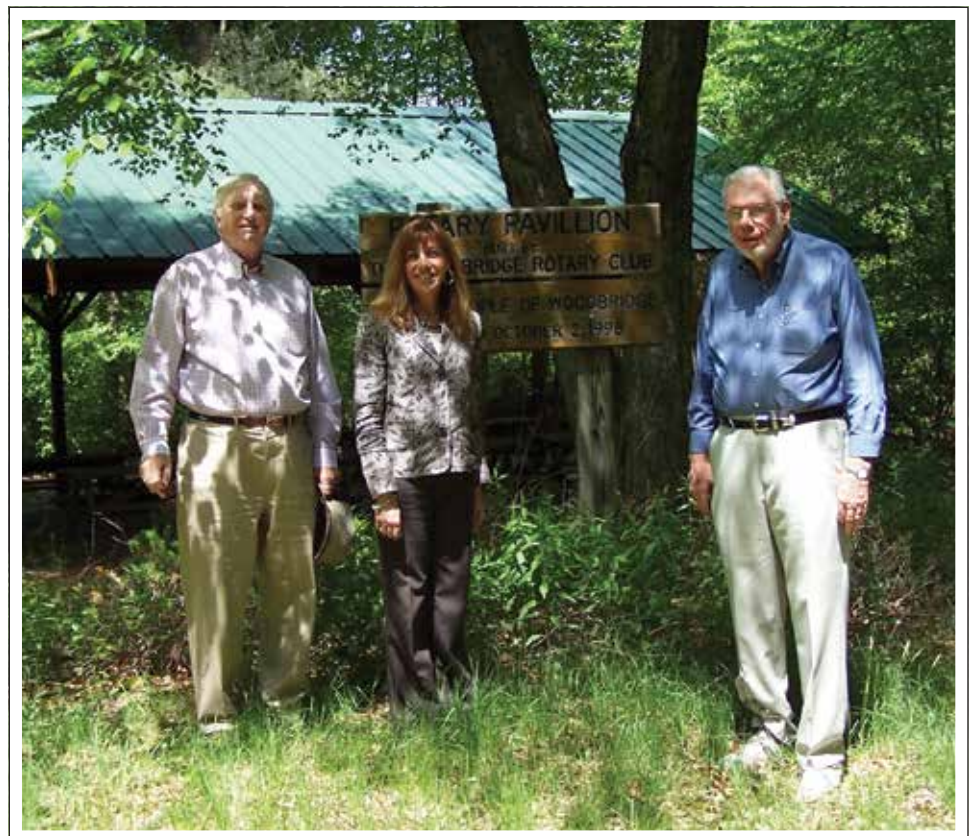
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Anna Dickerson, Immediate Past President and Buddy DeGennaro, current President of Woodbridge Rotary Club in front of sign



Rotarians John Resnik, Mary Ellen LaRocca, and Bud Priest in front of pavilion

THE SECOND BEST KEPT SECRET IN WOODBRIDGE

Recently, a new sign appeared on Center Road in front of the ball field area. The sign was put in by the local Woodbridge Rotary Club to bring attention to the pavilion in the rear of the play area.

In 1997, the Woodbridge Rotary Club, under the presidency of Russ Arpaia, began the planning and construction of a pavilion behind the ball field and children's playground. There are picnic tables built with the great support of Eagle Scout Dennis Polio and Troop 907 in June 2002.

The pavilion borders a lovely section of the Blue Trail. Recently, the Rotarians helped to clear out part of the trail with the assistance of Trail Master Mike Walter, staff of the new branch of Chase Bank and members of the Woodbridge Park Association as well as town volunteers.

A few years ago, severe damage was done to the pavilion during a storm that felled some of the surrounding pine trees. The damage has been repaired and the trees that might be a worry in the future were removed. Woodbridge Rotary is now working on improving the walk-in access to the pavilion.

Recently, the Woodbridge Board of Selectmen was approached with a request to change the name to Rotary-Stoddard Memorial Pavilion in honor of Russell Stoddard, past First Selectman and one of the founding members of the Woodbridge Rotary Club in 1971.

Rotary is the oldest and most prestigious service club in the world. It is made up of 33,000 clubs in more than 200 countries and geographical areas with 1.2 million members known as Rotarians. Its members form a global network of business, professional, and community leaders who volunteer their time and talents to serve their communities and the world.

The pavilion is available by reservation to Woodbridge residents free of charge. You can reserve a date and time by emailing Jim Franco at recreation@woodbridge.org.

For more information about Rotary (or the First Best Kept Secret in Woodbridge), contact Anna Dickerson at annadickerson@yahoo.com.

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REVEREND PENN-STRAH TO RETIRE IN AUGUST

The pastor of First Church of Christ, Rev. Dr. Sara Penn-Strah, is retiring in August, and will be leaving Woodbridge.

A formal leave-taking service for the Rev. Penn-Strah and her husband, the Rev. Mike Penn Strah, took place on July 28 at the church which was followed by a luncheon in the parish hall.

This was an occasion to celebrate Sara's time here and to thank her for the guidance she has provided to the congregation and the community.

Rev. Penn-Strah has been supporting the town's Memorial Day and Veterans Day ceremonies. She helped organize a vigil on the Woodbridge green in the wake of the Newtown shootings.

She has also brought her pastoral care to the residents of the Willows for the seven years she has been working in this town.

Those who know her and would like to join the congregation in thanking her for her hard work and benefit to the community.



Dr. Sara Penn-Strah



State Rep. Themis Klarides (R-114) congratulates newly elected Woodbridge First Selectman Ellen Scalettar who was sworn in at The Center Building in Woodbridge.



On Sunday, June 30th, the Amity Teen Center in Woodbridge honored the late First Selectman of Woodbridge, Edward M. Sheehy, by naming our cafe "Ed's Cafe." Present in this photo are John Sheehy, Mary Rose Sheehy, Ellie Sheehy, Woodbridge First Selectman Ellen Scalettar, Bethany First Selectman Derrylyn Gorski, Linda Cohen, Jane Opper and Jen Romanoff.



WOODBIDGE RESIDENTS!

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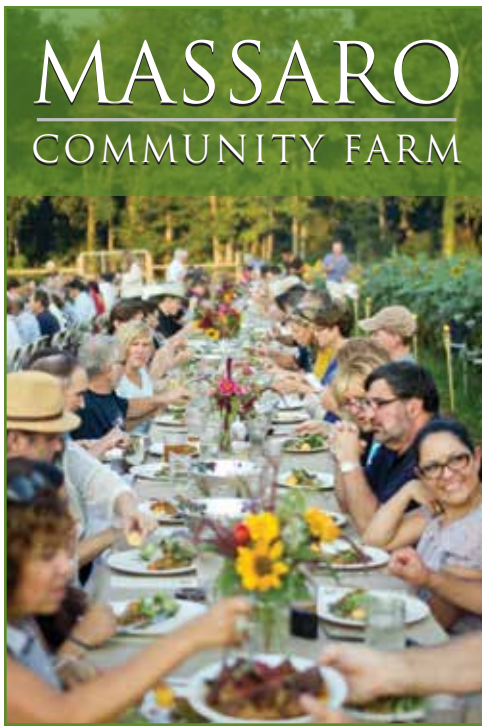
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THE OUTSIDE LIVING BOX



Bill Hedberg

Bill Hedberg is drawing upon his own training as a professional dancer to develop a series of equipment prototypes that he hopes will revolutionize the way athletes exercise their bodies. Since retiring from an international dance touring company at age 40, Hedberg has spent over a decade painstakingly hand-crafting 12 types of light-weight and portable exercise equipment. The various pieces are used in conjunction with a training method Hedberg calls "Shen Tao" which works to stretch, strengthen and elongate muscles in less time than conventional equipment.

Hedberg, who is trained in ballet and martial arts, spent most of his dance career performing with a contemporary and modern dance troupe. But he always dreamed of inventing a line of innovative exercise equipment the likes of which he believes could have greatly aided his own training. "I became a dancer late in life and I had to spend many, many hours with my mentor who taught my body how to work at dance," he said. "It's possible that by working on the Shen-Tao equipment, someone could accomplish the same results in half the time." With apparatus that borrows elements of design from pilates, gymnastics and even conventional work-out machines, Hedberg believes his unique equipment not only targets deep muscle tissue and the nervous system, but also muscle memory and "intelligence". Best of all, in keeping with his theory that "the mammal must be entertained," he has designed fun choreography and resistance elements in his exercise routines. "It's not boring and repetitive like other exercise equipment," he said. "No other method blends deep tissue body work with exercise physiology and psycho-therapeutic communication skills."

The son of a scientist and gifted craftsman, Hedberg learned how to build anything and everything from watching his father. "Anything I can see, I can make,"

he said. "I've been around exercise equipment all of my life and I knew I could develop it using trial and error." Hedberg admits he was so driven that for ten years he traded comfort for a cheap rent, living on a barge off 26th Street in Manhattan without heat or water where he made hundreds of pieces of exercise equipment that he sells for anywhere from \$150 to \$6000. Some of the pieces are so attractive with hand-carved oak polished to a high shine and sculpture-like qualities that Hedberg maintains they fit right in alongside living room furniture. He sums up his talent for designing as a combination of his father's training, his mom's blessing and his mentor's tools. Today most of his creations are assembled right in his mother's basement on Seymour Road.

About five years ago Hedberg opened a Park Avenue studio that features classes and workshops using his Shen Tao equipment. "It's an oasis in the jungle of New York City...and a training center for those who want to change their bodies," he said. While many of his clients are dancers, the studio also appeals to people rehabilitating from injuries and those who want a unique exercise work out. Ultimately he hopes to train instructors to use the Shen Tao method who, in turn, will use the method to train their own students.

For Hedberg, developing the equipment is just a part of the process. The rest of his energy is devoted to seeing his clients achieve their goals. He measures his success by the success of those around him. "Realness is my obsession in life. I'm a sentimental romantic by nature," Hedberg said. "I want to take people who have a longing to achieve something and help them to develop their potential. To be around passion inspires me. I sincerely care about people's success." For more information, visit www.shentaostudio.com.

LOCAL BUSINESS ROUNDUP

WHAT SMALL BUSINESS OWNERS SHOULD KNOW ABOUT ACA

By Steven Glick, Chamber Insurance Trust

As the October 1, 2013 start of enrollment for the Affordable Care Act (ACA) draws near, small business owners might be thinking they must choose between private insurers and the new state marketplace to provide coverage for their employees. This is a misconception. It's not an either/or proposition.

For some businesses, private insurers still could be the best bet. Others may find the state exchange for individuals and small businesses offers opportunities to enhance health coverage - or perhaps provide it for the first time. A combination of old and new alternatives, however, also may be a viable solution.

Under the ACA, companies with fewer than 50 employees are not required to provide health insurance. The Obama administration recently announced a one-year delay in implementing a mandate requiring employers with more than 50 workers to provide affordable health insurance covering all employees.

The individual mandate requiring most people to have health insurance or pay a penalty starts on January 1, 2014. Those not offered insurance at work may qualify for government subsidies.

Connecticut is one of 15 states creating its own exchange, called Access Health CT, for individuals and businesses seeking health care insurance. Access Health CT also is one of the few state exchanges launching Small Employer Health Options Plans (SHOP), a marketplace enabling small employers to offer employee plans from multiple insurers and receive a single bill. Those shopping on SHOP could get tax credits if they have fewer than 25 employees and meet other criteria.

In late June, 2013 Access Health CT unveiled a multimedia campaign to raise awareness about the exchange, in an effort to reach more than 337,000 uninsured state residents. A recent small business survey conducted by Access Health CT showed 80 percent of them regard health insurance as an essential benefit for employees and 70 percent are most worried about high premiums. The poll results, based on 75 respondents at the June 6, 2013 CT Small Business Expo in Hartford, also showed forty-four percent said they were knowledgeable about the Affordable Care Act. Thirty two percent said they were not. Chances are many more small businesses, in Connecticut and elsewhere, are struggling to sort out what makes the most sense for them - and to distinguish between reality and misconceptions in the impending brave new world of health care insurance.

Shortly before the ACA was passed in 2009, Chamber Insurance Trust (CIT), a voluntary alliance of participating Chambers of Commerce in Connecticut and Western Massachusetts, launched a series of seminars and other informational resources on the legislation and its unfolding implementation. Our mission is to provide consulting and education to the chamber community of agents, employers, and employees on how to confront the rising cost of healthcare. Since the 1990s, we often have undertaken this kind of educational initiative in response to the everchanging health insurance marketplace.

The unprecedented complexities of the ACA may make it prudent for small business owners to seek assistance in navigating these uncharted waters. To find out more, contact your local Chamber, or call 1.800.953.4467.



MARESCA & SONS CELEBRATES 125 YEARS OF SERVICE

Long Time Orange resident, Neil Maresca recently received a commemorative award from the Connecticut Funeral Directors Association. Mr. Maresca was presented the award from Association president Pasquale Folino in honoring Maresca & Sons for its 125 years of service to New Haven County.

DIVINCENZO APPOINTED SALES MANAGER AT COLDWELL BANKER

Coldwell Banker Residential Brokerage in Connecticut and Westchester County, N.Y., is pleased to announce that Hamden resident Joan DiVincenzo has been appointed sales manager of the company's Woodbridge office. DiVincenzo will be responsible for the oversight of approximately 35 sales professionals serving Woodbridge, Ansonia, Hamden, Naugatuck, New Haven, Shelton and the surrounding communities in Greater New Haven.



Joan DiVincenzo

Prior to her new role, DiVincenzo was the director of business development and technology at Calcagni Real Estate. "Joan is well respected in the real estate industry, and her extensive knowledge of the local marketplace will greatly benefit the sales team in Woodbridge," said Cathleen F. Smith, president of Coldwell Banker Residential Brokerage in Connecticut and Westchester County, N.Y. "I am pleased to welcome Joan to the Coldwell Banker Residential Brokerage team."

DiVincenzo has served as a sales associate, sales office manager and most recently as a trainer who also oversaw technology and social media for a three-office real estate company. She is a graduate of Bryant University. "The commitment of the real estate professionals in this office, combined with the organization's exceptional tools and resources, position us to provide our customers and clients with the knowledge and guidance that is needed in today's real estate environment," said DiVincenzo. "I am eager to work with my sales team and to guide them so that they can achieve their goals."

DiVincenzo can be reached in the Coldwell Banker Residential Brokerage Woodbridge office located at 270 Amity Road at (203) 389-0015. Coldwell Banker Residential Brokerage, a leading residential real estate brokerage company in Connecticut and Westchester County, N.Y., operates approximately 50 offices with more than 2,100 sales associates serving the communities of Connecticut and Westchester County, N.Y. Coldwell Banker Residential Brokerage is part of NRT LLC, the nation's largest residential real estate brokerage company. For more information, please visit www.ColdwellBankerMoves.com.

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Email us at: bulletinboard@woodbridgetownnews.com

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Contact us:

- Rocky Salperto Rocky@woodbridgetownnews.com
Marlene Silverstein Marlene@woodbridgetownnews.com
Susan Noonan Susan@woodbridgetownnews.com
Laura Fantarella Laura@woodbridgetownnews.com
Melissa Nicefaro Melissa@woodbridgetownnews.com
Bettina Theil Bettinta@woodbridgetownnews.com
Katie Carbone Katie@woodbridgetownnews.com

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If you would like to have additional copies of the Woodbridge Town News available at your organization or business, please call 203-553-9062.



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

Table with 2 columns: Upcoming Issue Deadline, Upcoming Issue Dates. Rows: August 23rd (Labor Day/Back to School Issue - August 30th), September 20th (September 27th), October 11th (October 18th)

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

FROM OUR READERS

Senators Need to End "Pay-for-Delay Practices"

In the June 14 issue, in the article "An Ounce of Prevention," the author informed us that "blood pressure medications... need to be taken every day for the rest of your life, unless you are instructed to stop". Otherwise, you are risking life-threatening complications. But what if you can't afford your medicine?

Every year, big pharmaceutical companies swindle millions of Americans out of as much as 3.5 billion dollars. By paying off their competitors, name-brand companies keep generic drugs off the market, and the result is consumers paying up to ten times more than they should on medicine they need due to "pay-for-delay". For example, generic acetazolamide, a diuretic prescribed for high blood pressure, can be found online for \$16.95 for a hundred 250mg tablets. The brand-name version, Diamox, costs at least \$32.00 and often more. Even with competition, the brand-name drug costs nearly twice as much. Now imagine if the generics didn't even exist. Well, due to pay-for-delay, they are being withheld from consumers.

I met a generous man last year from a neighboring town who nearly lost his life because he couldn't afford medicine for his diabetes. Thankfully, he lived, but no one should have to go through that kind of trauma just so a name-brand company can make a little extra profit. Our senators need to fight to end the outrageous practice of "pay-for-delay" as soon as possible.

Joe Rosen

Still Young at Heart?

Summer is definitely here and I am happy to say that the New England Young at Heart website and resource guide is up and running. We still have some work to do but we are adding new pages every day! I am excited to say we can come to your event or group and video, then put it up on the website.

You can go to the link, http://neyoungatheart.com/, to add an event that you're hosting, sign up for our monthly newsletter, send me event pictures and add your business information. This is free and I hope that you utilize this service.

I would love the opportunity to come to talk to you more about New England Young at Heart and how we can work together to host events, get your company showcased on the site or in the magazine. I am committed to making sure that New England Young at Heart is a part of everyone's community.

Like us on Facebook, Follow us on Twitter and come visit us on Pinterest to see what is hot for the over 50 population.

New England Young at Heart 2nd Annual Health and Wellness Fair, Saturday November 2, 2013, 10-1, Woodbridge Senior Center. Space is limited so reserve today! When you participate in the fair you will have a free ad in New England Young at Heart Fall Magazine!

Elaine Marcucio

Reader Feels New Board Needs to Uphold the Rules

Now that Woodbridge has a new Board of Selectmen, what will be the fate of the firehouse patio? There can be no doubt that those who constructed the patio

See "From Our Readers" continued on Page 9



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.

"From Our Readers" continued from Page 8

violated several town regulations:

1. A condition of the townspeople's approval to bond the firehouse was a 100' conservation buffer between the building and the Fitzgerald walking trail. Any activity in that area was supposed to receive prior approval of the Board of Selectmen.

2. The patio also violates a separate, wetlands buffer. Surrounding wetlands have been impacted, with a possible violation of the Federal Clean Water Act, according to state experts brought in to evaluate the site.

3. Construction was completed without any application for a building permit.

All of us who walk or run at the Fitzgerald cornfield are reminded daily of this fiasco. Our Inland Wetlands Agency denied the Fire Commission's after-the-fact application. If the Board of Selectmen does not uphold the authority of the Wetlands Agency's decision, they undermine the authority of all of our town boards and regulations. Will our new Board of Selectmen uphold the rules that are supposed to apply to everyone?

Robert McLean, MD



HAMDEN HALL HONOR ROLL

Hamden Hall Country Day School announces the following Woodbridge students as having earned placement on the school's Honor Roll for the 2012-2013 school year:

Alessandro C. Chiodo, Shin-Hae Lee, Dimitri N. Skuret, Luis T. Nario-Malberg, George A. Peavy, Rachel L. Plotke, Jeremy M. Bronen, Zhijie Zheng, Jacob A. Teplitzky, Jing Jing C. Wang, Gabriella M. LoRicco, and Thomas D. Walsh.



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Wine Talk

With Ray Spaziani



THE GREEKS CALLED ITALY OENOTRIA “THE LAND OF WINE”

Italy's version of the American Lawn is a Grapevine! In Italy, making wine is so utterly natural it almost seems instinctive. There is simply no region, no district, virtually no cranny of the country that does not produce wine. The numbers are astonishing! There are 900,000 registered vineyards throughout Italy's twenty regions. From these vineyards come a dizzying number of wines (no one knows how many) based on more than a thousand documented grape varieties.

Many Italian wines are just simple quaffing wines and scores of others are consumed almost entirely in or near the villages where they are made. The Italian wines that knowledgeable wine drinkers get excited about come predominantly from a few major areas. These include Piedmont, Tuscany, and the three northeastern regions known collectively as the Tre Venezie. These include Friuli-Venezia Giulia, Trentino-Alto adige, and the Veneto.

Italian wines can vary substantially in flavor, texture, and body-even when the wines being compared are the same type. Two Chiantis from estates less than a half mile apart can taste remarkably dissimilar. Some of this variability is due to differences in wine making, for Italy is a country of fiercely maintained ancient traditions and, at the same time, extremely sophisticated modern methods. But the most compelling reason is that Italy is a tangle of different, tiny micro climates that powerfully influence the character of any given wines. Italy is about 40 percent mountains and another 40 percent hills. As any drive from one village to the next proves, straight lines don't seem to exist in this country. The combined zigzagging slopes of hills and mountains, plus the close proximity of four seas, plus the impact of numerous earthquakes has produced an almost unbelievable profusion of environments in which grapes grow.

Although Italy's most revered wines are known worldwide, the grape varieties that constitute them are rarely found outside the country. You won't find sangiovese, the leading grape of Chianti, or nebbiolo, the grape that makes Barolo, growing in France, Spain, or Australia. One of the few countries to embrace Italian varietals has been the United States! The so called Cal/Ital movement in Nappa valley has produced some wonderful sangioveses (Chanti) and Primitivo (Italian Zinfandel). Primitivo started to be grown after zin was grown in California. They do have different DNA, however. This year our J&R wine group purchased grapes from Susan Valley, about a mile out of Nappa Valley, and we made sagiovese and primitivo. The results have been quite remarkable and we are pleased.

When purchasing a top Italian wine look for the designations of DOC or DOCG. These are wines from the best Italian regions. One of my favorites is Brunello Di Montalcino. This is a Tuscon wine that is most revered. It is the ultimate Chanti made from a Sangiovese grape clone called Brunello in the town of Montelcino, only about 3,000 acres that are 1,800 feet above sea level. Bathed in sunshine, these grapes, based in a limestone soil, produce a wine that is so smooth and so complex with layers of fruit flavors and a long lasting finish that is a unique experience. Brunello ranges from about \$40 to \$300.00. My advice is to get a great steak or prime rib and match it with some hearty pasta. Then obtain some DOC or DOCG Chianti or perhaps for a special occasion, some DOCG Brunello Di Montalcino and go out on your deck in Orange, Connecticut, a town founded on seven hills just like Rome, and find something the Italians call il doce vita, the good life. 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.

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TOWN DEPARTMENTS & AGENCIES

“AN OUNCE OF PREVENTION”

Cool Summer Treats

When baby boomers were kids, one of the biggest treats on a hot summer evening was to get an ice cream cone when the ice cream truck came around. No one worried about the fat or sugar, because it was an occasional treat. The choice was fairly limited. At grandma’s house on Sundays there was always the same kind of ice cream: Neapolitan, with equal amounts of chocolate, vanilla and strawberry. It was near impossible to just get the chocolate alone unless you could barter with a cousin. It was very exciting when popsicles became available at the corner store. There was basically one kind: double-stick in 5 or 6 flavors. The real excitement came when fudgesicles and creamsicles were introduced.

In today’s marketplace, there are an overwhelming number of choices of frozen treats. And these treats have become more than an occasional indulgence. Grocery stores devote entire aisles to ice cream and popsicle-like items. The flavors have become very elaborate with all kinds of “stuff” (fudge chunks, brownies, marshmallows, nuts, caramel) thrown in. Consequently, these frozen desserts have a very wide range of saturated fat content and caloric values. Furthermore, most of the nutrition labeling on these products is based on half cup servings. Be honest, is that your typical serving size?

As Americans try to cut down on their fat intake, they reach for frozen yogurt and fruit-based products which have popped up in the freezer case. There are also multiple stores specializing in frozen yogurt, rather than ice cream. So are these products better for you? Or is this another marketing fad? The answer is that some products are better than others and as with ice cream or any food product, you have to check the food label. Most frozen yogurts are lower in saturated fats than their ice cream counterpart, but that mostly applies to low fat or fat free yogurts. You also must compare the serving sizes when evaluating ice creams versus frozen yogurt. Furthermore when you start adding toppings at the yogurt bar, you contribute to the calorie, sugar and fat amounts, undoing the goodness of yogurt. (Specialty toppings are equal whether on top of ice cream or frozen yogurt!) If sugar content is your main concern, beware! Frozen yogurt, depending on the brand, can be loaded with sugar. Nutritionally speaking, frozen yogurt is not as healthful a choice as is regular yogurt.

The action of selecting a frozen dessert product is certainly not as simple as it used to be. The marketing of these products has become big business. Word choice on the packaging is designed to tug at our nutrition conscience: lite, light, double-churned, slow-churned, reduced fat, fat-free, no sugar added, sugar-free, and twice the protein. Frozen yogurt marketing strategies cause one to believe that frozen yogurt is always a better choice than ice cream, which may or may not be true. You must use the nutrition label to determine the best product for your needs. Government standards provide guidelines for definitions for several terms used on frozen dessert products: “Reduced fat” (applies only to ice cream) must have 25% less fat than the ice cream it references or a typical ice cream product; “Light” (also applies only to ice cream) must have at least 50% less fat or ½ less calories than the product it references, usually a typical ice cream product; “Low fat” (applies to both frozen yogurt and ice cream) indicates 3 grams of fat or less per serving of ice cream (defined as a ½ cup) or 0.5-2% milk fat for yogurt; and “Non-fat or fat-free” means ice cream with a maximum of 0.5 grams of fat per serving and for yogurt less than 0.5% grams of fat per serving. “No sugar added” means there is no additional sugar added. It does not mean no sugar at all. (That would be “sugar-free”.) Whatever sugar exists in the ingredients used to make the ice cream (like the milk) will be present in the product. Artificial sweeteners may be added to make up the difference in flavor.

In today’s marketplace, you can eat a totally fat-free hot fudge sundae. However, this does not mean that this sundae is calorie-free. Excess calories contribute to excess weight which is not healthy. Don’t let marketing terms trick you into thinking that eating a fat free hot fudge sundae is good for your health! Reducing fat is important, but as with all else, the best diets are those that are well-balanced and choose a variety of foods, especially fruit, vegetables and grains.

This column was written by Deborah Culligan, Health Educator. For free reprints of articles about frozen desserts that list the nutritional content of many frozen desserts, District residents can call Quinnipiack Valley Health District, the public health department for Bethany, Hamden, North Haven and Woodbridge, at 203 248-4528 or request on line, www.qvhd.org.



FROM THE WOODBRIDGE POLICE DEPARTMENT

By Sergeant Frank Cappiello



On 7/17/13 at approximately 4:00 p.m. personnel from the Woodbridge Police Department and the Woodbridge Municipal Animal Control responded to a Lunar Drive parking lot where it was reported that a dog that was left unattended in a vehicle during the excessive heat, had died.

Further investigation found that the dog, a 14 month old Yorkie-Chihuahua mix, had been left in the car with the vehicle’s windows rolled up, while the

owner went to work inside a local business. When the owner returned to the vehicle approximately one hour later she found the deceased dog. At the time of the incident, the weather was sunny and approximately 90 degrees.

The dog’s owner, Tiffany July-Lindo, age 24, of 101 Eastern Avenue, Waterbury, CT was arrested and charged with one count of Cruelty to Animals. She is scheduled to appear in New Haven Superior Court on 7/26/13 at 10:00 a.m.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF AUGUST 2013

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



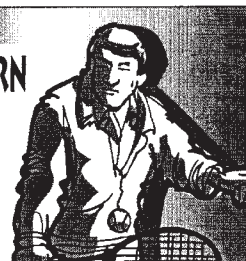
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8/5	Human Services Commission	7:00pm	The Center
8/7	Police Commission	6:00pm	Police Dept.
8/12	Fire Commission	9:00am	Fire Station
8/14	Board of Selectmen	6:00pm	Town Hall
8/15	Conservation Commission	7:00pm	Town Hall
8/19	EMS Commission	7:00pm	Town Hall
8/26	Country Club of Woodbridge Comm. Recreation Commission	6:00am 7:30pm	CC of Woodbridge Beecher School South
8/28	Board of Selectmen	6:00pm	Town Hall

STAN SMITH’S TENNIS CLASS

DOUBLES: UNDERSPIN RETURN

The “chip” is an abbreviated version of the normal slice backhand. By using a shallow, U-shaped stroke on the backswing and follow-through, you will generate underspin.



Since the backhand chip keeps the ball on a lower trajectory than a topspin backhand, it’s a good shot to use on the service return. The lower the ball, the more the volleyer will have to bend to reach it — and that’s a tough shot to hit!

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Walking Group

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

Book Club

On August 20th you will meet in Room 15 at 11:15a.m. to discuss "The Reliable Wife" by Robert Goldrick. Copies of the book will be available at the Senior Center. Please call Mary D'Ostilio at 203 389-3429 with any questions.

Computer Classes for August

2-4PM • \$5.00 per Class
 Introduction to iPhone* August 5th and 12th
 Introduction to internet August 19th and 26th
 *(Must already have an iPhone)

Friday Movies

- August 2 Mr. Mom (rated PG) —91 minutes
- August 9 42 (rated PG-13) —128 minutes
- August 16 Kramer vs. Kramer (rated PG) —105 minutes
- August 23 Crossing Delancey (rated PG) —97 minutes
- August 30 California Suite (rated PG) —103 minutes

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**FROM YOUR STATE
SENATOR**

By Joseph Crisco



The volunteer members of the Woodbridge Fire Department earn our gratitude and appreciation daily for their prompt response to emergencies and for vigilance with regard to their preparedness to do so. With that in mind, and because of their recent efforts to raise fire prevention awareness in our community, a special legislative citation to honor them was recently prepared.

The citation specifically cites this year's second annual Fire Safety and Prevention Day, in memory of Woodbridge resident Eva Ryan Block, a college student who died in a January, 2012 house fire, as an example of the department's extraordinary outreach efforts.

The formal citation language reads as follows: "In Recognition of your hard work and dedication to the Town of Woodbridge, we express our sincerest gratitude to the members of the Woodbridge Volunteer Fire Department, both past and present, for your tremendous efforts in response to emergencies, helping to save lives and property. Thank you for your service to the community and for continuing to keep residents safe in Woodbridge and the surrounding area."

Our entire community was shaken 18 months ago after that tragic and preventable loss of life. Members of the town's fire department – in conjunction with family members – took it upon themselves to extract some good from the sadness and have now held two successive Fire Safety and Prevention Days to help residents stay vigilant. The timing of this citation was particularly poignant given the sacrifice made by 19 elite firefighters in Arizona who died earlier this summer, reminding us of the courageous efforts made by first responders everywhere.

The Woodbridge Fire Department's

Fire Safety and Prevention Day includes a fire station open house, demonstrations of firefighting equipment, a chance to try on firefighting gear, and lessons about emergency rescue capabilities. Residents are also reminded about the importance of and protocol for smoke and carbon monoxide detectors and other fire prevention techniques.

And town residents have additional reason to be proud this summer: Woodbridge was awarded a state grant to complete a town center microgrid that, once built, will keep critically important town buildings operational during future power outages.

The funding is available through a pilot program enacted last year to shore up the state's preparedness for and response to extreme weather events; Woodbridge will receive a grant worth \$3 million.

Woodbridge was selected because town officials had the foresight to have natural gas service installed recently for town hall and the public works facility, the police station, fire headquarters, and high school, and because all those facilities are concentrated near the center of town. When the town's microgrid is built, a 1.6 megawatt natural gas turbine and a 400 kilowatt fuel cell, using fuel from the new gas lines, will power the town's essential functions if and when the large-scale electric grid fails.

According to the state Department of Energy and Environmental Protection (DEEP), 36 cities and towns originally submitted microgrid proposals. After exhaustive feasibility studies, 27 of those moved on to a final round of assessment last winter. Woodbridge residents have every reason to be proud that our town was once again chosen to be listed among the state's top-tier communities.

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SUMMER READING

By Roberta L Nestor

Literally hundreds of new books come to print each year that offer financial planning tips. Financial planning lends itself to estate and long term care planning, life insurance, investments, 401k, rollovers, college savings, retirement savings, income planning...and many more areas of concentration. Financial planning is complex and different for each individual. Maybe that is why "Financial Planning for Dummies" has yet to be published.

With the onset of tens of thousands of baby boomers entering into retirement, more and more books are being written about retirement and getting the most out of your "golden years". Recently, there has been a noticeable change in retirement planning – retirement isn't just about money! The first two books are fun and an easy read, the last one is more traditional and focuses on the financial aspects of retirement.

"Roadmap for the Rest of Your Life" by Bart Astor

The focus of this book is not about investing or managing money in retirement, it concentrates more on health and lifestyle. It offers a common sense approach to the many issues retirees face with an emphasis on being healthy, staying active and staying healthy. Retirement can be 30 years long and planning for that financially is critical, keeping your brain and body active is equally important. Now that you are retired you have time! No more excuses for not exercising or taking those long walks!

"How to Retire Happy, Wild and Free" by Ernie J. Zelinski

This is a favorite; the tag line of the book is "retirement wisdom that you won't get from your financial advisor". Retirement is what we all work toward; it is the ultimate reward for decades of hard work. Ernie Zelinski has added humor and a practical approach to lifestyle changes you experience once retired. Many who read this book often comment that they wish they had read it before actual retirement. It also offers a listing of over 400 things to do that you never had time for when working. There is an entire chapter dedicated to travel, another about relocating and the common theme of staying in good health.

"How Much Money do I need to Retire" by Todd Tresidder

This book has much value for pre-retirees. The author keeps it simple without being overly simplistic. He also offers non-conventional ways to have an early retirement. This book is all about numbers from assets, to income, to life expectancy. Tresidder's message is clear, "you don't have to be a millionaire to retire". He does a good job of offering guidelines that will help to answer the question we all have, "How will I know I can afford to retire"? Another Tresidder book worth reading is "The 4% Rule and Safe Rates of Withdrawals for Retirement". This is a more in depth look at different ways to generate retirement income without the risk of running out of money.

Note: The article published in the July 4th publication titled "Social Security and Divorce" incorrectly stated that a divorced person would be entitled to half of their former spouse's social security at age 60. The correct age is 62. Generally, widowed individuals are eligible to collect as a surviving spouse at age 60.

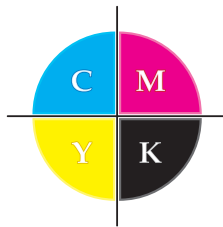
Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network – a member FINRA/SIPC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

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Programs for Children

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

Cactus Head Puppets (for ages 5 and older)

Wednesday, August 14th @ 6:00 pm

Meet Juan Bobo! He always tries to do the right thing, but often makes mistakes. For Juan, even the smallest task can lead to the silliest of results! But can Juan Bobo's seemingly foolish actions end up saving the day? You won't want to miss this wonderful new production from Cactus Head Puppets! Advance registration is required.



Behind the Scenes Workshop with Cactus Head Puppets (for ages 5 and older)

Wednesday, August 14th @ 7:00 pm

Join us after the show for a special shadow and rod puppet-making workshop! Advance registration is required.



Newton in a Bottle (for grades 3-5)

Tuesday, August 20th @ 4:00 pm

Stop and go with all kinds of forces. React to inertia, friction and gravity. Find out what makes things move, rotate, revolve and stop with Newton's laws of motion! Advance registration is required.



Tens to Teens (for ages tens to teens!)

Wednesday, August 21st @ 6:30 pm

All kids ages Tens to Teens are invited to join us for this colorful project. Beans & rice - now that's a good old Southern meal, but not in our Tens to Teens Art Session! You will use dry beans and rice to make mosaics. Space and supplies are limited - registration is required.



Eager Readers Book Group (for grades K-2)

Friday, August 23rd @ 4:00 pm

--or--

Monday, August 26th @ 6:30 pm

We are now offering you the choice of two sessions for our Eager Readers Book Group - one is sure to fit into your summer schedule! This program is designed especially for children in grades K-2. We'll read *Tops and Bottoms* by Janet Stevens, discuss the book, and make a cool craft!



Books are available for you to borrow at the Children's Desk. Please register in advance.

Programs for Teens

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

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

Wednesday, August 7th @ 6:00 pm

Join us for this teen jewelry making workshop. Metals and beads will be available to create your back-to-school jewelry! All supplies are included at this free program. Space is limited, so please register early.



Tens to Teens (for ages tens to teens!)

Wednesday, August 21st @ 6:30 pm

All kids ages Tens to Teens are invited to join us for this colorful project. Beans & rice - now that's a good old Southern meal, but not in our Tens to Teens Art Session! You will use dry beans and rice to make mosaics. Space and supplies are limited - registration is required.



Programs for Adults

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

BOOK DISCUSSION SERIES with Mark Schenker:

"The Booker Prize by the Book: Four Award-Winning Contemporary Novels"

This Fall's book discussion series, led by Dr. Mark Schenker, will focus on four recent winners of the prestigious Man Booker Prize, awarded annually since 1969 to the "best novel of the year written by a citizen of the United Kingdom, the Commonwealth or the Republic of Ireland." We will discuss the four novels, two written

by women and two by men, in the order in which they were published. They are:

- September 3rd - *The Remains of the Day* (1989) by Kazuo Ishiguro
- October 1st - *The Gathering* (2007) by Anne Enright
- November 5th - *Wolf Hall* (2009) by Hilary Mantel
- December 3rd - *The Sense of an Ending* (2011) by Julian Barnes

This is a free program, and all are welcome to join. Registration is required. Copies of all works will be provided to registered participants.

Film Screenings

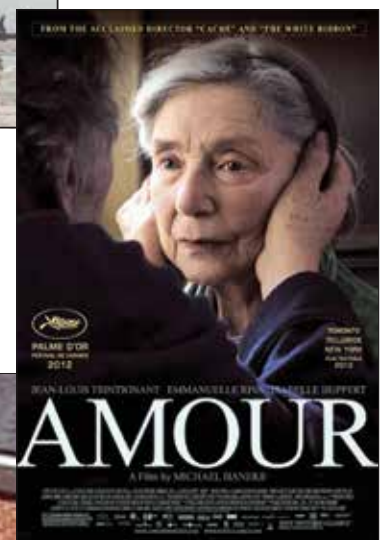
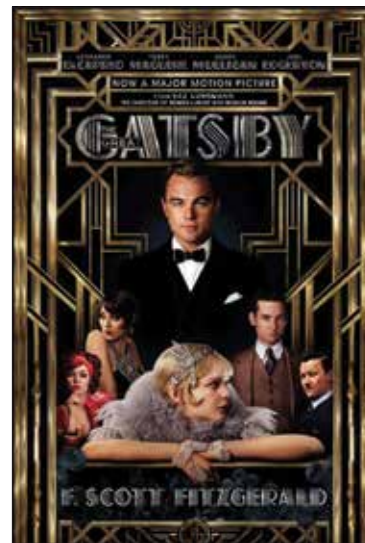
All film screenings begin @ 7:00pm in our Meeting Room. Screenings are free, open to the public, and seating is on a first come, first served basis. In case of inclement weather, screenings may be canceled.

- August 8th - *Oblivion* [rated PG-13]
- August 15th - *Mud* [rated PG-13]
- August 22nd - *The Sapphires* [rated PG-13]
- August 29th - *Amour* [rated PG-13]
- September 5th - *The Great Gatsby* [rated PG-13]

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FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



Seventh Grade Residents of Woodbridge and Bethany: This Is Your Picnic!

On Thursday, August 29, 2012 from 5:30 to 7:30 p.m., incoming seventh graders are invited to converge on the Woodbridge Green (Meetinghouse Lane, near the Gazebo. Rain location: Woodbridge Center Building Gym). Admission is only \$5.00, so please register now at 203-389-3429. You'll have a great time on the Giant Slide, dance to the latest hits, and challenge yourself to the games. Don't miss the pizza, music, interactive D.J. and fun! Great raffle prizes!

Participants must be entering seventh grade and be residents of Woodbridge or Bethany. Private school students welcome! Bethwood Bash Programs are sponsored by Woodbridge Youth Services and the Town of Bethany.

Volunteers needed! Parents, grandparents, and college students are encouraged to help. It's a great way to support our young teens, and create a safe, fun way to meet friends. Donations are appreciated from individuals and local businesses for program needs and raffle prizes. Please call 203-389-3429 for more information.

Babysitter Training Course

Woodbridge Youth Services is offering a 2-day Babysitter Training Course on Wednesday, August 14th and Thursday, August 15th from 11:00 a.m. to 3:00 p.m. Woodbridge residents 12 through 16 years of age are encouraged to attend. An American Red Cross-trained facilitator will offer instruction in Leadership, Basic Care, Safety, and Basic First Aid. Students will receive American Red Cross Babysitter materials and a certificate upon completion.

The session will be held in Room 16 of the Woodbridge Center Building, at 4 Meetinghouse Lane. Registration is limited to the first 12 applicants who apply. Fee is \$60. Students must bring their own lunches. Call Woodbridge Youth Services at 203-389-3429 to inquire about details. Non-residents will be placed on a wait list until one week before the class.

Woodbridge Job Bank: Give Yourself a Break--Teens Need Jobs

Woodbridge Job Bank teens will work for Woodbridge residents who want to hire someone to assist with odd jobs like babysitting, yard work, party help, cleaning, tutoring, and moving furniture or boxes. Please contact us at 203-389-3429 for more information.

The Woodbridge Job Bank is looking for young residents between the ages of 13 and 17 who are interested in earning some money. Teens willing to do yard work, office work, child care, pet care, housework, tutoring or party help should contact Woodbridge Youth Services at 203-389-3429 to join the Job Bank. It's a great way to gain work experience close to home.

Woodbridge Youth Services Gears Up for Fall with After-School Programs at Amity Middle School-Bethany in Photography and Cooking

Digital Photography for Teens - with instructor Luciana McClure

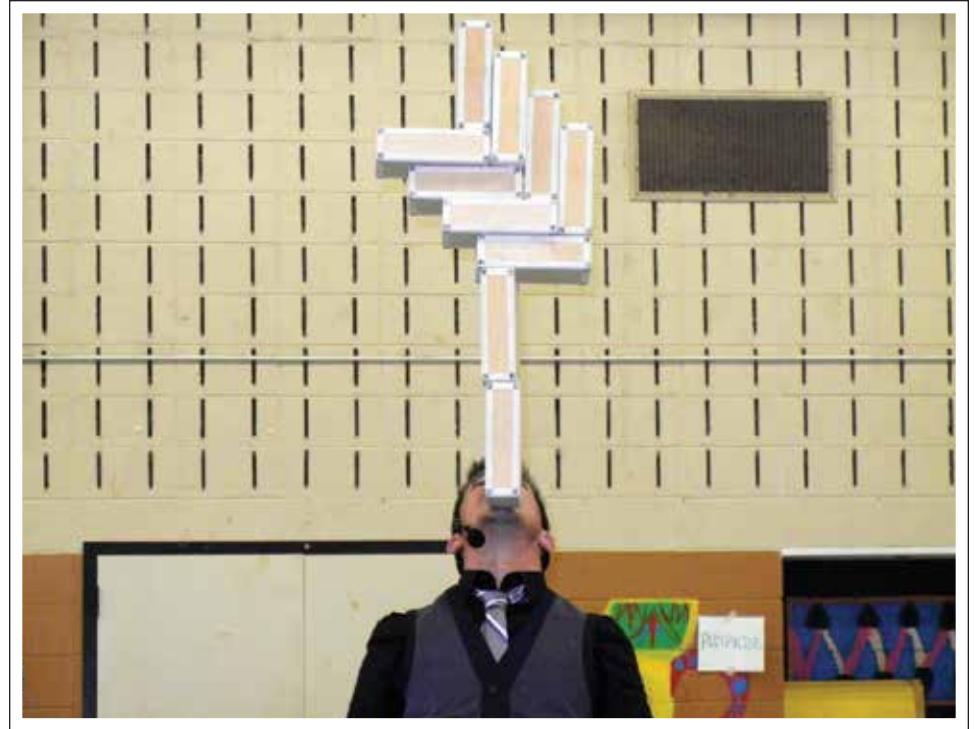
This is an introductory class on digital photography for students who want to get the most out of their digital cameras and improve their photographic skills as well as for those more experienced students who want to enhance their skills. The class will be offered Thursdays for 10 weeks beginning September 19th in the computer lab at the Middle School from 2:20pm-3:50pm.

The course will cover camera basics while working through creative assignments on composition, natural and artificial light and color. Students will work in Adobe Photoshop learning professional techniques to maximize their photography. Participants will print their best photos each week to build their portfolios. Weekly projects will allow plenty of time for experimentation. If a student does not have access to a camera, arrangements may be made. A fee of \$80.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. For more information and to sign up please call Youth Services at 203-389-3429.

Fun Fitness Cooking: Great after School Activity!

Learn how to cook in a hands-on, fun environment! The class will be offered Tuesdays for 10 weeks beginning September 17th in the kitchen at the Middle School from 2:20pm-3:50pm. Class is limited to 12 participants. Students will receive a notebook with recipes, nutrition and food safety information, a glossary of techniques and terms and an apron. We'll start with basic skills and techniques to help develop a lifetime of great cooking and creativity. The class will focus on nutritious recipes exposing students to foods of many cultures.

The materials fee of \$100.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. For more information or to sign up please call Youth Services at 203-389-3429.



Lucky Bob recently performed his entertaining Juggling, Balancing, and Magic act at Woodbridge Recreation Department's Summer Camp. Performance was a collaboration between the Woodbridge Library, Woodbridge Youth Services, and Woodbridge Recreation Department.



Optical Illusion fascinated kids of all ages at Lucky Bob's entertaining act at Woodbridge Recreation Summer Camp.



Shown in photo (left to right) are: Nancy Pfund, Woodbridge Youth Services, Lucky Bob, Nick Dottori, Woodbridge Recreation Camp, and Judy Rabin, Woodbridge Library Children's Services.

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DINING WITH SUSAN

By Susan Noonan



DIVE BAR & RESTAURANT

Since we are at the height of the summer season, I thought it only fitting to visit a spot near our special Long Island Sound. I lived near the beach in Milford for many years and definitely miss those fantastic views of the Sound. Dive Bar & Restaurant in West Haven, located across the street from the Bayshore beach area (where the Oyster River pours into the Sound), features a totally unobstructed view of our precious Sound. They have created a large picture window view by attaching windows to a garage door. Weather permitting, the window/door can be opened to allow the sea breezes into the restaurant giving it a fun beachy nautical atmosphere. The Dive Bar & Restaurant is definitely a play on words and actually refers to diving as in "scuba".

Owner Dominick Giannotti had an opportunity to purchase this location that was formerly the Seascope Café in 2010. A culinary school graduate, he has many years of experience in the restaurant business as his father owns Domenic's Restaurant right next door on Ocean Avenue. In addition, he has worked at restaurants in Hilton Head, South Carolina, Colorado and our local, very popular "Big Green Pizza Truck". Dominick felt the time was right to open a restaurant & bar that had a very laid back casual "South Beach" feel offering good food, liquor, great service and a terrific view. Dive Bar & Restaurant is very cozy with seating for approximately 30.

Recently I had an opportunity to have lunch there on a Saturday afternoon. Thankfully I arrived early as within a few minutes it was standing room only. The menu has a very nice selection of appetizers, salads, sandwiches, burgers (definitely their specialty), and sides. Most of the items are made in-house (I definitely recommend the house made potato chips). I want to share some comments from their loyal customers: "My two favorite things here are the conch fritters and mahi bites. They have a daily special of a spring roll with different ingredients every few days. You really can't go wrong with the wings, fish tacos, coconut shrimp, & homemade chips either. There are VERY few bars or restaurants that can offer that. But the burgers rule! There are eight in all, carrying names like The Hangover and Mother Loaded. My Traditional Burger is an 80/20 meat-to-fat ratio patty that has been hand-seasoned and formed about an inch-and-a-half thick and then covered with melted Cheddar. With the addition of lettuce, tomato, onion and a toasted brioche bun, it stands about 6 inches high and requires a long toothpick to hold it together. Somehow I get my jaws around it. It couldn't be more perfectly cooked or tastier." Thank you loyal customers!

Dominick feels it is very important to support local food and produce suppliers along with local breweries. Which brings me to Dive's extensive selection of beer that is divided into two main groups: Ales (Wheat beers, Pale Ale & Bitter, Porter & Stout) and Lagers (Pilsner & Bock). There is a large rotating selection of craft beers always available. Dive also has great Margaritas, Mojitos, Martinis, "Beachin" cocktails (Bahama Mama, Rum Runner, etc.).

DIVE BAR & RESTAURANT

Dive Bar & Restaurant

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Final notes: Dive Bar & Restaurant is definitely a "hidden gem" in West Haven. Dominick and his well trained staff make customer service their top priority. Make a visit soon to this very cozy and casual spot offering outstanding views of our Connecticut coastline. Please remember to support our local family owned businesses. If you have a favorite restaurant email susan@orangetownnews.com.

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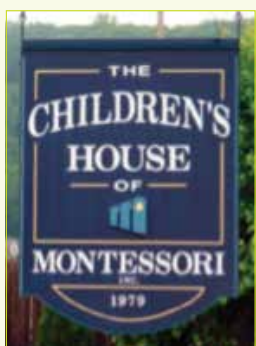
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**celebrity
extra**
by cindy elavsky



Benedict Cumberbatch

Q: I've been rewatching one of my favorite shows, Masterpiece Mystery's "Sherlock," and I'm hoping you'll tell me that it'll be back for a third series. With **Benedict Cumberbatch's** and **Martin Freeman's** big-screen careers really taking off, I'm worried they won't have time for this delightful PBS show. -- Darlene W., via e-mail

A: Benedict and Martin are both on board for the third installment of the hit British mystery series -- as Sherlock Holmes and John Watson, respectively -- with "Sherlock" scheduled to begin airing new episodes in early 2014. You also can see them both together on the big screen (again) in the second and third installments of "The Hobbit" trilogy -- as the Necromancer and Bilbo Baggins, respectively -- when "The Hobbit: The Desolation of Smaug" hits theaters on Dec. 13, 2013, and "The Hobbit: There and Back Again" on Dec. 17, 2014.

Q: Is it true that a new "Chucky" horror movie is going to be made? -- Freddie H. in Idaho

A: "The Curse of Chucky," which premiered at Montreal's Fantasia International Film Festival earlier this month, will be heading to DVD on Oct. 8. Brad Dourif once again provides the voice for the homicidal doll, while his real-life daughter, Fiona, stars in this sixth movie of the horror franchise.

Q: "Falling Skies" is really outdoing itself this season. Please tell me that it will return next summer with a new season. -- Gary T., via e-mail

A: TNT's execs and fans of the apocalyptic Earth-saving, alien-battling show feel the same way you do. The **Noah Wyle**-starring series, which wraps up its third season Aug. 4, has been renewed for a 10-episode fourth season to air summer 2014.

Readers: For most of us, this summer has been a scorcher! And I can tell you that my list of summertime books to read is even hotter than my summer has been. While I can go on and on about my favorite beach reads this year -- the list is long and distinguished -- there is one that is head and shoulders above the rest: **Rainbow Rowell's "Eleanor & Park."**

I've been following Rainbow since her debut novel, "Attachments," made me late to work a few mornings because I was up too late reading the night before, and her sophomore effort is no different. "Eleanor & Park," which is set in 1986, is a beautiful story of discovery and first love. (Go to www.celebrityextraonline.com/p/reviews.html to read my review of the book.)

One of my lucky readers will have a chance to win an autographed copy of this book, so you can fall in love for the first time all over again. Entering the contest is simple: Email me at letters@cindyelavsky.com and tell me which book(s) made you fall in love with reading. You also can send me a snail-mail letter -- ATTN: Cindy Elavsky, KFWS, P.O. Box 536475, Orlando, FL 32853-6475. Entries must be received by Aug. 31.

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 NEWS

Whitewater Rafting Adventure

Scouts and adult leaders from Boy Scout Troop 63 rafted two sections of the Deerfield River in Massachusetts June 15-16. Camping and outdoor cooking competitions were also part of the experience.

Scouts 14 years and older rafted the big and fast whitewater section called The Monroe Bridge. The fun started immediately after getting on the river with Class II warm-up rapids and then led to a stretch of bigger, Class III drops such as "Devil's Odds" and "Landslide". Each rapid got more exciting as the trip built toward the final and most difficult rapids of the day, "Dragon's Tooth" and "The Terminator". These rapids required precise maneuvering by the expert guides and strong paddling by each rafter. Careful passage through these Class IV rapids climaxed an awesome day of whitewater action in the Berkshires.

Younger scouts rafted the beautiful ten-mile trip through mild to wild whitewater on the Fife Brook section of the river. They started out with a bang at "Hurricane Rapid" followed by easy rapids such as "Sideways Splash", "Freight Train" and "Pinball". Midway through the trip the rafts approached the day's biggest rapid, "Zoar Gap". After safely navigating this exciting Class III stretch, the second half of the trip included fun rapids such as "Slam Dance" and "Cold River Rapid" as well as opportunities to get out of the boat and float and engage in team water fights. The boys also carefully climbed up onto the edge of the raft and linked hands to form a human circle, while the raft drifted down river. It relied on everyone trusting each other to lean out and form the circle. All went well for several seconds, but then they hit a wave and fell in with a splash – just what memories are made of.

Boy Scout Troop 63 To Celebrate 50th Anniversary With Dinner Event

Woodbridge, CT. - Boy Scouts Troop 63 will begin its 50th Anniversary year with a gala dinner event on Sunday August 25th from 4:00 – 8:00 PM at Grassy Hill Lodge in Derby, CT. Over the past 50 years, Troop 63 has served over 2,000 boys, helping them grow into outstanding young men with great potential. We've watched as they have "hiked on" into all walks of life. Along the way we have backpacked in the rain, camped in the mud, canoed lakes, rafted down rivers, and performed thousands of hours of service to our community. We've eaten our share of "camp food", taught skills, sang songs, performed skits, burned our hands, bumped our heads, swatted a gazillion mosquitoes...and loved every minute of it! AND would do it all again in a heartbeat.



Come help celebrate our Anniversary and kick off the next 50 years. For information and tickets, please contact John Dwan at 203-389-8886 or jwdwan@optonline.net or Charlie Whiting at 203-387-5678 before August 10, 2013. There are limited seats so please make your reservation early.

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

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

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

Come in and learn a new game!

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Orange Town News

Saturday, August 31st • 6:30 pm-9:30 pm
Orange Fairgrounds (at the Gazebo)

Brass Transit

Making Their Southern Connecticut Debut

FREE CONCERT
Parking \$5

The Musical Legacy of Chicago



Q. What happens when eight of Canada's most in-demand musicians and singers gather together out of a common love for the greatest jazz-rock group of all time?

A. Brass Transit - Toronto's dynamic, crowd-pleasing, studio-tight Chicago tribute! The band's show includes all the hits from Chicago's golden age. With a world-class horn section, a rocking rhythm section and vocals stacked sky-high, Brass Transit transports its audience back to the freewheeling days of the seventies. The band includes veterans of the Hall-of-Fame rock and soul acts like the Drifters, Sam and Dave, Aretha Franklin, Ben E. King, the Marvelettes, Frankie Valli, Mary Wilson, Martha Reeves, Little Anthony & the Imperials, Del Shannon and the Mamas and the Papas.

25 OR 6 TO 4 • SATURDAY IN THE PARK • BEGINNINGS • DOES ANYBODY REALLY KNOW WHAT TIME IT IS? • MAKE ME SMILE
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WAKE UP SUNSHINE • WISHING YOU WERE HERE • HARD TO SAY I'M SORRY • HARD HABIT TO BREAK • YOU'RE THE INSPIRATION

HISTORY CORNER

Muffy German

Independence Day Revisited



Three weeks ago I suggested that you include a thoughtful rereading of the Declaration of Independence in your July 4th activities. Did you take the historical facts quiz in Parade in the Sunday newspaper? Or study the reproductions of John Trumbull's Independence Day painting to find the five changes? Did you notice Connecticut delegate Roger Sherman standing behind Jefferson as a member of the committee that drafted the Declaration? He is remembered as the only man to sign the Declaration of Independence, the Articles of Confederation, the Continental Association and the Constitution. He was also New Haven's first mayor (1784-1793) having defeated Thomas Darling and a third candidate in that election. He also had ties to Woodbridge, owning farmland on the present site of the Woodbridge Country Club.

It was nearly midnight this July 4th when I remembered to read the Declaration. While most of us instantly recognize "unalienable right to life, liberty and the pursuit of happiness," the majority of the text is surprisingly unfamiliar. The whole center of the document is a recitation of grievances of sufficient magnitude and number to justify separation of the thirteen colonies from Great Britain. It is very specific and legal in tone, and begins with the warning: "Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes;...But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security."

In his book, *The Fourth of July*, author Peter da Bolla argues that "the plasticity of the sentiments Jefferson so brilliantly distilled allows – even invites – generation after generation to find in the document its own version of 'political freedom' and 'national justice'." On the first anniversary in 1777, the survival of the new nation was still uncertain. On July 3rd Congress voted to adjourn on the 4th but gather together for dinner. John Adams also recorded in a letter that people gathered in Philadelphia for a thirteen gun salute from thirteen ships. The tradition of fireworks and bonfires also began in the 1770s. Another tradition of early origin was the "oration" or speech originally delivered by a minister and covering five topics: causes of the Revolution, important historical figures, gratitude to France for wartime aid, the value of republican government and emphasis on

virtue in public and private life. At the same time that the fourth was honored as a celebration of independence, it was also marked as a time of intense debate over the political future of the country.

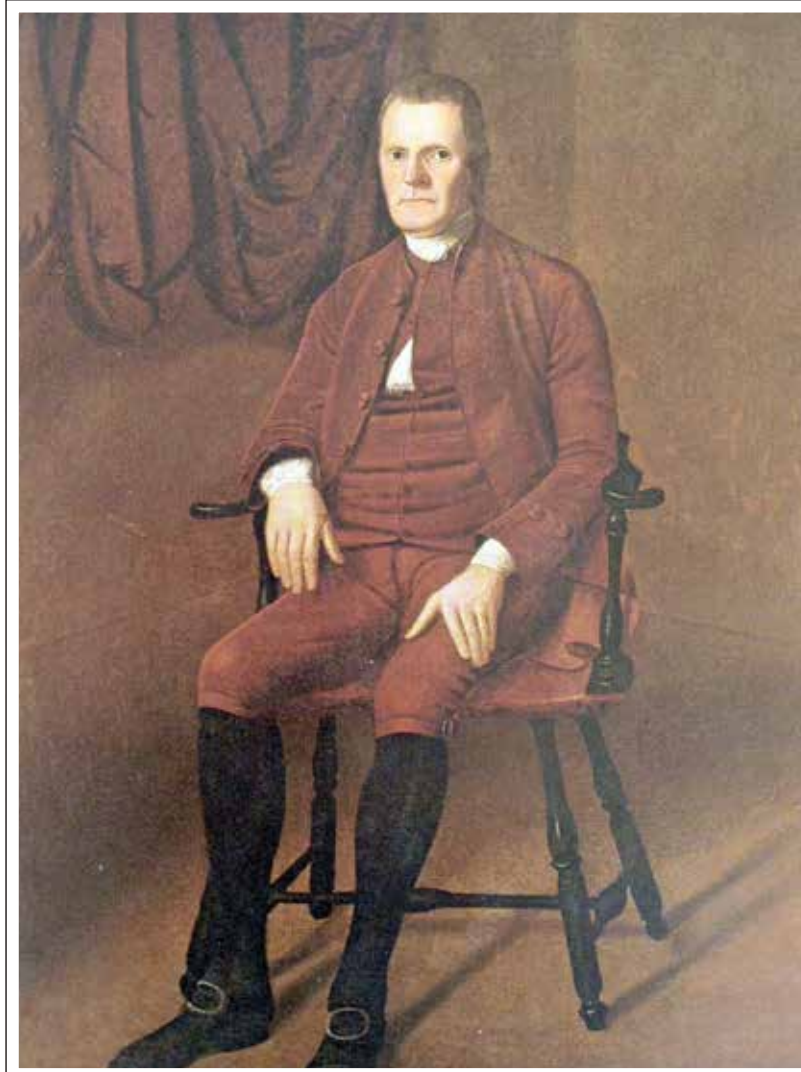
Massachusetts was the first state to make the fourth a recognized holiday in 1781, but it did not receive official Federal status until 1870. Ironically, the centennial nearly went uncelebrated! There was no federal will to mark the date. It was primarily through private and corporate donations that the International Centennial Exhibi-

tion was put together on 450 acres in Fairmont Park in Philadelphia. Eventually, federal funds were appropriated to cover the final costs. The Main Hall was reputed to be "the largest building in the world". Other themed buildings included Machinery Hall and Horticultural Hall featuring exotic plants. Daily attendance was over 100,000!

In wartime, July 4th takes on particular significance. During the Civil War Lincoln gave a "Fourth" speech on July 7 after learning of the victories at Gettysburg and in the west at the vital Mississippi River port of Vicksburg. His text presaged his Gettysburg Address of two months later. In the decade before the Civil War, Frederick Douglass often spoke out urging extension of the Declaration's freedom to include African Americans. In his July 5, 1852 address to the Rochester Ladies' Anti-Slavery Society, he asked: "What to the slave is the Fourth of July?...Are the great principles of political freedom and of national justice, embodied in that Declaration of Independence, extended to us?"

In both World Wars, July 4th was used as a rally point for patriotism. WWI posters feature Uncle Sam with the American flag and fireworks. After the bombing at Pearl Harbor a Hearst magazine publicist came up with an idea to increase patriotism in the face of the U.S.'s entry into the war. Magazines were invited to feature the American flag and the "United we stand" motto on their July 4, 1942 covers. Amazingly, nearly 300 magazines complied including Time, Look, Gourmet, Photoplay, Outdoor Life, Flower Grower and Captain Marvel.

In the twentieth century July 4 was seen as a day of rest and gathering with family with increasing emphasis on entertainment of children through parades, fairs, fireworks and sporting events. Today the President's annual July 4th speech replaces the minister's oration. President Obama honored active duty members of the military and he welcomed 25 immigrants to American citizenship.



HOUSES OF WORSHIP EVENTS

GOOD SHEPHERD HOSTS "THE AMAZING 70s PROM"

On Saturday, October 19th, the Church of the Good Shepherd will host its 2nd annual gala with the New York Dinner Theater's "The Amazing 70s Prom". In this hilarious audience participation comedy, you will step into a world of laughter and fun. You can be part of the show or simply sit back and enjoy the antics. "At this year's prom, everyone will be treated like royalty. Every guest recognized as either a King or Queen. Whether you're attending prom for the first time or reliving a memory, we promise a great time! "No curfew, no chaperons and you're old enough to drink responsibly!", says Gala Chair, Kathie Bellis of Woodbridge.



Church of the
Good Shepherd

"On a daily basis, the Church of the Good Shepherd changes lives through mission, ministry and outreach. Our good works depend upon the generosity and support of dedicated volunteers and donations from the larger community", says Ann Ritonia, Rector for the Church of the Good Shepherd. "We hope to see many of last year's wedding guests from "The Godfather's Meshuggener Wedding" to return to this year's "The Amazing 70's Prom" on October 19th!"

Ballroom doors will open @ 6pm. During the cocktail hour, guests will enjoy a Silent Auction, Chinese Auction, and Prom Portraits. Corsages and boutonnieres will be sold at the door. Dinner, dancing, and dessert will be enjoyed throughout the comedy show with a fabulous DJ. During intermission, there will be an amazing Live Auction. The evening will conclude with an extra hour of dancing under the Disco Ball. Like last year's sold out event, we will return to St. Barbara's beautiful ballroom on Racebrook Road. Tickets are \$75 per person until September 1st. After September 1st, tickets will be \$90 per person. We expect another sold out event, so please order your tickets soon by calling the Church of the Good Shepherd at (203) 795-6577 or ordering online @ www.thegoodshepherdorganect.org.

CHURCH OF THE GOOD SHEPHERD UPCOMING EVENTS

Weekly Services: Sundays: 8:00 a.m. spoken Eucharist; 10:00 a.m. Eucharist with music; Coffee and conversation after the 10:00 am service. Wednesdays: 7:00 p.m.; Evening Service of Prayer and Healing with Communion.

Church On The Beach: Sunday, July 28, 2013, 5 pm - All are welcome to join Church of the Good Shepherd at West Haven Beach, near Jimmie's Restaurant 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!

Breathe, Balance, Believe: Vinyasa Yoga for the Family - Have you always wanted to try yoga? Classes are designed to help children and adults strengthen both physical and mental well-being. Participants will practice at their own level and be willing to set aside time to enjoy a practice that integrates a flowing physical practice with mindful meditation. The teacher is certified and member RYT. Class meets on Mondays @ 5:15- 6:15 pm in the Parish hall, Church of the Good Shepherd 680 Racebrook Road. Please bring a yoga mat and blocks if you have them. Please call to confirm class being held that evening.

JCL INFORMATION SESSION FOR NEW VOLUNTEERS

On September 24th from 9:30am-11:30am, the Jewish Community Center, 360 Amity Road, Woodbridge, will be hosting a Jewish Coalition for Literacy (JCL) session for new volunteers in the Vine Auditorium. Share the joy of literacy with New Haven elementary school children. The JCL recruits, trains, places and supports volunteer reading partners in local public schools to read one-to-one with children. Students benefit from the interaction with a caring adult, sharing the pleasures of reading and the enjoyment of learning.

This meeting will provide more information about the program and train new volunteers. For more information, please contact JCL Coordinator, Brenda Brenner at 203-387-2522. Founded in 2004, the Jewish Coalition for Literacy (JCL) is an award-winning project of the Jewish Community Relations Council of the Jewish Federation of Greater New Haven, partnering with seven New Haven public schools.

JEWISH COMMUNITY CENTER OFFERINGS

Taste of Apples & Honey

Sunday, August 25th, 10am-12pm Brooksvale Park, 524 Brooksvale Avenue, Hamden. Eco-walk & talk with nature experts and Pack 18 Cub Scouts. Apples and Honey celebrating the sweet Jewish new year.

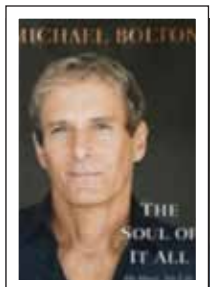
A Rosh Hashanah family program co-sponsored by JCC of Greater New Haven, Cheshire Jewish community, Temple Beth David, and Congregation KOL AMI. Fun and learning for everyone: Activities for children, learning sessions for Adults! Free and open to all. Contact: Laura Ross, 203-387-2522, laurar@jccnh.org or <https://www.facebook.com/events/550117835048836/>.



Perspectives Speaker Series: That's Entertainment!

This year's series continues with the fascinating story behind the work of performing artist, singer, and song writer, Michael Bolton on Tuesday, September 10th, 7:30pm at the JCC of Greater New Haven, Vine Auditorium, 360 Amity Road, Woodbridge, CT.

He will discuss his life, music, and his new book, *The Soul of It All*. All participants receive an autographed copy of his book. Admission: \$25 for JCC members, \$27 for non-members. Contact Dede Jacobs-Komisar, dedek@jccnh.org, 203-387-2522 or www.facebook.com/events/554591137921281/.



CONGREGATION B'NAI JACOB WELCOMES RABBI RONA SHAPIRO

Congregation B'nai Jacob is proud to welcome Rabbi Rona Shapiro as its new spiritual leader. The first opportunity to meet and greet Rabbi Shapiro will be on Saturday, August 3, 2013, when she will lead her first Shabbat morning at B'nai Jacob. The entire community is invited to attend services and stay for a festive welcome Kiddush.

Prior to moving to Woodbridge, Rabbi Shapiro lived in Cleveland, where she served for four years as the rabbi of Congregation Bethaynu and for two years as a rabbi at B'nai Jeshurun Congregation. Before that, she served as Senior Associate of Ma'yan: the Jewish Women's Project in New York (2000-2007) and Executive Director of Berkeley Hillel (1990-2000). In her work in the pulpit she was known for her outstanding sermons, her caring pastoral presence, and her innovative programming.

Rabbi Shapiro was ordained by the Jewish Theological Seminary in 1990, among the early women graduates. She has written and published numerous articles, is the founding editor of the website, ritualwell.org, and a graduate of the Institute for Jewish Spirituality. Rabbi Shapiro spent two years studying in Israel at the Pardes Institute prior to her ordination. She received her BA, Phi Beta Kappa, Magna Cum Laude, from Harvard University. Rabbi Shapiro's interests include spirituality, ritual, text study, spiritual parenting, hiking, biking, and cooking.

She is married to David Franklin and they are parents of two daughters, Noa and Hallel. CBJ is preparing many events to help congregants and get to know Rabbi Shapiro and her family. For more info, please go to: <http://www.bnaijacob.org> or call the synagogue office at 203-389-2111.



Rabbi Rona
Shapiro

Attention Churches, Synagogues & Houses of Worship!

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CLUBS & ORGANIZATIONS



ROTARY FUNDRAISER BENEFITS BLACKHORSE 4 HEROES

Woodbridge Rotary Club President Buddy DeGennaro (left) and Past Rotary President Carol Yingling (right) presented a check to Blackhorse 4 Heroes Founder Brad Bertele. Proceeds raised at a recent Rotary Fundraiser at the Woodbridge Country Club were donated to Blackhorse 4 Heroes located in Bethany.

Blackhorse 4 Heroes teaches different facets to Veterans of limited function during therapy sessions. Recovery is further encouraged with the unique discipline of driven equine sport. Veterans who have physical disabilities can use a carriage specially adapted to accept a wheelchair. In addition, those with PTSD learn to reduce stress and relax through the physical exercise of carriage driving.

For more information on Blackhorse 4 Heroes, visit www.blackhorse4heroes.wildapricot.org.

WOODBRIIDGE ROTARY INSTALLS NEW DIRECTORS

The Woodbridge Rotary Club installed the following Board of Directors at its 42nd Anniversary Dinner held recently at Carmine's Tuscan Grill: Co-Presidents Carol Yingling and Phillip Buddy DeGennaro; Past President Anna Dickerson; Secretary Jan Day; Treasurer Ed Maloney; Sargent of Arms Dr. David Joel; and Directors: Robyn Reilly, Dan Weintraub, Dr. Guy Stella, Andy Skolnick, Matthew Cummings, and Tom Shernow. Incoming District Governor Rick Bassett officiated over the installation of officers. District Governor Brian Amey installed the newest member of Woodbridge Rotary Club, Chris Lovejoy. Rotarian Bill DeRosa presented Steven Katz of Katz's Deli with the first annual Woodbridge Rotary Business of the Year Award.

The Rotary Club is an organization of businesses and professional persons worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. The Club is interested in recruiting new members. Club members meet the first and third Friday of the month at 7:30 a.m. at Country Corner Diner, 756 Amity Road, Bethany and the second and fourth Friday of the month at 12:15 p.m. for a luncheon Meeting at Carmine's Tuscan Grill, 1500 Whalley Avenue, New Haven.

For more information contact Anna Dickerson at 203-710-0223.

RETIRED TEACHERS HOLD CASINO TRIP

On August 19th, the New Haven County Retired Teachers Association is sponsoring a bus trip to the Mohegan Sun Casino to benefit its scholarship fund. The cost of the trip is \$25.00, which includes driver's tip and \$30.00 in casino vouchers. The bus will be leaving North Haven at 9:45, with stops in New Haven and Branford, if needed. For further information and reservations, call Midge at 203-281-1353.

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.

Boy Scout Troop 63, meetings Monday nights from 7:00 pm – 8:30pm, Our Lady of the Assumption "Mother" Church, 1700 Litchfield Turnpike (Rte. 69), Woodbridge; September- April and May-June outdoors at Camp Whiting, all boys ages 10 and up or who have completed the fifth grade are welcome to stop by and see what we're all about. For more information, visit <http://www.troop963.org> or email Troop63CT@gmail.com.

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, 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.

www.WoodbridgeTownNews.com

TOWN NOTICE

TOWN OF WOODBRIDGE

NOTICE OF BOARD OF ASSESSMENT APPEALS

The Board of Assessment Appeals of the Town of Woodbridge will meet in an open session on Wednesday, September 11, 2013 starting at 6:00 p.m. at the Town Hall to hear appeals relating to assessments on Motor Vehicles on the Grand List of October 1, 2012. All persons claiming to be aggrieved by the assessments made by the Assessor on said list is hereby warned to make their appeals to said Board of Assessment Appeals at the above stated time either in person or by a duly authorized representative who must bring evidence of authorization and their own personal identification. You must bring the vehicle with you if drivable.

An application must be filled out prior to your appeal and returned to the Assessor's office no later than September 9th. Call the Assessor's Office at 203-389-3416 to schedule an appointment.

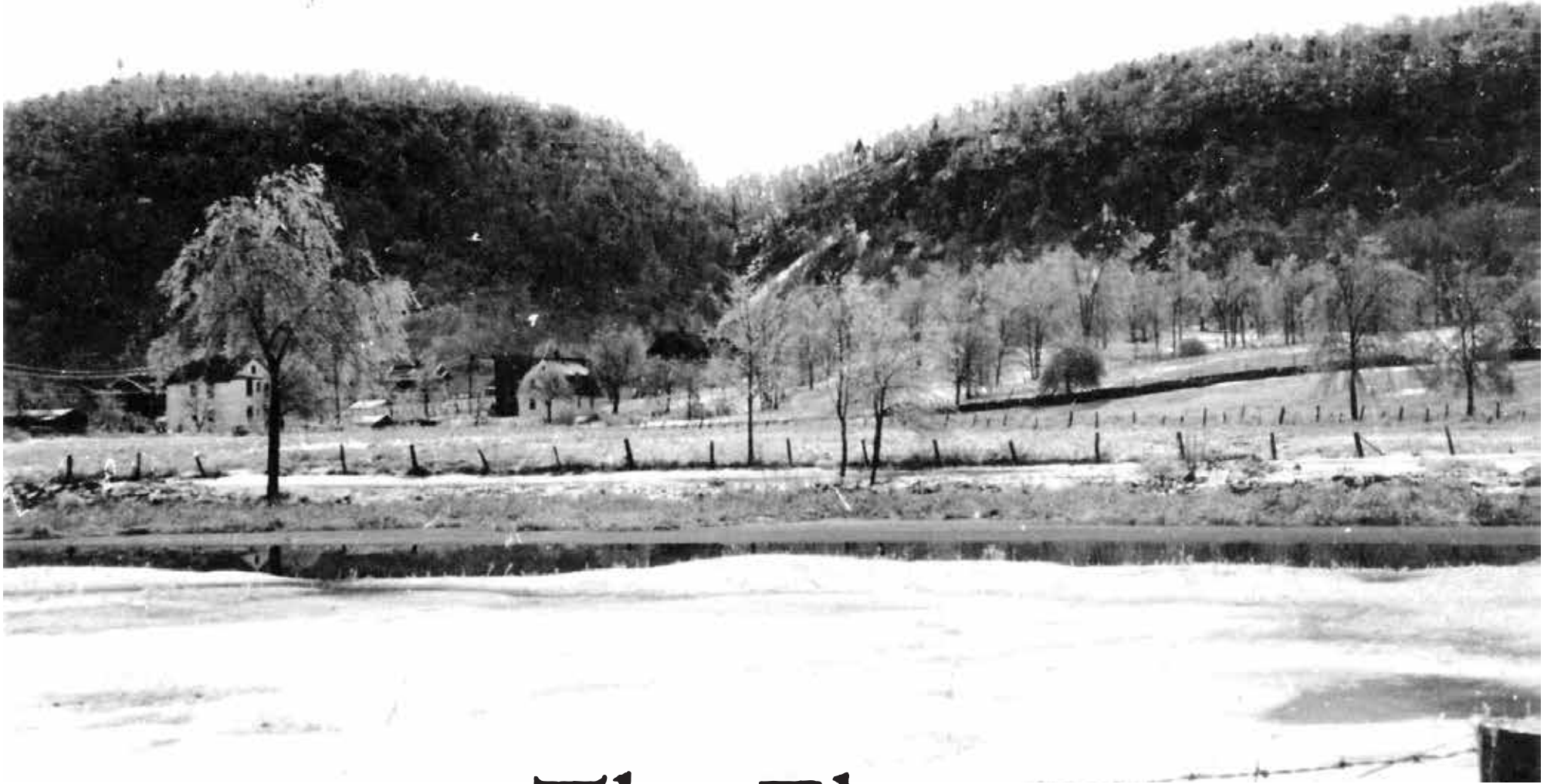
Submit your engagement announcement to the Woodbridge Town News and

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DIAMOND  DESIGNS

Please be sure to include your mailing address with all submissions

SPECIAL TO THE WOODBRIDGE TOWN NEWS



The Flats

Some Memories of Woodbridge's West River Valley

Compiled by Simon Donato

PART II

At the time of English contact, around 1637, the native population along the West River Valley was given the name "Quinnipiac" by those first settlers. Quinnipiac was the word the indigenous people had called the river that bisected the domain which extends eight miles east of the river and five miles west of it. That would put the Flats at their western border. The Quinnipiac people were Algonquin in origin and probably occupied the Flats continuously for seven hundred years or more until they were asked to leave. The following is how it happened.

On April 24, 1638, Rev. John Davenport and about five hundred of his followers arrived by sea from Boston to settle at the mouth of the Quinnipiac River intent on establishing a Christian utopia. Without title to the land, they negotiated with the dwindling population of Quinnipiaks through a series of treaties between December 1638 and May 1645. In exchange for their land, they received twelve coats of English trucking cloth, twelve Alchemy spoons, twelve hatchets, twelve hoes, and two dozen knives. Those treaties ended the Quinnipiaks rights to what are now New Haven, East Haven, Branford, North Haven, Wallingford, Cheshire, Prospect, Meriden, Bethany, and Woodbridge. They were given a thirty-acre reservation to live on along the river in Wallingford. This is considered to be the first Indian reservation in the United States. There they stayed until 1768, when the few remaining members moved to Farmington to live among the Tunxis people.

Their archaeological time frame is middle woodland to late woodland. The stone tools they used included implements for farming, such as hoes and grinding pestles, for making corn meal. I'm fortunate to have found about twenty of these tools on the Luciani farm which is obviously where they farmed centuries before.

The Bradley Family

Around 1720, Charles Bradley took ownership of a tract of land in The Flats through a land allotment. At that time, the Flats was known as Chestnut Hill and was part of Hotchkissville, which is present day Westville. This tract of land, near as I could research, encompassed

present day Bradley Highlands and the property along Bradley Road from Amity Road across Litchfield Turnpike and beyond the District Animal Control building.

Town records show a sale of six and one half acres of land in 1787 to Eban Sperry from Charles Bradley. That property was located near Research Drive and bordered the West River and property owned by Albert Sperry, a descendant of Richard Sperry, who was probably Woodbridge's first settler. The records show the sale was witnessed by Thomas Darling and his wife. Later records show the final Bradley heir, Charles O. Bradley, selling his last tract of land along Litchfield Turnpike to Albino Bertolini in 1925, ending over two hundred years of buying and selling land in the Flats by the Bradley family. Their legacy is a busy road and a quiet neighborhood with their name on the map of Woodbridge.

Michael Perrotti, son of Pasquale and Annina Perrotti, recounted to me more than once about how his parents had rented land annually to farm from Charles O. Bradley after they first arrived from Italy in 1906. Every winter, Pasquale Perrotti would buy two or three acres from Mr. Bradley for about \$200.00 an acre, in addition to the land he rented. Eventually Mr. Perrotti owned the bulk of the parcel. Mike Perrotti also told me his father told him "The Flats was a term in use before the first Italian immigrants arrived".

The Horseshoe and the Beacon

If one travels east on Bradley Road, heading towards West Rock, a formation known as 'The Horseshoe' can be seen on the face of West Rock. Best seen in the winter

without any foliage to obscure its presence, it rises from the base to the summit where it curves to the left and descends again to form a horseshoe-like feature.

In geological terms, The Horseshoe is known as a buttress dike. It was formed when new lava ejected after the trap rock face had cooled and formed the curious question mark shape. This buttress dike is unique because it is the only one known to penetrate the trap rock ridges of the Connecticut River Valley. Climbing it was a passage of rites.

Again, I'll refer to James Dana's observations of The Horseshoe. In 1891, he describes one of his walks and carriage drives from Westville. "At Westville, take the road up West River Valley and continue on it beyond the Pond Lily Paper Mill. A bridge not far on affords a chance to cross the river on the way either to Wintergreen Notch or to the buttress dike, which is not far north of the road to the notch. There is also a bridge across the river nearly in line with the dike." The road to Wintergreen Notch would have passed through what was to become Miller's Grove and eventually Merritt Avenue. The bridge in line with the dike would be the present day Bradley Road.

In reference to the Wintergreen Notch, Dana explains, "This gap was caused by obstructions to the outflow. This caused an abrupt rise on the north and south sides of the notch to heights of 440 feet (south side) and 460 feet (north side) with a 340 foot height at the pass in the notch."

Atop The Horseshoe, the blue trail passes along the ridge on its way to Bethany from the Wintergreen Notch. A side path leads to the Beacon. The Beacon was erected in the early thirties. It had a rotating lens at its top which beamed three different colors in all directions all night - green, red, and amber, the same colors of a traffic light. It was probably part of the W.P.A. project which was responsible for building the road along the entire length of West Rock in the thirties. Its purpose was to warn early aviators of the ridge. Many nights as a child in our Litchfield Turnpike home, I would fall asleep watching it's tri-colored lights as they panned across my bedroom walls. It's lights were turned off in 1961, although the structure still stands.

ENTERTAINMENT

TOP 10 MOVIES

- 1. Despicable Me 2 (PG)**
animated
- 2. The Lone Ranger (PG-13)**
Johnny Depp, Armie Hammer
- 3. The Heat (R)**
Sandra Bullock, Melissa McCarthy
- 4. Monsters University (G)**
animated
- 5. World War Z (PG-13)**
Brad Pitt, Mireille Enos
- 6. White House Down (PG-13)**
Channing Tatum, Jamie Foxx
- 7. Man of Steel (PG-13)**
Henry Cavill, Amy Adams
- 8. Kevin Hart: Let Me Explain (R)**
Kevin Hart, Harry Ratchford
- 9. This Is the End (R)**
James Franco, Jonah Hill
- 10. Now You See Me (PG-13)**
Jesse Eisenberg, Mark Ruffalo

TOP 10 RENTALS

- 1. Oz The Great and Powerful (PG)**
James Franco
- 2. Hansel & Gretel: Witch Hunters (R)**
Jeremy Renner
- 3. Snitch (PG-13)**
Dwayne Johnson
- 4. The Call (R)**
Halle Berry
- 5. Side Effects (R)**
Rooney Mara
- 6. Warm Bodies (PG-13)**
Nicholas Hoult
- 7. Cloud Atlas (R)**
Tom Hanks
- 8. Beautiful Creatures (PG-13)**
Alden Ehrenreich
- 9. Escape From Planet Earth (PG)**
animated
- 10. Safe Haven (PG-13)**
Julianne Hough

CHART BUSTERS

Top 10 Pop Singles

- 1. Robin Thicke feat. T.I. and Pharrell**
"Blurred Lines"
- 2. Daft Punk feat. Pharrell Williams**
"Get Lucky"
- 3. Miley Cyrus**
"We Can't Stop"
- 4. Imagine Dragons**
"Radioactive"
- 5. Macklemore & Ryan Lewis feat. Ray Dalton**
"Can't Hold Us"
- 6. Florida Georgia Line feat. Nelly**
"Cruise"
- 7. Justin Timberlake**
"Mirrors"
- 8. Bruno Mars**
"Treasure"
- 9. Selena Gomez**
"Come and Get It"
- 10. Ariana Grande feat. Mac Miller**
"The Way"



Robin Thicke

Top 10 Country Singles

- 1. Florida Georgia Line**
"Cruise"
- 2. Blake Shelton feat. Pistol Annies & Friends**
"Boys 'Round Here"
- 3. Hunter Hayes**
"I Want Crazy"
- 4. Luke Bryan**
"Crash My Party"
- 5. Darius Rucker**
"Wagon Wheel"
- 6. Randy Houser**
"Runnin' Outta of Moonlight"
- 7. Tim McGraw with Taylor Swift**
"Highway Don't Care"
- 8. Brett Eldredge**
"Don't Ya"
- 9. Brad Paisley**
"Beat This Summer"
- 10. The Band Perry**
"Done."



Dwayne Johnson in "G.I. Joe: Retaliation"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of July 29, 2013.

PICKS OF THE WEEK

"G.I. Joe: Retaliation" (PG-13) -- The evil Cobra Commandos have a big evil plan, and only the action-figure-inspired personnel of the G.I. Joe unit can stop them, again! This time, the Cobras have one of their operatives in the White House, so the Joes have a tiny nugget of plot to talk about between explosive action sequences. This time, Bruce Willis joins the crew to add his muscle mass to bulk already provided by Roadblock (Dwayne Johnson) and Duke (Channing Tatum).

Do not, under any circumstances, attempt to take this movie seriously -- even for a moment. This is a sequel to a movie based on a cartoon show that was produced to sell toys. It's like a big bowl of sugary cereal -- kids will love it and go nuts for hours after finishing; we grownups have a narrow chance of enjoying it, and we'll probably just get a headache.

"Filly Brown" (R) -- "Majo" Tonoro (Gina Rodriguez) has a gift for hip hop. She also has a manipulative mother trying to reach out from prison (Jenni Rivera), an impressionable younger sister, a worn-out father (Lou Diamond-Phillips) and bills to pay. While Majo's lyrics are personal and political, some local record producers notice that she could be a real moneymaker if she sold out and sexed-up her act. With all that talent and all that responsibility, Majo's path is a difficult one.

The story, as you may have figured by now, feels put together from a formula set for a new genre -- the underdog hip-hop artist. Instead of doing any plotlines that are too original, the film chooses to use as many cliched subplots as possible. The performances by Rodriguez and Phillips manage to shine despite the script.

"Cloudburst" (NR) -- Stella (Olympia Dukakis) and Dot (Brenda Frick) are an elderly couple living in a little cottage in Maine. Dot has lost her sight, and her clueless but well-intentioned granddaughter commits her to a nursing home. Stella breaks her out, and the two head to Nova Scotia to be legally married. Along the way, they pick up a young hitchhiker who wants to see his dying mother. This is not your average road-trip romp. With touching performances, a good script and the right visuals, this bit of drama is certainly worth checking out.

"Black Rock" (R) -- Three women who have been friends since childhood take a trip to a tiny wooded island in Maine -- but instead of bonding, they wind up bound to a tree.

Shortly after arriving, the women meet three hunters who decide to take advantage of the isolation and attack the protagonists. What follows is a tense thriller where the relationship between hunter and prey shifts back and forth.

- Which group had a hit with "Take the Money and Run"?
- Name the singer who recorded the title song on the soundtrack of the 1964 James Bond film?
- "Let Your Love Flow" was a multi-chart hit for which group?
- Two artists came out with "Honeycomb" in 1957. Who were they?
- Name the song that contains this lyric: "The real thing don't do the trick, no, You better make up something quick, You gonna burn, burn, burn, burn, burn it to the wick."



1. The Steve Miller Band, in 1976. The song is about two bandits being pursued by police.
2. "Goldfinger" was done by Shirley Bassey on the soundtrack as well as the opening and closing sequences. She also recorded the theme songs for "Diamonds Are Forever" (1971) and "Moonraker" (1979).
3. The Bellamy Brothers, in 1976. The song made the charts of Billboard Hot 100, Adult Contemporary and Country.
4. Jimmie Rodgers (his version hit three charts) and Ricky Nelson, on his debut album.
5. "Barracuda," by Heart in 1977. The song was an angry response to a false rumor spread by the group's record label that lead singers and sisters Ann and Nancy Wilson were lesbian lovers.

Sudoku answers on page 30

Weekly SUDOKU

by Linda Thistle

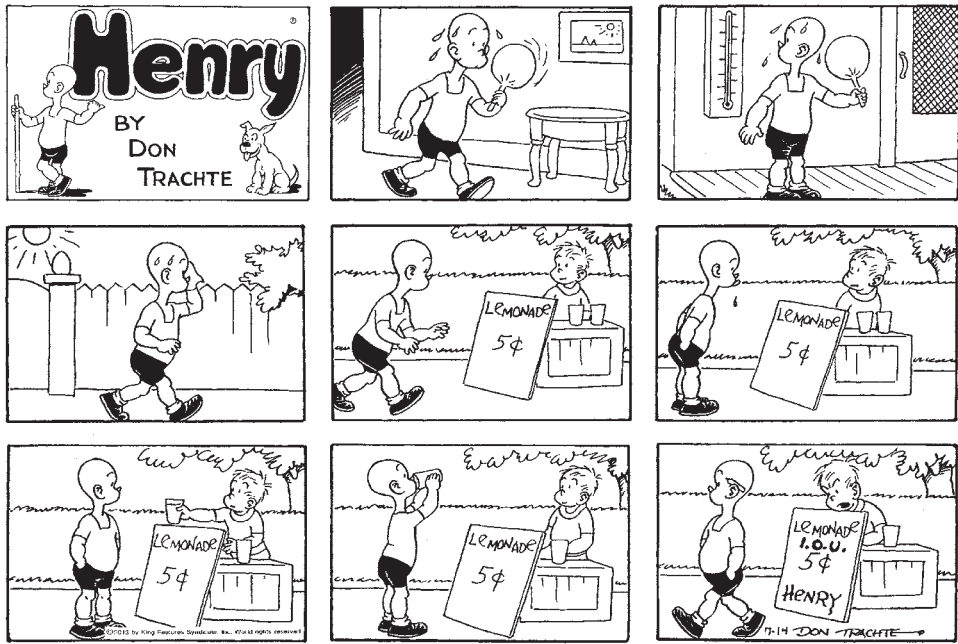
	3		7		6	4
		8		6		5
2			4		3	
	9	1		2		5
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		2		9		1
	8		6			9
4			5	8	6	

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD



The Spats

by Jeff Pickering



King Crossword

ACROSS

- 1 Beige
- 5 Owns
- 8 Excellent, in slang
- 12 "You've got _"
- 13 Individual
- 14 Wealth source
- 15 "— She Lovely"
- 16 Periodical, for short
- 17 Congregation's cry
- 18 Government in power
- 20 Stress
- 22 Wrestling surface
- 23 Towel designation
- 24 Vocal comeback
- 27 Snake-related
- 32 To and —
- 33 Personal question?
- 34 Ernesto Guevara
- 35 Middle-ear membrane
- 38 Old card game
- 39 Shade source
- 40 Ram's mate
- 42 Of Hebrew descent
- 45 Lighthouse light
- 49 Shaving cream

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49				50	51			52			
53				54				55			
56				57				58			

- additive
- 50 Tokyo's old name
- 52 Tardy
- 53 Catherine, Henry VIII's sixth wife
- 54 Moreover
- 55 Grand story
- 56 BPOE members
- 57 Deposit
- 58 Dilbert's workplace
- DOWN**
- 1 Eastern potentate
- 2 24 bottles
- 3 Peal
- 4 In the preceding month
- 5 Where you
- 6 Literary collection
- 7 Genesis name
- 8 Tranquil
- 9 Nostalgic, in a way
- 10 Port of Yemen
- 11 Camper's shelter
- 19 Mother
- 21 Actor McBride
- 24 Salamander
- 25 Weep
- 26 Student's assignment
- 28 Dien Bien — (Vietnam city)
- 29 One disinclined
- grew up
- 30 "Eureka!"
- 31 Trawler need
- 36 Needle-nose tool
- 37 Mornings (Abbr.)
- 38 Unopened
- 41 You and I
- 42 Scoff
- 43 Israeli airline
- 44 Get better
- 46 Garb for Superman
- 47 Elevator name
- 48 Choker location
- 51 "CSI" evidence companion

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HOLLYWOOD

By Tony Rizzo

HOLLYWOOD -- George Clooney has won four Screen Actors Guild awards for "ER," an Oscar and a Golden Globe as best supporting actor for "Syriana," and an Oscar and Golden Globe award for producing "Argo," but will only act in his next film, Disney's "Tomorrowland." He'll play opposite antagonist Hugh Laurie of "House." George's new leading lady is the fast-rising 11-year-old British child star Raffey Cassidy of "Snow White and the Huntsman"; "Dark Shadows"; the recent online movie "Molly Moon: The Incredible Hypnotist," with Dominic Monaghan, Emily Watson and Joan Collins; and the TV series "Mr. Selfridge," with "Entourage" star Jeremy Piven. Raffey plays a teenage robot who joins forces with Clooney's grizzled, middle-aged genius as they seek Tomorrowland in an alternative dimension in order to save Earth. Regardless of how it sounds, it must have been a great script to get Clooney onboard! We'll have to wait until December 2014 to see it.



George Clooney

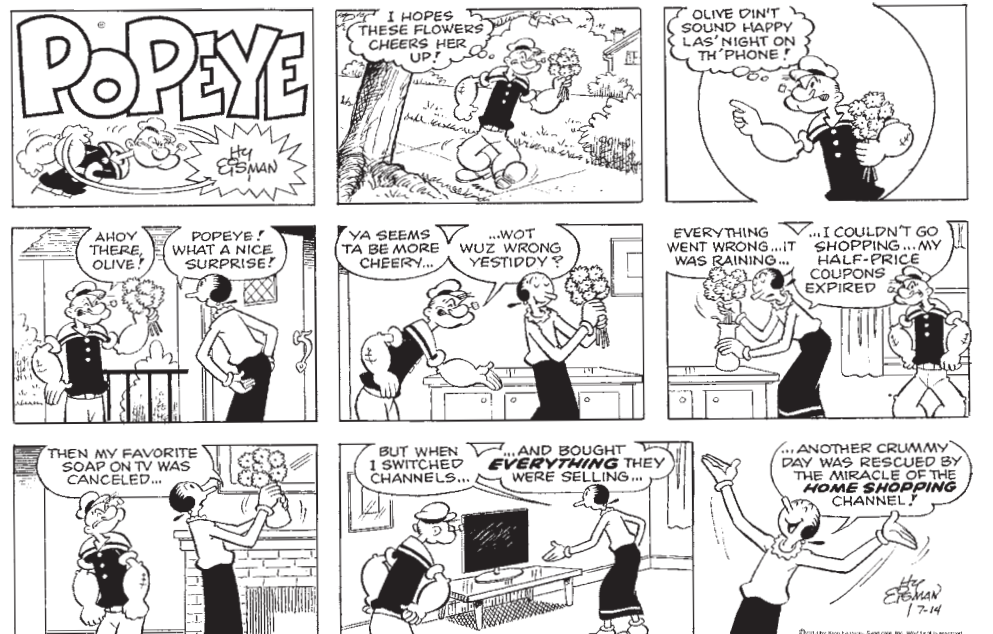
Sylvester Stallone. Alan Arkin, Kevin Hart and Kim Basinger also star. It'll be up against "Motel," with John Cusack and Crispin Glover. Then, it's "Hands of Stone" with Ryan Kwanten, Usher and Ruben Blades, out in 2014, followed by the Martin Scorsese film "The Irishman," with Al Pacino, Joe Pesci and Harvey Keitel. The movie details the life of Frank Sheeran and his involvement with the Teamsters and the murder of Jimmy Hoffa.

Brad Pitt has now turned his attention from "World War Z" to his next project ... as producer of "Kick-Ass 2," the upcoming British-American film about a comic-book superhero. Among the cast are Jim Carrey as Colonel Stars and Stripes, and "Scrubs"/"The Exes" star Donald Faison as Doctor Gravity. Some other characters are Hit Girl, Red Mist, Insect Man, Night Bitch, Black Death, Battle Guy and The Tumor. Films have certainly grown up!

Robert De Niro has two films coming out at Christmas. "Grudge Match" places the former Jake La Motta in a boxing ring battling the former Rocky Balboa,

In case you've wondered why there hasn't yet been a sequel to the top-grossing film of all time, "Avatar," it's because there won't be a sequel, but three sequels! James Cameron said, "I'm not interested in developing anything. I'm in the 'Avatar' business. Period. That's it. I'm making 'Avatar 2,' 'Avatar 3' and maybe 'Avatar 4,' and I'm not going to produce other people's movies for them." Since the original film cost \$200 million, shooting all three sequels at the same time, ala "The Lord of the Rings" and "The Hobbit," will greatly cut the costs. Just blue body make-up alone must be half the budget!

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King Crossword Answers on Page 30

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Woodbridge Town News

DEATH NOTICES

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FIND YOUR VILLAGE

Do you have a built-in microwave above the stove that's hard to reach? Or small area rugs that aren't taped down? Are there parts of your home that are a bit dark? Are there times you can't get to the drugstore to pick up a prescription?

In many parts of the country, "villages" are cropping up. A village is a volunteer effort that allows seniors to ask for specific changes to their homes to allow them to continue to live there. That work is done at a discount by local businesses that have been screened. Often village volunteers will do smaller household tasks, such as watering the garden or downloading a program on the senior's computer. Or maybe a senior needs a ride to the doctor

or to take the cat to the vet. Sometimes the service is as simple as having someone accompany you to an event you'd like to attend.

Seniors pay an annual fee to be connected to the available services, which can vary depending on the particular village. Some will include a visit by a healthcare professional to assess any safety fixes needed in the home. What they all have in common is the ability to help seniors stay at home longer.

At this point, there are more than a hundred villages across the country. If you'd like to know more about it, go online to the Village to Village Network at www.vtvnetwork.org. Be sure to check the Village Map to locate a network in your area. Click on the colored icons for a popup with contact information. Some of the villages are not in the VtoV Network and operate independently. Or call the main office at (617) 299-9NET.

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.

SENIOR NEWS LINE

by Matilda Charles

MONEY FOR HOUSING

In June, the Department of Veterans Affairs announced that 9,000 veterans would receive vouchers for housing when the VA teamed up with Housing and Urban Development to spend \$60 million for Section 8 housing.

Now the help will be even bigger: \$300 million will put 120,000 at-risk veterans and their families into permanent housing in all 50 states, plus the District of Columbia, Puerto Rico and the Virgin Islands. These dollars will be in the form of grants to 319 non-profit organizations that will assist veterans and their families through the Supportive Services for Veteran Families (SSVF) program. This number is up from last year, when the same grant program helped 50,000 veterans and their families.

by Freddy Groves

Services available through SSVF include health care, daily living, personal financial planning, transportation, fiduciary and payee, legal, child care and housing counseling. Monies will even be available in certain cases for payments to moving companies, utilities and landlords if it helps the families gain or keep some stability.

If you're a veteran who needs help providing housing for your family, call 1-877-424-3838. You might qualify for help if you're about to become homeless, or if you've just gotten into housing and need some support services to make sure you and your family can remain stable where you are. Don't wait until the last minute.

Or go online to www.va.gov/homeless/ssvf.asp and click on FY 13 SSVF Providers for a complete list of the grant-recipient organizations that will run the programs. The list includes the name of each organization, as well as contact information and the geographical area each one covers.

You've earned the benefits and the help.

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

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Diamond Ring- found on West River Road near Milford. Call Russ at 203-494-8218 with description to claim.

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ACADEMIC TUTORING - for middle and high school students in: math, algebra, english, geometry, time mgt. / study skills, writing & research papers, vocabulary, PSAT, ACT & SAT tests. Also: college applications and essays, ASVAB, GED, TEAS, GRE, and CPA exams, accounting, economics and finance courses, and securities licensing exams: Series 7,63, 66. Email: ddubinsky.nva@gmail.com, or call David at: 203-219-1698.

HINE LANDSCAPING - Weekly lawn maintenance. Mulch. Brick paver patios and walkways. Driveways - oil and stone, sealing. Yard excavation. Call Tom at 203-815-0340 or Riley at 203-815-0340.

EXPERIENCED TUTOR AVAILABLE - Enrichment or remedial help all subjects K-8, plus high school science, geometry, algebra. Call 203-734-6507 or email: personaltutor9@gmail.com.

A.D. MASONRY - New construction or repair. Brick, block, stucco, stone, chimneys, walks, or patios. CT Registered - Insured. Phone 203-795-4527 or visit our website at: www.crofut.com/a.d.masonry/.

HOUSECLEANING - Polish woman looking for housecleaning job. 7 years experience. Reference available. Free estimate. Call Marta: 203-906-8299.

BABYSITTING - responsible, experienced babysitter available through August 9am - 2pm. Call 203-606-8131.

FOR SALE

MISCELLANEOUS - Recliner, rifle cabinet, cherry oval dining table with 5 chairs, boston rocker, round pine table, chest with 4 drawers. 203-387-4047 Anytime.

MICROWAVE - 30 inch, black, over the stove. Call 203-799-2520.

CLASSIFIED ADS START AT JUST \$20!
Call 203-298-4399 for more information.

King Crossword

Answers
Solution time: 25 mins.

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

Weekly SUDOKU

Answer

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

ARTS & LEISURE



DAVIS GALLERY ANNOUNCES ORCHID ARTIST LASPINO EXHIBIT

The Davis Gallery, located at 200 Boston Post Road, Orange, Connecticut, continues to build on its excellent reputation as an advocate for the arts and the community. Showcasing talented regional artists in a variety of media since 2009, The Davis Gallery recently received second place in the 2013 New Haven Advocate's Best Gallery Opening Award, which is an acknowledgment of the gallery's creative connection to the local community by hosting friendly and sociable opening receptions.

In June 2013, the Davis Gallery not only expanded its physical gallery space, but also added another fine artist to its repertoire, renowned contemporary orchid painter, Patricia Laspino. The Davis Gallery is representing Patricia's exceptional hand-embellished limited editions on canvas and commemorative editions on paper, including a suite of etchings. Visit the gallery to view a sampling of Laspino's artwork currently on display.

A showcase opening event entitled, "The Art of Awareness", with an engaging artist reception is scheduled for Saturday, August 10, 2013 from 1PM – 5PM. Patricia will be in attendance to discuss her art and her ambitious global project, which seeks to increase awareness and appreciation for the beauty and diversity of the natural world. Using orchids as a metaphor in her paintings, she explores cultural and biological evolution, biodiversity, and environmental stewardship at the intersection of art and science. The event and art exhibition offer a rare opportunity to experience some of Laspino's distinctive original oil paintings, which have traveled to many important venues across the United States for the Project.

As a professional artist, Patricia Laspino's thirty-five year career has been inspired by the beauty of the natural world and its power to influence. Her orchid paintings themselves are visually stimulating; intertwined with their beauty is the intellectually provocative science component which is of equal importance. Her art arises from research and collaboration with scholars and scientists at institutions like the Smithsonian Institution; the American Orchid Society and Yale University, to name a few. Her work hangs in the permanent collections of the Smithsonian Institution's National Museum of Natural History, the US House of Representatives, the US Botanic Garden at the Capitol, the American Orchid Society and the Smilow Cancer Hospital at Yale, as well as other private and public collections across the United States.

For further information, please contact The Davis Gallery at 203.795-4705.

ALEXANDER MUSIC STUDIO HOSTS CANCER SOCIETY BENEFIT

As part of its annual "Give Back" community event, the Alexander Music Studio Performing Arts Center (AMS) will host a benefit concert for the American Cancer Society® on September 8, 2013, from 3 p.m. to 6 p.m. at the Woodbridge Country Club located at 50 Woodfield Road, Woodbridge, CT. The goal is to raise thousands of dollars toward childhood cancer research. Proceeds will go to the American Cancer Society® (ACS). ACS representatives will speak at the event. The concert will include performances by AMS Performing Arts Center, local and other nationally-known artists. In addition to musical performances, there will also be photo sessions, raffles, vendor tables and the "So You Want to Be a Star" contest. Founder of AMS, Barbara Alexander notes, "Not only is this event to raise funds for a worthy cause, it will also spotlight the community of Woodbridge and the tri-state area". The concert is supported by the New Haven Greater Arts Commission.

The AMS Performing Arts Center, an all-in-one school for the arts, prides itself on offering classes specializing in all styles of music including classical, jazz, blues, country, gospel and Broadway. AMS also instructs in voice, theater, dance and all instruments. The center also caters to students of various backgrounds, including those with special needs. Both private and group instructions are available. As a unique part of the AMS experience, the center also provides annual scholarships to graduates who wish to pursue a career in the performing arts on the collegiate level.

The AMS Center, located at 131 Bradley Road in Woodbridge, CT and has served the greater tri-state area for over 19 years. Past charitable events directed by Barbara Alexander include a festival for the Oprah Winfrey Ambassador Project as well as several collaborations with Jive Records. For more on information, services and programs please visit www.alexandermusicstudio.com. For required reservations to attend this event, please visit: <http://www.showclix.com/event/3772157/tag/search>.

Woodbridge Town News

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Jamie A. Hulley 
Arts Foundation

11TH ANNUAL EVENING FOR THE ARTS GALA BENEFIT

SATURDAY, SEPT. 7, 2013

at the Quick Center, Fairfield University • Fairfield, CT

featuring



the Broadway Boys

\$40 advanced sales • \$45 at the door

6 p.m. reception & auction preview • 7:30 p.m. performance

COME OUT AND SUPPORT THE ARTS!

for tickets & information contact
the foundation at 203-891-8869 • jamieart@snet.net
Quick Center Box Office at 203-254-4010

The Jamie A. Hulley Arts Foundation is a 501(c)3 non-profit organization.
100% of the proceeds will be used for scholarships and grants
www.jamiehulleyartsfund.org



LOCAL SPORTS

WOODBIDGE RECREATION FALL PROGRAMS 2013

Recreation Office Open: Monday – Friday 8:00am – 4:00pm/Phone: 203-389-3446

MONDAY

BOWLING

Grades K-6 Amity Bowling Center September 16 - November 18 - Busing to Amity Bowling will be provided and is included in the cost. Cost also includes the rental of bowling shoes. Food may be purchased @ refreshment stand at additional cost. TIMES: 3:15 Leave for bowling and 5:15 pick up at Amity Bowling Center BY PARENTS - FEES: \$100.00 Residents/\$110.00 Non-Residents

TENNIS

Grades k-6 3:25-4:25pm September 16- October 28 - \$100 Residents/\$110 Non-Residents. Beecher North Tennis Courts. Pickup is required at 4:25.

TAEKWONDO

Grades K-6 World Champion Taekwondo, Amity Road, September 16 - November 18, \$150.00. Busing to 152 Amity Road will be provided and is included in the cost. 3:15 Leave for Taekwondo and pick up between 4:30 - 5:00 at World Champion Taekwondo at 152 Amity Road BY PARENTS

RUNNING CLUB

Fitzgerald Trails, Monday, Wednesday, & Friday 7:15am-8:15am, September 16 -November 1, Bus Transportation provided to Beecher Rd School at the end of each morning. \$85.00.

KUMON-math.reading.success

Grades K-6 September 16 thru November 18 after school math & reading program. Busing to 152 Amity Road will be provided and is included in the cost. 3:15 Leave for Kumon and pick up between 4:30 - 5:00 at Kumon of Woodbridge at 152 Amity Road BY PARENTS. \$280.

ACTORS WORKSHOP

Grades K-6 September 16 thru November 18 after school acting program. Busing to 131 Bradley Road will be provided and is included in the cost. 3:15 Leave Beecher and pick up 5:15 at Alexander Music Studio at 131 Bradley Road BY PARENTS. \$160.

No Program October 14

TUESDAY

BASKETBALL

Grades K-2 Beecher South Gym, September 17-November 12, TIMES: 3:15 to 5:00 pm, FEES: \$85.00 Residents/\$95.00 Non-Residents.

LITTLE SCIENTISTS

K-5 3:30-4:15, Rotunda, September 17 – November 12, \$148.

CHOIR

Beecher South, Tuesday & Thursday, Grades K-2 3:30-4:30, Grades 3-6 4:30-5:30, September 17 – November 14, \$85.

ARTS & CRAFTS

Grades K-6, Rec. Dept. Office, September 17 –November 12, 3:30-4:30pm, FEE: \$85.

SOUTH CENTRAL PREMIER SOCCER

Grades 1-4, Beecher South Field, September 17 – November 12, TIME: 3:30 -4:30pm, FEE: \$100.

No Program October 15

WEDNESDAY

FLAG FOOTBALL

Grades K-6, Beecher South Field, September 18 - November 13, TIMES: 3:15 to 5:00pm, FEES: \$85.00 Residents/\$95.00 Non-Residents,

CHESS

Grades 1-6, September 18 – November 6, Rec Dept Office, \$70, TIME: 3:30 pm – 4:30 pm.

WORLD DANCE

Grades K-6, Beecher Rotunda, September 18 – November 13, TIMES: 3:30 to 4:30 pm, FEES: \$80.00 Residents/\$90.00 Non-Residents.

GITAR

Grades K-6, Beecher South Assembly, September 18 – November 13, TIMES: Beginner 3:30 to 4:30, Advanced 4:30-5:30 pm, FEES: \$80.00 Residents/\$90.00 Non-Residents.

THURSDAY

BASKETBALL

Grades 3-6, Beecher South Gym, September 19 - November 14, TIMES: 3:15 to 5:00pm, FEES: \$85.00 Residents/\$95.00 Non-Residents.

KARATE

Grades K-6, September 19 – November 14, Rotunda, 3:30 – 4:15pm, \$70 Residents/\$80Non-Residents.

No Program October 17

FRIDAY

STICKBALL

Grades 3-6, Beecher North Tennis Courts, September 20 - November 15, TIMES: 3:15 to 5:00pm, LIMITED ENROLLMENT: Maximum 36, FEES: \$85.00 Residents/\$95.00 Non-Residents.

SATURDAY

BASKETBALL

Center Gym, September 21 – November 16, If you do Tuesday or Thursday basketbal; Grades K-3, TIME: 9:00 to 10:00am, Saturday basketball is only \$20.00 for full session; Grades 4-8, TIME: 10:15am to 12:00 NOON, FEES: \$85.00 Residents/\$95.00 Non-Residents.

No Program October 5 & November 2

GYMNASTICS/MOVENASTICS

Beecher South Gym, September 21 – November 16, ALL LEVELS 9:00 to 10:00 am.

MOMMY & ME MOVENASTICS

3, 4, and 5 years olds: 10:30 to 11:15 am, FEES: \$85.00 Residents/\$95.00 Non-Residents.

No Program October 5

TENNIS

Center Road Tennis Courts, September 21 – October 26, Munchkin 9-10am, Beginner/Advanced 10-11am, \$100 Residents/\$110 Non-Residents.

GITAR

Beecher So. Assembly, September 21 – November 9, Guitar 2 class: 10:00 AM – 11:00 AM, Guitar 1: 11:00am – 12 noon, AGES 10 AND UP. \$80.

SUNDAY

SCORE BASKETBALL

Beecher South Gym, September 22 – October 27, \$85 Residents/\$110 Non-Residents, Ages 7 – 10, 1:00-2:00 pm, Ages 11-14, 2:00-3:00 pm.

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

The Woodbridge Recreation Dept. will make reasonable accommodations to include all members of our community. Let us know if you require assistance to participate in any of our programs. Website: www.woodbridgect.org. Mail Registration to: Woodbridge Rec. 11 Meetinghouse Lane, Woodbridge, CT 06525

32nd ANNUAL WOODBIDGE ROAD RACE ON OCTOBER 5, 2013

1 MILE FUN RUN: 9:00 AM
\$15.00 Fitzgerald Walking Trail

5 K Run & Walk: 10:30 AM
\$20.00 Start at Town Library

ADULT PROGRAMS

BADMINTON

Wednesday evenings beginning September 4, 2013 – May 28, 2014, \$85 full season, September 19 – December 19, \$45 or \$5.00 per night drop in 7pm to 9 pm. No Class November 27, December 25th, January 1st.

TENNIS

Center Tennis Court, Saturdays, September 21 – October 26, 9:00 AM – 10:00AM, \$100 Residents/\$110 Non-Residents.

YOGA

Please call for Monday thru Friday Morning classes, and Monday, Tuesday, or Wednesday Evening classes. Center Room 16, Website: www.woodbridgect.org, click on Departments then Recreation.

Woodbridge Town News

**Submit Your Local Sports
Photos, Articles & Schedules**

Email edit@orangetownnews.com

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www.WoodbridgeTownNews.com

LOCAL SPORTS



Amity U-11 Boys Travel Soccer Team, finished up its season with a win against Cheshire. The team, coached by Seth Ragaini of Everson Soccer, is comprised of boys from Bethany, Orange and Woodbridge.



Congratulations to the Amity U12 Girls soccer team. The team was declared Champions of the CT Cup Soccer Tournament, winning 3 rounds of matches to make it into the finals. In addition, they went undefeated in regular season play in the U13 division, winning the league. The team is made up of players from Bethany, Hamden, Orange and Woodbridge.

MURRAY LENDER JCC 5K BAGEL RUN

USA Track & Field certified 5K course winding through the beautiful residential neighborhoods of Woodbridge on September 22nd, 2013 is a fundraiser for the JCC of Greater New Haven (<http://jccnh.org/bagel-run.aspx>). Online Registration at Active.com ends 9/20 11:59pm (<http://beta.active.com/woodbridge-ct/running/races/jcc-murray-lender-5k-bag>).

8 AM/Race Day registration and packet pick-up opens; 8:45 AM/Kids Run begins (\$5); 9:30 AM/5K Bagel Run begins. Starting Line is at 360 Amity Road, Woodbridge, CT; Rain or Shine. Presented by Marcum Accountants & Advisors. Contact: Susan Donovan, susand@jccnh.org, 203-387-2522. To Sponsor, please contact Tanya Weinberg at 203-387-2522 ext. 216 or tanyaw@jccnh.org.

WOODBIDGE RECREATION DEPARTMENT FALL SWIM LESSONS

Recreation Director Pool Director
John Adamovich Theresa I.Burr-Bahner

SWIM LESSONS (two days per week only)

Saturday may be a single day (see below)

Tuesday & Thursday, Tuesday & Saturday, OR Thursday & Saturday

SEPTEMBER 17TH THROUGH NOVEMBER 14TH

There will be NO Classes October 15 & 17

3:35 - 4:05 (ALL LEVELS) OR 4:10 - 4:40 (ALL LEVELS)

PLEASE NOTE:

THE 3:35 CLASS WILL GO TO THE NORTH GYM DIRECTLY FOLLOWING SCHOOL DISMISSAL, WHERE THEY WILL BE SUPERVISED UNTIL SWIM CLASSES BEGIN. THE 4:10 CLASS WILL GO HOME AFTER SCHOOL. THERE WILL BE NO AFTER SCHOOL SUPERVISION PROVIDED FOR THIS CLASS.

FEE	WITH POOL MEMBERSHIP	W/OUT POOL MEMBERSHIP
RESIDENT:	\$95.00	\$130.00
NON:	\$130.00	\$150.00

SATURDAY SWIM LESSONS (one day per week)

SEPTEMBER 21st THROUGH NOVEMBER 16th

ALL LEVELS 10:30 - 11:00 OR 11:15 - 11:45

FEE	WITH POOL MEMBERSHIP	W/OUT POOL MEMBERSHIP
RESIDENT:	\$50.00	\$70.00
NON:	\$70.00	\$80.00

SIGN OUT OF ALL CHILDREN AFTER SWIM LESSONS IS REQUIRED.
LOCKER ROOM ASSISTANCE WILL NOT BE AVAILABLE.

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

Classes will not be made up in case of weather related emergencies or student absences.

If you have any questions please call 203-389-3446
Website: www.woodbridgect.org click on departments

PAIN WHEN THROWING?

By Michael Demetriades, DPT

Are elbow or shoulder injuries preventing you from playing baseball or softball at your maximum potential? In my experience, I have seen these injuries starting as young as little league all the way up to senior softball leagues. Approximately 58% of all baseball related injuries and 75% of the total time lost from competition

are due to injuries of the upper extremity. Although the shoulder and elbow account for the majority of the overall injuries sustained by baseball players, these injuries often stem from dysfunctions occurring away from the injury site. Even though you may have an injury in your elbow or shoulder; the cause of the problem may be somewhere else in the body.

During the motion of throwing there are several major muscle groups that are involved in addition to your elbow and shoulder muscles. The scapular musculature (muscles around your shoulder blade), your core muscles, and hip muscles are all significantly involved in throwing a ball.

During the phase of throwing, when your arm is reaching back, your rhomboids, middle trapezius, lower trapezius, teres major and latissimus dorsi are all working to help pull your arm back to wind up before your arm goes forward to let go of the ball. If any of these muscles fire at the incorrect time or if there is any significant strength deficit, this could lead to an imbalance in muscles and force your rotator cuff muscles to compensate. I have witnessed compensations due to weak shoulder blade muscles which, over time, can result in an injury to your rotator cuff muscles.

Another major muscle group involved in throwing is your core musculature (rectus abdominis, internal and external oblique and transverse abdominis). During throwing, the core muscles contract to accelerate and decelerate the rotation of your upper body. If weakened, there will be lack of control and/or trunk rotation, which will again force your arm to use more energy to obtain the same velocity as if you had normal trunk control.

In my experience in the clinic, many throwing athletes demonstrate rotational hip weakness and range of motion limitations. One needs good hip control particularly on the planting leg to allow the body to coil and generate force. If the hip muscles fatigue, as can happen in baseball/softball when the pitch count increases, inevitably the shoulder and elbow must compensate. This compensation can lead to faulty mechanics and rotator cuff injury or epicondylitis of the elbow.

What does all of this mean? Aspiring athletes would benefit from a thorough screening. This is especially true for those in the early stages of Little League or high school who have experienced soreness or want to avoid future injuries. It is advisable to seek the services of a sports oriented physical therapist. In our clinic, we often screen athletes of all ages and coordinate our corrective action plans with orthopedists, pediatricians, or internists. In Connecticut, you can be screened by a physical therapist at your convenience with or without a physician referral. Our office takes a whole body approach to each and every injury including the issues discussed above.

Michael Demetriades DPT received his doctorate degree from Quinnipiac University. He has experience in working with all ages and injuries. Michael is a previous varsity hockey and baseball player who is well versed in the modern athlete. He can be contacted in Woodbridge at (203) 389-4593.



Michael Demetriades

Salome's Stars

ARIES (March 21 to April 19) With new facts to work with, you should feel more confident in moving ahead. But continue to do so at an unhurried pace so you can spot details you might otherwise miss.

TAURUS (April 20 to May 20) Taking on that new workplace project could be one of your smarter career moves. Expect a surprising show of support from someone who had always been a critic.

GEMINI (May 21 to June 20) You might feel you're too busy to undertake a new responsibility. But check it out before making any decisions. What you learn could persuade you to change your mind.

CANCER (June 21 to July 22) You feel quite content enjoying all the comforts of home right now. But the urge to travel grows stronger, and by week's end, you could begin packing your bags.

LEO (July 23 to August 22) A hectic period begins to ease up, but that doesn't mean the Fine Feline can do much cat-napping these days. You need to finish those old tasks and prepare for new ones.

VIRGO (August 23 to September 22) Expect to get some good news about your financial situation by week's end. But it could still be too early to rush out with a long shopping list of things to buy.

LIBRA (September 23 to October 22) Your management skills make an impression on some workplace VIPs who might be looking for someone like you to take on an upcoming project. Good luck.

SCORPIO (October 23 to November 21) Meeting a former adversary might be unsettling at first. But time has softened hard feelings, and you could be on the brink of starting a new relationship.

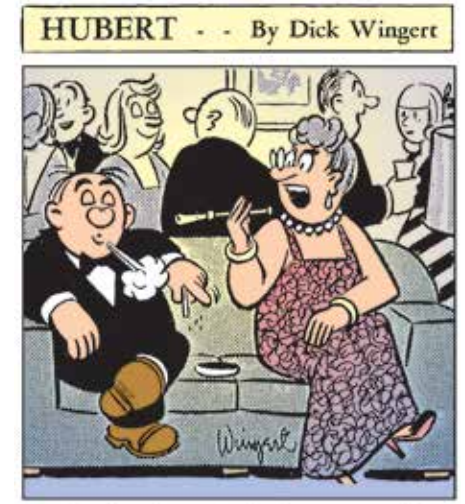
SAGITTARIUS (November 22 to December 21) A troubling situation close to home might cause you to change your travel plans. But getting all the facts before you act might cause you to reconsider.

CAPRICORN (December 22 to January 19) You might be quite alone right now in deciding to support a major workplace shift. But others will join you as new information supports your bold move.

AQUARIUS (January 20 to February 18) A former co-worker returns with news that could persuade you to reassess recently made plans. Be sure to consult with a trusted colleague before you act.

PISCES (February 19 to March 20) Your motives behind a recent decision could be called into question by a rival. But once you present the facts, all doubts will be resolved. Enjoy an arts-rich weekend.

BORN THIS WEEK: While you love being the center of attention, your generous heart allows you to share the attention with others.

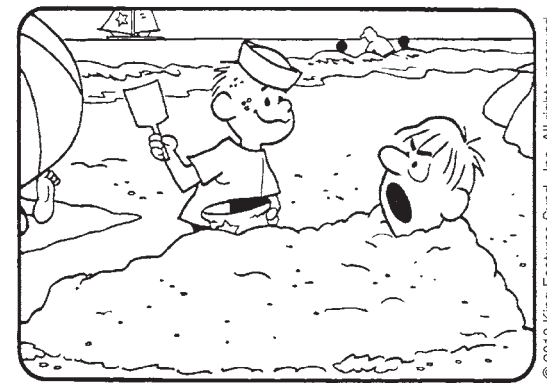
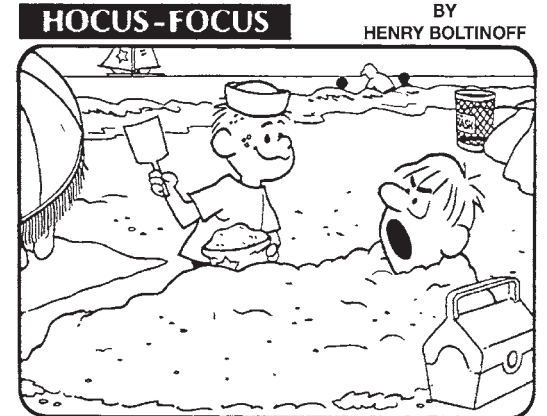


top ten

America's Favorite PIES

1. Apple
2. Pumpkin
3. Chocolate creme
4. Cherry
5. Apple crumb
6. Pecan
7. Lemon Meringue
8. Blueberry
9. Key lime
10. Peach

Source: www.epicurious.com



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 Differences: 1. Fringe is missing. 2. Blanket is smaller. 3. Hat is moved. 4. Pill is empty. 5. Trash can is missing. 6. Cooler is missing.

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NO-KILL MOVEMENT GAINING FOLLOWERS

DEAR PAW'S CORNER: I've read more and more reports recently of lost dogs being euthanized at shelters even before a posted "grace period" has passed -- less than three days in some cases. How can shelters justify this, and why am I seeing so much in the news about it? -- Lila in Tucson, Ariz.

DEAR LILA: Some shelters have exceptions to their grace-period rules, and those exceptions vary. It's not a great answer for owners who worry about their dogs getting out and getting lost, and it's tragic for owners whose pets have been euthanized at shelters with such practices.

There's a growing movement toward promoting "no-kill" shelters, which house dogs, cats and other animals and do not routinely euthanize them, even if they're unadoptable or unclaimed. You may be seeing the results of increased publicity by no-kill advocacy groups, which often function as watchdogs of the shelter industry.

Many argue that it's often necessary to have a program to "put down" ownerless dogs and cats, due to overpopulation. No-kill advocates rebut that the stray population is not as high as it's made out to be, and that alternative programs can be implemented to control the population without putting animals to death. For example, nonprofits like No Kill Advocacy Center help shelters develop feral-cat trap/neuter/release programs and develop programs like pet retention (helping owners keep their pets) and foster care.

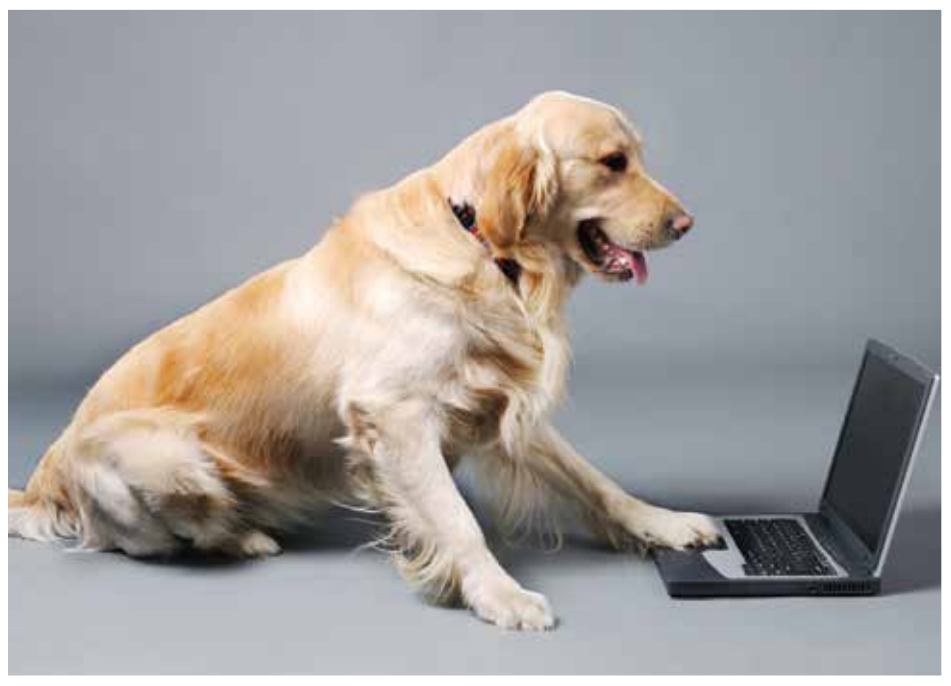
People who are concerned about accidental (or bureaucracy-driven) euthanasia of lost pets can learn from no-kill advocacy organizations about how to take action in their communities to reduce or eliminate this tragic circumstance.

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.



Wasp or bee stings can cause **anaphylaxis**, a severe reaction that may include itching of the eyes or face, swallowing and breathing difficulties, abdominal pain, cramps, vomiting, diarrhea, hives or angioedema (swelling similar to hives, but beneath the skin). Seek help right away if you experience any of these symptoms.

Source: webmd.com



BARK BYTES...

By Vicki & Richard Horowitz

Are Some Dogs Born Mean?

We are often asked if certain dogs are born mean. Or if certain breeds just have a pre-disposition to be aggressive or vicious – like Pit Bulls, Rottweilers and other breeds that have been unjustly branded as bad.

Bad news. Dogs aren't born mean -- it's dog owners that make them that way. A puppy is like a newborn baby – innocent and sweet. Dogs can become mean because that's what their dog owners teach them either willingly or by default.

It is true that some dogs may be born with neurological disorders that make them act out in unexpected ways, but there are few dogs who truly fall into this category. Or dogs are bred with breeds that should not be mixed. However, this is the exception, not the rule.

Think of it this way. A dog is a reflection of yourself. If you give it love and discipline, it will be your best friend. Abuse it, ignore it and it will take control. Tether it outside day after day without any attention and it will become that dog that erupts into a barking frenzy, growling and straining to get off its chain. I have met some of the sweetest pit bulls and some of the meanest Labradors...it all depends on how it was raised.

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.

Woodbridge Town News

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HAVE YOU SEEN ME?

Hi, my name is Auggie Volta. I got scared of the fireworks and ran through our electric fence. My human companions put up posters and everything but no luck. I'm black and grey with spots, have blue eyes, and wearing a red collar. If you've seen me, you can reach my humans at crvolta@gmail.com.

the Orange Shopping Center

659 - 665 Orange Center Road



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Peoples United Bank.....	203 795-3596
Orange Town News.....	203 298-4399
Lucibello & Proscino LLP, (a legal team)...	203 298-4658
Greenhaus, Riordan & Co. CPA.....	203 799-7344
Orange Center Dentistry, P.C.	
Christopher C. Cogguillo D.D.S.....	203 799-2213
Orange Center Convenience.....	203-891-9177
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Orange Nails.....	203-795-3535

* Insurance since 1896"



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

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2nd Prize - Bermuda Cruise on Norwegian Epic (?). 7 days, 6 nights cruise out of New York, NY to Bermuda for 2 adults in Ocean View category, includes insurance.. (based on availability at time of booking)
3rd Prize - Riu Negri!, Jamaica. 7 days, 6 nights, all-inclusive, with round trip air out of JFK, New York, NY to Jamaica, and taxes and transfers for 2 adults. (based on availability at time of booking)
4th Prize - Branson, Missouri. 7 days, 6 nights, includes hotel with 6 shows, 5 dinners and round trip air out of LaGuardia, New York, NY to Missouri for 2 adults. (based on availability at time of booking)
5th Prize - Generac 7500 Watt Electric Start Generator - Knights, Inc., 286 Boston Post Road, Orange, CT • **6th Prize** - Gift Certificate from Diamond Designs, 500 Boston Post Road, Orange, CT
7th Prize - I-Pad Wi-Fi 16 GB - Best Buy, 53 Boston Post Road, Orange, CT • **8th Prize** - Plasma 43" Samsung Television Best Buy, 53 Boston Post Road, Orange, CT
9th Prize - \$400 Fuel Gift Card redeemable at Shell Fuel, 380 Boston Post Road, Orange, CT • **10th Prize** - Stihl BR350 Backpack Blower - Knights, Inc., 286 Boston Post Road, Orange, CT
11th Prize - \$300 Gift Certificate to Foxwood Casino, 350 Trolley Line Boulevard, Mashantucket, CT • **12th Prize** - \$200.00 Gift Card, Stop & Shop, Inc., 259 Bull Hill Lane, Orange, CT
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