

# Woodbridge Town News



Woodbridge's Exclusive Newspaper  
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**PUBLISHED EVERY THREE WEEKS**

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## STUDENT COUNCIL BIDS FAREWELL TO ITS FOUNDING MEMBERS

By Bettina Thiel – Woodbridge Town News Correspondent

Beecher Road School Student Council recently said good-bye to its first generation of sixth grade students at a breakfast celebration in June. They remembered the many projects they were involved with, ranging from fundraisers to a campaign to greet each other with “good morning”.

Heidi Saxe from the Jeremy Saxe Foundation was present to thank

students for their generosity participating in the Nickles for Nepal fundraiser. It netted \$400 for the earthquake-shaken area. “Four hundred dollars will have a big impact,” Saxe said to the children.

They also got a video-taped thank-you from the Search Dog Foundation in California, for which they initiated

See “Council” continued on Page 2



## REPUBLICAN SELECTMEN BOYCOTT APPOINTMENTS

By Bettina Thiel – Woodbridge Town News Correspondent

Frustrated by the First Selectman’s unwillingness to change the appointment process for officers, boards and commissions, the Republican selectmen boycotted the June 24 special meeting called for that purpose by not attending. “We decided not to participate in a flawed process,” said Selectman Joseph Dey in a phone interview after the meeting. “Why gather all these names and go through the motions and everyone puts in time and effort and then they don’t even get regarded.”

Typically the Republican and the Democratic Town Committees will receive and review the resumes of

people interested in serving on a board or commission – regardless of whether they are a member of that particular party. The Town committees then recommend a list of candidates to the Board of Selectmen. The majority party will make a nomination and highlight the particular candidate, then the minority party will make its nomination before a vote is taken in the same order. Except if the majority candidate is accepted, the voting stops there.

Selectman Dey, in a phone conversation after the special meeting, said

See “Boycott” continued on Page 14

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“Council” continued from Page 1

a fundraiser. Much like the Student Council work is designed to further community, spirit, service and vision, it takes exactly that to run the search dog foundation, she said.

The student council, consisting of fifth and sixth grade students, designed activities to fulfill all of those values in the year and a half that they’ve been operating. “You did an awful lot of things,” said Sandy Simowitz, student council advisor.

There were movie nights, bake sales, sponsoring a child from Bolivia; Nickles for Nepal; also the “Good morning”

challenge, spirit week; volunteering for a number of events such as the second grade math Olympics; and a Wacky Relay for Kindergarten.

Council members also helped the School Climate Partnership by inviting student input to improve the atmosphere on bus rides to and from school. They found that cell phone use for games on school busses often led to added tension and what students experienced as bullying. School Supt. Dr. Guy Stella thanked the students for their input. “You have the gift of giving and the gift of empathy,” he said. “You are good local, national and global citizens.”

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The benches, placed in the open for everyone to enjoy, evoke the spirit of Shanti Prasad

## SELECTMEN ASK TO HAVE BENCHES MOVED

By Bettina Thiel – Woodbridge Town News Correspondent

At a recent site visit to the Community Gardens at the Fitzgerald Tract, the Board of Selectmen unanimously agreed that three granite benches erected by Dr. Durga Prasad in memory of his wife Shanti should be moved to the other side of the garden. The benches were installed at the top of the sloping meadow on the westerly side of the Fitzgerald Property, in conjunction with a rose garden in the plot that Dr Prasad and his wife had leased for gardening. He had asked selectmen for permission for his project in February of this year, but the installation became

an issue after former First Selectman Amey Marella approached the board and in a subsequent letter asked selectmen to take a closer look at the proliferation of benches and other memorials along the Fitzgerald trails.

The Fitzgerald Tract is located in the center of town at the intersection of Beecher and Center roads. Its walking trails are a popular open space, in conjunction with community gardens and abutting woods.

See "Benches" continued on Page 25

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### REMODELED TOP TO BOTTOM

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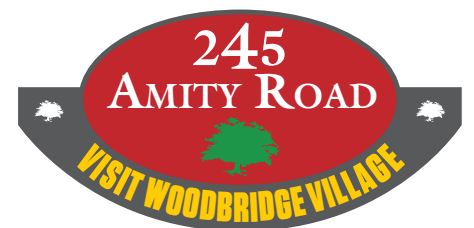
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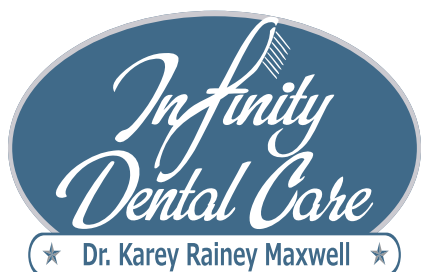
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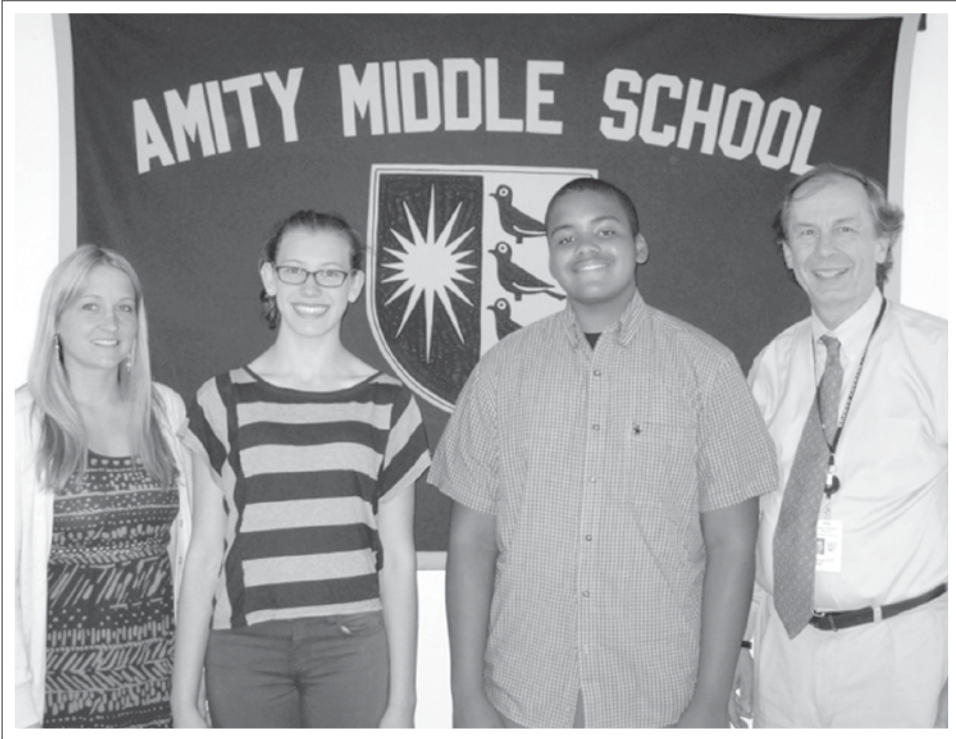
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# WOODBIDGE EDUCATION ROUNDUP



Pictures (left to right): Danielle Parillo, Guidance Counselor, Allison Fischman, Brian Cromwell, Richard Dellinger, Principal

## CT ASSOC. OF SCHOOLS MIDDLE LEVEL SCHOLAR-LEADER AWARD

Congratulations to eighth grade students Allison Fischman and Brian Cromwell who 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.

The Gold Team teachers proudly selected Allison Fischman, who lives in Woodbridge, to receive the 2015 CAS Scholar Leader Award. In her two years at Amity Middle School, Alli has shown outstanding academic scholarship by carrying an A+ average in all classes. Alli has participated in Advanced Band and Jazz Band both years at the school and qualified for the Southern Connecticut Music Regionals. She is a member of the Cross Country Team and has been a peer tutor since the beginning of 8th grade. Additionally, she is a member of the Social Robotics Club and was chosen as a finalist for her project "BabyBot: Creating a Robot to Soothe a Crying Infant." She and her partners received numerous awards for this project, including the Meyerand Young Woman Scientist Award. Outside of school, Alli pursues her interests in science by attending the Pathways program at Yale University. She has earned a second degree black belt in Taekwondo and participates in competitions as a member of the Demonstration Team. She assists the lower taekwondo classes as an instructor and works at its summer camp. Also in summer, Alli acts as an assistant instructor at the Beecher Food Network class, part of the Elementary School Summer Enrichment Program. Alli serves her

religious community as well, volunteering at the B'nai Jacob Religious School as often as she can.

The Team Black teachers proudly selected Brian Cromwell, who lives in Woodbridge, to receive the 2015 CAS Scholar-Leader Award. In the classroom, Brian is an exceptional student. He maintains an A average in each of his academic subjects. He is one of four current 8th grade students who are taking the 9th grade Geometry course. He serves as a positive leader by assisting and advocating for his peers. Brian displays a strong work ethic and often acts as a spokesperson for more reserved students. He always shows enthusiasm, curiosity, and creativity in his endeavors. In his academic work, Brian consistently develops products that far exceed the expectations of his grade level and which serve as exemplars for other students to learn from. He is a true role model for all students. While at Amity Middle School, Brian has been actively involved in both the Choir and Chamber Singers. He continues to entertain and charm us with solos at each concert, sharing his considerable talent and beautiful voice. Displaying his athletic prowess, Brian has represented Amity on both the basketball and baseball teams. Outside of school, and in addition to his myriad school activities, Brian also participates in voice lessons and piano lessons, local baseball and football teams, as well as the AAU basketball team. He is also an active soloist in his grandfather's church choir.

Allison and Brian truly exemplify the attributes reflected in this award. Students, their families, and staff representatives were recognized at the annual CAS Middle Level Scholar-Leader Banquet on Thursday, May 28, 2015, at the Aqua Turf Club in Southington.

## MAHON APPOINTED PRINCIPAL AT AMITY REGIONAL HIGH SCHOOL

By Melissa Nicefaro – Woodbridge Town News Correspondent

The Amity Regional School District No. 5 Board of Education appointed Orange resident Anna Mahon as the Principal of the Blue Ribbon Award Winning Amity Regional High School. Ms. Mahon is currently serving as an Amity Regional High School Associate Principal, and is respected as a proud and accomplished member of the Amity Regional High School family since 2000.

According to Superintendent Charles Dumais, Mahon was selected from a pool of over 25 well-qualified candidates through a process that included an intentionally broad range of constituents and focused on each candidate's ability to advance the district goals and respond to themes present in feedback collected from faculty, staff, students, and parents. "Throughout the process, Anna demonstrated that she has the instructional knowledge, leadership capacity, and communication skills to more than effectively meet the instructional and cultural needs of Amity Regional High School," Dumais said. "She is already a valuable member of our leadership team, and we are eager to see her in her new role as principal."

Mahon started at Amity in 2000 as an English teacher, became the Chairman of the English Department in 2007, and was selected to serve as an Amity Regional High School Associate Principal in 2010. She has previously worked as an English teacher in both Stamford and Darien, Connecticut. She is a graduate of the University of Vermont, earning a double major in English and Psychology. Mahon has also earned a Master's Degree in Secondary English Education from Boston University and a Sixth Year in Educational Leadership from Southern Connecticut State University. She is a current member of the Association for



Anna Mahon

Supervision and Curriculum Development (ASCD), and a past member of Pi Lambda Theta Professional Association in Education and Phi Delta Kappa Professional Education Fraternity. Outside of her educational expertise, Mahon represented the United States Track and Field Team at the 2004 Olympics in the 4-kilo hammer throw.

"I am honored and excited to be the next Principal of Amity Regional High School," Mahon said. "Amity is in my blood, and I am thrilled to have the opportunity to advance to the next level of leadership in a school and district that are so dear to me."

She began her role as Amity Regional High School Principal July 1, 2015. Outgoing Principal Charles Britton, referred to Mahon as a powerful instructional leader who is committed to ensuring that students at Amity High School are afforded the highest caliber experiences in the academics, athletics, and the arts. "On behalf of the entire faculty, staff, students and extended community, congratulations are extended to Ms. Mahon – Amity is extraordinarily fortunate to have Ms. Mahon at the helm," he said.



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Correspondents..... Laura Fantarella; Melissa Nicefaro; Bettina Theil
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Contributing Writers..... Roberta Nestor; Ray Spaziani

To submit news articles/local events contact 203-553-9062
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Contact us:

- Rocky Salperto..... Rocky@woodbridgetownnews.com
Marlene Silverstein..... Marlene@woodbridgetownnews.com
Susan Noonan..... Susan@woodbridgetownnews.com
Laura Fantarella..... Laura@woodbridgetownnews.com
Melissa Nicefaro..... Melissa@woodbridgetownnews.com
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Below are the next three Woodbridge Town News issue dates and deadlines.
Thank you for your submissions to Your Home Town Newspaper.

Table with 2 columns: Upcoming Issue Deadline, Upcoming Issue Dates. Rows include July 24th (Summer Issue July 31st), August 21st (Labor Day Issue August 28th), and September 11th (Autumn Issue September 18th).

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

FROM OUR READERS

Independence Day Letter to the Editor

This Fourth of July, Americans will toast the country's independence with friends, family and fireworks. Before celebrations get underway, Dichello Distributors, Inc. reminds adults 21 and older to show their patriotism by designating a driver or skipper to help keep everyone safe.

Here are additional tips for safer celebrations during the holiday:

Buckle Up. Ask everyone to wear a seat belt or a life jacket.

Be an Attentive Driver. Always be in control and aware of those around you.

Don't Speed. Resist the urge to speed by making sure there's plenty of time to reach your destination.

Drink Responsibly. Adults 21 and older who choose to drink should stay within their limits and stick to a game plan.

Dichello Distributors is committed to keeping our nation's roadways and waterways safe. We offer programs to encourage the use of designated drivers and skippers.

We can all do our part to make sure everyone has a fun and safe holiday.

Tony Lota
Alcohol Awareness Coordinator
Dichello Distributors

Benches are a Sought After Blessing

In answer to the Amy Marrella letter concerning the Fitzgerald Tract, I take exception to her comments about the benches along the trail. In the minds of so many of the walkers and joggers who use the paths, they are a sought after blessing.

Each bench stands as a loving memorial to a Woodbridge resident, which

adds warmth and meaning to the park. Is Amey being somewhat "age discriminatory" when she does not acknowledge that the benches provide a beautiful stop along the trail to rest weary bones?

Bette Horowitz

No Show Just a Political Stunt

I am appalled at the political stunt pulled by the Republican Selectmen-Elect at the June 24 Board of Selectmen (BOS) Meeting. They chose not to show up for the meeting, called for the sole and important purpose of nominating, appointing and reappointing volunteers to Town Boards, Commissions and Offices. Evidently, they thought that by not showing up, they could deprive the BOS of a quorum and block the all important process of appointments. They demanded an alternative nominating process within hours of the meeting - in contrast to the process used for decades by both Democratic and Republican administrations - and when they didn't get their way, they attempted to hold the BOS and the functions of the Town hostage. No one should be allowed to make those kinds of demands under threat of boycotting a duly noticed Board of Selectmen Meeting. Their suggestions are without merit, but especially important is their failure to fulfill their obligations as elected officials to the people of Woodbridge. It seems that these Republican Selectmen are willing to use tactics employed solely for the purpose of disrupting the Town's business.

Karen T. Cusick

Towns AAA Bond Rating Reaffirmed

On Wednesday, Moody's Investors notified the Town of Woodbridge

See "Letters" continued on Page 12



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 Orange Town News for publication. We reserve the right to reject any letter.



# STUDENT NEWS

## Dean's List

### Bryant University Student Named To Dean's List

Smithfield, RI -- The spring semester Dean's List at Bryant University includes the following Woodbridge residents: Rachel M Cardozo, a Senior in Finance and Marina L Tomei, a Sophomore in International Business: Marketing.

### Jessica Grace Named To Castleton Dean's List

Castleton, VT -- Jessica Grace of Woodbridge, CT was recently named to the Castleton College Dean's List for the spring semester of the 2014-15 academic year. To qualify for this academic honor, the student must maintain full-time status and a semester grade point average of 3.5.

### Jake White Named To Dean's List

Boston, MA--Jake White has been named to the Dean's List at Emerson College, for the Spring of 2015. Jake, a film production major and photography minor achieved a 3.86 GPA. Students must have a 3.70 or above. He has also been accepted to Emerson's Los Angeles film production program for spring 2016. Jake was a 2013 Amity HS graduate.

### Xurong Liu Named To Dean's List At Georgia Tech

Atlanta, GA -- Xurong Liu of Woodbridge, CT made the Dean's List for Spring semester at the Georgia Institute of Technology. This designation is awarded to undergraduate students who have a 3.0 or higher academic average for the semester.

### Goodwin College Dean's List, Spring 2015

East Hartford, CT -- Goodwin College announces that 983 students achieved Dean's List status for the Spring 2015 session. The following Woodbridge residents were named to the Dean's List: Jean Garcia and Jessica Lassiter.

### Hofstra Congratulates Local Students On Spring 2015 Dean's List

Hempstead, NY -- Hofstra University congratulates the students named to the Spring 2015 Dean's List for their outstanding academic achievement. Students must earn a grade point average of at least 3.5 during the semester to make the Dean's List. Among the Woodbridge students who earned a spot on the Dean's List were: Michelle Bellin and Deanna Giulietti.

### Nguyen Named To Dean's List At Western New England University

Springfield, MA -- Van T. Nguyen of Woodbridge, CT has been named to the Dean's List at Western New England for the fall semester of 2015. Nguyen is working towards a degree in Marketing.

Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

### Haejin Park Makes The Spring 2015 Dean's List At Pratt Institute

Brooklyn, NY -- Haejin Park, Woodbridge resident and a student at the prestigious Pratt Institute, was among more than 900 students who made the Dean's List in the Spring 2015 semester.

### Area Residents Named To Dean's List At Providence College

Providence, RI -- The following Woodbridge residents have been named to the Dean's List at Providence College for the Spring 2015 semester: Nicholas Coassin, class of 2018; Tara Gambardella, class of 2015; and Jacqueline LoRicco, class of 2016. To qualify for the Dean's List, students must achieve at least a 3.55 grade point average with a minimum of 12 credits.

### Southern Connecticut State University (SCSU) Announces Dean's List

SCSU has named the following Woodbridge students to its Dean's List: Katie Beland, Sara Beland, Aaron Berkowitz, Marissa D'Angelo, Brianna Eisensmith, William Emery, Gabriela Gregorczyk, Jessica Hoffer, Laura Jensen, Julie Luce and Jesse Sanchez.

### Sebastian Dimauro Named To The University Of Hartford Dean's List

West Hartford, CT -- The University of Hartford is pleased to announce Sebastian DiMauro of Woodbridge has been named to its Dean's List for Spring 2015.

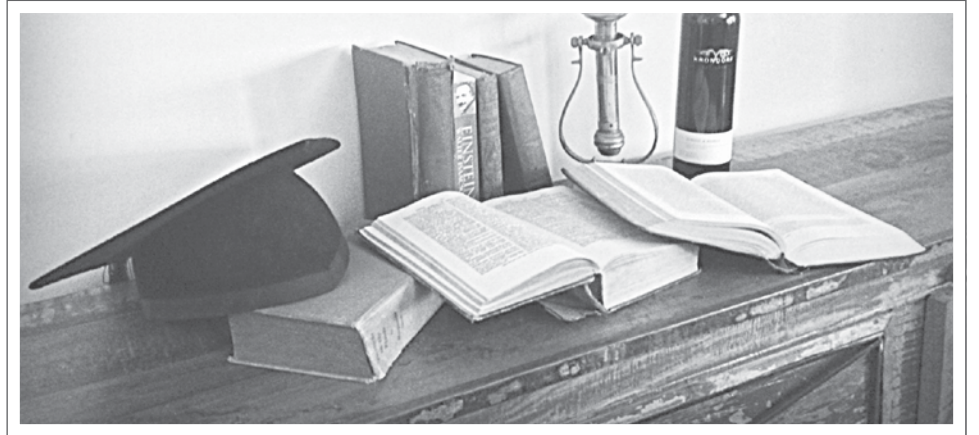
### Local Students Named To The Dean's List At The University Of New Haven

West Haven, CT -- Full-time undergraduate students must have a 3.50 or better cumulative GPA for the semester to be eligible for the Dean's List. The following Woodbridge students were named to the Dean's List at the University of New Haven for the Spring 2015 semester: Arthur Anderson and Jasmin Portelinha.

### University of Maine Announces Spring 2015 Dean's List

Orono, Maine -- The University of Maine recognized 2,163 students for achieving Dean's List honors in the spring 2015 semester. Of the students who made the Dean's List, 1,710 are from Maine, 377 are from 31 other states and 76 are from 22 countries other than the U.S.

Molly Pines of Woodbridge received Dean's List honors for spring 2015, completing 12 or more credit hours in the semester and earning a grade point average of 3.5 or higher.



## Graduations

### Xurong Liu Receives Degree From Georgia Tech

Atlanta, GA -- Xurong Liu of Woodbridge, CT (06525), has earned a Bachelor of Science in Biomedical Engineering from the Georgia Institute of Technology in Atlanta. Liu was among approximately 2,700 undergraduate and graduate students who received degrees during Georgia Tech's 249th commencement exercises on May 1 and 2 at the McCamish Pavilion.

### Sophia Ellen Wirak Graduates From McDaniel College

Westminster, MD -- Sophia Ellen Wirak of Woodbridge graduated Cum Laude with a Bachelor of Arts degree in Spanish, Psychology from McDaniel College. McDaniel awarded 358 bachelor's degrees during the 145th Commencement on May 23, 2015. Academic honors given at graduation include Summa Cum Laude for a cumulative grade point average of 3.9 or higher, Magna Cum Laude for a cumulative grade point average of 3.70-3.89, and Cum Laude for a cumulative grade point average of 3.50-3.69.

### Springfield College Recognizes 2015 Graduates

Springfield, MA -- Springfield College recently held its commencement weekend where 621 master's degrees, nine certificates of advanced graduate study, 16 doctor of philosophy degrees, and 27 doctoral of physical therapy degrees were awarded at the graduate commencement ceremony. At the undergraduate commencement, 973 bachelor's degrees were awarded for a two-day total of 1646 degrees. The following Woodbridge residents were recognized for studies completed in 2015: Rachel Katz has earned a bachelor's of science degree in Health Science and Anthony Faggiana has earned a bachelor's of science degree in Movement and Sport Studies.

### Tufts University School Of Medicine Announces 2015 Graduates

Boston--Tufts University School of Medicine graduated 184 MD students at its commencement ceremony on May 17. Among the graduates was Peter Solomon of Woodbridge, Conn., who received his MD. Dr. Solomon is the

son of Mary Dean and Alan Solomon of Woodbridge and a graduate of Amity Regional High School. He started his residency program at the University of California - San Diego Medical Center in emergency medicine.

### Max Weiner Graduates From Union College

Schenectady, NY -- Max Weiner, of Woodbridge, CT, graduated as a member of the Class of 2015 at Union College during the college's 221st Commencement exercises on Sunday, June 14. Weiner graduated with a Bachelor of Arts degree majoring in History. Weiner is a 2011 graduate of Avon Old Farms School.

### Van T. Nguyen Receives Degree From Western New England University

Springfield, MA -- Van T. Nguyen of Woodbridge, CT, graduated Cum Laude from Western New England University with a Bachelor of Science in Business Administration in Marketing on May 16, 2015 in the Alumni Healthful Living Center on the University's campus. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy, and the School of Law.

## Student Activities

### Eastern Student Erik Russell-Shepherd Participates In University Club

Willimantic, CT -- Erik Russell-Shepherd '16 of Woodbridge, CT, participated in Accounting Society at Eastern Connecticut State University during the spring 2015 semester. Russell-Shepherd's major is Accounting. Eastern students who participate in clubs/organizations excel in the classroom and do better academically than students who do not participate. Students participating in clubs had an average GPA of 3.10, much higher than the 2.94 average for those students not taking part in any of the 73 clubs/organizations. Clubs/organizations and their programs have a direct impact on the daily life of all students on Eastern's campus. The programs range from social to educational, physical to spiritual, and civic engagement programs, many of which also benefit the local community.



# WOODBIDGE LIBRARY

## Adult Events

### Farmers' Market

Wednesdays, July 8 & 22, August 5 & 19, September 2, 16, & 30 from 4-7pm

Stop by the Farmers' Market for Fresh produce from Massaro Community Farm, Gentle Giant Farm, and Merry Mountain Farm, fresh organic bread from Sweet Sage bakery, iced tea from Savvy Tea Gourmet, wool from Mapleview Farm, maple Syrup from Fox Hollow Farm, and more. There will be a children's program at each market!

### Natural Living Workshop

Wednesday, July 8 @ 7pm

Join us for this workshop led by Crunchybits, to get you started on your path to a healthier lifestyle. We often unwittingly bring chemicals into our homes in the guise of body-care, cleaning products, and household goods. Come learn about safe and easy alternatives! Participants will get to make an all-purpose cleaner to take home. Space is limited please register.

### Farms, Factories, and Families with local author Anthony Riccio

Wednesday, July 15 @ 7pm

Join local author Anthony Riccio as he reads from his book Farm, Factories, and Families: Italian American Women of Connecticut and learn about the early life of women he interviewed, including some women farmers in Woodbridge in the 1920s. Please register.

### Beekeeping with Ned Farrell of the Bee Happy Company

Wednesday, July 22 @ 4:30pm

Join us outdoors at the Farmers' Market for this riveting presentation! Honeybees help us in so many ways, and now that the bees are struggling a bit, beekeeping has grown to become a fun and fulfilling family activity! Using pictures and real apiary equipment that you can touch, we'll take a look into the

honeybee world. Learn all about what the honeybees do for us, the role of the beekeeper, and how enjoyable it is to work with bees. Please register. This program is for all ages.

### Woodbridge Reads Night at Wheelers Restaurant

Wednesday, July 29 from 6-8pm

Join us at Wheelers Restaurant to close our Woodbridge Reads: One Book, One Town event. There will be a special locavore menu and discount.

### Film Screenings

#### And So it Goes

Thursday, July 9 @ 7:00pm

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. Rated PG-13. 94 minutes. Starring Michael Douglas and Diane Keaton.

#### Food Matters

Thursday, July 16 @ 7pm

Food Matter examines how the food we eat can help or hurt our health. Nutritionists, naturopaths, doctors, and journalists weigh in on topics organic food, food safety, raw foodism, and nutritional therapy. 80 minutes.

### The Second Best Exotic Marigold Hotel

Thursday, July 23 @ 7pm

As the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel. Rated PG. 122 minutes.

#### The Longest Ride

Thursday, July 30 @ 7pm

After an automobile crash, the lives of a young couple intertwine with a much older man, as he reflects back on a past love. Rated PG-13. 139 minutes.

## Children And Teen Events

### Reading Together

Thursdays @ 5pm July 9- August 27th for grades K-3

Trained teens will be on hand with specially selected stories to share the joy of reading with children and motivate them to read for pleasure in this conversational reading program. Please register online.

### Make-it and Take-it Veggie Prints

Wednesday, July 8 from 4-5pm

All ages can join us at the Farmer's Market as we make veggie prints.

### Dancin' with Hoops

Wednesday, July 8 from 5-6pm

Join Judi Ann Jones, a.k.a. the Energizer, for a special outdoor Dancin' With Hoops class open to all ages. We'll provide hula hoops in all colors and sizes for participants to try. Online registration required.

### 10s to Teens Art Session

Wednesday July, 15 @ 6:30pm

Our Tens to Teen Session will meet at 6:30 pm to create summer arts & crafts. Please register online. Grades 4 and up.

### Beekeeping with Ned Farrell of the Bee Happy Company

Wednesday, July 22 @ 4:30pm

Join us outdoors at the Farmers' Market for this riveting presentation! Honeybees help us in so many ways, and now that the bees are struggling a bit, beekeeping has grown to become a fun and fulfilling family activity! Using pictures and real apiary equipment that you can touch, we'll take a look into the honeybee world. Learn all about what the honeybees do for us, the role of the beekeeper, and how enjoyable it is to work with bees. Please register. This program is for all ages.

### Mr. Magic

Wednesday, July 22 from 6-7pm

Abracadabra! Mr. Magic performs special interactive show in our library meeting room. This show is for all ages. Please register online. Space is limited.

### 10s to Teens Art Session

Wednesday, July 29 @ 6:30pm

Hovercraft or vehicle, what will you design at this 10's to Teens Art session? Join us to design the vehicle of your choice and problem solve to make it work. Please register online. Ages 10 and up.

## Summer Reading

### Adult Summer Reading Program

Stop in and sign up at the Circulation Desk for the Adult Summer Reading Program until August 21. Review books you have read and enter them in a drawing to win prizes! Ages 18 and up.

### Teen and Middle School Summer Reading Program

Sign up and get reading! For every three books you read your name will be entered in a drawing to win an Amazon gift card. Register online and print out your reading log at home or register in the Children's Department until August 21.

### Children's Summer Reading Program

EVERY HERO HAS A STORY! Join the fun at the Woodbridge Town Library and be a part of our 2015 Summer Reading Program from June 19 -August 19, 2015. We have books for readers of all ages, ongoing craft, book group, and storytime programs. Stop by the Children's Desk to register and check out some books to put on your summer reading log. Bring your completed reading log to the library by August 19 to receive a free book, while supplies last.

## CALM FRIGHTENED FELINES AND FEARFUL FIDOS

Fireworks can be a wonder to behold ... for humans. Pets, however, may not be so enamored with the booms, crashes and bumps in the night.

Dogs, cats, even small rodents often become creatures of habit. They like knowing they are secure and what's to come next. Surprises and extraordinary events can put pets on edge.

Loud noises often spook pets. Everything from noisy trucks to thunderstorms to low-flying airplanes may scare a pet, possibly leading to unpredictable behavior. Summer can induce anxiety in pets, especially when people celebrate with fireworks and boisterous parties.

Many cats and dogs will try to hide when they hear fireworks or other loud noises. Pet parents can play off of this behavior and create safe sanctuaries to

which their pets can retreat to ride out the "rockets' red glare and bombs bursting in air." The following are a few tips to reduce pet anxiety when night falls and fireworks start going off.

**Set up a comforting den.** If your dog or cat sleeps in a crate, cage or a special nook in the house, use this area to establish a safe haven. Put comfortable pillows or mats on the floor and envelop the cage or spot with blankets. These items will help mask the sights and sounds of outdoors. Put in familiar toys or even one of your shirts to establish familiar and comforting scents.

**Keep the windows closed and the drapes drawn.** Minimize what cats and dogs can see or hear. If they don't know what is occurring outside, they likely won't be frightened. However, many pets

have very good hearing, so some of the louder fireworks might still be audible.

**Put on soothing music.** Throw on a show or songs that have steady, repetitive beats. This, too, will help mask the unpredictable sounds of fireworks.

**Walk the pet in early evening.** Make sure you walk your dog prior to sunset to reduce the likelihood of getting caught outdoors with fireworks being set off. If pets are allowed to roam in the yard, bring them inside before the sun sets.

**Don't punish the pet.** Stressed pets may soil indoors, cower, fail to respond to commands, or engage in destructive behavior. It is important not to admonish the pet simply because he or she is scared. Doing so may only make the situation worse.

**Don't comfort the pet, either.** It may be tempting to sit and cuddle a dog or cat and reassure him that everything will be alright. This fawning over the pet may only help to reinforce negative behavior and the pet's inability to overcome the fears himself.

**Talk to the vet.** If fears are paralyzing your pet, talk to the veterinarian to see if behavior therapy or short-term medication use may help assuage fears. Some vets prescribe a mild tranquilizer to help pets get through specific fireworks displays.

Because fear can cause skittishness, many pets end up running away from home during summer fireworks displays. It is imperative to keep identification on your pets at all times so they can be returned promptly if found.





## RUNNING: A GUIDE TO HEALTHY TRAINING

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

One way to prevent an injury is to have proper footwear. To get the right shoe for you and your running style it is best to leave it up to professionals. There are several running stores in the area that will custom measure your feet and fit you into the proper shoe

that suits your needs. Whether you have a high arch or are extremely flat footed, there are different shoes for each foot type. By starting out with the proper equipment, plantar fasciitis, stress fractures and neuromas are reduced significantly. Minimalist shoes (shoes that have minimal support or "barefoot" shoes) are becoming popular in the running community and would be most suited for someone that has a strong arch that can support impact with each stride. This would not be a good option for a runner that has flat feet or pronates when running/walking, they would need something with more support. Finally, don't overuse your running shoes. After 300 to 500 miles of running they do not have the same qualities to help support your feet and you should be getting new shoes at that point. This is about every 3-6 months if you run 20 to 50 miles per week, assuming you are using the shoes only for running.

Another area of focus should be in your pre and post stretching routine. Before your run, the best way to warm up is dynamic stretching which is moving while stretching instead of holding a position. One example of a dynamic stretch would be holding on to something to maintain balance and slowly start swinging your leg back and forth with your leg straight. As you start to loosen up, you will be able to

increase the intensity of the movement. This should be performed for 30 repetitions. There are plenty of other dynamic stretches that can help warm you up prior to your run. Following your run, static stretching should be performed.

Static stretching is holding a position for a period of time. Typically for runners the most important areas to stretch are calves, hamstrings, quads and lateral hips. In our clinic, we have incorporated many of these techniques and have customized stretching programs for different athletes depending on their restrictions.

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

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

*Michael Demetriades DPT received his doctorate degree from Quinnipiac University. He has experience in working with all ages and injuries. Michael is a previous varsity hockey and baseball player who is well versed in the modern athlete. He can be contacted in Branford at (203) 433-4683.*



Michael Demetriades

## FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalettar



July 1 is the beginning of new terms of office (congratulations to everyone who was elected and appointed!) and our new fiscal year (FY '16). As such I'd like to share my priorities for this new term with you. In addition to continuing the excellent customer service and public safety that our residents receive from Town departments, I will focus on energy conservation; communication and community events; economic development; and strong fiscal management.

When I came into office two years ago, I sought to continue and complete the many worthy projects that my predecessor Ed Sheehy started. Earlier this year we opened new Public Works Garage that is dedicated to Ed. This garage is energy efficient and provides a safe space to store and clean our public works trucks which will extend their useful life. It also provides an appropriate space for this department's staff who we rely on to keep our roads and our Town clean and safe.

This year we are on schedule to finish the Beecher Road School renovation project. The building will be more energy efficient and safer. Our school's physical structure will be as impressive as the teaching and learning that goes on inside!

Our commitment to clean energy and energy conservation goes well beyond the Beecher Road School project. We are working to maximize the Town's reliance on clean energy, be better stewards of the environment and lead by example. Woodbridge will soon have a municipal Microgrid to provide clean and reliable energy to Town buildings during power outages. We are also pursuing a municipal solar array on the capped landfill to provide the Town with clean energy at a reliable price for years to come.

The Town's Ad Hoc Energy Advisory Task Force is continuing to help residents save on their energy bills through the promotion of residential solar installations and home energy audits.

Another major initiative that I plan to continue is to expand the Town's communication tools. If you're not already on our email list I encourage

you to sign up ([tinyurl.com/WoodbridgeEnews](http://tinyurl.com/WoodbridgeEnews)). You will receive weekly emails about Town news and events.

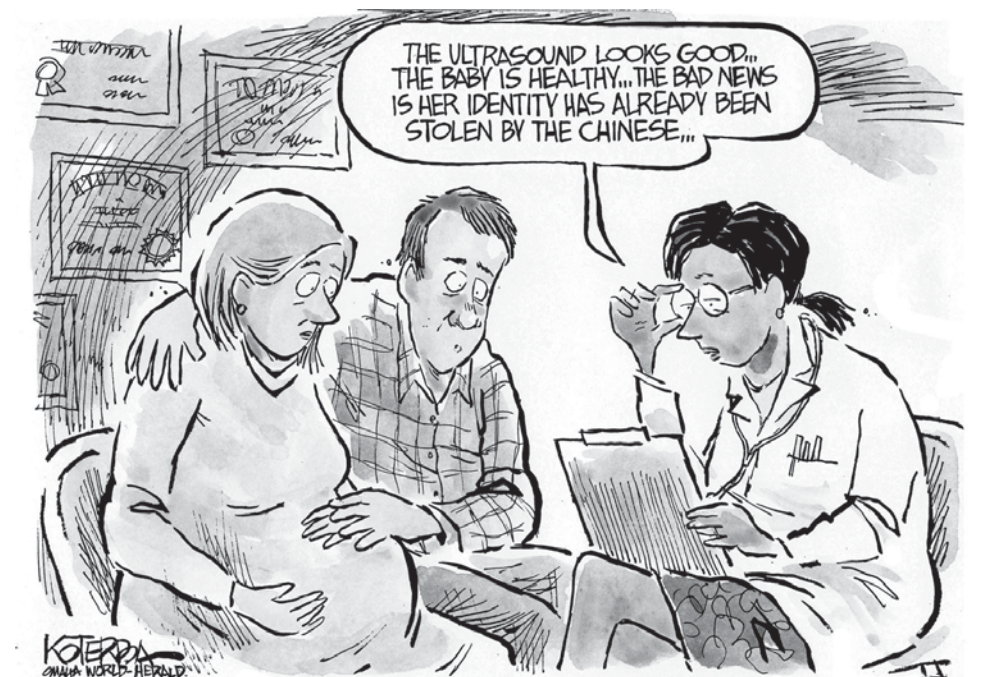
This year we will be reviewing the Town Center Plan. Our recent state grant for refurbishing the Old Firehouse gives us new impetus to make this project a priority as a much needed addition to our Town's community gathering places. In the meantime it's important for us to promote and create community events for Woodbridge residents to come together and interact. This summer these include the concerts on the Green on Tuesdays in July; the farmers' market; the One Book One Town program and the business happy hours.

Sound fiscal management has long been a hallmark of the Town of Woodbridge and I will do everything I can to assure that it remain so. The outstanding fiscal stewardship of our Finance Director Tony Genovese and the Board of Finance has once again resulted in a Aaa bond rating for the Town and a awards from the national Government Finance Officers Association for our budget and audit documents.

To control our mill rate, I will continue my emphasis on economic development. I've been visiting new and expanding businesses to strengthen ties between them and Town Hall. With the Economic Development Commission we are hosting business events to create a stronger local business community.

Also in looking at our budget and taxes, we must address the Country Club of Woodbridge. A great deal of confusion was caused by the rhetoric of the recent campaign, and the first order of business will be to present the true financial picture to all interested Town residents so they can make a rational decision about the impact of some development versus no development. It is also important to remember that Town-owned property cannot be sold without approval from Town residents.

Of course, none of these priorities can become a reality without all the hard work and dedication of our Town's wonderful employees and volunteers. Thank you and I look forward to working with you and for you.



Woodbridge Town News

## WOODBIDGE 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](mailto:edit@woodbridgetownnews.com)



# TOWN DEPARTMENTS & AGENCIES

## FOOD ESTABLISHMENT RATING SYSTEM TO BEGIN

Beginning July 1, 2015, The Quinnipiack Valley Health District (QVHD) will be implementing a rating system for Class III and IV food establishments in Bethany, Hamden, North Haven and Woodbridge. The rating is based on sanitary conditions found at the point in time of the inspection. It is not a judgment about the cuisine. Although all food establishments are inspected, only Class III and IV will be rated. These are establishments that serve a greater variety of foods that require complicated preparation. The rating for a facility will begin when their next routine inspection is due. The first ratings will be appearing over a period of time as each facility is inspected. A placard with the rating will be posted at the establishment where it can easily be viewed by consumers. The rating will also be posted on the QVHD website.

The rating system will consist of an A, B or C rating; An A indicates

substantial compliance with all applicable food safety rules as established by the CT Department of Public Health Code; B indicates acceptable compliance; and establishments receiving a C need improvement. L. Balch, Director of Health, notes that if the findings on an inspection demonstrate that there is an immediate threat to the public's health, a closure of the facility will be ordered. She further stated "I believe this will be an excellent way to inform the public that Class III and IV food establishments in the district are doing their part to comply with requirements that will provide customers with food that has been prepared in a safe and sanitary manner and that the health district staff conducts routine inspections to verify compliance, answer questions and provide guidance on sanitary procedures. Working together, we can continue to improve the conditions for health." Visit [www.qvhd.org](http://www.qvhd.org) for more information.

## ANIMAL CONTROL CAUTIONS TO BE AWARE OF RABID BATS

In one week two bats have tested positive for rabies in Woodbridge. "If you see a bat on the ground, acting strangely or see one in your house, stay away from the bat and immediately call Animal Control at 203-389-5991," said Animal Control Officer Karen Lombardi. After hours, please call the Woodbridge Police Department at 203-387-2511.

To keep yourself and your pets safe from rabid animals, follow these tips from the Quinnipiack Valley Health District:

You can maintain a barrier between you and wildlife by vaccinating your cats and dogs (required by law) and keeping their booster shots up to date. Failure to do this can leave you exposed to rabies and if your unvaccinated pet tangles with a wildlife animal (known to be rabid or not), it will have to be removed from your home for a time period of off-site quarantine (at your expense!) or kept at home under strict quarantine procedures. Animal exposures are handled through the local Animal Control Officer in your town. The Health District consults on human exposures.

Maintain control of your pets to reduce their exposure to wildlife. Keep them confined on a leash or within a fenced-in area. Do not leave them outdoors unattended.

Spay or neuter your pet to decrease the number of stray animals.

Don't feed your pets outside. Be sure garbage cans and other food sources are not accessible to wildlife.

Never touch unfamiliar domestic or wild animals. Avoid direct contact with stray animals. Never adopt wild animals or bring them into your home. If you see an animal acting strangely, distance yourself and call Animal Control in your town (or your local police department).

Bats in a house can create difficult scenarios for assessment of human exposure. If a bat in your bedroom wakes you up or if you have a bat in the house, calmly distance yourself from the bat and call 911 for an Animal Control Officer (ACO.) who will try to capture for testing. Do not try to touch the bat with your bare hands and do not release it into the wild. Bat bites can be very tiny and may not be evident. Testing the bat for rabies will help you to decide if you need post-exposure treatment. If the bat is not available for testing, post-exposure treatment is often recommended because bat bites are difficult to find to recognize. The CDC states that post-exposure prophylaxis can be considered for persons who were in the same room as a bat and who might be unaware that a bite or direct contact had occurred and rabies

cannot be ruled out by testing the bat. An example would be a sleeping person awakens to find a bat in the room or an adult witnesses a bat in the room with a previously unattended child, mentally disabled person, or intoxicated person and the bat is not available for testing.

If you have a bat in the house, it is important to try to figure out how the bat got in. They are tiny and don't need much space to get in. Check window screens, door seals, chimney flues and around window air conditioner units. As you remove window units in preparation for the winter, you should consider wearing gloves and watch out for roosting bats under units.

Do not try to nurse sick wild animals back to health. Call your animal control officer or an animal rehabilitator. You can obtain a list of animal rehabilitators from the DEEP website. Go to <http://www.ct.gov/deep>. Choose "Natural Resources" then "Wildlife", then "Nuisance/Distressed Wildlife", last "Dealing with Distressed Wildlife" for a list of animal rehabilitators. (You can also learn how to become an animal rehabilitator.)

If you always use gloves when examining your pet for wounds, you will minimize your chance of exposure. Thoroughly wash your hands with soap and water after any contact, even if you have worn gloves. If your pet is not severely injured, wait until the fur is dry to examine a wound. The rabies virus dies once dry which takes about 5 hours. (The rabies virus can live in a deceased animal for up to 48 hours.) If your pet gets bitten or has contact with a wild animal, take your pet for a booster shot right away.

If you are bitten, immediately wash and soak in soapy water for 10 minutes, then promptly seek medical attention from your doctor or an emergency room. You should never ignore an animal bite, scratch or saliva contact from a wild animal or an unknown (to you) domestic animal, especially if it seems sick.

You should call the Animal Control Officer (ACO) when you have a sick or injured animal on your property; your pet has tangled with an animal and has killed or maimed it; or you have a bat in your house. If you don't know the ACO phone number you can reach them through your local police department or by calling 911.

You should call the Health District (for your town) if you have questions about being exposed to a potentially rabid animal. However, if you are bitten by an animal, you should first seek medical care at your primary care doctor's office or the Emergency Room. Your doctor can consult with QVHD.

## TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF JULY 2015

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



Town Hall

7/7	Town Plan & Zoning Commission .....	7:30pm	Town Hall
7/8	Board of Selectmen .....	6:00pm	Town Hall
7/13	Library Commission .....	6:00pm	Library
	Zoning Board of Appeals .....	7:30pm	Town Hall
7/15	Inland Wetlands Agency.....	7:30pm	Town Hall
7/16	Conservations Commission .....	7:30pm	Town Hall
7/20	Fire Commission .....	6:00pm	Fire Station
7/22	Special Board of Finance .....	5:30pm	Town Hall
7/27	CC of Woodbridge Commission .....	6:00pm	Town Hall
7/28	Gov't Access TV .....	7:15pm	Town Hall
7/30	Economic Development Commission	7:00pm	Town Hall





Mike Ross, Orange Conservation leading Ct Trail Days walk at Racebrook Tract.

## CT TRAIL DAY AT RACEBROOK TRACT

On June 6, 2015 over 40 hikers participated in CT Trail Day with members of the Orange and Woodbridge Conservation Commission. A guided walk of Racebrook Tract was led by Mike Rossi of Orange Conservation Commission. Orange Conservation Commission members attending were Sharon Ewen and Cindy Ruggeri. Woodbridge Conservation Commission member Jason Morrill and Trail Master Mike Walter also attended.

The Racebrook Tract encompasses nearly 400 acres of open space in the towns of Woodbridge and Orange and provides pristine near-wilderness exploration and passive recreation to all who visit it. The Tract was purchased from two farmers in the early 1900s by the New Haven Water Company, and the stone walls crisscrossing the Tract are the original farm fences. Under the direction of the Yale School of Forestry, the Tract was one of the first professionally managed forests in the country, and because periodic timber harvests were conducted by the water authority, the forest is

delightfully open today.

Two relatively level and circuitous trails start in Orange and cross into Woodbridge. The longer trail is just over 2.5 miles. The trails pass through expanses of mixed hardwoods and impressive stands of 100-year-old white pines. Just off the parking lot, there is a handicap-accessible boardwalk going through some interesting wetlands.

Because of its large size, the Tract contains a wide variety of natural habitats and wildlife. Streambelts, forests, wetlands, meadows, and brush make the area attractive to a variety of animals and songbirds. Many species of reptiles and amphibians inhabit the Tract along with avian predators such as the great horned owl.

The Orange and Woodbridge Conservation Commissions were formed to advise their Board of Selectmen on the preservation, development, and conservation of natural resources, including water resources, within the Towns of Orange and Woodbridge, respectively.



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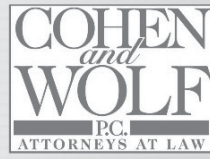
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“Letters” continued from Page 6

that it had reaffirmed the Town’s Aaa bond rating. This is significant in that during the recently completed town elections, voters were inundated with letters claiming that the town was in danger of losing its bond rating due to poor fiscal management, and other letters and mailings claiming the town’s finances were in excellent condition. The Moody’s report confirms that town finances are in fact sound and fiscally strong.

The report is clear in that the town has “a stable tax base with substantial wealth and income levels. The town has strong financial management including adoption of a formal fund balance policy and a manageable debt position.” It goes on to say that “the town has a moderate amount of enterprise risk with ownership in a golf course.”

The latter statement is the driving force behind the need to come up with a plan for the country club. Ellen Scalettar has made the resolution of the country club issue her top priority and for the good of the town we need to come up with a plan that moves the town forward. I am confident a number of plans will be presented and the ultimate decision will be made by the residents of Woodbridge.

Moving forward, the town finances will continue to be handled by the competent town hall financial department and the Board of Finance, together with Ellen and Tony Genovese. I can assure town residents that Woodbridge will continue to operate under the strong financial practices that has made the town a model of financial strength and stability.

*Matthew T. Giglietti  
Chairman, Woodbridge  
Board of Finance*

## Woodbridge “Senior Café”

Woodbridge is a community that values open space and limited

development. The Toll Brothers may have presented a feasible proposal but I would guess it would never pass referendum given the wants of the voters in this community.

We may be sitting on a unique and emerging development opportunity for the community. I have been putting an idea forward (with mostly good reviews) with residents of various ages. There has been a growing trend in this country and abroad evolving around the development of Senior Center ‘Cafes’ which have community multigenerational use.

Historically, senior centers have been places where only ‘old people’ go to have lunch and play cards in what is often a gymnasium or old school cafeteria. To remove this stigma communities are developing upscale senior ‘cafes’ which the entire community can use. They help bring the community together to just come and hang out. Seniors today are living longer, healthier and more active lives than ever before. The Country Club of Woodbridge would be an excellent ‘destination location’ for this type of community building. There is golf, tennis, pool, and locker room facilities already available. Activities may include card rooms (bridge, mahjong, and canasta), book and reading areas, water aerobics, and senior morning outdoor lap swim, yoga and wellness classes, pool tables. A nice dining area with windows overlooks the golf course. The outdoor area can be used for a community recreational facility in summer months. Increased traffic through the building may promote pool and golf membership. The building can also have rooms for community functions (scouts, town meetings, celebrations). I have seen firsthand the Oak Lane golf and tennis experience resurgence in memberships with capital improvements.

We need to look at the concept of ‘town centers’ in a broader sense given our current community layout. Our wooded community is very spread out and will most likely remain as such. We

will need to create community ‘centers’ for gatherings. The Country Club of Woodbridge is a mere 4 minutes by car from the town library if you drive slowly.

This idea leaves open the future prospects of selling the golf course or a parcel of the land to a private party while still maintaining the integrity of the buildings and surrounding structures.

The town is going to have to spend money to make money. Returns or profits may not be realized in the near future depending upon the economy. The property, if given a function and maintained, has the potential to be a huge asset in the years to come.

The Board of Selectmen should consider and evaluate this idea. Donations from area benefactors can often be obtained for these projects. Parents with young children want continuity for their families. People want a place that they can return to year after year to develop relationships within the community. Perhaps this letter will be read by someone who can brainstorm this idea into an even better idea for the community.

*Laura Speranzini  
Woodbridge Resident*

## Remember the Victims; See the Good Things as Well

In the wake of June 17’s massacre in Charleston, South Carolina, I hope that this letter gains some form of recognition. I would like to comment on the publicity and media attention of situations like this and its hazardous affects on the future.

Let me preface this saying it is unfortunate I even have to compare this to so many other similar tragedies—Columbine, Oklahoma City, Virginia Tech, and Sandy Hook to name a few—but that seems to be the world we live in today; President Obama himself recently stated that he has had to “make statements like this too many times”.

But this should not be the world we accept.

It has become painfully commonplace for the press to immediately blame these tragedies on mundane topics debated ad nauseam, such as the need to improve mental health-care policy and implement a stricter construction of the Second Amendment. While these shootings may occur because of mentally ill individuals’ access to firearms, I believe the root of these mass-murders is the attention the media gives to the perpetrator. Eric Harris, Dylan Klebold, Timothy McVeigh, Seung Hui Cho, Adam Lanza, and most recently Dylan Roof should not be common household names. I am disappointed that I am able to list off those names without the help of the internet. What I am even more disappointed about is that I cannot name more than three victims of all those tragedies combined. Pictures and names of the victims and testimonies from the victims’ loved-ones are often muffled by images and videos of the perpetrators. It concerns me deeply that the front page of CNN and Fox News is a picture of the shooter. The media is promising to those planning their next attack that they will gain instant celebrity-status. With that, I urge you to refrain from plastering pictures of the murder and replace them with more attention to the victims. The shooter’s name should go anonymous, face unrecognized, identity silenced. As soon as this happens, the public’s anger and disgust will turn to sadness and grief, two emotions the media fails to invoke amongst its viewers. We should mourn and remember 17-year-old Rachel Scott, 1-year-old Blake Ryan Kennedy, 22-year-old Ryan Clark, 6-year-old Noah Pozner, 26-year-old Tywaza Sander, and the many, many more victims who remain nameless. Enough news for entertainment. It is time to see some good in the world.

Thank You,

*Zachary Arons*

## WHY IS IT CALLED A HAMBURGER?

Hamburgers are a beloved food, particularly during grilling season.

Trivia database KGB Answers states that 13 billion hamburgers are consumed worldwide every year. That’s 35,616,438 burgers eaten each day. As people around the globe munch on savory ground beef and their preferred toppings and condiments, many people have wondered just why a hamburger is called a hamburger. After all, there is no ham in it.

A hamburger is a cooked ground patty, typically made out of beef, though different meats have been substituted in recent years. Still, most people will not find ground ham in their hamburger.

The name “hamburger” comes from where the first hamburger was created. The hamburger originated in Hamburg, Germany.

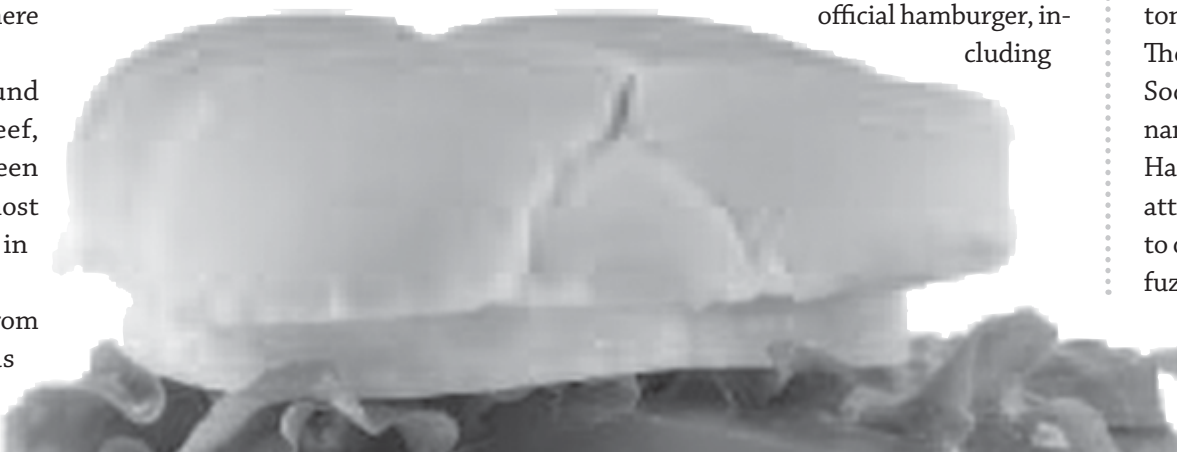
Historians surmise it was based on minced beef specialties that first appeared around different regions of Europe as early as the 15th century. Germans devised a dish called the Hamburg Steak. It consisted of a simply flavored, shredded, lowgrade beef with regional spices. The dish was eaten both raw and cooked. As Germans began to emigrate to

America, restaurateurs and street vendors in New York City and other popular port cities began offering a beef dish cooked in the “Hamburg style,” to attract German patrons.

Eventually, the beef of the Hamburg steak was served between buns to make it more portable, most notably at county fairs across America. Different people are credited with creating the first official hamburger, including

Frank and Charles Menches, who were vendors at the Erie County Fair in New York. The vendors reportedly used beef for sandwiches when they ran out of sausage. Others credit Charlie Nagreen, known as “H a m b u r g e r Charlie,” with the invention of the hamburger. He made sandwiches out of meatballs that he was selling at the 1885 Seymour, Wisconsin Fair, so that customers could eat them while walking. The Seymour Community Historical Society said that 15-year-old Nagreen named the dish a “hamburger” after the Hamburg steak. There are other reports attributing the hamburger’s invention to other people, so the history remains fuzzy with respect to this popular food.

Regardless of where, when and by whom it was invented, the hamburger has maintained its popularity into the 21st century.





## “AN OUNCE OF PREVENTION”

### Could It Be A Fungus?

When the sun beats down, outdoor activity can cause you to sweat. This is good. It is the body protecting itself from overheating. But sweat can cause skin irritations, especially in folds of skin and damp places, like your shoes (and yes, your underdrawers)!

Warmth and dampness create ideal environments for fungus. They love the summer! Fungal infections are quite common at this time of the year. Common fungal infections of the skin are ringworm, Jock Itch and Athlete's Foot. They all fall under the name “tinea” which refers to fungal infections of the skin. Ringworm of the scalp is called tinea capitis; ringworm of the body is called tinea corporis; athlete's foot is called tinea pedis; and jock itch is known as tinea cruris.

Ringworm has nothing do to with worms. So if you are diagnosed with ringworm, don't panic. You do not have worms crawling under your skin. The rash resembles a roundworm, hence the name. The source of this fungus (and most fungi) is the soil, an animal (like a cat, dog or rodent) or another person. It is most common in children. You can get it multiple times. It is hard to prevent. It is treated with antifungal ointments, shampoos or creams. It may also require an oral antifungal medication, depending on the severity of the infection.

You don't have to be an athlete to get athlete's foot. Damp feet, especially in the same shoes everyday create a nice “greenhouse” for the fungi that causes athlete's foot. Symptoms include

itching or burning on the feet, redness, stinging, or flaking, peeling, cracked skin. The fungus can be picked up in public showers, pool areas, locker rooms and from shared towels. To help prevent athlete's foot, dry feet well, especially between toes; avoid sharing towels; wear aqua shoes or sandals in locker rooms (this will also help to prevent warts); wear cotton or wool socks; rotate shoes; and when wearing sneakers, be sure they are well-ventilated. An over-the-counter antifungal cream or spray is the most common treatment. Occasionally, the use of an oral medication is required.

You don't have to be a jock (or even male) to get jock itch. It most often occurs in the groin area and on the insides of the thighs. It can be itchy, red, and have flaking, peeling and cracked skin. It can hurt! To help prevent this condition, dry this area well after bathing and swimming. Powder or cornstarch can help keep this area dry during activities. Wear clothes that are loose enough to provide ventilation and prevent chapping. Wash clothing (including jock straps) frequently. As with athlete's foot, it is most often treated with an antifungal cream or spray. It may on occasion require an oral medication.

*This column was written by V. Deborah Culligan, Health Educator. For more written information on this topic, Quinnipiac Valley Health District residents (Bethany, Hamden, North Haven and Woodbridge) can call QVHD, 203 248-4528 or request on line, dculligan@qvhd.org.*

## AIR FORCE VETS AND AGENT ORANGE



by Freddy Groves

The Department of Veterans Affairs has now agreed to provide disability benefits to certain Vietnam-era Air Force veterans who were exposed to Agent Orange in airplanes.

Were you ever on a C-123? Did you work on or around the airplanes? Does the name Operation Ranch Hand ring a bell? That was the operation that sprayed the Vietnam jungle and Korea DMZ area with the Agent Orange defoliant, and the C-123 planes were the ones that did it.

Until now, the VA had regularly denied claims from veterans who were ill with any of the 14 AO-related conditions and who said they were exposed to AO on a plane. The VA said there was no danger, that any AO on the planes

would have dried. What they didn't consider was the multiple uses of those C-123s: They also were used by National Guard, medical evacuations, routine cargo and more -- for the next 10 years.

What's disturbing is that the VA has already identified 2,100 Air Force active-duty and reservists who can get compensation. Twenty-one hundred? That's all? It's also pre-identified the locations where those veterans worked, as well as the Tactical and Aeromedical Squadrons. (Note: The lists vary, depending where you look.)

Back in 2013, one veteran pushed hard and was finally given compensation for Agent Orange exposure that came from being aboard C-123 aircraft. In 1994, his plane had been sent to a museum, and there it was discovered that the plane was still “heavily contaminated” with Agent Orange.

Call 1-800-749-8387 for more information or see [www.benefits.va.gov](http://www.benefits.va.gov) and put C-123 Agent Orange in the search box. Don't miss Veterans Exposed to Agent Orange through Duty on Contaminated C-123 Aircraft.

## DOLLAR\$ AND \$ENSE

### FINANCIAL INDEPENDENCE

By Roberta L Nestor

Financial independence can be very subjective, for some it may mean paying off bills, for others winning the lottery. In logical terms financial independence is when your assets generate income that is greater than your expenses. Some people also view their independence as having enough money so they do not have to work and will count on income from passive sources. Passive sources of income could be rental property, alimony, child support, trust fund, pension, life annuity or even royalties from creative works such as authoring a book. Independence becomes a balancing act, either you can focus on accumulating assets or decreasing debt.

Fortunately, or unfortunately, money is rarely viewed logically. When it comes to money, we are often ruled by emotion. A good example of that would be the stock market. When markets take a severe downturn, human emotion says “get me out”, and when it rebounds and has recovered, we say “I want back in”. If markets decline by 30%, it should be a signal to buy, buy, and buy! Certainly if there was 30% off everything at the grocery store, you would buy carriages filled with groceries - you may even buy things you don't need, just because it is on sale. Often emotional attachment to money can get in the way of achieving long term goals for financial independence.

Financial independence requires meaningful action. This begins with developing a budget. A budget worksheet should have 3 columns: Monthly Budget Amount, Monthly Actual Amount and Monthly Difference. One of the most common mistakes with creating a budget is the omission of taxes. In order to correctly calculate your spendable income, you need to deduct federal, state and local taxes as well as social security or Medicare

costs. Once you have determined your spendable income, you need have a comprehensive list of expenses. The last section of your budget should include contributions to savings, 401ks, etc. However, if your expenses exceed your spendable income, there is no room for savings. Decreasing spending would then be the priority.

There are several websites and budget templates, just google “budget worksheets” and you will find many options. Microsoft Word and Excel both offer a large selection of budget templates for family, personal and household budgets. Bettermoneyhabits.com offers basic budget tools that are ideal for younger individuals. Mint.com is a comprehensive website that can help you manage your bills, your credit score and your budget as well as keeping track of your retirement goals and savings. Remember these tools are to help you organize your finances, ultimately, you are responsible for your financial decisions. Financial independence is very achievable, but like any other forms of freedom, you have to work for it.

*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](mailto:roberta@nestorfinancial.com).*





“Boycott” continued from Page 1

two years ago the majority Democrats would nominate their candidate and then vote for him or her. The candidate put forth by the Republicans would not even be mentioned. He said he was uncomfortable with that process then, and the minutes reflect his thoughts on the subject.

He brought the issue up in an email to the first selectman on June 20, suggesting for the selectmen to take more time to really vet the candidates, maybe ask them to attend, then vote on each and every candidate in a separate vote. “If you vote no, you vote no,” he said. But at least the candidacy is publicly taken into consideration.

At the special meeting First Selectman Ellen Scalettar, a Democrat, said that the process had been in place for decades, followed under both Republican and Democratic administrations, “as long as I can remember”. “The majority party makes its recommendations; the minority party makes its recommendations, then we vote in the order presented.”

In a blistering critique of the Republican stance, the first selectman called this boycott an “irresponsible abrogation of their duties as selectmen-elect”. “They are holding the best interests of the town hostage until their demands are met,” she said, calling it disrespectful to those who showed up and to the residents of Woodbridge.

Given the importance of the appointments, which included those for tax collector, town clerk, assessor and boards and commissions, Scalettar and her two fellow Democrats, Beth Heller and Susan Jacobs, went ahead with the appointments. The resumes submitted had been vetted by both town committees.

“Our goal is to keep our government functioning,” Scalettar said in a phone conversation after the meeting. She said she was seeking outside legal counsel as they are trying to sort things out. “I will give the new Board of Selectmen every opportunity to ratify the actions we took last night,” she said, “so there is no question as to their validity.”

To the criticism that Republican nominees are not being considered, Scalettar said if the selectmen-elect had attended the meeting, they would have

had the chance to nominate their candidate and highlight their accomplishments. As for voting on the minority party candidate, “there is no reason to vote for candidates when there is no open position” (because the majority voted first).

She pointed out that about a third of all the nominees presented were being supported by both parties. “The reality is that appointments are part of the political process and dependent upon the results of an election. That does not mean that there can’t be bi-partisan cooperation and agreement on many appointees,” she said in response to the Republican position.

Republican proposal: In their first email to the First Selectman, the Republicans Dey and Anthony Anastasio suggested that the board take more time to review the resumes and discuss in open dialogue the specific qualifications of each candidate. Selectmen would then cast a vote for each candidate. “This process seems better suited to determine and appoint the most qualified individuals in a thoughtful, reasonable and bi-partisan manner,” they wrote. As a second option they suggested to leave the more detailed dialogue out, but present every nominee up for a vote.

Scalettar said every resume, including those presented by the Republicans, is carefully considered, both before and at the meeting. “Had the Republicans been at the meeting and followed the time-honored process, they would have presented all their candidates and those candidates’ credentials.”

Following are the votes taken at the June 24 special meeting: (D&R refers to nominees endorsed by both Democratic and Republican Town committees)

**Building Board of Appeals**

- Jay Alpert (D)
- Joseph Palumbo (D&R)
- Bruce Schaefer (D&R)

**Conservation Commission**

- Timothy Kelley (D&R)
- Julie Perlman
- Lauren Miller

**Country Club of Woodbridge Commission**

- Deke Hotchkiss (D&R)
- Jeff Hughes (D&R)

- Adolph Luciani (D&R)
- Karen Leibovitz
- Sandy Levine
- Richard Krueger

**Economic Development Commission**

- Kate Brown
- Jamison Scott (D&R)
- Yaron Baitch
- Jeremy Rosner

**EMS Commission**

- Marvin Arons (D&R)
- Joe Hellauer (D&R)

**Board of Ethics**

- Rev. Gene Gianelli (D&R)
- Al Smith (D&R)
- Dominick Thomas
- Rbbi Rona Shapiro

**Board of Finance**

- David King
- Sandra Stein
- Paul Kuriakose

**Fire Commission**

- Elia Alexiades
- Michael Horton
- Mica Cardozo

**Government Access Television Commission**

- Theresa Burr Bahner (D&R)
- Aldon Hynes
- Nancy Polk (D&R)

**Human Services Commission**

- Sharon Bender
- Susan Davidson
- Chris Lovejoy (D&R)
- Ann Klee

**Inland Wetlands Agency**

- Jack Kurek
- David Speranzini
- Alternate: Jeanne Webber

**Investment Committee**

- Lor Ferrante Fernandes (at large)
- Selectman Beth Heller
- Margaret Hamilton (at large)
- [one appointment from the Board of Finance]

**Library Commission**

- Elizabeth Marsh
- Aldonna Noto (D&R)
- Tom Shernow (D&R)

Loredana Falcigno

**Board of Police Commissioners**

- Robert Berke
- Deborah Desir
- Deborah Fried

**Publicly Owned Properties Commission**

- Lor Ferrante Fernandes
- Marc Keslow
- Michael Maoz
- Teri Schatz

**Recreation Commission**

- Stanley Gedansky (D&R)
- Robert Hill
- Pennell Hamilton

**Sperry Park Committee**

- John Adamovich (D&R)
- Chris Burr-Bahner (D&R)
- Shela McCreven

**Town Plan and Zoning Commission**

- Jeffrey Kaufman
- Allen Lipson
- Kathleen Wallace
- Alternates: Andy Pels; Andy Skolnick

**Town Hall Positions**

- Assessor: Betsy Quist
- Registrar of Vital Statistics and Town Clerk: Stephanie Ciarleglio
- Sub Registrar and assistant clerks: Karen Berchem, Ellie Sheehy and Marcy Naylor
- Tax collector: Pat Crisco
- Assistant tax collector: Linda Cahill

**Others:**

- Treasurer: Harriet Cooper
- Assistant Treasurer: Joe Hellauer
- Tree Warden: Warren Connors
- Deputy Tree Warden: Adam Parsons
- Cable Advisory Council: Elia Alexiades and Cynthia Papish Gerber
- EMS Council: Lt. Jeff Leiby
- Health District Board of Directors: Dr. Roy Ivins and Dr. Richard Martinello
- Water Authority Policy Council: Mark Levine
- Town Counsel: Jerry Weiner
- Deputy First Selectman: Beth Heller
- Ordinance Committee: Joe Dey and Susan Jacobs
- Personnel Committee: Toy Anastasio, Beth Heller and Ellen Scalettar





## FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



### Semi-Formal Dance

Woodbridge Youth Services and the Town of Bethany sponsored the annual Semi-Formal Dance last month for 7th and 8th grade residents. Teens enjoyed dancing, games, and delicious refreshments which were donated by local businesses. Youth Services sold roses and students were able to take home photos of themselves with friends.



### Amity Middle School Students Raise Funds for American Cancer Society

Students and staff at Amity Middle School-Bethany enjoyed a Kickball Tournament on the last day of school. Woodbridge Youth Services and the Town of Bethany sponsored the event which raised \$360.00 for the American Cancer Society.

### Parent Support Group Summer Hours

Amity High School, Woodbridge Youth Services, and the Orange Drug and Alcohol Action Committee have teamed up to invite local parents who struggle with children who are, or may be, involved with substance abuse to share experiences and concerns in a confidential setting. The Amity Parent Support Group meets every other Friday morning at 8:45 in Youth Services, Room 12 in the Woodbridge Center Building. Meetings are scheduled for July 10th and 24th. For more information, please contact Gary Lindgren at Amity High School or Nancy Pfund at Woodbridge Youth Services, (203) 389-3429, or e-mail [npfund@woodbridgect.org](mailto:npfund@woodbridgect.org).

### Woodbridge Job Bank

Are you looking for someone with lots of energy to pick up branches and clean up the lawn? Perhaps you're looking for a babysitter to help with the kids. Try calling the Woodbridge Job Bank for teens who want to work. The Woodbridge Job Bank matches Woodbridge youths ages 13-17 with Woodbridge residents who want to hire

someone to assist with odd jobs. Please contact us at 203-389-3429 for more information.

### Job Bank Open To Woodbridge Teens

Woodbridge Youth Services offers resident teens, ages 13 - 17, the opportunity to join its Job Bank. Our youths gain work experience while earning money. Jobs may include yard clean-up, babysitting, housecleaning, shoveling, planting, and more. Call 203-389-3429 to schedule an interview.

### Babysitter Training Course for Teens

Woodbridge Youth Services is offering a 2-day Babysitter Training Course on Tuesday, August 11th and Wednesday, August 12th from 9:00 a.m. to 1:00 p.m. in the Woodbridge Town Library Meeting Room. Woodbridge residents 12 through 16 years of age are encouraged to attend. An American Red Cross-trained facilitator will offer instruction in Leadership, Basic Care, Safety, and Basic First Aid. Students will receive American Red Cross babysitter materials and a certificate upon completion.

Registration is limited, so sign up now. Fee is \$60. Students must bring their own lunches; a morning snack will be provided. Call Woodbridge Youth Services at 203-389-3429 to inquire about details. Non-residents will be placed on a wait list until one week before the class.

### Seventh Grade Picnic/Giant Slide

Woodbridge Youth Services invites all incoming seventh grade Bethany and Woodbridge residents to the annual Seventh Grade Picnic on Thursday, August 27th from 5:30 to 7:30 p.m. The event, the first Bethwood Bash of the school year, will be held on the Woodbridge Green on Meetinghouse Lane, near the Gazebo. Rain location: Woodbridge Center Building Gym. Admission is only \$5.00, so please register now at 203-389-3429. You'll have a great time on the Giant Slide, dance to the latest hits, and challenge yourself to the games. Don't miss the pizza, music, interactive D.J. and fun! Great raffle prizes!

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

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

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Eagle Scout Johnathan Schwartz & First Selectman Ellen Scalett

## EAGLE SCOUTS RECEIVE CERTIFICATES OF APPRECIATION

Woodbridge First Selectman Ellen Scalett recently attended two Courts of Honor for local Boy Scouts, Jonathan R. Schwartz and Ryan Oleynik, who became Eagle Scouts. Eagle Scout is the highest rank attainable in the Boy Scouting program. To earn this distinguished award, an Eagle Scout must have completed at least 21 merit badges, advanced through five lower ranks and demonstrated ideals of achievement, initiative and leadership including designing, organizing and conducting an extensive service project that benefits his church, synagogue, community or school. Fewer than five percent of Boy Scouts nationwide achieve this rank.



Eagle Scout Ryan Oleynik

"I deeply admire the Woodbridge young men who have achieved the rank of Eagle Scout," said Scalett. "Their volunteer work has been thoughtful, meaningful and impressive and has greatly benefited the Woodbridge community."

Scalett awarded each of the Eagle Scouts with a Certificate of Appreciation on behalf of the Board of Selectmen. Schwartz is a member of Troop 941 and Oleynik is a member of Troop 63.

Schwartz's Eagle project was to design and construct an outdoor chapel at Congregation B'nai Jacob, including

a readers' table and nine benches. The outdoor chapel is a spiritual addition to the synagogue, affording a quiet outdoor area for prayer, Friday night services and use by the students at Ezra Academy.

Oleynik's Eagle project was to improve the access path to the Stoddard-Rotary Memorial Pavilion by clearing brush, weeds and poison ivy and replacing them with native and deer resistant plants. The renovated and improved path provides a safe and pleasant walk to the pavilion that is enjoyed by people visiting the "Tot-Park" and attending the various games at Center Field.

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Friends of Nepal who came out for the benefit event include, from left, Heidi Saxe of the Jeremy Saxe Foundation; Peter Werth, a Woodbridge businessman who has worked in Nepal; Gaurishwor Sharma, president of the Society of Nepalese in America; Andrea Weinstein, co-organizer of the benefit event; Erast Markiw, who spent time in Nepal; Lea Silvert, a student at the University of Toronto and Amity alumna; the Bhattarai Family of Nepal.

## SAXE FOUNDATION WIDENS APPEAL AFTER NEPAL QUAKE

By Bettina Thiel - Woodbridge Town News Correspondent

The plight of the people of Nepal in the aftermath of a major earthquake this spring has mobilized the local community, thanks in part to several goodwill ambassadors who live in this area. Some 75 Woodbridge residents, braving their own challenges with Mother Nature that evening, unrolled their yoga mats in the Center gym on June 23 and participated in a benefit yoga class, proceeds of which were donated to the Jeremy Saxe Foundation.

Daisies from Troop 60164 and Cub Scouts of Troop 902 of Orange also contributed to the fundraiser with a bake sale. The event followed an earlier fundraising effort at Mary L Tracy School in Orange, where the Saxe Family lives, and a Student Council fundraiser at Beecher Road School.

Nepal was hit by a magnitude 7.8 earthquake on April 25, a natural

disaster which caused thousands of deaths and left many houses in shambles. "My relatives are okay," said Orange resident Sunita Dhungana, who grew up in Nepal, and attended the yoga event. "But my parents are still living in a tent." Her parents live in Katmandu, the capital, and their house sustained cracks in the earthquake, she said. However, since the initial quake, the area has experienced more than 3,000 aftershocks, some of which caused more destruction than the original blow, and has left people hesitant to re-enter their homes.

By now the rainy season has started, and tent-living has become a real challenge, Dhugana said. She is planning to visit her folks this fall.

Lea Silvert, an Amity graduate who is a student at the University of Toronto,

See "Saxe" continued on Page 26

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## JCC KIDS CELEBRATE ART OPENING

Children from the Kindergarten class at the JCC's Yeladim Early Learning Center recently hosted an Opening Reception in celebration of their art exhibit. Concurrent with a study of geometric shapes, the children learned about artists Wassily Kandinsky and Henri Matisse and created their own original pieces inspired by Kandinsky's "Concentric Circles in Squares" and by Matisse's paper shape pictures.

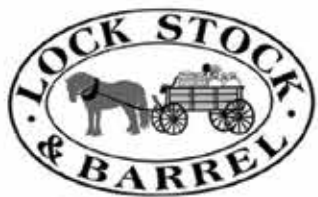
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## WOODBRIIDGE RESIDENTS!

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**celebrity  
extra**  
by cindy elavsky

**Q:** Can you tell me if we'll get another season of **"The Hot Wives of Orlando"**? I loved that show! -- Patty P., via email

**A:** We will get more "Hot Wives," but this time they are based in Vegas. **"The Hot Wives of Las Vegas"** will premiere Tuesday, Aug. 18, on Hulu (with episodes streaming weekly, not all at once like on Netflix). This go-round will see returning stars take on new roles, with **Casey Wilson** as Jenfer Beudon, who is "cocky, Southern, white trash and very pregnant"; **Tymberlee Hill** as Phe Phe Reed, Esq., who is "smart, outspoken, always juggling several jobs, and newly relocated to Las Vegas from Orlando."

**Andrea Savage** plays Ivanka Silversan, "a European ex-model, who believes she is the standard of beauty and perfection"; **Danielle Schneider** as Denise Funt, who is "neurotic, needy and recently divorced"; and **Dannah Phirman** as Leona Carpeze, a "tough, straight-talking broad, she's the matriarch of the group and self-appointed peace keeper." Series newcomer **Erinn Hayes** plays Callie Silversan, a "sensuous, mysterious, raven-haired witch."

\*\*\*

**Q:** I know **"Bates Motel"** just finished its third season, but I already miss it. Can you tell when/if it will be back? Please tell me it has been renewed for another season! -- Frankie T., via email

**A:** I can do you one better: "Bates Motel" has been renewed for TWO more seasons. Production for season four begins later this year, and it is slated to return in spring 2016. A&E is pairing this chilling series based on a hit scary movie with another chilling series based on a hit scary movie: **"Damien."** "Damien" is based on **"The Omen,"** and stars **Bradley James** as Damien Thorn and **Barbara Hershey** as Ann Rutledge.

\*\*\*



Casey Wilson

**Q:** Please tell me that the TV show **"Satisfaction"** is coming back. I don't recall which station it was on, but it dared to be different, and my husband and I really enjoyed it. -- Tricia L., via email

**A:** The original USA network drama -- which centers on Neil, who discovers that his wife, Grace, has been seeing a male escort, and then ends up becoming one himself -- started filming season two in April. While no premiere date has yet been given, I am going to guess that it will premiere later this summer or early fall, with 10 new episodes. Season one is now available on DVD, if you need to catch up, or refresh your memory.

\*\*\*

**Q:** Can you tell me what filmmaker **Morgan Spurlock** has coming up next? -- Neda F., West Palm Beach, Florida

**A:** The **"Super Size Me"** and **"Inside Man"** documentarian directed and produced a new short film called **"Crafted,"** where Morgan captures remarkable artisans who have mastered their trades. Through these documentary subjects (the chefs behind Bar Tartine in San Francisco, Bloodroot Blades in Georgia and Nagatani-en in Iga, Japan), he explores how modern cultural influences and technology have allowed artisans to exceed previous expectations and attain the "perfect" product.

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

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**A NEW MEMBER OF THE WOODBRIDGE TOWN NEWS TEAM!**

**Elisa Natalie Kriz**

*J. Michael Kriz (Production & Design at the Woodbridge Town News) and his wife, Alessandra Pinna, are thrilled to announce the newest member of their family! Elisa Natalie Kriz was born on June 7, 2015 at 12:48pm in Rockville, MD. She weighed 7 lbs., 3 oz. at 19.5 inches. Elisa's maternal grandparents, Alfonso Pinna and Rosanna Bazzo, are from Rome, Italy. Her paternal grandparents, Joseph and Nancy Kriz, live in Woodbridge.*



**Eleanor Grace Evans**

*Richard and Lauren Evans of Woodbridge are happy to announce the birth of Eleanor Grace Evans. Ellie was born on May 28, 2015 at 2:53 am weighing 9 lbs 14 oz and 21 inches.*

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# CLUBS & ORGANIZATIONS



Elyse Estra and Montse Lopez-Vila.

## GARDEN CLUB AWARDS SCHOLARSHIP

Each June, the Garden Club of Woodbridge awards a Scholarship to a Woodbridge resident graduating from Amity High School. This year's most deserving recipient was Elyse Estra.

Garden Club member Montse Lopez-Vila presented the award to her on Senior Award Night. Elyse will be attending the University of Connecticut in the fall.



Left to right: Rotary District 7980 Governor Mukund Nori, Past District Governor 2013-2014 Rick Bassett, Woodbridge Rotary President Robyn Reilly, Past District Governor 2012-2013 Brian Amey.

## ROTARY CLUB OF WOODBRIDGE INSTALLATION OF OFFICERS

On June 18th, the Rotary Club of Woodbridge held its 44th Installation Dinner at Wheeler's Restaurant & Taproom. Past District Governor 2013-2014, Rick Bassett installed the following Board of Directors: President Robyn Vartelas Reilly, President Elect, Chris Lovejoy, Secretary, Anna Dickerson, Treasurer, Tom Shernow, Sergeant at Arms, Tony Anastasio, and Directors Kristin Scianna, Jan Day, Carol Yingling, Buddy DeGennaro, Dr. Guy Stella, Andy Skolnick, Esq. and Ed Maloney.

President Robyn Vartelas Reilly, a resident of Bethany is a Senior Financial Services Representative at New York Life Insurance and New York life Securities specializing in asset and income protection, retirement accumulation and distribution planning as well as

business planning.

The Rotary is an organization of businesses and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and helps build good will and peace in the world. The Club is interested in recruiting new members. Club members meet the first and third Friday of the month at 7:30 a.m. for a breakfast meeting at Country Corner Diner, 756 Amity Road, Bethany and the second and fourth Friday of the month at 12:15 p.m. for a luncheon meeting at Woodbridge Social, 12 Selden Street, Woodbridge. For more information, contact Robyn Reilly at 203-387-8181 or email her at rreilly@ft.newyorklife.com or www.rotynreilly.nylagents.com.

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Left to right are Rotarian Tony Anastasio, Jeanne DeVecchio, Director of Human Resources and Services for Bethany, Mary Ellen LaRocca, Director of Human Services for Woodbridge and Rotarian Buddy DeGennaro.

## DONATION TO BETHANY AND WOODBRIDGE FOOD AND FUEL

Woodbridge Rotary Club presented checks to the Towns of Bethany and Woodbridge Food and Fuel Funds to assist qualified applicants with emergency food and emergency fuel during

the heating season. The donations were from the proceeds of the Woodbridge Rotary Club's Annual Homemade Wine Contest and Silent Auction held this spring.



## DINING WITH SUSAN

By Susan Noonan



### BIAGETTI'S RESTAURANT

The best part of doing my restaurant profile column is the incredibly nice people I get to meet. The owners of Biagetti's Restaurant in West Haven certainly fall into this category without a doubt. The Biagetti family has owned this very popular restaurant for 24 years. Biagetti's is located on the corner of Campbell Avenue & Captain Thomas Blvd. in West Haven and has been in the family for generations. I originally profiled the restaurant in 2007 and felt it was time to revisit this spot as it is definitely one of the best kept secrets in West Haven.

I am happy to report that Biagetti's food is better than ever. The family is proud of serving the best quality food and offering great service. All the steaks are aged and hand cut featuring a special 44 ounce Tomahawk along with 32 ounce Porterhouse, Kansas City, Cowboy and Prime Steaks. Biagetti's is one of the few restaurants that still believes in giving you a full course dinner including warm bread, homemade soup, house or Caesar salad with all homemade dressings, including entrée's served with pasta or potato & vegetable. In addition, the restaurant is tastefully decorated in a casual Victorian style with beautifully set tables and my favorite "linen napkins". The spacious outdoor patio includes seating for dinner and a full bar. Biagetti's menu consists of Italian American cuisine with unbelievable portions, which were patterned after the "typical traditional Italian dinner".

Biagetti's serves dinner from Tuesday - Sunday offering a wide variety of Italian, Seafood, Chicken, and Veal. The Chefs noted that Biagetti's is well known for its veal dishes using only milk fed Leg of Veal that is boned down on site. All sauces & soups are made from scratch along with the salad dressings. I fell in love with their family recipe house dressing which has an oil & vinegar base. Biagetti's also offers tomato & Gorgonzola, raspberry vinaigrette, & Caesar dressings all made in house. Biagetti's offers a tempting dessert menu including delicious Crème Bulee Cheesecake, Raspberry Linzer Torte, Vanilla Cannoli Cake, Chocolate

Decadence, Fresh Fruit Tart, Carrot Cake, just to name a few favorites. Biagetti's features a very affordable wine list with a wide range of whites, reds, blush, & sparkling wines. Biagetti's can accommodate parties from 20 to 100 for any occasion including bridal & baby showers, weddings, anniversary & birthday parties, Bereavement luncheons. All banquet entrees include house salad, bread, pasta, potato, vegetable, dessert & coffee. Other offerings for private parties include brunch, buffet, hors'doeuvres, pasta bar, raw bar & carving station. A wide range of take-out catering trays are available for home or office special events.

Biagetti's portions are extremely generous and the prices are so reasonable. The staff goes above & beyond to tend to your every need. During my most recent visit to Biagetti's, I discovered that the staff know most of the customers by their first name. It definitely shows that this family knows how to do it right as Biagetti's has many regular customers.

Dinner: Tuesday - Thursday 5:00pm-9:30pm - Friday & Saturday 5:00pm-10:00pm - Sunday 1:00pm-8:00pm. Bar opens at 3:00pm Tuesday-Saturday & 1:00pm on Sunday with Happy Hour Tuesday-Friday from 4:00pm-6:00pm. Closed Mondays. Private Parties-call staff for details. Reservations: Parties of 6 or more only.

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FINAL NOTE: As I said above, the owners and staff of Biagetti's know how to do it right offering authentic Italian style cooking. Make a visit soon or revisit this very special family owned restaurant. I know you will keep going back for more! Remember to support our local family owned businesses.

If you have a favorite restaurant, please e-mail susan@orangetownnews.com .



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## HOUSES OF WORSHIP

### ORANGE CONGREGATIONAL CHURCH EVENTS

Orange Congregational Church (OCC) - 205 Meeting House Lane, Orange, CT, 203-795-9749 - invites you to come to our regular weekly Summer Sunday Worship Service at 9 a.m. in the Sanctuary.

Also, the OCC Annual Golf Tournament is Friday, July 10th at Orange Hills Country Club. Join us for this year's expanded Higher Ground Golf Event! Lots of fun options to pick from: 1) Choose the 18 Hole Best Ball Tourney or the 9 Hole Fun Ball Event; 2) Choose your lunch entrée: Filet Mignon, Chicken, or Vegetarian; 3) Choose your Tiki style: Mixed Drinks, Wine, Beer, Soft Drinks. Both Golf options include cart and luncheon: 18 Hole Best Ball \$140/person, 9 Hole Fun Event \$75/person. Parent & student



Orange Congregational Church

discount \$50 for 18 Hole Tourney, \$30 for 9 Hole Fun Ball. If you do not play golf but would like to participate, please join us for the awards luncheon (and buy lots of raffle tickets)! Lunch only: \$30. Drink tickets can be purchased the day of the event. Mixed drinks are \$10 each or \$15 for a 2 drink ticket. Beer, wine and soda will be available and priced separately. Sponsorships for you or a business are available. See the brochure or website for details.

### B'NAI JACOB ANNOUNCEMENTS

**Bread & Torah** – Every Saturday, 9:00 a.m.; come learn parshat hashavua (the weekly torah portion) over bagels and coffee in the library with Rabbi Shapiro before 9:45 a.m. services.

**Shabbaque** – August 28th at 5:30 pm - Come join us for some end-of-summer family fun! BBQ dinner in the courtyard at 5:30 p.m.; outdoor Shabbat service starts at 7:00 p.m.

**Mah Jong & Canasta** – Every Tuesday & Wednesday. Anyone can come in and play. We will be offering coffee “and” but feel free to bring a dairy lunch. We have limited amount of tables, call the office to make reservations. Last minute reservations can usually be accommodated.

**Daily Minyan** – As a reminder, daily

minyan is at 7:45 a.m. & 6:00 p.m. and Sunday morning minyan is at 9:00 a.m. Friday night services are at 6:30 p.m. and Saturday at 9:45 a.m.

**Israel Family Tour** – December 24th – January 3rd – Come join Rabbi Shapiro & her husband David Franklin on this fun and exciting family trip of Israel. See all that Israel has to offer with guided tours to the old city of Jaffa, Hike Massada, and then float in the Dead Sea and so much more. For more info please contact Bianca Brichkov in the main office cbj.receptionist@gmail.com.

Special membership rates for new members and young families/singles. Please contact the office for membership information at info@bnaijacob.org.

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

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

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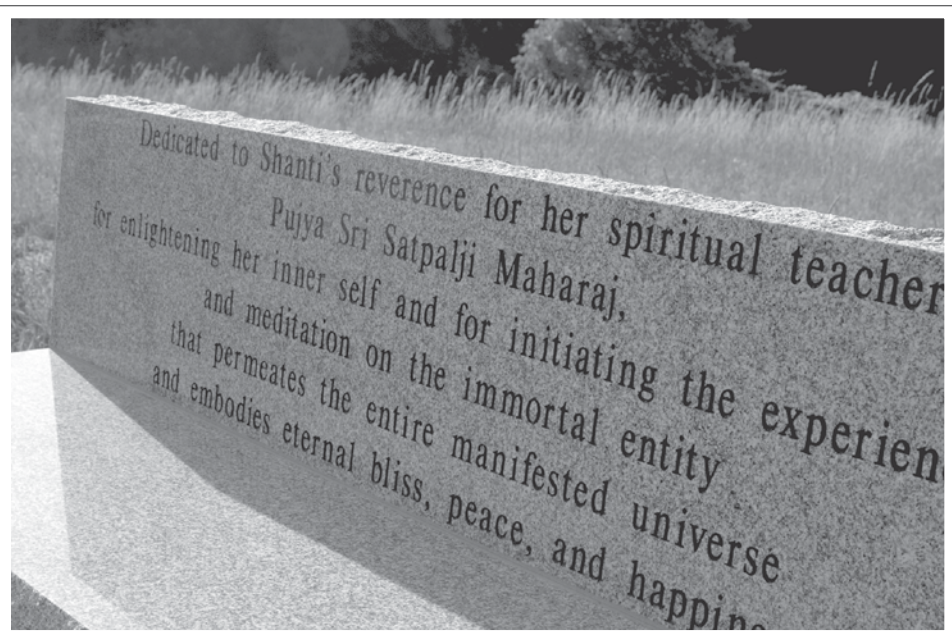
### WOODBIDGE RESIDENTS!

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  
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Dr. Durga Prasad (left) with members of the Board of Selectmen on a site visit at the Community Gardens.



Dr. Durga Prasad planted this rose garden in memory of his wife, who passed away last fall. The three benches on the meadow will be moved to the other side of his garden.

“Benches” continued from Page 3

Dr. Prasad’s granite memorial is not the only new bench. There are a number of newer benches on the trail parallel to Beecher Road. In contrast to the big granite blocks, though, these are wooden benches with small plaques.

“I ask that you focus more attention on this valuable open space,” Marella wrote in her letter. She said the walkways needed some sprucing up in some areas and noted that the asphalted area used as an “ice rink” in the winter time was used for roller blade hockey, which she felt was not an appropriate use for passive recreation.

Scalettar agreed to look into the matter. “Maybe it is time for a more formal approach,” in managing this resource, she said. Selectmen will ask the Commission on Publicly Owned Properties (CUPOP) to review usage of the property, including how to operate and manage community gardens, and to look at standards for benches and other memorials. In the meantime they promised Mr. Prasad to grandfather in his granite benches, both those inside

and outside of the garden plot.

Mr. Prasad is offering to gift the benches and the rose garden to the town to offer walkers respite and tranquility, said First Selectman Ellen Scalettar. He agreed to have the benches outside of his rose garden moved, at his expense, to an area south of his plot. The town will clear the area of brush and weeds and add stone dust or mulch to keep the weeds down.

Shanti Prasad was born in a small village in northern India and came to this country in 1984. “She had great courage and spiritual power,” said her husband. Even if theirs was an arranged marriage, it turned out to be a happy partnership. They brought up six children, 18 grandchildren and four great-grandchildren. Shanti passed in August 2014, shortly after receiving a cancer diagnosis. They had designed the rose garden together, not as a memorial but as a place of beauty. “She loved this garden,” he said.

Both the rose garden and the benches will be accessible to the general public, he said.



## VOLUNTEERS REVIVE SENIOR CENTER GARDEN

Lunches at the Woodbridge Senior Center are even fresher than usual this summer thanks to three volunteers. Richard Traumer recently retired and his wife, Valerie, suggested that they revive the vegetable garden at the Senior Center. Valerie is a Woodbridge Garden Club member and the Club is sponsoring the garden through the purchase of plants and materials.

The garden had fallen into disrepair over the past few years and by the time the Traumers were ready to revive it, the area was covered in English ivy. Valerie says that six Garden Club members spent six hours trying to clear the ivy and barely made any headway. John Ciarleglio, who is known for his extraordinary gardening skills, was at the Senior Center that day and offered the use of his rototiller and expertise. Now the long and narrow garden is

home to 40 tomato plants, basil, thyme, rosemary, parsley, bell peppers, eggplants, lettuce, cucumbers, pumpkins and zinnias. “The Town of Woodbridge has such amazing volunteers,” said First Selectman Ellen Scalettar. “I’d like to congratulate John, Richard and Valerie on such a beautiful and worthy project.”

John and Richard visit the garden two to three times a week and John serves as a gardening mentor to Richard. John turns 90 on July 8 and is still active, using a hoe several times a week to weed the garden.

All the food raised at the garden is available for use by the Senior Center chef Elaine Marcucio. “It’s very exciting,” says Marcucio. “Everything I do is homemade and we try to use as many fresh and local ingredients as possible. This garden will save us a lot of money and it’ll taste better and fresher.”





Some 75 yoga aficionados took part in a Sharon DeKadt (right), Sunita Dhungana and her benefit for Nepal father-in-law visiting from Nepal light candles for earth-quake rattled Nepal



“Saxe” continued from Page 17

was moved by the destruction she saw in the news. “Lea said we MUST do something,” said her mother, Andrea Weinstein. Together with Lea’s brother Eli, they came up with the idea of a yoga benefit. Woodbridge Rec yoga teacher Bill Banick agreed to donate his time to the cause. Unfortunately, the event had to be moved to the Center Building gym due to the intense rain that evening.

Lea Silvert said they researched aid organizations, when they came across the Jeremy Saxe Foundation, which many local families are already familiar with. Founded after the untimely death of Amity graduate Jeremy Saxe, the foundation works to further educational options in Nepal, a relatively small, poor and very mountainous country wedged between India and Tibet/China. Jeremy had spent a transforming semester abroad in Nepal, where he “fell in love with the spirituality of the culture, and the warmth and generosity of the Nepali people,” his mother said. When he died of an undiagnosed heart condition in September 2008, his parents, Heidi and Tracy Saxe, continued the legacy of channeling all donations directly to Nepal. They have built a daycare center, named after Heidi’s late mother, Clara Sokoloff. The next goal is to extend the center to a full-fledged K-through-12 school. But then the earthquake presented a setback.

That’s why the foundation has set up a separate disaster relief fund, to which the Beecher Road School Student Council donated \$400. Heidi Saxe thanked the students for their work. She said the village where the foundation is planning to build a school is 90% destroyed. She asked the students whether they’d like their donation to go toward food, school supplies or to rebuild a home. Student Council members — consisting of fifth and sixth graders — voted to split the donation between food and rebuilding a home.

It is this closeness to the recipient that drew Lea and her family to donate to the Saxe Foundation. “We often get lost in our individual problems,” she said. “I encourage people to see the bigger picture. We can put hope into action.”

Following a Nepalese tradition, Heidi Saxe draped long shawls called “khatas” around Andrea and Lea to recognize their “acts of kindness, inspiration and light”. Following the yoga, Heidi, Tracy, Andrea and Lea lit little “butter lamps,” symbolizing light and wisdom, and turned to those around them until everyone had a burning candle.

Gaurishwor Sharma, the president of the Society of Nepalese in America, thanked the group for their support. “Your support will give us more life and courage to survive,” he said.

## BULLETIN BOARD

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

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

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

**God On Tap**, Wednesdays, 5:30-6:30pm, Wheeler’s Restaurant and Taproom, 180 Amity Road, Woodbridge, refreshments with friends & nourishing conversations facilitated by Elsa Worth, priest at Christ Church, Bethany, [www.christchurchbethany.org](http://www.christchurchbethany.org).

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

**Alzheimer’s Community Caregivers Support Group**, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program

Director to RSVP or for more information at 203-281-3500, ext. 7669; [www.geneshcc.com](http://www.geneshcc.com).

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

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

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

**Musical Theater Summer Camp**, July 6-July 31, 2015, 9:00am- 4:00pm, 5 to 15, 131 Bradley Road, Woodbridge, Disney’s Beauty and the Beast Jr., includes four classes for the campers - both indoor and outdoor and varies in level and age group. Sign up now, space is limited, Price/\$500, After School Care: Available.







## KEY MOMENTS IN AMERICAN REVOLUTIONARY HISTORY

Americans celebrate their independence from British rule every July Fourth. Celebrations typically include fireworks, parades and parties. While the signing of the Declaration of Independence in 1776 was a seminal moment in both American and world history, the following are some notable events that took place in the years preceding 1776 and helped to shape the country now known as the United States of America.

**1765:** The Passage of the Stamp Act marked the first major form of taxation on British colonists living in what is now America. The act imposed taxes on printed materials to help offset the costs of British troops in the colonies and replenish British debts. Colonists were upset they had no say in how taxes were levied or how the money would be spent.

**1767:** After repealing the Stamp Act, Britain imposed the Townshend Acts, a series of taxes on various British goods, including tea. Again, colonists were outraged, spurring a boycott on British goods.

**1770:** The Boston Massacre involved a crowd of colonists and a collection of British soldiers. The soldiers opened fire on the crowd, killing five and wounding six others. This incident helped increase anti-British sentiments in the colonies.

**1773:** A few years after the Boston Massacre, colonists boarded British ships in the Boston harbor and threw the tea into the sea as protest against the Tea Act. Known as The Boston Tea Party, this event proved a catalyst for revolution.

**1774:** After the Intolerable Acts aimed to punish colonists for The Boston Tea party, delegates from 12 of the original 13 colonies met illegally to form the First Continental Congress.

They convened to discuss plans for dealing with various British offenses. Congress also developed political statements against the British and urged people to boycott British goods. The first president of this congress was Payton Randolph. John Hancock was appointed president the following year after the monarchy ignored the first Congress' petition.

**1775:** The British governor of Massachusetts sent several hundred British troops to seize military supplies from the colonists at Concord. When the colonists discovered the plan, they sent their own militia to intercept the forces at Lexington. The British would win at Lexington but were defeated at Concord. Throughout 1775, many other clashes between colonists and British troops took place, eventually culminating in an event that would forever change American history.

**1776:** On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence, which formally proclaimed American colonies independent from Britain. However, Britain was not willing to bend to colonists' wishes.

**1776-1783:** Several battles took place during this time period, including Moore's Creek Bridge, Sullivan's Island and Fort Washington. France was brought into the war in 1777. A successful sea-and-land campaign of American and French armies led to the surrender of British troops at Yorktown.

**1783:** Nearly two decades after colonists began voicing their displeasure with British laws, the American Revolution formally ended on September 3, 1783 with the Treaty of Paris. The British Empire accepted defeat and recognized the independence of the United States of America.

## DEATH NOTICES

Woodbridge Town News

## DEATH NOTICES

The Woodbridge Town News will publish Death Notices for Woodbridge families free of charge as a service to our readers. Family members please email notice (limit 250 words, please) to: [edit@woodbridgetownnews.com](mailto:edit@woodbridgetownnews.com)

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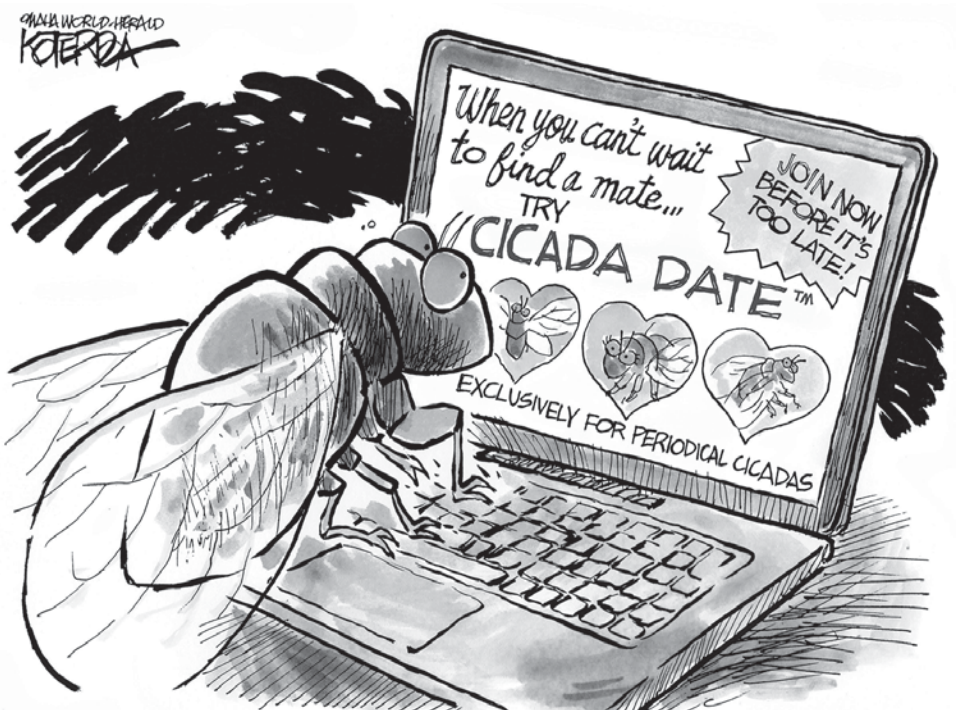
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# ENTERTAINMENT

## TOP 10 MOVIES

- 1. Jurassic World (PG-13)**  
Chris Pratt, Bryce Dallas Howard
- 2. Spy (R)**  
Melissa McCarthy, Rose Byrne
- 3. San Andreas (PG-13)**  
Dwayne Johnson, Carla Gugino
- 4. Insidious: Chapter 3 (PG-13)**  
Dermot Mulroney, Stefanie Scott
- 5. Pitch Perfect 2 (PG-13)**  
Anna Kendrick, Rebel Wilson
- 6. Entourage (R)**  
Adrian Grenier, Kevin Connolly
- 7. Mad Max: Fury Road (R)**  
Tom Hardy, Charlize Theron
- 8. Avengers: Age of Ultron (PG-13)**  
Robert Downey Jr., Chris Evans
- 9. Tomorrowland (PG)**  
George Clooney, Britt Robertson
- 10. Love & Mercy (PG-13)**  
John Cusack, Paul Dano

## TOP 10 VOD

- 1. Focus (R)**  
Will Smith
- 2. American Sniper (R)**  
Bradley Cooper
- 3. Jupiter Ascending (PG-13)**  
Channing Tatum
- 4. The SpongeBob Movie: Sponge Out of Water (PG)**  
animated
- 5. McFarland, USA (PG)**  
Kevin Costner
- 6. Fifty Shades of Grey (R)**  
Dakota Johnson
- 7. The Loft (R)**  
Karl Urban
- 8. Survivor (PG-13)**  
Milla Jovovich
- 9. Seventh Son (PG-13)**  
Ben Barnes
- 10. Still Alice (PG-13)**  
Julianne Moore

1. Name Norman Greenbaum's one big hit.
2. Which band released "Sing a Song," "Serpentine Fire" and "September"?
3. Who released "He Ain't No Angel" and "Giving Up"?
4. Which group released "Shimmy Baby" with "Face of An Angel" on the flip side?
5. Name the song that contains this lyric: "It's the heart afraid of breaking that never learns to dance. It's the dream afraid of waking that never takes the chance."



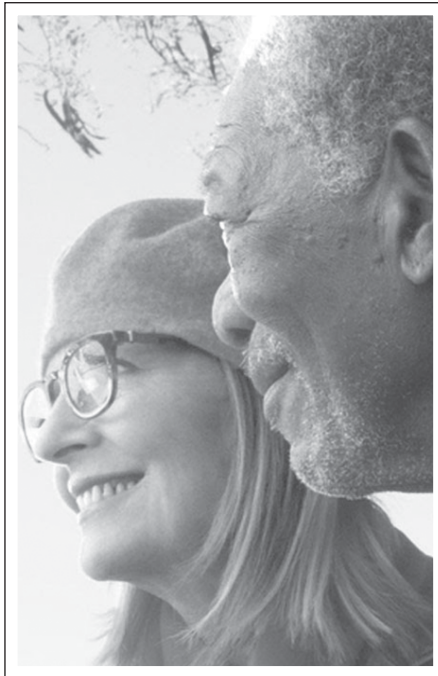
1. "Spirit in the Sky," in 1969. Greenbaum also was responsible for "The Eggplant That Ate Chicago," released by Dr. West's Medicine Show and Junk Band. 2. Earth, Wind & Fire. All topped the R&B chart. 3. The Ad Libs, in 1965 and 1969. Their first single was "The Boy From New York City" in 1965. 4. Joey Dee and the Starliners, in 1960. Their sole No. 1 hit was "Peppermint Twist" the following year. 5. "The Rose," by Bertie Maier, in 1979. Maier recorded the song for the soundtrack of the film by the same name. Although nominated in multiple categories for an Academy Award, Best Original Song was not among them because a song must be "original and specifically written for a motion picture," according to Academy rules.

## SPORTS QUIZ

By Chris Richcreek

1. In 2014, Billy Hamilton set a Cincinnati Reds rookie record for most stolen bases (56). Who had held the mark?
2. The Chicago Cubs' Jorge Soler, in 2014, became the third player since 1914 to have an extra-base hit in his first five major-league games. Name one of the other two.
3. Who are the only three men to win a Super Bowl as both a NFL player and a head coach?
4. Name the last players before Creighton's Doug McDermott (2012-14) to be picked to three consecutive Associated Press All-American teams.
5. In 2015, St. Louis' Ken Hitchcock became the fourth coach in NHL history to win 700 games. Name two of the first three.
6. When was the last time before 2014 that Algeria's men's soccer team won a game at the World Cup?
7. Name the last horse before American Pharoah in 2015 to win the Kentucky Derby from the No. 15 post.

1. Bob Bescher, who had 54 stolen bases in 1909. 2. Enos Slaughter (1938) and Will Middlebrooks (2012). 3. Mike Ditka, Tony Dungy and Tom Flores. 4. Patrick Ewing and Wayne Tinsdale, 1983-85. 5. Scotty Bowman (1,244 wins), Al Arbour (782) and Joel Quenneville (754). 6. It was 1982. 7. Orp, in 2013.



EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of July 6, 2015.

PHOTO: Diane Keaton, Morgan Freeman in "5 Flights Up"

### PICKS OF THE WEEK

**"Woman in Gold" (PG-13)** -- Helen Mirren stars as Maria Altman in this real-life story about an Austrian-born woman mounting a legal battle to reclaim an iconic painting that was seized when the Nazis took Vienna, and was claimed by the Austrian government after the war. Fighting at her side is young lawyer Randal Schoenal (Ryan Reynolds, doing something a little different), who develops his own

personal attachment to the case.

It all depends on how engaged you can be with Altman's struggle to recover the painting, "Portrait of Adele Bloch-Bauer I" by Gustav Klimt (you've probably seen a poster of it if you've ever been near a college dorm). To raise the stakes, the movie endeavors to make you feel for Altman not as somebody fighting for an ineffably valuable painting, but somebody trying to reclaim part of her lost family.

**"5 Flights Up" (PG-13)** -- A couple of retired lovebirds have nested in the same Brooklyn apartment since they bought it in the 1970s. Alex (Morgan Freeman) is a stubborn-but-loveable painter, and Ruth (Diane Keaton) is a neurotic-but-loveable ex-teacher. The neighborhood has changed a lot, and property values have pierced the sky, so the endearing couple puts their place on the market and start shopping for a new home. An alleged terrorist threat snarls traffic in the city, and there's an even less-relevant story about a sick dog.

The movie only functions on the charm of Keaton and Freeman, while the plot -- especially those little subplots -- are like roads to nowhere. It's a common pitfall for book-to-movie adaptations. Still, it's a sweet and smart look at the far end of long-term love.

**"71" (R)** -- A young British private, Gary Hook (Jack O'Connell) is left stranded and struggling to survive in hostile Northern Ireland in 1971 during the full swing of the bloody, decades-long conflict known as the Troubles. Based on real accounts of what happened one night in Belfast, Hook is left wounded after a riot separates him from his unit. In one long night, Hook faces threats from all sides, doesn't know where to go or whom to trust. The film works both as an examination of modern conflict where lines are blurry, and as expertly crafted action.

Sudoku answers on page 32

## Weekly SUDOKU

by Linda Thistle

	1	3	4				7	
	5				6	9		
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

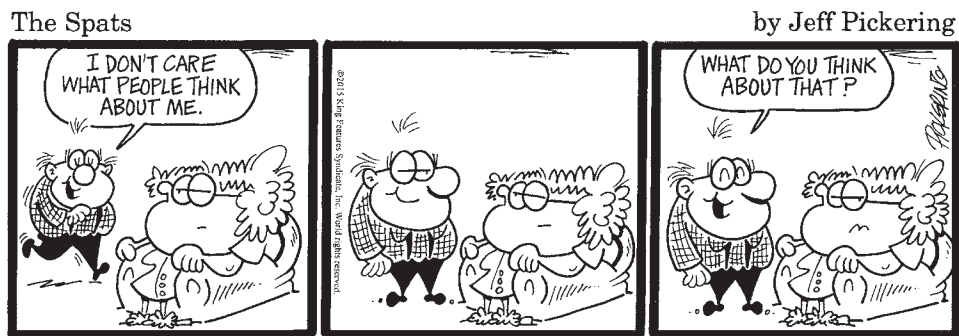
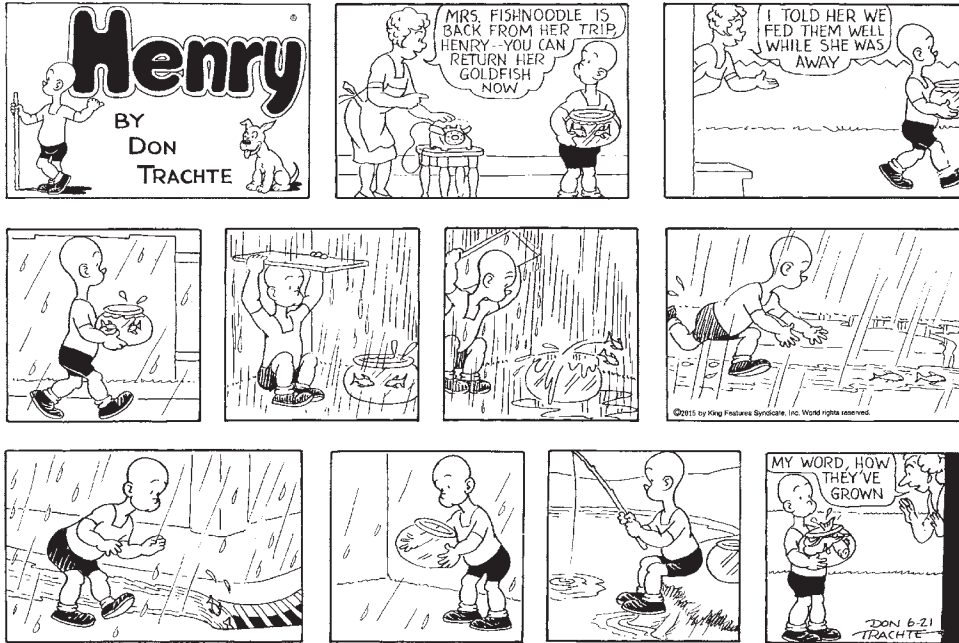
DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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# COMICS/CROSSWORD/HOLLYWOOD



## HOLLYWOOD

By Tony Rizzo



Scarlett Johansson

HOLLYWOOD -- "Furious 7" is about to get run over by "The Avengers: The Age of Ultron" in the list of 10 top box-office champs of all time. Currently, "Furious 7" is fourth with \$1.5 billion and "The Avengers: The Age of Ultron" is fifth with \$1.35 billion but coming on strong.

Scarlett Johansson, the female lead in "Ultron," has three major films being released in 2016. February will bring "Hail Caesar!" with a bevy of hot male stars: Josh Brolin, George Clooney, Channing Tatum and Ralph Fiennes. April will see the live-action Disney film "The Jungle Book" with Bill Murray, Sir Ben Kingsley, Idris Elba, (Oscar winner) Lupita Nyong'o and Christopher Walken. On May 6, "Captain America: Civil War" with Chris Evans, Robert Downey Jr., Paul Bettany, Jeremy Renner, Don Cheadle and Paul Rudd will be released.

\*\*\*

A reader wants to know what the EGOT Club is. EGOT refers to people who've won all four big awards: the Emmy, Grammy, Oscar and Tony. Twelve people are in this exclusive club, and not all of them are actors. The first EGOT member was composer/producer Richard Rodgers, who won an Emmy, two Grammys, an Oscar (for writing the 1950 song "It Might As Well Be Spring" from "State Fair") and nine Tony Awards.

Helen Hayes won one of each, plus an Oscar to spare for "The Sins of Madelon Claudet" (1932) and "Airport" (1970). John Gielgud won an Emmy, a Grammy, an Oscar (for "Arthur" 1991) and two Tonys. Audrey Hepburn won an Emmy, a Grammy, a Tony and an Oscar for "Roman Holiday" (1953) and a special Oscar in 1994. Marvin Hamlisch won

four Emmys, four Grammys, three Oscars (in 1973) for Dramatic Score of and Best song "The Way We Were" and for Score/Adaption of "The Sting," and a Tony for "A Chorus Line."

Mel Brooks won four Emmys, three Grammys, an Oscar for the screenplay of "The Producers" (1968), and three Tony Awards for the musical "The Producers." Mike Nichols won four Emmys, a Grammy, a 1967 Oscar for "The Graduate" and nine Tony Awards. Rita Moreno won two Emmys, two Grammys, an Oscar for "West Side Story" (1961) and a Tony for "The Ritz." Whoopi Goldberg won two Emmys, a Grammy, an Oscar for "Ghost" and a Tony.

Composer Robert Lopez won two Emmys, three Grammys, an Oscar for the song "Let It Go" from "Frozen" and three Tonys for "The Book of Mormon." Composer Jonathan Tunick won Emmy, Grammy, Oscar (for "A Little Night Music") and a Tony. Producer Scott Rudin won an Emmy, Grammy, Oscar ("No Country for Old Men") and 10 Tony Awards. Did they ever rest? Talk about overachievers!

## King Crossword

### ACROSS

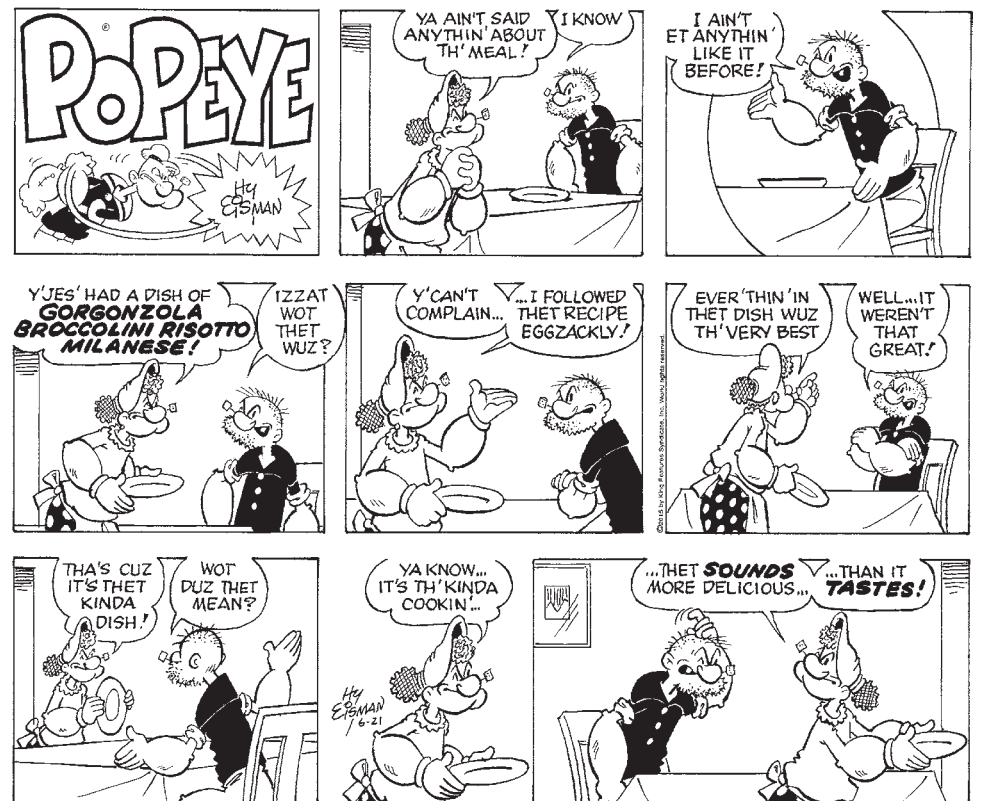
- 1 Throws in
- 5 Tatter
- 8 Wound cover
- 12 Tide type
- 13 Compass dir.
- 14 Corn concoction
- 15 Severe decline
- 17 Dermatologist's case
- 18 As found
- 19 Singer Sophie
- 21 Youngster
- 22 36-Across segment
- 23 Blue
- 26 "Charlotte's --"
- 28 Make into law
- 31 Old portico
- 33 Homer's interjection
- 35 Arizona river
- 36 Variety show
- 38 Talk on and on
- 40 Back talk
- 41 Advantage
- 43 Sweet potato's kin
- 45 Sunscreen, usually
- 47 Complained bitterly
- 51 Bedouin

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
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- 52 Sports fans' party venue?
- 54 Astronaut Armstrong
- 55 Conclude
- 56 Sharpen
- 57 Mete (out)
- 58 Deli loaf
- 59 Despot
- 8 What "this clue" needs
- 9 Mixed drink
- 10 Boleyn or Bancroft
- 11 "Cheers" serving
- 16 Pack away
- 20 Guitar's cousin
- 23 Georgia's ex-status (Abbr.)
- 24 Chowd down
- 25 Overlap
- 27 Marsh
- 29 Roman 151
- 30 Spigot
- 32 Within
- 34 Outing on a wagon
- 37 Id counter-part
- 39 False god
- 42 Go in
- 44 Possibly will
- 45 Crow's-nest cry
- 46 Sandwich treat
- 48 Neighbor of Cambodia
- 49 Sicilian spouter
- 50 Antelope's playmate
- 53 Whatever amount

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King Crossword Answers on Page 32





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## AMITY ATHLETIC ALUMNI HALL OF FAME SET TO INDUCT SIX

The Amity Athletic Alumni Hall of Fame inducted six new members at the annual Amity Block A dinner June 14th at Grassy Hill Country Club. The 2015 inductees include Robert Coppola, Michael Gambardella, Brian Wright, Tiffany (Egnaczyk) Fisher, Lauren (Erwin) Coxon and Harold Freedman.

### Robert Coppola ('73)

As an athlete and scholar at Amity, Robert Coppola excelled in basketball (3) and baseball (3) during his three years at Amity. In basketball he captained his team in his senior year and earned All Housatonic Second Team and Honorable Mention All-State. He averaged 20.2 points per game and finished in the top ten in the state. Robert won his team's MVP Award. He was also selected to the Connecticut Shoot-Out All Star Team and Honored by the New Haven Dante Club. In baseball, Robert had an outstanding three year varsity career as a pitcher. In his senior year, Robert was the team's captain and made All Housatonic First Team. Robert recorded a 7-2 record, pitched 75 innings, 41 hits, 93 strikeouts (21 SO's in a 11 inning game), 16 base on balls with an ERA of .096. Robert won his team's MVP award and was Amity Athlete of the Year. At the conclusion of his high school career Robert went on to attend the University of New Haven to study Business and was a varsity starter in baseball.

### Michael Gambardella ('75)

As an athlete and scholar at Amity, Mike Gambardella excelled in basketball (4) during his four years at Amity. In basketball Mike made All-Housatonic League 1st Team - 1974, 1975; All-Housatonic League 2nd Team - 1973; All-New Haven County Team - 1974, 1975; All-State - Honorable Mention - 1974, 1975; Connecticut Shoot-Out All-Star Team - 1975. He averaged 30 points per game and finished the season as the state's scoring leader. Mike was also his team's co-captain and MVP in his junior and senior season. At the

conclusion of his high school career Mike went on to Springfield College where he majored in Physical Education and played four years on the basketball team. He was the team's captain in his junior and senior year and had a career 1,000 points.

### Brian Wright ('80)

As an athlete and scholar at Amity, Brian excelled in football (4) and basketball (2) his four years at Amity. In football, Brian earned honors making the All-Housatonic League 1st Team - 1978, 1979; All-State Honorable Mention - 1978, 1979; Cablevision of Southern CT Player of the Week - 1979; New Haven Register Player of the Week - 1979; New Haven Register All-Star Team - 1979. In 1978 Brian quarterbacked the Amity football team to its first ever and only State C.I.A.C LL Championship. They were ranked #1 in Connecticut, #3rd in New England and #30 in the United States. Brian led Amity to two Housatonic League Championships 1978 and 1979. He also earned a Walter Camp Team Award. During his junior and senior year Brian lead Amity to a 21-2-1 record, threw for 24 TD's, 2700 yards passing (68.5% completion rate) and rushed for 740 yards. In 2007 Brian was inducted into the New Haven Gridiron Club Hall of Fame and was voted by the New Haven Register to the "Now and Then Top 50 Players Team". In basketball, Brian only played during his freshman and sophomore years. After Amity Brian went on to attend the University of Pennsylvania where he played football until a career-ending shoulder injury.

### Tiffany (Egnaczyk) Fisher ('01)

As an athlete and scholar at Amity, Tiffany (Egnaczyk) Fisher excelled in indoor track and field (1), field hockey (4), basketball (3) and softball (4) during her four years at Amity. In indoor track and field, Tiffany was a State Open Qualifier and 2nd Team All-Conference in her senior year the only season she participated. In field hockey, Tiffany

was All-State First Team - 2000; Academic All-State Team - 2000; Southern Connecticut Conference First Team - 1999, 2000; New Haven Register All-Area M.V.P. - 1999, 2000; Connecticut H.S. Coaches Association M.V.P. - 2000. She was her team's captain in her senior year and won her team's M.V.P. - 1999, 2000. Tiffany was also selected to the US National Team under 18 as an alternate - 2001. In basketball, Tiffany was her team's captain in her junior year. In softball, Tiffany was First Team All-State and All-SEC- 2001, team captain 2000 and 2001. Tiffany was a member of the National Honor Society, All -State Academic Team and News Channel 12 Scholar Athlete in 2001. She was also her team's captain in 2000 and 2001. Tiffany concluded her career at Amity winning Amity's Most Versatile Award and Female Athlete of the Year for 2001. Tiffany went on to attend Harvard University and played varsity field hockey for four years. She earned Ivy League Rookie of the week in 2001, NCAA Division 1 National Academic Squad for four years and her team won the Ivy League Championship in her senior year 2004.

### Lauren (Erwin) Coxon ('03)

As an athlete and scholar at Amity, Lauren Coxon excelled in soccer (4), basketball (4) and track/field (1 senior year) during her four years at Amity. In soccer, Lauren earned honors making S.C.C. All-Housatonic Division 1st Team- 2000, 2001, 2002; New Haven Register All- Area Team - 2000, 2001, 2002; New Haven Register All-Area M.V.P. - 2002; All-State 1st Team - 2000, 2001, 2002; Adidas All-American -2002; Adidas Connecticut Player of the Year 2002; All-New England -2002; Gatorade Player of the Year - 2002. Lauren was captain of her team in her senior year and ended her career as Amity's all-time Career Goal Record Holder with 88 goals. She also won her teams MVP award in 2000, 2001, 2002. Lauren was also CT Junior Soccer Association Female High School Player of the Year and selected to play in the

Senior Bowl. In basketball, Lauren was a three year varsity starter and captained her team in her senior year. In her senior year Lauren also participated on the Outdoor track and field team.

Lauren was an Academic Honor Roll student during her four years at Amity and a member of National Honor Society in 2003. Lauren was also Amity's Female Athlete of the Year for 2003. After Amity Lauren went on to attend Boston University on a full athletic scholarship to play soccer where she had an excellent career.

### Harold Freedman (Teacher/Coach)

Freedman is being recognized for his 40 years of support to the students and athletes of Amity Regional High School. Well respected by his administrators, peers, students/athletes both in and out of the classroom. His career as a head coach is as follows:

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- (77% winning percentage)
- C.I.A.C. State Class "L" Runner Up 2009
- Housatonic League Championships: 1977, 1978, 1979, 1984, 1985, 1986, 1987, 1993
- Southern Connecticut Conference Championship: 2013
- S.C.C. Division Championships: 1995, 1996, 1997, 1998, 1999, 2001, 2002, 2003, 2004, 2013, 2014
- New Haven Register Coach of the Year- 1985
- Connecticut Post Coach of the Year - 1985
- Amity Coaches Association Coach of the Year - 1985
- Connecticut High School Coaches Association
- "Coach of the Year" - 1983

Hal's teaching career at Amity began in 1970 as an English teacher and became the English Department Chair in 1990 and held that position until his retirement.

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3	2	6	8	4	1	7	5	9
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**LOCAL SPORTS**



**Jake Milner**

Senior captain, Jake Milner, has been named a 2015 US Lacrosse Academic All-American. He becomes the second player in program history to receive this recognition.

Milner finished his career at Amity with 104 goals, while maintaining a 3.81 GPA. Next year, he will be playing lacrosse at the University of Miami (FL), while enrolled in an exclusive honors level pre-med program. Congratulations to Jake - continue to make the program proud of your accomplishments on and off the field!

**ARTS & LEISURE**



Pictured from left to right: Richard Dellinger, AMSB Principal; Rob Fragione, Band Director, Brennan Orié, Choral Director; Lynn Estra, PTO President; Pennell Hamilton, PTO Treasurer

**MUSIC DEPARTMENT RECEIVES DONATION FROM PTO**

On Wednesday, June 17, 2015, Amity Middle School - Bethany outgoing PTO President Lynn Estra and Treasurer Pennell Hamilton presented the Middle School with a check for \$2,500 toward the purchase of a baby grand piano for the Music Department.

The idea was first suggested by parent Hanna Chao, who will be leading a committee to raise the additional \$2,500 needed for the purchase. PTO President Lynn Estra said, "The PTO is pleased

to be able to assist the Middle School music program with this purchase." Earlier in the year, the PTO provided \$1,200 to the Physical Education Department for the purchase of a weight machine.

In addition, during the 2014-2015 school year the PTO sponsored an internet safety seminar and ran a number of teacher and student events including a very successful eighth grade graduation party.

**BARK BYTES...**

By Vicki & Richard Horowitz



**ENJOY THE OUTDOORS WITH YOUR DOG!**

Your dog loves fresh air and sunshine as much as you do—not to mention all the new and interesting sights and smells the outdoors brings! Try some of these outside games and activities to keep your dog healthy and happy. In addition, playing with your dog, like training him, enhances the bond you share and helps him keep his focus on you!

**FREESTYLE OBEDIENCE**

Take your dog to a large open area or yard and have him follow you around as you deliver commands: SIT, DOWN, STAY, COME, etc. Give lots of praise when your dog completes the correct action. You can then move on to more advanced commands, teaching your dog to BACK UP, JUMP over something, CIRCLE around, etc. Continue walking around the area so that your dog has to focus his attention on you!

**OBSTACLE COURSE**

Set up your own obstacle course. Try including a tube (such as an agility tunnel/chute, available at most pet retailers) for your dog to run through, a pause table, a ladder, weaving sticks, poles to jump over, etc.—you can be creative with everyday items already in your yard, like sticks or Hula-Hoops. Start with your dog on a leash, and walk him through the course in the order you want him to complete the obstacles. Give him lots of praise when he gets it right, and recruit friends, family and neighbors to serve as judges—or to bring their own dogs to compete!

**BATTING PRACTICE**

For a twist on traditional fetch, grab a Wiffle bat and a dog-safe ball to hit across the yard or a park and have your dog play outfielder—no glove required! Try not to hit another ball until your dog has brought the first all the way back to you so that he learns he must return the item for the game to continue.

**HOMEMADE PUP-SICLES**

You can use a Popsicle mold or just an ice cube tray to freeze yummy, refreshing treats for your dog. Get creative by tossing ingredients such as yogurt, bananas, peanut butter, and carrots into a blender with a little water or, for picky pooches, chicken or beef broth (all-natural or low sodium versions are best). If your dog is a dedicated chewer, try stuffing a KONG® with your concoction and putting it in the freezer. Your dog will look forward to cooling off with his special reward at the end of playtime.

**WET & WILD**

Fill up a kiddie pool with water and encourage your dog to splash around. For even more fun, grab a hose and have your dog chase the stream of water in and out of the pool. Add some dog-safe shampoo to combine playtime and a bath!

**HIDDEN TREASURE**

Start with your dog in a SIT/STAY, allowing him to smell a treat, then hide it somewhere in the yard. Release your dog from the SIT and watch him explore with unbridled enthusiasm to find it! As your dog masters the game, add a degree of difficulty by hiding a number of treats in advance. You can also try scatter-feeding your dog his kibble at mealtimes (throwing it all around the yard)—many dogs will spend hours enthusiastically hunting for every last bit.

Remember that basic obedience is the foundation for having fun with your dog—games and activities should be a fun and rewarding bonding experience, not a stressful time, for you and your 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](http://www.dog-training-new-haven-ct.com).

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# Salome's Stars

**ARIES (March 21 to April 19)** Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

**TAURUS (April 20 to May 20)** You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.

**GEMINI (May 21 to June 20)** Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact and reunite with loved ones with whom you've lost touch.

**CANCER (June 21 to July 22)** Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

**LEO (July 23 to August 22)** While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

**VIRGO (August 23 to September 22)** The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things

happen naturally.

**LIBRA (September 23 to October 22)** Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.

**SCORPIO (October 23 to November 21)** This is a good time to consider mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.

**SAGITTARIUS (November 22 to December 21)** This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.

**CAPRICORN (December 22 to January 19)** A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.

**AQUARIUS (January 20 to February 18)** Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

**PISCES (February 19 to March 20)** Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be surprised at what you find when you do.

**BORN THIS WEEK:** You are a romantic at heart, although you can be amazingly practical when you need to be.

Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY



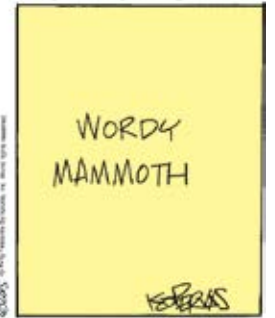
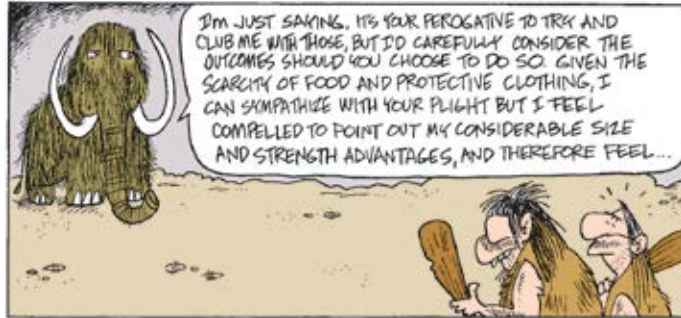
THE CASHIER

BY RICARDO GALVÃO



Out on a Limb

by Gary Kopervas



**top ten**

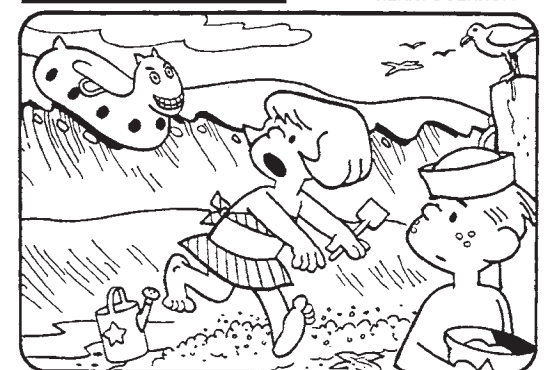
**MILITARY MIGHT\***

1. United States
2. Russia
3. China
4. India
5. United Kingdom
6. France
7. South Korea
8. Germany
9. Japan
10. Turkey

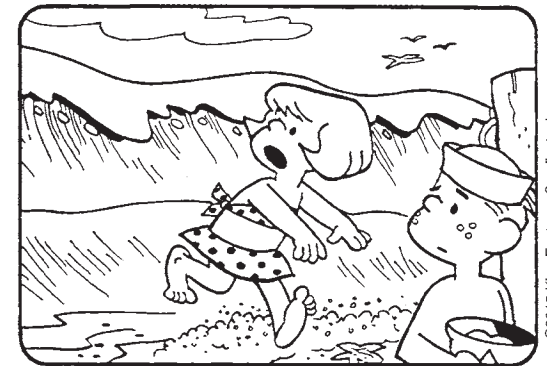
\* conventional warfare  
Source: Global Firepower

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Horse is missing. 2. Watering can is missing. 3. Bathing suit is different. 4. Shovel is missing. 5. Bird is missing. 6. Hat is moved. 7. Hat is moved.

## VOLUNTEER IDEAS

**DEAR PAW'S CORNER:** I would love to help pets in some way, but the local animal shelter doesn't need volunteers, and there isn't much else going on in my area. Do you have any suggestions? -- Kara in Idaho

**DEAR KARA:**

Check your local newspapers (or their websites) and your town's website for volunteer opportunities. There may not be anything right now, but needs change throughout the year for many nonprofits.

So, what if there really are no opportunities near you? Consider creating one. Organizing a fundraiser for a pet charity (or your local animal shelter) is one fast way to do something positive.

Or, if you spot a need that isn't being met in the local pet community, create a way to fulfill that need. For example, a military couple

created "Dogs On Deployment," a website that helps military members find temporary homes for their pets (not just dogs) before they leave for overseas assignments.

What if senior citizens in your area need help keeping their pets' shots up to date? You could talk to local vets and perhaps the local shelter about ways to help them.

Perhaps your town has no facilities for

pets, such as a dog park or even pet zones in local parks. Start exploring the possibility of getting a park built.

You could even start with something as small as an awareness campaign that educates store owners about the many types of service dogs (and other service animals) that are helping disabled people these days.

Keep your eyes open for inventive opportunities to contribute positively to pet care, and you may find yourself overwhelmed with choices.



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

The Garden Bug Seaweed fertilizer BY BRENDA WEAVER

Seaweed stimulates beneficial soil microbial activity and enhances photosynthesis and growth in plants. Make your own liquid fertilizer with it by taking 2 sheets of sushi nori seaweed paper (found in Asian food stores), rip them into small pieces and drop it into a jug of water. Let the seaweed and water solution sit for a few days, shaking it occasionally. When the water turns a rich greenish-brown color, the mixture is ready to apply. Try 2 or 3 teaspoons at a time per plant.

Source: Zuditaka on YouTube, www.ghorganics.com





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