

# Woodbridge Town News



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## AMITY RUNNING BACK MAKES IT BIG

By Bettina Thiel - Woodbridge Town News Correspondent

When Darren Haynes sat down at the anchor desk for SportsCenter on ESPN last week, he was living the dream of his life. "I thought 'this is it, this is my dream,'" he said the day after his first on-air stint.

Haynes, a 1999 graduate of Amity High, saw his dream come true. It was a path he had built carefully over the past 15 years, with some surprising twists and turns, but leading to one of the world's largest and influential sports broadcasting corporations. It also led him back to his home state, Connecticut, much to the delight of his parents, Annie and Bill, who still live in the family home in Woodbridge. "Not many of them come home," said Annie.

Annie said she had friends for lunch over the day that Darren was going on ESPN for the first time. When it was close to 3 p.m. she turned on the TV. "I was so proud," she said. She had seen him many times before anchoring, interviewing, but this was special, "to be on the ESPN platform, that is something else," she said. "To see him fulfill his dream...I cried happy tears."

Haynes built his career through perseverance and hard work. In high school, he joined the football team, then under Coach Len Marazzi, and made All state running back. In fact, after graduation he entered the University of New Haven on a football scholarship. But his intention was to become a biology teacher, he said. Unfortunately, UNH at the time did not have an undergraduate teaching program. It was Haynes' mother who suggested, quite off-the-cuff - "Why don't you become a sports broadcaster." "And the rest is history," Annie Haynes added.

Haynes played football for UNH until the university dropped the program. In the meantime he had met Bill Gonillo, a sportscaster with News 12, who was covering UNH games. He recognized Haynes from his days at Amity. "What are you doing here," Gonillo asked him. "I want to do what you do," Haynes told him, and next thing he knew, Gonillo had handed him the microphone. "You do the interview." This was the beginning of a long-term friendship with his mentor.

When Gonillo died quite unexpectedly in 2007 at age 44, it hit Haynes hard. Even before he signed on with ESPN, Haynes went to Gonillo's grave, he recalled, to think about his next steps. After the University of New Haven had closed its football program, Haynes moved west and enrolled at Wayne State in Detroit. That's where he got his BA in Performing Arts.

There, he again found a mentor and supporter, Rob Parker at Comcast Detroit. To

See "Haynes" continued on Page 10



## BEECHER SCHOOL PROGRAM ADDRESSES STRESS

By Bettina Thiel - Woodbridge Town News Correspondent

If mindfulness is the complete attention to the moment, then the recent yoga sessions at Beecher Road School were a testament to the fact that it can be achieved at any age. Some 50 or so participants, ranging in age from approximately 8 months to 50, formed a large circle in the school cafeteria, stretching their arms high into the air or bending their backs into a C curve, depending upon which letter in the alphabet they were doing.

See "Beecher School" continued on Page 3

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**SELECTMEN PARTICIPATE IN READ ACROSS AMERICA PROGRAM**

Woodbridge Selectmen Joe Dey and Tony Anastasio took time out of their workday to stop by Beecher Road School to participate in Read Across America, a program created by the National Education Association and Dr. Seuss Enterprises. The program looks to raise awareness and motivate children to learn to read. The NEA and Dr. Seuss have been partnering in the program since its inception 17 years ago. Forty-five million U.S. students participated in this year's event.

Primary school teachers welcomed these two Selectmen to their classes as a way to support the program's goals. First Grade Teacher Lynn Piascyk said, "The children always enjoy the read aloud times that are integrated into our curriculum, but to have visitors in the classroom truly makes it a special occasion. It's wonderful to have adults in the community share their love of reading with the students. It was a fun day for all."



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**"Beecher School" continued from Page 1**

The class, led by Bill Banick, a yoga teacher well known to local yoga aficionados, as he teaches some of the Recreation Department classes as well, had participants stretching, wiggling, breathing and balancing, and being a little silly in between. "Many of these kids have done yoga before," said School Psychologist Kristine Rose. The exposure helps them be "in the moment," even at 5 p.m. in the afternoon, rather than running around in search of the next thrill.

The program was a follow-up to a presentation on stress in children's lives and how to reduce it, held February 26th in the school library. Dr. Larry Vitulano, an associate clinical professor from the Yale School of Medicine, was the presenter. The program was for parents as well as teachers and staff, and addressed stress in school and outside of school.

Stress is our reaction to demands placed on us, Dr. Vitulano said, and too much of it is debilitating, for children as well as adults. Psychology's new approach to dealing with it is mindfulness, he said.

Stress may originate from society (terrorism, political mistrust, competition, economic uncertainty), from family situations (dual careers, relocations); or from school (grades, sports, bullying, popularity). It is true that many of these stressors have always been part of life, however, as one parent commented, "We're packing a lot more into our days". The negative effects of stress on young children can range from intestinal disorders to cardiovascular disease to relationship problems and mood disorders.

The program, in addressing the adults who deal with elementary-school age children, wanted to make them more aware of their own stressors and encourage them to de-stress on a regular basis. "Set a goal that makes sense," Dr. Vitulano suggested, with particular emphasis on leisure time. Fifteen minutes of exercise or short periods of meditation can help, also reading or listening to music. The way parents fill their down-time can have as much of an influence on the children as any other behavior.

An easy method to de-stress is "Progressive Muscle Relaxation," and Dr. Vitulano led the group through a sample session. Similar to airplane exercises, he had participants tense their muscles for a few seconds, then release them, moving up from the feet, legs, stomach, back and neck, right up to making "funny faces," breathing deeply throughout.

Yoga exercises involve coordination of breathing with movement. "Breathing rhythms and imagery increase relaxation, self-awareness, and memory," Kris Rose wrote as an introduction to the yoga classes. "These programs are designed to promote the social-emotional development of students," said Director of Special Services, Sheila Haverkamp, "as we strive to educate the 'whole child'".

Both classes, the Mindfulness Workshop and the yoga class were funded by a Primary Mental Health Grant and by the Woodbridge Board of Education.

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# WOODBIDGE EDUCATION ROUNDUP

## BABYSITTER TRAINING COURSE

Woodbridge Youth Services is offering a 2-day Babysitter Training Course on Tuesday, April 15 and Wednesday, April 16, 2014 from 10:30 a.m. to 2:30 p.m. to residents 12 through 16 years of age. An American Red Cross-trained facilitator will offer instruction in Leadership, Basic Care, Safety, and Basic First Aid. Students will receive an American Red Cross Babysitter's Handbook, a DVD, and Certificate of Completion.

The fee for the class is \$60.00. The session on Tuesday, 4/15 will be held in Room 16 (second floor) of the Woodbridge Center Building at 4 Meetinghouse Lane. The session on Wednesday, 4/16 will be held in the Senior Center Lounge next to the Senior Center Cafeteria, also in the Center Building. Registration is limited to the first 10 applicants who apply. Bring your own lunch. Call Woodbridge Youth Services at 203-389-3429 to register today! Non-residents will be placed on a wait list until one week before the class. See website for more information at [www.woodbridgect.org](http://www.woodbridgect.org).

## BEECHER ROAD PRESCHOOL OPENINGS

The NAEYC Accredited Beecher Road School Preschool Program has openings for the 2014/2015 school year for students who do not have special needs. This reverse mainstream program, servicing children with special needs, in Woodbridge, has a few openings for typically developing three-year-old peers, who join the program as role models. Peers are chosen using a lottery system. The three-year-old class meets Monday-Thursday from 8:25-10:55 a.m. Parents must provide transportation.

Children who meet the following criteria are eligible:

- must be three years old prior to October 1, 2014;
- must have age-appropriate language skills;
- must demonstrate age appropriate play skills;
- must be toilet trained;
- must be a Woodbridge resident.

An informational meeting, for parents only, will take place on Thursday, April 3rd at 6:00 p.m. in the Preschool classroom. Please call the Preschool classroom if you plan to attend (203-389-2195 ext. 141).

A mandatory visitation for the children will be held in our Preschool classroom on Friday, April 11th. Please call and leave a message to schedule an appointment time. We will return your call with a scheduled appointment time. Applications will be available on the day of the visitation. Your child must be present at the visitation in order to be a part of the lottery system for choosing typical peers.

The Beecher Road School Preschool Team is a resource to Woodbridge families regarding the development of young children. If you have any concerns about your preschooler's development, please contact Beecher Road Preschool at 203-389-2195 ext. 141.

## LOCAL 8<sup>TH</sup> GRADER, HAMDEN HALL MATH TEAM TAKE THIRD

Thomas Walsh from Woodbridge and his Hamden Hall middle school team joined a total of 66 schools and 198 students compete in the national challenge "MATH-COUNTS" on March 8th at the University of Hartford. Over 200 schools competed in the first level of the program in matches held during February. Local schools represented on March 8th included Amity Middle School- Bethany, Ezra Academy, Hopkins School and the Foote School who all place in the regional competition at Yale. The teams have been preparing for the competition since the fall. Students competed individually and as teams in written and fast-paced oral matches. Subjects include algebra, probability, statistics and geometry.

MATHCOUNTS is a national program designed to improve math skills among U.S. students. The program focuses on middle school students, who are at a crucial stage in developing and sustaining math interest and ability. Students who do not begin developing strong problem-solving, logical thinking and analytical abilities in middle school will face an uphill battle later in life if they wish to pursue a medical, scientific, mathematical, engineering or technical career. The sponsors of the local competition of MATHCOUNTS is the Connecticut Society of Professional Engineers and Yale University.

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## SACRED HEART ACADEMY HONOR ROLL

Sacred Heart Academy Principal, Sr. Maureen Flynn, ASCJ has announced the Honor Roll for the SECOND marking period of the 2013—2014 academic school year. The following Woodbridge residents were named to the Honor Roll:

### HIGH HONORS:

- Lucy Andersen
- Julianne Beltz
- Anna-Claire Luciani
- Teraesa Vitelli



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### HONORS:

- Isabella Buda

Sacred Heart Academy

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

## LAURALTON HALL ANNOUNCES ITS 1<sup>ST</sup> & 2<sup>ND</sup> QUARTER HONOR ROLLS

Milford, CT, November 20, 2013 – Principal Ann Pratson of The Academy of Our Lady of Mercy, Lauralton Hall has announced the Honor Roll for the First Quarter of the 2013 – 2014 school year.

High Honors students have achieved an average of at least 92 in all academic courses; Honors students have an average of at least 86 in all academic courses.

### First Quarter - WOODBRIDGE Residents

High Honors: Grade 12: Ellen Tein • Grade 10: Madeline Tein

Honors: Grade 10: Meghan Hill

### Second quarter - WOODBRIDGE Residents

High Honors: Grade 12: Ellen Tein • Grade 10: Madeline Tein

Honors: Grade 10: Meghan Hill



## KINDERGARTEN REGISTRATION PLANNED

### Beecher Road School Has Scheduled Kindergarten Registration Times

Registration: Kindergarten registration for the 2014-2015 school year will take place Thursday, April 24th, and Friday, April 25th, from 8:30 AM to 11:30 AM and 12:30 PM to 2:30 PM in the North School Conference Room. Please use the North School entrance. Upon entering, please come to the Main Office on your right and check in with the office staff.

Prospective Kindergarten students must be 5 years old on or before Jan. 1, 2015.

Parents registering children for Kindergarten are asked to bring the completed registration packet, along with the child's birth certificate and immunization record.

Parents are required to present a picture identification form such as a driver's license or a state ID card.

For more information, call the North School Office at 389-2195.

## Attention Teachers!

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Woodbridge Town News

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To submit a Bulletin Board event Email us at: bulletinboard@woodbridgetownnews.com

All articles, photographs and letters must include your name, address and daytime telephone number for confirmation. The Woodbridge Town News reserves the right to reject any advertisement, article, photograph or letter. Letters to the editor must be unique to the Woodbridge Town News.

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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 include April 4th (Easter/Passover Issue), April 11th (April 11th), April 25th (Mother's Day Issue), May 2nd (May 2nd), May 16th (Memorial Day Issue), May 23rd (May 23rd).

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

FROM OUR READERS

To the Editor

I'd like to comment on Cathy Wick's letter in your Feb. 28th issue. I've lived in Woodbridge only a few years, but already love the town and want to see the best for its residents. That said, I find Ms. Wick's comments at the Feb. 19th meeting and in her letter to have a vindictive tone toward the First Selectman and to be at odds with many of the residents I've spoken with about the future of the CCW.

I don't know Ellen Scalettar, but have watched her and others put together a process to objectively gather residents' input to help guide the process. I sat in one of the discussion groups and witnessed both moderate and extreme opinions, ranging from leaving everything as it is now to developing the full CCW property. The divergent opinions are expressed passionately by all and finding common ground is clearly challenging. I can assure Ms. Wick that many residents believe offering at least some portion of the CCW property for well planned development to offset the current financial burden it levies is an appealing proposition. Further, I believe that the alternatives presented on Feb. 19th meeting closely reflect the residents' input that had been gathered. The committee, in fact, did listen closely to the residents.

Being relatively new, I'd simply suggest that hurling insults helps little in finding an acceptable plan for CCW.

Dave Carlson

To the Editor

At the February 12 Woodbridge Board of Selectmen meeting, Republican Selectmen Joe Dey and Tony Anastasio made a proposal to change the board liaison procedure. Currently, each Selectman is assigned to act as a liaison to several commissions, attend their meetings and report on their activities at each monthly Board of Selectmen meeting. Dey and Anastasio suggested keeping the liaisons intact so that boards and commissions have ready access to the BOS but, instead of the liaisons attending all the meetings, commission chairs report to the full BOS several times a year at its scheduled meetings.

According to Selectman Dey, "the current system is inadequate in that we receive extremely brief, second hand reports that may be filtered through a partisan political lens. The BOS has no opportunity to question the board or commission chairs nor engage in open discussion. Our proposal would provide better quality information for the BOS and for town residents on what is really happening at the board and commission level, and would give the full Board of Selectmen the opportunity to discuss important town issues with commission chairs in an open forum".

Republican Town Committee Chairman Donald Celotto remarked that "some recent reports from the commission liaisons have contained glaring omissions or simply inaccurate information. We believe that it better serves the public interest to have the Selectmen and the townspeople receive first hand information about what is happening in our town boards and commissions. This increased level of oversight and accountability will help the town avoid situations such as the current legal action in which the town is being forced to defend one commission against another at taxpayer expense."

The proposal for reform was rejected by First Selectman Scalettar and the Democratic Party majority.

Donald W. Celotto, Jr.

See "From Our Readers" continued on Page 8



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.

# LOCAL BUSINESS ROUNDUP

## THE TOOL TO HANG TOOLS FROM AN EXTENSION LADDER

### Woodbridge Native Launches Invention

A Connecticut tool company, Talyn Industries LLC, announced today that it will be launching its revolutionary new tool hanger, "The Hangman" on the national Kickstarter.com crowd-funding platform. "The Hangman", which is a tool that secures inside the rung of extension ladders, has been praised for its sturdy construction and versatility in accommodating a variety of tool hanging needs for both contractors and homeowners alike.

Inventor and founder Kayenta Saucier, a home improvement contractor for more than 15 years, initially created the hangman as a tool to help simplify his company's ladder projects. After discussing his idea with his close friend and marketing guru Adam Goldberg, the pair launched Talyn Industries, LLC. to refine and develop their concepts into an international product that the home improvement community would adopt and depend on.

About The Hangman: Manufactured from solid aluminum components at its partner plant in Seymour, Connecticut, "The Hangman" provides a multitude of hanging options and surfaces to secure paints and tools up to 35 lbs (15.8 kg). "The Hangman" is fully adjustable and can be secured to either side of the ladder, accommodating both right and left-handed users. Items commonly found hanging from "The Hangman" include paints and stains (up to two cans can be held simultaneously), industrial nail guns, drills, scraping tools and more.

About Kickstarter: Kickstarter is a crowd-funding website that reaches more than 5 million people internationally and features more than 50,000 start-up projects and inventions. Manufacturers and inventors are turning to Kickstarter as a way to raise capital and learn about their target audiences. Users show their support for products by backing and supporting projects in exchange for first-dibs on the coolest new tools, gadgets and tech. To access the link and learn more about this unique product, go to [kck.st/1eM9B1c#Madein](http://kck.st/1eM9B1c#Madein).

Kayenta Saucier stated, "I'm proud to reach out to the Kickstarter community in launching our product. We've given our audience several different bundling and packaging options and are hoping to use Kickstarter's vast international audience to provide a platform for interaction and communication within the home improvement community." Kayenta and Talyn Industries are hoping to raise \$10,000 on the crowd-funding platform to complete packaging and product documentation for their project.

When asked about why Kickstarter was appealing, Kayenta noted, "Kickstarter is helping to make dreams a reality for many start-up inventors. Social media has opened up a world of possibilities that has led to a revolution of free thinking. We're very excited to be a part of that revolution and helping to support young inventors. It's a reciprocal relationship based on good will that just works."

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## COMMONWEALTH FINANCIAL NETWORK RECOGNIZES NESTOR

Roberta Nestor, an independent financial advisor affiliated with Commonwealth Financial Network® and owner of Nestor Financial Network in Milford, CT, has achieved Commonwealth Winners Circle status for 2014. This distinction recognizes successful financial advisors based on a ranking of annual production among Commonwealth's network of 1,487 financial advisors. Commonwealth is the nation's largest privately held independent broker/dealer-RIA and the broker/dealer of choice for Roberta Nestor.

Wayne Bloom, CEO of Commonwealth, said, "We are pleased to award Roberta with this elite recognition". Bloom continued, "Among the most esteemed financial advisors in our business, and a valued member of the Commonwealth community, Ms. Nestor epitomizes the drive, dedication, and commitment essential to attaining this level of success in the industry."

In honor of this distinction, Roberta has been invited to join her peers at the Commonwealth Winners Circle, March 31-April 4, 2014, at the Wigwam Resort, Litchfield Park, Arizona. The conference will offer attendees an array of networking and educational opportunities focused on delivering indispensable service to clients and offering strategies for continuing to grow and evolve an advisor's business.

About Nestor Financial Network: Nestor Financial Network has been providing individuals and organizations with financial guidance since 1994. 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.

## JUDY COOPER RANKS #1 SALES ASSOCIATE AT COLDWELL BANKER

Coldwell Banker Residential Brokerage in Connecticut and Westchester County, N.Y., is pleased to congratulate Judy Cooper, a sales associate affiliated with the company's Woodbridge office, for ranking as the company's No. 1 sales associate in the Greater New Haven region in 2013. In addition to this honor, Judy will be presented with the Coldwell Banker® International President's Premier award on April 3 at a special awards celebration at the Mohegan Sun. This distinguished honor is awarded to the top 1 percent of approximately 85,000 sales associates worldwide in the Coldwell Banker® network.



Judy Cooper

"Judy is admired for her deep commitment to providing exceptional service to her clients and customers. Her positive attitude, professionalism, and expert negotiation skills have helped her establish a loyal client base that turns to her again and again for guidance," said Cathleen F. Smith, president of Coldwell Banker Residential Brokerage of Connecticut and Westchester County, N.Y. "I am so proud of all that Judy has accomplished and I know that she will continue to achieve tremendous success."

With 34 years of experience in the residential real estate industry, Judy is committed to her educational and professional development and has successfully completed intensive coursework to earn several professional designations including, Accredited Buyer Representative, Certified Residential Specialist, Senior Real Estate Specialist, Certified Negotiation Specialist and Graduate Realtor Institute. She earned a Bachelor of Arts degree Phi Beta Kappa from Rutgers University and a Master of Arts degree from the University of Pennsylvania.

Judy Cooper is affiliated with the Coldwell Banker Residential Brokerage office located at 270 Amity Road in Woodbridge and can be reached directly at (203) 392-3317.

Woodbridge Town News

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## FROM OUR READERS

“From Our Readers” continued from Page 6



Tad Smith, Luciann Healey, Karen Lockhart, Edward Weinberg & Robert Pryer. Seated: Hollyann Pyne & Carolyn Caffery

### To the Editor

On Tuesday, March 11, the Woodbridge Republican Town Committee (WRTC) installed sixty members and 13 alternates. The Town Committee members who represent the political parties in Town, serve for a two year term. To be a member of The Town Committee is an important responsibility, crucial to the successful operation of the Town. The members choose candidates and participate in the town-wide elections and nominate citizens for appointment to the Boards and Commissions that help to carry out the smooth running of the Town. We welcome the participation of Woodbridge citizens to act with us in making Woodbridge a better place in which to live. The WRTC meets monthly on the second Tuesday of the month in the Center Cafeteria. We welcome visitors and urge you to join us. For information, go to [www.woodbridgegop.org](http://www.woodbridgegop.org).

Our newest members are Cynthia Anger, Debra Barbieri, Carolyn Caffery, Luciann Healey, Robert Hopkins, Karen Lockhart, Keri Matthews, Robert Pryer, Hollyann Pyne, Spencer Runbin, Thaddeus Smith, Paul Testa, Edward Weinsberg. Alternate, Behr.

Kathryn Gartland

### To the Editor

As former members of the Woodbridge Town Plan and Zoning commission, coming from different political perspectives, we are writing regarding the Town's regrettable lack of progress in determining the appropriate strategy for the long-term use of the property at 50 Woodfield Rd, AKA Country Club of Woodbridge. Consistent with Connecticut General Statutes, the Woodbridge Plan of Conservation and Development, Adopted April 4, 2005, provides that the Town Plan of Conservation and Development shall show the Commission's recommendation for the most desirable use of land within the municipality for residential, recreational, commercial, industrial, conservation and other purposes and for the most desirable density of population in the several parts of the municipality. As approved by the residents, the Town Plan of Conservation and Development and the Woodbridge Zoning Regulations do not allow for the dense, multifamily development as recommended by the First Selectman at the Town meeting Feb. 19, 2014. Judging from the response of the Town, she and her consultants appear to be misguided and off-target.

Further disturbing is that, as stated above, it is the responsibility and authority of the Town Plan and Zoning Commission to establish the best use of land and codify it in Zoning Regulations and the Town Plan. This is not the domain of the First Selectman. In light of recent communications and meetings, it appears that either the Town Plan and Zoning Commission has ceded this authority to the First Selectman, or the First Selectmen has simply usurped it. Neither is good and neither is in the best interest of the residents. The tail is wagging the dog.

In December 2011 the Town defeated by a 2:1 margin, a proposal by Toll Brothers, Inc. to build fifty-eight condominium townhouses for adults age 55 and over. After the polls closed and the results were announced, First Selectman Edward Sheehy said it's time to reassess options. But after the public forum of Wednesday, Feb. 19, it appears that the Town leadership wants to pursue a reprise of what is an almost identical proposal, only this time, with denser development on more acreage. We don't believe this was the intended meaning conveyed in the proverb "if at first you don't succeed...". To us, it strikes more closely to "The more things change..."

Michael Broderick (D)

Bill Fox (R)

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# TOWN DEPARTMENTS & AGENCIES



## TOWN ANNOUNCES NEW ADMINISTRATIVE TEAM

Woodbridge First Selectman Ellen Scalettar announced changes in the Town's administrative team. The Board of Selectmen unanimously and enthusiastically named Tony Genovese, the town's Finance Director, to also serve as the Town's Administrative Officer. The Board of Selectmen also voted to hire an Assistant Administrative Officer, Betsy Yagla, who will focus on three areas: resident issues, special projects and communications.

The Administrative Officer is a position required by town charter. The former Administrative Officer, Joe Hellauer, retired in January. He was responsible for managing the day-to-day operations of Town Hall and assisting in long-range planning and special projects.

"I would like to thank Joe Hellauer for his faithful and friendly service to the Town of Woodbridge," said First Selectman Ellen Scalettar. "I would also like to congratulate Tony on his promotion, which capitalizes on his managerial skills and depth of knowledge accumulated during more than 12 years of service leading the Town's finance department. Also, please join me in welcoming Betsy Yagla to Town government."

The Town of Woodbridge's administrative team also includes Executive Assistant Geraldine Shaw, who has worked for the Town in various capacities for 40 years and Senior Clerk Lynne Anglace who has worked for the Town for 20 years.

## WOODBIDGE LAND TRUST ANNOUNCES PHOTO CONTEST

To kick off its 50th year anniversary celebrations, the Land Trust is conducting a Photo Contest. Photographers of all ages are invited to submit photos depicting the open spaces and trails of the Land Trust throughout the seasons. Winning photos, with attribution, will be featured on the Land Trust's website and in Land Trust publications. Photos should be submitted to woodbridgelandtrust@gmail.com by May 15, 2014. Please provide the name of the trail depicted in the photo.

## FIRE SAFETY AND PREVENTION DAY IS APRIL 5

The Woodbridge Volunteer Fire Department invites the community to its third annual Fire Safety and Prevention Day in Memory of Eva Ryan Block on April 5 from 10 a.m.-2 p.m. at the Fire Station. Eva was a town resident who passed in a fire while attending Marist College in New York in January 2012. "I'd like to thank our volunteer firefighters for putting on events such as this one to educate families and help keep residents safe," said First Selectman Ellen Scalettar, "and I encourage residents to take advantage of this wonderful opportunity".

The fun and informative event includes activities for adults and children. There will be fire safety and fire prevention demonstrations. A fire simulator trailer designed to look like a bedroom will be on hand so that children can learn how to safely escape a house fire. Kids will be invited to touch a fire truck, try on fire fighting gear and test the Fire Department's rescue tools and thermal imaging cameras.

There will also be demonstrations with extrication tools to show and demonstrate how the fire department utilizes its apparatus and tools. Adults can learn how to properly install smoke and carbon monoxide detectors and how to use a fire extinguisher safely.

There will also be free child finder stickers, smoke detectors and carbon monoxide detectors available while supplies last. Refreshments will be served.

## GENTLE YOGA - SPRING 2014

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- Monday Evenings 5:30-6:45/March 17, 24, 31, April 7 (no 14th) 21, 28, May 5, 12, 19: 9 classes \$72./\$10 drop-in
- Wednesday 10:30-11:45 and 5:30-6:45/March 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21: 10 classes \$80/\$10 drop-in

Classes held in Room 16, The Center, 4 Meetinghouse Lane, Woodbridge. Call (203) 389-3446 or email yogadiane@gmail.com for specific directions. Register at 1st class, or mail check to: Woodbridge Recreation, 11 Meetinghouse Lane, Woodbridge, CT 06525.

## T.E.A.M. CONCERNED FOR AREA HOUSEHOLDS HEATING NEEDS

TEAM wants the community to know that first time/new appointments are still available for Home Heating assistance until May 1, 2014. While oil delivery ends on March 17, bill payment remains available for those families who need assistance and have not obtained heating assistance this year.

However, TEAM is concerned about some area households - those with the least disposable income, particularly the unemployed. The winters' below zero temperatures, along with early ice and snow storms, has resulted in households stretching their incomes to fund rising home heating expenses (to cover the higher cost of needed heating oil). TEAM has used both Federal and State resources for these families' heating assistance. The average benefit this season is about \$717, essentially one tank of oil. At this point, many have exhausted their annual benefit for assistance, and we are worried they are at risk and possibly could be forced to relocate. Once the energy assistance dollars are used, families must choose between heating their home and putting food on the table. These families may be "out in the cold", when their grants are gone and there is no additional money to provide another winter fuel delivery.

A donation to TEAM's Warm Hearts Fund can help these vulnerable families remain warm and secure during March. You can make your donation online at TEAM's website [www.teaminc.org](http://www.teaminc.org) by clicking on the "donate now" button.



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# CLUBS & ORGANIZATIONS

## ROTARY CLUB SILENT AUCTION

The Woodbridge Rotary Club's Annual Silent Auction will feature a Homemade Wine contest. The event will be held on Thursday, April 3rd, 6:30 p.m. at the Woodbridge Club, 10 Milhaven Road, Woodbridge. All attendees will have an opportunity to taste several homemade wines and food provided by local restaurants. All proceeds will benefit the Bethany and Woodbridge Senior Centers, the Jewish Family Services Food Pantry, and the Woodbridge Rotary Club.

The Rotary Club is seeking donations from individuals and businesses of sports tickets and memorabilia, theater and concert tickets, vacation opportunities, gift certificates, and any other goods and services that would make the silent auction successful and fun.

Tickets for the event are \$35. For more information or tickets to the event, contact Buddy DeGennaro at 203-710-2548 or email [buddy.degennaro@gmail.com](mailto:buddy.degennaro@gmail.com).

## TROOP 907 SEEKING NEW SCOUTS

If you're a boy age 11, or at least 10 and have completed the fifth grade, or have earned the Cub Scout Arrow of Light Award, up to 17 years old, the time for a real adventure is now! We are especially interested in recruiting new boys for Troop 907 who have no previous experience with scouting; we welcome all to come by on Thursday nights at 7:15 PM. The troop has, for a long time, been meeting at the Parish House Scout Room (rear parking lot entrance) of the First Church of Christ, Woodbridge.

By starting this spring, you can participate in summer scouting programs such as camp and upcoming overnight camping. Many fun activities are planned, as well as advancement programs.

Troop 907 scouts, Troop Scoutmaster Tom Luciani ([luciani33@sbcglobal.net](mailto:luciani33@sbcglobal.net)), Assistant Scoutmaster Dave Lober ([dalober@aol.com](mailto:dalober@aol.com)), and Chartered Organization Representative Rich Forselius ([forselius@snet.net](mailto:forselius@snet.net)) would like to meet you and your parents at one of the scout meetings. The troop website is [troop907.org](http://troop907.org); please stop by! Adult leaders are welcome too!

## WOODBIDGE ROTARY CLUB UPDATED ON TOWN PROJECTS

Woodbridge is being progressive about energy, thoughtful about the Country Club of Woodbridge's future use, involved in the state Department of Transportation's plans for Exit 59 and has a new Administrative team, First Selectman Ellen Scalettar told Rotarians. Scalettar was invited to speak at a breakfast meeting of the Rotary Club of Woodbridge. During her talk, she updated area businessmen and women about the Town's energy projects, changes in the Town's administrative team, plans for improving traffic flow near Exit 59 and answered questions about the Country Club.

The Town was one of nine recipients of a state pilot grant to create microgrids. A microgrid is a miniature power grid that runs parallel to the traditional power grid. When the traditional grid fails and there's a power outage, the Town is not affected because its primary source of power is its own microgrid. Woodbridge's microgrid will serve the police and fire stations, the Center building, Town Hall, the Library, Public Works and Amity High School. This means that if power goes out, Town residents will still receive uninterrupted vital public safety services.

Additionally, in the short term, the Town is looking into participating in a solar incentive program to help residents buy solar panels at a discount. Bethany had great success in using a program called Solar Challenge. The Town is also considering participating in a program called C-PACE that would give commercial building owners access to low cost, long-term financing to pay for energy upgrades.

There was discussion about traffic congestion near the Town's commercial district and especially at Exit 59 of the Merrit Parkway. Scalettar reported that the state Department of Transportation has developed a plan that has generally met with positive reaction. She was shocked, however, to learn that the state's time line for the project could be as long as 30 years. Scalettar has been working with state officials to see if there is any way to expedite the project.

Additionally, Rotarians had questions about the future use of the Country Club of Woodbridge. In 2009 at an Annual Town Meeting, the Town voted to purchase the land for \$6.9 million to prevent the bankrupt club from being sold to a developer. Nationally, golf courses have seen a decline in membership. As a result of declining use and required upkeep, the Town has spent \$1 million since 2009 and is also paying \$400,000 in debt service every year.

There are many ideas as to what to do with the land to prevent further loss or raise taxes. Rotarians were in favor of some development at the site, notably housing for active adults.

## JCC EVENTS

*All events will take place at the JCC of Greater New Haven, 360 Amity Road, Woodbridge.*

### Beckerman Lecture Series: Russ and Daughters

Thursday, 4/3, 5:30pm, Mark Russ Federman of New York's iconic Russ and Daughters hosts a smoked fish and vodka tasting followed by a multimedia presentation of his recent book, *Russ & Daughters: Reflections and Recipes from the House That Herring Built*. \$25 members/\$30 nonmembers. Contact Email: DeDe Jacobs-Komisar, 203-387-2JCC, [dedek@jccnh.org](mailto:dedek@jccnh.org).

### Yeladim Open House

Sunday, 4/6, 12-2pm, Open House: Yeladim Early Learning Center (Ages 3 mnths-5 yrs). Tour the Center and meet the teachers. Ask us about the returning Kindergarten program. Free for nonmembers and members. Contact: Dir. Lynn Bullard, [lynnb@jccnh.org](mailto:lynnb@jccnh.org), 203-389-7415 x278.

### Matzo Factory (Ages 3-8)

Sunday, 4/6, 2-4pm, Participate in this delicious hands-on activity where the Passover story comes to life through the creation of your very own matzo! Nosh on your matzo while you enjoy a storytime and then personalize your very own Passover book! Appropriate for Ages 3-8 years old with a caregiver. \$5/child. Ages 4-8. RSVP by April 1. Contact: Laura Ross, 203-387-2JCC, [laurar@jccnh.org](mailto:laurar@jccnh.org).

### Shabbat Friends Cooking Series (Ages 3-5)

Friday, 4/11, 1-2pm, A FREE monthly program provides a child-friendly space to ring in Shabbat in a format that captivates and encourages exploration through cooking. Appropriate for Ages 3-5 years old with a caregiver. Future Dates: 5/9, 6/13. Contact: Laura Ross, 203-387-2JCC, [laurar@jccnh.org](mailto:laurar@jccnh.org).

### 53rd Annual Schoolboy/Schoolgirl All Star Classic

Sunday, 4/13, 1:30pm, The 53rd annual Schoolboy/Schoolgirl All Star Classic basketball game, which has been held at the Bridgeport JCC for the past 52 years, features two games. Twenty-four of the top senior girls basketball players in Connecticut play an East-West, all-star game at 1:30 PM. A game of twelve of Connecticut's top senior boys basketball players follows. The boy's game will play against an always competitive team from New Jersey. Players selected for the games TBA.

Over the years, many of the players have gone on to play in college and in the NBA or the WNBA. Past players include John Williamson, Wes Matthews, Marcus Camby, Jordan Williams, Joe DeSantis, B.J. Monteiro, Rita Williams, Maria Conlon, Jen Rizzotti, Heather Buck, Damika Martinez, Bria Holmes and many more.

Ticket \$12 for adults, \$10 for students and \$8 for children age eight and under. Group rates are available. Contact: Alison Lurie, [alisonl@jccnh.org](mailto:alisonl@jccnh.org), 203-387-2522 x313.

### Holocaust Remembrance Day / Yom HaShoah Community Commemoration

Sunday, 4/27, 4pm, Community Observance. Keynote Speaker: Anita Schorr, Holocaust Survivor. "Step in. Be a hero. When people don't do anything, when they don't step in, something like the Holocaust can happen." Schorr shares the dehumanization and torture she experienced and witnessed as a child in two concentration camps. Contact: Ruth Gross, [ruthg@jccnh.org](mailto:ruthg@jccnh.org), 203-387-2522 x310, <http://www.jewishnewhaven.org/index.aspx>.

### "Haynes" continued from Page 1

make some money, Haynes also worked in a jewelry store. He had to rush out during his lunch break to do interviews. But his boss at the jewelry store was skeptical of Darren's plans. "The broadcasting industry is too difficult - you will never make it," he told him. That was the day he left the jewelry store, he said.

He landed a job in Lansing, Mich., as a full-time reporter with WLJ, an ABC affiliate. From there he moved to Alpena, Mich. — where they were looking for a sports anchor. It was 2006, and the job paid \$14,000. He took it.

Haynes later moved to southern Texas and San Antonio before he moved back to the New York City area. Al Jazeera America was looking for a sports anchor, and Darren took the opportunity. "It was like any other news station," he said, and it gave him an opportunity to broaden his audience.

That's when Rob King, Sr. Vice President, SportsCenter and News, saw him at a convention of the National Association of Black Journalists, and the two connected. Haynes got the call from ESPN in January. "I felt like I made a million dollars," he said. "I'm still a little bit on Cloud 9."

He started on the new job on February 24. Working at ESPN made him realize "how good everybody is," he said. In addition to the charm and the looks, sports casting requires a lot of background knowledge, terminology and staying in touch with developments.

When the music started and the cameras started rolling for his first on-air time, he was very aware that this was a dream come true. "I kept telling myself, this is just like Alpena," he said, remembering his first job in a little town in Michigan. "The prompter, the scripts, it's all the same way. Just a lot more people watching."

## FROM YOUR STATE SENATOR

By Joseph Crisco



Senator Joseph J. Crisco, Jr. (D-Woodbridge) meets Porkchop, a one and a half year old Shar Pei-Pitbull mix available for adoption through the Hartford-based Protectors of Animals, an animal shelter and rescue. Sen. Crisco joined Porkchop and advocates for the ASPCA's CT Voices for Animals Day in Hartford.

## SEN. CRISCO TAKES PART IN "VOICES FOR ANIMALS" DAY

Hartford, CT – State Senator Joseph J. Crisco, Jr. (D-Woodbridge) joined the American Society for the Prevention of Cruelty to Animals (ASPCA), local animal advocates and state lawmakers in Hartford last month for the first-ever Connecticut Voices for Animals Day. The ASPCA hosted the event to raise awareness of the cruelty inflicted upon dogs in inhumane commercial breeding facilities. "When we voted last year to create a task force to study these facilities we took a good first step toward ending this disturbing practice," said Sen. Crisco. "I hope that as we continue to raise awareness of these facilities, more public pressure will be placed on lawmakers across the country to take action. It is time for other states to follow Connecticut's example."

The ASPCA encouraged lawmakers to support a phase-out of the sale of commercially-bred animals in the state's pet shops as a way to curb the cruel treatment of dogs in large-scale facilities known as puppy mills. Protectors of Animals, a Hartford-based rescue group, was on hand with dogs from their shelter to promote adoption as a humane alternative.

In 2013, the legislature called for the establishment of a bipartisan task force to examine the inhumane source of dogs and cats sold in Connecticut's pet shops. After several public hearings and meetings, the task force recommended that all new pet shops obtain their dogs from shelters and rescue organizations.

According to a national survey, nearly 80 percent of consumers would not purchase a puppy if they knew it came from a puppy mill. The poll revealed that more than three fourths of all adults nationwide are unaware that most pet store puppies come from puppy mills.

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**SENIOR CENTER**

FROM THE DESK OF LEE CANNING

Our heartfelt thanks to the volunteers of Human Services, Senior Center and Youth Services for your dedicated service and your willingness to give back to the community. The Volunteer Tea is April 10 at 2 pm.

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

**The Woodbridge Rotary Club is planning its annual Rotary Club Silent Auction** on Thursday, April 3rd at 6:30 pm at the Woodbridge Country Club, 10 Milhaven Road, Woodbridge. The event will feature homemade wine makers serving their finest along with light fare provided by restaurants. Proceeds will benefit the Bethany Senior Center and Woodbridge Senior Center Program Fund, the Jewish Family Services Food Pantry and the Woodbridge Rotary Club.

The Rotary Club is seeking donations for its Silent Auction of sports tickets and memorabilia, theater and concert tickets, vacation opportunities, gift certificates, and any other goods and services that would make our Silent Auction successful and fun.

Tickets for the event are \$35. For more information or tickets to the event, contact Buddy DeGennaro at 203-710-2548 or email [buddy.degennaro@gmail.com](mailto:buddy.degennaro@gmail.com)

**We are having a Stroke Screening** on Monday April 7, 2014. Pre-registration is required. Call 1-888-653-6450. Early Detection is Key to Prevention.

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

**The Senior Center offers Zumba Gold** classes on Friday at 9 am in the cafeteria. Call 203-389-3430 to register. \$30 for six weeks.

**Lunch is served** on Tuesdays and Fridays at 12:15 pm. Call in reservations at least one day in advance. All meals include salad, bread, juice, coffee/tea, & dessert. Meals cost \$3. Take Outs cost \$4

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

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

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

**The Mah-jongg group** meets every Monday and Friday in Room 15 from

See "Senior Center" continued on Page 13

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## SENIOR CENTER

“Senior Center” continued from Page 12

10 am to 12 noon. Novices are welcome – they will teach you.  
**PROGRAMS MARCH 2014**

- Mar 21—Friday— Zumba Gold. Movie. Senator Crisco, “What’s on Your Mind”? What issues are seniors concerned with? Informal round table discussion.
- Mar 25 — Tuesday — Income Tax. Book Club. Larry Batter, Pianist/ vocalist.
- Mar 27 — Thursday — Yellow Dot.
- Mar 28 — Friday — Zumba Gold. Movie.

### FUTURE PROGRAMS—2014

- Apr 1 — Tuesday — Income Tax. Shel Cooper, vocalist.
- Apr 4 — Friday —Zumba Gold. VNA Community, “Are You Sleeping”?
- Apr 7—Monday—Life Line Screening.
- Apr 8 — Tuesday — Income Tax. Angelo, vocalist.
- Apr 9 — Wednesday — TRIAD Meeting.
- Apr 11 — Friday — Zumba Gold. Movie.
- Apr 15 — Tuesday — Income Tax. Yale British Art Museum Talk.
- Apr 17 — Thursday — Advisory Board Meeting.
- Apr 18 — Closed. Good Friday!
- Apr 22 — Tuesday — Book Club. Sal Anastasio, piano.
- Apr 24 — Thursday — Yellow Dot.
- Apr 25 — Friday — Zumba Gold. Movie. Memory Screening Part I with Dr Varano at 10 am. Free lunch at 12:15pm. Reservations needed.
- Apr 28 —Monday—Memory Screening Part II with Dr Varano at 10 am. Free Lunch at 12:15pm. Optional free memory screening available prior to talk & free lunch on Friday 4/25 and Monday 4/28. Call 203-389-3430 for reservations.
- Apr 29—Tuesday—TRIAD Fire Safety Evacuation Drill with Joe Cap-pucci, Woodbridge Fire Marshal. He will speak on smoking, space heaters, kitchen & fire safety.

### TRIPS

*Trips must be paid for at registration. Checks are payable to Getaway Tours.*

**June 16, 2014**—Monday—Suffolk Downs. \$67 includes transportation, admission to Suffolk Down, luncheon and driver’s gratuity.

**August 13-15, 2014** — Wednesday to Friday — Lake George & Saratoga. \$499 pp/dbl includes Saratoga Raceway Admission, Transportation, Hotel Accommodations, 5 Meals (2 Breakfasts, 1 Lunch, & 2 Dinners), Taxes & Baggage Handling, Scenic Train Ride, Sightseeing Cruise, Getaway Tours’ Tour Director, and Gratuities for Tour Director & Driver.

**August 19, 2014**—Tuesday—Block Island. \$119 includes ferry ride from Point Judith RI, narrated island tour, lunch at The National Hotel, and driver’s gratuity.

**TRIP CANCELLATIONS FOR DAY TRIPS** —Unfortunately NO REFUNDS can be issued for any cancellations made less than 30 days before a scheduled trip or event.

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

### TOWN of WOODBRIDGE ELDERLY and TOTALLY DISABLED TAX RELIEF

Elderly and totally disabled tax relief programs may be filed with the Town’s Assessor between Feb 3, 2014 and May 15, 2014. Those residents of Woodbridge who: 1) have attained the age of 65 on or before 12/31/13; 2) hold full time residence in Woodbridge; 3) income does not exceed \$34,100 for a single person or \$41,600 for a married couple. Those on Social Security disability are exempt from the age requirement. Applications can be filed at the Assessor’s Office, Town Hall, Mon thru Fri 8:30 am to 4:30 pm. Please call 203-389-3416 for information.

### BOOK CLUB

On March 25th the club will meet in Room 15 at 11:15 a.m. The title of the book was not available at press time, so please call Mary D’Ostilio at 203-389-3429 for details.

### WALKING GROUP

The Walking Group will meet Friday April 4 at 10 am and will walk each Friday, weather permitting, except April 18th. We will meet at The Cornfield.

### LUNCH BUNCH

Share lunch and friendly conversation on April 21st at 12:00 noon at Bellini’s in North Haven, CT. Everyone is welcome, and it is “Dutch treat”. Van transportation can be arranged for a \$3 fee. Please call Lee at 203-389-3430 to make a reservation for the lunch and/or transportation.



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## “AN OUNCE OF PREVENTION”

### What is Meningitis?

Most people have heard of the disease, meningitis. Its name brings to mind “the disease that causes loss of limbs”. We are fearful when we hear about a family member or friend with this disease, especially if it is someone we have spent time with. What most people don’t know is that there are different forms and causes of meningitis and they are not the same.

The term, meningitis, is used to describe a swelling of the meninges, which is the protective membrane covering the brain and the spinal cord. Bacteria, viruses, chemicals or even drugs can all cause meningitis. The cause of the swelling affects the severity of the disease.

**VIRAL MENINGITIS** (also called aseptic meningitis) is generally less severe than meningitis caused by bacteria. About 90% of cases are caused by viruses known as enteroviruses, such as coxsackie virus and echo virus. These viruses are more common during the summer and fall months. The viruses that can cause viral meningitis are contagious, but most infected persons either have no symptoms or develop only a cold or rash with low-grade fever. Only a small proportion of those infected actually develop meningitis. Therefore, if you are around someone who has viral meningitis, you could become infected with the virus, but it will not necessarily cause meningitis. These viruses also cause other viral syndromes. There is no need for preventive medication for those exposed to someone with viral meningitis. Viral meningitis can be a very serious disease. The good news is that it is rarely fatal in healthy persons.

Symptoms of viral meningitis include fever, severe headache, stiff neck, drowsiness or confusion, nausea and vomiting. Symptoms usually appear within 3 to 7 days after infection with a virus. There is no specific medication for the treatment for viral meningitis. Doctors will often recommend bed rest, plenty of fluids and medicine to relieve the fever and headache. Most often, viral meningitis resolves by itself, with little permanent damage.

**BACTERIAL MENINGITIS** is the more frightening form of the disease. It is a severe illness which requires prompt treatment with an antibiotic. It can be a life-threatening disease and can cause permanent health damage. It is most common in the winter and early spring. The common causes are: Haemophilus influenzae type B (commonly known as Hib); Streptococcus pneumoniae (S. pneumoniae); and Neisseria meningitidis (N. Meningitidis).

Infants and young children are routinely immunized against Hib, which has greatly reduced meningitis caused by this bacteria. S. pneumoniae and N. meningitidis are responsible for about 80% of bacterial meningitis, with N. meningitidis being the most common. Meningitis caused by N. meningitidis is called **MENINGOCOCCAL DISEASE**. Children aged 11-18 are now vaccinated against meningitis. The vaccine protects against 4 strains of bacteria, including two of the most common strains occurring in the U.S. Vaccination is not a guarantee that you will not get meningitis, but it does reduce the chance of getting the disease. N. meningitidis is commonly found in the throats and noses of healthy children and adults. Illness is uncommon and why some people suddenly become ill with this bacterium is not well understood. Between 2010 and 2012, Connecticut had 3-4 cases per year.

Symptoms of meningococcal disease include: fever, headache (which may be intense), stiff neck, a rash, inflammation of the throat and ears, nausea, vomiting and/or lethargy. The person may become delirious or have convulsions. Symptoms often occur suddenly and progress rapidly. In infants, an eerie high-pitched cry may be noticed. While some of these symptoms alone are indicative of many other causes of illness, combinations of the above, especially with a sudden, abrupt onset should prompt you to consult a doctor. Most often, a person with bacterial meningitis is hospitalized. Treatment includes antibiotic therapy.

Meningococcal disease is a serious disease requiring immediate medical attention. It is fatal in 10-15% of cases. Of those who recover, 10-15% sustain permanent hearing loss, limb loss, brain damage or other serious injuries. You do not get meningococcal meningitis from casual contact, such as entering a room where an ill person has been or breathing the same air where there has been an infected person. Meningococcal meningitis is spread by direct contact with droplets or discharges from the nose or throat of a sick person (like from kissing or coughing or sharing utensils). Fortunately, these bacteria are not as contagious as germs like the common cold or the flu. They do not live for more than a few minutes outside of the body. Close contacts of the patient are usually given prophylactic (preventive) antibiotics. Close contacts are defined as household members, intimate contacts or day care center playmates of the ill individual. The kind of casual contact that occurs in a regular classroom, office or factory setting is not usually significant enough to cause concern.

### PREVENTION

If there is a need for antibiotic prophylaxis from a significant exposure to bacterial meningitis, you will be contacted by a health official or a health care provider. (Of course, you can always check with your doctor if you have concerns.) In general, prevention of meningitis is similar to the prevention for all communicable diseases, with the first and most important strategy being frequent hand washing. It is also helpful to keep your environment clean. In day care settings, this includes routine cleaning and disinfecting of objects and surfaces, which is a very effective way to inactivate viruses. Other strategies for preventing viral and bacterial illness include: Cover your mouth when you cough and your nose when you sneeze; Dispose of dirty tissues in the wastebasket; Do not share food, drinks or utensils that have been in someone’s mouth; and try to encourage young children to keep their fingers out of their mouths.

For more information about meningitis, visit these websites: [www.cdc.gov/ncidod](http://www.cdc.gov/ncidod) or [www.kidshealth.org](http://www.kidshealth.org). For written information on this topic, Quinnipiack Valley Health District residents (Bethany, Hamden, North Haven and Woodbridge) can call 203 248-4528 or request on line, [www.qvhd.org](http://www.qvhd.org). (Column authored by V. Deborah Culligan, Health Education Coordinator.)

# frogurt time

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DINING WITH SUSAN

By Susan Noonan



CHINA PAVILION

I thought it was time to revisit one of my favorite restaurants in Orange, the ever popular China Pavilion. This award winning family owned Chinese restaurant has been going strong since 1982. The key word here is "family" as Fred, Amy, Khanh have owned China Pavilion since 1996. This is truly a special place where families can gather and enjoy a cocktail or two in China Pavilion's full service bar and have fresh Chinese cuisine made to order. China Pavilion is one of a few award winning Chinese restaurants in Connecticut with a full bar.

I had an opportunity to reach out to Khanh to get his thoughts on their extremely successful restaurant: "We are a family owned and operated business. A large part of the workforce is directly related (aunts, uncles, nephews, cousins). We spend so much time together in this business; we eat breakfast, lunch and dinner together. This is our family, we work really hard to keep customers satisfied and we try to have as much fun as possible doing it so that our customers can feel good about bringing their family to our restaurant; because we know how important it is to have the people you love all sitting down at a single table, eating, talking, most importantly...being a family. Food unites people and it's a beautiful phenomenon. My mother in law (Amy), yes; she is the one with an impeccable memory and seems to know everyone's name. It's a pleasure doing business with people you feel comfortable with, what's more comforting than walking into a place and having people recognize you by name... or maybe by your order? I was in the banking industry and learned a long time ago that knowing someone's name is the ultimate form of respect and admiration. What makes our food different? "The Process" - We've endured while many have come and gone. The focus on what we are putting on the plate I think plays a large role in our restaurant's success. This is why we focus so much of our efforts in the process by which the food is prepared and the ingredients used in the process. What I mean by the process: It's the traditional Taiwanese way of cooking. Making sure the woks are to temperature, that the ingredients are as fresh as can be, sauces are made when you order that dish (i.e., they don't make a large batch of general tso's sauce and then just fry chicken and add the premade sauce in). This process is a positive in that it gives our dishes a distinguishable flavor because vegetables and meats are seared at the proper temperature and sauces are made in small individually sized batches. The negative is that as with ANY process, it simply takes time."

\*About the Chef: "My father in law (Ding Lin - Master Chef) simply doesn't deviate from the formula that has endured all this time. He believes that the best dishes start with the freshest ingredients. This freshness not only tastes better but it's simply better for you (nutritionally speaking, food loses nutrients as it ages past its prime). We also use prime cuts of beef (which is why our beef is always very tender, never fatty), white meat chicken is used in a majority of our dishes (yes even general Tso's chicken - which is commonly made with lower cost dark meat chicken because it can be hidden by the batter). We can alter most dishes to meet special dietary like gluten free or steamed options."

\*Challenges: "One of the biggest challenges we face in this industry is that for every full service, dine in Chinese restaurant there are 40 "fast food" Chinese restaurants. Why is this a challenge? It's not that they are competition; its that they set an unrealistic expectation that ALL Chinese food can be prepared in 10-15 minutes...yes even on a weekend we still have customers ask us if their order will be ready in 10-15 minutes? THIS is the problem I alluded to earlier. Remember "the Process"? The same one that we built our business on is also the same one that people complain about the most. We just wish people would understand that our food takes time, the process needs to take place or else what we serve you won't be fitting of the multiple awards we've won, and it certainly wouldn't be to our standards. So we won't deviate from our process."

Thank you so much Khanh for sharing your special insight with our readers! You couldn't ask for a more hardworking, dedicated family, always warmly greeting the customers, remembering everyone's name (I don't know how they do it). The restaurant is immaculately kept & the efficient wait staff are always smiling and tending to your every need. China Pavilion's top-notch service & food at reasonable prices along with their "exotic island drinks" always make the dining experience a pleasure. The menu has so much to offer, it would take pages to list everything. Visit its website to view the menu. Many regular customers say the China Pavilion cuisine is the closest to Chinatown you will ever get. I just know everything is scrumptious and definitely one of my all time favorite restaurants for lunch & dinner. They also offer lunch specials available 11am-3pm- 7 days a week. China Pavilion is open 365 days a year including all major holidays!!

CHINA PAVILION

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Hours: Monday-Thursday - 11am-10pm - Friday & Saturday 11am-11pm -Sunday - 12pm-11pm. All major credit cards accepted - Reservations recommended - Handicapped accessible - Parking: Large lot in shopping center. Take out on all menu items - Available for private parties. Website: www.ChinaPavilionCT.com.

Final notes: China Pavilion has won numerous awards including Connecticut Magazine Reader's Choice-Best Chinese Restaurant-New Haven County-15 years in a row, along with the Zagat Survey Award of Distinction. In addition, China Pavilion is one of the "Top 100 Chinese Restaurants" in the United States voted by the Chinese Restaurant News. Remember to support our local family owned businesses! If you have a favorite restaurant e-mail me at: susan@orangetownnews.com or susan@woodbridgetownnews.com.

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## Adult Programs

Please register for all adult programs by calling 203-389-3433, stopping by the Circulation Desk, or emailing [kward@woodbridgect.org](mailto:kward@woodbridgect.org).

### Free College Financial Planning Workshop with Advanced College Funding Solutions

Wednesday, March 26, 2014 @ 6:30pm - Join Advanced College Funding Solutions for a free educational college financial planning workshop that will focus on high school sophomores, juniors, and seniors. They will discuss the FAFSA form, how to increase your college-related tax deductions and tax credits, pick colleges that will give you the best financial aid packages, lower your "out-of-pocket" costs and more. You can also register for this program online at: [planforcollegeworkshop.eventbrite.com](http://planforcollegeworkshop.eventbrite.com).

### Celebrate Spring with Robin Glowa and Healthy Greens

Tuesday, April 1, 2014 @ 7:00 pm - Winter is over and the world is fresh and green again! Incorporating green foods such as tender new baby lettuces, arugula, kale, and bok choy is a delicious way to enjoy super healthy seasonal ingredients. Robin Glowa, the Conscious Cook, will share simple, tasty green recipes that will refresh and invigorate you. Healthy eating never tasted so good. There is limited space so please register.

### Film Discussion Series with Mark Schenker

"The Films of Stanley Kubrick" - Part 2 of 3 - Featuring the film: Paths of Glory (1957).screening: Wednesday, April 2nd @ 7:00pm; discussion: Wednesday, April 9th @ 7:00pm. In a continuation of his 2013 series How to Read a Film, Mark Schenker will present three lectures on The Films of Stanley Kubrick. The Killing (1956), with Sterling Hayden and Coleen Gray; Paths of Glory (1957), with Kirk Douglas and Ralph Meeker; Dr. Strangelove (1964), with Peter Sellers and Sterling Hayden. Films will be screened at the library a week prior to discussion date.

## Children

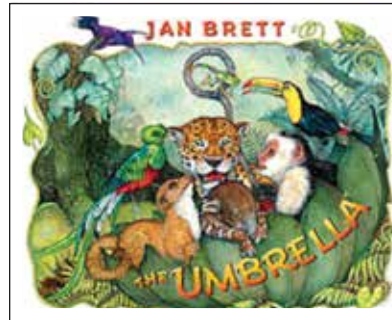
To register for any children or teen program please stop by the Children's Department, call 203-389-3439, or email [childrensprogram@lioninc.org](mailto:childrensprogram@lioninc.org).

### Reading Together - Saturdays @ 2 pm April 5, 12, 19, and 26th

Do you have a child who knows how to read but doesn't love reading? Maybe your child is a real bookworm and reads all the time. Join the fun at the Wood-

bridge Library each Saturday at 2 pm in April. Our Reading Together initiative is designed to engage children in the stories they read and encourage them to read for pleasure. We have games, prizes, and books for children in K-2nd grade. Our team of trained high school students will be there to make the reading experience fun for your child. Pick one Saturday, or more, depending on your schedule! Advance Registration is required.

### Eager Readers Book Group - Monday April 7, 2014 @ 6:30pm for children in grades K-2 - The Umbrella by Jan Brett



Come along with Carlos on a trip to the rain forest. The only sound is the steady, drip, drip, drip of drops falling from the trees. Carlos is sure that he will see lots of animals. But he is in for a big surprise when a mischievous tree frog hops into his umbrella, followed by one animal after another, each one larger than the last! Join the fun at the book discussion and create a special umbrella craft. Copies of the book are available at the Children's Desk. Advance

registration is required as space and supplies are limited.

### Special Vacation Week Program: Pinocchio - Wednesday, April 16 @ 2 pm for ages 4 and older.

Join the fun at a special live performance by the Traveling Lantern Theatre. A little wooden marionette is lovingly created by a master craftsmen...but what a bad little puppet he turns out to be! He's selfish and greedy, and he lies. After many hair raising adventures, Pinocchio finally learns what it takes to become human... kindness, compassion, loyalty, hard work and selflessness. Advance registration required.



### Balloon Twisting - Thursday, April 17 @ 4:00pm- ages 10 to teens

It's time to twist with balloon artist Susan Curran. Join us for balloon art at our 10's to Teens art program and learn how to twist to create. This is a free program and registration is required.

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Patricia Richardson

**Q:** Can you tell me what **Patricia Richardson** has been up to lately? I loved her on **"Home Improvement"** and **"The West Wing"**, but I haven't seen her in anything lately. -- Joy T., via email

**A:** Everyone's favorite TV mom, Patricia has been easing back into acting now that her children are off to college. I spoke with her recently to discuss a cause that is close to her heart: bringing awareness to rare diseases. In 2005, Patricia lost her father to progressive supranuclear palsy, a neurodegenerative brain disease that has no known cause, treatment or cure. Now she is doing all she can to raise awareness of the disease and money toward finding the cure, partnering with the National Organization of Rare Disorders. (Go to [psp.org](http://psp.org) for more info.)

In regard to acting, Patricia is ready to jump back in with both feet. She told me: "I've started doing theater again. I've done three Hallmark movies in the last year, and that's been good for me, to have the chance to get in front of a camera and feel comfortable again. I'm coming around to where I'm starting to feel like, 'Oh yeah, now I remember why I liked this.' My kids are doing really well, so I feel good about [my choice to step back from acting]. I'm very lucky, and I've been really blessed."

\*\*\*

**Q:** I read that **Amy Poehler** is going to be in another NBC comedy. If that's true, what will happen with **"Parks and Rec"**? -- George D., Harrisburg, Pa.

**A:** Don't worry: Amy isn't leaving "Parks and Rec." She'll be producing a yet-untitled comedy for the Peacock Network that will star **Natasha Lyonne** ("**Orange Is the New Black**") and will

center on Natasha's character, who works as an aide to a group of senior citizens while she tries to find herself.

\*\*\*

**Q:** I read some time ago that **Morgan Freeman** had divorced his wife in order to marry his step-granddaughter. Is this true? -- Pauline L., via email

**A:** This was just another horrible Hollywood rumor, which as a rule I stay away from, but this rumor is one that needs to be cleared up. The answer is a resounding no, with Morgan releasing this statement: "The recent reports of any pending marriage or romantic relationship of me to anyone are defamatory fabrications from the tabloid media designed to sell papers."

\*\*\*

**Q:** Will **"Dracula"** be back for a second season? -- Richard R., via email

**A:** As of this writing, NBC has not announced a renewal decision. If the show does get renewed, then I will start watching it. I've been disappointed so often in the past, where I get involved with a show only for it to be canceled -- **"FlashForward," "The Gates," "GCB"** -- that I am now more cautious about committing to a new series.

Write to Cindy at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at [letters@cindyelavsky.com](mailto:letters@cindyelavsky.com).

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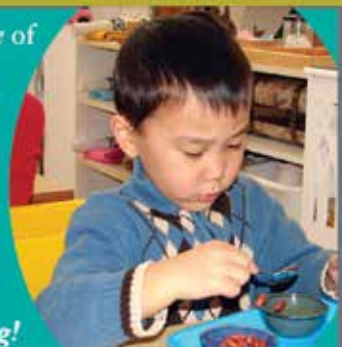
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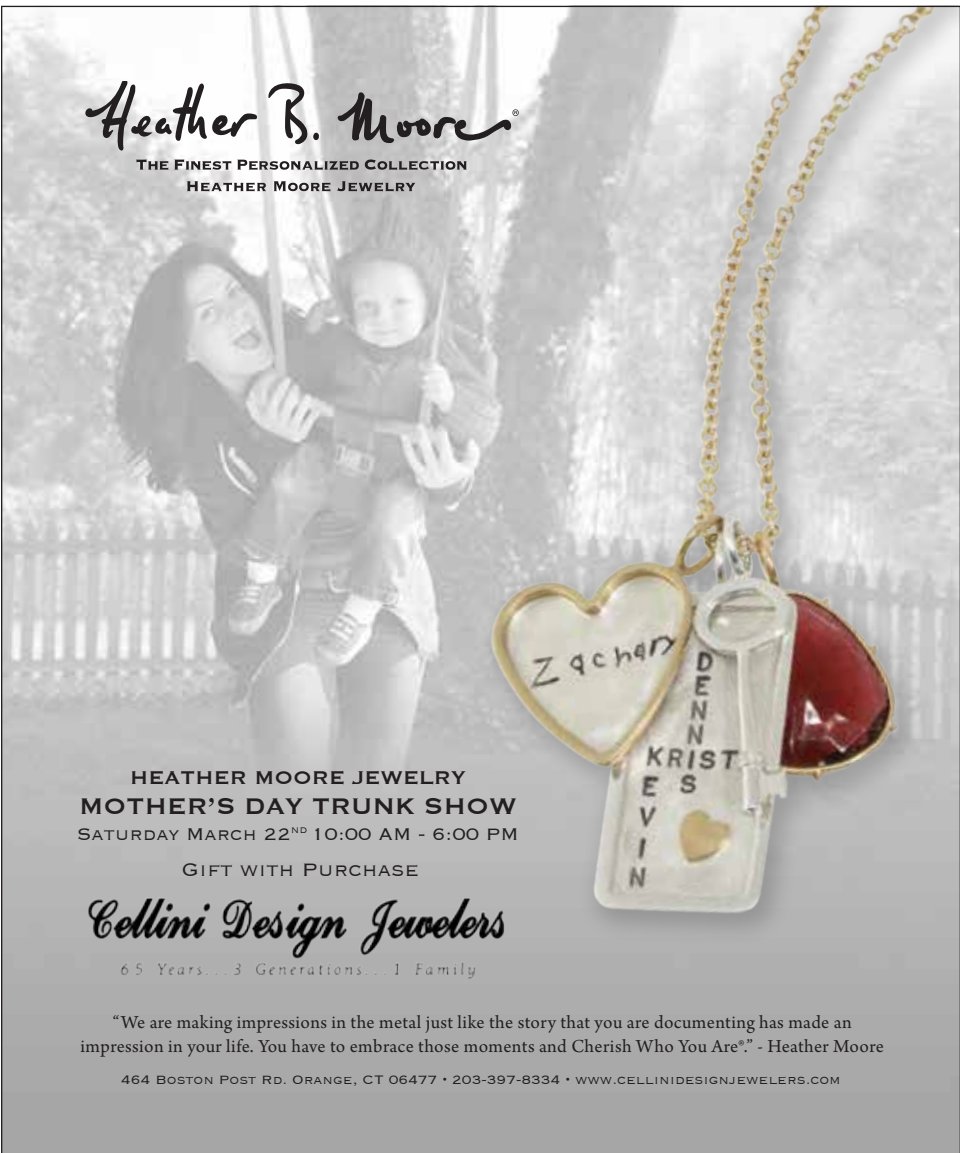
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On March 11th, 2014, Woodbridge Town employees served corn beef and cabbage to 80 seniors at the Woodbridge Senior Center. Pictured (l-r): Ellen Scalettar, First Selectman, Jeff Leiby, Lieutenant, Frank Cappiello, Sergeant, Ray Stuart, Deputy Chief and Janice Innocenzi, Administrative Assistant.

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**REP. KLARIDES WELCOMES WOODBRIDGE GIRL SCOUTS**

On February 26th State Rep. Themis Klarides welcomed Woodbridge Cadette Troop 61099 and Woodbridge Brownie Troop 60437 to the State Capitol in honor of the General Assembly's annual Girl Scout Day celebration. The Scouts joined more than 150 Girl Scouts from across the state who visited Hartford to learn about state government and discuss key issues impacting girls statewide.

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Woodbridge Fire Marshal Joseph Cappucci joins superintendent, Dr. Gaeton Stella and Beecher Road School Principal, Gina Prisco in congratulating BRS student, Kaitlyn Pryor on her fire safety poster. The poster, and its artist, have been advanced to the state level in the annual safety poster contest.



## SCALETAR DECLARES MARCH 12 GIRL SCOUT DAY

Woodbridge First Selectman Scalettar read an official proclamation declaring that March 12 is Girl Scout Day. On behalf of the Board and Selectmen, I “applaud the Girl Scouts of the United States of America for more than 100 years of leadership and expertise as the voice for and of girls,” Scalettar told the crowd gathered at the monthly Board of Selectmen meeting.

March 12 was the 102nd anniversary of the Girl Scouts of the United States of America, which began in 1912 when Savannah, GA native Juliette Gordon Low gathered 18 girls to provide them the opportunity to develop physically, mentally, and spiritually. The year 1912 was also the year in which Girl Scouting started in the state of Connecticut.

The Girl Scouts of Connecticut offers the Girl Scout Leadership Experience to nearly 44,000 girls in grades K-12 across the state of Connecticut. Girls from three local Troops were present to hear and receive the proclamation. Woodbridge has 10 Girl Scout Troops with more than 75 registered girls and 50 adult volunteer members.



## WOODBRIIDGE RESIDENTS!

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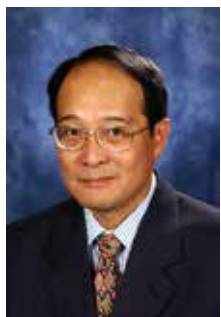
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# BULLETIN BOARD

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

**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](mailto:Troop63CT@gmail.com).

**Woodbridge Republican Town Committee Meetings**, second Tuesday of each month, 7:30pm, Center Cafeteria. Visitors welcome and urge you to join us. For information, go to [www.woodbridgogop.org](http://www.woodbridgogop.org).

**Spring Entrepreneur Series**, Every Thursday, 5:30-8:00pm (PDT), New Haven Free Public Library, 133 Elm Street, New Haven, View Map, sponsored by SCORE New Haven (<http://newhaven.score.org/>) and the New Haven Free Public Library to help participants establish a business plan, understand basic financial statements, learn how to build a recognizable brand, and manage technology effectively. Participants will receive a certificate of attendance upon successful completion of the series.

**Alzheimer's Community Caregivers Support Group**, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program Director to RSVP or for more information at 203-281-3500, ext. 7669; [www.genesisccc.com](http://www.genesisccc.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](mailto:annadickerson@yahoo.com).

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

**Trap Falls Kennel Club Obedience Classes**, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & Canine Good Citizen; Wednesday and Thursday evenings, Pawz for Wellness in Shelton, CT. For registration and/or information, call 203-450-9485 or email [tfkctraining@gmail.com](mailto:tfkctraining@gmail.com). Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

**Bethwood Softball**, now accepting player registrations for its Spring season; Girls living in Bethany and Woodbridge between the ages of 6-14 years old are eligible to play. For more information and to register on-line, visit: <http://www.bethwoodsoftball.org/>.

**Amity Parent Support Group**, meets every other Friday morning, 7:45am, Woodbridge Senior Center Lounge, 4 Meetinghouse Lane, sponsored by Amity High School, Woodbridge Youth Services and the Orange Drug and Alcohol Action Committee, local parents who struggle with children who are, or may be involved with, substance abuse share experiences and concerns in a confidential setting, For more information, please contact Nancy Pfund at 203-389-3429, or e-mail [npfund@woodbridgect.org](mailto:npfund@woodbridgect.org).

**Orders for Baby Chicks**, Lock Stock & Barrel, until March 24th for May Delivery. Please join us for Chick Day, Saturday March 22 in our classroom (front building) for a discussion on Backyard Chickens. We have a complete line of feed, supplements and supplies - everything to keep your flock healthy and happy! Call for more information 203-393-0002.

**The New Haven Mineral Club** - 41st Annual Show 2014, Minerals, Gems, Jewelry & Fossils Exhibits- Dealers- Door Prizes- Lectures- Demonstrations, Saturday, April 5, 2014, 9:30am-5:00pm & Sunday, April 6, 2014 9:30am-5:00pm, Amity Regional Middle School, Sheffield Rd (off Route 34), Orange, CT 06477; Donation \$4.00/Children under 12 Free when accompanied by an adult. For more info visit [newhavenmineralclub.org](http://newhavenmineralclub.org).



The scouts being entertained by Danny Magic - standing with Danny are Cubmaster Mark Livesay (left) and John Turski (right).

## PACK 902 ENTERTAINED AT 52<sup>ND</sup> BLUE AND GOLD BANQUET

Cub Scout Pack 902 of Woodbridge, sponsored by the Woodbridge Volunteer Fire Department, had its 52nd Annual Blue and Gold Banquet on Sunday (2/23/14) at Our Lady of the Assumption Church. Led by outgoing Cubmaster Mark Livesay, the Cub Scout Pack celebrated the achievements the cub scouts earned during the year and recognized current and outgoing leaders. Over 100 people attended the banquet, including First Selectman Ellen Scalletar and Senator Joe Crisco, scoutmasters and scouts from Woodbridge Boy Scout Troops 907, 41 and 63, as well as other friends of scouting. After a magic show and dinner, the evening concluded with the Crossing Over Ceremony performed by former scout leader Charlie Whiting, during which the older scouts crossed over a wooden bridge that symbolized their graduation from Cub Scouts to Boy Scouts as they leave the Pack. The Cub Scouts who were recognized during the Crossing Over Ceremony are: Jack Cadelina, Dane DeYoung, Juan Sebastian Garcia, Iesa Khanji, William Livesay, Cameron Luciano, Austin Rowland, Arnav Paliwal, Aiden Shaffer, Matthew Sturtevant, John Turski, Jr., Shyam Viswanathan and Antoni Witt. Eleven of these thirteen boys also earned the highest award in Cub Scouts -- the Arrow of Light.

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- Sunday - 7:45 a.m. Traditional Eucharist – no music; 9:00 a.m. Church Alive, Eucharist with the worship band; 10:30a.m. Choral Eucharist



Church of the Good Shepherd

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Sunday Evenings, Yoga Body Prayer 7:00 p.m. - Using the Vinyasa Yoga Method and taught by certified Yoga Instructor MaryAnn Haverstock, begin your week with Yoga and centering prayer and meditation. This class is for all levels of yoga practice and experience. Bring a yoga mat or towel, water and wear comfortable clothes. Free will offering

New Bible Study, Wednesday at 1:00 p.m. (starts March 12th) - Join us as we learn about some of the women of the Bible. No prior bible study knowledge required. Bring your Bibles. Please call the office to register. 203.795.6577.

#### Attention Churches, Synagogues & Houses of Worship!

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

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## FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



### Save the Date!

Bethwood Bash Semi Formal Event on Friday, April 25, 2014 @ The Senior Center Cafeteria, 4 Meetinghouse Lane, Woodbridge. We'll offer great music by a boppers DJ, delicious hot hors d'oeuvres, a juice fountain and desserts from local restaurants and awesome raffle prizes from local businesses! Capture the moment with your friends - photos will be available for \$1.00 each. Roses will be available for \$1.00 each. Dates and dancing are not required but fun is!

Buy your ticket early and get an extra raffle ticket or you may purchase tickets at the event. Tickets will be sold at Amity Middle School - Bethany during lunch on Tuesday, April 22th and Thursday, April 24th by the Cafeteria. Admission to the dance is \$5.00. Dressy attire, please, no jeans or shorts. We encourage private school students to attend. This program is for 7th and 8th grade residents of Bethany and Woodbridge only.

Volunteers are needed for this event - parents, grandparents, guardians, high school juniors and seniors in need of community service hours are welcome to call Woodbridge Youth Services for more information or to sign up to volunteer. You may email us at youthone@woodbridgett.org or call 203-389-3429 to volunteer or to donate raffle prizes. Woodbridge Youth Services and the Town of Bethany sponsor programming for 7th and 8th grade residents - private school students are welcome! Watch WTNH for inclement weather cancellations under "Woodbridge Youth Services".

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

### Parent Support Group

Friday, March 21, 2014 - Amity High School, Woodbridge Youth Services and the Orange Drug and Alcohol Action Committee have teamed up to invite local parents who struggle with children who are, or may be, involved with substance abuse to share experiences and concerns in a confidential setting. Please join the Amity Parent Support Group which meets every other Friday morning at 7:45 a.m. in the Woodbridge Senior Center Lounge at 4 Meetinghouse Lane. The next meeting will be Friday, March 21, 2014. For more information, please contact Nancy Pfund at 203-389-3429, or e-mail npfund@woodbridgett.org.

## SENIOR NEWS LINE

by Matilda Charles

### Detecting Depression With Computer Tablet

The day might come when you show up at your doctor's office for an appointment, hand over your ID card -- and you're handed back an iPad tablet or similar electronic device. You'll be asked to answer questions on the screen.

Researchers at King's College London teaching hospital in the U.K. used these devices in their study into whether patients with physical illnesses also had depression. They determined that as many as 30 percent of those with long-term conditions had some type of mental-health concerns as well.

The electronic gadgets were a frontline means of screening. The results were instantaneous, and it meant better recognition of patient concerns, as well as actions being taken to address those concerns once the patient got in to see the doctor.

In the study, the sets of questions on the device could be geared to the patient's medical condition, such as heart disease or chronic pain, and covered areas such as adherence to treatment plans, alcohol use and quality of life, as well as depression.

The results varied, depending on the illness, but the questions gave doctors information that might not come out in a short office visit. The information could be compared from one visit to the next.

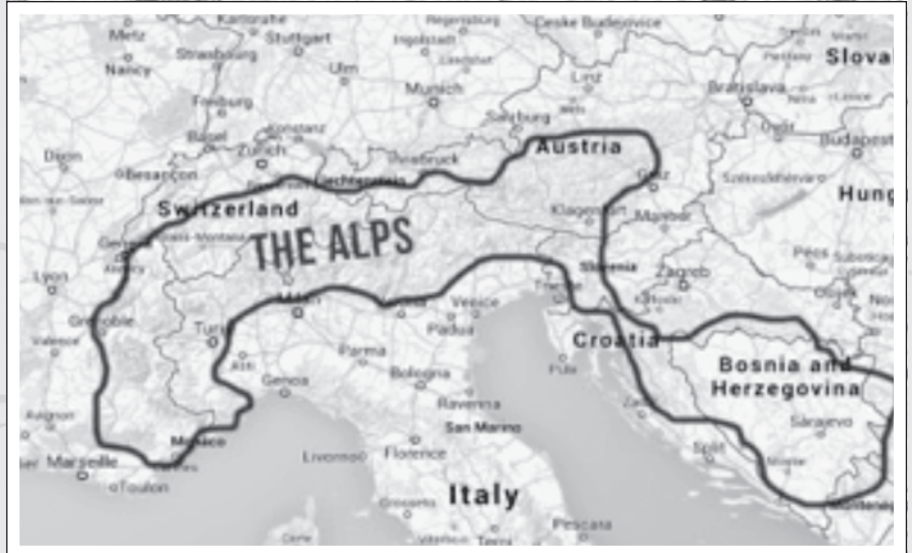
The Patient Health Questionnaire (PHQ-9) also was used in an Australian study, but with a different slant: This research focused on whether doctors in different countries were good at spotting depression. Italy and the Netherlands had good scores; the U.S. and Australia did not.

So if you're handed an electronic device and asked to put in your answers, do it. It might reveal some information that your doctor isn't likely to spot on his own.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to column-reply2@gmail.com.

## Wine Talk

With Ray Spaziani



## GIVE GEWÜRZTRAMINER A CHANCE!

Aromatic sweet wines like Gewürztraminer are slightly out of fashion, I see it as an opportunity to find some of the most outstanding values on the planet. Gewurztraminer is one of the 18 noble grapes. It is a surprisingly rare wine grape with only about 20,000 acres worldwide. It pairs perfectly with Indian and Middle Eastern Cuisine. It is relatively inexpensive with most of the wines priced at \$20.00 or less. The flavors associated with the wine include grapefruit, lechee and pineapple. It is a big aromatic wine with the rose fragrance of the lechee nuts hitting you in the face even after a good cigar. The nose is so big the wine actually is not as sweet as it seems. Only about 2% residual sugar is present in a good one.

If you compare Gewurztraminer to Moscato, for example, you will find it is like a more mature version of Moscato. There are many similarities among the two wines; however, Gewurztraminer is higher in alcohol, has much more striking aromatics, and is lower in acidity. All of these characteristics make it more difficult to slurp down making it a wine for a more mature wine drinker. A great wine to sip and savor.

Gewurztraminer is a pink grape that grows well in cooler climates like Gris/Grigio. The grape originated in Germany, but over several hundreds of years it's completely circumscribed the Alps including Italy, Hungary, Romania, and Croatia. It is one of the great 4 noble grapes of the Italian/Swiss colony. The best examples of Gewurztraminer are generally regarded as being from the Grand Cru vineyards of Alsace. It could even be argued that Alsace is the spiritual home of Gewurztraminer, despite the fact that it is not its ancestral home and Gewurztraminer accounts for less than one-fifth of vineyards in the area.

Paul-Cluver-Gewurztraminer, grown in South Africa, is \$15.95 per bottle and well worth the price. Look for grand-crew on the label for the good stuff. F.E. Trimbac Gewurztraminer is internationally renowned at about \$18.00. It is great wine. Try some and you will be glad you did. I have found a great store in New Haven on Grand Avenue - Grand Vin. Chris Fieorie is the wine manager and he finds fantastic wine bargains in all price ranges. If you tell him you want to spend \$10-15 on a nice bottle of wine he will find you a wine that drinks like \$25-\$30 wines. He is amazing and he has done it for me consistently.

This month's wine quiz: Which fortified wine is used to douse the sponge cake in an English trifle? If you think you know the answer, email me at ray.spaziani@gmail.com and if you are correct we will print your name in next month's issue and put you into a drawing for an award winning Spaziani wine made in my garage winery here in Orange, Connecticut, a town founded on seven hills just like Rome.

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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## ADVANCED CLINICAL TRAINING CERTIFICATES ISSUED

At a formal ceremony for 37 dedicated health practitioners from all over the United States, Dr Mark Pomerantz and Dr Nancy Marshall were awarded their certificate of completion after 14 months of study and application in Nutrition Response Testing(sm), the fastest growing and most popular methodology for the determination of nutritional deficiencies behind so many common health problems people suffer with today.

An audience of relatives and friends witnessed the Advanced Clinical Training graduation ceremony held in Clearwater, Florida.

Dr. Mark Pomerantz and Dr. Nancy Marshall expressed their appreciation for the training received and added "We are so very pleased to have this additional important health improvement tool with which to assist our patients in their road to better health. Nutrition has become a major factor in the ability of our patients to lead a happier more productive life and the investment we have made has already provided considerable improvement to our existing patients and we know it will for those yet to come."

The highlight of the graduation included a special address by the nationally well known and revered developer of Nutrition Response Testing, Dr. Freddie Ulan. He was greeted by an enthusiastic group and in his address communicated the vital nature of the graduates purpose as practitioners in the healing profession and their responsibility to assist the greatest number of people in need.

Commenting on Dr. Ulan's challenge, Dr. Mark Pomerantz and Dr. Nancy Marshall remarked "Since returning to CT, we have re-dedicated our efforts to helping the greatest number of patients in our community who are in need of improvement in their health. We have already seen very positive changes in our patients on a daily basis. Nutrition Response Testing is very accurate in determining nutritional deficiencies and the natural supplements used to restore the missing nutrients are actually made of "whole food" not chemicals. It is quite impressive, they concluded.

Citing one particular case, Dr. Pomerantz and Dr. Marshall shared, "add in patient win here in your own words and then a short quote from the patient, using just initials in name.

For more information, contact Dr. Mark Pomerantz and Dr. Nancy Marshall at 203-874-2224

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## GET READY TO CRUISE NEWS

By Leslie Marsh



### The Hottest Trend in Cruising: River Cruises

Some of the world's greatest cities developed because the area was accessible by river. The great appeal of a river cruise is spending more time being there instead of more time getting there, so it's little wonder that river cruising is the fastest growing segment of the cruise industry. On a river cruise you step off the ship into the center of town where you're instantly immersed in the heart of the destination.

Today, the fastest growing river cruise line is Viking River Cruises. Viking will account for about 45% of the river cruise market with the addition of 30 new ships by the end of 2014. At Cruise Planners, we're excited that our Chief Operating Officer, Vicky Garcia, has been named Godmother of the Viking Magni which will be christened later this month! Viking offers a mostly-inclusive product with accommodations, meals, complimentary wine beer and soft drinks, wifi and shore excursions tiered for activity level included in the price. Viking sails the rivers of Europe, Russia, China and Southeast Asia. Its most popular itinerary is the 15-day Grand European Tour, which sails the Rhine, Main and Danube Rivers.

Uniworld Boutique River Cruise Collection offers a luxury river cruise experience. Although its ships are about the same size as Viking's, they accommodate less passengers which means larger cabins and a better guest to staff ratio. Uniworld is truly all-inclusive with unlimited beverages of all types, gratuities and transfers between airport and ship included. Its ships are plush and luxurious, designed for passengers' comfort and pampering with added amenities such as a spa, fitness center and complimentary use of bicycles and Nordic walking sticks. Uniworld is currently putting the finishing touches on its newest ship, the S.S. Catherine, due to begin sailing in the South of France next month.

Unlike larger cruise ships, many of which have to dock in industrial ports, a river cruise takes you right into the heart of the city or town you're visiting. River cruising is a fantastic value; you unpack just once and relax as your floating hotel takes you to some of the most scenic and interesting places in Europe, Russia and Asia. Shore excursions, hosted by local experts, are always included in the cost. Their unique itineraries give passengers the chance to experience the local culture in a unique hands-on way. River cruising is extremely popular and itineraries sell out quickly. For the best rates and availability, I urge you to book 9 to 12 months in advance. You'll be in for a unique and awesome experience!

Leslie Marsh, ECC owns and operates Cruise Planners of Orange. She can be reached at 203-799-2367 or [leslie@getreadytocruise.com](mailto:leslie@getreadytocruise.com).

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## TO YOUR GOOD HEALTH

### TRENDS IN INSURANCE IN PHYSICAL THERAPY

As the healthcare system gets reformed politically, there are several trends that are occurring and will occur with receiving healthcare going forward. Many of these changes may alter how patients receive and ultimately pay for services moving forward. The many stresses of our current economy also place more burden on patients, providers, and business owners across all disciplines. For the purposes of this article, I will be focusing on the growing trends that occur in outpatient physical therapy.



Michael Dow  
MSPT

As of October 1, 2006, state legislature passed the direct access bill for physical therapy in Connecticut. This law permits patients to seek physical therapy without the need to obtain a prescription first. This allows patients to obtain physical therapy immediately without having to see a physician or orthopedist first. This law is not intended to defer patients from seeking medical attention for your orthopedic care, but rather allows one to receive immediate effective care first. Patients always have the option of seeing a physician before or during the physical

therapy regime. Insurance carriers, including Medicare, fully support this change and direct access does not negatively affect reimbursement.

This change in state law applies for both exacerbations of older injuries as well as new orthopedic conditions. After the evaluation, if an immediate need is found, then a referral to a physician and/or specialist is often recommended.

Generally insurance plans, including Medicare, commercial carriers, and Workers' Compensation, allow for physical therapy visits. In most cases all or the majority of the fees are covered. Each of the insurance plans vary, and it is important for patients to know the differences of the nuances in order to receive and pay for their care.

For physical therapy in an office setting, most plans require a co-pay or deductible to be paid at the time services are rendered. Over the last few years, both co-pays and patient responsible deductibles have risen to higher amounts. Copays are in lieu of reimbursement, not in addition to it. This places more financial responsibility by insurance companies onto the patient, while concomitantly it is growingly common for insurance companies to reduce the fee schedule paid to providers. And as most small business owners can attest, the operating expenses to render services to patients typically go up.

The majority of commercial plans allow a certain number of visits per calendar year, regardless of the condition being treated for. Several companies also require pre-authorization after the evaluation and need to approve the visits prior to being treated for the next session. It is important for patients and providers to know this and start that process promptly so that the patient does not experience a long wait time prior to receiving the care they need. Typically upon contacting our office, the office staff will gladly call prior to a patient's first appointment to verify benefits and alert patients of any amount they may be responsible for.

Medicare changes have also made things confusing for elders. At the time of this article, Medicare has a dollar cap per annual year for therapy services. The number of visits is dictated by the procedures billed by the provider. Also Medicare pays for 80% of the allowed amounts, and patients often have a secondary insurance to cover the additional 20% remaining. There are exceptions to go over the cap, on a case by case level based on medical necessity rules, so it is important for the therapist and your physician to keep track and have open dialogue in order to coordinate appropriately and provide the best interests for the patients' needs.

All of these trends can present challenges and basically leads to the mantra: Providers and patients need to work together, to accomplish more in treatment, with less time/visits, and with more patient fiscal responsibility – all while staying organized to prevent unnecessary delays by insurance companies. In closing, this article only brushes upon the ever changing insurance reimbursement world, and I am sure there is more to come.

Michael Dow MSPT is founder and Clinic Director of Amity Physical Therapy with offices in Woodbridge, Hamden and Branford. He received his degree from Sacred Heart University, and has been recognized by the U.S. Dept. of Health and Human Services for his work with the National Multiple Sclerosis Society. He treats patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. He can be reached at 203-389-4593 or email: [mike.amitypt@yahoo.com](mailto:mike.amitypt@yahoo.com). Also visit [www.amitypt.com](http://www.amitypt.com).

## UI STAFF WILL UPGRADE RESIDENTIAL METERS

Woodbridge Police Chief Gene Marcucci and First Selectman Ellen Scalettar want Woodbridge residents to know that United Illuminating staff will be upgrading residential meters on 1,500 homes in Woodbridge now through July. United Illuminating staff will need to come onto residential property to upgrade the meters. Residents should look to see that representatives are wearing blue UI uniforms, carrying identification and will be in white UI-marked trucks or vans.

"We want residents to be comfortable that this is not a scam," said Scalettar. "As long as the United Illuminating staff are carrying identification and arrive in UI vehicles, you should feel comfortable allowing them on your property. They do not, however, need to enter your home." "In this day and age residents should be wary of scams," said Marcucci, "so we are thankful that United Illuminating told us ahead of time about their plans to upgrade meters in Town."

The new residential meters are called "smart meters" and have been in use for more than 10 years. The meter is required to deliver and measure electricity use. Currently half of UI customers have smart meters. UI will upgrade all customers to smart meters.

In addition to measuring meter usage necessary for billing, the meters will also alert UI when there is a power outage and will help cut down on power restoration time. The meter transmits encrypted energy usage information, including outages, to UI through a low-power frequency band. Low-power frequency bands are also used on cell phones, baby monitoring systems, and electric garage door openers among many other commonly used technologies.

## WOODBIDGE SUMMER CONCERT SERIES

### Introduces the New "Taste of Woodbridge" & "The Health Fair"

This summer the Woodbridge Concert Series will be incorporated with the new "Taste of Woodbridge". We would love to have any local restaurant join us on Tuesday, July 1, 2014 from 6-8pm (rain date is Tuesday, July 8, 2014) for this event. Any restaurant owner in the Town of Woodbridge interested in participating in this event is asked to contact the Woodbridge Recreation Department at 203-389-3446 or e-mail to [recreation@woodbridged.org](mailto:recreation@woodbridged.org) to register for a table. We will ask you to bring a small sample of your most popular food or desert. You may also provide brochures or menus to hand out to all the friends and families who attend the event.

We will also be holding a "Health Fair" on Tuesday, July 15, 2014 from 6-8pm (rain date is Tuesday, July 22, 2014). We would like anyone in the health field who is located in Woodbridge to join us. All who are interested are asked to contact the Woodbridge Recreation Department at 203-389-3446 or e-mail to [recreation@woodbridged.org](mailto:recreation@woodbridged.org) to register for a table. We will ask you to bring any information to hand out to all of those who attend and if there is any services you can provide, like recording blood pressure, provide eye tests, massages and much more.

For the first year there will be no charge for this service but you need to register prior to the event. In the past years our generous sponsors have made this wonderful community event possible. We always welcome new sponsors to help with the expenses of the concerts held every Tuesday Evening in the month of July.



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# ENTERTAINMENT

## TOP 10 MOVIES

- 1. Non-Stop (PG-13)**  
Liam Neeson, Julianne Moore
- 2. Son of God (PG-13)**  
Diogo Morgado, Amber Rose Revah
- 3. The Lego Movie (PG)**  
animated
- 4. 3 Days to Kill (PG-13)**  
Kevin Costner, Hailee Steinfeld
- 5. The Monuments Men (PG-13)**  
George Clooney, Matt Damon
- 6. RoboCop (PG-13)**  
Joel Kinnaman, Gary Oldman
- 7. Pompeii (PG-13)**  
Kit Harington, Emily Browning
- 8. Frozen (PG)**  
animated
- 9. About Last Night (R)**  
Kevin Hart, Michael Ealy
- 10. Ride Along (PG-13)**  
Ice Cube, Kevin Hart

## TOP 10 RENTALS

- 1. Ender's Game (PG-13)**  
Harrison Ford
- 2. Riddick (R)**  
Vin Diesel
- 3. Captain Phillips (PG)**  
Tom Hanks
- 4. Last Vegas (PG-13)**  
Robert De Niro
- 5. Escape Plan (R)**  
Sylvester Stallone
- 6. Jackass Presents: Bad Grandpa (R)**  
Johnny Knoxville
- 7. Cloudy With a Chance of Meatballs 2 (PG)**  
animated
- 8. Runner, Runner (R)**  
Ben Affleck
- 9. Carrie (R)**  
Chloe Grace Moretz
- 10. The Family (R)**  
Robert De Niro

## CHART BUSTERS

### Top 10 Pop Singles

- 1. Pharrell Williams**  
"Happy"
- 2. Katy Perry**  
"Dark Horse"
- 3. Jason Derulo feat. 2 Chainz**  
"Talk Dirty"
- 4. John Legend**  
"All of Me"
- 5. Beyonce feat. Jay Z**  
"Drunk in Love"
- 6. Bastille**  
"Pompeii"
- 7. Lorde**  
"Team"
- 8. A Great Big World & Christina Aguilera**  
"Say Something"
- 9. One Republic**  
"Counting Stars"
- 10. Pitbull feat. Ke\$ha**  
"Timber"



Pharrell Williams

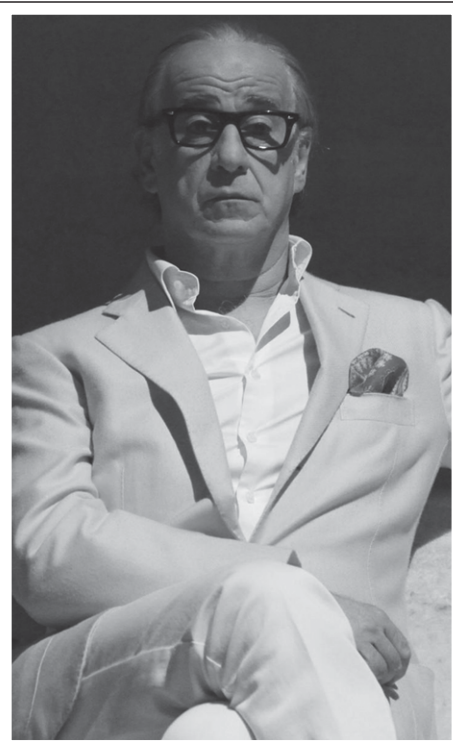
### Top 10 Country Singles

- 1. Cole Swindell**  
"Chillin' It"
- 2. Brantley Gilbert**  
"Bottoms Up"
- 3. Luke Bryan**  
"Drink a Beer"
- 4. Jason Aldean**  
"When She Says Baby"
- 5. Blake Shelton**  
"Doin' What She Likes"
- 6. Lady Antebellum**  
"Compass"
- 7. Eric Church**  
"Give Me Back My Hometown"
- 8. David Nail**  
"Whatever She's Got"
- 9. Frankie Ballard**  
"Helluva Life"
- 10. Keith Urban**  
"Cop Car"

- Name the artist who wrote and released "It Ain't Me Babe."
- Graham Nash, of Crosby, Stills, Nash & Young fame, got his start with which other group?
- Name the soap opera that used "You Needed Me" by Anne Murray as a theme song from 1980-81.
- Which group released "Strange Kind of Woman"?
- Name the song that contains this lyric: "I want it long, straight, curly, fuzzy, snaggy, shaggy, ratty, matty, oily, greasy, fleecy, shining, gleaming, streaming, flaxen, waxen, knotted, polka-dotted."



1. Bob Dylan in 1964. In the first two years alone, the song was covered by a diverse group that included Johnny Cash, The Turtles, Jan & Dean, Nancy Sinatra and Day Jones.  
2. The Hollies. He's been inducted into the Rock and Roll Hall of Fame twice, once for each group. He also snagged an Order of the British Empire (OBE) in 2010 for services to music and charity in the U.K.  
3. "Guiding Light."  
4. Deep Purple, in 1971.  
5. "Hair," from the 1968 musical by the same name. Despite its esoteric qualities, the song has been used in multiple ways, including on "Mystery Science Theater 3000," "Glee" and "The Simpsons."



Toni Servillo in "The Great Beauty"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of March 24, 2014.

### PICKS OF THE WEEK

**"The Wolf of Wall Street" (R)** -- Jordan Belfort (Leonardo DiCaprio) was a kid from Long Island who went from working in a strip mall to the financial district in a whirlwind of corruption and indulgence. Before he was 30, he already had inflicted considerable harm on the economy, not to mention the damage to his brain and his soul. In the late '80s, the twentysomething penny-stock broker

learned a few (illegal) tricks of the larger stock trade, and rocketed to a world of sex, drugs and vulgar displays of wealth. Martin Scorsese put this movie in fast-forward and full volume. I don't think there's another movie about financial fraud that has this much reckless abandon. Yet it all still works: the film pulled five Oscar nominations, including Best Picture.

**"The Great Beauty" (unrated)** -- This Oscar-winning Italian film could be considered the older, more thoughtful cousin to "The Wolf of Wall Street" or the latest version of "The Great Gatsby." It begins with the lavish 65th birthday party of Rome's most jaded journalist, Jep (Toni Servillo). While his gorgeous guests swirl around him, he's concerned with existential problems that amount to bubbles in the champagne. His character starts to shift when he learns that his sweetheart from his teen years has recently passed away.

The movie features the highest, lowest and strangest people in Rome -- each one serving as a different jumping-off point for Jep's musings. Servillo is an accomplished and immensely watchable performer. His character is at once smug and vulnerable, curious and disillusioned.

**"Odd Thomas" (unrated)** -- In a small desert town somewhere, there's a fry cook (Anton Yelchin) who can see the invisible demons lurking all around us. His name is Thomas, and his condition has made him understandably odd. Only Thomas can see the "bodachs" moving in -- bodachs are these are unbelievably cool-looking and well-animated monsters that show up just before awful things happen. Thomas and his girlfriend (Addison Timlin) team up with the sheriff (Willem Dafoe) to take up the fight against supernatural evil and Thomas' unending weirdness.

Sudoku answers on page 27

## Weekly SUDOKU

by Linda Thistle

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

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

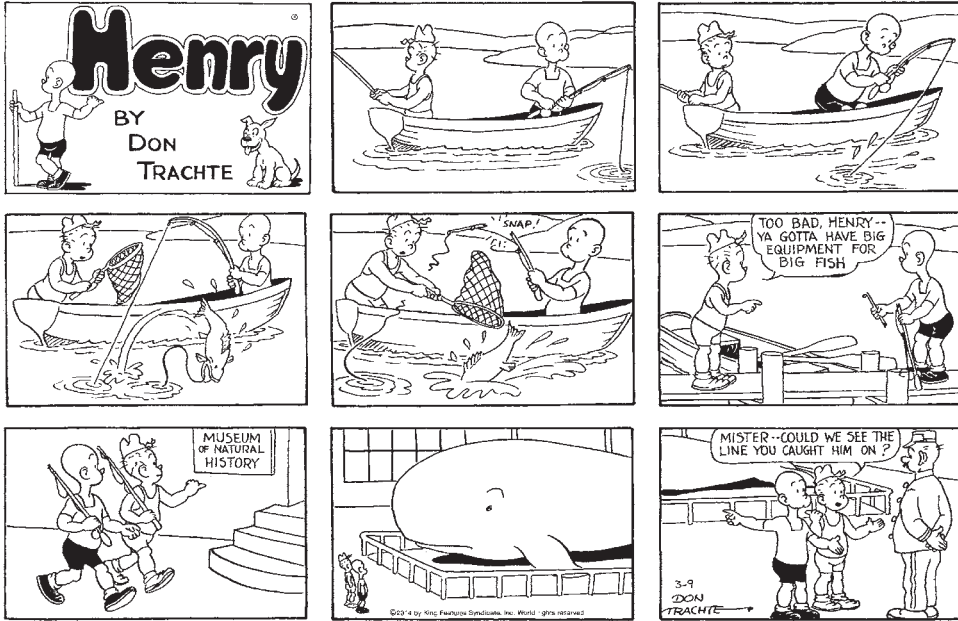
DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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# COMICS/CROSSWORD/HOLLYWOOD



## HOLLYWOOD

By Tony Rizzo



Jennifer Lawrence

**HOLLYWOOD** -- What made Jennifer Lawrence suddenly decide to take a year off? Granted, she's made eight films in a row over the past two years, beginning with "Silver Linings Playbook" netting her a Best Actress Oscar, followed by "The Hunger Games: Catching Fire" and "American Hustle" (another Oscar nod for supporting this year). Next up is "Serena" (shot secretly with Bradley Cooper), out April 14; "X-Men: Day of Future Past," out May 23; "Dumb and Dumber To," with Jim Carrey, Jeff Daniels and Kathleen Turner, out Nov. 14; and "Hunger Games: Mockingjay, Parts 1 and 2" out Nov. 21, 2014, and Nov. 20, 2015, respectively.

Why would she want to rest from what she loves best, or could it be that her tax consultant told her she'd lose too much money making more films with the tax bracket she's in? Jennifer has already signed to star in a remake of the John Steinbeck 1955 classic film "East of Eden" (which starred James Dean), being written and directed by "Hunger Games" director Gary Ross. Still think she needed to rest?

And speaking of Bradley Cooper, he bought the rights to the forthcoming book "American Blood" (not out until next year), in which he plans to star and produce.

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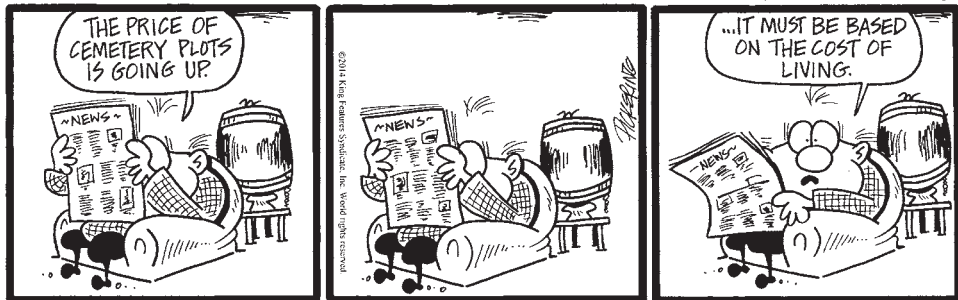
Craig Zaden and Neil Meron, who produced this year's Oscar Award Show, the NBC musical series "Smash" and the mega-hit live performance of "The Sound of Music" with Carrie Underwood, have been hired by NBC to produce this year's extravaganza, airing Dec. 4. The dynamic duo has chosen to recreate the 1956 classic "Peter Pan," which starred

Mary Martin as the boy who didn't want to grow up. Word is they plan to cast a male as Peter Pan this time ... stay tuned.

New York's Great White Way is looking more like a stroll through your movieplex than a visit to Broadway. Most of the musical shows are stage versions of great movies. "Rocky" (1976) is about to open, and reports are that Sylvester Stallone has been haunting the theater, lending a hand to get it right. Then there's "The Bridges of Madison County" (2002), "Aladdin" (1992), "Bullets Over Broadway" (1994), "Cinderella" (1950), "The Lion King" (1994), "Kinky Boots" (2005), "Matilda" (1996), "Newsies" (1992), "Once" (2007) and "Phantom of the Opera" (1943). You can be sure you'll see many of these shows featured June 8 on the Tony Awards.

Ann-Margret has landed a recurring role for the second season of Showtime's "Ray Donovan" series, as a former star who has a past with star Liv Schreiber's boss (Elliott Gould). Jon Voight also is featured as "Ray Donovan's" father. Wonder if the past they're referring to is when she was a "Kitten With a Whip" (1964)?

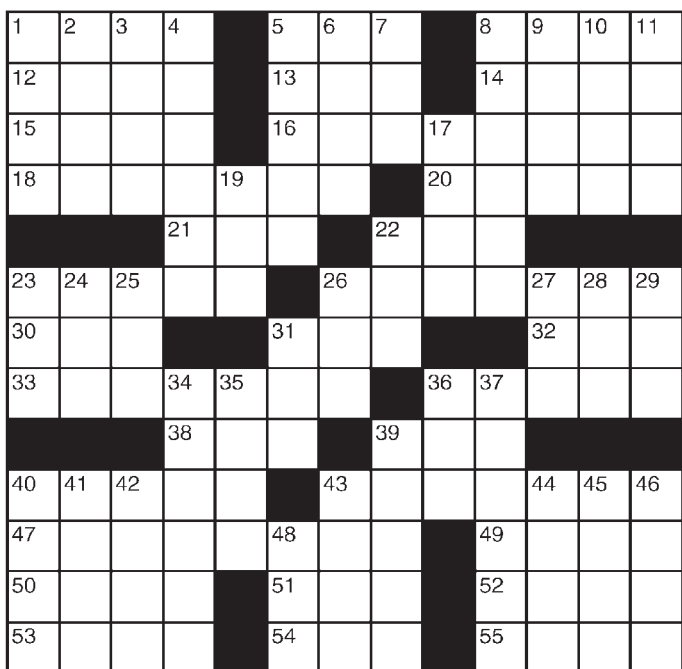
The Spats



## King Crossword

**ACROSS**

- 1 "Wow!"
- 5 Sphere
- 8 Auto pioneer Henry
- 12 Pinnacle
- 13 Fish eggs
- 14 Great Lake
- 15 Ocean-going vessel
- 16 CBS crime-solving series
- 18 Easily angered person
- 20 Swiss mathematician
- 21 "Of course"
- 22 Fellow
- 23 Harsh
- 26 Ideological conflict
- 30 Move like
- 38-Across
- 31 Author Umberto
- 32 Historic period
- 33 Franks
- 36 Starsky's partner
- 38 Kanga's kid
- 39 Chance
- 40 Spotless
- 43 Rarity in Hell?
- 47 Trouble
- 49 Jason's ship



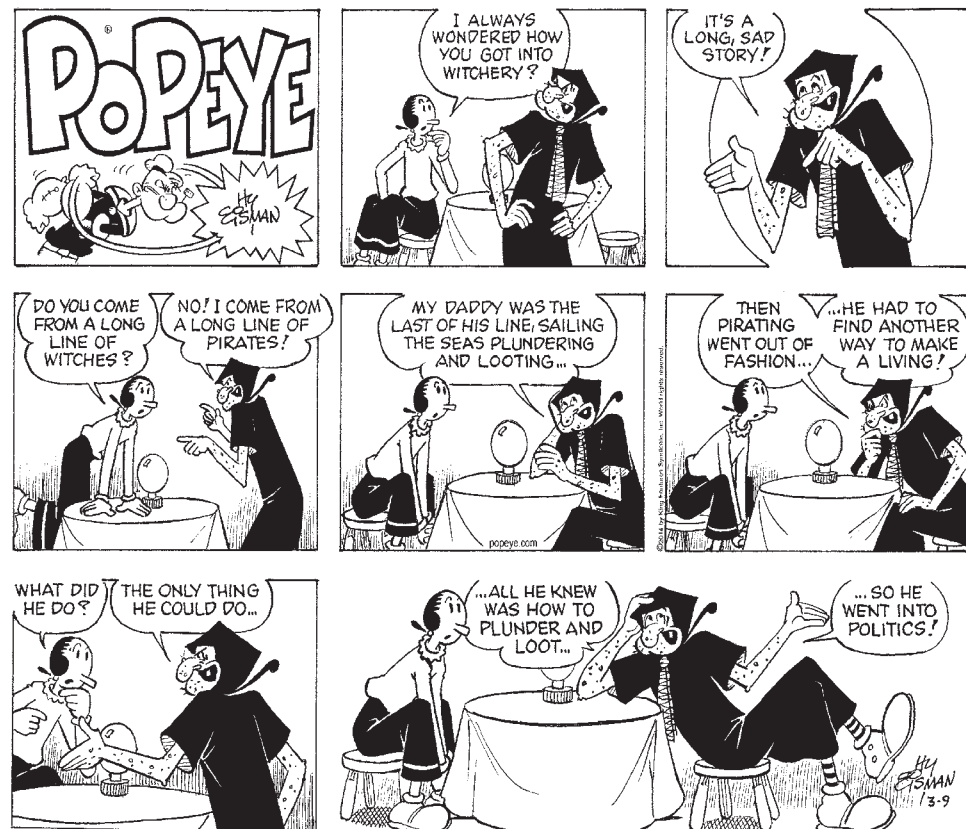
- 50 Teen's facial woe
- 51 Peculiar
- 52 Go
- 53 Bellow
- 54 Golf ball holder
- 55 Fencing sword
- 8 Fruitful
- 9 Verbal
- 10 Get up
- 11 Antelope's playmate
- 17 Transaction
- 19 "A mouse!"
- 22 Cattle call?
- 23 "Be quiet!"
- 24 Excessively
- 25 Suitable
- 26 IV measures
- 27 Drench
- 28 Curved line
- 29 "Hurray!"
- 31 Id counter-part
- 34 Bureau compartment
- 35 Chaplin's
- O'Neill
- 36 "2001" computer
- 37 Latest news
- 39 Teeming throng
- 40 Burn
- 41 Crazy
- 42 Sicilian spouter
- 43 Relinquish
- 44 Let fall
- 45 Chills and fever
- 46 Bygone times
- 48 Youngster

**DOWN**

- 1 Long cut
- 2 Reverberate
- 3 Send forth
- 4 Gentle breeze
- 5 Killer whales
- 6 Crucifix
- 7 - canto

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King Crossword Answers on Page 27



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All real estate advertising in the Woodbridge Town News is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. The Woodbridge Town News will not knowingly accept any advertising for real estate which is in violation of the law.

## PLACE YOUR CLASSIFIED AD

Classified ads are \$20 for up to 20 words.

Each additional word is 50 cents.

All ads must be prepaid. All ads are subject to approval.

Send a copy of your ad and check payment to:

**Woodbridge Town News, P.O. Box 1126, Orange, CT 06477**

## WANTED

**WANTED** - Art, Clocks, Coins, Dolls, Estate Jewelry, Military, Silverware, Trains, Gold, Silver, etc. Call Joseph & Carol Ferry Antiques at 203-795-4644.

**DONATIONS WANTED** - Helping Hands Community Thrift Store raises money for over 175 local non-profits. Donate your furniture, housewares, clothing etc. and make a difference! Call 203-782-4800 for Furniture Pick-Up. Two Locations for donation drop-offs and shopping: 334 Boston Post Rd, Orange and 77 State Street, North Haven; www.helpinghandsctfb.com.

## HELP WANTED

**COMPANION** - to cook breakfast for elderly widower, Saturday and Sunday mornings, 9-11:30. References required, call 203-215-1910 or email consiglios38@yahoo.com.

### Executive Director – Part time – Orange Chamber of Commerce

#### COMPETENCIES

- Strong organizational skills, detail oriented, and able to manage multiple tasks.
- Sales and marketing experience with strong communications skills and comfort with public speaking.
- Event Planning Experience
- Excellent writing and editing skills.
- Problem solving, negotiation skills and diplomacy.
- Collaborative team player.
- Basic computer skills with proficiency in QuickBooks, MS word, Excel, IContact.

#### RESPONSIBILITIES

- Recruitment of new members and retention of existing members is a key component of this position.
- Generally, overseeing the day to day operations of the Chamber.
- Reporting activities of the Chamber to the Board of Directors and attend monthly Board of Director Meetings, and report on monthly activities.
- Maintain regular contact with membership via email and letter campaigns, personal contact via site visits and phone calls. Functions should concentrate on member retention.
- Organize and coordinate planning of all Chamber functions such as the annual Awards Dinner, Holiday Dinner, Summer Picnic, Breakfast Meetings, Road Race, etc. Organize and coordinate planning of monthly meetings, such as Business After Hours, LEADS groups, and other group networking events. Assist in securing sponsorship and participation of member companies.
- Manage the Chamber's Budget throughout the year. This shall include overseeing billing for Membership Dues and sponsorship of events, including follow-up with delinquent members, overseeing receivables and expenses and working closely with the Treasurer to ensure that budget is being adhered to.
- Attend business/community functions in order to give Chamber of Commerce a presence and representation at such events, including Business Expo. Organize and schedule Ribbon Cuttings for new businesses. Attend educational seminars such as CACCE meetings and any other informational exchanges which would benefit the Orange Business Community.
- Some evening hours required.
- Bachelor's degree or equivalent experience; Minimum three years experience in a similar position.

SEND RESUME AND COVER LETTER TO:

Allison DePaola, Orange Chamber of Commerce Board Member at adepaola@flomandepaola.com.

### King Crossword

Answers

Solution time: 21 mins.

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

### Weekly SUDOKU

Answer

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

## TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF APRIL 2014

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



Town Hall

|      |                                     |        |                      |
|------|-------------------------------------|--------|----------------------|
| 4/2  | Police Commission .....             | 6:00pm | Police Dept.         |
| 4/7  | Library Commission .....            | 6:00pm | Library              |
|      | Human Services Commission .....     | 7:00pm | The Center           |
|      | Town Plan & Zoning Commission ..... | 7:30pm | Town Hall            |
| 4/8  | CUPOP .....                         | 7:00pm | Town Hall            |
| 4/9  | Board of Selectmen .....            | 6:00pm | Town Hall            |
|      | Inland/Wetlands Agency .....        | 7:30pm | Center Building      |
| 4/10 | Economic Development Commission     | 7:00pm | Town Hall            |
| 4/14 | Zoning Board of Appeals .....       | 7:30pm | Town Hall            |
| 4/17 | Board of Finance .....              | 6:00pm | Town Hall            |
|      | Conservation Commission .....       | 7:30pm | Town Hall            |
| 4/22 | Government Access TV Commission     | 7:15pm | Town Hall            |
| 4/28 | CC of Woodbridge Commission .....   | 6:00pm | Town Hall            |
|      | Recreation Commission .....         | 7:30pm | Beecher School South |

## BULK PICK UP ARRIVES IN TIME FOR SPRING CLEANING

Woodbridge, CT (March 13, 2014) – Like robins and crocuses, bulk pick up is a harbinger of spring.

Bulk pick up is available to residential households in Woodbridge on Tuesdays from March through May by appointment only.

It is recommended that you call three weeks ahead of time to make an appointment.

To make an appointment, call Public Works (hours: Mon.-Fri., 8:30 a.m. – 4 p.m.) at 203-389-3420. Please provide your name, address, contact phone number and a description of the items to be picked up.

Each household may schedule one pick up per calendar year. (Pick up is also available in October and November.)

### What's acceptable for pick up:

- Dryers and washing machines
- Furniture
- Large area rugs and carpet
- Lawn furniture
- Lawn mowers (if free of oil and gasoline)
- Empty propane tanks

### What's acceptable with a fee:

- Tires (must be off rims), \$2 each
- Air conditioners, dehumidifier, freezer, fridge, \$10 each

### What's not acceptable:

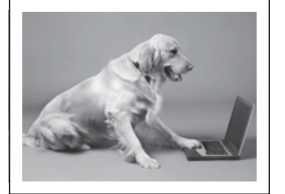
- Outside yard waste
- Demolition/construction debris
- Car or boat parts
- Small toys and small appliances that fit in the trunk of a car
- Anything that can be taken to the Transfer Station on a regular basis.

## BARK BYTES...

By Vicki & Richard Horowitz

### Creating a Dog-Friendly Backyard

Creating a dog-friendly backyard brings many benefits such as the dog's safety, prevention of boredom and attendant misbehaviors, exercise, and enjoyment of nature. Remember, though, that while letting your dog have a free romp in your yard keeps him exercised, active and happy, the yard should be used only as a temporary retreat. Nothing can replace the time you spend with your furry pal to enhance your relationship and seal your special bond.



Dogs kept in a bland backyard all day are far more likely to misbehave with chewing, digging, excessive barking, pacing along the fence, or fence fighting with other dogs.

Adapting your yard to make it more comfortable and appealing to your dog will go a long way toward making for a more contented, relaxed canine companion.

**Poisonous Ingestibles:** Dogs that are bored or hungry will be tempted to eat anything they find in your yard, including plants or flowers. Dogs can become extremely ill or even die from eating poisonous plants. Mulch can also be problematic. Many types of mulch are toxic, especially cocoa bean mulch. Large-size wood mulch can harm your dog if he chews on it, creating wood splinters that could lodge in his mouth or stomach.

Don't leave out any products meant for outdoor use where your pet can get into them. This includes lawn chemicals like fertilizers and weed killers, antifreeze, pesticides, and outdoor grilling supplies like charcoal and lighter fluid.

**Water:** Water is always essential to your pooch, so be sure the yard includes a large water bowl filled with fresh water in all seasons. If you choose to incorporate a water feature such as a small pond, be sure to use the kind that circulates water to help avoid mosquitoes. Still-water ponds need chemical additives to kill the larvae that will grow there, and is unhealthy for household pets. If you have a swimming pool, consider constructing a barrier to prevent accidents. Or, teach your dog to swim and show him where to exit the pool.

**Shade:** While being outside can make for a happy dog, being stuck in the blazing sun is unhealthy. Create a cool spot for your pooch by scraping an indented area in a shady place where he can relax in comfort. Without such a place, your dog may create his own spot in an area not of your choosing.

**Digging:** Digging is a normal behavior for dogs. They dig in search of food, to investigate sounds and smells, to improve their shelter, or to escape. Digging can be triggered by boredom, separation anxiety, chasing rodents or bugs, and/or a nutritional deficiency. The reason for the digging must be determined before a possible training solution can be tried.

**Scratching at the Back Door:** A dog will scratch at the back door because all the good, fun stuff is kept inside—including you. Give your dog a bone or scatter food (see below) when you put him outside. Whether he is outside or inside, he must know that he is always in safe territory with an abundance of food.

Scattered food appeals to a dog's natural instinct to forage. Dogs enjoy looking for food on the ground and will literally spend hours doing so. Scatter a variety of foods—bits of raw vegetables, dog kibble, and other foods that won't attract wasps—around the yard when you leave. Try hiding a few treats so your dog spends extra time looking for them.

If your dog scratches at the door and cries to come in, ignore him. Let him in only when he stops. If he begins to stress, correct him from inside the house. Do not go out.

**Fences and Gates:** A fence helps to keep your dog safely on your property and out of harm's way. If your yard has a traditional fence (chain link or wood), be sure all gates latch correctly each time they are closed. Check the fence for holes or other openings. If there are gaps, place bricks or large stones in front of the holes, otherwise your pet might find a way out of the yard.

Because some homeowner's associations do not allow traditional fences, a popular alternative is the electronic or "invisible" dog fence.

**Maintaining the Yard:** Maintain the yard's cleanliness by regularly picking up after your dog. Some dogs can be trained to use one area for toileting. While the nitrogen in dog urine can be very hard on lawns, watering the area after the dog has urinated can help to minimize damage. Keep your dog (and anyone else) off the lawn after any yard treatments—fertilizers, herbicides or insecticides—until the chemicals have dried completely.

**Dog Houses:** If your dog is kept outside, make sure he has shelter in which to get out of the weather. Dogs are more relaxed when they are covered and in familiar surroundings. Place the dog house next to your family's house so that your dog feels like it is an extension of the larger "den". Provide a blanket or other comfy bedding, and be sure he has access to fresh water.

Choose a house made of a naturally rot-resistant material such as plastic or red cedar, but do not use pressure-treated wood, which can contain arsenic. Use rust-proof galvanized nails and screws. The house should be raised from the ground to insulate the dog from moisture and chills, and should be large enough for him to comfortably turn around but small enough to retain his body heat. In colder climates, your dog may appreciate a heated dog house, whether created by a dog house heater or a solar panel.

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](http://www.dog-training-new-haven-ct.com).

# Salome's Stars

**ARIES (March 21 to April 19)** You'll want to discourage well-meaning but potentially ill-advised interference in what you intend to accomplish. Your work has a better chance to succeed if it reflects you.

**TAURUS (April 20 to May 20)** The Bovine's well-deserved reputation for loyalty could be tested if you learn that it might be misplaced. But don't rely on rumors. Check the stories out before you decided to act.

**GEMINI (May 21 to June 20)** You've been going on adrenaline for a long time, and this unexpected lull in a recent spate of excitement could be just what you need to restore your energy levels. Enjoy it.

**CANCER (June 21 to July 22)** Friends can be counted on to help you deal with a perplexing personal situation. But remember to keep your circle of advisers limited only to those you're sure you can trust.

**LEO (July 23 to August 22)** Security-loving Lions do not appreciate uncertainty in any form. But sometimes changing situations can reveal hidden stresses in time to repair a relationship before it's too late.

**VIRGO (August 23 to September 22)** This is a good time for single Virgos to make a love connection. Be careful not to be too judgmental about your new "prospect" -- at least until you know more about her or him.

**LIBRA (September 23 to October 22)** Your sense of justice helps you resolve a problem that might have been unfairly attributed to the wrong person. Spend the weekend doing some long-neglected chores.

**SCORPIO (October 23 to November 21)** You might feel justified in your anger toward someone you suspect betrayed your trust. But it could help if you take the time to check if your suspicions have substance.

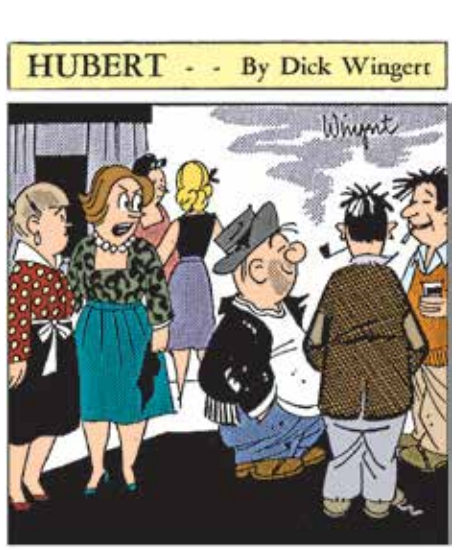
**SAGITTARIUS (November 22 to December 21)** Ignore distractions if you hope to accomplish your goal by the deadline you agreed to. Keep the finish line in sight, and you should be able to cross it with time to spare.

**CAPRICORN (December 22 to January 19)** Your creative self continues to dominate through much of the week. Also, despite a few problems that have cropped up, that recent romantic connection seems to be thriving.

**AQUARIUS (January 20 to February 18)** As curious as you might be, it's best to avoid trying to learn a colleague's secret. That sort of knowledge could drag you into a difficult workplace situation at some point down the line.

**PISCES (February 19 to March 20)** Instead of spending too much time floundering around wondering if you can meet your deadline, you need to spend more time actually working toward reaching it.

**BORN THIS WEEK:** You have a natural gift for attracting new friends, who are drawn to your unabashed love of what life should be all about.



## top ten

### Money-Losing MOVIES

1. Cutthroat Island
2. The Alamo
3. Adventures of Pluto Nash
4. Sahara
5. Mars Needs Moms
6. The 13th Warrior
7. Town & Country
8. Speed Racer
9. Heaven's Gate
10. Stealth

Source: Time Business

### HOCUS-FOCUS

BY HENRY BOLTINOFF

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

Differences: 1. Poster is missing. 2. Holder is reversed. 3. Bullet belt is missing. 4. Gun is moved. 5. Star is missing. 6. Rope is missing.

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## DOG CAN'T RESIST JUMPING ON PEOPLE

**DEAR PAW'S CORNER:** Our dog "Bailey" is about a year and a half old, and he has always gotten very excited around the kids and guests, and jumps up to paw at them. The kids love to play with him, which encourages him to jump up more. He is otherwise very lovable. How can I stop this behavior? -- Sign me "Muddy Shirt" in Madison, Wis.

**DEAR MUDDY SHIRT:** Jumping up is a very common behavior in dogs. The key here is to teach Bailey that it isn't acceptable. How? Well, yelling or getting excited yourself when Bailey jumps up will likely do nothing, or even make the problem worse. Pushing Bailey away or swatting his nose isn't helpful, either. Instead, try the "I'm not interacting with you" method. When Bailey starts to jump up (such as when you come home) stay calm, but look away and fold your arms. Say "off!" in a strong but calm voice. Turn your back on him if need be. Now -- this is important -- as soon as Bailey stops the behavior, reward him by looking at him and calmly petting him. If he starts to jump again (and he will), repeat the steps. Basic obedience training plays a key role here. Every day, teach Bailey to sit, stay, lie down, come and heel. When he begins to jump or get hyper, use the non-interaction method, and as soon as he stops jumping, say "sit." When he obeys you, reward him with calm petting. What you're teaching Bailey is that he will not get the attention he craves if he behaves a certain way (jumping). Make sure to teach your kids to do the same. There are lots of resources and methods to address jumping up, such as the ASPCA's pet-care section. Keep researching, or contact a professional trainer to help. Send your questions or advice to ask@pawscorner.com.

## The Garden Bug

### Spring begins

In 2014, the vernal equinox (a term derived from the Latin words for spring, equal and night) occurs March 20. On this day, the sun shines directly on the equator, and the length of day and night is nearly equal. It marks the start of springtime in the northern hemisphere: increasing daylight, warming temperatures, and the rebirth of plant and animal life. - Brenda Weaver

Source: www.almanac.com, www.timeanddate.com

# ARTS & LEISURE

## “IN THE HEIGHTS” COMING TO AMITY HIGH SCHOOL

*In the Heights*, winner of four 2008 Tony Awards® including Best Musical and the 2008 Grammy® Award for Best Musical Show Album, is coming to Amity High School April 4,5, 10,11,12 2014.

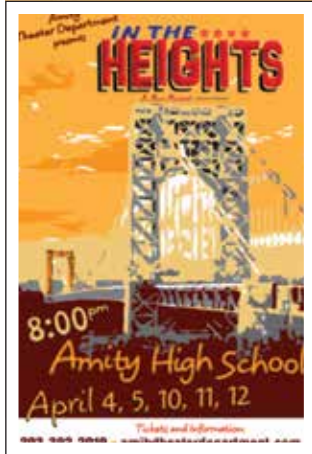
*In the Heights*, tells the universal story of a vibrant community in New York's Washington Heights neighborhood – a place where the coffee from the corner bodega is light and sweet, the windows are always open and the breeze carries the rhythm of three generations of music. Like *Fiddler on the Roof*, *In the Heights* celebrates a community and culture through incredible dance, song, and glimpse into hopes, dreams, and struggles of the residents in New York's vibrant Washington Heights neighborhood. It's a community on the brink of change, where the biggest struggles can be deciding which traditions you take with you, and which ones you leave behind.

The Washington Post said *In the Heights*, is “Pure Broadway. An evening of old-style, innocent pleasure,” and Ben Brantley of The New York Times enthused “*In the Heights*, is an exuberant, animated shrine to the importance of family ties and being faithful to where you come from.”

The Amity High School Theater Department, the 2013 winner of “Best Musical” at the Connecticut High School Musical Theater Awards is delighted to be one of the first theaters in the region to produce this show. The Amity production will feature senior Nick Bottone of Bethany as Usnavi, Senior Shaylen Harger of Orange as Nina, Sophomore Chris Cassella of Orange as Benny, Senior Chelsea Tambis of Woodbridge as Vanessa, Senior Nicole Simon of Woodbridge as Abuela Claudia, Senior Alida Ballou of Bethany as Daniela, Senior Sara Abriola of Bethany as Carla and Senior C.J. Spaziani of Orange as Sonny. The talented cast of 44 has begun rehearsals and is very excited to be able to present this new, family friendly, Broadway smash. The show will once again be directed by Rob and Andrea Kennedy with musical direction by Peter Randazzo.

For tickets and information please go to the website at [www.amitytheaterdepartment.com](http://www.amitytheaterdepartment.com) or like on Facebook at [www.facebook.com/amitytheaterdepartment](http://www.facebook.com/amitytheaterdepartment).

*In the Heights* is proudly supported by the following Corporate Sponsors: The Jamie A. Hulley Arts Foundation, Laticrete, Daniel E. Durkee, CPA; Pet Supplies Plus; Chip's; and Coldwell Banker Residential Brokerage.



## COMMUNITY CHORUS TO PRESENT SERIES OF CHORAL WORKSHOPS

Greater New Haven Community Chorus will present a series of choral workshops to take place from April through July. The series of four workshops will feature leading choral conductors from Connecticut, and award-winning composer Jake Runestad.

The first workshop on Wednesday, April 2, “Ritmica: A Unique Approach to Rhythm” led by Chelsea Tinsler will encourage participants to develop a deeper concept of rhythm as a musical and choral element. Ms. Tinsler has a wide variety of musical interests, having studied classical percussion, and contemporary and chamber music. She has performed with the New Britain Symphony, Nutmeg Symphony, Valley Swing Shift Big Band, musical theater pit orchestras, and steel drum bands. She has played at venues such as Carnegie Hall and Lincoln Center. Ms. Tinsler is currently completing her B.M. in percussion performance and music education at The Hartt School, University of Hartford as a student of Benjamin Toth.

The second workshop, “Reading Session: An Evening with Award-winning composer Jake Runestad featuring his work *I Will Lift Mine Eyes*” will take place on Wednesday, May 28.

Participants will have the opportunity to strengthen sight reading skills with a conductor who has worked with student, volunteer, and professional ensembles across the U.S.A. An advocate of new music, he has conducted the premiere of several of his own works. Mr. Runestad is noted for his versatility and wide range of expressive capabilities with music driven by soaring melodies, driving rhythms, and lush textures. Mr. Runestad has received commissions and performances from leading ensembles and organizations including the Louisiana Philharmonic Orchestra and Seraphic Fire vocal ensemble. He has been commissioned by Greater New Haven Community Chorus to compose a choral work to be performed at its spring concert in May to celebrate its 50th anniversary. Mr. Runestad travels extensively to work with musicians of all levels and often gives master classes on composing and the music business.

On Tuesday, June 28, “Sing-In: Masterwork Sing with Gabriel Löfvall ~ Haydn's *Missa Brevis in B-flat*” will take place. Participants will have the opportunity to work with one of Connecticut's finest conductors. Mr. Löfvall is a conductor, pianist, and tenor who holds two Master of Music degrees from the Hartt School (University of Hartford) in piano performance under Luiz de Moura Castro, and in Choral Conducting under Dr. Edward Bolkovac. He is presently a doctoral candidate there.

The final workshop, “Real Men Sing: A choral workshop for male singers with Noah Blocker-Glynn” will take place on Tuesday, July 22. Led by GNHCC's artistic Director, Noah Blocker-Glynn, male participants will be encouraged to discover and hone some of basic skills in tone production, vowel formation, and listening for tuning.

For more details on workshop leaders, registration information, workshop locations, fees and discount packages – please visit [www.gnhcc.org](http://www.gnhcc.org). All workshops in this series will require pre-registration.

Greater New Haven Community Chorus consists of approximately 100 voices and draws its membership from throughout the greater New Haven area. GNHCC strives to embrace the wide diversity of the community and is committed to making quality music accessible and approachable for audiences and members alike. Greater New Haven Community Chorus was founded in 1963 as a venture in community singing and continues to perform with pride and distinction.

For more information about GNHCC, please visit [www.gnhcc.org](http://www.gnhcc.org) or email: [info@gnhcc.org](mailto:info@gnhcc.org).



## GREEN PLANTS AND RED BLOSSOMS

For the thirty-first year the Connecticut Cactus and Succulent Society is putting on its spectacular Show and Sale at the Naugatuck Valley Community College, 750 Chase Parkway in Waterbury, on Saturday April 5th from 10:00 a.m. to 5:00 p.m. and Sunday, April 6th 10:00 a.m. until 4:00 p.m. This event will provide a judged show featuring hundreds of cactus and succulent plants from all over the world.

Admission to the show and sale is free, and free indoor parking provided. There will even be 50 free plants, one per family, on each of the two days of the show.

There will be many vendors, some from as far away as Florida, who will be selling a broad selection of plants and related gardening materials. Plant auctions will be held at least twice daily.

Spaced over each of the two days are a series of twenty-minute lectures that will help you to grow and care for the purchases you might make. The bookstore will have hundreds of books covering cactus and succulent plants.

Our show and sale will be held in the fifth floor cafeteria of the college Art and Music Center Building. Signs will guide you from Exit 18 off Route 84 to the show itself. The show is handicapped accessible. AND FREE.



### Notice of Application

This is to give notice that I,  
PETER LA TRONICA  
39 ROUND HILL RD  
WOODBIDGE, CT 06525-1228

Have filed an application placarded 03/03/2014 with the  
Department of Consumer Protection  
for a RESTAURANT LIQUOR PERMIT for the sale of  
alcoholic liquor on the premises at  
180 AMITY RD  
WOODBIDGE, CT 06525-2239

The business will be owned by: WOODBRIDGE 180 AMITY LLC  
Entertainment will consist of:  
Acoustics (Not Amplified) Disc Jockeys Karaoke Live Bands  
Objections must be filed by: 04/13/2014

# LOCAL SPORTS

15% OFF  
ANY MASONRY JOB  
Walkways - Patios - Stonewalls

\$200 OFF  
ANY LANDSCAPING JOB  
of \$1000 or more!



**KBM Lawn**  
Service that's leaps above the competition

**Property Maintenance**

- Weekly Lawn Mowing
- Spring & Fall Clean-Ups
- Dethatching & Power Raking
- Slice Seeding
- Edging
- Fertilizing & Liming
- Shrub Trimming
- Hand Pruning
- Landscape Maintenance

**Landscape Construction**

- Perennial Gardens • Topsoil & Compost
- Seaside & Country Gardens
- Annuals • Falls Bulbs
- Shrubs & Trees Planted
- Brick, Bluestone, & Concrete Pavers
- Seed & Sod Lawns
- RR Tie & Block Retaining Walls
- Mulches & Decorative Stone
- Patio Pots, Containers, Window Boxes

**Free Estimates / Fully Insured**  
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203-387-LAWN (5296)

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



Amity Varsity dance team placed 2nd in kick line and 4th in the pom division at the states competition February 22nd. They qualified to compete at the New England regional Competition in Vermont on Saturday March 8th.

Woodbridge Town News

## SUBMIT YOUR LOCAL SPORTS PHOTOS, ARTICLES & SCHEDULES

Email [edit@woodbridgetown.com](mailto:edit@woodbridgetown.com)



**The Woodbridge Club**  
established 1946



**HEATED POOL**  
**QUALITY TENNIS COURTS**  
**CLUBHOUSE**  
**CAFÉ AND CATERING**  
**NEW BASKETBALL COURT**  
**VOLLEYBALL**  
**TWO PLAYGROUNDS**  
**GAME ROOM**  
**PICNIC AREA AND GRILLS**  
**CHILDREN'S PROGRAM**  
**TENNIS & SWIM TEAMS**  
**SOCIAL ACTIVITIES**  
**SPECIAL FAMILY EVENTS**  
**FREE WIFI**

**New For 2014**  
**Golf Affiliation with Orange Hills CC**  
**COME ENJOY AND RELAX THIS SUMMER AT THE CLUB**

OPEN HOUSE 1:00-4:00  
SUNDAY APRIL 6TH  
SUNDAY MAY 18TH

For complete details about the club and new membership incentives, visit us on the web at [www.woodbridgeclub.org](http://www.woodbridgeclub.org) or call 203-397-CLUB (2582).

10 Milhaven Road, Woodbridge

## WOODBIDGE RECREATION DEPARTMENT SPRING 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  
**APRIL 1ST THROUGH JUNE 5TH**  
There will be NO Classes April 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)**  
APRIL 5TH THROUGH MAY 31ST  
There will be NO Classes April 19  
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.woodbridgetown.org](http://www.woodbridgetown.org) click on departments



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