

# Woodbridge Town News



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FRIDAY, MAY 25, 2018



## Town Explores Forming an Agricultural Commission

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Sparked by a fair amount of public interest in supporting a fledgling agricultural revival in Woodbridge, the town is investigating whether or not to form an agricultural commission. The Board of Selectmen, after hosting a well-attended Farmers Forum in April, referred the issue to the Ordinance Committee.

"It will be the decision of the Ordinance Committee to recommend (or not) to establish an AG Commission," First Selectman Beth Heller wrote in an email. The Ordinance Committee serves in an advisory function to the selectmen. It will propose an ordinance to the selectmen who then, according to statute, have to call a public hearing before they can vote for or reject the proposal.

Close to 50 people attended the forum, which took place in the Center Building cafeteria. Three guest speakers with a farming background were invited, namely Bill Dellacamera, farm manager at Cecarelli Farm in Northford; Terry Jones of Jones Fam-

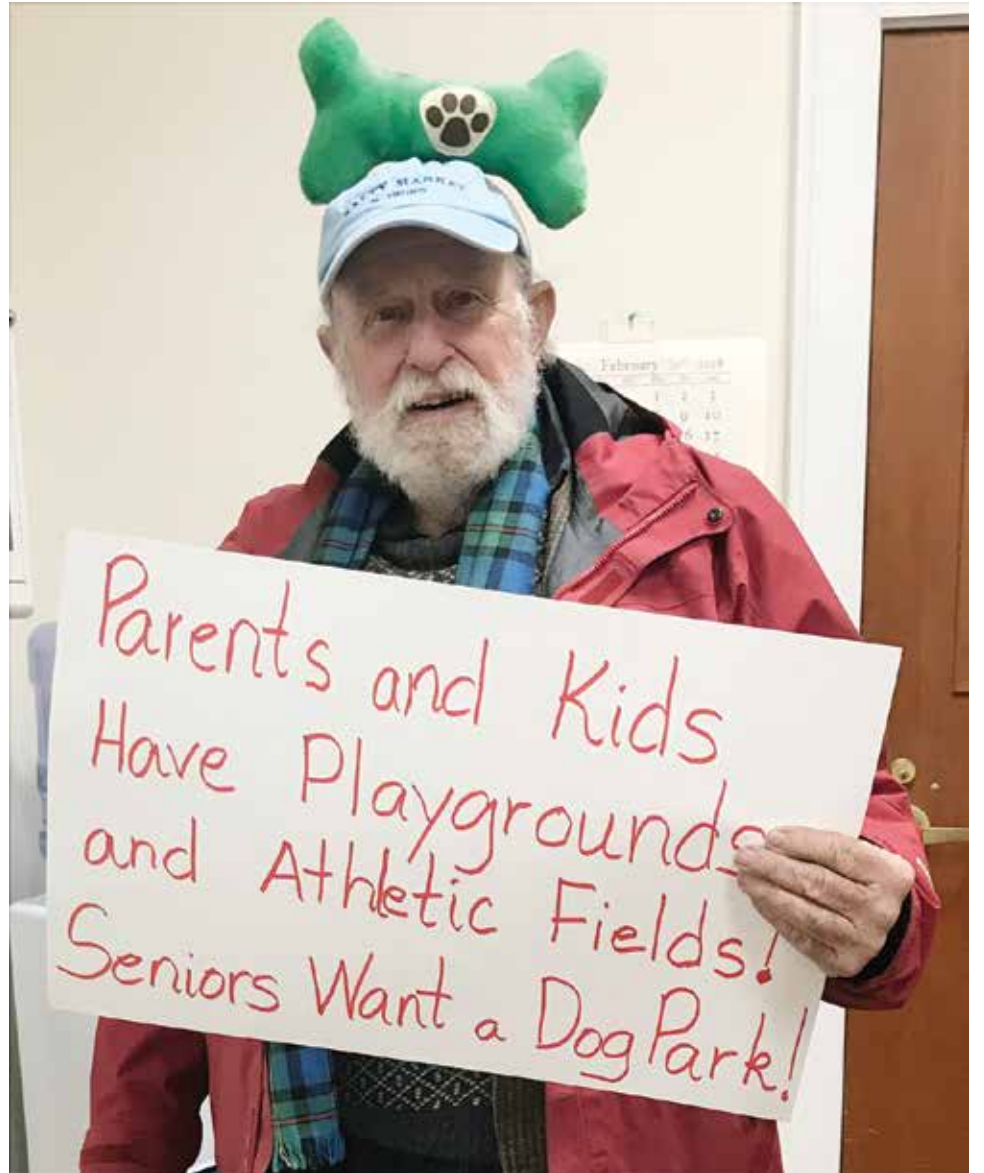
ily Farms in Shelton; and Elisabeth Moore, a director of the Connecticut Farmland Trust.

All three speakers addressed ways in which an agricultural commission may be helpful in re-establishing farming as an economically viable activity. "Setting up an ag commission is the way to go," said DellaCamera, who had helped set up such a commission in North Branford. Serving on the commission are two farmers, one retired volunteer and one town council member.

The commission helped promote farming in the community and beyond. It published a map and publicized a local "farm trail." It helps organize an agricultural fair, complete with tractor pull and petting zoo, an event that helps celebrate local farming.

In addition, the commission in North Branford helped secure grants through the Department of Agriculture for barns on town property. It also serves as a conduit to the community, he said. It can provide input

See "Commission" On Page 2



## Dog Park – Yes, But Where?

Selectmen Weighing the Options

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

The question where to establish a dog park — an enclosed area where the dogs can move around off-leash — is still being weighed, even as selectmen this spring voted in favor of establish-

ing such a dedicated area.

The problem is that the park many dog walkers already frequent, namely the walking trails at the Fitzgerald Tract, bordered by Center and Beecher

See "Dog Park" On Page 12

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“Commission” From Page 1

to Planning and Zoning, especially when a town is working on its Plan of Conservation and Development. It can help identify land that should be protected and help broker a resolution between farmers and neighbors, should conflict arise.

“Farming is hard work,” said Terry Jones of Jones Family Farm in Shelton. In addition to the physical labor, it also requires economic decision-making, investment of dollars and knowledge. Only two years after his family bought 120 acres that became available down the road from their original location, another 50 acres that abutted the new property was offered for sale. They could not afford to buy it, but in order to farm their land, they needed a buffer to any residential development.

Shelton Mayor Marc Lauretti, better known for the big commercial developments along Bridgeport Avenue, saw the need for the buffer zone and got a 100-foot conservation easement between the farmland and the development. His intervention saved not only the farming operation but the subdivision. “Cooperation is the key to success,” Jones said. He also lauded Gov. Dan Malloy, saying few governors were more sensitive to agriculture.

In fact, it is the prospect of state financial support which helped bring this forum about. The town, which recently has signed on to the Sustainable CT program, stands to gain grant money for activities that promote sustainability, and hosting a farmers’ forum is one of the suggested activities, said Sheila McCreven, who as the town’s grant writer coordinates the program locally.

The program was led by Andrea Urbano, an Amity graduate, who returned home after college and became farm manager at Jones Family Farm. She is not the only millennial trying to advance farming in her hometown. Leland Torrence Jr. and Will Conway, both in their early 20s, had approached

different town commissions previously with the request to form an ag commission.

Paul Decoster, who is in his 80s, spoke for the group of residents who hope to revive farming in town. “Right now, we are a bedroom community,” he said, but the interest in the younger generation may allow the town to “turn some of it back into working farms.” He said currently some 150 acres are being farmed by maybe 10-12 people, but there are 600-700 acres that could be farmed.

The town itself holds some 1,200 acres of open space, some of which are leased on a yearly basis by farmers. However, because the leases are offered only from year to year, farmers typically hay it or plant corn for feed. To promote actual farming, the leases should be expanded to maybe five years, Decoster said.

Massaro Farm Manager Steve Munno agreed. As an example, for the misguided one-year lease policy, he mentioned the experience of Ethan Schneider, the farmer who leases the land behind the Darling House. Schneider was going to put in a well but hesitates to make that investment based on a yearly lease. “Access to land, access to capital are major barriers” for young farmers, especially in Woodbridge, Munno said.

Another issue that came up during discussion was the struggling farmers market, and what farmers would suggest to change. The problem for smaller farmers may be the cost of a table; the fact that every town has its own market may limit the number of customers frequenting the local market.

That’s where the proposed commission can help, Decoster said. It could liaison with the state and federal government; it could promote the needs of the farmers in the community. “Farmers don’t have a lot of time to do this,” he said. “They need land, they need money, they need assistance. We on the committee believe that that is the way to go.”



# Amity Begins Search for New Superintendent

BY LAURA FANTARELLA  
WOODBRIDGE TOWN NEWS CORRESPONDENT

After four years as superintendent of Amity schools, Charles (Chip) Dumais announced his resignation and the district has begun a search for his replacement. His last day of leading Amity will be June 30, 2018, before he moves on to the Executive Director position for Cooperative Educational Services (C.E.S.), Fairfield County's equivalent to ACES.

"It has been a pleasure to lead the Amity Regional School District for the past four years. Thank you for the opportunity to work with a talented and motivated group of teachers, staff, students, and families," he said in his letter of resignation to the Board of Education. "It has been a wonderful professional experience that has helped me to develop and expand my skills and abilities, to establish and foster many strong relationships, and to have daily interactions with students and adults that keep me motivated to push for equity and excellence in our educational system."

In announcing the superintendent's departure to the community, Chairman of the Board of Education Christopher Browe said, "We thank Chip for his hard work and service and will be sad to see him go. We hope that like spring blooming around us, this change will be an opportunity for renewal and new growth for everyone. Amity is more than one person, one board, one department, or one graduating class; Amity is a friendship, a continuing community, and an environment of educational excellence."

Browe told Dumais that Amity's doors are always open. He said that hiring the next superintendent for the district is the most important role that the Board of Education has. "To begin this process, we have already met several times as a board and will select a professional search consultant in the next few weeks," Browe said in early May. In the meantime, the district was in the process of hiring a qualified interim superintendent to maintain leadership during the transitional period.

The board is seeking input from the community and from staff and constituent groups. Once hired, the search consultant will begin a formal process of asking for this feedback from staff and the community using focus groups and surveys. "In order to make this a truly successful superintendent search, we will integrate ideas from school staff, parents, students, town officials, and other community members to help shape the search profile and future hire," Browe said. "The board feels confident in the excellent work that has been done to develop the current goals and will continue to support those goals going forward. Once the new superintendent is hired, we will reevaluate the Board goals and opportunities for growth."

"The Board of Education has been highly supportive of establishing the best learning environment for the students of Amity, and I am confident that the initiatives and efforts that have been put in place will sustain the positive growth of the organization in the future," Dumais said.



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From the First Selectman BY BETH HELLER



# News From Town Hall

I am pleased to provide an update on several ongoing initiatives as we head into the final month of the fiscal year here in Woodbridge.

## New Options Explored For Former Country Club Property

At our May meeting, the Selectmen began consideration of preliminary draft proposals for this property with the intention of using the Public Opinion Survey results to help guide their review of potential options. (As a reminder, the presentation on the survey results, and links to video recordings of meetings where the Selectmen discussed the data and heard public comments, can be found at the Town website,)

One suggested potential use of the property, that many people wrote-in on the survey and spoke with me about, was a desire for the Town to explore the possibility of a ‘Solar Farm’ installation. I’ve asked my staff to look into this further and, if appropriate, I will also ask the Ad Hoc Sustainability Committee to be involved in that exploration. There was consensus by the Selectmen that a Solar Array option may be appropriate and advantageous at the former-CCW, or at other locations in Town -- so further information on that will be investigated and reported back to us at a future date.

Also, at the May Board of Selectmen’s meeting, we reviewed three preliminary draft concepts which have been submitted to us:

Option A - includes an offer to purchase approximately 10 acres to build an assisted living facility.

Option B - includes an offer to purchase approximately 40 acres for 55-and-over, single-unit housing. The proposal also includes an 18-hole renovated public golf course, a renovation of the clubhouse to include a banquet hall and restaurant, and renovation of the pool for public use.

Option C - includes an offer to purchase a portion of the parcel to build 68 age-restricted, single family homes along a 9-hole renovated golf course, with recreational space and approximately two miles of walking trails for public use, and 132 age-restricted townhomes on both sides of Woodfield Road.

No decisions were made at the meeting, and next steps will entail going back to all three entities for additional information for the Board

to further consider. I will keep you informed as we continue our due diligence to determine if one of these options should move forward.

The Board also received updates, discussed, and took action on a variety of other topics, including:

## Farmers Forum

The Board received a packet of information summarizing ideas that were generated at this recent gathering on ways to support and promote farming in Woodbridge. One such suggestion -- the possibility of establishing an Agriculture Commission -- will be added to the Agenda of the next meeting of our Ordinance Sub-Committee for consideration.

## Dog Park

Having voted to establish a Dog Park in Woodbridge at the Board’s March meeting, the Selectmen continued their review of potential locations. Our next steps include a ‘field trip’ for the Selectmen to do a site visit immediately prior to the Special BOS meeting held on May 23rd. Again, I would like to express appreciation to everyone who has taken the time to write or speak at our meetings to share their opinion.

## Old Firehouse Renovation

The Selectmen acted to move this project a step closer to completion by going out to bid for construction services. More details are expected at our June meeting once bids are reviewed and we prepare to award the contract.

## Emergency Radio System Project

With funding authorized in December 2017, this project also moved forward at our May meeting, with the Board’s approval of a site agreement for one of the Simulcast antenna that will provide improved radio coverage for our First Responders. Further information regarding the project will be on the Agenda for an upcoming meeting.

Please remember that as your First Selectman, ‘my door is always open’ and I am eager to hear your thoughts and ideas about our town. Please be in touch!

Beth Heller is Woodbridge First Selectman. She may be reached by phone at Town Hall, 203-389-3401, or by email to [bheller@woodbridgect.org](mailto:bheller@woodbridgect.org).



# JCC’s Free Family Fun Day

Annual Family Event Features Touch-A-Truck, Train & Pony Rides, DJ & Dancing, Food, Crafts!

The JCC is gearing up for the Annual Family Fun Day featuring Touch-A-Truck on Sunday, June 3, 2018, from 11 a.m.-2 p.m. at the JCC of Greater New Haven, 360 Amity Road, Woodbridge. We are thrilled to have this special event at our recently renovated JCC campus home! Hundreds of families attend this popular event that features more than 20 trucks on display, train rides, pony rides, a DJ and dancing, food, bounce house, crafts and vendors. Free Touch-A-Truck and free parking at the JCC, with some fee-based activities. Come join the fun!

Vendor spaces, truck spaces and event sponsorships are still available. Please contact Eliana Sugarman, [elianas@jccnh.org](mailto:elianas@jccnh.org).

This community event will be held rain or shine. More information [www.jccnh.org](http://www.jccnh.org).

**WHAT:** JCC’s Family Fun Day Featuring Touch-A-Truck

**WHEN:** Sunday, June 3, 11 a.m. - 2 p.m.

**WHERE:** 360 Amity Road, Woodbridge, CT

**MORE:** Information: [elianas@jccnh.org](mailto:elianas@jccnh.org) or [jccnh.org](http://jccnh.org)

# Woodruff Family YMCA Gears Up for the Best Summer Ever

The countdown to summer is on and kids aren’t the only ones looking forward to the summer months. The Woodruff Family YMCA, a Branch of the Central Connecticut Coast YMCA, is getting ready for an influx of programming and activities that stimulate both mind and body, in an effort to help children have an amazing summer.

“It’s important that children both play and learn throughout the summer,” says Nicole Servas, Senior Program Director. “From summer camp to swim lessons, the Y is able to support all children in the community helping them discover and reach their full potential.”

Day camp at the Y provides kids with adventure, healthy fun, personal growth and friendships that can take a

so-so summer and turn it into a memory that lasts a lifetime. The Woodruff Family Y camps provide a welcoming environment for kids where they can belong, build relationships, develop character and discover their potential.

Since summer is synonymous with swim season, the Y encourages families to explore the benefits of swimming while also keeping safety top of mind. Parents and caregivers are encouraged to help their children learn fundamental water safety and swimming skills.

Whether it’s helping children read, keeping kids safe around water, or keeping them active and engaged throughout the summer, the Y has a program to benefit all youth in the community. For more information, contact the Woodruff Family YMCA at 203 878 6501 or visit [cccymca.org](http://cccymca.org).



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June 29 | Independence Day Issue ..... June 22  
July 27 | Summer Issue..... July 20  
August 31 | Labor Day & Back to School Issue..... August 24  
Note: Copy due by 4:00p.m. Thank you.

FROM OUR READERS

Land Trust Walk at Baldiwn Road Farm

The Woodbridge Land Trust invites the public to walk Baldwin Road Farm with us on Saturday, June 2nd at 2pm (rain or shine). In recent years, the farm has been threatened by development proposals including:

- A 754,800 square foot industrial park
- A 340-unit assisted living continuing care retirement community

Wouldn't you prefer another option?

- A working farm with walking trails for the public

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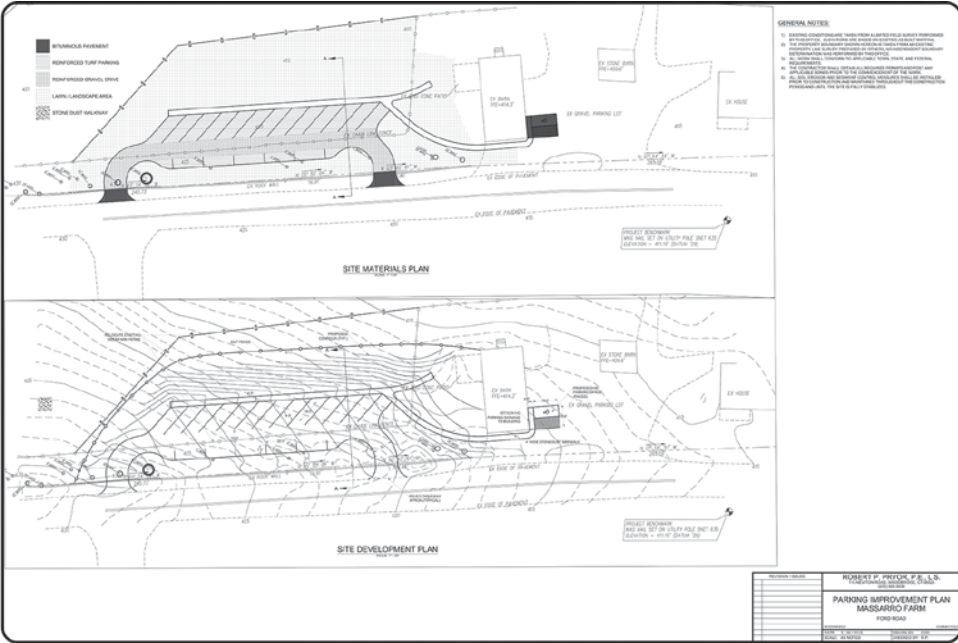
ways to protect the magnificent farmland from being lost to high density development. We now have a remarkable opportunity to partner with the State of Connecticut, Department of Agriculture and the Connecticut Farmland Trust to purchase agricultural and trail easements to permanently protect the farm.

Please join us on June 2nd to experience this landscape for yourself. Your donation will ensure that Baldwin Road Farm will forever remain in agricultural use, with public walking trails.

Thank you for your support.

Bryan H. Pines  
President, Woodbridge Land Trust

Proposal for a Community Supported Farm



May 14 marks the 10th anniversary of the founding of Massaro Community Farm. On that date in 2008 the Selectmen approved the Conservation Commission's "Proposal for a Community Supported Farm on the Massaro Farm." After stopping a demolition order on the dairy barn, fighting off a rec complex, getting a grant for a planning study and another grant and matching private funds to restore the crumbling barn, and then untold volunteer hours, the Farm became the pride of Woodbridge.

So it is a profound disappointment to see a plan before the town for a parking lot on Field 4, the field originally designated for fruit and berry production. The plan (available at Town Hall for review) involves a massive cut-and-fill excavation that will disfigure the heart of the farm and obliterate the viewshed from most every direction. One has to wonder, do the directors of Massaro Community Farm and of the CSA understand that they are the

See "Letters" On Page 9

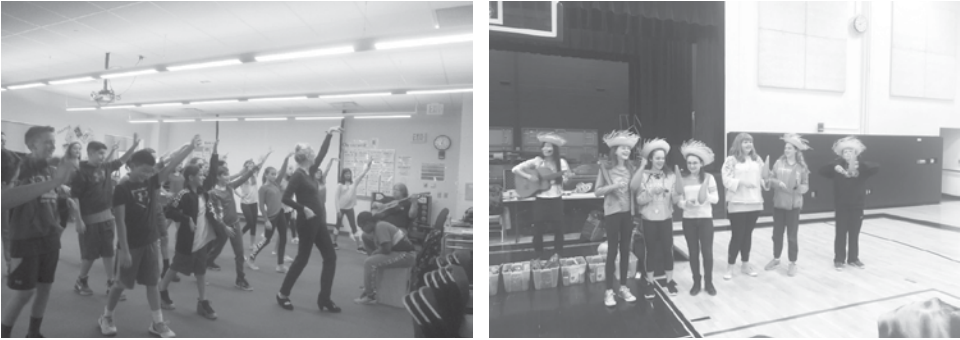
Woodbridge Town News

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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.



WOODBRIDGE EDUCATION ROUNDUP



Left: (left to right): Jenna Chizmadia, Ameila Launder, Hailey Black, Katie Sim, Dahlia DeAngelis, and Peter Turner - Photographer: Kim Vigil. Right: Photographer: Elaine Hashemian

## Amity Middle School Orange Flamenco Lessons

Seventh grade students at Amity Middle School in Orange took a flamenco lesson with instructor, Melinda Marquez. They also participated in an interactive presentation by Lorena Garay on music from Latin America.

These opportunities were made possible through a grant that Spanish teacher and Spanish Honor Society advisor, Elaine Hashemian, received from the Jamie A. Hulley Arts Foundation.



Mrs. Abrams's class of 2nd and 3rd graders at Ezra Academy enjoyed accepting brand new dictionaries from the Woodbridge Rotary Club. All students showed their enthusiasm for the dictionaries and eagerly wrote their names inside. Pictured with the students are teacher Mrs. Emily Abrams, and Rotarian Jessica Lerner Halprin and Woodbridge Rotary President Tony Anastasio.



From Left to Right, Ryan Anastasio, Amity H.S., ECR Vice Mayor Patrick Burland, Amity H.S., State Rep. Themis Klarides, Melanie Lust, Staples H.S., Lindsay Dry, Staples H.S.

## Klarides Speaks to Junior State of America Members

House Republican Leader Themis Klarides recently was the keynote speaker for the Northeast Junior State of America event held in Stamford. Rep. Klarides talked about the legislative session and the importance of young adults becoming involved in politics.

The Junior State of America (JSA) is a student-run organization that cultivates democratic leadership skills, challenges one another to think critically, advocates their own opinions, develops respect for opposing views and learns to rise above self-interest to promote the public good. JSA is committed to developing a diverse, cross-section of young leaders for a democratic society.

## Holocaust & Genocide Education in Public School

The Jewish Community Relations Council of the Jewish Federation of Greater New Haven applauds the Connecticut House of Representatives for unanimously passing Senate Bill 452, in concurrence with the Senate, which adds Holocaust and Genocide Education to the social studies curriculum of Connecticut's public schools. The bill now heads to the Governor for his signature.

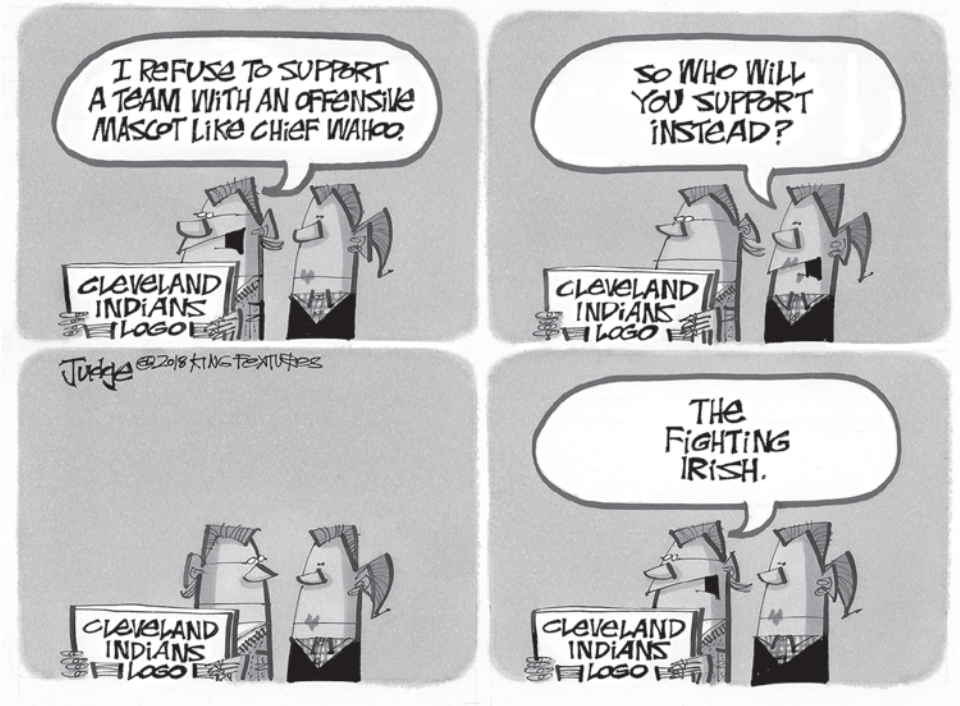
"We are thrilled with the passage of today's legislation. As we have seen in recent surveys, Holocaust and genocide education is needed in our schools, and this legislation will create countless teachable moments regarding humanity, compassion and being up standers for current and future students" said Michael Bloom, Director of JFACT.

A survey, conducted by the Conference on Jewish Material Claims against Germany, found that there are critical gaps in America, both in awareness of basic facts and detailed knowledge of the Holocaust, but that there is a broad-based consensus that schools should provide comprehensive Holocaust education. The survey found that 31 percent of all Americans and 41 percent of Millennials believe that substantially less than six million Jews were killed (two million or fewer) during the Holocaust, and that while there were over 40,000 concentration camps and ghettos in Europe during the Holocaust, 45 percent of Americans cannot name one.

Senate Bill 452 allows schools to use existing public and private materials, personnel and other resources to reduce any cost a school may incur. In addition, the legislation allows a local or regional board of education to accept gifts, grants and donations, including in-kind donations to implement this bill without cost.

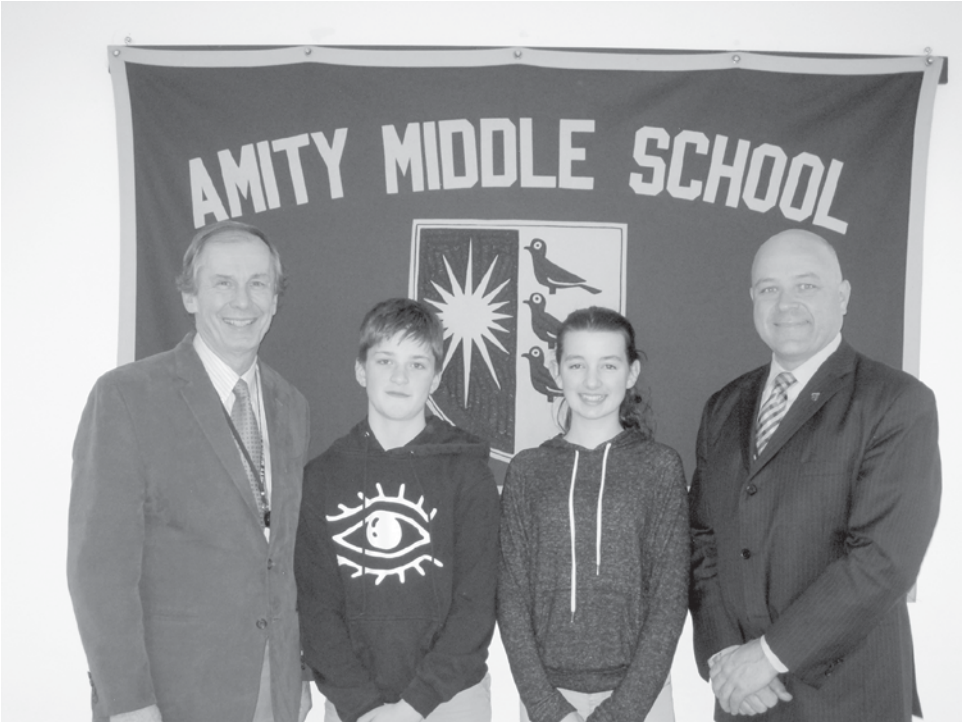
The Jewish Federation of Greater New Haven's JCRC is proud to partner with JFACT, an advocacy organization that represents the seven Jewish Federations across Connecticut on issues of importance to the Jewish community and in support of Israel.

The Jewish Federation of Greater New Haven is a non-profit organization that aims to lead, build, strengthen, and renew a dynamic local Jewish community and to provide support and caring for Jewish people in our community, Israel and worldwide. We are guided by the traditional Jewish values of Torah (tradition, learning and deeds), Tikkun Olam (improving the condition of our world), Tzedakah (philanthropy and acts of loving kindness), and k'lal Yisrael (Jewish peoplehood).





# WOODBIDGE EDUCATION ROUNDUP



## 2018 New England Math League Contest

Amity Middle School Bethany Students in grades 7 and 8 recently took the New England Math League Contest. The New England Contest consists of participating schools from Connecticut, Maine, Massachusetts, Vermont, Rhode Island, and New Hampshire. Contest questions are designed to cover a range of mathematical knowledge for each grade level. Questions on the contests never require any mathematics beyond the grade level tested. The goal is to encourage student interest and confidence in mathematics through solving worthwhile problems. The top grade 7 and grade 8 school scorers are listed below:

1st Place:  
Ryan Schatz (7) - Audrey Marin (8)

2nd Place:  
Henry Yang (7) - Robert Farbman (8)

3rd Place: Piyush Bahel (7) - Adam Florkiewicz (8)

4th Place: Silas Turner (7) - Madeleine Key (8)

5th Place: Sam Anastasio (8) - Ellina Medovnikov (8); Kaitlyn Pryor (8)

Individual students, as well as grade-level teams, were entered into the New England Contest. The results from the overall contest are as follows:

- › The 7th grade team placed 8th out of 79 schools and 1st in New Haven/Fairfield County.
- › Ryan Schatz placed 18th in the overall contest and 3rd in New Haven/Fairfield County.
- › Henry Yang placed 29th in the overall contest and 4th in New Haven/Fairfield County.
- › The 8th grade team placed 4th in New Haven/Fairfield County.

## STUDENT NEWS

### Achievements

#### Eastern Student Jessica Ahern Honored At Psychology Honors Night And Induction Ceremony

Willimantic, CT -- A cohort of high-achieving psychology students from Eastern Connecticut State University were honored at the annual Psychology Honors Night and Psi Chi Induction Ceremony on April 23. Among the students recognized was Jessica Ahern '19 of Woodbridge, who majors in Psychology. Ahern was inducted into Psi Chi. Psi Chi is the international honor society for the field of psychology. Eastern students who are inducted into Psi Chi must attain a 3.5 GPA in psychology and a 3.0 GPA overall.

#### Eastern Student Devin Belenski Inducted Into Kinesiology And Physical Education Honor Society

Willimantic, CT -- The Department of Kinesiology and Physical Education (KPE) at Eastern Connecticut State University inducted new students into the Alpha Upsilon Chi (AUC) honor society on April 19. Among the inductees was Devin Belenski '19 of Woodbridge, who majors in Sport & Leisure Management. AUC is the international honor society for health, physical education, recreation, sport and dance, and was established to

recognize college students for their academic achievement and professional involvement in the field. Eastern founded AUC in 2006 and has since inducted more than 130 members into the honor society.

#### Patricia Alonso Inducted Into The Honor Society Of Phi Kappa Phi

Baton Rouge, LA -- Patricia Alonso of Woodbridge, Connecticut, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Alonso was initiated at University of Bridgeport.

Alonso is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter.

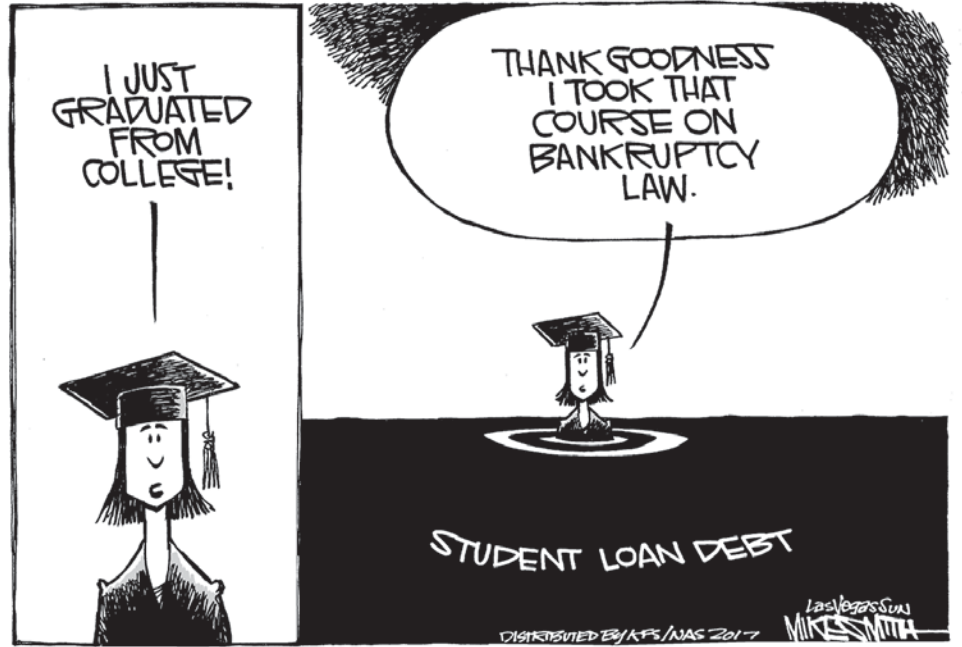
#### Aaron Barkin Of Woodbridge Commissioned As A First Lieutenant In The United States Army In A Ceremony At The University Of New Haven May 21

Barkin, a member of the Nathan Hale Battalion of the U.S. Army Reserve Officer Training Corps, is a recent graduate of UCONN with a major in Political Science. Barkin will be Active duty and has been assigned to Adjutant General branch.

### MICHAEL J. PAOLINI, CPA

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### Attention Teachers!

We want to know what's going on in your classroom!  
Let us know about any fun activities or holiday projects.  
You can also send us your pictures.  
(Parental consent required)

Woodbridge Town News  
P.O. Box 1126, Orange, CT 06477 • edit@WoodbridgeTownNews.com



# AT THE WOODBRIDGE CENTER



Woodbridge Center Art Class participants examine each other's work during the May Art Exhibit opening at the Woodbridge Library



Center members had a ball at the New England Young at Heart "Senior Prom" at Aria Banquet Facility in Prospect

## Food For Thought!

June is Brain Awareness month to raise awareness of the challenges faced by those with cognitive impairments. The Center's meal program is focused on foods that are brain healthy - according to Harvard Health Publishing, "What you eat directly affects the structure and function of your brain and, ultimately, your mood. Like an expensive car, your brain functions best when it gets only premium fuel. Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain."

Recommended foods from the Mediterranean (anti-inflammatory), DASH (heart health) and MIND diets include green leafy vegetables, nuts, berries, beans, whole grains and good proteins such as eggs, fish and poultry. Olive oil, nut butters, avocados are examples of "good" fats to have in your diet. Healthy spices include rosemary, turmeric, ginger and cinnamon. Only limited amounts of white flour, unhealthy fats (Trans fats), free sugars, fried, or fast foods are recommended.

As with any modification, lifestyle changes are better than temporary fixes. Bon Appetit!

## Living Treasure Awards Dinner— Save the Date

A new tradition is born! Please save the date— October 3, 2018 for a terrific night out in Woodbridge! Woodbridge Human Services will host the Living Treasure Award Ceremony and Dinner from 5:30 to 8:30 pm.—location to be announced.

The highlight of the evening will be the presentation of Woodbridge's first Living Treasure Awards to two community-minded Woodbridge residents. They will be recognized for their dedication to our community and for their years of community service. Nominations may be made until August 10th. Nominees must demonstrate positive actions to improve the quality of life for residents and have contributed time to enhance the community as a whole. This person must have performed this work as an unpaid volunteer. Additionally, nominees must be current residents of

Woodbridge, 60 years of age or older and may not be nominated by a family member.

There will be a silent auction, a program, dinner and entertainment. Tickets for this wonderful evening are just \$35.00. Donations of silent auction items, purchase of ads in the program book and table sponsorships are available by calling the Woodbridge Center at 203-389-3430 or emailing [jglicksman@woodbridgect.org](mailto:jglicksman@woodbridgect.org). Nomination forms may be found at the Center, at Woodbridge Human Services, at Town Hall or can be downloaded from the Woodbridge Center's page at the Town website [www.woodbridgect.org](http://www.woodbridgect.org).

## June Lunch Menu

Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert. Menu items: 6/1 Crab cakes with coleslaw and sweet potato fries, 6/5 Shrimp stir-fry with udon noodles, 6/8 Lasagna and salad, 6/12 Sausage and peppers with rice, 6/15 Father's Day Picnic! BBQ pulled pork & root beer floats, 6/19 Coconut chicken skewers over rice, 6/22 Meatloaf and potato leek soup (cold), 6/26 Eggplant ragu over whole wheat pasta, 6/29 Ham or vegetable quiche with vegetable soup.

## Special Programming:

**May 30:** New class begins! Yoga for Healthy Aging – 10 weeks. See details below.

**June 5:** Lunch entertainment with Katie Devlin at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested one day prior.

**June 11:** Trip! DIY Herbal Perfume making at Grounded Good Wife in Woodbury, CT. Create your signature scent, mad-scientist style! Come for tour of the 18th century farmhouse and stay for a fun-filled educational craft. Lunch follows at the Painted Pony in Bethlehem, CT. Fee for perfume-making is \$28.00, transportation is \$3.00, lunch is self-paid. Reservation is required by June 4.

**June 12:** Lunch program "Healthy

Stress" presented by VNA Community Healthcare at 12:30 pm. define your personal stress profile. Learn how to balance stress and discover how laughing, journaling and breathing techniques help you relax.

**June 15:** Father's Day picnic! Join us for BBQ pulled pork with coleslaw and other fixings and delicious root beer floats at 12:15 pm— reservations are required one day prior.

**June 18:** Lunch Bunch! Join in for lunch with friends by the water at Dockside in Branford. Transportation is provided by the Center van (\$3) or meet us there. Reservations required. Self-pay at the restaurant.

**June 19:** Fall Risk Program sponsored by VNA Community Healthcare at 12:25. From 11 am to 12:15 and 1:00-1:30 pm blood pressure checks and balance screenings complete this program.

**June 22:** Mini-manicures! More than just pretty nails—come enjoy a relaxing stress reduction! 11:00 am to 1:30 pm -by reservation only -with Naomi Mapomyani owner of Brilliant Home Care in Naugatuck. No fee.

**June 26:** Lunch entertainment with Larry Batter at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested one day prior.

**June 24 (Sunday):** Trip! The Boston Pops at Tanglewood with special guest soloist, Audra McDonald. This trip includes lunch at a Stockbridge area restaurant, seats in the covered area of 'the Shed' and transportation for \$138.00. The program will feature selections of Sondheim, Rodgers and Gershwin as well as recent musical theater composers.

**July 3:** Independence Day BBQ—join us for hamburgers and hot dogs! 12:15 pm, please RSVP.

To RSVP or for more information, call 203-389-3430 or email [jglicksman@woodbridgect.org](mailto:jglicksman@woodbridgect.org).

## Ongoing Programming

The Woodbridge Center provides a program of health, wellness, recreation, education, arts and social activities for residents 60 years of age and older. The Center offers a wide range of programming including a luncheon

program and a transportation program. Please contact us at 203-389-3430 or at [jglicksman@woodbridgect.org](mailto:jglicksman@woodbridgect.org) for information and questions regarding the Center's programming.

**Pickleball:** Meets daily in the Center Gym for group play, 12:30 - 2:15 pm with additional time on Fridays until 3:30pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool. Annual membership is \$20.00 with a suggested \$5.00 additional donation to the Center. Equipment is available on a first come, first served basis.

**Exercise with Laurie:** Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center Gym, Tuesday and Thursday, 10 - 11 am. No need to sign up - just pay a drop-in fee of \$2 and stay for a great workout!

**Art Class:** Class meets each Wednesday 10 am - 12 pm in the Center Café. The class is taught by local artist Graham Dale. Call for more information on fees and dates of next session starting in September.

**New Class!** Yoga for Healthy Aging: Meets Wednesday May 30 – August 1 from 1-2:15 pm in the Center Building, Room 16, with instructor Julie Luciani. Julie is an occupational therapist and a 500-hour Kripalu Certified yoga teacher. The class fee will be pro-rated for anyone registering late. This is an alignment-based yoga practice working to strengthen, add flexibility, balance and agility. Class combines seated and standing postures and is safe for all. Modifications will be suggested for individuals with limited mobility or balance issues. Reserve your spot -10 sessions for \$75.00.

**Book Club:** The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is May 22. This month's book is Love and Ruin by Paula McLain. New members are always welcome.

**Friday Movies:** Following lunch in the Center lounge at 1 pm: 6/1 The Post, 6/8 A Wrinkle In Time, 6/15 Lost

See "Woodbridge Center" On Page 9



# Innovative Microgrid Will Help When Grid Goes Dark

*Clean Energy-Fueled Facility Will Power Police, Fire, Shelter Services During Storms, Blackouts and Other Emergencies*

Woodbridge First Selectman Beth Heller joined United Illuminating CEO Tony Marone, Connecticut Gov. Dannel P. Malloy and Department of Energy & Environmental Protection Commissioner Rob Klee on May 7th to celebrate the commissioning of the town’s innovative new microgrid, which will provide reliable power for the town’s police, fire and other emergency services.

The UI-built microgrid, which recently entered service, taps clean, Class 1 renewable energy to provide “always-on” energy to seven critical town facilities in the event that the surrounding power grid goes dark. UI’s new fuel cell at nearby Amity Regional High School serves as its power source. “As we were reminded during recent extreme weather events, it is crucial that we are able to provide emergency services and shelter to residents who may be without power and heat for days after a storm,” said Heller, during a commissioning ceremony Monday in Woodbridge’s town center. “This unique microgrid will help ensure that these services remain available.”

“Make no mistake, climate change is real, and we must plan for future storms and resulting power outages,” said Malloy. “This project highlights two important initiatives that are driving innovative solutions to challenges that we face as a state; the state Microgrid Pilot Program, which seeks

to maintain a high level of reliability of public and utility services; and the Renewable Connections Program, which has expanded the use of clean energy sources in the state.”

Woodbridge initiated the project when it sought and received a \$3 million grant from the State of Connecticut’s first-in-the-nation Microgrid Pilot Program. UI, a subsidiary of AVANGRID, Inc. (NYSE: AGR), was engaged to build the microgrid and developed a plan to power it via a new fuel cell at Amity Regional High School. The fuel cell was completed in 2016. During “blue sky” operations — when the fuel cell is not providing emergency power to the town’s microgrid — it contributes up to 2.2 megawatts of clean, Class-1 renewable energy to the state’s power grid. UI installed the fuel cell to help meet its commitment to generate up to 10 MW of renewable energy under its Renewables Connections Program.

In addition to contributing renewable energy to the power grid and serving as a power source for the town’s microgrid, the fuel cell, which was constructed by FuelCell Energy, Inc. of Danbury, also helps heat the Amity high school. In tandem with the fuel cell construction, the Amity district completed its own project to transfer waste heat from the plant’s operation to the school building’s heating system, reducing heating costs.

“This was an exciting project for us at UI because it met several important objectives at once,” said Marone. “By providing a local renewable generation source, along with the design and construction of a utility-grade microgrid, we delivered an integrated resiliency solution to the Town of Woodbridge. Completing this one-of-a-kind project was the result of a collaborative partnership between United Illuminating, the State of Connecticut, the Amity Regional School District and the Town of Woodbridge.”

Working together, FuelCell Energy and UI engineers designed a unique controller device that activates the microgrid when the surrounding grid loses service during a storm or other event. The device allows the microgrid to be controlled by UI as part of its distribution system even when it is in so-called “island mode,” operating independently of the surrounding power grid.

“Microgrid projects, such as this one in Woodbridge, help to ensure that critical government services are available even when the power goes out,” said DEEP Commissioner Klee. “Connecticut is leading the way in energy innovations, so when the next severe storm hits – and it will hit – we are prepared to respond.”

The microgrid officially entered service in February; it has not yet been activated as part of a storm or

other event.

AVANGRID, Inc. (NYSE: AGR) is a leading, sustainable energy company with \$32 billion in assets and operations in 27 states. AVANGRID has two primary lines of business: Avangrid Networks and Avangrid Renewables. Avangrid Networks owns eight electric and natural gas utilities, serving 3.2 million customers in New York and New England. Avangrid Renewables owns and operates 7.1 gigawatts of electricity capacity, primarily through wind power, with a presence in 22 states across the United States. AVANGRID employs approximately 6,600 people. AVANGRID supports the U.N.’s Sustainability Development Goals, received a Climate Development Project climate score of “A-,” the top score received in the utilities sector, and has been recognized for two consecutive years by Ethical Boardroom as the North American utility with the “best corporate governance practices.” For more information, visit [www.avangrid.com](http://www.avangrid.com).

The United Illuminating Company (UI) is a subsidiary of AVANGRID, Inc. Established in 1899, UI is engaged in the purchase, transmission, distribution and sale of electricity and related services to approximately 335,000 residential, commercial and industrial customers in the greater New Haven and Bridgeport areas of Connecticut. For more information, visit [www.uinet.com](http://www.uinet.com).

**“Woodbridge Center” From Page 8**

In translation, 6/22 Film Stars Don’t Die In Liverpool, Favorite Film Friday Cinema Paradiso.

**Ask the Nurse:** 1st and 3rd Tuesdays of the month 11 am- 12:30 pm, blood pressure screenings, weight and conversation with a registered nurse from VNA Community Healthcare.

**Duplicate Bridge:** Mondays, 9:30 am, Center Café.

**Bridge:** The Center’s Wednesday

bridge group invites new members! Join the group for a friendly game of cards. No reservations necessary—just come down to the Center lounge at 1 pm.

**Pinochle:** Mondays, Wednesdays, and Thursdays, 1-4 pm, Center lounge – come any day that works in your schedule! The group is always looking for new players and is willing to bring rusty players up to speed!

**Mah-jong:** Mondays and Fridays, 10 am, Center Building- room 11.

## Volunteers Age 55+ Needed

The Agency on Aging of South Central CT has volunteer opportunities for adults age 55+. Volunteers can tutor young children in reading in East Haven, Hamden & New Haven schools and afterschool programs (training provided), help frail seniors organize

their monthly bills, read with a child in a North Haven elementary school, or visit with a homebound senior or a veteran. For more information, call Cherie at 203-785-8533 x2907 or email [volunteer@aoascc.org](mailto:volunteer@aoascc.org). Also, visit [www.aoascc.org](http://www.aoascc.org).

**“Letters” From Page 5**

conservators of the farm, not its developers? Their plan diminishes the farm’s mission to “Keep Farming, Feed People, Build Community,” and it counters the 2015-2025 Woodbridge Town Plan of Conservation and Development, which recognizes our “farmland soils are an irreplaceable asset.”

Conservation is more than a Prius in the driveway or a solar panel on the roof. It’s saving for future generations what’s left of our natural resources,

among them prime farmland. Two professionals have already demonstrated that parking can be provided elsewhere without taking farmland. The farm stewards can do better.

Federal, state and private money was invested in Field 4 for deer fencing, irrigation, and equipment to support future production. Donors and taxpayers have the reasonable expectation that those investments are not wasted.

Would CSA members, whose subscriptions are the lifeblood of the farm, prefer a parking lot on Field 4 or an

organic orchard? Or a resident to buy an apple or a pint of Massaro-grown raspberries? Poll the community and find out.

Consuming Field 4 to gain 12 spaces, where the earthen retaining slopes cover more area than the lot itself, is revealing. It portends some future expansion, a tilt toward more programs at the expense of farming. The “sustainable” practice would be to utilize existing meeting rooms and parking in the town center, rather than needlessly duplicating facilities and infrastructure.

Our Town Plan’s Near-Term Action Agenda cites the need to “preserve farmland, fertile soils, and local agribusiness.” Town officials should kindly inform our farm’s stewards to do better, and come back with an alternative that doesn’t consume the farm’s natural resources.

*James Urbano*

*Editor’s note: Mr. Urbano was a member of the Conservation Commission that founded the farm, and the first president of Massaro Farm CSA.*



# ELECTION 2018



## 114<sup>th</sup> District Republicans Endorse Rep. Klarides

State Representative Themis Klarides received the backing of area Republicans in the 114th General Assembly District on Wednesday evening at High Plains Community Center to run for re-election.

“Being the voice of the residents of Woodbridge, Orange, and Derby in Hartford is truly an honor,” said Rep. Klarides. “As your State Representative, I am committed every day to helping the residents and the communities of the 114th district. Over the past two years, your voices have been heard, and together we have been able to stop irresponsible tolls and devastating cuts to our communities.”

Rep. Klarides continued, “Our state’s fiscal situation is bad, but let me tell you, it can be fixed. House and Senate Republicans offered budget after budget that showed that we can have a balanced budget without tax increases. With your support this November I can return to Hartford and work to pass greater reforms and structural changes that will end the deficit cycle.”

In 2014, Rep. Klarides’ was unanimously chosen by her House Republican colleagues to be their Caucus Leader – becoming the first woman to hold the position. She was reelected

leader again in 2016.

Since taking office, Rep. Klarides has been a strong advocate for women, working families, and business owners. Rep. Klarides continues to pass bipartisan legislation yearly, such as, helping women receive insurance coverage for breast cancer testing and fighting to restore education funding and Medicare Savings funding for seniors.

Rep. Klarides said she believes her work in Hartford has aligned with the values of the residents of the 114th district.

“I love the towns I represent, and it would be a great honor to be re-elected this November,” added Rep. Klarides. “My passion and commitment to my community drives me each and every day and returning to Hartford will allow me to reverse Governor Malloy’s failed policies.”

A native of Seymour, Themis Klarides was raised around a family supermarket business that taught her the value of hard work and the rewards of community involvement. Her commitment to these values is exemplified through her years of community service with various municipal, state and regional groups.

## Welander Unanimously Endorsed for the 114th

On Wednesday evening, May 16, at the historic Hitchcock Hose Company Fire House, Orange Board of Education member Mary Welander was unanimously endorsed as the democratic candidate for State Representative for the 114th District. The 114th District encompasses parts of Orange, Derby and the Town of Woodbridge.

“I am running because I believe our district is not accurately reflected by our current representation in Hartford. I am deeply committed to our area and want it to be as strong as it can be now and in the future for all of our children. I believe we have a duty to stand up for what is right and speak out against what is wrong, and I am not seeing enough of either from our representative. We live in a proud, strong, diverse district; I believe that our strengths lie in our differences and Connecticut will be stronger if we embrace new ideas while still respecting our history. I would be honored to represent the voices of my neighbors in Hartford.”

In addition to serving on the Board of Education, Mary was recently re-elected as the Vice Chair of the Orange Democratic Town Committee, serves on the Board of the PTA at Race Brook School, is the statewide representative for the Sandy Hook Promise Organization, as well as other community groups throughout town.

In nominating Welander, Kate Rozen of Woodbridge quoted Melinda Gates, “If you are successful, it is because somewhere, sometime, someone gave you a life or an idea that started you in the right direction. Remember, also that you are indebted to life until you help some less fortunate person, just as you were helped.” Rozen added, “what makes this race and this candidate so special is because that ideal is embodied in what WE are kicking off this evening.”

“I first met Mary after the 2016 Presidential election. Mary began attending our DTC (Democratic Town Committee) meetings. She showed confidence and knowledge not only of the issues but also she has a keen un-



Mary Welander

derstanding of the legislative process,” said Jody Dietch, chair of the Orange DTC who seconded the nomination. Dietch added, “Mary quickly educated herself on how accomplishments happen in Hartford. She is not someone who would have a learning curve taking on a new job. She is already schooled in that and also is well known by many in Hartford. She has the energy and more importantly, the integrity to represent not just the 114th district but all of the residents of Connecticut.”

Laurence Grotheer, Woodbridge DTC Chair, recently said, “Mary will be an outstanding representative for the 114th and Connecticut. Her commitment to a better future for Connecticut is evident in her work on the OBOE and all she has accomplished in other community service roles. We look forward to her representing us and bringing bi-partisanship back to Hartford.”

“We are very excited that Mary is running for State Representative. We need a fresh perspective in Hartford. As a mother of three young children and an active PTA parent, her commitment to the prosperity of future generations is exactly the new approach we need to problem solving in Hartford.” said Aniello Malerba, III, Chair of the Derby DTC.

Mary and her husband, Matt, live in Orange with their three children and dog, Bauer.

YOUR VOICE  
YOUR VOTE

VOTE



# ELECTION 2018

## Sen. Logan Receives GOP Backing to Run for Re-Election

*Excited to Hit the Campaign Trail*

State Senator George Logan received the unanimous support of Republican delegates at its Endorsement Convention for the 17th Senatorial District. This will be the first re-election run for the freshman Senator. The 17th Senatorial District includes Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck, and Woodbridge.

“I have worked hard over the past two years to be a voice the residents of the 17th Senatorial District can depend on,” said Sen. Logan. “During my first term, I was presented with many challenging votes, but I remained an independent thinker who was not afraid to speak the truth.”

Sen. Logan continued, “We all know Connecticut’s economy is lagging, jobs are on the decline and residents are fleeing the state. The response from Governor Dan Malloy has always been we need to raise taxes. I strongly disagree. The way we turn Connecticut around is by cutting wasteful spending and creating a predictable and sustainable economy to encourage job growth.”

Sen. Logan said that during his first term he was able to work across the aisle to convince lawmakers that taxpayers should not have to pay more. Logan joined House and Senate Republicans in passing two bipartisan budgets that restored money for the Medicare Savings Program and funded education.

Also, Logan said, for the first time in our state’s history we will actually have bonding and spending caps to help stop the State from spending more money than it actually has available.

“Our financial troubles are not yet behind us, but we did make bold steps to move Connecticut in a new direction,” said Sen. Logan. “If I have the honor of returning to Hartford in January, I will continue to push for policies that will reduce the tax burden placed on residents and businesses.”

In his first term in Hartford, Sen.



Sen. George Logan

Logan was the Senate Republican Majority Whip, Co-Chair of the Planning and Development Committee and Vice-Chair of the Public Health and Veterans Affairs Committees. He also serves as a member of the Education and Regulation Review Committees. Serving on these committees Sen. Logan was able to pass significant legislation, including helping those suffering from addiction and making sure veterans can afford to live in the state.

Sen. Logan has spent most of his professional life working through the ranks of the largest private water company in the state – Aquarion Water Company. During his career, Sen. Logan has engaged in engineering and capital projects, sustainability programs, alternative energy programs, watershed maintenance, environmental compliance, natural resources management and government relations. At each stage of responsibility, Sen. Logan earned the confidence of environmental organizations, property owners, government officials and businesses.

Sen. Logan lives in Ansonia with his wife, Lisa, a Registered Nurse for the state Department of Mental Health and Addiction Services; his son Hunter and daughter Tracey.



## State Sen. Candidate Cabrera Surpasses Fundraising Goal

Jorge Cabrera, Democratic candidate for State Senate surpassed the required fundraising goal to qualify for the public financing grant from the state. In order to qualify, Cabrera needed to raise approximately \$15,200 from a minimum of 300 in district donors.

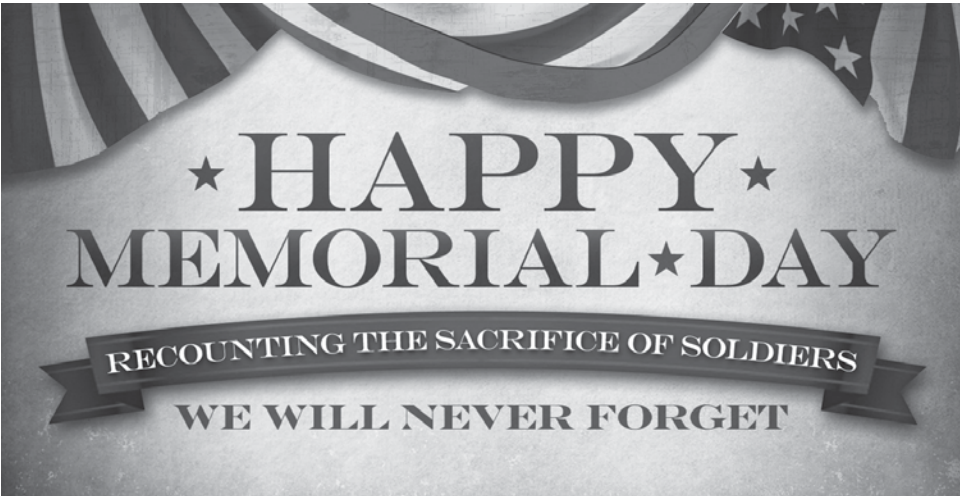
“We are incredibly confident that the support my campaign has received over the past few months, from all seven towns in the district, is building into the grassroots movement necessary to win,” Cabrera stated on Thursday. “We have received donations from people across the political spectrum because our message is about our values and the priorities of the hard working people of this district, not about partisan talking points. I would be honored to represent these folks in Hartford, and passing this threshold is another sign that we are headed in the right direction.”

Jim Goggin, local business owner and DTC member, lauded Jorge’s candidacy. “Naugatuck is a community full of proud, hard working people that want a Senator that can speak to their experiences and values,” Gog-

gins stated. “Jorge has spent his entire life fighting for working people and if elected I know he will continue that fight for us in Hartford.”

John Flanagan, longtime Hamden DTC member and community leader, expressed his support for Jorge on Thursday. “I could not be more proud to endorse someone who has the drive and determination that Jorge has,” Flanagan said. “While serving with Jorge on the DTC, he has shown me that he has the knowledge, thoughtfulness, and integrity to be an exceptional state senator, and I implore you to support his campaign.”

Jorge Cabrera grew up in Bridgeport after his parents moved to Connecticut to build a better life for their family. After graduating from Quinnipiac University, Jorge and his wife eventually settled in Hamden to raise their family, where they have now lived for over 14 years. Jorge has spent a majority of his professional career working for unions and fighting for middle-class families right here in this district. He currently lives in Hamden with his wife and their twin boys.





“Dog Park” From Page 1

roads, is also frequented by birders, gardeners and walkers who seek the peaceful tranquility of the place. Their fear is that this tranquility is not compatible with the dog park.

A persistent – yet civil – round of petitioning of the selectmen has ensued, with the Woodbridge Dog Park Cooperative, a grass-roots group of dog owners, looking to re-purpose the chestnut orchard at the Fitzgerald tract. They have not only kept pressing the issue with local officials in recent months, but also collected signatures from people supporting this location. As of last week, they had collected 628 verified petition signatures for a park at Fitzgerald, said Michelle Ditzian.

“We must take the proper time to make the best decision on behalf of all citizens,” said First Selectman Beth Heller at the board’s May meeting. She said town hall staff had looked at the different possible parcels in town, including a smaller parcel behind the Center Road tennis courts, referred to as the Town Campus, and potentially a parcel on the Aleghi property off Pease Road.

“Board members agreed that the sites with the most potential are Fitzgerald Field and Aleghi,” Heller said. “It was also the consensus that the board was not ready to vote.” The selectmen were scheduled to walk the Aleghi property on Monday, May 23.

Dog park cooperative leaders say a potential property needs to offer a minimum of 1.5 acres, in order to accommodate a separate space for smaller/older dogs; it should be in a well-frequented part of town to accommodate older dog owners; it should not be wet or muddy; it has to be fenced in, with a double gate.

In a survey of its membership, the dog park cooperative found that most people voted for the already fenced-in chestnut area at the Fitzgerald Tract. The parking lot is not too far, the agrarian fence can be re-enforced or replaced. However, the property had been leased by the town to the Woodbridge Land Trust to house a chestnut tree experiment run by the American Chestnut Foundation. The vast majority of the trees have been diseased and removed as the experiment is winding

down, but some 14 or so trees remain.

Since the dog park became an issue, some have expressed concern about the burrs hurting dogs paws or the trees damaged by dog urine. The cooperative leadership, consisting of Bonnie Blake, Michelle Ditzian, Ramie Ackley and Deena Meyers, have assured selectmen that they were willing to pick up the burrs. They found a protective skirt that could be installed to keep dogs at a distance from the tree trunks. In locations where dogs urinating has created problems for trees, they were young trees, they say, not grown trees. Even so, they said they were willing

to move the confines of their enclosure to keep the trees out of the dog park.

But some of those who walk the Fitzgerald property for its tranquility were not convinced. Luiza Cunningham was one who spoke during public comment. The tranquility is the attraction of that location, she said, and a dog park would diminish that tranquility. “Some are uncomfortable with dogs,” she added.

Former First Selectman Amey Marelle also has been arguing for leaving the trails unchanged. “It’s a gem and unique asset,” she said. Her concern also was to attract more cars and insufficient parking to the entrance, especially handicap parking.

Bonnie Blake, one of the founding members of the cooperative, said that allowing the dogs to run free in an enclosed area may actually result in fewer and better behaved dogs on the trails and an easier time for joggers.

Ramie Ackley, also a member of the cooperative, questioned how quiet the Fitzgerald tract really is. Many people walk their dogs there, there are cross-country meets, joggers, “it’s a public space,” she said. Gardeners are only a small number of those who enjoy the location.

Michael Broderick, a local veterinarian, said a dog park is a place of socialization, not just for dogs but also for people, and both are already there, he said. He encouraged people to visit the Hamden dog park in Spring Glen, as they will find that it does not create a lot of noise. “Woodbridge has good canine citizens and smart owners,” he assured the selectmen. “It will not change the flavor or atmosphere of the tract.”

**“A dog park is a place of socialization, not just for dogs but also for people.”**

CLUBS & ORGANIZATIONS

# Rotary Club Holds 4<sup>th</sup> Annual Wine Tasting

The Woodbridge Rotary Club is planning its 4th Annual Wine Tasting and Silent Auction on Thursday, May 31st, 6:30-9:30p.m. at the Birchwoods at the Tradition Golf Club at Oak Lane, 1027 Racebrook Road, Woodbridge. The event will feature homemade wine from more than 20 local winemakers serving their finest and light delicious fare provided by the Birchwoods.

This year Woodbridge Rotary Club has focused on programs for youth and young adults with special needs. As a result, proceeds of the fundraiser

will benefit Chapel Haven and Special Olympics.

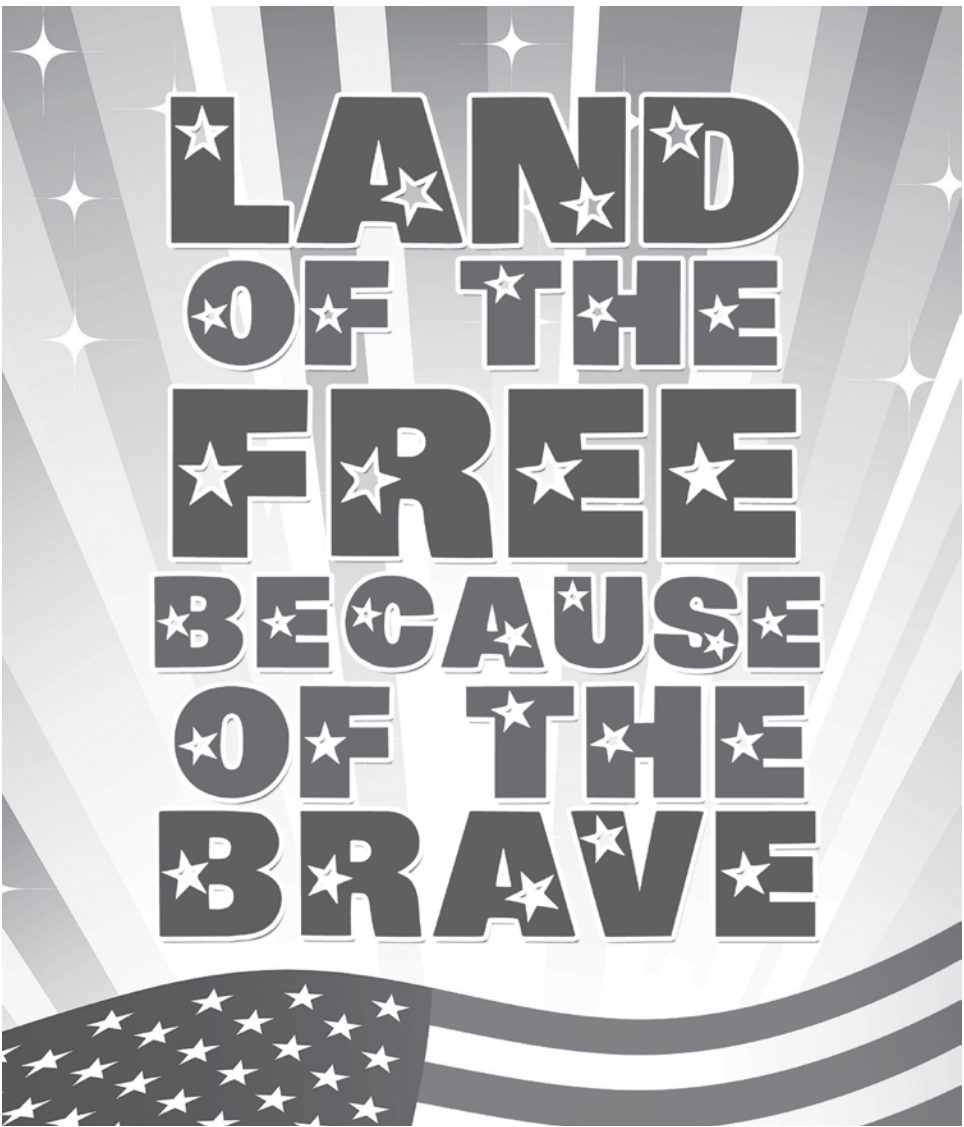
Tickets for the event are \$35 in advance or \$40 at the door. For more information or tickets to the event visit [www.WoodbridgeRotary.org](http://www.WoodbridgeRotary.org), or contact Buddy DeGennaro at 203-710-2548 or email [buddy.degennaro@gmail.com](mailto:buddy.degennaro@gmail.com), or Tony Anastasio at 203-980-9373 or email [tonya33@optonline.net](mailto:tonya33@optonline.net). Homemade wine makers interested in participating in the event should also contact Buddy DeGennaro.

# Girl Scouts Response To Boy Scouts Changing Its Name

Mary Barneby, CEO of Girl Scouts of Connecticut, issues the following statement concerning the latest news about Boy Scouts of America changing its name to “Scouts BSA”:

Girl Scouts is, and will continue to be, the best leadership development organization designed to help girls learn to be leaders in today’s world. We are disappointed with Boy Scouts’ decision, not because they are a new competitor, but because this competitor cannot meet the needs of today’s girls. Camping, adventure seeking, entrepreneurship, and exploring the

outdoors are all cornerstone experiences girls have at Girl Scouts. But we also offer so much more, because our research-backed, time-tested programming is always evolving and designed to meet the unique needs and specific interests of girls, including the way they learn best. At Girl Scouts, we know girls are the future, and we’re here to serve them and their needs, which includes keeping them physically, emotionally, and cognitively safe as they embark on their unique leadership journeys—journeys that only Girl Scouts can support.



Woodbridge Town News

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# CLUBS & ORGANIZATIONS



## Rotary Names Hu Student of the Month

Amity High School senior Danyu Hu was recently honored as Student of the Month for April by the Woodbridge Rotary Club. Danyu Hu moved from China to Woodbridge at the start of her freshman year and quickly learned English. Once mastering the language, she immediately entered honors and Advanced Placement courses. Danyu is a member of the Amity Cross Country, Indoor Track and Outdoor Track teams.

Although, she is talented academically, what led School Counselor Court-

ney Campbell to select Danyu for this honor is her selflessness. "She is the one who befriends the kids who have nobody else. She is the one who encourages the slower runners to keep going and loves her Link Crew group and makes sure they feel special and included," stated Courtney Campbell. Danyu plans on attending Northeastern University in the fall.

Monthly, the Woodbridge Rotary Club and Woodbridge Social Restaurant partner to honor an Amity High School Student.



## Garden Club of Woodbridge Events

Books and plants – a beautiful partnership! On Saturday, June 2, the Garden Club of Woodbridge and the Friends of the Woodbridge Library are pairing up. The Friends' Annual Book Sale will be inside the Library and the Garden Club's Plant Sale will be in the Old Firehouse Grove behind the Library. Buy a plant, buy a book - support your Town!

The Book Sale will be open to the general public on Friday, June 1, 10-5p.m., Saturday June 2, 10-5 p.m. and Monday, June 4, 10-5p.m. On Monday, a bag of books is \$5. In addition, as a thank you, members of the Friends, Woodbridge town employees and teachers are invited to fill a shopping bag for free.

The Garden Club of Woodbridge fifth annual Plant Sale will be from 9 a.m. to 12 noon on June 2 in the Old

Firehouse Grove and we are delighted that our sale coincides for the first time with the Library Annual Book Sale. The Club civic beautification activities include Circle Garden at the Library, the gardens flanking the main entrance door, the Adella Baldwin Stuart Garden at the corner of Meetinghouse Lane and Center Road, and the Secret Garden outside the Woodbridge Senior Center.

Garden Club members will be donating their own garden plants for this event. Inventory varies every year, but typically includes perennials for shade and sun, annuals, herbs, trees, grasses, and shrubs. The club's Certified Master Gardeners will be on hand to answer questions.

Proceeds of the sale enable the Club to carry on our nonprofit activities, including civic beautification.



Though the winter was cold and snowy, the weather didn't stop the HWC from their meetings and events! Shown in New York City at the Downton Abbey Exhibit, the club had an amazing learning experience about "behind the scenes" of the Downton Abbey production....and enjoyed a relaxing lunch in New York. The club also participated in Earth Day at Hamden Middle School and displayed amazing recycled items created by members, Antonette Antonucci and Deb Barry. Shown with Hamden Mayor Curt Leng is Deb Barry, Shelley Imler, Judy Feather, Carolyn Della Pietra, Carmela Stora, Linda Bishop, Pat Trenchard, Ellie Gaetano and Linda Melillo. The Hamden Woman's Club welcomes anyone in Hamden and surrounding towns who would like to find out more about the community service and charity work the club participates in. Please call Carolyn at 203-675-8444 or Linda at 203-996-7495 to attend our next meeting held the first Wednesday of each month and for more information.

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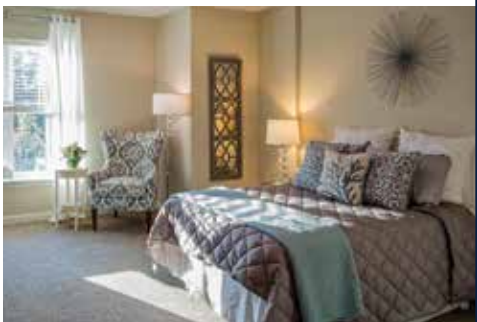
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— GEORGE WASHINGTON

## LOCAL BUSINESS



## Eyelash Artists Make Woodbridge Home

Eyelash artists Jussie and Shondra Weinberg recently invited First Selectman Beth Heller to a ribbon cutting for their new business, Amethyst Lounge. The sisters' business is located in the old Red Barn location at the corner of Center and Amity roads.

Heller congratulated the sisters on growing their home-based business into a storefront. "This is such a unique business, and I'm proud that Amethyst Lounge has chosen Woodbridge as its new home," said Heller.

The spa offers eyelash extensions, skin treatments, eyebrow sculpting, massage, reiki and aromatherapy. Both of the Weinbergs are certified eyelash professionals and each has more than 12 years of experience. They also teach the art and safety of eyelash extensions.

The interior of the building has been painted lavender with black accents and period furniture. The lobby area

is home to an assortment of goods by local artisans, including jewelry, crocheted clothing, aromatherapy and more. Upstairs is classroom space and an area for organic spray tans; downstairs are the eyelash stations and a massage room.

An initial investment for a full set of eyelash extensions costs around \$200 and touch ups are necessary every few weeks. Touch up sessions last about 90 minutes while the customer also receives aromatherapy and a heated neck wrap. "There's no rush to anything we do," explained Jussie, "and you leave feeling pampered with an amazing set of eyelashes."

Amethyst Lounge is open Monday, Wednesday and Fridays 10 am to 4 pm, Tuesday and Thursday 12 pm to 7 pm and Saturday 9 am to 3 pm. For more information, visit [AmethystLounge.com](http://AmethystLounge.com).

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# LOCAL BUSINESS ROUNDUP

## Former Coldwell Banker Building New Traveland Home

By LAURA FANTARELLA  
WOODBRIDGE TOWN NEWS CORRESPONDENT

The former Coldwell Banker building at 564 Racebrook Road will be the new home of Traveland, a full-service travel agency which is moving to Orange from its Shelton location.

Traveland is owned by brothers Eitan, Tamir and Oded Battat who are celebrating 40 years as a family-owned business. Eitan and Tamir Battat are Woodbridge residents and Oded lives in Bridgeport. The company has three divisions – conventional vacation packages; a luxury cruise department to meet the growing demand for travelers who want a more exclusive cruise experience; and a group and student travel division. “This is a bigger space and the right move for our company,” said Eitan Battat. He expects to open in the new location in July.

The property is a non-conforming commercial use in a residential neighborhood that has been home to an array of business since the 1950s,

including a farm equipment store, furniture store, and later a florist, travel agency and professional office space. The Battats purchased it from Frank D’Ostilio who operated William Orange Realty there from 1988-2005 and most recently leased it to Coldwell Banker Real Estate.



A travel agency is in keeping with permitted uses of the property, which was the argument Town Plan and Zoning Commissioners cited when they denied a prospective buyer’s application seeking to use the space to operate an occupational therapy center for children in a 2-2 vote. Property owner Frank D’Ostilio Jr., appealed to the board on behalf of prospective buyers, Amy and Craig Cahill, owners of Cheshire Fitness Zone, who hoped to open a satellite office in the space. Though two commissioners voted in favor of the plan, two cited the proposed use strayed too far from an acceptable use of the property. TPZC regulations dictate applications with a split vote cannot be approved.

## McLean Named President-elect of National Physician Group

Robert M. McLean, MD, FACP of Woodbridge has been named president-elect of the American College of Physicians (ACP), the national organization of internists. His term began during the ACP’s annual scientific meeting held in New Orleans from April 19-21.

A resident of Woodbridge for 20 years with his wife Cathy Wick, Dr. McLean is an associate clinical professor of medicine at Yale School of Medicine and has served as an attending physician at Yale-New Haven Hospital since 1994. He practices rheumatology and internal medicine in New Haven with the Northeast Medical Group of Yale New Haven Health, where he is the medical director for clinical quality.

“I have been a committed member of the American College of Physicians since my days as an internal medicine resident at Yale-New Haven Hospital,” said Dr. McLean. “I look forward to the opportunity to serve in this role as a leader and spokesman for the ACP as it continues to advocate for a healthcare delivery system that serves our patients better and strives

to help physicians play a central role in driving toward that goal. It is an honor and privilege to be given this opportunity.”

Dr. McLean most recently served on ACP’s Board of Regents, which manages the business and affairs of ACP and is the main policy-making body of the College. As a member of the Board of Regents, he was chair of the Medical Practice & Quality Committee and also served on the Clinical Guidelines Committee and the High Value Care Task Force. Dr. McLean has been a Fellow of the American College of Physicians (FACP) since 1998. He previously served as ACP Governor for the Connecticut Chapter from 2009-13.


Board certified in internal medicine and rheumatology, Dr. McLean earned a bachelor’s degree from Williams College and a medical degree from University of Maryland School of Medicine. He completed medical residency training and a rheumatology fellowship at Yale School of Medicine. In 2000, he received the Laureate Award from the Connecticut Chapter of the American College of Physicians.

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# Healthy Ways To Relieve Stress Throughout The Day

Stress affects people from all walks of life, and the causes of stress are as varied as the people it afflicts.

In its 2017 Stress in America™ survey, the American Psychological Association found that the three most common sources of stress were the future of the nation (63 percent), money (62 percent) and work (61 percent). According to the National Institute of Mental Health, routine stress that becomes chronic can result in a host of negative side effects. Such stress can suppress the immune system, disrupt digestion and have an adverse effect on sleep. But men and women who feel stressed at the end of each day need not resign themselves to sleepless nights and/or weakened immune systems. A proactive approach to alle-

viating stress during the day can help men and women reduce their stress levels and avoid the negative side effects associated with chronic stress.

Walk away. The APA notes that taking a break from a stressor is one of a handful of healthy techniques that research has indicated is a successful way to reduce stress, both in the short- and long-term. If a project at work is proving especially stressful, step away for a short period of time to do something else, whether it's to go for a brief walk or converse with a coworker about something unrelated to the project. Avoiding the stress entirely, especially if it's a work project or a bill that must be paid, is not the answer. But a short break from the stressor and thinking about it can provide a new perspective and time to calm down.

Meditate. When stressed out, men and women should not discount the potential benefits of meditation. Researchers from Johns Hopkins University examined more than 19,000 meditation studies, ultimately concluding that mindful meditation can ease stresses like anxiety, depression and pain. The APA notes that such meditation has been found to reap immediate benefits, potentially helping people who can find time to meditate during the day to prevent their stress from accumulating throughout a hectic workday.

Find time to exercise. The APA notes that research continues to support the notion that exercise is as beneficial to the mind as it is to the body. Exercising several days per week is especially beneficial to mind and body, but even 20-minute exercise sessions, including a walk around the grounds of an office complex or a quick swim during a lunch break, in the midst of stressful days can help people combat stress for several hours afterward.

Delegate more during the day. Work is the third-leading source of stress among Americans. Men and women who feel overworked may benefit by delegating more tasks during their days or simply stepping back and taking on less work. The potential effects on your career of taking on less work will likely pale in comparison to the toll chronic stress, which can contribute to heart disease and stroke, takes on your body.

Stress is a part of daily life for many people. But there are several simple and quick ways for stressed out men and women to reduce their stress during the day.

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**Q:** There was a show I got into that starred **Adam Brody** and **Martin Freeman**, and I can't find it anywhere. Is it still on? And can you refresh my memory of what it's called and where I can see it? -- Paul T., via Facebook

**A:** You are referring to **"StartUp,"** a drama series on Crackle (which is a free online streaming network, for those unfamiliar with it). It follows "the emergence of GenCoin, a brilliant yet controversial tech idea centered on digital currency -- an idea that gets incubated on the wrong side of the tracks by three strangers who don't necessarily fit the mold of 'tech entrepreneurs.'"

The show has been renewed for a 10-episode third season, which should premiere this September.

**Eric Berger**, GM of Crackle and chief digital officer at Sony Pictures Television Networks, said in a statement: "Thanks to (series creator) **Ben Ketai** for his vision and to our stellar ensemble cast. ... We are excited to continue the story in season three, and expect that Ben and company will take us on another entertaining and wild ride."

**Q:** Can you tell me what **Jeremy Sisto** is up to? I loved him way back when in **"Clueless"** and have been following his career since. The latest show I can remember seeing him in regularly is **"Law and Order."** Does he have another show on the horizon? -- Janet Y., via email

**A:** Jeremy has a new show premiering this fall on CBS called **"F.B.I.,"** which explores the inner workings of the New York office of the Federal Bureau of Investigation. The series comes from **Dick Wolf**, the man behind "Law and Order." "F.B.I." was immediately picked up for a full season (I mean, who can blame CBS? Mr. Wolf has the



Jeremy Sisto [Depositphotos]

procedural magic touch). **Missy Peregrym** and **Zeeko Zaki** also star.

**Q:** I am finally caught up on FX's dark comedy **"You're the Worst."** Will it be back for another season? -- Ginger F., Tulsa, Oklahoma

**A:** "You're the Worst" has been renewed for a fifth and final season, which should premiere this fall. Hopefully we'll find out if Gretchen and Jimmy can finally make it work, or if they'll sabotage their happiness, again, and each end up alone. With this comedy-drama, it's hard to know which way the winds will blow, but I'm rooting for the dysfunctional couple.

**Q:** Can you tell me what **John Walsh** has been doing? I used to religiously watch **"America's Most Wanted,"** and I wondered if he was still out there, helping to catch criminals. -- Jack W., via email

**A:** You can catch John next on Investigation Discovery in **"In Pursuit With John Walsh."** Slated to premiere in the first quarter of 2019, this real-time investigation series showcases time-sensitive, unsolved cases in desperate need of attention, mobilizing ID's audience to actively engage in the pursuit of justice.

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at [letters@cindyelavsky.com](mailto:letters@cindyelavsky.com).

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# TOWN DEPARTMENTS & AGENCIES



## Woodbridge Recreation Preschool Summer Camp

Are you looking for a summer program for your preschooler? The Woodbridge Recreation Department is offering a camp program this summer for children ages 3 1/2 to 5. The program provides an assortment of diverse age-appropriate activities for a fun filled summer.

Some of the activities include arts and crafts, swimming in the big pool and in the kiddie pools, water slide and outside water games, athletics, drama, ball pit and play ground fun. There will be weekly theme days such as pajama day with a teddy bear pancake breakfast, Halloween in July, and other fun surprises.

There will also be camp visitors such as Whitney Waterworks and a band of exotic animals, as well as visits from the Town Librarian for weekly story time. Out-of-camp trips will include The Children's Museum of New Haven, and Amity Bowling, with exclusive use of their facilities. A ride on a school bus completes the fun for first-time campers, and also provides a wonderful preparation experience for children entering kindergarten in the fall.

Woodbridge Recreation staff is very

experienced; from certified teachers, to college students majoring in early childhood development, to high school students with child care experience. They are nurturing, enthusiastic, and want to make your child's camp experience a fun and memorable one. The counselor-to-camper ratio is 3 to 1.

The camp will be in session Monday through Friday from 9:00 am to 12 noon, from June 25 through August 4 (with the exception of July 4). Optional curb-side drop-off and pick-up, and daily snack are included. A 'Before Camp' option is also available at an additional cost, from 7:30 am to 8:45 am.

Coordination with the Beecher Extended Day Program is also available for those wishing to arrange for extended hours of childcare either before or after camp (see Beecher website for Extended Day Program details: [bit.ly/E-daySummer](http://bit.ly/E-daySummer)).

For cost and further information about the Woodbridge Rec Preschool Summer Camp, or to sign-up online, visit [bit.ly/RECsummerCamp](http://bit.ly/RECsummerCamp) or see Jim Franco at the Rec office (phone 203- 389-3446). Sibling discounts and multi-week discounts are available.

***"They want to make your child's camp experience a fun and memorable one."***

**"America is hope. It is compassion. It is excellence. It is valor.." — PAUL TSONGAS**

## Public Invited to Walk Scenic Baldwin Road Farm

The Woodbridge Land Trust invites the public to walk scenic Baldwin Road Farm, Saturday June 2, 2pm. This guided walk, which is free and open to the public, will occur rain or shine.

Come and view this historic farm, part of a large tract of land originally purchased by the Baldwin family from the Paugussett Indians in 1660. In partnership with the State of Connecticut Department of Agriculture and the Connecticut Farmland Trust, the Woodbridge Land Trust has entered into an agreement to permanently protect Baldwin Road Farm. We anticipate a closing during the summer and are currently seeking financial support.

Contributions to this fundraising campaign will be used to purchase the development rights to the farm at 902

Baldwin Road, to ensure that it can never be subdivided and can only be used for agriculture. The Land Trust will also hold an easement for a walking trail, open to the public.

The Land Trust's efforts have been endorsed by the Town of Woodbridge, The Woodbridge Park Association, the Amity-Woodbridge Historical Society, The Garden Club of Woodbridge, Massaro Community Farm, and the Woodbridge Rotary Club. We thank all of these wonderful organizations for their support and encourage townspeople to join with us to preserve Baldwin Road Farm.

For more information, please visit [www.woodbridgelandtrust.org](http://www.woodbridgelandtrust.org) or email us at [woodbridgelandtrust@gmail.com](mailto:woodbridgelandtrust@gmail.com).

## Town of Woodbridge Meetings for the Month of June 2018



Town Hall

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

6/4	Human Services Comm.....	7:00pm	Center Bldg.
	Town Plan & Zoning Comm.....	7:30pm	Town Hall
6/11	Library Commission.....	6:30pm	Library
	Zoning Board of Appeals .....	7:30pm	Town Hall
6/12	Police Commission .....	6:00pm	Police Dept.
6/13	Board of Selectmen.....	5:00pm	Town Hall
6/14	Economic Dev. Comm. ....	7:00pm	Town Hall
6/18	Fire Commission.....	6:00pm	Fire Station
	CUPOP.....	6:30pm	Town Hall
6/20	Inland Wetlands Agency .....	7:30pm	Town Hall
6/21	Board of Finance.....	6:00pm	Town Hall
	Conservation Commission.....	7:30pm	Town Hall
6/25	Recreation Commission .....	7:00pm	Center Bldg.
6/26	Government Access TV Commission .	7:15pm	Town Hall

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# DOLLAR\$ AND \$EN\$E

## Which College Savings Plan Is Right For You?

BY ROBERTA L. NESTOR

The cost of college is steadily rising, and student loan debt has reached crisis status. What does this mean for you? It is more important than ever to commit to saving for the education expenses of the future scholars in your life.

But making that commitment to save is just the first step. Next, you must decide on the right savings plan—a 529 plan, a Coverdell Education Savings Account, or a custodial account—a decision that should not be made lightly. These account types differ in ways both big and small, and choosing the best option for your situation requires a careful analysis of each.

### The 529 plan

The 529 plan gets its name from section 529 of the Internal Revenue Code (IRC). This plan is operated by a state or educational institution and is designed to help families set aside funds for education expenses. These expenses may include tuition of up to \$10,000 for elementary or secondary public, private, or religious school. In addition, these funds may be used for “qualified higher-education expenses.”

Anyone can establish a 529 plan for the benefit of whomever they choose, as there are no income, age, or annual contribution limits. If you invest in your state’s sponsored 529 plan, you may be eligible for a state tax deduction or credit for 529 plan contributions (i.e., utilizing the CT CHET plan will allow for a state income tax deduction for a maximum contribution of \$10,000). As the donor of a 529 plan, you remain in control of the account and can ensure that the money will be used for its intended purpose. You also retain the right to withdraw funds from the plan at any time, for any reason, and to change the beneficiary. In addition, because you are the account owner, the account is considered your asset, not the beneficiary’s, for purposes of applying for federal financial aid—which means it is assessed at a lower rate than a student-owned asset.

Earnings in a 529 plan grow federal tax free and will never be taxed as long as the money withdrawn is used for qualified higher-education expenses, which include tuition, room and board, fees, books, and equipment. Distributions not used for qualified higher-education expenses are allowed, but they are subject to federal income tax plus a 10-percent penalty. Taxes and penalties apply only to earnings in the account.

In addition, 529 plans can be a valuable gift and estate-tax planning tool, as contributions are considered

completed gifts; therefore, they are not included in the donor’s estate, despite the fact that the account owner retains control of the funds. In 2018, individuals can make tax-free gift contributions of up to \$15,000 per beneficiary per year (or \$30,000 for married couples who elect to gift split). They also have the option to front-load the plan, consolidating five years’ worth of gifts into a single \$75,000 contribution (or \$150,000 for married couples) per beneficiary.

Bottom line? The expansion of the 529 plan’s qualified expenses to include elementary and secondary private school education and the low impact on the Free Application for Federal Student Aid (FAFSA) for higher education have made this tool very attractive.

### Coverdell Education Savings Account

A Coverdell Education Savings Account functions in a very similar manner to a 529 plan, with a few key differences. Like a 529 plan, the donor of a Coverdell account remains in control of the account and can withdraw funds or change the beneficiary to another family member as he or she sees fit. As a result, the Coverdell account has a low impact on financial aid.

The assets in a Coverdell account grow tax deferred, and the distributions are tax free when used for qualified education expenses. Unlike a 529 plan, however, eligibility to contribute to a Coverdell account is phased out for incomes between \$95,000 and \$110,000 for single filers and between \$190,000 and \$220,000 for joint filers. In addition, the maximum contribution to a Coverdell account is \$2,000 per beneficiary per year, and contributions can be made only up until the beneficiary reaches age 18. This provision makes it difficult to save considerable sums of money and eliminates most of the gift and estate tax planning benefits of the 529 plan.

Another key difference between the Coverdell account and the 529 plan is that any unused funds must be distributed to the beneficiary at age 30, with earnings taxed as ordinary income, plus a 10-percent penalty. (Keep in mind that 529 plans have no such rules regarding the distribution of unused funds.) A Coverdell account can be used for elementary and secondary school expenses in addition to college.

### Custodial account

A custodial account, also known as a Uniform Transfers to Minors Act (UTMA) or a Uniform Gifts to Minors Act (UGMA) account, differs from both 529 plans and Coverdell accounts in

several important ways. First and foremost, assets placed into a custodial account are an irrevocable gift to the beneficiary and are immediately placed in the name (and under the tax identification number) of the child. The parent or other designated guardian who established the account serves as the custodian, with a fiduciary responsibility to the beneficiary to ensure that the assets are used for his or her benefit only. Once the child reaches the age of trust termination—which varies by state, but is typically between 18 and 21 years of age—the child gains complete access and control of the assets and can use them for whatever he or she wishes. The income earned in a custodial account is taxable to the child.

The first \$1,050 of unearned income is tax free, the next \$1,050 is taxable to the child, and anything more than \$2,100 is taxed in accordance with the applicable “kiddie tax” rates. Because the asset is in the child’s name, it counts as a student-owned asset for college financial aid, leading to a much larger impact on financial aid than a 529 plan or a Coverdell account would have. But like a Coverdell account or 529 plan, the money can be used for

elementary and secondary school expenses, in addition to college.

### What’s your goal?

Each of these college savings instruments can help you lessen the burden of future education expenses. Just be sure to pay close attention to the advantages and drawbacks of each to ensure that whichever plan you choose aligns with your education savings goals.

This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Although we go to great lengths to make sure our information is accurate and useful, we recommend you consult a tax preparer, professional tax advisor, or lawyer.

*Roberta L. Nestor is a financial advisor located at Nestor Financial Network, LLC, 491 New Haven Avenue, Milford, CT. She offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. She can be reached at 203-876-8066 or roberta@nestorfinancial.com.*

## Reduce Damage To Eyes From Prolonged Screen Time

According to a 2015 report published in the Daily Mail, many people spend more time on their devices than they do sleeping. A recent Nielsen Company audience report also found that adults in the United States devote about 10 hours and 40 minutes each day to consuming media on their personal computers, tablets, multimedia devices, TVs, and more.

Researchers continue to study the effects of screen time on personal health, but there is reason to believe that screen time may be especially harmful to vision. Devices force the eyes to focus at near range, and over time that can have an adverse effect on vision.

Prevent Blindness America says that eye fatigue, dryness and blurred vision are some of the common effects of prolonged screen use, but these are not the only concerns. Digital devices also expose the eyes to blue light. While research as to how blue light impacts vision is ongoing, there is concern over the long-term effects of screen exposure since these screens are in close proximity to the eyes and use is often prolonged. Prevent Blindness America says that studies suggest continued exposure to blue light over time can lead to difficulty focusing, premature aging of the eyes and even damage to retinal cells.

A recent study by the National Eye Institute found the frequency of myopia, also known as near-sightedness, has increased exponentially in the last few years. Reasons include a spike in time spent looking at things close-up

and a lack of outdoor activities that require focusing elsewhere. The American Academy of Pediatrics notes that a separate study recently found that excessive screen time usage in adolescents was associated with development of acute onset esotropia, or crossing of the eyes, and that limiting usage of gadgets decreased the degree of eye crossing in these patients.

Eyes, just like any other muscle, require a varied workout to remain healthy. Many vision experts recommend the 20-20-20 rule. According to this rule, for every 20 minutes of looking at a screen, a person should look away at an object 20 feet away for 20 seconds or more. This will help eye muscles to relax. The group All About Vision says to use proper lighting, such as ambient lighting. Position a computer monitor so that windows or lights are to the sides instead of in front or behind it. Be sure indoor light isn’t too bright, as bright light can contribute to glare and fatigue.

Antireflective lenses on eyeglasses or filters for screens also can help absorb some of the blue light and limit how much reaches the retina and accesses the central nerve of the eye. This may alleviate digital eye strain as well. Screen users may want to adjust the display of their devices so they feature a cool, gray tone, which produces less glare.

Eyes can be adversely affected by screen time unless strategies are implemented to limit strain and to rest muscles.



# HEALTH & FITNESS

## Spring CareCard Lecture Program

Yale New Haven Hospital (YNHH) CareCard program is a free health and wellness program for adults 50 and older. The YNHH CareCard program and the Connecticut Older Adult Collaborative for Health (COACH) invite you to free health education talks and screenings

All lectures are from 6 - 7pm at Yale-New Haven Hospital, Saint Raphael Campus in the Cronin Auditorium. Free parking provided (George Street Garage). To register, call 1-888-700-6543 or visit [ynhh.org/events](http://ynhh.org/events).

### What is a Geriatric Assessment and Why Would I Need One?

Tuesday, May 29

YNHH geriatrician Gerard J. Kerins, MD, YSM program director, Geriatric Education, will discuss the assessment's purpose and how it can help older adults deal with age related concerns.

### Promoting Kidney Health

Thursday, May 31

Nearly one in ten people every year are affected by kidney disease and many do not realize they have it. Joni Hansson, MD, nephrologist at Metabolism Associates, will discuss how to promote better kidney health and reduce your

risk of kidney failure.

### Safe In The Sun

Tuesday, June 5

According to the American Cancer Society, skin cancer is by far the most common form of cancer. Kathleen Suozzi, MD, surgeon and assistant professor of dermatology at YSM, will talk about the importance of skin cancer screenings and ways to protect yourself in the sun.

### Community Events

Yale New Haven Hospital (YNHH) CareCard program is a free health and wellness program for adults 50 and older. The CareCard Program will be hosting these upcoming events. To register or for more information, call 203-789-3275.

### Ask A Lawyer

Thursday, June 21-9 Am - 12 Pm

Free consultation for simple legal questions by the New Haven County Bar Association.

### Blood Pressure Screenings

CareCard offers free blood pressure screenings at community sites. For a list a locations and times, please call 203-789-3275.

## Low Back and Knee Pain Prevention for the Cyclist

It's that time of the year again, the birds are chirping and the bees are bumping. It's time to take that bike out of the garage and start logging some miles on the road or trails. Being an avid cyclist myself, I know from personal experience that it is very common to suffer from a variety of ailments secondary to cycling. Now I'm not just talking about from crashing, but many sources of pain stem from an improper fit on the bike. Two of the most common cycling relating injuries we see as physical therapists are low back pain and knee pain. Now for the competitive cyclist, proper bike fitting is extremely specific and down to the millimeter. This type of fitting should be done by a certified bike fitting specialist at your local bike shop. But for the casual rider just a few simple do it yourself adjustments can lead to a world of difference. Trust me, I know from experience.

The first place to start is the seat, aka the saddle. There are three primary adjustments that can be made to the seat on most bikes: the height, tilt angle, and distance from the handlebars. When adjusting the seat height you want it to be at a height where when you're at the bottom of your pedal stroke you still have approximately 25-30 degrees of knee flexion. Too high and you will be over extending, and too low and you will be under extending putting increased compression forces on the knee or friction on the iliotibial band which can result in patellofemoral syndrome or IT band syndrome.

When adjusting the seat tilt, you want the seat to be level. If the seat is tilted slightly downward it will make your weight slide forward in the seat causing you to put increased pressure on your hands/wrists which could cause carpal tunnel syndrome. It also causes your pelvis to rotate forward which can lead to low back pain or sacroiliac joint (SIJ) dysfunction. Having the seat tilted backwards would cause the pelvis to rotate backwards which could also result in low back or SIJ pain. This adjustment can be simply made by placing a firm flat object on top of the seat such as a clipboard, and then placing a small level on top.

When adjusting the forward/backward position of the seat you want it to be not so far back that you have to lean excessively forward to reach the handle bars, as this can cause back pain; and



Peter Geloso

not so far forward that when at the top of your pedal stroke your knee is not passing excessively over your toes, which would result in increased compression forces on the knee and could again cause patellofemoral syndrome or ITB syndrome.

If you are experiencing any of the symptoms mentioned above, making adjustments to the bike can help reduce your pain. However there are likely musculoskeletal or biomechanical issues that may be contributing to your pain. As physical therapists we are skilled at screening each individual patient to locate their specific impairments which may be causing pain. These include muscle flexibility and tightness, joint hypomobility, pelvic rotation, and muscle weakness or imbalance. We can help create an individualized stretching and strengthening program to help correct muscle imbalances and improve your body mechanics on the bicycle to help prevent low back and knee pain, in addition to proper bike fitting.

Finally, remember to take short test rides after making even the smallest bike adjustment before taking it out for a long ride. If you still aren't happy with your bike's set up, seek help from your local professional.

Peter Geloso DPT received his doctorate degree in physical therapy from Elon University in Elon, NC. He is a competitive racing cyclist and competes in races throughout New England. As a practicing physical therapist he has wide experience in many athletic injuries. He can be reached at Amity Physical Therapy, Woodbridge office, at 203-389-4593. Or visit [www.amitypt.com](http://www.amitypt.com)





# HEALTH & FITNESS

# BULLETIN BOARD

## Running: A Guide To Healthy Training

**BY MICHAEL DEMETRIADES, DPT**

Running injuries can happen at any skill level, whether you are just starting out or a seasoned marathoner. There are several ways to prevent injuries which will keep you running. In my experience there are a few areas to focus on such as proper footwear, pre and post stretching, and cross training.

One way to prevent an injury is to have proper footwear. To get the right shoe for you and your running style it is best to leave it up to professionals. There are several running stores in the area that will custom measure your feet and fit you into the proper shoe that suits your needs. Whether you have a high arch or are extremely flat footed, there are different shoes for each foot type. By starting out with the proper equipment, plantar fasciitis, stress fractures and neuromas are reduced significantly. Minimalist shoes (shoes that have minimal support or “barefoot” shoes) are becoming popular in the running community and would be most suited for someone that has a strong arch that can support impact with each stride. This would not be a good option for a runner that has flat feet or pronates when running/walking, they would need something with more support. Finally, don’t overuse your running shoes. After 300 to 500 miles of running they do not have the same qualities to help support your feet and you should be getting new shoes at that point. This is about every 3-6 months if you run 20 to 50 miles per week, assuming you are using the shoes only for running.

Another area of focus should be in your pre and post stretching routine. Before your run, the best way to warm up is dynamic stretching which is moving while stretching instead of holding a position. One example of a dynamic stretch would be holding on to something to maintain balance and slowly start swinging your leg back and forth with your leg straight. As you start to loosen up, you will be able to increase the intensity of the movement. This should be performed for 30 repetitions. There are plenty of other dynamic stretches that can help warm you up prior to your run. Following your run, static stretching should be performed. Static stretching is holding a position for a period of time. Typically for runners’ the most important areas to stretch are calves, hamstrings, quads and lateral hips. In our clinic, we have incorporated many of these techniques and have



Michael Demetriades

customized stretching programs for different athletes depending on their restrictions.

Finally the last area to help avoid injury is cross training. Constant running without other forms of training can lead to significant weaknesses in other areas of the body that translate to injuries. Some signs and symptoms that runners may experience that are primarily due to a lack of cross training are low back pain, lateral hip pain and knee pain just to name a few. Lower abdominal and gluteal strengthening can be key in keeping a stabile pelvis and decrease chance for developing an abnormal running pattern with muscle imbalances in your body. In our clinic, we see these problems all too often in runners. By adding in pelvic tilt exercises along with hip strengthening exercises such as clams and hip squeezes can help tremendously. Another exercise that can be simple and also help build lateral hip muscles can be walking sideways, side shuffling on a treadmill, or on pavement. Exercises like these would be beneficial to add into a daily program.

These simple but useful tips will help keep you on the road running and help avoid injuries or running through pain.

.....

*Michael Demetriades DPT received his doctorate degree from Quinnipiac University. He has experience in working with all ages and injuries. Michael is a previous varsity hockey and baseball player who is well versed in the modern athlete. Amity Physical Therapy was founded by Michael Dow MSPT, CEO/ Director 13 years ago. The practice now has three offices: Branford, Woodridge and Hamden. Michael Demetriades can be reached in Branford at (203) 433-4683.*

*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 7:00pm-8:30pm, Our Lady of the Assumption “Mother” Church, 1700 Litchfield Turnpike (Route 63), 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 we urge you to join us. For information, go to [www.woodbridgegop.org](http://www.woodbridgegop.org).

**Cancer Support Group**, meets the second and fourth Tuesday afternoons of the month at Coachman’s Square, 21 Bradley Road, Woodbridge. If interested contact: Lucille Ranciato [lranciato2@yahoo.com](mailto:lranciato2@yahoo.com) or Bernie Siegel, MD [bugsyssiegel@sbcglobal.net](mailto:bugsyssiegel@sbcglobal.net) for details.

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

**Woodbridge Rotary Club Meetings**, 1st and 3rd Fridays of the month, 7:30am breakfast meeting, Country Corner Diner, 756 Amity Road, Bethany and the 2nd and 4th Friday of the month, 12:15pm luncheon meeting, Woodbridge Social, 12 Selden Street, Woodbridge. Anyone interested in learning more about Rotary should contact Anna Dickerson, 203-710-0223 or [annadickerson@yahoo.com](mailto:annadickerson@yahoo.com).

**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. 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).

**Ansonia Nature Center Events**, 10 Deerfield Road, Ansonia; call 203-736-1053 to register for all events.

**Trinity Community Preschool**, Enrollment for the 2018/2019 school year is open! - 33 Center Road, Woodbridge, the Preschool offers a nurturing, faith-based early learning environment for children aged 1 – 6 years, Visit [www.trinityefc.com/preschool](http://www.trinityefc.com/preschool) for more information on classes and schedules. For applications or to schedule a visit, contact the Preschool Director at [sharonc@trinityefc.com](mailto:sharonc@trinityefc.com) or 203-387-4710 x25. Trinity Community Preschool admits students of any race, color, national and ethnic origin.

**AARP Safe Driver Program**, Saturday, June 9, 2018, 8:45am-1:15pm, Griffin Hospital, 130 Division Street, Derby, the nation’s first and largest refresher course for drivers, the course is geared toward drivers age 50 and older, but is open to everyone, \$15/AARP members, \$20/non-members. RSVP: Esther at 203-732-1523.

**99th Annual Strawberry Supper** at First Church of Christ, Bethany, Wednesday, June 13, 2018, two seatings - 5:30pm and 7:00pm, First Church of Christ, Congregational, 511 Amity Road (Rte. 63), Bethany, sit-down all-you-can-eat dinner of baked ham with raisin sauce, potatoes, green beans, tossed salad and rolls, dessert – fresh strawberry shortcake and whipped cream – coffee, tea and lemonade, \$15/adults, \$10/youth aged 5 to 11, kids under 5 are free. For more information about this event or reservations, please contact the church office at 203 393-3116, [info@bethanyfirstchurch.org](mailto:info@bethanyfirstchurch.org) or visit our website at [www.bethanyfirstchurch.org](http://www.bethanyfirstchurch.org) or on Facebook at [www.facebook.com/bethanyfirstchurch](http://www.facebook.com/bethanyfirstchurch). Tickets may be purchased at <https://www.eventbrite.com/e/99th-annual-strawberry-supper-tickets-45938051950>.

**Continuum Job Fairs**, August 23, October 16, 2018, 10:00am-4:00pm, Continuum of Care, Inc., 109 Legion Avenue, New Haven, CT 06519, Come to apply and interview for roles that will impact lives. We’re seeking: Mental Health Workers, Residential Support, Recovery Coach/Specialist, Social Workers and more. There will be treats and giveaways. Walk-ins are welcome but preference for on-site interviews will be given to pre-registrants. Register: [continuumct.org/events](http://continuumct.org/events).

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Woodbridge Town News

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# HOUSES OF WORSHIP EVENTS



## Church Of The Good Shepherd Announces Youth Sunday

*The Church Of The Good Shepherd Holds Youth Sunday And Other June Events*

The Episcopal Church of the Good Shepherd welcomes all to join us on Youth Sunday. On June 10th our 10 am service will be led by the young people of the congregation filling the roles of readers, preachers, and Eucharistic assistants. Please join us as we mark God's promise of renewal and hope through the ministry of our young people. All are welcome at The Episcopal Church of the Good Shepherd.

### Vacation Bible School 2018 Signup

Vacation Bible School (VBS) 2018 at The Church of the Good Shepherd starts Monday, July 9th. VBS will run this year from Monday through Friday, 9 am to Noon, July 9 - July 13. Campers ages 3 years to rising 4th graders are welcome to enroll; rising fifth graders through rising twelfth-graders are welcome to participate as counselors-in-the-making. The fee is \$50 per child, with a maximum of \$100 per family regardless of the number of children. Scholarships are available. Pre-registration is requested; walk-in registration is available. Contact the church office at 203-795-6577 or thegoodshepherd@optonline.net for more information. Registration forms are available at [www.thegood-shepherdorangedt.org](http://www.thegood-shepherdorangedt.org). Please contact VBS Director Jennifer D'Inzeo at [jenninzeo@gmail.com](mailto:jenninzeo@gmail.com) with questions.

### The Good Shepherd hosts Lifeline June 20th

Life Line Screening, a leading provider of community-based preventive health screenings, will offer its affordable, non-invasive and painless health screenings at Church of the Good Shepherd on 6/20/2018. Five screenings will be offered that scan for potential health problems related to blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms

which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441, text the word circle to 797979 or visit [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle).

### Guided Labyrinth Walk

Join us for our guided labyrinth walk on Saturday, June 16, at 9am down by Pryde Drive. Once a month from April to November Rev. Diana leads a guided labyrinth walk. No registration or fee required. The labyrinth is located just off Pryde Drive on the church grounds and is available anytime to anyone for walking prayer and meditation. The Good Shepherd labyrinth is listed with the World-wide Labyrinth Locator at <http://labyrinth-locator.com/>.

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music at 10 a.m. For more information about The Church of the Good Shepherd's many other programs, please call the Parish Office @ (203) 795-6577, email us @ [thegoodspheherd@optonline.net](mailto:thegoodspheherd@optonline.net), visit our website @ [www.thegoodshepherdorangedt.org](http://www.thegoodshepherdorangedt.org), and, of course, check our Facebook page [www.facebook.com/cgsorangedt](http://www.facebook.com/cgsorangedt) for frequent postings.

## 63rd Annual Strawberry Festival

The First Church of Christ invites all members of the community to join us at 5 Meeting House Lane, Woodbridge for the 63rd Annual Strawberry Festival, Friday, June 8, 2017 from 6 – 8 p.m., rain or shine. This annual event offers food hot off the grill and our delicious strawberry shortcake and musical entertainment. The festival is the church's main fundraiser to support First Church programming and we appreciate the support of the community.

We also invite the community to join us for the following weekly services and special events:

**Sunday Services** – 10 a.m. including our Intergenerational Service the first Sunday of each month. Nursery care for small children is available during the Sunday services.

**Church School** - Sunday at 10 a.m. the second through fifth Sundays during the school year with lessons based on the life and teachings of Jesus. The last day of the Sunday school year will be June 10th and include the annual end of the year school picnic.

**Confirmation Class** for children in 7th – 9th grades has been preparing



*The First Church of Christ*

in May for Confirmation Sunday which will be held on June 3rd.

**Middle School Youth Group** for 5th – 8th graders will hold its final meeting for the year joining with Sunday school for the annual end of the year picnic.

**Boy Scout Troop 907** – meets weekly on Thursdays at 7 pm. They will be holding their next Court of Honor on Thursday, June 7th.

**Weekly Bible Study** - Wednesday, 10-11 a.m., in the Parish House. We study both Old and New Testament passages based on the Lectionary.

For more information on these events, please contact us at (203) 389-2119 or [office@uccw.org](mailto:office@uccw.org).

## 99th Annual Strawberry Supper

On Wednesday June 13th, at the First Church of Christ, Congregational, 511 Amity Road (Rte. 63), Bethany, we will be hosting our 99th Annual Strawberry Supper. There will be two seatings at 5:30 PM and 7:00 PM.

Please join us for a wonderful sit-down all-you-can-eat dinner of our famous baked ham with raisin sauce, potatoes, green beans, tossed salad and rolls. Of course, the star of the show is the dessert – fresh strawberry shortcake and whipped cream. There will also be coffee, tea and lemonade

to drink. It is a great opportunity to enjoy a wonderful meal at this fun community event.

We wouldn't be doing it for 99 years if it weren't extremely popular! The cost is \$15 for adults \$10 for youth aged 5 to 11 and kids under 5 are free.

For more information about this event or reservations, please contact the church office at 203 393-3116, [info@bethanyfirstchurch.org](mailto:info@bethanyfirstchurch.org) or visit our website at [www.bethanyfirstchurch.org](http://www.bethanyfirstchurch.org) or on Facebook at [www.facebook.com/bethanyfirstchurch](http://www.facebook.com/bethanyfirstchurch).

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Town of Woodbridge  
**LEGAL NOTICE**

Pursuant to Section 12-632 of the Connecticut General Statutes the Board of Selectmen of the Town of Woodbridge will hold a Public Hearing on Wednesday, June 13, 2018, 7:30 p.m. in the Central Meeting Room at the Town Hall, 11 Meetinghouse Lane, Woodbridge CT, to receive comments on the applications received for consideration for the Neighborhood Assistance Act for the year 2018. The applications are on file in the Selectmen’s Office and may be reviewed between the hours of 9:00 a.m. and 4:00 p.m. Monday through Friday. Written comments will be received at the Selectmen’s Office until 4:00 p.m., Wednesday, June 13, 2018. Thereafter comments should be presented at the Public Hearing.

Dated at Woodbridge, CT this 18 day of May 2018.

*Board of Selectmen  
Town of Woodbridge*

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ENTERTAINMENT

TOP 10 MOVIES

1. **Avengers: Infinity War (PG-13)**

Robert Downey Jr., Chris Hemsworth
2. **Overboard (PG-13)**

Anna Faris, Eugenio Derbez
3. **A Quiet Place (PG-13)**

Emily Blunt, John Krasinski
4. **I Feel Pretty (PG-13)**

Amy Schumer, Michelle Williams
5. **Rampage (PG-13)**

Dwayne Johnson, Naomie Harris
6. **Tully (R)**

Charlize Theron, Mackenzie Davis
7. **Black Panther (PG-13)**

Chadwick Boseman, Michael B. Jordan
8. **Truth or Dare (PG-13)**

Lucy Hale, Tyler Posey
9. **Super Troopers 2 (R)**

Jay Chandrasekhar, Kevin Heffernan
10. **Blockers (R)**

Leslie Mann, John Cena

TOP 10 V.O.D.

1. **Den of Thieves (R)**

Gerard Butler
2. **Hostiles (R)**

Scott Shepard
3. **Maze Runner: The Death Cure (PG-13)**

Dylan O'Brien
4. **The Greatest Showman (PG)**

Hugh Jackman
5. **The Post (PG-13)**

Meryl Streep
6. **Jumanji: Welcome to the Jungle (PG-13)**

Dwayne Johnson
7. **Forever My Girl (PG)**

Alex Roe
8. **The Commuter (PG-13)**

Liam Neeson
9. **Paddington 2 (PG)**

Ben Whishaw
10. **Molly's Game (R)**

Jessica Chastain



Chadwick Boseman in “Black Panther” [Marvel Studios]

**EDITOR’S NOTE:** DVDs reviewed in this column are available in stores the week of May 14, 2018.

PICKS OF THE WEEK

**“Black Panther” (PG-13)** -- Chadwick Boseman is T’Challa, a young man come home to take his place as king of a hidden, technologically rich and mesmerizing nation, only to face challenges to both the crown and the safety of his country -- and the world beyond. This may be the best film of the past year, with the best soundtrack in a good long while, thanks to the genius of musician Kendrick Lamar. Add a rich tapestry of location, exceptional character development and a ripe, charismatic villain in Michael B. Jordan’s Erik Killmonger, this next chapter in the Marvel Cinematic Universe will have you chanting “Wakanda Forever!”

**“Submergence” (NR)** -- Based on the novel of the same name, “Submergence” explores the depths of light and dark in a dreamy and philosophical love story. James McAvoy plays James Moore, an SAS operative who poses as a water expert in order to surveil Somali terrorists. Alicia

Vikander is Danielle Flanders, an oceanic scientist set to explore the bottom of the sea. The two meet at a swanky resort and fall swiftly in love, but their time together is cut short by the immediacy of their missions. Moore is captured by the Somalis and held in a dark, dank jail cell. Flanders is literally submerged under the weight of the ocean above her. Both trapped, they reminisce and ponder deep thoughts.

**“10x10” (R)** -- Luke Evans and Kelly Reilly star in a tight psychological thriller, a game of cat and mouse that begins when Lewis (Evans) abducts the seemingly straight-laced Cathy (Reilly) from an Atlanta parking lot. He brings her home and imprisons her in a 10 by 10 cell made with padded concrete walls, from which discovery or escape are impossible. He doesn’t want sex and he doesn’t want money. His demand? A story, and one that only Cathy can tell. It’s no spoiler that Cathy is not what she seems, and neither, too, is Lewis. The pace of the movie is well-done by first-time feature director Suzi Ewing, but it may have pushed past the point of plot twist tolerance by the end.

**“Samson” (PG-13)** -- A warrior chosen by God to be his “hand of living vengeance,” Samson (Taylor James) is super-strong and basically the be-all and end-all of bad dudes (but, you know, a good guy, a leader of his people). When King Balek (Billy Zane, oh how the mighty have fallen) hears the stories, he’s totally jealous and sends his sneaky monster of a son Rallah (Jackson Rathbone) out to quell the threat. Underhanded as ever, Rallah enlists a smarmy seductress, Delilah (Caitlin Leahy), to cut off (the hair of) this threat to the kingdom. You’ve heard this tale in Sunday school, and this movie could appeal to some who have fond memories of that time. But it’s not the epic legend it could be. Pass.

1. How many No. 1 hit singles did the Small Faces have over the years?

2. What happened to the song “Cheater”?

3. Did Roxy Music ever have a No. 1 hit?

4. Who originally released “No Milk Today”?

5. Name the song that contains this lyric: “Once you told me long ago, To the prom with me you’d go, Now you’ve changed your mind, it seems, Someone else will hold my dreams.”



1. Two. One in the U.K. (“All or Nothing”) and one in Canada (“Itchycoo Park”). 2. Michael Jackson co-wrote the song for his seventh album in 1987, but it was yanked for reasons unknown. Eventually, in 2004, it was put on the “Ultimate Collection” album. 3. Yes, once, with “Jedulous Guy” in 1981. Roxy Music did net two No. 2s, however, “Dance Away” (1979) and “Love Is the Drug” (1975). 4. Herman’s Hermits, 1967. Back in the day, milkmen delivered to the house. The song talks about delivering less because the lover has moved out. 5. “A White Sport Coat and a Pink Carnation,” by Marty Robbins, in 1957. Robbins said he wrote the song in about 20 minutes while riding in a car and passing a school where students were all dressed up for their prom.

Sports Quiz

By CHRIS RICHCREEK

1. Who was the first player to hit his 499th and 500th career home runs in the same game?

2. Name the player who led the American League in both doubles and triples in 1970. Hint: He played for the Minnesota Twins.

3. Who was the last running back before Matt Dayes in 2016 to rush for at least 1,000 yards in a season for North Carolina State?

4. Which was the last NBA team before Golden State in 2016 to have 47 assists in a game?

5. Who was the first American woman inducted into the Hockey Hall of Fame?

6. Name the last woman before Evgenia Medvedeva in 2017 to win back-to-back world figure skating singles titles.

7. Entering 2018, when was the last U.S. Open playoffs for men’s golf?

1. Albert Pujols did it with the Angels in 2014. 2. Cesar Tovar had 36 doubles and 13 triples that season. 3. T.A. McLendon, in 2002. 4. The Phoenix Suns, in 1991. 5. Cammi Granato, who was captain of the U.S. women’s hockey team that won Olympic gold in 1998. 6. Michelle Kwan, in 2000-01. 7. It was 2008, when Tiger Woods beat Rocco Mediate.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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Sudoku answers  
on page 28



# COMICS/CROSSWORD/HOLLYWOOD

Henry

BY DON TRACHTE

MUSEUM OF NATURAL HISTORY

DINOSAUR BONES

180,000,000 YEARS OLD  
DUG UP IN SANDPIT  
WEST OF TOWN

5-6

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The Spats

by Jeff Pickering

HAROLD, YOU SHOULD HAVE A PHYSICAL.

RUB RUB RUB

A PHYSICAL WHAT??

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## King Crossword

ACROSS

1 Gorilla

4 Lathers

9 Justice Dept. div.

12 Felon's flight

13 Violinist's stroke

14 Young chap

15 Shift back and forth

17 Work with

18 Have a bug

19 Texas city

21 Suppress the sound

24 Landlord's due

25 Web address

26 Finish

28 Nephew's sister

31 Author Bellow

33 — -tac-toe

35 Pharma-ceutical

36 Spritelike

38 "Bow-wow!"

40 Historic period

41 Pedicurist's target

43 Got away from

45 Supernatural spirit of Islam (Var.)

47 Existed

48 Regret

49 Confuses

54 Where — at

55 " — Grows in Brooklyn"

56 Singer Sumac

57 Dog or cat, usually

58 Dilutes

59 Menagerie

DOWN

1 TV alien

2 Chum

3 Ostrich's cousin

4 Vain

5 Rich

6 Lawyers' org.

7 Engine

8 Home of Volvos and

9 Discompos

10 Low voice

11 Concept

16 Half- — (Starbucks option)

20 Oklahoma city

21 Clio or Erato

22 Caspian feeder

23 Most superficial

27 24 horas

29 Remedy

30 "Zounds!"

32 Friend of Dorothy

34 Guys with

37 Local, often

39 Fires

42 Cultivated land

44 Gls' entertainment org.

45 Faucet problem

46 Twine fiber

50 Spoon-bender Geller

51 End of the alphabet

52 Comedian

53 — Paulo, Brazil

oars, maybe

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## HOLLYWOOD

**BY TONY RIZZO**

Ryan Gosling has chosen his next film. While “La La Land” (2016) grossed \$446 million, his follow-up films didn’t do so well. “Song to Song” (2017), with Michael Fassbender, Natalie Portman and Rooney Mara, tanked; and “Blade Runner 2049” made only \$260 million (on Harrison Ford’s draw), barely covering expenses. Gosling next will play astronaut Neil Armstrong from 1961 to his 1969 mission to land on the moon. “First Man” co-stars Kyle Chandler and opens Oct. 12.

\*\*\*



Ryan Gosling [Depositphotos]

When “Murphy Brown” returns to CBS next season, it will reunite the cast for the first time. Candice Bergen (Murphy Brown), now 71, has made 13 films, including “Sex & the City” (2008), “The Women” (2008) and “Bride Wars” (2009), and co-starred in the ABC series “Boston Legal” (2005-2008). She starred with Reese Witherspoon in “Home Again” (2017) and is top billed in “Book Club,” with Oscar winners Jane Fonda, Diane Keaton and Mary Steenburgen, opening May 18.

Faith Ford (Corky Sherwood), now 53, made six films, most notably “The Pacifier” (2005), with Vin Diesel and Lauren Graham; and the TV series “Hope & Faith” (2003-2006), with Kelly Ripa. Grant Shaud (Miles Silverberg), now 57, made six films, including “The Crow: Salvation” (2000), with Kristen Dunst and “Ugly Betty’s” Eric Mabius. Joe Regalbuto (Frank Fontana), now 68, did a bunch of episodic TV, including five episodes of “Side Order of Life” (2007). Charles Kimbrough (Jim Dial), now 81, also did a lot of episodic TV, plus “The Wedding Planner” (2001), with Jennifer Lopez and Matthew McConaughey.

It’ll be interesting to see how they explain the cast’s advanced age and the missing Eldin Bernecky (Robert Pas-

torelli, who died of a morphine overdose in 2004) and bartender Phil (Pat Corley, who died in 2006 from heart failure). Hopefully, “Murphy Brown” isn’t old news.

\*\*\*

Because Debbie Reynolds’ movie memorabilia auction was such a success (earning an estimated \$20 million), Liza Minnelli is having an auction of more than 2,000 items associated with her and her mother, Judy Garland. Among her treasures are the Ruby Slippers she wore when she wed Jack Haley, Jr. (the son of Garland’s “Tinman,” Jack Haley), the costume she wore for “Mein Herr” in her Oscar-winning “Cabaret” role, love letters from her mother (including one with her lipstick-kiss print) and rare photos of her taken by superstar photographers Andy Warhol, Richard Avedon and Annie Leibovitz.

Why sell her treasures? Part of the proceeds will help fund singer Michael Feinstein’s Great American Songbook Foundation. The June auction, in Calabasas, California, will be handled by the same people who helped Debbie Reynolds auction become a success. If there’s one thing Liza knows, it’s that “Money Makes the World Go ‘Round.”

POPEYE

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...A LARGE SIDE OF FRIES...

...BLACK BEAN SOUP...A PEPPER-TOMATO-ONION-MUSHROOM OMELET...

AND YOU CAN ADD A...

AVAST THERE, Y'SWAB!

IS THERE A PROBLEM, OLD PAL?

LET'S PUT TH' CONVERSATE ON REWIND...

LET'S GO... I'M NOT THAT HUNGRY!

King Crossword Answers on Page 28



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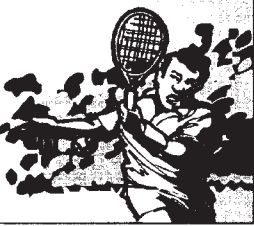
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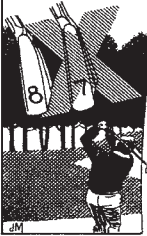
**W**ET GROUND CONDITIONS PRODUCE "FLIERS" — IRON SHOTS THAT GO FARTHER THROUGH THE AIR BUT GRAB LESS ON LANDING THAN NORMAL DUE TO REDUCED BACKSPIN CAUSED BY MOISTURE GETTING BETWEEN BALL AND CLUBFACE.



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A MORE CONTROLLED METHOD IS TO FADE THE BALL, WHICH LANDS IT MORE SOFTLY BY FLYING IT HIGHER.

IN EXTREME "FLIER" CONDITIONS THE BEST POLICE IS A COMBINATION OF BOTH.



Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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

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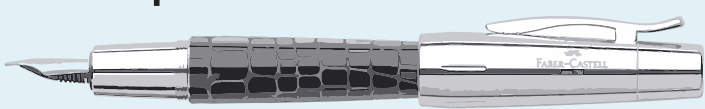
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[Photos by Judy Sirota Rosenthal]

## Student Places 1st in Annual Renée B. Fisher Competition

Harris Andersen is a 17-year old Woodbridge resident who won 1st Prize and Best Performance of a Commissioned Piece in the Renée B. Fisher Competition for Young Pianists-High School Division. Harris recently performed along with other young pianists in a recital at Neighborhood Music School, featuring the Winners of the Fisher Competition. The concert, which took place on May 5, featured great piano masterworks and two pieces which were winners of the Renée B. Fisher Composer's Competition, written by Neil Brandt and Richard Thomas Jones. Harris began his piano studies at the age of five at Neighborhood Music School and currently studies there with Rebecca Raffaelli. He is a senior at Amity Regional High School and

plans to attend Ithaca College in the fall of 2018 to study music education and piano performance with Dr. Charis Dimaras.

The 2018 Fisher Competition marks a 41-year tradition of nurturing young pianists who live or study in Connecticut. Neighborhood Music School proudly accepted management of the Competition in 2003. Milton B. Fisher of Westport, Conn., founded The Fisher Competition and Composer Awards as a fitting way to honor the memory of his wife Renée, a talented pianist, author and teacher who passed away in 1976. A distinguished panel of judges chose the winners after auditions, which took place on Saturday, April 14, 2017 at Neighborhood Music School.



Local Connecticut singer/songwriter Joe Neumann will be performing a free concert featuring his original song compositions from his life experiences at the Connecticut Post Mall at 1201 Boston Post Road in Milford, CT. on the weekends of June 16th, 17th, 23rd, 24th from 12 P.M. to 2 P.M. by the food court. You can go to his website at [www.joeneumannmusician.com](http://www.joeneumannmusician.com) and download his album of original songs for free and see his videos.

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# Creating a Dog-Friendly Backyard

Creating a dog-friendly backyard brings many benefits such as the dog’s safety, prevention of boredom, 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. To help prevent your dog from eating plants, don’t garden with him present—otherwise he may conclude that playing with plants and digging are acceptable activities.

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.

**Chewing.** There are different things you can try to prevent this behavior, depending on your dog and what he is

## Bark Bytes...

BY VICKI & RICHARD  
HOROWITZ



chewing. The easiest way to stop your dog from chewing is to have the item itself give the correction by applying a foul-tasting product such as Bitter Apple spray, citronella or hot chili sauce to it. However, since dogs’ tastes vary, you’ll need to experiment to see what works best.

Keep your dog entertained by providing high-quality puzzle toys that reward him with treats, such as the GameChanger. Every few days, rotate what toys are available to him, so that he has something new and fun to hold his interest.

Never give your dog old shoes or clothing items to chew, as he may not distinguish between these old items and new ones. Also, be aware that plastic drink bottles may inadvertently teach your dog that plastic is okay to chew, which means plastic planters, hoses and garden furniture become likely targets for his teeth.

**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 introduced.

Scattering a variety of foods—bits of raw vegetables or your dog kibble, in the yard, appeals to a dog’s natural instinct to forage. Dogs enjoy looking for food on the ground and will literally spend hours doing so. Also, try hiding a few treats so your dog spends extra time looking for them.

**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. Choosing this type of barrier has many benefits (it keeps the landscape tidy), as well as drawbacks—while the fence may keep your pet in, it doesn’t keep other animals or people out.

**Maintaining the Yard.** Maintain the yard’s cleanliness by regularly pick-

ing 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.

Also, be careful of metal lawn edging. Metal edging invites great risk of your dog stepping on it and seriously cutting his paw.

**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, one of 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).*

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

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

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

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

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

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

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

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

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

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

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

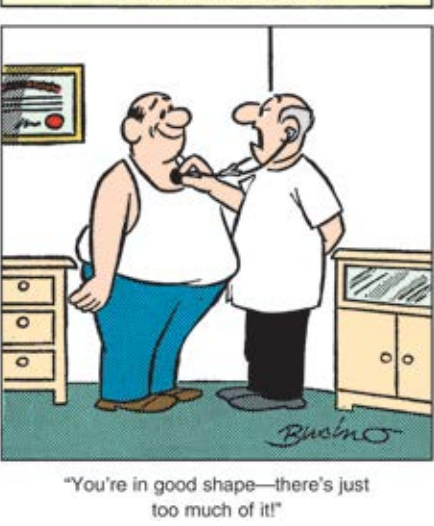
**PISCES (February 19 to March 20)** Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

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

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



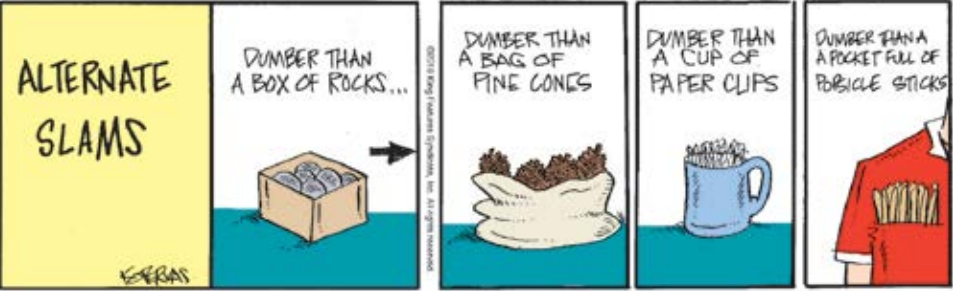
R.F.D.

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Out on a Limb

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**top ten**

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4. Chang
5. Nguyen
6. Garcia
7. Gonzalez
8. Hernandez
9. Smith
10. Smirnov

Source: Wikipedia

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BY HENRY BOLTINOFF

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# How Long Should Dog Spend Alone in Yard?

**DEAR PAW'S CORNER:** My toy poodle "Scraps" loves to run around in our big backyard. He never tries to get past the fence, so I usually leave him out while I clean house or handle other tasks. A few days ago, however, as I was calling Scraps inside, my next-door neighbor told me off for leaving him out there for hours. I don't see anything wrong with him being out in our backyard. What's your take? -- Miffed in Ocala, Florida



**DEAR MIFFED:** Your neighbor may simply have been worried for Scraps' welfare. If the weather was hot, did you put out water for him to drink while he was outside? Could the neighbor see it?

You also should consider dangers we don't think about when we're outside. Scraps is a toy poodle, so is small and light. He may not be interested in

escaping under the fence, but he may look kind of tasty to a bird of prey. In some suburban neighborhoods, coyotes roam through backyards, and Scraps wouldn't stand a chance against such a predator.

At the very least, make sure Scraps has a shaded area to rest in when he's outside, and has plenty of water to drink. Check on him every 15 to 30 minutes. And bring him in after one to two

hours -- don't leave him outside for long stretches, or all day. You can let him out again after a couple of hours' rest indoors, again for just an hour or two.

More importantly, give him more one-on-one attention. He may love being outside, but Scraps would adore playing fetch with you or reviewing basic commands like sit, stay and lie down.

SEND YOUR QUESTIONS OR COMMENTS TO [ASK@PAWSCORNER.COM](mailto:ASK@PAWSCORNER.COM).

**The Garden Bug**

**Live Oak Society**

Dr. Edwin Lewis Stephens, president of Southwestern Louisiana Institute, founded the Live Oak Society in 1934. According to Society bylaws, the only *human* member permitted in the Society is the honorary Chairman, who is responsible for registering and recording live oak members. The only requirement for becoming a member is that the live oak must have a girth (trunk circumference) of 8 feet or greater. Source: wikipedia.org



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