

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free to Every Home in Woodbridge
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VOL. 5 – ISSUE 6

CIRCULATION 3500

FRIDAY, JUNE 3, 2016



Chief Frank Cappiello is sworn in, with First Selectman Ellen Scalettar administering the oath of office.



In addition to his "Brothers on the force," many residents and friends were in attendance at the swearing-in ceremony of the new police chief Thursday, May 26, at the Woodbridge green.

WOODBIDGE SWEARS IN NEW POLICE CHIEF Police Commission Hires from Within

By Bettina Thiel – Woodbridge Town News Correspondent

The call for a new police chief came to a celebratory conclusion May 26 with the swearing-in of Frank Cappiello to lead the Woodbridge department. The Police Commission, under the leadership of Robert Berke, chose Sergeant Cappiello from among 43 applicants. In picking a born-and-bred Woodbridge resident, the commission continues the line of "hyper-local" police chiefs, the last of which, Eugene Marcucci, retired in January.

"Woodbridge is my life," Chief Cappiello said in his remarks after taking the oath administered by First Selectman Ellen Scalettar. He grew up in this town, graduated in 1975 from Amity High and later from Southern Connecticut State University with a Master's degree in psychology. He and his wife Roseann chose to live in the community and raise their family here. All three of their children — AJ, Katie and Stephen — were present at the ceremony, which took place under bright sunshine on the green. AJ, a police

sergeant in Woodbridge in his own right, helped his 21-month-old daughter attach the pin. Cappiello entered the local force in 1980 and dedicated his professional life to this department, where he rose through the ranks, from patrol officer to patrol sergeant (1987) and adminis-

See "Police Chief" continued on Page 3

Happy
Father's
Day

**Honor
Roll**

Amity Regional Middle
School - Bethany Campus
Third Marking Period
Honor Roll - Page 7

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June 16th • 6:30pm
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An accomplished actor and comedian with an extensive theatrical background, Reuven has been seen on **ER**, and in the feature films **Chaplin**, **Inside Monkey Zetterland** and **The Proprietor**. He originated the role of Hersh in the Off Broadway debut of The Quarrel. He has toured nationally in Neil Simon's **The Sunshine Boys** starring Mickey Rooney and Donald O'Connor.

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Sergeant AJ Cappiello and his daughter attach the chief's new pin during the swearing in ceremony for Chief Frank Cappiello at the Woodbridge green.

"Police Chief" continued from Page 1
trative sergeant in 2002. A special opportunity opened up for him in 2008, when he was selected to attend the FBI National Academy in Quantico, Va., the most prestigious command training for law enforcement leaders throughout the world. During three intense months, officers attend courses and take a fitness challenge.

In his remarks, Cappiello paid tribute to all who held the position before him, teaching him about pride, respect, service and accountability, he said. His voice was thick with emotion when he thanked his family and friends, those present at the swearing-in and those who weren't. The latter comment was a fond tip of the hat to his mother, the late Clara Cappiello, who had passed away just a few days prior.

To the community he pledged trans-

parency, and the service of a highly-trained police force that delivers above and beyond. He called on his fellow officers to always maintain integrity, professionalism and respect, and promised as their leader to provide guidance and resources to the best of his abilities.

First Selectman Ellen Scalettar thanked Deputy and Interim Chief Raymond Stuart for stepping up and leading the department after Marcucci's departure in January. She also thanked the Police Commission members for the many hours dedicated to the search for a new chief. Serving on the commission, in addition to Chairman Berke, are Drs. Deborah Desir and Deborah Fried, Matthew Gilbride and Stephen Falcigno.

"It was a long process," said Commission Chairman Robert Berke at the swearing in. "I think we picked the right person."

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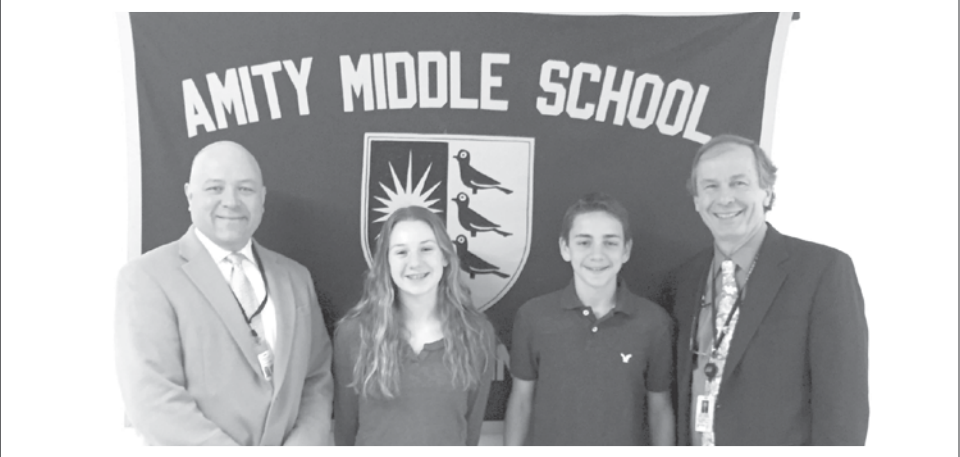
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WOODBRIDGE EDUCATION ROUNDUP



Left to Right: Dr. Charles Dumais, Superintendent, Natalie Prinz, Zachary Young, Dr. Richard Dellinger, Principal.

CT ASSOCIATION OF BOARDS OF ED STUDENT LEADERSHIP AWARD

Congratulations to eighth grade students, Zachary Young and Natalie Prinz, who were selected to receive this year's Connecticut Association of Boards of Education (CABE) Award. This award is presented each year to young men and women attending schools within CABE's membership, who exhibit exemplary leadership qualities. Dr. Charles Dumais, Superintendent presented the award at a ceremony held at the Amity Board of Education meeting on May 9.

Zachary Young (Zach), who lives in Bethany, was proudly selected by Team Black teachers for the CABE Leadership Award. Zach is a very responsible model student who, with his patience and understanding, is always willing to help his peers. He consistently displays superior class participation and effort on his class assignments. Other students will often seek Zach out as a collaborator on group projects, which demonstrates his strong work ethic and ability to work well with his peers. During class discussions, Zach shows maturity of thought while consistently demonstrating a humble demeanor. He maintains a positive attitude and treats his teachers and peers with the utmost respect. Zach is currently placed in all advanced level classes and has earned first honors and citizenship honors every marking period. Zach is a member of the school soccer team, and he plays trumpet in both the school band and jazz band. While Zach is an outstanding student in his own right, it is in his commitment to others that he truly shines.

He volunteers as a peer tutor, drawing on his own academic prowess to help his peers maximize their potential. Outside of school, Zach is captain on both the Amity Travel Team and Ginga Premier Soccer Team and also participates in the Yale Pathways to Science program.

Natalie Prinz was enthusiastically selected by the Gold Team as the recipient of the CABE Leadership Award. Natalie exemplifies the qualities for which CABE is awarded because she is a natural leader. Natalie is a student who values education and exhibits a positive and mature attitude. Her teachers have long been impressed by her diligence and work ethic. Natalie is currently placed in all advanced level classes. She has earned first honors every marking period. Her above-average performance is a direct result of her hard work and strong focus. Natalie served as a peer tutor in eighth grade and she utilizes her strong academic skills to help others improve their academic performance. Natalie is an accomplished athlete who currently serves as a member of the school basketball, soccer team, and track program.

Outside of school, Natalie enjoys playing for her premier soccer team and is an avid skier. She volunteers her time as a lector in her church and participates in the Yale Pathways to Science Program. Natalie demonstrates persistence and responsibility in all that she does. Natalie's teachers and her peers hold her in high esteem because she's kind, funny, respectful, and thoughtful.



Pictured from left to right: Sarah Milner, Dr. Richard Dellinger, principal, John Dill.

CT ASSOCIATION OF SCHOOLS MID LEVEL SCHOLAR-LEADER AWARD

Sarah Milner and John Dill were selected to receive this year's "Scholar-Leaders Award" sponsored by the Connecticut Association of Schools (CAS). This award program is designed to recognize one boy and one girl from each middle level school in Connecticut, who has distinguished herself/himself in scholarship and leadership in school and community.

Sarah Milner lives in Woodbridge and is on Team Black. In the classroom, Sarah is an exceptional student. She maintains high honors in each of her academic subjects. She serves as a positive leader by assisting and advocating for her peers. Sarah displays a strong work ethic and often acts as a spokesperson for more reserved students. She always shows enthusiasm, curiosity, and creativity in her endeavors. In her academic work, Sarah consistently develops products that far exceed the expectations of her grade level and which serve as exemplars for other students to learn from. She is a true role model for all students. While at Amity Middle School, Sarah has been actively involved in our Best Buddies program. She has raised hundreds of dollars for the Best Buddies Friendship Walk, and this fall Sarah was invited to ride in the convertible. Sarah insisted that her Best Buddy ride with her! Continuing her humanitarian endeavors, Sarah is also involved in the Pink Aid Organization supporting the fight against Breast Cancer. Since she was 11 years old and for her bat mitzvah project, Sarah has chosen to donate to this special cause instead of receiving any gifts for herself. Outside of school, Sarah participates in dance, performing in jazz, ballet, lyrical, and modern, often working with younger students to help them learn the ropes. Sarah also volunteers her time at her temple, working with pre-school aged students with Hebrew School.

John Dill lives in Bethany and is the Gold Team's recipient of the CAS Scholar Leader Award. John transferred to Amity as a new student in eighth grade. Besides making a smooth transition to our school, he exemplified himself immediately as a sincere young man, a high achieving student, an articulate class contributor, a competitive athlete, and an accomplished musician. Academically, John is an honors student in advanced courses and in accelerated Geometry. He is driven to excel and has proven this in all of his academic classes. John has impressed his teachers with his commitment to learning, his high regard for his school, teachers and classmates, and his sincere curiosity. John has been an asset to our school and is involved in various extracurricular activities. He was a member of our cross country team in the fall, where he led by example, consistently being the top runner for the AMSB team. In addition, he later recorded the fastest time in the school-wide mile run competition. John is currently a leader on AMSB's Track Team both in the mile run and the relay team. He also was voted Most Athletic by his classmates in the eighth grade. John continues to display good sportsmanship and teamwork on the various teams that he is on in the community. John's basketball team won this year's Woodbridge Recreation Basketball League championship and he competes as a member of the Amity Youth Wrestling team. In addition to his achievements in the classroom and on the playing field, John plays tenor sax in Concert Band and Jazz Band and assists Woodbridge Youth Services as a volunteer.

Students, their families, and staff representatives were recognized at the annual CAS Middle Level Scholar-Leader Banquet on Sunday, May 22, 2016 at the Aqua Turf Club in Southington.

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Woodbridge Town News

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

Upcoming Issue DeadlineUpcoming Issue Dates

June 24th..... *Independence Day Issue* July 1st
July 22nd *Summer Issue* July 29th
August 26th *Labor Day/Back to School Issue* September 2nd

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

FROM OUR READERS

Town Leadership
Needs to Support
Recreational
Activities

With all of the concerns that have been raised over the last seven years over planning for the future of the Country Club of Woodbridge tract, it is troubling that the town leadership has not been more supportive of efforts to sustain, if not strengthen, the various recreational activities for which the property has been utilized for decades and which are now available to all residents. Notwithstanding the Board of Selectmen's lukewarm support, if not resistance, each of these benefits has shown promise, if appropriately supported and encouraged, for being carried out at little to no expense to the town. It is ironic that Woodbridge currently devotes substantial funds to subsidizing an array of other recreational activities for the use and enjoyment of its residents, but is allowing one of Woodbridge's largest single assets to slowly wither on the vine in what is becoming a self-fulfilling prophecy.

Representative of this not so benign neglect, and of even more concern, is the criticism that has been directed against Woodbridge citizens who have brought Country Club of Woodbridge issues to the attention of our governing body, and who have called for action to address these matters. We should be thanking Maria Cruz Kayne and Amey Marrella for their dedicated efforts to look into and follow up on the long delayed cleanup of contaminated areas at the Country Club. The not-so-subtle animosity that has been directed towards them from the Selectmen's table has no place in the proper conduct of Woodbridge's affairs. Further, open sessions in town meetings are supposed to provide an opportunity for residents to freely express their views, whether or not critical of town

officials. This, too has been suppressed. More frank and robust discussion of town matters should be encouraged, not quieting them with a gavel or hiding them behind executive sessions.

Thomas Weil

Thanks for Continued
Community Support
of our Programming

I write with appreciation for the widespread community support for programming for young people in the Amity region. Woodbridge Youth Services and the Town of Bethany sponsor the "Bethwood Bash" for seventh and eighth grade residents seven times each year. This 'Positive Youth Development' program is geared toward 'face-to-face' socialization, confidence building, and connecting with community. These events usually feature music, entertainment, games, refreshments and raffle prizes. Additional programs and fundraisers include AMS-B staff/student basketball and kickball tournaments.

Each August, new seventh graders are invited for an outdoor picnic with an inflatable slide or obstacle course. This event brings together incoming 7th graders from Bethany and Woodbridge giving them a chance to get acquainted before the start of the school year. These youth programs are held at the Center Building in Woodbridge, Bethany Town Hall or the Middle School in Bethany.

We are proud to offer these fun events in a safe environment that is well-supervised by a staff of 6, a police officer, and parent volunteers. Due to a limited budget, the program relies on support from local businesses and parents for assistance. It is heartwarming to have such generous support from local merchants and community members.

We are grateful to these local merchants for donations throughout the

See "Letters" continued on Page 14

WTN Letters Policy

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

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



AMITY MIDDLE SCHOOL – BETHANY CAMPUS



Third Marking Period Honor Roll

First Honors 7th Grade

Eesha Acharya
Rhian Alsgaard
Tiana Amendola
Oren Aviad
Elisabeth Barbieri
Sarah Bernier
Grace Blanchard
Jack Cadelina
Daniel Carlson
Laci Carpenos
Jillian Ciccarelli
Sydney Cohen
Antonia D’hue
Megan Ding
Mcallister Dixon
Joshua Feuerstein
Jonathan Fischman
Ian Glassman
Alicia Gopal
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Madison Grieger
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Lily Koorejian
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Chloe Lenski
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Kevin Lu
Margaret Luo
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Shyam Viswanathan
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Vivian Wincherhern
Jennifer Xu
Philip Yang
Claire Yuan
Weiss Yuan
Alexander Zavatkay
Wendy Zhang

First Honors 8th Grade

Ryan Anastasio
Ana Boccanfuso
Hanna Brochinsky
Alexia Cha
Margaret Connor
Marlin Cosar
Hannah D’Arche
Rhea Dey
John Dill
Samuel Epstein
Abigail Fletcher
Sarah Foley
Yahn Galinovsky
Olivia Gross
Alexandra Gu
Sofia Halepas
Saeyeon Han
Bridget Hosey
Claire Hosey
Mayel Hubbard
Eric Jiang
Ryan Kelley
Mina Kim
Shua Kim
Evan Kindseth
Emily Kline
Emma Kravetz
Tassos Kyriakides
Hunter Laubstein
Sean Lee
Tracy Lu
Daniel Mao
Laurella Marin
Nicholas Marinko
Gabrielle McGovern
Brenna McNamara
Sarah Milner
Kayla Morgan
Alicia Myung
Abyan Nawaz
Ephemia Nicolakis
Cassandre Parkinson
Akanksha Paul
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Alexandra Plaza
Natalie Prinz
Jake Pucillo
Siavash Raissi
Blythe Reis
Tyler Roy
Abigail Slanski
David Sugarmann
Jack Tajmajer
Aoi Tischer
Sienna Wang
Sophia Wang
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Second Honors 7th Grade

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Daniel Giorgetti
Christopher Hill
Kathleen Inclima
Riku Korenaga
Olivea Kosh
Esel Lee
Rachel Levin
Arielle Likier
Nikhil Mali
Abigail Maoz
Caleb Marcin
Emily Martocchio
Steven Miccio
Alessandro Rivera
John Turski
Jack Vincent
Tam Vu

Second Honors 8th Grade

Alexander Ablozhey
Matthew Aferzon
Annie Bogush
Max Boynton
Olivia D’Arche
Andrew Gagliardi
Benjamin Goldstein
Alyssa MacRae
Elizabeth Morgan
Gillianne Nugent
Jesse Spinola



Citizenship Recognition – 7th Grade

Eesha Acharya	Sage Johnson	Allison Su
Tiana Amendola	Jack Kealey	Grace Swain
Elisabeth Barbieri	Kabir Khwaja	Leah Tobin
Sarah Bernier	Riku Korenaga	Natasha Vonbeeden
Megan Ding	Chloe Lenski	Jennifer Xu
Mcallister Dixon	Jenny Liu	Claire Yuan
Ian Glassman	Kevin Lu	Weiss Yuan
Alicia Gopal	Abigail Maoz	Wendy Zhang
Madison Grieger	Benjamin Martin	
Lily Johnson	Hanna Skiba	

Citizenship Recognition – 8th Grade

Ryan Anastasio	Saeyeon Han	Gillianne Nugent
Ana Boccanfuso	Bridget Hosey	Cassandre Parkinson
Annie Bogush	Claire Hosey	Akanksha Paul
Margaret Connor	Claire Jackson	Natalie Prinz
Marlin Cosar	Mina Kim	Blythe Reis
Matteo Delsanto	Shua Kim	Abigail Slanski
Rhea Dey	Sean Lee	Jack Tajmajer
John Dill	Tracy Lu	Sienna Wang
Abigail Fletcher	Laurella Marin	Sophia Wang
Matthew Floyd	Sarah Milner	Solangelina Williams
Sarah Foley	Kayla Morgan	Abigail Wisnewski
Sofia Halepas	Ephemia Nicolakis	Zachary Young



LOCAL BUSINESS ROUNDUP



POPULAR WOODBRIDGE BOUTIQUE RELOCATES

The Red Barn of Woodbridge is moving to a new location in town, thanks to a deal brokered by Levey Miller Maretz. Jeremy Rosner and Diane Urbano, both of Levey Miller Maretz, represented both parties in the deal that is bringing the popular store to 245 Amity Road, Suite 111. The duo represented both The Red Barn and the landlord, Research Development at Bradley Road LLC.

The Red Barn is leasing 1,315 square feet of space beginning July 1. The shop, which sells women's clothing, jewelry and gifts, will move from its current home at nearby 378 Amity Road.

The store is owned by Ellen Eisenberg, who opened it in October 2007. It has become a destination among locals seeking unique gifts and clothing, and has earned various accolades over the years, including the New Haven Advocate's "Best of New Haven" award.

About Levey Miller Maretz Real Estate Services: Levey Miller Maretz is a full-service commercial real estate firm based in Woodbridge, Connecticut, that specializes in the sale and leasing of industrial, office, retail and investment properties, as well as property management. Visit www.lmmre.com.

TOWN INSTALLS SECOND ELECTRIC VEHICLE CHARGING STATION

The Town of Woodbridge recently installed a second electric vehicle charging station. It is located at the Woodbridge Town Library for the public to use.

The first charging station is in the parking lot between Town Hall and the Sheehy Department of Public Works. Both charging stations are available to the public 24 hours a day, seven days a week at no charge. "The EV stations are part of our ongoing efforts to promote energy efficiency and the use of clean energy," said First Selectman Ellen Scalettar. "Woodbridge residents take seriously their responsibility as stewards of the environment."

Both stations were installed thanks

to a grant from the State Department of Energy and Environmental Protection. Use of the charging station will be free for a minimum of three years, a requirement of the grant. For an average electric car using the charger for an average amount of time the Town will pay approximately \$2.50.

The grants are designed to alleviate range anxiety by reducing the distances between charging stations. There are now more than 300 electric vehicle charging stations in Connecticut.

According to the Woodbridge Assessor, there are 28 electric vehicles registered in Town and an additional 275 hybrid vehicles.



FIRST SELECTMAN VISITS SAVINO VINEYARDS

Jerry Savino always wanted to grow his own grapes and make and sell his own wine. He's been running Savino Vineyards for 10 years.

Recently First Selectman Ellen Scalettar visited Savino Vineyards as part of the Economic Development Commission's "Shop Woodbridge, Dine Woodbridge, Try Woodbridge" campaign. The campaign is designed to encourage Woodbridge residents to learn about and patronize local businesses.

Savino moved to Woodbridge in 1972. He owned several New Haven-area restaurants, including Galleria Restaurant, Recovery Room and Gennaro's Apizza. He sold everything in 2000 and finally started planting grapes and making his own wine. "It started as a hobby and it grew little by little," he told Scalettar. He began with 150 vines and now has 3,000 vines growing on eight acres next to his home on Ford Road. He grows seven types of grapes: Seyval Blanc, St. Croix, Frontenac, Merlot, Cabernet Franc, Cayuga White and Marquette. "How did you learn how to do this?" asked Scalettar.

Savino grew up in Italy and his parents owned a vineyard, he told Scalettar. "I always had this in the back of my mind."

The vineyard's tasting room is open May through November on the week-

ends. A tasting costs \$9; or wine by the glass is \$7. Savino sells an antipasto platter, and visitors are welcome to bring in their own food. Guests can sample 14 different wines made on site. Three of the wines—Seyval Blanc, St. Croix and Frontenac—are made exclusively from grapes grown on site. The others are Savino's grapes blended with California grapes because, "We could never produce enough here to make all our wines," Savino says.

Last season, thanks to good weather, he grew five tons of grapes. The vineyard is a family affair—Savino's two sons and daughter and their families all help out at harvest time in October. The wine is fermented all winter and bottled in May. Daughter-in-law Sonia Savino works in the tasting room and maintains the vineyard's social media presence.

Savino showed Scalettar the 100-year-old barn behind their home that he converted into a wine-making operation. Wine ferments in stainless steel vats and a small machine can fill four bottles at a time. Another machine pops a cork into each bottle, one at a time. This May Savino says he will fill 3,000 bottles.

The vineyard is located at 128 Ford Road. For more information about Savino Vineyards, visit the website www.savinovineyards.com.

"My father used to play with my brother and me in the yard. Mother would come out and say, 'You're tearing up the grass.' 'We're not raising grass,' Dad would reply. 'We're raising boys.'" — HARMON KILLEBREW

LOCAL BUSINESS ROUNDUP

RESIDENT NAMED A CT MAGAZINE "TOP DOC" FOR 10TH YEAR

David S. Rosenblum, M.D., medical director of outpatient medical services at Gaylord Hospital, director of Gaylord's spinal cord injury program and spinal cord injury research, and co-principal investigator of the New England Regional Spinal Cord Injury Center (a Model SCI Center), has been named a 2016 "Top Doc" by Connecticut Magazine. The announcement, featured in the April issue of the magazine, marks the tenth year that Dr. Rosenblum has been lauded with the honor.

Since 1992, Dr. Rosenblum has treated patients at Gaylord Specialty Healthcare with a spinal cord injury or other types of neurologic injury or disease. As a physiatrist board certified in physical medicine and rehabilitation, subspecialty board certification in spinal cord injury medicine as well as additional board sub-specialization certification in brain injury medicine, Dr. Rosenblum continuously seeks out new ways to improve the present and future quality of life for his patients.

His innovation and leadership has propelled Gaylord Hospital to the national forefront of spinal cord injury care and rehabilitation. In the 1990s, Dr. Rosenblum was instrumental in creating and directing Gaylord's Multiple Sclerosis Clinic. At that time, he also brought intrathecal baclofen - a technologically advanced treatment for spasticity (a muscle control disorder in which muscles are continuously contracted) - to Gaylord and to Connecticut. Gaylord continues to have an active program in providing state-of-the-art care to people with spasticity.

Dr. Rosenblum also achieved his goal of helping Gaylord become an integral

part of a Model Spinal Cord System. With only 14 model systems in the U.S. funded by NIDRR (National Institute on Disability and Rehabilitation Research), the application process is rigorous and facilities must meet specific criteria. Dr. Rosenblum currently serves as Co-Principal Investigator of this Model SCI System.

Dr. Rosenblum was also a key player in bringing exoskeletal robotic technology - a recent development in spinal cord injury therapy - to Gaylord. The wearable robot is used to help patients with spinal cord injury or lower extremity paralysis or weakness to stand and walk. Gaylord is one of the few facilities in the world to offer the Ekso bionic exoskeleton which was named a top-ten invention by CNN and Wired and one of the "Best Inventions" by Time.

"Dr. Rosenblum is extremely deserving of this honor," explained George Kyriacou, President and CEO of Gaylord Specialty Healthcare. "He is valued by patients and peers for his compassionate approach and forward-thinking vision. We are proud to have outstanding doctors like Dr. Rosenblum who help make Gaylord a national leader in rehabilitative health."

The Woodbridge resident graduated summa cum laude and as a member of the Alpha Omega Alpha Honor Medical Society from the University of Buffalo School of Medicine and Biomedical Sciences. He completed his residency in physical medicine and rehabilitation at Columbia-Presbyterian Medical Center where he served as chief resident. Dr. Rosenblum is also an associate clinical professor at Yale Medical School.



Dr. David S. Rosenblum



WOODBIDGE RESIDENT RECEIVES STATEWIDE AWARD

As part of the 39th observance of Materials Manufacturing Week in Connecticut, Robert John Klancko, P.E. of Woodbridge, was presented with the prestigious Connecticut Materials Manufacturing Professional of the Year Award. This award was bestowed by the Southern Connecticut Chapter of the American Society for Materials International on behalf of the materials engineering technical societies of Connecticut.

The award citation is, "In grateful recognition of his outstanding contributions in science and industry in the state of Connecticut through his life long efforts in the areas of materials engineering and the education of the next generation of manufacturing professionals."

Bob was a partner in the consulting firm of Klancko & Klancko LLC. He spent 20 years of technical management experience in the Brass Industry, 12 years in the Electric Utility Industry and has been a consultant for the past 20 years.

Mr. Klancko was the ranking member of Connecticut's State Emergency Response Commission - SERC recently retiring after 27 years of service and is a member on Connecticut's Nuclear Energy Advisory Council - NEAC. In addition, he is a member of the Connecticut Academy of Arts and Sciences, is a past chairman of the So. CT. Chapter ASM International, and chairs the Nominee Review Committee of the American Manufacturing Hall of Fame.

He holds a degree in Chemical-Nuclear Engineering from the University of Connecticut and was presented with UCONN's School of Engineering's

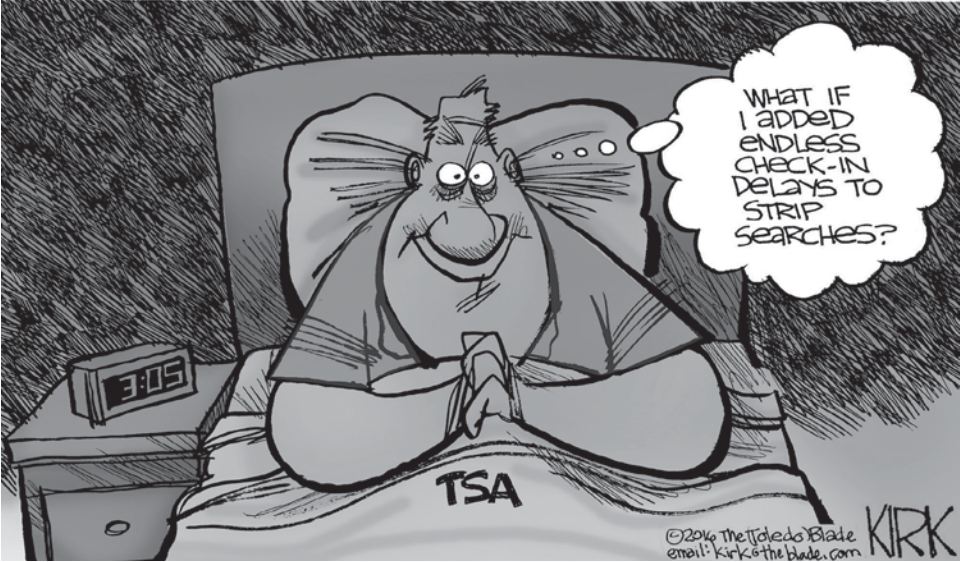
Distinguished Alumnus Award, Distinguished Service Award and was inducted into its Academy of Distinguished Engineers.

Bob was the founder of Connecticut Materials Manufacturing (Metallurgy) Week and was a member of the Advisory Committee of the Department of Metallurgy and Materials Science at the University of Connecticut and presently serves on the Advisory Committee of the Applied Physics and Nano-Technology Program at Southern Connecticut State University.

He has been an adjunct faculty member at Rensselaer at Hartford from 1972 - 2006, teaching in the Lally School of Management and Technology, the School of Computer Science and Engineering and the Rensselaer Learning Institute. He has also guest lectured at numerous colleges and universities. For the past 4 years he has been a co-director of the Connecticut Materials Manufacturing Summer Teachers Institute held at Southern Connecticut State University.

Bob was a co-founder and served on the Board of Directors of the Connecticut Environmental Forum. Presently he serves on the Board of Directors of the New Haven Manufacturers Association, the Executive Committee of the Southern Connecticut Chapter of the American Society for Materials (ASM) International. He chaired the Connecticut Department of Education's Agri-Science and Technology Advisory Committee, is vice chair of the Connecticut Advisory Council for Administrator Professional Standards, and co-chairs the Workforce Enhancement Committee of the New Haven Manufacturers Association.

YES, SOMEONE DOES LAY AWAKE NIGHTS THINKING OF WAYS TO MAKE AIR TRAVEL MORE MISERABLE AND DEHUMANIZING...





WOODBIDGE TOWN LIBRARY EVENTS IN JUNE

Adult

Journey of the Universe

Wednesday, June 8 @ 7pm

Join Woodbridge resident and Senior Lecturer and Research Scholar at Yale University, Mary Evelyn Tucker as she discusses her book Journey of the Universe. Tucker and evolutionary philosopher Brian Thomas Swimme have crafted a narrative that both illuminates and celebrates the profound role humans play in the flourishing of the Earth. Learn about the history of the Universe from the Big Bang to the present day. Join us on Wednesday, June 8 @ 7pm to hear author Mary Evelyn Tucker discuss the book. Please register at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

The library will be closed on Wednesday, June 15 for a staff development day. Regular hours will resume on Thursday, June 16. We apologize for any inconvenience.

Alluring Herbs with Robin Glowa

Tuesday, June 21 @ 7pm

High Tea, a British tradition, is a lovely and luscious way to entertain for baby showers, birthdays, engagement parties, and more. Come and join the conscious cook for an American twist on this time honored classic. Space is extremely limited. Please register at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

Farmers' Market Opening Day

Wednesday, June 29 from 3:30-6:30pm

Your favorite local farms and vendors are back to shop from, plus don't miss our opening day entertainment: throughout the market magician, Ed Pop, will be making balloon animals! At 5pm, singer Brian Gillie will be performing The Roots of Rock 'N Roll. Unlike any history lesson you have ever seen, Brian's Roots of Rock 'n' Roll is a hip, one-hour, interactive retro-groove of singing, dancing, history, stand-up piano playing, original sound bites, radio commercials, impersonations and attitude. It's the story of rock's first fifteen years and its evolution through gospel, rhythm &

blues and country and western. Meet the singers and rock groups from doo-wop, Motown, girl groups, surfin', soul music, novelty songs and more; Little Richard to Coasters, Chuck Berry to Beatles, Elvis to Four Seasons. It's the Rock 'n' Roll Hall of fame delivered to you. This is a great show for the whole family! Bring a blanket or chairs and get ready to rock!

Children and Teen Programs

Please register for all Children and Teen programs online at www.woodbridge.lioninc.org.

Movie Matinee: Independence Day (grades 7-12)

Saturday, June 11 @ 2pm

Looking forward to the new sci-fi flick Independence Day: Resurgence? Brush up on everything you need to know going into the film by watching the movie that started it all. Rated PG-13 2 hrs.

Bored? Board Games

Monday, June 13 from 4-5pm

Sorry, Monopoly, Clue, Life and more! Enjoy an afternoon of board game mania! Think you can dominate your favorite game? Prove it! This program is for teens in grades 7-12. Please register online.

Eager Readers Book Group Grades K-2

Monday, June 13 at 6:30 pm

Join us to read If You Give a Pig a Party by Laura Numeroff. Read the story at home and come for a book discussion and craft. Space is limited, please register online or at the Children's Desk when you pick up a copy of the book.

Crazy 8s Math Club

Thursday, June 23 @ 6:30pm for grades K-2

The Writing on the Wall: Use wax sticks in ways you never imagined – from outlining yourself, to making giant stick figures by scaling up, to playing hangman and mystery numbers. Space and supplies are limited to 12 participants. Online registration required.

FRIENDS OF THE WOODBRIDGE LIBRARY BOOK SALE RETURNS

Don't miss the second annual Friends of the Woodbridge Library Book sale. This year's book sale promises to be even greater than last year! The book sale will take place from June 3-5. Friday, June 3, is a special preview night for Friends of the Library members only from 4-7pm. You can become a Friends of the Library member at the door that evening by filling out an application and

submitting membership dues. You can also join any time before the book sale by filling out an application at the Circulation Desk. Membership starts at \$15 for an individual membership, \$25 for a family membership, and \$10 for a senior or student membership. The book sale will be open to the general public on Saturday, June 4, from 11am-4pm and Sunday, June 5, from 11am-3pm.

WOODBIDGE TOWN LIBRARY CLOSED ON WEDNESDAY, JUNE 15

Please be advised that the Woodbridge Town Library will be closed on Wednesday, June 15 for a staff develop-

ment day. We apologize for any inconvenience. Regular hours will resume on Thursday, June 16.

SUMMER READING STARTS ON FRIDAY, JUNE 17

There is a summer reading program for everyone at the Woodbridge Town Library this summer. Children up to grade 6 can pick up their Bookopoly reading board at the Children's Department. Teens can sign up online for an online summer reading program, earning

prizes when they log their books. Adults can sign up for a Book Bingo board to track their reading and win prizes as well! You can sign up for all of these programs any time after June 17 and the programs will continue through August 24th.

WOODBIDGE LIBRARY FARMERS' MARKET BEGINS JUNE 29

The Woodbridge Library Farmer's Market is back for its third year. The market will open on Wednesday, June 29 and run weekly on Wednesdays from 3:30 – 6:30pm through August 31. Vendors include: Before and After Farms (meats), Fox Hollow Farm (maple syrup), Massaro Community Farm, Merry Mountain Farm, Maplevue Farm (fiber crafts), The Olive Oil Factory, Sweet Seidner's Bake Shoppe and more. There will also be a wood-stove pizza truck.

Don't miss our opening day entertainment. Throughout the market magician, Ed Pop, will be making balloon animals! At 5pm, singer Brian Gillie will be performing The Roots of Rock

'N Roll. Unlike any history lesson you have ever seen, Brian's Roots of Rock 'n' Roll is a hip, one-hour, interactive retro-groove of singing, dancing, history, stand-up piano playing, original sound bites, radio commercials, impersonations and attitude. It's the story of rock's first fifteen years and its evolution through gospel, rhythm & blues and country and western. Meet the singers and rock groups from doo-wop, Motown, girl groups, surfin', soul music, novelty songs and more; Little Richard to Coasters, Chuck Berry to Beatles, Elvis to Four Seasons. It's the Rock 'n' Roll Hall of fame delivered to you. This is a great show for the whole family! Bring a blanket or chairs and get ready to rock!

"It's only when you grow up and step back from him—or leave him for your own home—it's only then that you can measure his greatness and fully appreciate it." — MARGARET TRUMAN

TOWN DEPARTMENTS & AGENCIES

FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Left to right: Youth Services Director Nancy Pfund and the After School Guided Study Team: Elizabeth Heagney, Janine Lempke, Jacqueline Scalia, Katie McCollom, coordinator, Melissa Caporossi, Kim Franklin, not pictured: Cheri Guerra

After School Guided Study at Beecher Road School

Several students at Beecher Road School in Woodbridge are participating in the After School Guided Study Program which provides assistance in the academics with a focus on Math and individual needs, organization, and homework completion. The Woodbridge

School District sponsors the program with assistance from Woodbridge Youth Services through an Enhancement Grant from the Connecticut State Department of Education. The program runs three days per week from late February to May.



Jeanette Glicksman, Woodbridge Youth Services Program Coordinator

Youth Services Offers Job Readiness Program at Amity Regional High School

Woodbridge Youth Services Program Coordinator Jeanette Glicksman, and Director Nancy Pfund, recently offered a Job Readiness Course to several Amity students. The course provided hands-on instruction in preparing resumes, job applications, and interview skills.

Two more, in-depth courses will be offered for students Grade 9-12 through

the Continuing Education Program at Amity High School July 11th -14th and July 18th - 21. Course fee is \$15.00. See the Summer Course Catalog on Amity's website. The Job Readiness programs are sponsored by Woodbridge Youth Services through a 2-year grant from AT&T.

Red Cross Babysitter Training

The 2-day Red Cross Babysitter Training Course will be held for local teens at the Woodbridge Library Meeting Room on Tuesday, July12th and Wednesday,

July 13th from 10:30 am-2:30 pm. Students must attend both days to receive a certificate. Fee is \$60 with a discount for siblings. Call 203-389-3429 to register.

Woodbridge Job Bank Seeks Teens Who Want to Earn Cash

The Job Bank in Woodbridge offers jobs to teen residents who would like to work for other Woodbridge residents who need help around the house. The application process offers a chance to learn about the interview process, safety

on the job, and how to negotiate pay. Types of jobs may include yard work, babysitting, animal care, house work, and tutoring.

Call Youth Services to join at 203-389-3429.

TOWN TO OFFER FIRST AID/CPR COURSES

The Town of Woodbridge is offering a Heart Saver First Aid Course/CPR (Cardiopulmonary Resuscitation)/AED (Automated External Defibrillator) on Monday, June 13, 2016 from 6:00P.M.

– 10:00P.M. in the Activity Room #11 at 4 Meetinghouse Lane, Woodbridge. The cost of the course is \$75.00. Residents can register by contacting Woodbridge Human Services at 203 389-3429.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF JUNE 2016

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



Town Hall

6/9	Zoning Board of Appeals	Meeting Cancelled	
	Library Commission	6:00pm	Library
	Town Plan & Zoning Comm.		
	Special Meeting	7:30pm	Town Hall
6/11	Board of Selectmen Special Mtg.	5:00pm	Town Hall
6/12	Economic Development Comm.	7:00pm	Town Hall
6/14	Police Commission Special Mtg.	8:00am	Police Dept.
6/16	Fire Commission	6:00pm	Fire Station
	EMS Commission.....	7:00pm	Town Hall
	Board of Finance	7:30pm	Center Gym
	Annual Town Meeting	7:30pm	Center Gym
6/18	Inland/Wetlands Agency	Meeting Cancelled	
6/19	Investment Committee	5:30pm	Town Hall
	Board of Finance	6:00pm	Town Hall
	Police Comm. Special Mtg.	6:00pm	Police Dept.
	Conservation Commission	7:30pm	Town Hall
6/23	CC of Woodbridge Comm.	6:00pm	Town Hall
	CUPOP	6:30pm	Town Hall
	Recreation Commission.....	7:30pm	Beecher School South
6/24	Government Access TV Comm.	Meeting Cancelled	

WOODBRIDGE RESIDENTS!

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?
Send it to us with a photo and we will publish it FREE.
Woodbridge Town News, P.O. Box 1126, Orange, CT 06477
Email: edit@woodbridgetownnews.com



FIRST INAUGURAL BEAT THE HEAT 5K RUN | WALK

One Innocent Life will be hosting its first inaugural Beat the Heat 5K Run/Walk on June 18 in the town center of Woodbridge, CT. The event will feature live music from New Haven band, Eggy, family-friendly activities, local food trucks, artisans, and the highly anticipated 5K Run/Walk.

Beat the Heat 5K Run/Walk is a charity event that honors the lives lost due to fire related incidents, by advocating for fire safety awareness. The generous tier 1 sponsors, Krative and Webster Bank, along with our many other sponsors, have made this event possible and allow One Innocent Life to continue educating the public about fire safety.

For more information and to register

for the Beat the Heat 5K Run/Walk, visit www.beattheheat.run.

About One Innocent Life: One Innocent Life was founded in June 2015 by Jeff Block, as a part of his ongoing campaign to spread fire safety awareness, particularly off-campus housing. The organization is dedicated to his daughter Eva and her two friends (Kerry Fitzsimmons, Kevin Johnson), who died in an off-campus house at Marist College, due to a lack of education about fire prevention. One Innocent Life is dedicated to educating college-aged students to be aware that while housing fires may be rare, they can happen, and they can be incredibly dangerous. Its goal is to have people take responsibility not risk.

PROTECTING BABIES

Whooping Cough illness is real. There have been several recent cases in Quinnipiac Valley Health District (QVHD) residents. It is very important to protect infants from this disease as they are not fully immunized until they are a year old. Whooping cough in an infant is frightening and can have devastating results. Don't wait until the baby is born! Grandparents, aunts, uncles, cousins over 18 or caregivers, if you are expecting a new arrival in your family, get vaccinated now! As you protect the baby, you will also be protecting yourself against not only whooping cough (pertussis) but also diphtheria and tetanus. QVHD offers the pertussis (whooping cough) vaccine (in the form of Tdap (tetanus, diphtheria and pertussis) to parents,

grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger.

If you are over age 18 and have never had a Tdap vaccine, (a combined booster immunization containing tetanus, diphtheria and pertussis protection) you are eligible to receive this vaccine. A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay this fee.

The next clinic will be held on June 8, 2016 from 4:00 to 4:30 p.m. Call QVHD, 203 248-4528 for an appointment. An appointment is not required but is suggested. Walk-ins are welcome. (If weather is inclement, call to confirm clinic will be held.)

AN OUNCE OF PREVENTION

What is GMO?

Food is a commodity that is essential to life. There are continuous efforts to create new ways to produce food while keeping the food supply safe. Consumers desire to have healthy foods at affordable prices. And the marketers of food products never miss an opportunity to jump on the most current and popular issue to promote their products. The gluten-free proliferation is a good example of this type of promotion. Now new terms seem to be emerging on food packaging: "GMO-free" or "Made without GMO foods".

So what are GMO foods? Are they better for you? Are they safe? This is a question you will have to decide for yourself. GMO foods are a controversial issue, with proponents and opponents. The issue of labeling such foods is also a heated debate. Learning about GMO may help you to understand some of the issues. This column summarizes the main issues.

A GMO is a genetically modified living organism that has been created in a lab by altering the genetic makeup of a plant or animal. For example, a potato that is resistant to bruising, a salmon that grows twice as fast, or a food that contains a high level of a nutrient that it didn't previously have. The use of GMO foods has been in existence for many years with vast proliferation into crops around 1990. In the U.S., most of the corn, soy, canola, sugar beets, yellow squash, zucchini, alfalfa and cotton crops are GMO produced. Many processed foods made with these foods come from GMO crops.

Therefore, proponents say that since consumers have been eating these foods for over 15 years without any credible identified adverse health effects, they are safe to consume. This is the official stance of the USDA (United States Department of Agriculture) as well as the WHO (World Health Organization). However, opponents say that this does not mean that they have been proven "safe" as adverse effects can take years to develop. Clearly more research needs to be done. Neither side of the debate can scientifically demonstrate their position at this time.

Why GMO? The pros for GMO foods include more rapid production of crops, bigger crops, reduced costs, ability to sustain temperature and soil extremes, reduced pesticide use and increased resistance to insects, viruses or plant diseases. In theory, this can help to feed more of the world's population. Cons include increased possibility of allergic or toxic reactions, new diseases in humans, plants and animals, antibiotic resistance, and unknown effects on the immune system. Some researchers speculate that the ecosystem may be affected by cross-over wild pollination. Again, more research is needed on this

topic.

GMO labeling has become as controversial an issue as the use of GMOs themselves. GMO labeling is mandatory in over 60 countries. Labeling would allow you, the consumer, to decide if you want to choose a certain product or not. In 2013, Connecticut became the first state in the U.S. to enact legislation to have mandatory labeling of foods that contain GMOs, but there was a catch. It only gets enacted if at least 4 other states pass similar laws, although it can be voluntarily used as many stores and products have begun to do. (As of 2016, only Maine and Vermont have passed such legislation although it has been proposed in many other states.) There is a non-governmental project called the "Non-GMO Project Verified," launched in 2010 that will review a food and allow a label that verifies it has been reviewed according to certain of their own standards. It is not a GMO-free claim as that is virtually impossible to scientifically prove. Rather, it is a label that shows a product has been independently reviewed by their reviewers and what they have deemed to be the best practices for GMO avoidance in the product preparation. Is this useful? Maybe. The key issue really is that if there was a way to have a standardized label that identified GMO in a product, then you could make a decision for yourself based on your beliefs and emerging scientific information. Time will tell whether such labeling will be standardized and implemented by the Food and Drug Administration (FDA).

Hopefully, this column will help you to understand some of the new labeling you are seeing on food packaging. Ultimately you will have to decide how important this issue is to you and if you will make your food purchases based on the GMO status. Without any mandatory GMO labeling in effect, you can't assume that a food has been genetically modified just because it doesn't have a label saying "no GMO products". That can be a marketing gimmick to get you to purchase a certain product.

The information in this column comes from a review of multiple articles on the internet. You can further research the topic, but beware of bias in articles unless it is clearly stated. Look for information that presents the whole picture rather than one that takes a pro or con stand. For District residents (Bethany, Hamden, North Haven and Woodbridge) without internet access, call Quinnipiac Valley Health District for written information. For other health information, visit our website, www.qvhd.org. Check out our Facebook and Twitter which you can access from the website. Column authored by V. Deborah Culligan, Coordinator of Health Education, QVHD.

MICHAEL J. PAOLINI, CPA

PERSONAL AND BUSINESS TAX RETURNS
FINANCIAL STATEMENTS
IRS AND STATE REPRESENTATION
TAX PLANNING
BUSINESS FEASIBILITY STUDIES
NON-PROFIT EXEMPTIONS

174 CHERRY STREET · MILFORD, CT 06460
PHONE 203-876-0445 · FAX 203-874-7498
mpaolinicpa.com

FROM THE FIRST
SELECTMAN'S DESK

By Ellen Scalett



Like all towns, Woodbridge has problems to solve. Our most divisive one is the Country Club of Woodbridge (CCW) plan. While there are indeed serious issues connected with the CCW, I am reminded of our good fortune when I compare the CCW to problems around the state and beyond.

Related to the CCW, the Town has decided to move forward with environmental remediation on a small portion of the golf course. When the Town purchased the property in 2009 we did an environmental assessment and, not surprisingly, found areas of the golf course with pesticide contamination. The pesticides are not migrating and pose no health risks.

Concerned residents learned the facts at a recent meeting with the state Department of Public Health, the state Department of Energy and Environmental Protection and the Quininiack Valley Health District. All of those experts concurred that there are no health risks to the public. The area of high pesticide concentration is near the maintenance shed away from the public areas of the golf course. The area has been fenced off for several years and will be remediated over the course of the next month.

We're looking at the long-term issues associated with the Country Club of Woodbridge, but in the short-term, the pool is seeing increased memberships due to new low rates and Billy Casper Golf continues operation of the golf course for the summer.

Of course, there are many things going on in Town. These include two major staffing changes: the newly appointed Police Chief and a soon-to-be-announced new Superintendent of Beecher Road School. The Town's new Police Chief, Frank Cappiello, was sworn in at a ceremony last week and our Superintendent of Schools for the last 10 years – Dr. Guy Stella – is retiring at the end of the school year.

Frank Cappiello was selected from a pool of 43 applicants during a five-month search process. The search was led by the Town's volunteer Board of Police Commissioners. This is yet another example of Woodbridge volunteers working hard to make our Town a great place to live,

work and play.

During the search process, Deputy Chief Ray Stuart served as Interim Chief. As always, he demonstrated his dedication and professionalism in serving our Town.

Chief Cappiello joined the Woodbridge Police Department in 1980, and has moved up through the ranks. He is the right choice for Woodbridge. He knows our community and our community knows him. I am confident that under Chief Cappiello's leadership our Police Department will reach new heights of excellence.

The Beecher Road School community and our entire town are sad to see Superintendent Dr. Stella leave us this summer. Dr. Stella helped build a strong working relationship between our Board of Education and the Town. Many municipalities do not enjoy the friendly, trusting relationship between schools and Town Hall that we enjoy in Woodbridge.

In addition to building that critical relationship, Dr. Stella has led our award-winning school with grace and skill. He embedded himself in the fabric of our community and made children and families feel welcome and special. And he advocated for the now-complete renovation of Beecher Road School. The school's ribbon cutting was held last week to celebrate this major accomplishment. Our elementary school is now energy efficient, more comfortable and safer for our staff and students.

The Board of Education will soon announce the new superintendent. Here again, the members of a volunteer board devoted countless hours of time and energy, seeking feedback from parents, faculty, other boards and commissions and the public.

Lastly, I'd like to mention an important upcoming event. On Saturday, June 4, the Town is partnering with Coachman Square to host a Business Expo at Coachman Square (21 Bradley Road) from 10 am – 2 pm. The event will be an effective and fun way to introduce residents to the many businesses we have in Town. Please join us at this event to discover all that our Woodbridge business community has to offer.

FROM ACROSS THE AISLE

By Selectman
Maria Cruz Kayne



At the May 11th Board of Selectmen meeting, the Town's environmental consultant HRP Associates recommended that the Town immediately clean up the contaminated soil at the Maintenance Area of the Country Club of Woodbridge that is designated a "Significant Environmental Hazard." This new recommendation, a reversal of HRP's previous position, was a result of input from the state Department of Energy and Environmental Protection, called in at my request to evaluate the contamination and the Town's long-delayed response.

HRP also recommended that the Town dig additional monitoring wells and perform additional groundwater sampling to further assess conditions at the CCW, especially at the Halfway House (located at the corner of Ansonia and Johnson Roads). These are steps in the right direction, but there is much more to be done. The Town still needs to complete the full cleanup at the Maintenance Area, create a Remedial Action Plan (RAP) for the Halfway House, which HRP has identified as the next priority, and perform the cleanup of the remainder of the property. At this time, there is no plan for when those next steps will occur.

Woodbridge residents continue to contact me with concerns about the future of the Country Club property. They have many ideas for the property's future and want to be heard by their elected representatives. Despite my requests, there has not been a public meeting in over two years about the CCW where residents are invited to suggest ideas or ask questions. Instead, the First Selectman has been negotiating behind closed doors with the Toll Brothers; the Board of Selectmen has held several "Executive Sessions" on the

subject. And Ms. Scalett has made it clear that she favors selling a portion of the CCW to Toll Brothers for age restricted housing. At the May BOS meeting, she stated: "Personally, for me...to get \$2million or so to keep it as a golf course does not compare to a proposal to have senior housing which people in the Town would like..."

At the Town's Annual Meeting on May 16th, Ms. Scalett even laid out a schedule to hold a single formal public hearing and then referendum on the potential sale of CCW land. Until asked, she never suggested that there would be an opportunity for residents to be heard prior to this formal process. She seems to view the CCW as an albatross around her neck that she wants to be rid of as quickly as possible. Instead, she should be viewing it – as many Town residents do -- as an asset.

Frustrated residents have initiated petitions urging the First Selectman to involve the CCW Commission in negotiations with Billy Casper Golf to explore financial terms for continuing golf operations past December 2016. According to CCW commission chair Deke Hotchkiss, so far the 2016 golf season is performing better than all previous seasons, both in rounds played and in revenues. Other residents are promoting the pool, offering suggestions for the Club House, and exploring real estate alternatives to the Toll Brothers proposal. At the Annual Town Meeting, called primarily to address the budget for next year, it was telling that most residents came to the microphone to talk about the Country Club. Woodbridge residents are smart, creative, and thoughtful: they have much to contribute to the discussion on the CCW. Ms. Scalett has delayed far too long in seeking their input.

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WEDNESDAY, JUNE 22 | *Caregivers*

WEDNESDAY, JULY 13 | *Dementia Research Update*

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"Letters" continued from Page 6

year: The JCC of Greater New Haven, The Country Club of Woodbridge, Wood-n-Tap Restaurant, Entenmann's Bakery, On The Border Mexican Grill, Wheelers Market-Café and Restaurant, Woodbridge Social, Amity Bowl, Subway Restaurant, Monster Mini Golf and Laser Tag, Taylor Rental, D'Aniellos Amity Bike shop, Stop and Shop, Big Y, Bella's Café, Billy's Ice Cream & Marketplace and Kate's Hot Air.

Special thanks to our volunteers and parent donors: Mia von Beeden, Michele Ward, Alison and Alex Rivera, Nora Slanski, Laura Sexton, Audrey Grotheer, Kara Kachmar and Susan Fernandez. Special thanks to the Human Services Commission- especially Susan Davidson and Chris Lovejoy. Thanks also to the Woodbridge Volunteer Fire Association, the custodians in Woodbridge (William, Carlos and German) and at Amity Middle School Bethany campus (Semyon, George, John and Vogar) as well as all the rest of our fabulous parent and high school student volunteers who donate their time. And finally, we'd like to thank Dr. Richard Dellinger, principal of Amity Middle School- Bethany campus, Vice Principal Thayer Doyle, Social Studies teacher Ms. Marissa Nall, Betty Beecher and April Reynolds for their all-year support.

Jeanette Glicksman
Program Coordinator
Woodbridge Youth Services

Would Monies Be Saved if Golf Was Discontinued at CCW

Clubhouse Expenses: Because of the wet sprinkler system, we would still need to heat the building. To prevent mold and mildew from forming, we would still need to run the air circulation system, which is the primary driver of the building's electrical costs. We would save a little money on water usage in the building, but property insurance rates would increase because of the higher costs of insuring a vacant building (sometimes deductibles increase also). The building could become a target for vandalism leading to uncovered losses on insurance deductibles. I see no savings – it may even be more expensive if unused.

Golf Expenses: Billy Casper Golf will be paid \$180,000 under its contract to manage the golf course in calendar 2016. In 2016, we received \$50,171 in revenue-sharing for 2015 results and will receive \$6,945 for golf cart property taxes, so our calendar 2016 net cost of golf will be \$122,884. Casper pays our equipment loan with the \$180,000 fee. The loan is paid off in 2016. So, a \$118,000 expense, that is paid out of the \$122,884 net cost, will disappear. With expected revenue growth, golf in 2017 could cost the town \$0.

Land/Passive Recreation Proposal/ Expenses: Trails would be created under this alternative use proposal which would require periodic maintenance due

to wash-outs, overgrown vegetation, fallen/falling trees, etc. just as happens on the Fitzgerald Tract, etc. As the plan is to turn existing cart paths into gravel trails, the linear footage of these trails is at least 4 times the linear footage of the Fitzgerald Tract, suggesting much higher expense. In addition, the CCW land is much hillier, suggesting that 'washout repairs' will be much more frequent and vegetation management more time-consuming. Further, the existing watercourses and ponds on the CCW lands are 'attractive nuisances' – without some oversight like a golf use, the risk of an unfortunate accident increases. Lastly, the vegetation will be allowed to grow wild and will be a magnet for deer (and deer predators) which, combined with the trails, could result in greater incidence of Lyme disease. These are all added potential costs.

My summary:

- The costs of operating the clubhouse will not change materially without golf and may actually increase;
- Golf is at/near the point where it can be self-sustaining;
- The passive recreation proposal adds costs that have not been discussed.
- Some 'other values' that haven't been considered in the above are:
- Golf is presently given to the Amity golf team for free – a \$12,000 value based upon the funds that CCW would get if it sold those tee times to others. If CCW closes, the Amity golf team will have to go to private clubs and possibly pay private club fees;
- CCW is a venue for charities to raise monies – over \$150,000 in 2015 alone;
- CCW donates rounds to charities that they can use in raffles and other fundraising activities—a \$26,000 value; and
- CCW aids local employment which further helps local business.

Deke Hotchkiss
Chair, Country Club of Woodbridge Commission

Town Budget Predictable

The preliminary budget request presented totown residents was nothing but predictable. "We need more money". We only want a 3 percent increase. One has to ask the question 3 percent of what? The town budget is sorely inflated placing undue tax burden on all of us. Ellen Scalettar and her administration is suffering from the same malady that plagues the State of Connecticut. Excessive Spending Syndrome. In addition, there is a pervasive attitude by the administration, if you don't like it sell your home and move, we will get someone else to pay the freight.

I have lived here 20 years and love this town but it is imperative the people of Woodbridge unite to oppose any increases. Make the town government fiscally responsible and force them to live within their means.

KasperGutman

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Tuesday 06/21
Pork Cutlets w/Peppers, Onions & Mushrooms
♦
Friday 06/24
Pasta Luigi in olive oil & garlic with sausage, peppers & onions
♦
Tuesday 06/28
Barbecue Chicken w/Rice
♦

Every Tuesday in June an interesting program will be presented right after lunch. Everyone is welcome and there is no charge to attend the program.

Tuesday, 6/7 "Natures Fireworks" a narrated presentation created by Roger Hart, 12:30 p.m., Woodbridge Senior Center. (Always interesting & fun.)

Tuesday, 6/14 "Healthy Habits for Live" This is the 1st of a 4-part series presented by V.N.A. Community, 12:30 p.m., Woodbridge Senior Center.

Tuesday, 6/21 "P.R.I.D.E." Have you fallen in the past or have a fear of falling? 12:30 p.m., Woodbridge Senior Center.

Tuesday, 6/28 "Larry Batter" vocalist, will entertain after lunch, 12:30 p.m., Woodbridge Senior Center.

JUNE BUS TRIPS

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Pictured is centenarian Edith Houser, daughter Sally and First Selectman Ellen Scalettar.

WOODBIDGE CENTENARIANS HONORED

First Selectman Ellen Scalettar recognized Woodbridge centenarians at the Agency on Aging of South Central Connecticut's annual luncheon held at the JCC in May. May is Older Americans Month. "Our seniors' longevity and life experiences are an inspiration and an important resource for the rest of us," said Scalettar. Woodbridge Senior Center social worker Mary Lee Raro also attended the event on behalf of Woodbridge.

The 15 Woodbridge centenarians who were honored at the luncheon include

Angelina McLean, 101; Estelle Goldberg, 100; Norma Smith, 101; Armond Ambrosini, 101; Felicja Gurgaz, 102; Rose D'Antonio, 100; Bess Shurpin, 101; Helen Taffel, 100; William Ledewitz, 101; Carl Stollger, 105; Ida Luciani, 103; Edith Benjamin, 100; Ida Sanderson, 105; Edith Houser, 100; James Graham, 103.

Each of the Woodbridge centenarians received a proclamation from the Town; Scalettar presented the proclamations to those who were in attendance and the others were delivered.

"I would say my greatest achievement in life right now - my greatest achievement period is - and I'm still trying to achieve it - is to be a wonderful father to my kids." — BO JACKSON



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NORKO FEATURED IN NATIONAL SCHOLASTIC NEWS

Beecher Road School fourth grade student, Karenn Norko, was recently featured in the National Scholastic News, a magazine distributed to school children across the United States. In each issue a boy and girl are chosen to debate a question.

The Edition 4 question was "Teach Boys and Girls Separately?" The boy was from state of Indiana and his answer was "NO" and Karenn answered "YES".

Karenn answered was "Having boys and girls in the same classroom can be a distraction, especially as kids get older. Separating them allows everyone to focus more on learning and less on their social lives. Also, some students are too shy to speak up around kids of the opposite gender. If boys and girls are taught separately, they might feel more comfortable participating in class."



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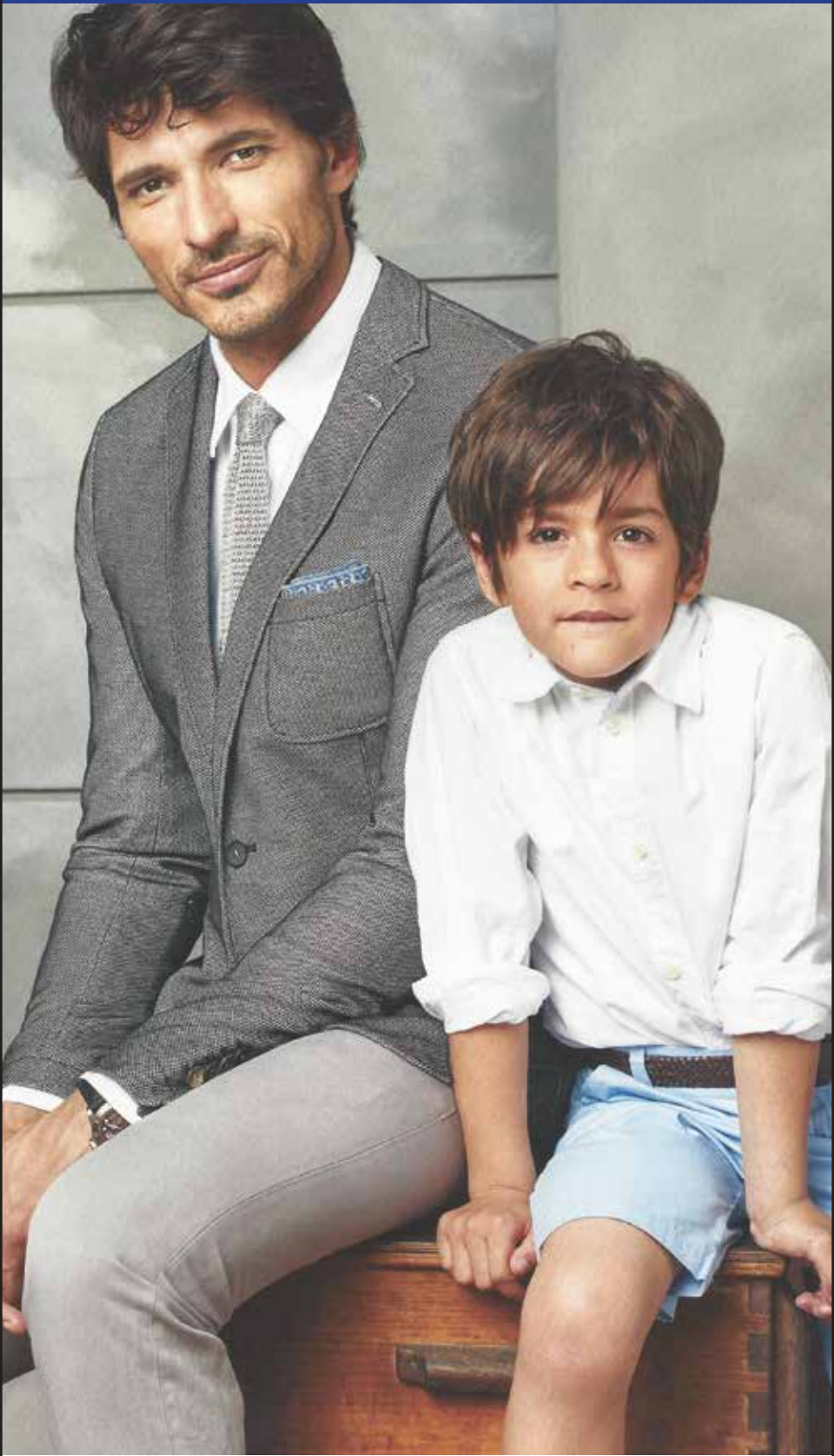
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Four year olds at Orange Congregational Church Nursery School learn about the work of a police dog from TFC Bryan Martini. TFC Greg Zeoli of Woodbridge (OCCNS parent) is in the background with TFB Brian Becker.

TFC Brian Becker explained what a traffic police officer does.

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by cindy elavsky

Q: I remember this lovely actress who played Mark Greene's daughter on "ER" and who also was on "The Young and The Restless" for a few years as Daisy. Can you tell me what I can see her in nowadays? -- Tiffani T., via email

A: Yvonne Zima, who made her big-screen debut at age 5 opposite legendary actor **Al Pacino** in "Heat," has been keeping herself busy. Aside from numerous roles in TV shows and movies such as "The Long Kiss Goodnight," "Law and Order: SVU," "Castle" and "Masters of Sex," she also takes on the dual starring role in the Lifetime television original movie "Killing Mommy" (premiering Saturday, June 11), where she plays twins Deb and Juliana Hansen.

I asked Yvonne what it was like filming this dual role, and she told me she was excited to take on the challenge: "It's a really wonderful script, written by **Trent Haaga**. And the person behind all these films, (executive producer) **Pierre David**, makes a ton of films for Lifetime. He has figured it all out. I really like Pierre. I think he's lovely. He's French-Canadian. He smokes; he swears; he's a real person.

"A big part of my preparation was trying to keep these two characters separate and to make them quite opposite. You have Juliana, who is a materialistic brat. Then you have Deb, who is kind of a barfly and completely in pain. She drinks and she smokes and she gets into fights. Keeping those two people separate was the main challenge, because you don't want to watch a movie where you have twins and they are doing the same stuff and they're basically the same."

Q: I have been watching a series on ABC called "American Crime," and it hasn't been on for three or four weeks,



Yvonne Zima [Danika Singfield]

and I was wondering if it has been canceled. -- Mike H., Palm Springs, Florida

A: ABC has renewed "American Crime" for a third season, and like the previous two seasons, it most likely will premiere in the first quarter of the new year. And also like the previous two seasons, viewers can expect an entirely new storyline, with familiar faces playing new characters. I can't wait to see what John Ridley and company have in store for us.

Readers: Three days after I filed my most recent TV column, in which I spoke of the future of "Castle," ABC announced that it had decided to cancel the long-running series. Along with "Castle," ABC also has canceled "Wicked City" (which was the first to go this past fall), "The Family," "Galavant," "Marvel's Agent Carter," "The Muppets," "Nashville" (which is being heavily shopped to other networks, like Hulu and CMT -- fingers crossed!) and "Of Kings and Prophets." Stay tuned, as I'll reveal over the next several weeks which of your favorite shows at the other networks got the ax.

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindy-elavsky.com.

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AMITY HIGH SCHOOL EARTH DAY

AP Environmental Science and Critical Issues students at Amity Regional High School on May 11, 2016 participated in a special "Earth Day" event in partnership with Optimum Community that enabled students to interact first-hand with State Governor Dannel Malloy and Department of Energy and Environmental Protection Commissioner Rob Klee. Following welcoming remarks from Principal Anna Mahon, Optimum Community moderator Kerry Donovan discussed the upcoming program. Governor Malloy and Commissioner Klee addressed the students and then participated in a Q&A answering questions posed by 12 students regarding a number of environmental issues. Topics discussed included the Flint water debacle and how CT plans to assure its residents that the water is safe, transportation and increased energy savings, underground transmission lines, effective renewable energy sources, and more.

"It was a pleasure interacting with the bright, motivated young people here today," said Governor Malloy. "I hope our

discussion helped them gain a better understanding of where we stand on various legislation affecting our environment and region. Their questions were timely and dealt with a number of important issues that range from wastewater treatment to renewable energy sources and much more. I commend Optimum Community for bringing this program to our schools."

Commissioner Klee noted, "It's vital that students today are knowledgeable about current issues that affect our environment as they are our future. From what I saw here today, I have no doubt that we...and the environment...will be in good hands. I would also like to thank Optimum Community for making this informative and interesting program available to our young people."

Cablevision Vice President of Public Affairs Jennifer Ostrager said, "Optimum Community is pleased to partner with Amity Regional High School to provide students with an opportunity to meet and engage with government leaders like Governor Malloy and Commissioner Klee."



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JOIN THE ORANGE & WOODBRIDGE CONSERVATION COMMISSIONS

Saturday, June 11: start at 7:45 am to 8:45 am Turkey Hill Preserve, Orange – Deep Forest nesters

The Orange area is blessed with many wonderful Open Spaces. Orange Conservation Commission has requested birder Frank Gallo to lead the walk. He is an expert birder and Connecticut Audubon's Senior Naturalist who has handpicked our site to explore in spring, from hidden gems, such as Turkey Hill Preserve. Frank will guide walkers to a variety of species of seasonal birds. No experience necessary. Binoculars are available upon request. Preregistra-

tion recommended. Contact Louise at 203-878-7440 x 502 to register and to request binoculars. Meet at parking lot. GPS address: 700 Derby Milford Road. Fee: 7 week series \$60 (\$30 seniors, \$45 CAS members); weekly, \$9 per walk (\$5 seniors, \$7 CAS members) See more at <http://www.ctaudubon.org/coastal-center-at-milford-point/#sthash.GWnVY9DO.dpuf> or www.Orangetconservationcommission.com.

Please Join Us

Tavern Night

Sunday June 12

5- 8 PM

For tickets please email info@woodbridgehistory.org

\$45 for members \$60 for non members

HISTORICAL SOCIETY HOSTS TAVERN NIGHT

The Amity and Woodbridge Historical Society is planning its spring Tavern Night for June 12, 5 to 8 PM at the Historic Thomas Darling House, 1907 Litchfield Turnpike in Woodbridge. Guests can enjoy the atmosphere, live music, food and drink as the members

of the Amity and Woodbridge Historical Society turn the Darling House into an old fashion tavern. Prices are \$45 for members and \$60 for nonmembers of the historical society. The event is by reservation only and can be made at info@woodbridgehistory.org.

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Queen Flash with Special Guest Phil Naro.

"QUEEN FLASH" FEATURED FOR JULY 4TH CONCERT & FIREWORKS

The Town of Orange may be small in population, but it now has the reputation for bringing in internationally renowned bands and one of the most spectacular fireworks displays in New Haven County.

For this year's Independence Day Concert, the Orange Town News, who is once again producing the event, is presenting "Queen Flash" to perform prior to the town's Annual Independence Day Fireworks Spectacular. The six members of "Queen Flash", who are making their CT debut, hail from Montreal, Canada. The band will feature Special Guest vocalist Phil Naro. The internationally renowned Naro, will lead the group with 2 hours of Queen's greatest hits including Bohemian Rhapsody, Crazy Little Thing Called Love, Another One Bites the Dust, Under Pressure & We are the Champions. This fabulous Queen tribute is an exciting, high energy show that will get people out of their seats. For more information about the band, visit their website: www.queenflash.ca.

The event will take place on Saturday, July 2nd (rain date Sunday, July 3rd) at the Orange Fairgrounds, 525 Orange Center Road, Orange.

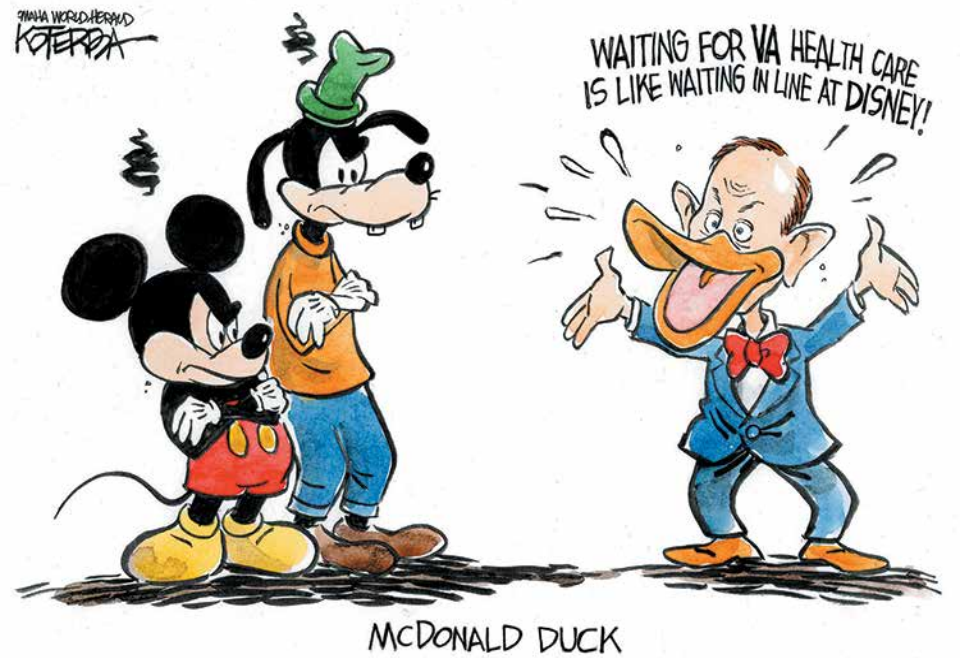
The festivities will begin promptly at 6:30 pm with welcoming comments from Orange First Selectman Jim Zeoli. The concert will be followed promptly at 9:30 pm by the Independence Day Fireworks Spectacular with Patriotic Music.

Orange Town News publisher and event producer Rocky Salpento said, "We are looking forward to another premiere event for area residents to enjoy. We are excited about producing this show for the fifth consecutive year. As the crowds keep increasing year to year, (the 2015 event produced a record crowd of over 8,000) we hope everyone continues to enjoy this great community event. Many thanks go out to our sponsors, our first selectman and town officials for their continued support."

The event is made possible through area sponsors including major sponsors: Cohen & Wolf, P.C.; Yale University, Regent Wealth Management Group, The Orange Foundation's Olga Fund, the Orange Town News & the Town of Orange.

Additional Gold, Silver & Bronze Sponsorship opportunities are available by filling out a Sponsorship Form at Orange Town Hall. For more information, call 203-298-4399, online at www.orangetownnews.com or email rocky@orangetownnews.com.

Food vendors and novelty items will be available for purchase at the fairgrounds beginning at 6:00 pm. WPLR Radio will also be broadcasting live on location with a celebrity guest. Come early and get a good seat. Admission is free. There will be a suggested parking donation of \$5 that will benefit the Orange Little League.



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DINING WITH SUSAN

By Susan Noonan



GRIMALDI'S ITALIAN KITCHEN

Grimaldi's Italian Kitchen in Woodbridge (featuring a brick coal-fired pizza oven) opened October 2014. Local residents now have the New York Pizza from Grimaldi's (under the Brooklyn Bridge) right here in New Haven county.

From 1890-1930, Italians flocked to the United States, creating legendary Meccas in places like Brooklyn, New York and, of course, New Haven, Connecticut. With them came many massive cultural contributions, a zest for life, an unmovable spirit, energy and a legacy of culinary greatness. In many ways, Italian Americans truly created a restaurant experience in the new world.

Grimaldi's was an integral part of the wave. It is fully dedicated to bringing their customers the Italian classics we all love, the way we love them. Grimaldi's Italian American immigrant recipes have not changed since 1917-nor will they ever. They use only the finest, freshest, local and Italian imported meats, cheeses and sauces. They make everything from scratch and this won't change as well. Grimaldi's has been voted one of America's best for over 100 years. It seeks to continue that tradition with its full menu now offering, in addition to pizza & calzones, many great choices of dinner entrees and pasta dishes.

You can "build your own pasta" by picking a pasta (6 choices) and a sauce (9 choices) and add-ons such as sausage, chicken, salmon, etc. (8 choices). All entrees are served with a fresh house salad or soup, and you can also pick a pasta & sauce. I had Chicken Fran-

cese over cheese ravioli (loved it). Also, would highly recommend the house-made cannoli for dessert. In addition, a wide range of appetizers, salads, Panini's, subs, & desserts are offered. The restaurant seats approximately 140 and features a main dining room, a 24-seat private party room called "The Woodbridge Room" and a designated room which serves a full bar complete with a select wine list and a large assortment of beers and spirits. Specialty drinks are made with muddled fresh fruits and fresh-squeezed juices.

Grimaldi's Italian Kitchen
1646 Litchfield Turnpike,
Woodbridge, CT 06525
203-553-9889
Website: www.grimaldisoftct.com
Happy Hour Monday-Friday 3:30p-6:30p – 1/2 off drinks – Thursday Ladies night 1/2 priced wine bottles. Full Italian Tapas menu at bar.
Serving Lunch & Dinner starting at 11:30am Tuesday-Friday – 12:00pm Saturday & Sunday – closed Monday. Reservations recommended.
Ample parking in front of building – Handicapped accessible – All major credit cards – Take-out and free delivery(within 5 miles \$25.00 minimum order).

FINAL NOTES: Grimaldi's is definitely my new favorite place for top notch Italian cuisine. I was extremely impressed with the food, atmosphere, and attentive service. If you have a favorite restaurant, please e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.



SPORTS HEALTH

AMITY PHYSICAL THERAPY NOW OFFERING ACUPUNCTURE

Two Board Certified Acupuncture Practitioners, Kyle Branday MSPT, CAP and Joel Paul MSPT, CAP are licensed to perform the healing art of acupuncture.

Branday (Woodbridge) and Paul (Hamden) are cornerstone therapists with Amity Physical Therapy, and are now extending their therapy talents to acupuncture.

Welcoming the vaunted specialty to his practice, Michael Dow, Founder and CEO/Director, commented on the added therapy practice: "Research has demonstrated a wide range of positive effects through the use of acupuncture for treatment of both acute and chronic conditions that include neck and back pain, arm and leg pain, vertigo, fatigue, anxiety, insomnia, high blood pressure among many other symptoms." Dow added: "In fact most any painful symptom can be relieved with acupuncture in conjunction with other medical treatment, in particular physi-

cal therapy. Treatments are individualized, based on personal needs, with a full evaluation and physical exam to determine which acupuncture points should be used to facilitate maximum healing and benefit.

"From joint pain, arthritis and muscle spasms to asthma and headaches, acupuncture has proven to be extremely effective," Dow concluded. "Our two Board Certified Acupuncture Practitioners are highly skilled therapists and accepting patients in both Woodbridge and Hamden. Kyle Branday can be reached at 203-389-4593 in Woodbridge. Joel Paul's office phone in Hamden is 203-691-6248, or visit www.amitypt.com

Amity Physical Therapy was founded eleven years ago by Michael Dow MSPT and Director/CEO of the practice with offices in Woodridge, Hamden and Branford. For questions about physical therapy evaluation and treatment call 203-389-4593.

FOUR HEALTHY HOBBIES FOR MEN

How a man spends his free time can go a long way toward improving his quality of life and overall health. Family- and work-related stress might be unavoidable, but a healthy hobby can make it easier for men to cope with that stress. But even if you aren't stressed out, the following healthy hobbies can improve your quality of life and help you make the most of your free time.

Dust off that old guitar. Playing an instrument, whether it's the guitar, the piano, the drums, etc., is a great way to relax and, depending on when you started playing, may have a significant and positive impact on your mental health in the years to come. A study published in the July 2012 issue of *Frontiers in Human Neuroscience* found that playing a musical instrument may reduce the effects of mental decline associated with aging. Researchers behind the study based their findings on adults who learned to play music in childhood, so men who learned to play their guitar or tickle the ivories as a child might benefit more than those who learned to play as an adult. But even grown men with no previous musical experience can benefit from playing during their free time.

Hit the dance floor. Perhaps thanks to the popularity of the hit television show "Dancing With the Stars," which has seen professional football players like Emmitt Smith, Donald Driver and Hines Ward excel on the dance floor, more and

more men are taking up dance, which can improve cardiovascular health and help men shed a few extra pounds. Dancing is also a great way to build muscle and improve bone health. What's more, few women can resist a man who isn't afraid to show his stuff on the dance floor.

Escape into a good book. Reading is a great way to keep abreast of what's going on in the world, and reading also provides several health benefits. Research has shown that activities like reading can improve memory function, delaying or even preventing age-related memory loss. Reading is also a great way to cope with stress, providing a welcome respite from the daily grind that allows you to peacefully unwind at the end of the day.

Get your hands dirty in the garden. Gardening is another great way to relieve stress while also getting some time in the fresh air. A 2011 study from researchers based in the Netherlands found that gardening is more effective at improving mood than reading. That study examined two groups of people who were instructed to read or garden for 30 minutes. When the half hour was up, the participants who gardened reported being in a better mood than those who read, and the gardening group also had lower levels of cortisol, a hormone associated with stress. Additional studies have also linked gardening to reducing the symptoms associated with depression.

LOW BACK & 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 related 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



Peter Geloso DPT

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 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.

HOUSES OF WORSHIP EVENTS



THE CHURCH OF THE GOOD SHEPHERD JUNE EVENTS

The Episcopal Church of the Good Shepherd moves into summer with a slate of activities to interest people of all ages.

On Youth Sunday, June 5th, our 9:30 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 and the celebration of our new confirmands. All are welcome at The Episcopal Church of the Good Shepherd.

During the summer months **Recreational Fun** will continue on Wednesday mornings in the Parish Hall from 10:30am to Noon while **The Shepherd’s Table**, our free lunch and fellowship program, goes on hiatus for the summer. We look forward to seeing our Wednesday regulars this summer as well as newcomers.

Interested in learning more about the Gospel of Luke? This summer we will have an opportunity to study scripture using a combination individual/group method of gospel learning called **The 50 Day Bible Challenge**. Using a book of daily readings from Luke with reflections written by Episcopalians, prayers, and questions, we will work individually and then gather for a weekly group discussion at a time mutually convenient to the members of the group. Please contact the parish office at 203-795-6577 or at thegoodshepherd@optonline.net to join us or with any questions.

Join The Rev. Diana Rogers on Saturday, June 18th at 9am to learn about walking **The Good Shepherd’s labyrinth**. The great pavement labyrinths first appeared in cathedrals like Chartres and Amien in the 12th through 14th centuries. Used for spiritual meditation and

contemplation, walking the labyrinth has been a spiritual exercise for centuries. Come learn more about this enduring spiritual practice. Meet at the labyrinth on the south side of the church off Pryde Drive at 9am.

In June our popular **Prayer Shawl Ministry** meets on Wednesday, June 22nd at 6pm in the Parish Hall. Anyone interested in knitting or crocheting a prayer shawl for a person in need is welcome to join us. Open to the public, we craft all year-round and meet regularly. Our prayer shawls are blessed during a Sunday Eucharist and then distributed by our parishioners to friends, neighbors and family members in need and at area hospitals.

Please join us at 7pm on Wednesday June 29th for our monthly **Healing Prayer** with **Holy Eucharist Service** in the church. Enter by the front door. All are welcome.

Vacation Bible School returns to The Church of the Good Shepherd in July, running from Monday, July 18th through Friday, July 22nd. Look for more details in early July. Please contact the parish office at 203-795-6577 or via email at thegoodshepherd@optonline.net with any inquiries.

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 @ 9:30 a.m. For more information about the The Church of the Good Shepherd’s many other programs, please call the Parish Office @ (203) 795-6577, email us @ thegoodshepherd@optonline.net, visit our website @ www.thegoodshepherdorangedt.org, and, of course, check our Facebook page www.facebook.com/cgsorangedt for frequent postings.

HOLY INFANT BUS TRIP TO BROADWAY THEATER

The Holy Infant Church Women’s Guild is having a bus trip to the Westchester Broadway Theater on Wednesday, November 16. The show is Saturday Night Fever. The price is \$99 which includes lunch, transportation, gratuities, and show ticket. The coach will leave the Holy Infant parking lot at 450 Racebrook Road at 9:30 am and will return following the show.

A payment of \$49.50 is required at the time of reservation with the balance



Holy Infant Church

due by October 7. Call (203)799-2379 for a reservation.

ORANGE CONGREGATIONAL CHURCH HAPPENINGS

Orange Congregational Church at 205 Meeting House Lane in Orange, CT (203-795-9749) invites you to come worship with us at our regular Sunday worship services taking place at 8 a.m. in the Chapel or 10 a.m. in the Sanctuary. Baccalaureate Sunday is June 12th at our 10:00 a.m. worship service. On this special day we will lift up all of those who will be graduating this year. We will also be awarding scholarships to High School seniors who are the recipients of the Scholarships of Orange Congregational Church. Also, please save the date for the Orange Congregational Church Golf Tournament on Friday, July 22nd at the



Orange Congregational Church

Orange Hills Country Club. All proceeds go to our Christian Service & Outreach Board for support of Columbus House and other local charities. To play or be a Sponsor, please call the church office 203 795-9749.

Woodbridge Town News

Attention Churches, Synagogues & Houses of Worship!

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HOUSES OF WORSHIP

TEMPLE BETH SHOLOM
HOSTS SILK'N SOUNDS

Temple Beth Sholom, 1809 Whitney Avenue, Hamden, is hosting a performance by Silk'n Sounds on June 16th at 7:00 PM. Silk'n Sounds is an award-winning women's a capella group from Hamden, CT. They will perform a variety of music – ballads, jazz, and barbershop in beautiful four-part harmony. The performance is free and open to the public.

RSVP by June 13th to Eta Kaplan (203) 281-3349.
Temple Beth Sholom is a conservative egalitarian synagogue with over 400 member families and singles from the Greater New Haven community. For information about Temple Beth Sholom, contact the Temple office at (203) 288-7748 or go to www.tbshamden.com.

WOODBIDGE'S RABBI SHAPIRO
MAKES "MOST INSPIRING" LIST

The Forward, a leading newspaper that covers Jewish news, opinion, life and culture, has named Rabbi Rona Shapiro of Congregation B'nai Jacob in Woodbridge, one of "Most Inspiring Rabbis" of 2016. Each year, The Forward runs this feature about inspiring Rabbis who make a difference. Congregants from B'nai Jacob responded to an online



Rabbi Rona
Shapiro

questionnaire, submitting examples of how and why Rabbi Shapiro's spiritual leadership impacted their everyday lives. Her selection by the editorial staff was based upon hundreds of submissions throughout North America and across all denominations and traditions. To read the article in its entirety: <http://forward.com/series/rabbis/2016>.

ORANGE CONGREGATIONAL CHURCH
Strawberry Festival- 2016

Orange Fairgrounds- 9AM-5PM

A day of family fun- Saturday, June 11(rain date June 12)

- 9AM- Pancake Breakfast
- 10AM-3PM – Red Car Show
- 11AM-11:45AM – Al DeCant – Children's Entertainment
- 1PM- 2PM – Hay Rides
- 1PM-5PM – Furious George- classic rock
- 2PM-2:30 - Magician -Bryan Lizotte
- 4PM – Pie Eating Contest

ALL DAY
60+ Vendors

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Rides, Face Painting, Children's Games

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"The Strawberry is King"

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"Hot off the Grill"

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and more

Free parking/Free admission

Wine Talk

With Ray Spaziani



START THE SUMMER WITH
WINES FROM WALLA WALLA

Washington's first grapes were planted at Fort Vancouver by the Hudson's Bay Company in 1825. By 1910, wine grapes were growing in many areas of the state, following the path of early settlers. French, German and Italian immigrants pioneered the earliest plantings. Wine historians Ron Irvine and Dr. Walter Clore document this in their book.

The Wine Project is a continuous and connected effort to cultivate wine grapes beginning with those early plantings at Fort Vancouver. Hybrid varieties arrived in nurseries in the Puget Sound region as early as 1854, and by 1860 wine grapes were planted in the Walla Walla Valley. Large-scale irrigation, fueled by runoff from the melting snowcaps of the Cascade Mountains, began in eastern Washington in 1903, unlocking the dormant potential of the land and its sunny, arid climate. Italian and German varietals were planted in the Yakima and Columbia Valleys and wine grape acreage expanded rapidly in the early part of the 20th century. In 1910, the first annual Columbia River Valley Grape Carnival was held in Kennewick.

By 1914, important vineyards had sprung up in the Yakima Valley—most notably the vineyards of W.B. Bridgman of Sunnyside. Muscat of Alexandria vines on Snipes Mountain dating to 1917 are still producing and are considered the oldest in the state.

The arrival of Prohibition in 1920 put a damper on wine grape production, but ironically may have helped spawn early interest in home winemaking. At the end of Prohibition, the first bonded winery in the Northwest was founded on Puget Sound's Stretch Island. By 1938 there were 42 wineries located throughout the state.

The first commercial-scale plantings began in the 1960s. The efforts of the earliest producers, predecessors to today's Columbia Winery and Chateau Ste. Michelle attracted the attention of wine historian Leon

Adams. Adams, in turn, introduced pioneering enologist Andre Tchelistcheff to Chateau Ste. Michelle. It was Tchelistcheff who helped guide Chateau Ste. Michelle's early efforts and mentored modern winemaking in this state. The resulting rapid expansion of the industry in the mid '70s is now rivaled by today's breakneck pace, where a new winery opens nearly every 30 days.

The trend for quality wine production started by a few home winemakers and visionary farmers has become a respected and influential \$4.8 billion-plus industry within Washington State. Washington wine is available in 50 states and more than 40 countries globally. Washington ranks second nationally for premium wine production and over 50,000 acres* are planted to vinifera grapes. Over 40% of these vines have been planted in the last 10 years as the industry rapidly expands. Significant developments in Washington State include the formation of the Washington State Wine Commission, a unified marketing and trade association, in 1987. In 2003, the Washington Wine Institute and its educational partners celebrated the state's \$2.3 million investment (per biennium) to create new 2-year and 4-year degree programs supporting Washington's growing wine industry. The program provides an educated work force to satisfy the needs of the growing industry. A degree program, ongoing education and research enhance the state's reputation as a quality wine-producing region. In 2011, the industry voted to increase their annual assessments to help fund a world-class Wine Science Center at Washington State University which opened in June 2015.

Washington State wines are wonderful. The whites are crisp and clean generally unoaked and great deck wines. The reds are fruity and light. My wine recommendation is Chateau Ste Michelle Dry Resling. It is crisp and fruity and great for summer fun!

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Achievements
Zachary Saxe Participated in the 2016 Game Studio Senior Show at Champlain

Burlington, VT -- Zachary Saxe of Woodbridge, CT participated in the 2016 Game Studio Senior Show at Champlain College. Game Design, Game Art and Animation, Management of Creative Media, and Game Programming majors were all involved in creating nine different games that were presented to game industry recruiters from around the United States and Montreal. After the games were presented, recruiters had the chance to meet the seniors, try their games, and select candidates to interview the following day. Typically, five to ten seniors are hired in the game industry from this event.

Eastern Student Shannon Murphy Presents Research Poster at CREATE Conference

Willimantic, CT -- More than 250 talented students at Eastern Connecticut State University presented research and creative work at the university's second annual CREATE conference this past April. CREATE stands for Celebrating Research Excellence and Artistic Talent at Eastern, and is the university's premier, academic year-end showcase. At the culminating event, students of all majors presented professional posters, live music, dance performances, artwork, photography, documentaries and panel discussions. Speaking to the value of CREATE, Eastern President Elsa Nunez said, "It takes a very strong and dedicated student to produce this quality of work, and it's important for other students to see this output." Shannon Murphy '17 of Woodbridge, who majors in Social

Work, presented a research poster at the event. Murphy's research, conducted alongside four other classmates, was titled "Stress and Stimulants on ECSU's Campus."

Dean's List
Hunter Francis Named to Dean's List at Grove City College

Grove City, PA -- Hunter Francis, a junior Psychology major at Grove City College, has been named to the Dean's List for the Spring 2016 semester. Hunter is a 2013 graduate of Christian Heritage School and is the son of Mr. and Mrs. Mark Francis (Lynn) from Woodbridge, CT. Students eligible for the Dean's List have a GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0.

Harry Chartoff Named to Worcester Polytechnic Institute's Spring 2016 Dean's List

Worcester, MA -- Worcester Polytechnic Institute has announced that Harry Chartoff of Woodbridge, Conn., a member of the class of 2018 majoring in biomedical engineering, was named to the university's Dean's List for academic excellence for the spring 2016 semester.

JMU Announces Spring 2016 Dean's List

HARRISONBURG, VA (05/27/2016) -- JMU is pleased to announce that the following students made the dean's list at James Madison University for the spring 2016 semester. Students who earn dean's list honors must carry at least 12 graded credit hours and earn a GPA of between 3.5 and 3.899.

Kara Burgess of Woodbridge

(06525), who is majoring in international affairs.

Natalie Pyne of Woodbridge (06525), who is majoring in hospitality management.

Graduations
Zachary Saxe Graduates from Champlain College

Burlington, VT -- Zachary Saxe of Woodbridge, CT graduated from Champlain College with a degree in Managing Creative Media on May 14, 2016. Champlain College's 138th commencement was held at Edmunds Field in Burlington, Vt. A total of 537 undergraduates received their associate and bachelors degrees during the ceremony.

Eastern Connecticut State University Congratulates the Undergraduate Class Of 2016

Willimantic, CT -- More than 12,000 family members and friends filled the XL Center in Hartford on Tuesday, May 17, to cheer on their sons and daughters, brothers and sisters, as 1,221 undergraduates and 25 graduate students received their diplomas at Eastern Connecticut State University's 126th Commencement exercises. From Woodbridge, Brittany DiLorenzo graduated with a Bachelor of Science degree in Psychology, Alexandra Olsen graduated with a Bachelor of Science degree in Business Administration, Erik Russell-Shepherd graduated with a Bachelor of Science degree in Accounting and Gloria Washington graduated with a Bachelor of Arts degree in English.

Jake White Graduates from Emerson College in Boston

Boston, MA -- On Sunday, May 8, Jake White of Woodbridge, CT graduated from Emerson College. White earned a BA in Film Production. At Emerson's 136th Commencement cer-

emony, approximately 970 bachelor's degrees were conferred during the undergraduate exercises and more than 350 master's degrees were conferred during the graduate exercises.

Tyler Rehm Graduated from Keene State College

Keene, NH -- On Saturday, May 7, Keene State College honored the graduating class of 2016. Tyler Rehm of Woodbridge, CT graduated with a BS in Safety & Occupational Health Applied Sciences.

WCSU January and May 2016 Undergraduate Degree Recipients

Danbury, CT -- Western Connecticut State University conferred undergraduate degrees upon the following Woodbridge students on Sunday, May 22, at the Webster Bank Arena at Harbor Yard in Bridgeport: Jennifer R. Goldberg, BA Psychology.

Inductions
Alina Ayrapetova Inducted Into Beta Gamma Sigma National Honor Society

Springfield, MA -- Alina Ayrapetova of Woodbridge, CT was welcomed into Beta Gamma Sigma National Honor Society on April 21 at the Western New England University chapter's 12th annual induction ceremony. Beta Gamma Sigma is a national honor society for business majors at schools accredited by AACSB International, the Association to Advance Collegiate Schools of Business. Students are selected from the top 7% of juniors, top 10% of seniors and to 20% of graduate students. Candidates must have completed two semesters of study at Western New England University. Ayrapetova is majoring in Master of Business Administration.

HOW MEN CAN MAKE MORE TIME FOR FAMILY

Fathers can make more time for their families in a variety of ways.

When analyzing the role of men in the household, it's clear that those roles have changed over the years. Data from the American Time Use Survey and the Pew Research Center reveals that in 2011 men were spending far more time performing household duties than they were in 1965. Men spent 10 hours per week on chores in 2011, which is more than double the amount of time (four hours) they devoted to household duties in 1965.

Despite that more active role at home, many men still feel they are not spending enough time with their children. The Pew survey, which examined more than 2,500 adults, found that 46 percent of fathers felt they weren't spending enough time as they wanted to with their kids. Professional commitments keep many men from spending ample time with their kids, and while it may not be realistic for most fathers to walk away

from their careers, there are steps men can take to make more time for their families.

Don't overextend yourself at the office. Much is made of how today's youngsters have more hectic schedules than those of yesteryear. But it's not just kids who are overextending themselves. Fathers who can't say no at the office might be legends in the boardroom, but that willingness to take on extra work could be cutting into the time they spend with their families. Learn to delegate more at the office, taking on only what you can handle in a normal day's work. Taking on too many responsibilities can significantly cut into the time you have available for family.

Turn off the television. After a long day at the office, it can be tempting to come home and unwind in front of the television. But you might be spending more time in front of the tube than you think, and that time on the couch is valuable time that could be spent connecting with your family. In its 2011 American Time Use Survey, the Bureau

of Labor Statistics revealed that individuals age 15 and over spent more than half of their leisure time watching television. While bonding over a favorite movie or television show can bring families closer together, keeping the television on as background noise during dinner or other times of the day can make it harder for families to connect and share meaningful conversation. Turn the television off when eating dinner and work to reduce the time you and your family spend in front of the TV.

Leave the office at a set time every day. The demands of a successful career can be significant, and many fathers admit to sacrificing family time for the sake of their careers. But it's possible to have a successful career and still spend more time with your family. One trick is to leave your office at a reasonable time every day, regardless of work demands. Making it home for family dinners each night can have a profound impact on your children. A survey from the National

Center on Addiction and Substance Abuse found that the more children have dinners with their parents, the less likely they are to smoke, drink or use drugs. Men who want to spend more time with their families should make it a priority to leave their jobs at a set time each day, regardless of their workload. Technology has made it possible to stay connected to your work even when you aren't in the office, so you can always get things done at home after dinner with your family while the kids are doing their homework.

Stop working on weekends. Men who travel often for business or those who simply cannot get away from the office on weeknights should reserve their weekends for time with the family. Don't take your work home with you on the weekend and don't check your email until you go back to work on Monday. Work-related distractions, such as checking your email on your smartphone, can take away from the time you have with your family.

SOSENSKY BRINGS MINDFULNESS TO NH COUNTY YOUTH

A certified and licensed Kidding Around Yoga (KAY) teacher, pre-school teacher and religious school teacher, Sosensky is receiving rave reviews for the yoga classes she teaches to pre-school and elementary school children in public and private schools, summer camps, Girl Scout Troops and birthday parties, in central and southern Connecticut. Between family and children's yoga classes and mindfulness training for teachers, Sosensky aims to bring a calm clarity into New Haven County classrooms, preparing even the youngest of students to manage their emotions, thoughts and minds, so they can focus and be successful in school and in their daily routine.

Sosensky recently launched her "Mindfulness in the Classroom Workshop," a Professional Development Day program for Teachers designed to help youth manage their emotions so they can learn more clearly and thoroughly. "Mindfulness in the classroom is so important," Sosensky says. "As educators, we expect our children to listen, be attentive and respect authority. We teach the 'hands-off' policy where we use our 'words' instead of our 'hands' to solve problems. Throughout this learning process, children are faced with unfamiliar emotions that can be overwhelming. They need to learn how to manage the feelings they experience in their day-to-day activities such as jealousy, anger, embarrassment and anxiety so their minds are free to learn academically."

Sosensky's yoga classes include pranayama (breathing exercises), asanas

(yoga poses), meditation and chanting, all of which have a significant long-term effect on a child's development. "Through the use of mindfulness games such as Toega-yoga and ZIP,ZAP,ZOP, I help children strengthen their skills to focus and concentrate in and outside of the classroom," Sosensky says. "The KAY system utilizes the yoga poses, creatively tucked into partner yoga, games and activities, with original music and stories."

Sosensky's students sing, salute the sun, jog and dance, limbo, massage and so much more. "It is crucial for children to learn how to find peace on the inside, regardless of what is happening on the outside," she says. "The benefits of yoga and mindfulness in the classroom are simply 'OM'azing!"

Sosensky teaches Mommy & Me, Toddler, Kids, Tweens & Family Yoga classes all throughout the Southern CT region. You can find her at the following schools and studios: Phoenix Yoga & Wellness Studio in Seymour, Musical Folk in Woodbridge, Your Community Yoga Center in Hamden, Howard Whittemore Memorial Library in Naugatuck, KinderCare in Oxford, Temple Beth Sholom Pre-school and Hebrew School programs in Hamden, Ezra Academy in Woodbridge, Mishkan Israel Nursery School in Hamden, Bethany Community Elementary School/Parks & Recs extended day & summer camp programs, and WRD – Woodbridge Recreation summer camp program.

For more information ,visit Sherri's website at www.kiddingaroundyoga.com/sherri.

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INHERITING STOCK FROM DAD

By Roberta L Nestor

When I was a kid, back in the 1970s, my dad would bring home his Wall Street Journal, and he would read the "B" section to spot good stocks. He loved to pick stocks. The thought process was simple: pick large companies you know and whose products you use. By today's standards, his stock portfolio would be considered simple. Exxon (formerly Mobil), Johnson and Johnson, AT & T, and Philip Morris. There was a tremendous pride in owning a piece of corporate America.

In the 1970s, nearly 80% of all investors were men, and the best game in town was to buy individual stocks directly from the company, versus a brokerage account. Mutual funds did not capture the public's attention until the late 1980s and 1990s. So, if you have a father or grandfather that was born in the 1930s or 1940s, chances are they used individual stocks to create wealth. Buying an individual stock back then meant buying and holding that stock for the long term, truly investing in the company. Certainly the process of purchasing stocks has changed dramatically. Historically, you would either have a stock-broker purchase the stock or you could actually purchase shares directly from the company. Every so often my dad would go into his small safe and show me the actual stock certificates. He never received a statement in the mail; his only proof of ownership were the certificates themselves. Coming home with the Wall Street Journal in hand, he would show me how to calculate what the stock was worth on any given day.

Aside from learning how to apply basic math to real life, I also learned how to calculate the PE (the ratio of Profit to Earnings) to help find "value" stocks, meaning a stock appears to be undervalued based on historical profits. At the start of the 1970s the average PE ratio of the S&P 500 ranged from 15-19, but over that decade of "stagflation" dropped to around 7. I began to understand dividends, and it was drilled into my mind that the only way to have a stock grow properly was to reinvest those dividends and buy more shares. How did he keep track of all of the additional shares? In a little black book. Of course, in the 1980s, the brokerage industry embraced technology

and the stock certificates for additional shares stopped coming in the mail. This is when we began to have "certificated" and "non-certificated" shares as well as statements directly from the corporation.

Today, many of us are inheriting or have inherited individual stocks and have torn emotions as to what to do. It is impressive to see how such a small initial investment could grow so much. For example, if you invested \$10,000 in the summer of 1970 into Exxon for 30 years and reinvested dividends you would have \$3,980,000. Chevron would have grown to \$2,150,000 and Johnson & Johnson \$2,019,000 for the same time period (past performance is not necessarily indicative of future results). The wonderful gift of inheriting stock or mutual funds (that are held in non-retirement accounts) is all of that growth – may come to you free of tax! However, if you held inherited stock in your name for a period of years and then sold it, you could realize a long term capital gain or loss depending on the difference in the share price from when you took ownership to when you sold it.

If you have inherited stock, talk to your financial advisor and your tax advisor before making any decisions. There are many options to consider if you plan to leave as a legacy to your heirs. Pre-planning for the inevitable transfer of assets will help increase the tax efficiency of the gift you leave to your children, grandchildren, or a charity of your choosing.

Happy Father's Day to all!

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

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and I never loved any other man as much." — HEDY LAMARR

ENTERTAINMENT

TOP 10 MOVIES

1. **Captain America: Civil War (PG-13)**

Chris Evans, Robert Downey Jr.
2. **The Jungle Book (PG)**

Neel Sethi
3. **Money Monster (R)**

George Clooney, Julia Roberts
4. **The Darkness (PG-13)**

Kevin Bacon, Radha Mitchell
5. **Mother's Day (PG-13)**

Jennifer Aniston, Kate Hudson
6. **Zootopia (PG)**

animated
7. **The Huntsman: Winter's War (PG-13)**

Chris Hemsworth, Jessica Chastain
8. **Keanu (R)**

Keegan-Michael Key, Jordan Peele
9. **Barbershop: The Next Cut (PG-13)**

Ice Cube, Regina Hall
10. **The Boss (R)**

Melissa McCarthy, Kristen Bell

TOP 10 VOD

1. **Star Wars: The Force Awakens (PG-13)**

Daisy Ridley
2. **The 5th Wave (PG-13)**

Chloe Grace Moretz
3. **Joy (PG-13)**

Jennifer Lawrence
4. **The Revenant (R)**

Leonardo DiCaprio
5. **Ride Along 2 (PG-13)**

Ice Cube
6. **The Choice (PG-13)**

Benjamin Walker
7. **Daddy's Home (PG-13)**

Will Ferrell
8. **Krampus (PG-13)**

Adam Scott
9. **Norm of the North (PG)**

animated
10. **Sisters (R)**

Amy Poehler

1. Johnny Cash and The Carter Family had a hit with "Busted" in 1962. What other artist had a more famous hit the same year with the same song?

2. The Drifters released "This Magic Moment" in 1960. Which group released the song in 1969?

3. Name the group that wrote and released "Nights on Broadway."

4. Who wrote and released "Tuesday's Gone"?

5. Name the song that contains this lyric: "He takes me deep-sea fishing in a submarine, We go to drive-in movies in a limousine, He's got a whirly-birdy and a 12-foot yacht."



1. Ray Charles. His version went to No. 4, while Cash's only reached No. 13. 2. Jay and the Americans. 3. The Bee Gees, in 1975. It was Barry Gibb's first try at falsetto. The radio version was cut to 2:52, while the album version stayed at 4:32. 4. Lynyrd Skynyrd, in 1973. Off its eponymous first album. 5. "Tan Shoes and Pink Shoes and Pink Shoelaces," a 1959 hit for 13-year-old Dodie Stevens. The song tells about boyfriend Doolley who objected to putting on a uniform and going to war because he was into wearing tan shoes, pink shoelaces, a polka dot vest and a big hat with a purple band.

SPORTS QUIZ

By Chris Richcreek

1. Three players have hit a home run for their 3,000th major-league hit. Name two of them.

2. In 2015, the Chicago White Sox's Chris Sale became the second pitcher to record double-digit strikeouts in eight consecutive games. Who else did it?

3. When was the last time the Cincinnati Bengals won an NFL playoff game?

4. In 2015, Steve Alford became the fourth UCLA men's basketball coach to reach the NCAA Tournament's Sweet 16 in each of his first two seasons. Who else did it?

5. Who scored the overtime goal in 1975 that gave the New York Islanders their first NHL playoff series triumph?

6. In 2015, Columbus' Justin Meram logged the fastest goal in Major League Soccer playoff history (9 seconds). What had been the fastest?

7. Which two schools have won the most NCAA Division I men's team swimming and diving championships?

1. Wade Boggs, Derek Jeter and Alex Rodriguez. 2. Boston's Pedro Martinez (1999). 3. It was the 1990 season. 4. Gene Bartow (1976, '77), Gary Cunningham ('78, '79) and Steve Lavin ('97, '98). 5. J.P. Partee. 6. Columbus' Adrian Paz scored in 26 seconds in 1996. 7. Michigan and Texas, with 12 each.



Behind the scenes in "Anomalisa"
[Paramount Pictures]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of June 6, 2016.

PICKS OF THE WEEK

"Zootopia" (PG) -- In the futuristic metropolis of Zootopia, society is run by all types of animals -- predators and prey, from big ol' rhinos to tiny hamsters -- coexisting (mostly) peacefully in a diverse and advanced society. Optimistic officer Judy Hopps (voiced by Ginnifer Goodwin) follows her dream of becoming the first bunny on the police force, only to face doubts and put-downs from the bigger animals in the precinct. When a string of attacks threatens the predator-prey peace, Judy teams up with Nick, a sly-fox con artist (Jason Bateman) to solve the case.

Disney's 3D animations continue to get better and better under the direction of PIXAR's John Lasseter. This latest one manages to be timely, thoughtful and fun, with a sense of humor that spans

generations. It shows how much better kids' movies can be when there's more than rapid-fire gags and dazzling visuals.

"Hail, Caesar!" (R) -- While shooting an overblown old-Hollywood Biblical epic, the headlining movie star (George Clooney) gets kidnapped, and it's up to one dedicated studio fixer (Josh Brolin) to recapture the dopey A-lister, manage the press and keep the Hollywood dream factory going. Throw in a brassy screen-darling (Scarlett Johansson) and the caper is almost complete.

The Coen brothers sure have fun with their knowledge of cinema history and backlot absurdity. The story is littered with movies within the movie, each one a well-tuned parody of genres past. Brolin is great as a hardworking true-believer in movie magic, even though he knows all of the tricks and dirty secrets that keep the illusion alive. It's definitely fun, but knowing a bit about Golden Age cinema will add to the enjoyment.

"Anomalisa" (R) -- It's not everyday you get to see a deeply introspective, intimate drama starring stop-motion animated puppets, but it turns out they are perfect for creating a sense of unease and isolation. Michael (David Thewlis) is on a business trip, promoting his book about motivational speaking and connecting with others. But he feels deeply unmotivated, and he can't connect with anyone, as they all look and sound like slightly different versions of the same mass-produced person (Tom Noonan voices everyone but the two leads). Michael's haze is momentarily pierced when he meets Lisa (Jennifer Jason Leigh). It's slow and melancholy throughout, but writer/director Andy Kaufman succeeds in creating a unique experience.

Sudoku answers on page 32

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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COMICS/CROSSWORD/HOLLYWOOD

Henry BY DON TRACHTE

The Spats by Jeff Pickering

King Crossword

ACROSS

- 1 Speed-of-sound number
- 5 Away from NNE
- 8 Differently
- 12 Jai follower
- 13 Island garland
- 14 Cambodia neighbor
- 15 Price reduction
- 17 African herd
- 18 Goes in
- 19 Old foundation garment
- 21 "Gee, ya think?"
- 22 Goblet feature
- 23 Young Lincoln
- 26 "Family Guy" daughter
- 28 Burn with steam
- 31 "Go away!"
- 33 Fix the sound-track
- 35 Sandwich cookie
- 36 Chess soldiers
- 38 Periodical, for short
- 40 Barbie's companion
- 41 Approach
- 43 Dinner for Dobbin
- 45 Plot
- 47 Rhododen-

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

- | | | |
|---------------------|-----------------------------|--------------------------|
| dron kin | through the | product |
| 51 "Hi, sailor!" | woods | 29 Director Spike |
| 52 Native country | 5 Inebriated | 30 "SNL" announcer Pardo |
| 54 Part of GSN | 6 Stitch | 32 Like some jacks |
| 55 Coach Parseghian | 7 Offstage areas | 34 Nassau's islands |
| 56 Small combo | 8 Crete-born painter | 37 America's uncle |
| 57 Newspaper pg. | 9 Sightseers' stop | 39 Stare |
| 58 Small shots | 10 Devil's purchase | 42 Place to heal |
| 59 Tosses in | 11 Brutus' being | 44 1945 conference site |
| | 16 Snare, for one | 45 Palm starch |
| | 20 "Monty Python" intro | 46 Fellow |
| | 23 Recipe meas. | 48 Fat |
| | 24 "Eureka!" | 49 Oklahoma city |
| | 25 Quaint and unpretentious | 50 Commotions |
| | 27 Wrigley | 53 Sphere |

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HOLLYWOOD By Tony Rizzo

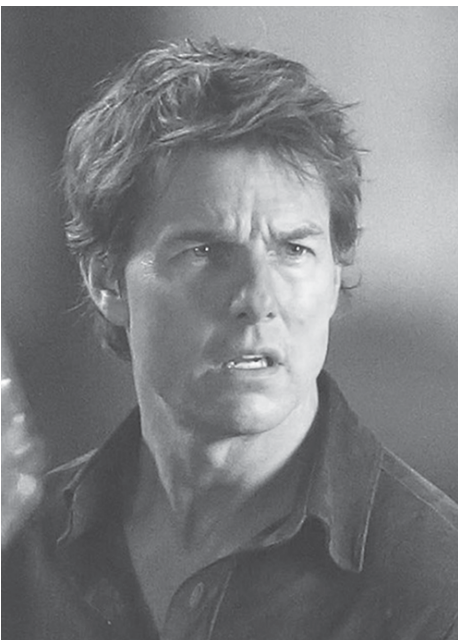
Tom Cruise wants his Mummy! Not long ago we suggested that the 53-year-old superstar should stop making action films and return to making movies like "Born on the Fourth of July" (1990), "Jerry Maguire" (1996) and "Magnolia" (1999), for which he received Oscar nominations. Now instead of the tall buildings and fast-moving vehicles, he'll be chasing a mummy -- and mummies don't run very fast.

Universal Studios has long wanted to reboot its "Mummy" franchise, which started in 1932 with Boris Karloff. There were seven "Mummy" films made between 1999 and 2015, ending with the four "Scorpion King" movies. Tom Cruise gets his "Mummy" come July 2017.

Meanwhile, "Beautiful Mind" Oscar-winner Russell Crowe has signed on to play "Dr. Jekyll and Mr. Hyde" (for which Fredric March won an Oscar in 1931). He's currently onscreen in the comedy "The Nice Guys," with Ryan Gosling, Matt Bomer and Kim Basinger.

Hollywood bigwigs have voted Johnny Depp the actor they'd most like to be invisible, so now he'll play "The Invisible Man," opening in April 2018.

Woody Allen's new film, "Cafe Society," narrated by Allen and starring "The Heartbreak Kid," Oscar-nominee Jeannie Berlin (daughter of Elaine May), Steve Carrell, Jesse Eisenberg, Blake Lively and Kristin Stewart, opens July 15. It is his 47th film, and his first shot with a Sony CineAlta F65 digital camera. Remember when Allen said he'd only shoot in Europe because the U.S. was too expensive? Well, he must have gotten fantastic tax breaks and discounts, because this film was shot in the streets of Los Angeles and Brooklyn.



Tom Cruise in "The Mummy" [Universal Pictures]

Who'd ever imagine that wrestling star Dwayne "The Rock" Johnson would become one of the most successful film stars of this decade? In 2014, his "Hercules" film cost \$100 million and grossed \$245 million, while Kellen Lutz's "Legend of Hercules," from the year before, cost \$70 million and only grossed \$61 million. "Furious 7" followed in 2015 at a cost of \$190 million and grossed \$1.5 billion, while "San Andreas" cost \$110 million and grossed \$447 million. Now he's teamed up with Kevin Hart ("Ride Along 2" cost \$40 million and grossed \$122.6 million) for another kind of ride-along film, "Central Intelligence," arriving June 17. "Fast 8" is due April 14, and then it's back to the beach for "Baywatch," playing the role that made David Hasselhoff famous, due May 2017. And you thought the only Rock in movies was Rock Hudson!

"Sharknado the Fourth Awakens" is hitting TV screens in July, with Ian Ziering, Tara Reid and David Hasselhoff in jeopardy again. With every "Sharknado" film, I can see my shark's tooth and sharkskin suit going up in value!

www.WoodbridgeTownNews.com

POPEYE

King Crossword Answers on Page 32

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King Crossword

Answers

Solution time: 25 mins.

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

Weekly SUDOKU

Answer

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

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

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HELP WANTED

BE A PART OF OUR TEAM! - We have part-time positions available; sales and company mascot. We’re looking for self-motivated team players. Candidates must have flexible schedules and be available evenings and weekends. If interested contact Joe Gradia at 203-712-1305 or email at jgradia@hawleylaneshoes.com.

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WOODBIDGE - THANK YOU ! We are fully occupied and taking names for our waiting list. One and Two Bedroom. Applicants must be 62 or older or disabled. One Bdrm-\$1038/mo; Two Bdrm-\$1100/mo including all utilities. Off street parking, on-site laundry, gardens, courtyard, on busline, handicapped accessible. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165.

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TOWN OF WOODBRIDGE
LEGAL NOTICE

A certified list of Republican and Democratic party endorsed candidates for the Town of Woodbridge for election as Justice of the Peace will be on file in my office at 11 Meetinghouse Lane Woodbridge, Ct. 06525 and copies thereof are available for public distribution.

A certified list of Republican and Democratic party endorsed Candidates for the Town for election including Registrar of Voters will be on file with the Office of the Secretary of the State, 30 Trinity Street Hartford, Ct., and copies thereof will be available for public distribution.

A primary will be held on August 9, 2016 if the required primary petitions for opposition candidates are filed, pursuant to Sections 9-382 to 9-450 of the Connecticut General Statutes, not later than 4:00 pm on June 7, 2016. Petition forms, instructions and information concerning the procedure for filing of opposing candidacies, including schedules, may be obtained from Jeanette Glicksman, Democratic Registrar of Voters and Anna Dickerson, Republican Registrar of Voters 11 Meetinghouse Lane Woodbridge, Ct. 06525

Dated at Woodbridge, Connecticut this 25th Day of May 2016.

Stephanie Ciarleglio
Town Clerk of Woodbridge

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

ARTS & LEISURE

WINNERS OF THE RENÉE B. FISHER COMPETITION

Piano students from across the state recently performed at Neighborhood Music School, as winners of the 39th annual Renée B. Fisher Competition for Young Pianists Winners' Concert. The 2016 Fisher Competition marks a 39-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.

ELEMENTARY/ MIDDLE SCHOOL

- Commissioned Piece--Stephanie Chang (Svitlana Fiorito) Riverside
- 3rd prize--Aimee Chang (Miyoko Lotto) Madison
- 2nd prize--Noah Lee (Hyun Sook Park) North Haven
- 1st prize--Stephanie Chang (Svitlana Fiorito) Riverside

HIGH SCHOOL

- Commissioned Piece--David Sacks (Miyoko Lotto) Greenwich
- Honorable Mention--Claire Chang (Miyoko Lotto) Madison
- 3rd prize (tie--Gilbert Tsui (Yoshie Akimoto) Weston
- 3rd prize (tie)--Harris Andersen

- (Rebecca Raffaelli) Woodbridge
- 2nd prize--Caroline Ma (Margreet Francis) Unionville
 - 1st prize--David Sacks (Miyoko Lotto) Greenwich

The distinguished panel of judges for the competition included Jung-Ja Kim (Boston Conservatory); Ivo Kaltchev (Catholic University); and Russell Hirshfield (Western Connecticut State University).

The judges selected winners in Elementary/Middle and High School Divisions who will receive monetary prizes in addition to the opportunity to perform. "The seemingly bottomless pool of talent in Connecticut never ceases to amaze me. We at NMS are very proud to introduce these accomplished young artists to the community each spring." said Michelle Zingale, NMS piano teacher and coordinator of the Competition.

A unique component of the Competition is the annual Fisher Composer Awards which commissions two international composers to create works that are debuted at the Competition. This year's featured composers are Edmund Jolliffe, who wrote The Strath for the Elementary/Middle School Division, and Pierre Bastaroli, who composed Laeta Devote for the High School Division. "It is most gratifying to see the students and their teachers so inspired by and committed to the contemporary works which we commission for them." said Zingale.

ANSONIA NATURE CENTER JUNE EVENTS

TREE I.D. HIKE – Sunday, June 5, 1 pm The towering giants that fill our forests have many uses and many names. Learn all about the trees we have here in CT, what they are used for, where they grow, which ones you can use for food, and which ones are best for lighting fires. You'll learn not only how to I.D. trees by their leaves, but also by their bark! FREE. Please register and wear appropriate shoes.

FANCI ANNUAL MEETING – Wednesday, June 8, 5:30 pm Join the Friends of the Ansonia Nature Center, Inc. to see what new and exciting projects they've been working on. Bring your own table setting and a casserole, salad, dessert, or other dish to share. Election of FANCI officers will take place at this meeting. Bring ideas for next year's programs and projects. Please register in advance.

PRIMITIVE FIRE SKILLS – Saturday, June 11, 10 am Join Tom Nedweden, primitive technologist, in the art of fire making. Two hundred and fifty years ago this skill could have meant life or death. This ability, no longer widely known, will be shared with you. Learn where to find the best firewood when you're stranded in the wilderness, the types of trees and other plants used to make tinder bundle, and how to create our very own coals to ignite the blaze! FEE: \$5 per person. Please register; all children must be accompanied by an adult.

OUTDOOR LIVING SKILLS: Lashing Project III – Saturday, June 18, 10 am Join Ranger Dan for the final session of his Lashing Projects. Hike into the forest, find a suitable group of trees, and build a raised platform using what we find in nature! Our goal is to build a tree house using our lashing skills. FREE; please register in advance.

SUMMER SOLSTICE DRUMMING WITH CHE CARTAFALSA – Saturday, June 18, 2 pm Che Cartafalsa is a musician, instrument maker, and educator whose work has ranged from concert halls and orchestras to rock bands and West African street weddings. He has played in the Northeast as a member of Toubabou and the White-Eyed Lizard Band, Che passes on to his students what he has learned from African percussion masters, emphasizing instrumental technique, listening skills, and multilayered rhythms in percussion. Authentic instruments will help us learn traditional African rhythms. FREE; please register for this family program.

FULL STRAWBERRY MOON HIKE – Monday, June 20, 8 pm The Algonquin tribes knew this moon as a time to gather the ripening strawberries. It is also known as the Rose Moon. Join the Nature Center rangers for this nighttime exploration of the park's trails as we follow the scents of the summer through the forest and fields. This adventure is geared toward adults and children. Wear sturdy shoes. Enjoy the summer fire too! FEE: \$1.00; please register.

SUMMER NATURE DAYS Open registration; choose one or more of our week-long sessions, each held Monday–Friday, 9:30 am to 3 pm. Dates: August 1–5, August 8–12, and August 15–19.

For children 5 to 11 years old who love the outdoors and wildlife, these popular classes will be not only educational but also a chance to explore the 156 acres the park offers. We will visit a variety of habitats in the park such as wetlands, fields, and woodlands. A great choice for a fun late-summer experience! TUITION PER WEEK: \$150 priority students (Ansonia residents and current family-level FANCI members); \$175 all others.



Call Today To Reserve Your Ad Space!

Display ads start at only \$110 per issue.
Call 203-553-9062 to place your ad!

FROM THE PROS AT AMITY GARDENS

AMITY GARDENS' "ANNUALS REPORT"

Finally, with the promise of long awaited warm weather, this is the time to get those flowers and veggies out of their pots and plastic six packs and into some fertile, warmer garden soil. Amity Gardens recommends well-tilled soil with a raked in fertilizer content of 5-10-5 (nitrogen, phosphate, potassium) for most annuals and vegetables. Either organic or chemical fertilizer is fine; the former takes longer to bring nutrients to the roots; chemical fertilizer is faster, but both will do the job to "spring" your plants into growth. Our inventory of Espoma organics, for

example, is ideal for all flowers and vegetables.

If you're like most of us, it seems the planting season would never come, and those florals with root systems getting bound up are eager to be transplanted. If you've already put in your pansies, you're in good shape. Ditto with cool



Geno Sardo

weather loving peas. May pinks, petunias, cosmos, impatiens and a wide range of other popular border flowers are ready now to follow. All annuals make a great complement to your perennials. Hardy geraniums, phlox, Shasta daisies make the flower garden come alive in early summer especially when you mix

in a wide variety of annuals.

Feeding annuals (and perennials) throughout the growing season is important. The Amity Gardens staff offers free advice to all gardeners and suggests the use of Sungro pro mix prepared soil for both starting and transplanting, along with an occasional side dressing of Espoma organic fertilizer as the season progresses. The careful care and feeding of your flowers, for all DIY homeowners, is a great way to color your yard beautiful all summer long.



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BARK BYTES...

By Vicki & Richard
Horowitz



CHANGING YOUR DOG'S BEHAVIOR

"How long should it take to change my dog's behavior?" There are five characteristics that affect a dog's learning process.

First is his relationship with you. If your dog believes he's the Leader, then he's not as likely to follow your instructions. From a human standpoint are you the boss at work or an employee? If you're an employee, then you are not as likely to influence the boss's behavior as he or she is to influence yours. The same holds true in our homes with our dogs. If you're the boss, you get to make the rules. If your dog is the boss, he gets to make the rules. Of course, this is from his perspective.

Second is his willingness to learn. From the human perspective consider reading a book. If we can't spell or don't understand the meaning of the words we won't be able to read a book. We need the foundations first. The same is true with your dog. If you haven't built a good foundation first, then you're not as likely to be successful. For example:

- Let's say your dog Scruffy has a tendency to not listen when you're out in public. Does he listen when you are alone and there are no distractions or does he only sometimes listen? If he doesn't listen without distractions, he's not going to listen when there are other things vying for his interest. You need to build the foundation first.
- Scruffy also pulls on the leash when on a walk around the neighborhood. How about in the house or in the back yard? If he doesn't follow you or walk with you in the house or in the yard, he's not likely to do them in the neighborhood. Again, if you haven't built the foundation, he's not ready to learn in a more challenging environment.

Third is the actual environment itself. If your dog is aggressive to other dogs, has anything bad ever happened to your dog? If your dog has been attacked five different times while walking in the neighborhood that could be part of the problem. Dogs learn by association. Who, what, when, where and how, matter. If you continue putting your dog in a stressful situation and he keeps having bad experiences, he'll associate those bad experiences with who is there, when they happen, where they take place, etc.

If there are young children in your home and they are running around playing and yelling, which is certainly normal, your dog might not be able to

concentrate on learning, especially if he's a puppy. He'll most likely want to join the fun and run, play and jump along with the kids. You might find that you have to find time when things are calmer and quieter to teach. Again, the environment can be a big factor.

Fourth is your dog's personality and temperament. If your dog is a shy or nervous dog he's going to have problems relaxing when facing new experiences such as meeting new people or seeing new things. If your dog is more confident, he's not as likely to worry about those new situations. That doesn't mean that the nervous dog can't learn to accept new situations, but it is likely that you'll have to go a lot slower.

Dogs are individuals, with their own personality and temperament. What one dog finds easy to learn another might find a real struggle. What one enjoys another might dislike. It's important to learn about your dog's likes and dislikes. Just as we learn in different ways, so too do dogs.

Fifth is communication. Remember that dogs are pack animals and communicate in a canine way, primarily non-verbally. As dog owners, we typically communicate verbally. This can lead to misunderstandings. When you learn to speak some canine and communicate with your dog in a language he understands, the learning process can go faster.

There are other factors as well. Your dog's breed characteristics, his intelligence and his previous experiences are also part of the equation. These can also add challenges or assist in changing your dog's behavior.

So how fast will Rover learn? That depends.

Understand the factors and take them into account. Work on establishing your dog's respect and trust along with building a loving relationship. Build a good foundation first and expand the lessons from there as your dog shows you he's ready to progress. Work in a suitable environment for what you are trying to achieve and communicate with your dog on a level he understands. When we put that all together we know what happens...a well-behaved dog!

Vicki and Richard Horowitz, of Woodbridge, are dog behavioral therapists and trainers with Bark Busters, the world's largest dog training company. For more information, call 1-877-500-BARK (2275) or visit www.dog-training-new-haven-ct.com.



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 in order 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.

MORE RESOURCES FOR THERAPY DOGS

DEAR PAW'S CORNER: I read your column about the owner whose therapy dog helps children with a fear of dogs. I also have a Golden Retriever therapy dog, and we have had many success stories.

Please tell your readers that organizations have different requirements for therapy dogs to visit their facilities, as well as for the handlers. For example, the hospitals we visit have additional health screening requirements for the handler. If they're looking for a good certification for their dog, Therapy Dogs International is a highly accepted certification. -- Ed A., Indiana

DEAR ED: Many thanks for the tips! It's definitely important to do your homework and learn as much as you can before submitting your dog and yourself as a therapy dog and handler. Different facilities may

need additional clearances -- not just a certification from a therapy-dog organization, but health checks for the owner/handler and background checks.

Therapy Dogs International has details on its website about its requirements for therapy dogs, and guidelines and testing information that will give owners a good idea of what they need to do to get their dog ready. For example, dogs have to be at least 1 year old. They don't have to take any specific therapy-dog classes, but they should have at the very least basic to intermediate obedience skills, a good temperament and up-to-date vaccinations and health records.

Owners also need to be aware that therapy dogs are not service dogs -- that is a different testing and certification process with different, often more stringent, requirements.



Send your questions or comments to ask@pawscorner.com.



top ten

Once-Popular Boy Names

1. Clarence
2. Herbert
3. Elmer
4. Ernest
5. Harold
6. Eugene
7. Willie
8. Albert
9. Arthur
10. Walter

Source: Ancestry.com

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Picture is missing. 2. Antenna is missing. 3. Sleeve is shorter. 4. Coverlet is missing. 5. Shade is raised. 6. Teddy bear is reversed.

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The Garden Bug

Dahlias

If you have very limited growing space, dahlias are very showy and do well in large pots or garden boxes. They do best in containers that hold at least 12 to 14 inches of potting medium (smaller containers will require more frequent watering) and always used the highest quality potting mix possible. If you find them regularly wilting from the heat, move the containers to a location with less afternoon sun.

- Brenda Weaver
Source: cgdahlias.com

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