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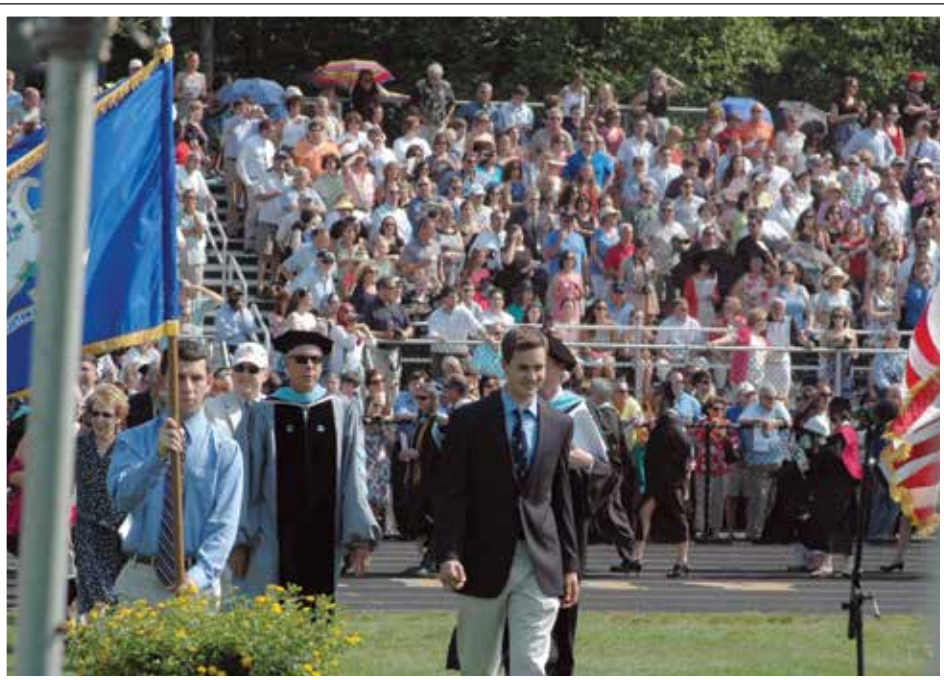
VOL. 8 – ISSUE 9

CIRCULATION 4891

TUESDAY, JULY 2, 2013



383 Amity graduates are ready to throw their hats in the air at commencement June 21.



Supt. Dr. John Brady leads school officials and 2013 graduates onto the football field.

SUN SHINES ON CLASS OF 2013

By Bettina Thiel – Woodbridge Town News Correspondent

Thanks to the warm sunshine on Friday, June 21, the 2013 Amity High School graduation took place outside this year at the Sim Athletic complex. Family and friends of the 383 graduates had plenty of room on the bleachers on either side of the football field. They would have done well with binoculars, though, to find their particular graduate in the midst of the sea of black-and-gold gowns.

The graduates were set up in two blocks of chairs on the field, and a tent for the school administration and other dignitaries. The three class speakers this year

See "Graduation" continued on Page 17



SELECTMEN FILL POSTS IN PREPARATION FOR NEW TERMS

By Bettina Thiel – Woodbridge Town News Correspondent

The newly elected Board of Selectmen met Wednesday, June 26, to fill vacancies on more than a dozen town boards and commissions.

The board, although not officially sworn in, has the authority to make those appointments as soon as it is elected so as to assure a smooth transition come the start of their new term July 1. This also allows everybody to be sworn in at the same time. The swearing-in ceremony was set for Friday, June 28.

First-Selectman-elect Ellen Scalettar took the seat at the head of the table to orchestrate what has evolved into a largely ceremonial act of approving the candidates

See "Selectmen" continued on Page 18

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Patrick Young



Maria Zambrano

ARRESTS MADE IN MORRIS ROAD SHOOTING

By Bettina Thiel - Woodbridge Town News Correspondent

Woodbridge Police last week arrested a Hartford man and a New Haven woman in connection with the Morris Road shooting that occurred early Monday, June 24. Arrested was Patrick E. Young, age 20, of 9 Deerfield Avenue, Hartford. He was charged with first-degree assault, criminal possession of a firearm, and carrying a pistol without a permit.

His girlfriend, Maria Zambrano, 28, of 29 Truman Street, New Haven, was arrested Thursday and charged with aiding and abetting an assault and with carrying a weapon in a motor vehicle. She was held overnight at the Woodbridge Police Department in lieu of a \$300,000 bond, for arraignment in New Haven Superior Court Friday, June 28.

According to the police report, the shooting occurred Monday, June 24, at approximately 1:26 a.m. on Morris Road near the intersection with Litchfield Turnpike (Route 69). Police say a vehicle with four occupants was traveling north on Litchfield Turnpike, when the people became involved in a dispute.

The New Haven Register, after obtaining the arrest warrant, reported that Young was traveling with Maria Zambrano and with his cousin and her friend. The newspaper said they had stopped at a Bank of America branch in Hamden to withdraw cash from a personal check Young had deposited in the friend's bank account. However, the bank blocked the transaction allegedly because the check was deemed fraudulent. That's how the argument started.

They were traveling north on Litchfield Turnpike, then pulled over onto Morris Road and stopped at the side of the road. Young allegedly ordered his cousin and her friend out of the car at gunpoint, and shot at and struck his cousin in the hand and the upper torso. Young then fled the area in the vehicle, which was driven by Zambrano. The shooting victim and the other female ran back to Litchfield Turnpike where they flagged down a passing vehicle and summoned assistance. The cousin was taken by ambulance to Yale New Haven Hospital for treatment and released.

See "Road Shooting" continued on Page 3

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“Road Shooting” continued from Page 2

Woodbridge Police detectives obtained a warrant for Young’s arrest Tuesday afternoon and a short time later received a tip that Young was a passenger in a car in the Grand Avenue area of New Haven. With the assistance of the New Haven Police Department who located the vehicle, Young was taken into custody. Young was detained overnight at Woodbridge headquarters in lieu of a \$500,000 court set bond and arraigned in New Haven Superior Court on Wednesday, June 26.

Assistant State’s Attorney Michael Denison asked that Young’s bond amount be raised to \$1 million due to the nature of the accusations. Judge William Holden agreed and ordered Young held in lieu of \$750,000 bond, and issued a protective order to keep Young away from the victims. The next court date is July 16.

Woodbridge Police are working closely with neighboring police departments and the CT State Police Major Crime Squad in this investigation.

One of the residents on Morris Road who lives not far from the site, said she slept right through the commotion, nor did her dogs stir during the night. Because it’s a very wooded area with not many homes close to Route 69, it happens occasionally that people turn onto Morris Road when they want to get off the major thoroughfare. There is a shoulder area where cars can pull off the road. One time someone dropped off a pitbull in the same area. She said the neighbors will call each other and “things get found out”. That’s what happened Monday morning, when people found the egress to Route 69 blocked by a police cordon. She is hoping that police will pay attention to her road when they patrol up Route 69. “Maybe they’ll watch this road a little more,” she said.



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BOY SCOUT TROOP 63 CONDUCT FLAG RETIREMENT CEREMONY

Boy Scouts from Woodbridge Troop 63 conducted an official Flag Retirement Ceremony on Friday June 14, 2013 (Flag Day) at the Old Firehouse in Woodbridge. The scouts from Troop 63, along with their adult leadership and members of the Woodbridge Fire Department and assisted by Cub Scouts from Pack 902 and Scouts from West Haven Troop 202 participated. In addition, an Honor Guard from the Knights of Columbus and over 100 adults and children from the community were in attendance.

United States Federal Law provides that 'The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning'. This includes flags that are worn, torn, faded or badly soiled. Prior to the ceremony, flags were collected from special collection boxes placed at the Woodbridge Town Hall and Library and then were prepared when the scouts cut the flags into pieces with scissors. The white stripes, the red stripes and the blue star fields were all methodically separated. As part of the learning experience the scouts knew that one does not cut the blue star field as it represents the union of the fifty states and one should never let the union be broken.

Master of Ceremony Ryan Oleynik and Senior Patrol Leader Ryan Metzger began the ceremony with the Pledge of Allegiance and were joined by readings from 9 members of the Troop. Following the readings the white stripes were placed carefully into the fire, followed by the red stripes and finally the blue star fields. Many people from the community along with the scouts, parents and siblings participated. It is estimated that over 150 flags were retired. Following the ceremony the ashes and the grommets will be buried at Camp Whiting, the local campground named after Charlie Whiting, one of the founders of Troop 63.

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

Join the adventure. Join the fun and see what scouting is all about. Meetings are held at Our Lady of the Assumption "Mother" Church located at 1700 Litchfield Turnpike (Rte. 69) in Woodbridge on Monday nights from 7:00 – 8:30 and all boys ages 10 and up or who have completed the fifth grade, along with their parents, are encouraged to visit. For more information, visit our web site at <http://www.troop963.org> or email Troop63CT@gmail.com.

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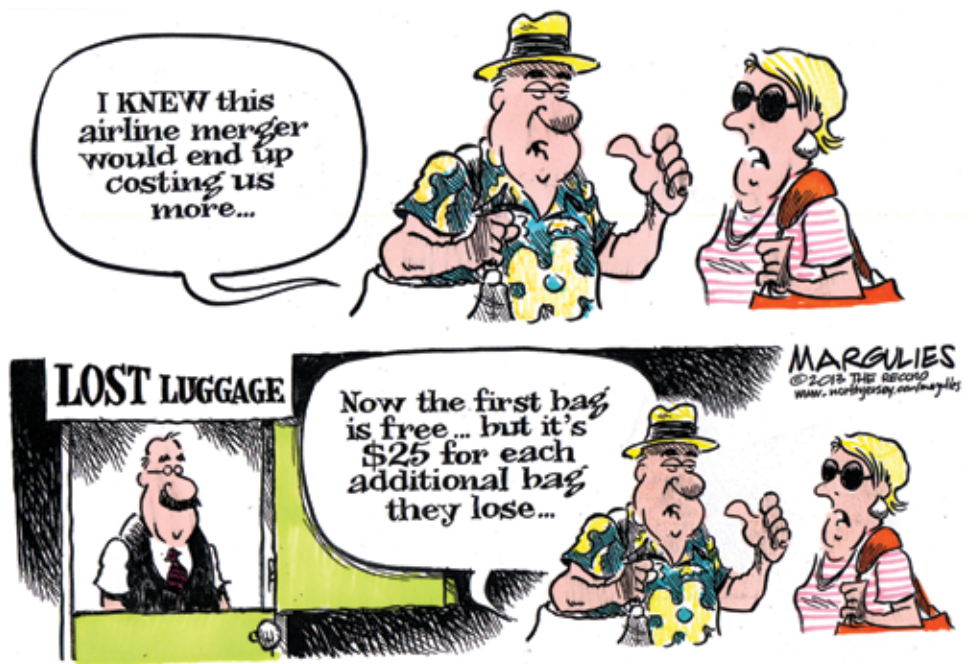
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FRESH MIX OF SOUNDS FOR JULY SUMMER CONCERTS

By Bettina Thiel – Woodbridge Town News Correspondent

It's in July that life finally seems to slow down a little bit for most of us, and families love to turn out for the annual summer concerts on the green on Tuesday nights. Armed with blankets and beach chairs, some come with coolers and drinks, others get a hot dog from the Fire Dog truck or ice cream treats.

The Woodbridge Recreation Department, which organizes the events, has a fresh mix of sounds lined up for this year. Concerts are from 6 to 8 p.m.

July 2

Annie and the Mixers will open the series with their up-to-date mix of country music and rock n roll. The group was here last year and is back by popular demand.

July 9

The Shaded Soul Band — This is the first time this high-energy act will be playing at the Woodbridge summer concerts. Musical styles range from big band music to the top 40 of today. Shaded Soul has been the opening band for The Four Tops, Howie Mandel, Three Dog Night, Mario, Alicia Bridges and Sister Sledge.

July 16

Sounds of Frank — What would a summer be without the summer-winds nostalgia invoked by Frank Sinatra songs. John Cooper will bring them to us with his back-up band called the Hoboken Five. This is their first gig in Woodbridge.

July 23

Remember Remember September? The popular young band is returning with its original rock with a jazzy edge. The group played with Johnny Winter at Toad's Place several times. They also perform for soldiers at Walter Reed National Military Medical Hospital in Washington, DC.

July 30

Lucky for us, July this year has five Tuesdays and Rocky Salperito, publisher of the Woodbridge Town News, is co-sponsoring a fifth summer concert for the town, bringing the **British Invasion Tribute Band** back to the Amity area.

Last year, the group had its first outdoor gig in Connecticut at the Orange summer concerts. They will have a return engagement in Orange for the Fourth of July celebration this year and now Woodbridge folks will have a chance to enjoy this group of Fab Four from New Jersey. The Band will performing three full sets



of music from the 1960s:

1. "The British Invasion" (1964-1967) – with hits from such great groups as the Rolling Stones, Kinks, Zombies, Animals, Herman's Hermits and more.
2. The second set is "The American Response to the British Invasion" featuring songs from the Monkeys, the Beach Boys, the Doors, Simon & Garfunkel and the Mama's & the Papa's.
3. The evening finishes off with a Special Tribute to the Beatles as the band plays the complete side #2 from their fan favorite album "Abbey Road".

As in past years, the Fire Dog truck will be present selling hot dogs, hamburgers and more. FourFlowers, the local bakery, will have a truckload of cookies and treats for sale. Local non-profits have the option to rent tables along the periphery of the green.

In the event of rain, the concerts will take place in the Center gym, with the exception of the British Invasion, which will be moved to the Brady Center for the Performing Arts at Amity High School.

<p>BETHANY \$950,000 8,000+sf, 14 rms, 3BR, 5.5 ba. Fab kit w/grill rm, indoor pool, media rm. Too many details to list. Darlene Eaton 795-2700.com MLS#N328027</p>	<p>BETHANY \$530,000 12 rm Colonial 4BR, 3ba, 3 story foyer, 3 c heated garage, open flr plan, 2 fam rms, 2 offices, 3 c gar, poss inlaw. Darlene Eaton 795-2700.com MLS#N334451</p>	<p>SOLD IN 8 DAYS!</p> <p>BETHANY \$425,000 NEW LISTING! Att horse lovers! 9 rm, 4BR, 2.5ba Ranch w/mod kit, sun rm, hwflrs, 4/5 c gar/barn w/dbl doors on 7.37 acres. Tom Cavaliere 795-2700.com MLS#N338488</p>	<p>BETHANY \$349,000 Grt cond RR, ideal for lg fam! 2 full mod kits, 4BR's, 3fba's, LR w/FP, DR, MBR suite, LL FR w/FP, 3 add't rms, one full bath, private lot. Tom Cavaliere 795-2700.com N334967</p>	<p>NORTH HAVEN \$349,900 3-4 br, 2 BA Tudor Split in Whitney Ridge/Ridge Rd School district. FLR, FDR, El-Kit, Great Rm. Carole McElrath 795-2700.com MLS#N337953</p>
<p>ORANGE \$999,999 11 rm, 2BR, 2.5ba Contemporary; 3 houses in 1 SF home. 2nd has apt up/mix use down. Marsha Oliver 795-2700.com MLS#N327278</p>	<p>NEW PRICE!</p> <p>ORANGE \$549,000 NEW PRICE! Custom blt 11 rm, 4BR, 4.5 ba Colonial w/in law apt. OS kit & DR, main lvl FR, 1st flr office. Nick Mastrangelo 795-2700.com MLS#N337003</p>	<p>ORANGE \$539,000 Pristine 9 rms, 5BR, 4 full & 2 half ba RR w/LL walkout in law or priv office suite. Conv loc. Owner/Agent. Mario Gambardella 795-2700.com MLS#N336870</p>	<p>NEW PRICE!</p> <p>ORANGE \$475,000 NEW PRICE! 4,473 sq.ft., 14 RM, 5br, 4.5 BA RR; remod kit, many updt, fully fin LL, att in-law, extensive landscaping. Nick Mastrangelo 795-2700.com MLS#N333787</p>	<p>NEW PRICE!</p> <p>ORANGE \$409,400 Great location; recently renovated 7 rm, 3BR, 2.5ba Split, EIK, form LR & DR, 2 c gar. Mario Gambardella 795-2700.com MLS#N337114</p>
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OUTSIDE THE LIVING BOX

It isn't just puppy love for dog trainer Danielle Drazen. The 20 year old Southern Connecticut University junior is a foster mom for young pups who are being groomed to be service dogs.



Laura Fantarella



Danielle Drazen

Drazen is a volunteer with the group, Canine Companions for Intendance, a national non-profit organization that provides service dogs to people with a range of disabilities. Service dogs can be companions to the blind, deaf, have autism, traumatic brain injuries, and even to assist wounded veterans to name a few.

The dogs are generally Labrador and Golden Retriever mixes bred for service who make their way to Drazen at about eight weeks old. She is responsible for house breaking, socializing, and teaching the puppies basic training commands. They remain in her care for about 16-18 months when they leave her care to attend "puppy college" where their training becomes more specialized.

Drazen began volunteering for the group in 2010 when she was searching for an activity to make her life more meaningful. "I wanted to do more with my life and I wanted an opportunity to help others," she said. She began researching possible opportunities on the internet and was drawn to an activity that combined her love of animals with helping others. "I found this and fell in love with it," she said. She survived a lengthy application process and received book training outlining how to care for the special dogs. Each month she meets with other volunteers to exchanging training stories and get support. Dogs are generally placed at around three years old. Drazen has witnessed the amazing ways a service dog can help its owner. "I have a friend with a brain injury and her dog can take off her socks, put them in the hamper, pick up objects off the floor and open doors and drawers," she said. "The dog helps provide independence to someone who might otherwise not have it."

Currently immersed in training her fourth dog, Fineas, Drazen finds all her charges have different personalities and strengths. So far none of her three dogs

have made the final cut to become actual service dogs. "One was too timid, one was too wild and one had health issues," she said. She is hoping Fineas has the temperament to make it all the way through the program. "He is a very calm, mellow boy who likes to sit and take in the world," she said. Drazen teaches the dog basic commands like sit, lie down, stay and 'shake' that become the basis for the specialized training down the road. "The command 'shake' will eventually evolve into a dog learning to turn off a light switch, and pushing the handicapped access button to open a door" she said. Fineas goes to work every day with Drazen to her job as a legal assistant at her dad's law firm in Milford. There he interacts regularly with staff and clients, who all seem to benefit from having the friendly pup around.

While a service dog can be life-changing to the individual the animal is placed with, so has the organization been for Drazen. "I have met friends and had experiences I never otherwise would have had," she said. "I really enjoy it." She and her various pups have marched in President Obama's Inaugural Parade in Washington, D.C., attended a polo match in Massachusetts and hung out on the Fenway Park playing field during a Red Sox game.

Although it's difficult to not become attached to the adorable playful pups who spend their puppyhood in the Pumpkin Patch Road home she shares with her parents, Drazen maintains a practical attitude. "It's not my dog in the first place, I'm not 'giving up,' I'm 'giving to,'" she says of the dogs that will eventually be placed in another home. When she completes her degree in special education, Drazen's dream is to one day have a service dog who will work with her children with special needs. "I plan to do this as long as I'm able to," she said.

Woodbridge Residents! Help me make this column a success. Send me your suggestions - if you think you may make an interesting subject, or someone you know should be featured, let me know at laura@woodbridgetownnews.com.

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WOODBIDGE EDUCATION ROUNDUP



Former 6th grade student proudly shows off the curio shelf he made in his woodworking class, one of dozens of offerings in Beecher Road School's Summer Enrichment Program.

SUMMER PROGRAMS FOR ELEMENTARY SCHOOL CHILDREN

Popular Summer Enrichment Program Starts July 1

The Woodbridge School District is offering choices for children in its popular Summer Enrichment Program (SEP) that begins July 1 and runs through August 2 at Beecher Road School. The series of tuition-based mini-courses that includes classes in the visual and performing arts, physical activity with the emphasis on fun and fitness, cooking, drama, small business, publishing, journalism and broadcasting, literature, theater, woodworking, science, math, space and many others. The classes are taught by certified teachers and other trained instructors. A perennial favorite of small children and their parents is So, You're Going to Kindergarten.

During the five-week period that SEP operates, most classes run in one-week sessions so children can explore a variety of interests. Parents can choose any class during the five weeks that the program operates. SEP is open to children from kindergarten through grade 6, including children entering grade 7 this fall. It is also open to children from other communities on a space available basis. Many of the classes are repeated during the course of the summer allowing more flexibility for class selection with sixty-two sessions in all. "Children who go to summer activities grow not only in the skill they're developing in the class but also socially as they interact with children of different ages in a structured but casual atmosphere," says SEP Director Sandra Simowitz, who is also a member of the Beecher Road School faculty.

For a complete list of offerings, descriptions, and tuition go to the school district website: www.woodbridge.k12.ct.us. Click on Student Programs in the left column and then click on Summer Enrichment Programs.

www.WoodbridgeTownNews.com

THE GRADUATE INSTITUTE HOSTS "ACCELERATED ADMISSIONS WEDNESDAYS"

The days of applying for graduate school and waiting weeks for news from the admissions office are over. Understanding that today's learners need flexible, convenient options to keep up with their busy lives, The Graduate Institute (TGI) has announced it will host "Accelerated Admissions Wednesdays" beginning July 10. Accelerated Admissions Wednesdays provide an opportunity for prospective students to meet TGI's faculty and staff, submit their admissions materials, complete an on-site interview, discuss their financial options and payment plans, and receive an admissions decision all in the same afternoon. Prospective students can sign up for a time slot on any Wednesday through August 28 between 2 and 6 pm.

"This is a great opportunity for adults balancing work and family to get the most out of their time," says TGI Admissions Director Jennifer McLain. "A new student can complete their entire admissions process in one afternoon, when it normally takes weeks. And they can leave with the confidence that they are on the right track to starting their Master's degree or Certificate program in the fall."

After the overwhelming success of the first two Accelerated Admissions Days it hosted in March and June of this year, TGI decided to include Accelerated Admissions Wednesdays in its lineup of lifestyle-friendly programs for today's learners. "It was the motivation I needed to complete my application, and I am thrilled to be an incoming student at The Graduate Institute," said a recent attendee. "I am very thankful to TGI for providing this opportunity."

TGI is currently enrolling for new cohorts in the Master of Arts programs in Learning and Thinking, Organizational Leadership, Consciousness Studies, Integrative Health and Healing, and a new Certificate program in Integrative Health Coaching and Patient Navigation, beginning in summer and fall 2013. To register for an Accelerated Admissions Wednesday, please, contact Jennifer McLain, Director of Recruitment, Admissions and Outreach, at (203) 874-4252 or mclain@learn.edu. Appointments will be scheduled on a first-come, first-serve basis. Please register ahead of time to guarantee a spot.

WHITEHILL AMONG HAVERFORD COLLEGE'S 2013 GRADUATES

Haverford College is pleased to announce the graduation of Gregory David Whitehill, son of Francine Foss of Woodbridge, Conn., and a graduate of The Hopkins School. One of 296 members of Haverford's Class of 2013, Whitehill received a bachelor's degree with honors in chemistry with a concentration in biochemistry and a minor in Chinese during commencement ceremonies in Haverford, Pa., on Sunday, May 19.

Whitehill's senior thesis, the culmination of the Haverford academic experience, is entitled, "Synthesis, Cytotoxicity, and DNA Interaction Studies of Novel, Chiral Bioxazoline Drugs." While studying at Haverford, Whitehill was a co-head of the Students' Concert Initiative. Last summer, he received funding to research Immune Response and Novel Treatment Methods in Multiple Myeloma at the Dana Farber Cancer Institute. Whitehill was awarded The Colin F. MacKay Prize, which recognizes the senior who has shown the greatest intellectual growth over four years of work in the chemistry department.

Attention Teachers!

We want to know what's going
on in your classroom!

Let us know about any fun activities
or holiday projects.

You can also send us your pictures.
(Parental consent required)

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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 26th, August 23rd (Labor Day/Back to School Issue), and September 20th.

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

FROM OUR READERS

Dear Amity Community

I am constantly amazed at the generosity of our community when it comes to donations for High School events. This year's Amity High School Senior Breakfast, held on June 20, 2013 before the final graduation rehearsal, was no exception. Thanks to countless parent donations of gift cards and food, the morning was a huge success. We were able to give away 67 gift cards at the free raffle, along with a AAA membership, Sleep on It mattress topper, mini frig and other gifts. Special thanks to the following restaurants and businesses: Chip's (200 pancakes and syrup), Subway, Bruegger's Bagels Amity (25 dozen bagels), Outback Steakhouse, Stop & Shop, On the Border, Applebee's, Dip Top, Target, Costco, Jake's Wayback Burgers, Valley Diner, Nancy Coffey and AAA. Thank you again!

Polly Demirjian
Amity High School PTSA co-president



WTN Letters Policy

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

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



SPECIAL TO THE WOODBRIDGE TOWN NEWS



The following article will be the beginning of a series of historic and pre-historic facts, theories, oral history and photographs which I've accumulated since I was ten years old (which was about 55 years ago).

The southeastern corner of Woodbridge, known as "The Flats" will be the area we revisit. The term Flats was a name applied to this area shortly before the beginning of the twentieth century (I'll explain later). Its present plain was created some nineteen thousand years ago as the advancing Wisconsinian Glacier passed through it. A thousand years later and about ten miles to the southeast, the glacier stopped advancing and began melting beginning its retreat northward. Four thousand years later, conditions were suitable for the first mega fauna to enter this area.

The earliest verified evidence of pre-historic human occupation in our area dates to 9,600 years ago, which was at the Binette site in Bethany. About 5,500 years ago, The Flats showed strong evidence through projectile points and tools of a steady habitation. This occupation continued until the first contact with the Dutch and later the English.

Historically, we begin at the very end of the nineteenth century. At this point, the photographs and oral recounting will be introduced. Many people who settled here in The Flats right after the turn of the century were from southern Italy. Many families did what they knew best—farming. Among those first immigrants were my grandparents.

Imagine standing on the spot which is now the corner of Lucy Street and Litchfield Turnpike about eighteen thousand years ago. At that time, our most recent Glacier, the Wisconsinian, reached its maximum southeastern advancement. Its front face was somewhere along what is now the south shore of Long Island. Above your head is one thousand feet of solid ice. West Rock is buried under six hundred feet of solid ice. Underneath it all, where the ice meets the ground, melt water slowly flows and lubricates the mass above it. From this flow, the West River is born.

Now jump ahead five thousand years. The front face of the glacier is now in Maine and southern Canada. Pre-Woodbridge is now forested with poplars, paper birch, spruce and balsam fir trees. It is very likely mastodons and caribou browsed in these forests as they passed through following what is now the West River Valley. This valley is bordered by West Rock to the east and The Ridge to the west which extends from Fountain Street to Bradley Highlands.

It was carved as the glacier ground its way from the northwest to its terminus on present day Long Island. In its wake, the glacier left behind an assortment of changed land forms in the West River Valley, as it did elsewhere along the Connecticut coastline. It is very likely that our present day West River Valley was a group

The Flats

Some Memories of Woodbridge's West River Valley

Compiled by Simon Donato

of fast moving ribbon-like riverlets sixteen thousand years ago as they passed through this valley before entering the broad flood plain of present day New Haven.

Today, we can still see evidence of the glaciers passing Tumbled blocks of basalt along the seven mile base of West Rock were mostly caused by ice advancement. Atop West Rock and Long Hill (behind the present day Amity Shopping Center), there are three boulders of granite larger than a dump truck. These boulders, called glacial erratic, were deposited where they stand today as the ice sheet melted, ending their ride from the north where they were picked up by ice flow somewhere between Mt. Tom, Massachusetts, and Meriden.

Judges Cave is a prime example of a glacial erratic, and another weighing twelve hundred tons lies directly west, atop Long Hill behind the Amity Shopping center. A collection of three large erratic lie 150 feet off the east side of Amity Road by the intersection of Route 67 (Seymour Road). A recent archaeological excavation (2011) at the base of one of these three erratic yielded a radiocarbon date of 750 years. Future excavations are planned and should yield earlier dates as the site will be examined to a deeper depth.

If someone were to dig a trench eight feet deep almost anywhere in The Flats, the stratum of glacial deposit will be obvious—sort of like a slice of lasagna. At the lowest level would be a jumble of rocks with sizes ranging from softball to basketball size. These rocks are held fast in their resting place by a mixture of sand, silt and clay, which was deposited by glacial outwash. This action occurred as the glacier started its retreat and the ice melt caused rushing water to deposit its accumulated rock debris in the West River Valley. Here is a passage from a publication of 1891 titled, *The Four Rocks with Walks and Drives about New Haven* by James D. Dana. "The glacial flood came down the West River Valley with great violence, making a fall of 80 feet per mile from Bethany to Westville."

The next obvious stratum in our trench would be roughly a two-foot layer of coarse gravel with rocks softball size and smaller. Overlying these layers, we find

two different types of surfaces. Most common is a return to gravel and stones larger than a softball. This occurs just about everywhere along Litchfield Turnpike and all of Bradley Road. The other surface type is a twenty inch layer of dark sandy loam. This small area begins from the corners of Amity and Bradley Roads and extends north to Lawrence Road. Its width is between three and four hundred feet starting below Old Amity Road.

In this relatively narrow band is where I have accumulated about seventy percent of my prehistoric stone points and tools. The other thirty percent were found in the farmed land at the base of West Rock (now Lunar and Research Drives) and the farms along Bradley Road as it passes between Amity and Litchfield Turnpike. Some of this area is now developed and the rest lies fallow.

We can only imagine what the scenario was like as the first people came through the West River Valley. A radiocarbon date of 9,600 years ago was recorded at the Binette site in Bethany. It's likely the range of those people extended to the West River Valley, as they were followers of herds. Occupation sites going back that far are rare in our area, and I know of only four documented sites in Woodbridge, all of which are much later in time.

The most interesting to me is a site located at the gap above the parkway tunnels. This place is known as Wintergreen Gap. On the north slope of the gap, a site was located and excavated in 2005 by Cosimo Sgarlata for his doctorate dissertation in archaeology. He showed clearly that it was an ambush site used over the millennia. Not to ambush humans, but rather game as it passed up and over the gap. The site sits about seventy feet above the gap trail on the north slope. This site yielded numerous flakes from retargeting points, and many broken, whole and retargeted projectiles and is dated to 4,200 years before present.

Just below this ambush site was a meadow known as Miller's Grove. It was a sloping field which extended from below the now existing tunnels to the state highway building at the top of Pond Lily Avenue. Miller's Grove was an idyllic place which pastured cows for a while and had a scattering of hazelnut, walnut and apple trees. When the parkway came through in 1950, the grove had been covered with fill to a depth of sixty feet in order to make a level plain as it entered the tunnels. Before that time, the grove had a spring which ran year round and flowed from a fissure in the trap rock. There was a well-worn road leading up to the grove which was made by the wheels of farmer Miller's wagon. Today that road would be Merritt Avenue. Oral history tells of farmer Miller's death on that road around 1933 due to his wagon overturning. Miller's Grove disappeared fifteen years later under the causeway leading to the tunnels. It is likely the place was used by man and beast for millennia.

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TO YOUR GOOD HEALTH

DIABETICS ON MEDICARE FACE CRITICAL DEADLINE

By Terry Blankenship

If you have diabetes and are on Medicare, you have an important decision to make this month. You have probably heard that Medicare is changing the system through which you get your diabetes testing supplies. So unlike now, when you can order supplies from thousands of mail order companies, beginning July 1 you'll only be able to order from 18.

There is little question that this new system will be better in the long run. The government will save money and you will see your co-pay and deductible amounts decrease. For example, patients testing one time a day, before July 1, have an average co-pay of approximately \$14.47 on their testing supplies. After July 1, for the same order, the co-pay will decrease to approximately \$4.49. This is a savings to you of almost 70%! The actual cost may be even lower or no cost at all if you have secondary insurance.

Yet despite these significant benefits, in the short term this new system is causing confusion for patients who must change providers. They don't know where to begin. And this makes them vulnerable to scammers who might see an opportunity to trick patients into giving personal information.

At Diabetes Care Club, we have heard these types of concerns from people who call searching for a new provider. They are rightly apprehensive about moving to another company and don't know exactly what questions to ask.

Patients wonder what matters most when choosing a provider. And, of course, the answer to that question depends on what the patient values most. Still, after years in the diabetes care industry, I believe there are some key points that patients and their caregivers should consider before selecting a provider to trust with their healthcare needs.

- **How much experience does the provider have?** A provider should have a proven record of excellence in distributing diabetes supplies and responding to large numbers of customers. If you receive a call or email from a provider and are unsure of their legitimacy, it is important to check your sources before providing any personal information. Medicare will not call patients about this change so if you receive a call claiming to be from Medicare, it is a scam.
- **Is the provider big enough to handle more customers without disruption?** A provider should be able to explain in detail how it has prepared to take on thousands of new customers beginning on July 1.
- **Is diabetes the provider's main focus?** Ideally, a provider should make diabetes care its top priority rather than spreading its resources over a range of medical issues.
- **What ordering options does the provider offer?** A provider should allow patients to order testing supplies by phone, email, or online and offer convenient hours for customer support.
- **Does the provider accept "assignment"?** All mail-order providers must accept assignment, which means they cannot charge more than the prices set by Medicare. But retail outlets like pharmacies do not have to accept assignment and can charge more. It is important to ask to make sure you are not paying added costs.
- **What products does the provider stock?** A quality provider should offer a wide range of products so that patients can get a product that best meets their needs.
- **Does the provider handle all the paperwork?** A quality provider will handle any paperwork associated with Medicare, saving patients time and effort with these confusing forms.
- **Does the provider deliver on time and for free?** Patients should expect their provider to cover the costs of shipping and guarantee that testing supplies will arrive on time and in proper condition.

I also recommend that patients and their caregivers visit www.NationalDiabetes-SupplyFinder.com, a website that helps people find the names of all 18 providers authorized by Medicare and link to their services. Additionally you can contact Medicare directly.

My hope is that by arming people with a few key questions and more information, we can help them make a seamless and stress free switch to a provider they trust. In that way, they will be able to rest assured after July 1 that their supplies will be waiting for them in the mailbox, just as always.

Terry Blankenship is vice president of patient care at Diabetes Care Club, the nation's 3rd largest provider of diabetic testing supplies and one of only 18 companies authorized to serve Medicare patients. He invites people to email questions to tblankenship@simplexhealthcare.com. For further information on Diabetes Care Club, visit www.diabetescareclub.com or call 1-800-376-7521.

AN OUNCE OF PREVENTION...

“Sitting on Pills and Needles”

There was a time when the public was told that the best way to dispose of unwanted medications was to flush them down the toilet. However, while this was a commonly-accepted practice, the days of flushing old or unused medications down the toilet (or sink) are over! This applies to both prescription and over-the-counter (OTC) drugs. The CT Department of Energy and Environmental Protection (DEEP) has prepared a fact sheet on this topic. The following information comes directly from that fact sheet.

Although flushing medicines down the toilet prevents someone from accidentally taking the medications, disposing of them in this way causes water pollution and has adverse effects on septic systems, sewage treatment plants, fish and other aquatic wildlife. Trace amounts of all kinds of drugs have also been found in some drinking water supplies because they pass through septic systems and sewage plants untreated.

Some towns participate in a one-day collection of unwanted medications. You can check with your police or fire department to see if they hold such an event. (Note: You cannot dispose of medications at the Hazardous Waste Station.) If there is not a collection option for you in your town, the best way to dispose of prescription and OTC medications/products is to put them in the trash. In CT, most of our trash is burned at Resource Recovery Facilities at very high temperatures that destroy these products. The following disposal instructions will protect your privacy, discourage unintended consumption of the drugs and protect our water. (This information applies to pet medications as well.) 1. Keep the medication in its original container. Cross out the patient name with a permanent marker, cover with duct tape or remove the label. 2. Modify the medicines to discourage consumption. For solid medications, (pills or capsules) add a small amount of water to partially dissolve them. For liquid medications, add salt, flour, or a spice to make a pungent unsightly mixture that discourages anyone from eating it. For blister packs, wrap the package in multiple layers of duct or other opaque tape. 3. Seal and conceal. Tape the medication container lid shut with packing or duct tape. Place it inside a non-transparent bag or container such as an empty yogurt or margarine tub to ensure that the contents cannot be seen. Do not conceal medicines in food products because animals could inadvertently consume them. 4. Discard the container in your trash can. **DO NOT PUT THE CONTAINER IN YOUR RECYCLING BIN!**

Proper and safe disposal applies to medical supplies as well. To dispose of ampoules, vials and IV bags: Do not empty or open the bags. Wrap the container with tape to minimize breakage, then place in an opaque plastic container, such as an empty yogurt or margarine tub. Wrap the outside of the container or bag with additional duct or shipping tape to prevent leakage to further obscure the contents. Dispose of the container in the trash. **DO NOT PUT THE CONTAINER IN YOUR RECYCLING BIN!** To dispose of chemotherapy drugs: Some chemotherapy drugs have special requirements. Ask your health care provider about proper disposal. To dispose of mercury thermometers: Bring to a household hazardous waste collection center. **DO NOT PUT THE THERMOMETER IN YOUR TRASH!** To dispose of sharps (needles and lancets (such as those used by diabetics) place in a puncture-proof, hard plastic container with a screw-on cap, like a bleach or detergent bottle. Seal the container with the original lid and wrap with duct tape. Place the tightly sealed container in a bag and put in your trash. **DO NOT PUT THE CONTAINER IN YOUR RECYCLING BIN!** As an alternative, look into mail-back programs. There are also devices sold at pharmacies that allow you to cut the needle off of a syringe. This device can store up to 100 needles and can safely be discarded in trash. Another option is to purchase syringes that have retractable needles, although they are a little more expensive. For more information on this topic, visit www.ct.gov/deep/medsdisposal. If you do not have access to the internet, Quinnipiac Valley Health District residents (Bethany, Hamden, North Haven and Woodbridge) can call 203 248-4528 or request on line, www.qvhd.org. Column authored by V. Deborah Culligan, QVHD.

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Time: 6:00 pm

Place: Jewish Community Center in Woodbridge, CT

RSVP: Karen Cedillo at 203-392-3654

Refreshments and light snacks will be served



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NEW! Lunch Brunch

Share lunch and friendly conversation at a local restaurant. Everyone is welcome, and it is "Dutch Treat". Van transportation can be arranged for a \$3.00 fee. Please call 203-389-3430 to make a reservation for the lunch and/or transportation. The next Lunch Brunch will be held on Monday, July 29th at Carmen Anthony's Fish House of Woodbury at 12:00noon.

NEW! Walking Group

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

BOOK CLUB

On July 23rd, you will meet in Room 15 at 11:15am to discuss "The Art of Racing in the Rain" by Garth Stein. Copies of the book will be available at the Senior Center. Please call Mary D'Ostilio at 203 389-3429 with any questions.

COMPUTER CLASSES FOR JULY

- 2-4PM/\$5.00 per Class
- Introduction to computers - July 8th and 15th
- Basic iPad - July 22nd and 29th - (MUST ALREADY OWN AN IPAD AND KNOW USER ID AND PASSWORD)

iPad Club

Anyone interested in being part of an iPad club, to meet monthly with the first meeting on July 18th at 10:00AM. Please call 203-389-3430 to register.

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FROM YOUR STATE SENATOR

By Joseph Crisco



On the heels of another productive legislative session here is an update about important matters addressed during the final few, hectic weeks prior to adjournment.

I'm particularly pleased that Governor Malloy has already signed into law two of my legislative priorities this year, each to address daunting health care matters. One expands the state's innovative and highly successful Biomedical Research Fund to include studies into the cause and cure for strokes. There are more than seven million stroke survivors but additional research is needed to help them – and new stroke patients – recover more quickly and more thoroughly.

Researchers already know several risk factors for stroke: high blood pressure, atherosclerosis, and tobacco use, to coincide with the original purpose of the Biomedical Research Fund. But the debilitating fallout from stroke depends on which part of the brain is deprived of blood and oxygen, and for how long, so there's a world of research still waiting to be done.

The second new law extends health insurance coverage for autism patients, in response to concern that some patients might lose benefits based upon new diagnosis criteria. Connecticut leads the pack in terms providing for autism patients and their families; with this bill, we underscore our long-term commitment to help the families of those afflicted with autism, especially children.

Another new state law provides incentives for Connecticut manufacturers to recruit, hire, and train apprentices. The initiative recognizes both the prominent role of manufacturing in the state's economy and the need to prepare Connecticut's workforce for manufacturing jobs in the future.

The modest tax credit built into this program helps businesses form a partnership with the state and that collaboration

represents a commitment to and an investment in the state's future workforce. The escalating costs to hire and train new workers suggest that local businesses need help to expand apprenticeship programs and fill vacancies with home-grown, skilled workers.

This new law is part of a coordinated approach to ensure a well-trained, experienced workforce for current Connecticut employers and to help recruit future employers. This begins in the state's public schools, continues through high school, and includes the state's colleges and universities. Now the private sector will play a growing role in this partnership as well.

Also this year, Connecticut became the first state to require all food with genetically modified organisms (GMOs) to be labeled as such. Genetic engineering can make food exhibit traits it would not otherwise possess: to resist disease or pests, for instance, or to retard spoiling.

The new law requires food entirely or partially genetically-engineered and intended for human consumption to read "Produced with Genetic Engineering" on its packaging. Unpackaged raw agricultural commodities and seed stock intended to produce food for human consumption must be labeled on their respective retail shelf or holding container.

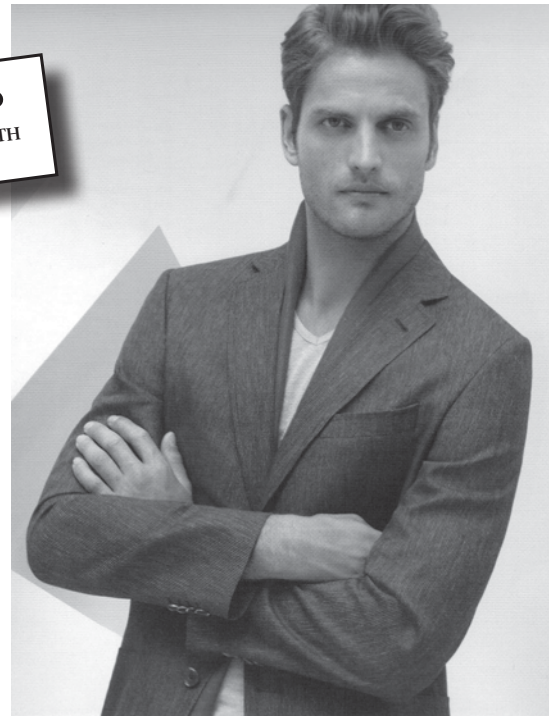
Exemptions include food prepared for immediate human consumption (in restaurants, for example), farm products sold at markets or roadside stands, and certain processed foods with less than one percent genetically-modified components.

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Wine Talk

With Ray Spaziani

WENTE VINEYARDS



I was fortunate to be invited to a wonderful luncheon at MAX in downtown Hartford on the 19th of June by Mike O'Hara the president and CEO of New England Wine & Spirits Inc. Mike is an affable and unique individual who has built a fantastic business importing and distributing very high quality wines and spirits throughout Connecticut. He has an outstanding pallet and roams Europe, Australia, South Africa, and any place else in the world where good wine bargains can be found. He finds some of the best wine bargains around!



Karl Wente and Ray Spaziani

Unfortunately Mike was in France tasting wines and searching for great wine bargains, but his knowledgeable and general sales manager Robert Colopy served as host and introduced us to Karl Wente of Wente Vineyards in Livermore, California. The winery is located in an area referred to as Arroyo Seco which is widely regarded as one of the best places on earth to grow chardonnay. Riva Ranch is the name of the Wente family's vineyard, Arroyo Seco, where they have been growing Chardonnay since the 1960s. Wente

Vineyards was the first California winery to produce a wine labeled as Chardonnay in 1936. Today, many of the great Chardonnay vineyards in California are planted with the Wente Clone. The cool growing season and the deep gravelly soil ripen the Chardonnay perfectly, creating a natural balance of sugar and acidity. The wine is aged for 10 months in French, American, Eastern European, and neutral oak. It is a medium-bodied Chard that has a rich, golden color and tropical fruit aromas. Big nose! Aromas of tropical fruit, honey, cinnamon and light floral notes balanced by subtle oak, butter and vanilla from barrel aging. At \$18.99 per bottle it is special!

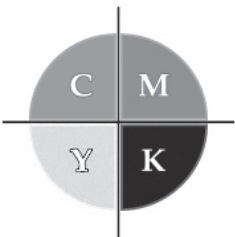
We tasted a group of wines Wente made in conjunction with the food network called entwine. They were very fruit front and floral in the nose. The best of the lot was a Pinot Grigo that was light and crisp with a refreshing long finish. At around \$10-12 they are great! The Wente vineyard is one of the last family owned vineyards in California and the grapes are all estate grown. They are sustainably farmed which means they respect the land. Karl has two degrees from U Cal Davis which is the wine University in the country. Other Wente wines include; Double Decker California Red Blend 2011 at \$9.99. Weinte Vineyards Reliz Creek Pinot Noir, at \$15.99. Wente Vineyards Charles Wetmore Cabernet at \$19.99 per bottle. Great!

Ray's Wine Pick of the Month: Orvietyo Classico Vallesanta, at around \$10.00 it is winner! Crisp and subtle. Great deck wine!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College, and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at Ray.Spaziani@gmail.com.

J.M. Kriz

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WOODBIDGE LIBRARY

Holiday Closings: July 4th (Independence Day)

Programs for Children

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

NEW SUMMER STORYTIME!

Dig into Storytime (for ages 2 to 5)

Wednesdays @ 5:00 pm

This is a drop-in storytime – no registration is needed!



Dinosaur Rock (for ages 5 and older)

Wednesday, July 10th @ 4:00 pm

Join us for an interactive fossil adventure show with museum artifacts, rocks, minerals and gemstones. Advance registration required.



Animal Embassy (for ages 4 and older)

Wednesday, July 17th @ 6:00 pm

Meet some incredible Animal Ambassadors from around the world including hedgehogs, chinchillas, super gliders, exotic birds and more! Advance registration required.

Pumpnickel Puppets (for ages 4 and older)

Monday, July 22nd @ 4:30 pm

Come see the puppets in two classic stories: Three Billy Goats Gruff and The Lion & the Mouse. Fun for the whole family! Advance registration required.



Tens to Teens (for ages tens to teens)

Wednesday, July 24th @ 6:30 pm

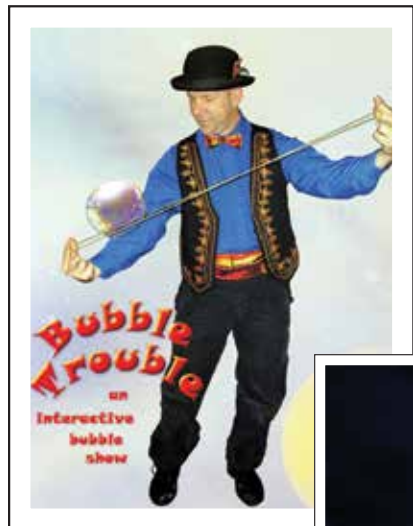
Kids from ages "Tens to Teens" are invited to come to this craft session to make a cool project using beautiful shells and other items produced by nature. It will be the ultimate symbol of summer. Supplies are limited, please call to register.



Bubble Trouble (for ages 4 and older)

Monday, July 29th @ 4:30 pm

A bubble volcano. Bubble roller coaster. A kid in a bubble? Jeff Boyer takes bubbles to the max in this one-man bubble extravaganza. Jeff juggles bubbles, sculpts and builds with bubbles, makes fog-filled bubbles and more! Advance registration required.



Dig It! (for grades K-2)

Tuesday, July 30th @ 4:00pm

Step into the world of geology and learn about gems, rocks and minerals! Pan for real gems and keep what you find! Advance registration required.

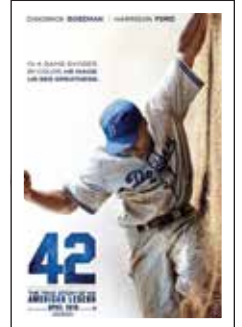
Programs for Teens

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

Tens to Teens (for ages tens to teens)

Wednesday, July 24th @ 6:30 pm

Kids from ages "Tens to Teens" are invited to come to this craft session to make a cool project using beautiful shells and other items produced by nature. It will be the ultimate symbol of summer. Supplies are limited, please call to register.



Film Screenings

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

- July 4th – NO SCREENING
- July 11th – Jack the Giant Slayer [rated PG-13]
- July 18th – Side Effects [rated R]
- July 25th – Warm Bodies [rated PG-13]
- August 1st – 42 [rated PG-13]

Friends Bookstore

Stop by the Friends of the Woodbridge Library Book Sale Table @ the July Summer Concert Series on the Woodbridge Green for a great selection of books for adults & children. Concerts will be held every Tuesday evening in July from 6:00pm to 8:00pm. Make sure to come early and visit our traveling Book Sale!

HOURS FOR THE SUMMER: Tuesdays, 10:00am to 1:00pm.



Borrowing eBooks

Learn how to borrow eBooks from the Woodbridge Library! Do you have a Kindle, NOOK, iPad or other eReader? Join us for a one-on-one lesson on how to borrow eBooks using your eReader. You must be a Woodbridge resident or live in a community that participates in the LION consortium. (Contact the library to see if your community participates.) We are currently scheduling appointments – please call the Reference Department @ 203.389.3434 to reserve your time slot!



LOCAL BUSINESS ROUNDUP

LOCAL BUSINESSES, BUILDINGS RECEIVE STATE RECOGNITION

Amity Regional School District No. 5 and Guitar Center in Orange won Summer Savers Silver Awards from the Connecticut Department of Energy and Environmental Protection for reducing their energy usage by 10-20% in the summer months (May – September). The United Illuminating Company assisted both Amity schools and Guitar Center to identify resources to help improve energy efficiency and save money.

“Amity Regional School District and Guitar Center made relatively simple energy upgrades that will save them both a significant amount of money on energy bills,” said Roy Haller, Director, C&I Energy Services at The United Illuminating Company. “We work closely with our utility customers to assess areas for energy improvement and to identify resources available through Energize Connecticut programs to help make the upgrades. Rebates, incentives and low-interest financing available from the Connecticut Energy Efficiency Fund help our customers realize the savings from energy efficiency investments.”

To reduce Amity schools’ energy usage, a complete lighting retrofit was recommended to replace inefficient interior and exterior lighting with more energy efficient lights and chiller optimization was performed. The lighting retrofit alone will save Amity schools approximately \$47,000 annually on energy bills. The total energy demand, the amount of energy required to run the facility, decreased by six percent and the total consumption, the amount of energy used over a period of time, decreased by 10 percent in a one-year time period (from summer of 2011 to summer of 2012).

Guitar Center’s energy efficiency measures also included lighting upgrades. According to Guitar Center, replacing the majority of lights on the display floor resulted in an estimated \$1,100 saved on energy bills each month, or approximately \$13,000 annually. It estimates that total energy demand decreased by 18 percent and total energy consumption decreased by 19 percent. “The decision to make the upgrades was easy,” said Elena Boone, Director of Facilities at Guitar Center. “We invested in a business solution that will pay for itself with the money we’re saving on energy, and once the project is paid off we can reinvest that money elsewhere in our business.”

Energize Connecticut programs help you save money and use clean, affordable energy. The programs are a partnership of the Energy Efficiency Fund, the Clean Energy Finance and Investment Authority, and your local electric and gas utilities and are funded by a charge on customer energy bills. Information on energy efficiency programs can be found at EnergizeCT.com or by calling 1.877.WISE.USE.

VETERANS POST

by Freddy Groves

VA Plans to End Claims Backlog

As part of its transparency vow, the Department of Veterans Affairs has released statistics showing which groups of veterans are waiting for claims to be processed. The plan is to eliminate the backlog by the year 2015.

The figures bear looking at because it has a long way to go. There are 808,074 pending claims that have been received and are awaiting a decision, with a backlog 530,075 claims -- those that have been pending for more than 125 days.

Of the pending claims, 62 percent are from veterans filing supplemental claims for additional benefits. The other 38 percent are first-time claims.

Some 77 percent of veterans filing supplemental claims are already receiving some kind of monetary benefit; 11 percent are already at 100 percent disability; while 40 percent are already rated at 50 percent or higher disability.

The veteran eras of service are as follows for pending claims, with the backlog of claims being nearly identical:

- Vietnam: 36 percent
- Iraq and Afghanistan: 22 percent
- Gulf War: 23 percent
- Peacetime: 11 percent
- Other: 8 percent

To put some of these numbers in perspective: In 2010, the VA received 1.2 million claims. In 2011, VA chief Eric Shinseki added three new conditions as presumptive for Agent Orange exposure, and the VA received another 1.3 million claims. In 2012, it received 1.08 million claims.

The way I read the graphs in the Strategic Plan to Eliminate the Compensation Claims Backlog, the first fiscal quarter of 2014 (fiscal year begins Oct. 1) is when it should finally be at a point where the backlog is no longer growing. Both the backlog and pending claims then will begin to decline, sharply, like a ski slope, until the fourth fiscal quarter of 2015, when there is zero backlog.

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



Jill Cretella of Marrakech accepts Large Employer Business of the Year for Workplace Wellness Award

MARRAKECH RECEIVES LARGE EMPLOYER BUSINESS OF THE YEAR

Marrakech has received the Large Employer Business of the Year for Workplace Wellness Award. The Workplace Wellness Awards were presented at the Greater New Haven Chamber of Commerce (GNHCC) Health Care Council Regional Breakfast on June 4 at the Whitney Center in Hamden, which drew over 275 health care and business professionals from across the region.

The award honors organizations which enhance the overall health and wellness of their employees by offering exceptional wellness programs. Marrakech was recognized for its Health and Wellness Committee which formed in 2012. The committee creatively raised funds for wellness initiatives by publishing and selling a Healthy Living calendar. A weekly walking/running group was instituted as well as quarterly health and wellness newsletter called The Well of Health. Marrakech held its first employee weight loss challenge this winter and, due to its huge success, a second challenge is planned for the fall. Marrakech is applying to become an American Heart Association Fit Friendly Worksite.

Marrakech has 840 employees and is located in Woodbridge, Connecticut. It provides a broad array of programs for persons with disabilities as well as for those with similar service needs.

SENIOR NEWS LINE

by Matilda Charles

Dietary Supplements

If you’ve ever stood in the drugstore and wondered if you should take a dietary supplement, or wondered just what is in some of those supplements, the National Institutes of Health Office of Dietary Supplements has come up with a database that can help.

The database, in conjunction with the National Library of Medicine, allows you to make a quick search online, browse dietary ingredients, browse products, get a list of manufacturers and do an advanced search of 17,000 supplements.

I did a quick search for “magnesium” and got 223 results for magnesium in the product name, and 42 results for magnesium as a dietary ingredient. I searched for “Spring Valley,” the manufacturer of a relatively inexpensive line of supplements, and found nothing. I searched for NewChapter vitamins and got a list of 52 of its products, but none of them were the Tiny Tabs multivitamins. At this point it’s hit-or-miss on whether your product is in the database yet, but it’s worth keeping an eye on.

It’s even included a My Dietary Supplements app to help keep track of vitamins, supplements and herbal supplements you might be taking.

However, the My Dietary Supplements app [myds.nih.gov] might not work on your computer or phone. (It didn’t work on mine.) On a computer, it wants you to use Google Chrome or Apple Safari. The list of iPads, iPhones and other devices isn’t as limited.

Instead, use the whole database at www.dsld.nlm.nih.gov/dsld/ and search for your information. If you hold the mouse cursor over the magnifying glass, you’ll even see a popup image of the label.

Once you’ve found your information, be sure to ask your doctor if certain supplements are right for you.



Brandon Gowisnock of Bethany delivers his speech.



Senior Class President Eliza Dillaway.

“Graduation” continued from Page 1

were senior class President Eliza Dillaway, Brandon Gowisnock and Andrew Shi. All three of them turned out to be excellent public speakers, who not only considered themselves lucky to have the Amity advantage; they also knew how to say it.

The speeches at this year’s graduation dealt thoughtfully with concepts such as success, and the role of the up-and-coming movers and shakers in a world full of challenges. “When life happens to us, we happen right back to life,” said Andrew Shi of his peers. The Class of 2013 was in first grade when the Twin Towers collapsed in New York City in 2001, and they were in their senior year when the tragedy in Newtown left 20 children and six adults dead. Brandon Gowisnock was the one who made mention of Newtown.

Tragedies of that scope remind us that life is much too short, he said. “Never let a day pass without being thankful,” he recommended. Even so, his speech was full of energy and enthusiasm for the things ahead. “Today is not a day to cry, but a time to celebrate,” all they have become, he told his classmates.

Eliza brought up the practical challenges of high-school life (“How to break a Facebook addiction ... How to pass a driver’s test ... How to pass a driver’s test a second time...”) and “How to make friends out of enemies,” these are some of the things she and her classmates had to figure out. Even though today’s students have more information at their fingertips than most of those who have come before them,

“Wikihow” and “Yahow” do not have the answer to these questions, she said. “these were things we had to figure out ourselves.”

Principal Charles Britton had words of high praise for the class of 2013, a class that “distinguished themselves as scholars, athletes and artists,” he said. He read from an essay of an English student who said before he came to Amity he felt school was a waste of time. What changed it for that student was the “social experience of learning”. “This is a tribute to all students here today,” Dr. Britton told the graduates. “You allowed others to thrive.”

Like for the graduates, commencement also was a final function for School Supt. Dr. John Brady who is retiring this month. He kept his personal journey out of the limelight, though, and focused on the students’ accomplishments. In a brief speech he expressed confidence that the students are well prepared to tackle the “monumental challenges” that await them.

His message was echoed by Amity Board of Education Chairman Bill Blake. “Students come back and they tell us they are well prepared,” he told the graduates. “You can feel confident that you can succeed.”



Andrew Shi

Education Award of Distinction

Skylar Spear of Bethany received this year’s Amity Education Award of Distinction. Counseling Director Robert Schumann made the presentation. Schumann commended Skylar for academic achievement and extracurricular involvement. He said the award is bestowed for character and leadership. Skylar is a National Merit scholar, a National Honor Society member, an ECA student who also played in the orchestra and band. He also was commended for his involvement in the Gay, Lesbian and Straight Education Network. Skylar plans to attend the University of Chicago in the fall.

Eliza Dillaway

Eliza thrived in Amity’s rich and varied learning environment. “There are so many different things you can do,” she said as she reflected on her time here. She was senior class president and she was part of the theater department and its most recent spring musical, Sweeney Todd; she was part of the Debate Club and co-founded Amity Girls Helping Girls, a club raising awareness for women’s issues across the world. Together with her friend Sabrina Brier, the club staged a cabaret night at Westville’s Lyric Hall, as a fundraiser for women’s causes. The breadth of her interests is also reflected in the classes she remembers most fondly — the AP Calculus class and the Humanities class taught by

English teacher Mrs. Kimball in conjunction with a history teacher, Mrs. Hastings. Eliza is planning to attend Tufts University, to study mechanical engineering.

Brandon Gowisnock

Brandon contributed in many ways to Amity community. The science and math buff said he would much rather sit down and solve a mathematical equation than read a book. He said he took “just about every science class Amity has to offer.” But it was physics that he enjoyed most of all. “I loved going to class every day,” he said. It may be this enthusiasm that made him the ideal candidate to serve as student representative on a teacher selection committee for a new physics teacher a year ago. The district ended up hiring Vin Lazzaro. Brandon also was the student representative on the school climate committee.

He was inducted in the National Honor Society and the National Spanish Honor Society. “Amity made me a better person,” he said in a conversation after graduation. “I learned to stand up for what I believe in.” Brandon plans to go to Texas A&M to study engineering.

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“Selectmen” continued from Page 1

previously vetted by the Republican and Democratic Town committees. The first order of business was for the board to vote in a deputy first selectman, and Scalettar asked Beth Heller to take that role again. Heller was deputy under Ed Sheehy's administration and then stepped up when Sheehy unexpectedly passed away in April.

The board also made several appointments to other posts in Town Hall. Among them, most prominently, selectmen reappointed Town Counsel Gerald Weiner, Labor Consultant David Ryan and Terry Gilbertson as zoning and IWA enforcement officer.

Boards and Commissions

Due to the majority of Democrats on the Board of Selectmen, the candidates brought forward by the Democratic Town Committee were voted in. However, the slate they presented included more non-Democrats than Democrats, partly to fulfill state minority representation requirements.

Of the 57 appointments made, 27 are Democrats, 14 are Republicans and 16 unaffiliated voters.

Scalettar was particularly pleased with the fact that a large number of those in office agreed to stay on. She said Town Hall contacted all the office holders whose terms were up and 99% reacted to the query. Most of them agreed to serve another term. As a result, 38 of the 57 appointees were re-appointed, having previously served on the same Commission. In addition, 19 are newcomers to their positions, of which 14 are serving for the first time. Those 14 represent roughly 25% of the total number of appointees.

Not everyone who expressed an interest to serve in town government will be voted in, Scalettar cautioned at the opening. But vacancies occur all the time, she said, asking them to keep involved.

The nominating process did not sit well with newly-elected Republican Selectman Joseph Dey. Both he and fellow Republican Anthony Anastasio complained that they had not had a chance to review the resumes of the applicants presented by the Democrats, as they had received them only a day before.

“This process is flawed,” Dey said. “We should have had a discussion on all these people.” In protest, Dey abstained from voting. Anastasio abstained from some, but voted with the majority on those he felt comfortable with.

“Joe and Tony are raising significant issues,” Scalettar said, adding that she would forward the background information as soon as possible.

Scalettar thanked those who are concluding their terms this summer, saying “Woodbridge has a wealth of talent embodied in its residents and is fortunate to have so many of these residents willing to volunteer their time and energy for the benefit of the town.”

THE BRITISH ARE COMING!



SAVE THE DATE!
Tuesday, July 30th on the Green

Stay Tuned to the Woodbridge Town News for more information in conjunction with the Woodbridge Summer Concert Series.

FOLLOWING ARE THE APPOINTMENTS MADE JUNE 26TH:

Deputy First Selectman – Beth Heller

Building Board of Appeals – to 2017

Karen Workman new
Steve Buda reappointed

Conservation Commission – to 2017

Jason Morrill new
Robyn Berke new
AnnMarie Paone-Mullin new
Thomas Kenefick new

Country Club of Woodbridge – to 2017

Roger Harrison reappointed
Phyllis Genel reappointed
Michael Helfenbein new
Paul Kuriakose new

Economic Development Commission

Neelam Gupta new
(2-year term , filling in for a resignation)
To a four-year term:
Jody Ellant reappointed
Ellen Eisenberg reappointed
Herbert Mendelsohn reappointed
Paul Rossi reappointed

Board of Ethics – to 2017

Robert Berke reappointed
Holding two other openings until new clergy in place

Emergency Medical Services Commission – to 2017

Gary Desir reappointed
Roy M. Ivins reappointed

Board of Finance - to 2017

Matthew Giglietti reappointed
Andrew Esposito, Jr. reappointed
Karen Cusick new

Fire Commission - to 2017

Bruce Mandell reappointed
Michael Soufrine reappointed

Government Access Television – to 2017

Mary Hill new
Allan DeYoung reappointed

Human Services Commission – to 2017

Janet Ciarleglio reappointed
James Rascati reappointed
Mary Leigh Sabshin reappointed
Eleanor Sheehy reappointed
Viviana Livesay reappointed

Inland Wetland Agency – to 2017

Robert Blythe reappointed
David Bixler reappointed
Barry S. Josephs new
Alternate to 2017

Joshua I. Goldberg reappointed

Library Commission – to 2015

Elizabeth Marsh.....*(Cathy Suttle's resignation)* new
Aldonna Noto..... *(Karen Cusick's resignation)* reappointed

Library Commission – to 2017

Jeanette Glicksman reappointed
Renee Bevacqua Bollier reappointed
Marisa Von Beeden reappointed
Sheri Cifaldi-Morrill new
Virginia B. Calistro reappointed

Police Commission – to 2017

Stephen P. Falcigno reappointed
Matthew Gilbride reappointed

Commission on the Use of Publicly Owned Properties – to 2017

Sheila McCreven reappointed
Kimberly A. Hynes reappointed
Martin B. Halprin new

Recreation Commission – to 2017

Andrea Weinstein reappointed
David Lunt new
Dwight Rowland reappointed
Donald J. Boyle new

Sperry Park Committee – to 2017

Jane Webber Shernow new
Michael Walter reappointed
Frank P. Cappiello new

Town Plan & Zoning Commission – to 2017

Alan Tyma reappointed
Philip (Buddy) DeGennaro reappointed
Lawrence Greenberg reappointed
Alternate to 2017

Stephen Skowronek new

APPOINTED OFFICIALS

Terry Gilbertson – Zoning and IWA Enforcement Officer to 2014
(One-year appt to bring in line with Building Official appointment)

Treasurer – Harriet Cooper , to 2015

Assistant Treasurer – Joseph Hellauer –to 2015

Tree Warden – Warren Connors – to 2014 – by CGS 1 year appt.

Deputy Tree Warden – Adam Parsons – to 2014

Census Taker – Stephanie Ciarleglio – to 2015

Town Counsel – Gerald Weiner

Labor Consultant – David Ryan

FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



Semi-Formal Dance

Students Brave the Adventure Program

Woodbridge Youth Services sponsored 20 Amity Middle School-Bethany students for a day at the Adam Kreiger Adventure Program at Hopkins School. The teens played team building games and faced a challenging ropes course. The focus was fun with concentration on team building, strategizing, listening, problem solving, self-esteem, and respect. Also in attendance were Jenna De Rosa, school psychologist, Cynthia De Leone, Guidance Secretary, Michelle Martinik, Teacher, and Nancy Pfund, Woodbridge Youth Services Director.

Woodbridge Youth Services Hosts "Glow-in-the-Dark" Semi-Formal

Woodbridge Youth Services hosted a semi-formal dance for the 7th and 8th grade residents of Bethany and Woodbridge in May. Students danced and played games with the DJ and enjoyed delicious refreshments with punch from a fountain. Roses and photos were available for souvenirs. A glow-in-the-dark theme brought bright colors, black lights, a message board, and glow in-the-dark decorations. The teens had a great night and left with great memories!

Seventh Grade Picnic/Giant Slide

Bethwood Bash~August 29, 2013

Seventh Grade Residents of Woodbridge And Bethany~This Is Your Picnic!

On Thursday, August 29, 2013 from 5:30 to 7:30 p.m., incoming seventh graders are invited to converge on the Woodbridge Green (Meetinghouse Lane, near the Gazebo. Rain location: Woodbridge Center Building Gym). Admission is only \$5.00, so please register now at 203-389-3429. You'll have a great time on the Giant Slide, dance to the latest hits, and challenge yourself to the games. Don't miss the pizza, music, interactive D.J. and fun! Great raffle prizes!

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

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

Babysitter Training Course

Woodbridge Youth Services is offering a Babysitter Training Course in late August (Date to be determined). 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 of completion.

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

Need a Babysitter?

The Woodbridge Job Bank has numerous teenagers who are experienced in babysitting. Many have completed the American Red Cross Babysitters Training Course. If you are a Woodbridge resident and would like more information about babysitters or Mother's Helpers, call Woodbridge Youth Services at 203-389-3429.



Students Achieve New Heights

Give Yourself a Break--Teens Need Jobs

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

Woodbridge Job Bank

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

Woodbridge Youth Services Offers After-School Programs at Amity Middle School-Bethany

Digital Photography for Teens -with instructor Luciana McClure

This is an introductory class on digital photography for students who want to get the most out of their digital cameras and improve their photographic skills as well as for those more experienced students who want to enhance their skills. The class will be offered one day per week (to be determined) in the computer lab at the Middle School from 2:25pm-3:55pm.

The course will cover camera basics while working through creative assignments on composition, natural and artificial light and color. Students will work in Adobe Photoshop in the computer lab learning professional techniques to maximize their photography. Participants will print their best photos each week to build their portfolios.

Weekly projects will allow plenty of time for experimentation. If a student does not have access to a camera, arrangements may be made. A materials fee of \$80.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class will begin the third week in September. For more information, to sign up and complete a permission slip, please call Youth Services at 203-389-3429.

Fun Fitness Cooking

Learn how to cook in a hands-on, fun environment! This 10-week class will be offered in the Middle School's kitchen after school one day per week (to be determined) from 2:25-3:55pm. Class is limited to 12 participants. Students will receive a notebook with recipes, nutrition and food safety information, a glossary of techniques and terms and an apron. We'll start with basic skills and techniques and enhance the fundamentals to help develop a lifetime of great cooking and creativity.

- make and eat healthy and nutritious food
- learn about foods from many cultures
- prepare party foods, healthy snacks
- bring home what you make to share with your family

A great after school activity! The materials fee of \$100.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class will begin the third week of September. For more information or to sign up, please call Youth Services at 203-389-3429

NAST CHOSEN AS AMITY'S INTERN SUPERINTENDENT

The Amity Region #5 Board of Education is pleased to announce that Michael Nast will be joining us as the Interim Superintendent of Schools starting July 1, 2013. Dr. John Brady has served the district with distinction and will be retiring effective July 1, 2013.

Mr. Nast will lead the District while the Board searches for the best possible candidate to lead the District forward.

Mr. Nast is a consummate educator known for his stellar leadership in Stamford, CT. He served there for fifteen years in many responsible roles, the last six years as Superintendent of Schools. Mr. Nast began his education career as a science teacher and department chairman at Hillhouse High School in New Haven. He served as principal at Wilbur Cross High School in New Haven for six years prior to moving to Stamford. Mr. Nast grew up in New Haven, and has strong roots in the local community. He continues his public service as a member of the New Haven Board of Education.

Mr. Nast successfully served as Amity's interim superintendent on two previous occasions, during 2002 and 2004. During his previous service he worked effectively with the District's students, parents, staff and administrators. He has also served as an interim superintendent at two other districts.

The Amity Board took this step of hiring Michael Nast as its interim superintendent following the most recent phase of its superintendent search. During the past school year, the Board has advertised, recruited, reviewed applications and conducted interviews. While the Board met with a number of qualified candidates, it has yet to find the right candidate to lead the District forward. The Board feels strongly that students, staff and families in Amity deserve the best educational leader for Amity. Therefore the decision was reached by the Board to continue the work with an Interim Superintendent, and to continue its search for a full time superintendent.

The Amity Board wishes to express appreciation and thanks to the many staff and community members for their support during the search process. We know you will welcome Mr. Nast as he joins us as Interim Superintendent and with his vast experience meets the district needs during this transition period.

Reserve your ad space today. Call us at 203-553-9062.



U.S. Senator Christopher Murphy & Rishi Mutalik

MUTALIK WINS STATE AWARD IN NATIONAL PEACE ESSAY CONTEST

Rishi Mutalik of Orange, a junior at Amity High School, feels honored to be selected as a state winner. An avid fan of politics and history, Rishi's interest in these subjects was fueled by his schoolteachers and has deepened following his experience as an Ivy Scholar at Yale University's summer program in American Political Philosophy, Law and Economics (APPLE). As a member of the Junior State of America, he enjoys debating on national and foreign policy issues. Since his childhood, Rishi has also had a very deep interest in cinema, theatre and the world of performing arts, having performed in various community and regional productions since the age of 9. His New York City credits include the role of 'Tom of Warwick' in the New York Philharmonic's revival of Camelot at Lincoln Center. More recently, he performed in the Elm Shakespeare Company's production of Macbeth. Rishi has also written, directed and starred in a student film at the New York Film Academy, and he enjoys writing plays and performing alongside his school friends.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF JULY 2013

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



Town Hall

7/1	Town Planning & Zoning Comm	7:30pm	Town Hall
7/3	Police Commission	6:00pm	Police Station
7/8	Library Commission	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
7/10	Board of Selectmen	6:00pm	Town Hall
7/15	Fire Commission	6:00pm	Fire Station
	Woodbridge Board of Education	7:30pm	Beecher School Nth
7/17	Inland/Wetlands Agency	7:30pm	Town Hall
7/18	Conservation Commission	7:00pm	Town Hall
7/22	Country Club of Woodbridge Comm ...	6:00am	CC of Wdbg
7/24	Board of Selectmen	6:00pm	Town Hall

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DINING WITH SUSAN

By Susan Noonan



Marco Pizzeria

I am always impressed when an owner of a successful restaurant is able to open a 2nd location. Tom Andrew has owned the very popular Marco Pizzeria in Branford for 15 years (it was recently awarded the Advocate's "Best Pizza in Branford 2013"). Quite an accomplishment and Tom felt the time was right to start looking for another location. When he heard the former River Restaurant located in the Derby Wal-Mart Plaza became available, he was delighted to be able to return to his "roots" as he was born in Griffin Hospital and raised in Seymour. After some nice upgrades to the interior including featuring local artists' work from the Valley Arts Council on the walls (much of it is available to purchase).

Tom opened his 2nd Marco Pizzeria in March of this year. Business has been steady but he is anxious to get the word out about his new restaurant that features great pizza. Tom definitely has a special story to tell about how this nice Scotch/Italian gentleman ended up making terrific pizza. He started out as an accounting officer in the banking field (where he met his lovely wife Janet). Thru connections with a family member he ended up managing Frank Pepe's "The Spot" on Wooster Street in New Haven for 15 years. During that time he definitely became an expert managing and operating a busy pizzeria. After all those years Tom felt it was time to venture out on his own and open a restaurant in the town of Branford where he lived. The name came from one of his families' favorite vacation spots "Marco Island, Florida". A perfect name for a Pizzeria!



Tom wants customers to know that Marco's is a casual dining, family friendly pizzeria that offers quality food along with top notch customer service. This is where Tom's manager Jordon Mann comes in. He is a very handsome & charming twenty-four year old who has the skills and the desire to fulfill the goals of Marco Pizzeria. Along with Bill Severino, General Manager, who has many years of restaurant expertise and continues to oversee the daily operation as well as the special event in-house catering. Tom's entire staff at both locations focus on making their customers feel very welcome and comfortable whether they are eating in or taking out. The chefs even allow kids of all ages to actually watch them make the pizzas. Tom's menu, while focusing on delicious pizza, also offers calzones, Stromboli, subs, salads, soups (I recommend the homemade tomato bacon bisque), and sides including garlic bread, meatballs, eggplant, broccoli rabe, escarole & beans. Pasta dishes include homemade lasagna, penne alla vodka, ravioli and cavatelli. Marco also features 16" stuffed breads with whole milk mozzarella with many filling choices. Dessert choices include homemade cheesecake, homemade apple crisp, chocolate or vanilla gelato, & tiramisu. Wine (you can get a great bottle for under \$20.00 or glass for \$5.00), beer and the popular Foxon Park Sodas are available along with coffee & tea. The entire menu is available to view on its website.

Tom feels giving back to the local community is an important part of doing business. Marco Pizzeria recently hosted a fundraiser for "Camp Rising Sun" charitable foundation. Located in Rocky Hill, this is a camp for children ages 5-17 that have been diagnosed with cancer and they can attend the camp free of charge. The camp is staffed by volunteer counselors, a pediatric oncologist, and three nurses available 24 hours who give a week of their time, love and energy tending to the children's medical needs. Camp Rising Sun started with 8 children in its first year and had grown to over 100 campers. 2013 marks its 30th anniversary. This camp is very near and dear to Marco manager Jordon's heart as he attended as a young boy and now volunteers every year as a counselor. Tom and his staff are extremely receptive to hosting other community fundraisers.

In addition, the Derby location has a private area that can seat up to 70 for a special event, offering very reasonably priced catering menus for birthdays, showers, anniversaries, after funerals, etc. Delivery is also available for corporate events. See Tom or one of his managers for more details.

Open - Sunday 4p-9p - Tuesday-Thursday 11:30a-9:00p - Friday & Saturday - 11:30a-10:00p. Closed on Monday. All major credit cards-Reservations for large parties-Catering menu available-Handicapped accessible - Ample parking.

Marco Pizzeria

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313 East Main Street, Branford, CT 06405
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www.marcopizzeria.com

Final notes: Make a visit soon with your family and friends to meet Tom and his welcoming staff. They are a wonderful group and will make your visit extremely enjoyable, not to mention the quality food and reasonable prices as well! Please remember to support our local family owned businesses.

If you have a favorite restaurant e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.



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Scott Foley

Q: I heard that **Steve Perry** has cancer. Is this true, and if so, how's he doing? -- Wyatt R., Buffalo, N.Y.

A: The former **Journey** frontman recently revealed on his blog that he did indeed have cancer. In Steve's words: "Three weeks ago a routine mole was taken off my face, and the lab report came back melanoma skin cancer. I've had two surgeries in two weeks to remove all the cancer cells, and I've been told they think they got it all, and no other treatments are required."

This news comes only six months after Steve lost his girlfriend, Kellie, to breast cancer, which had spread to her lungs, bones and brain.

Q: I am so happy that "**Scandal**" was renewed for a third season. Can you give me any hints as to what to expect when it returns? -- Justine P., via email

A: One thing you can expect is more **Scott Foley**. He was recently made a series regular, so it would appear that he is not out of Olivia Pope's life. It also would seem that he won't be left indefinitely in the hole his bosses at B613 tossed him in at the end of season two. Here's hoping he doesn't come out all grungy and gross like Huck did after his time in the hole.

Q: I saw "**Man of Steel**" over the weekend and loved it. Will there be a sequel? -- Johnny S., via email

A: A sequel had been rumored to be in the works, and with the record-breaking opening weekend of "Man of Steel," you can bet that sequel will become a reality. "Man of Steel" took in \$125 million during its opening weekend, bringing in more money than the openings of

the previous five "**Superman**" movies combined. It also was the biggest June opening for a film ever, and it had the second-highest opening of a film so far this year, behind "**Iron Man 3**." This gives a great boost to the DC Comics superheroes for their own movies, much like Marvel Comics has done with its characters of **Thor, Iron Man, the Hulk** and the rest of the **Avengers**.

READERS: In keeping with the superhero theme of this week's column (SPOILER ALERT), "**Avengers 2**" writer and director, **Joss Whedon**, recently stated that Loki will not be in "Avengers 2." He also stated that **Robert Downey Jr.** has yet to sign on to reprise his role of Iron Man in the sequel, and that the sequel will not happen without Robert. According to Joss: "He is Iron Man. He is Iron Man in the way that **Sean Connery** was James Bond. I have no intention of making 'Avengers 2' without him, nor do I think I'll be called upon to do that. I don't think it's in my interest, Marvel's interest or his interest, and I think everything will be fine."

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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FROM YOUR STATE REPRESENTATIVE

By Themis Klarides



Klarides Supports Legislation to Screen Newborn Babies

State Rep. Themis Klarides (R-114) championed legislation on June 5th that requires screening of newborn babies for a life-threatening genetic disease of the central nervous system called adrenoleukodystrophy (ALD). The screenings cost \$1.50 - \$2.00 per test and make it easier for physicians to identify and treat the disease, which can suddenly affect boys from birth to one year old. If untreated, ALD causes loss of speech, muscle function, sight and the ability to consume food and liquids by mouth. "ALD is an agonizingly painful disease that can end lives and devastate families," said Rep. Klarides, a member of the Public Health Committee. "This is a rare opportunity to spend a few dollars that will truly make the difference between life and death."

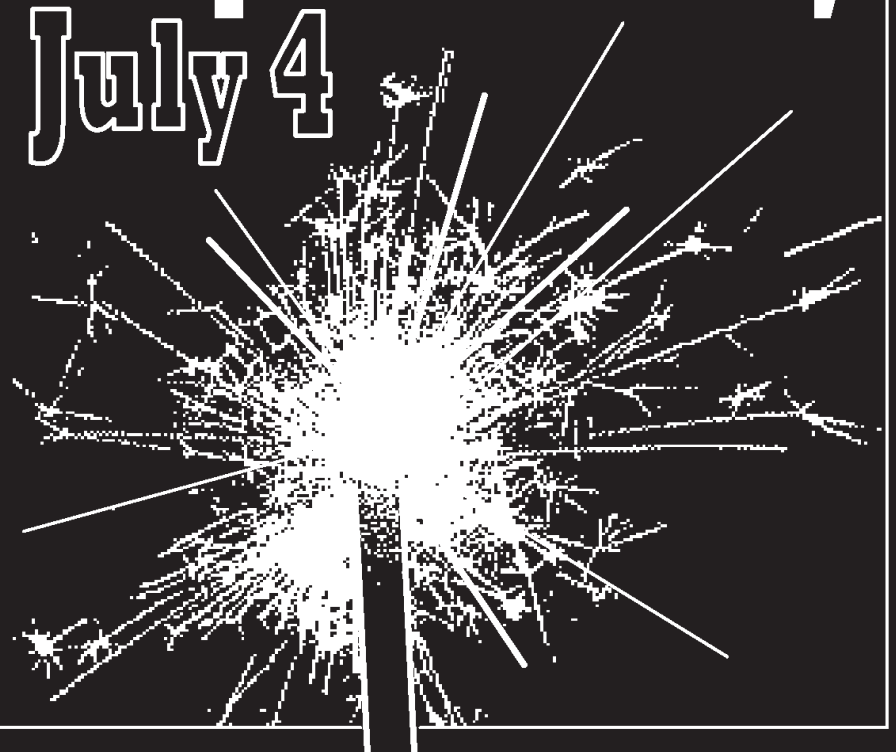
The legislation was prompted by 24-year-old Bryan Kelley of Branford

who, with the help of his parents Jack and Jean, has fought the rare disorder for years. Brian's mother, Jean Kelley, had this to say about the bill, "It's a way to save lives. We're talking about lives, lives that won't happen without the test."

Screening of newborns has saved or improved the lives of more than 12,000 children to date. ALD affects the tissue lining around the adrenal glands and nerve cells. The disorder comes with different levels of severity, with the most severe form causing very rapid degeneration of the nervous system in young boys.

Earlier this year Rep. Klarides played an instrumental role in generating awareness and support for the measure, and spoke out at a press conference alongside the Kelley's in favor of this bill. Senate Bill 465 passed unanimously in the House and Senate, and now moves to the Governor for further consideration.

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Grape Hyacinth Bean Vine



Giant White Moonflower Vine

IS YOUR GARDEN LOOKING UP THIS YEAR?

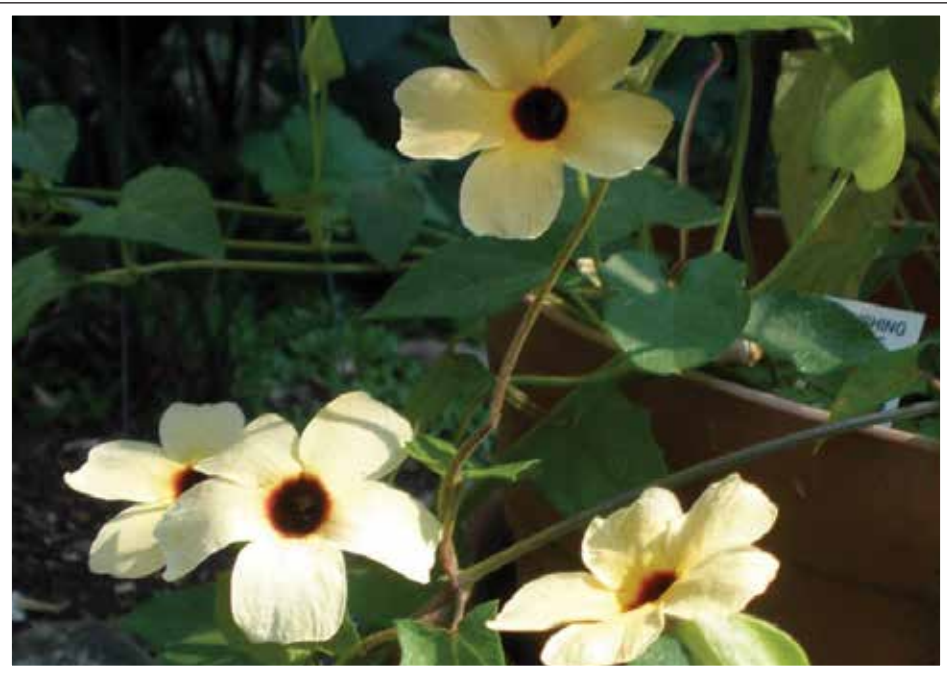
Loretta K. Smith

When viewing a garden, we're rather used to looking down at it. A garden becomes more interesting and exciting when there is height in it. The height draws our eyes to another level. One way to add height, besides trees or shrubs, in a flower garden, is to add vines.

Here are some ANNUAL VINES (good for one year only) that I grow in my garden. They do very well in our area. All pictures are mine, but you can look up these vines on the internet. The site davesgarden.com is excellent for close-ups of the flowers and information on how to grow. I've bought each vine locally.

Grape hyacinth bean vine sports purple flowers. Seed pods follow the flowers. These can be collected and the seeds planted another year. You can see the vine is a long one. I have also trained a shorter variety on a fence. Here I used it to cover wires. Go to davesgarden.com to see close-ups of the pretty flowers and seed heads. This vine likes sun. Bees and butterflies like it. Be careful, though, the seeds are poisonous if ingested.

Giant White Moonflower Vine has flowers that "glow" at dusk and but can be enjoyed day and night. It grows 8-10 feet so can be grown on a trellis in sun. Spectacular!



Thunbergia/Black-eyed Susan Vine

Thunbergia or Black-eyed Susan vine is a sweet vine. The flowers come in orange, yellow, cream and white, and are sometimes mixed in a pot. The vine grows only 6-8 feet. I've grown it on a trellis in part (not too much) shade.

I've also grown morning glory vine but it doesn't bloom til August.

In the next issue, I'll talk about perennial (come back every year) vines. Then invasive vines - you don't want these in your gardens!!

Perennial Vines



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SOCIAL SECURITY AND DIVORCE

By Roberta L Nestor

“Is it true I can collect my ex-husband’s social security?” is a commonly asked question with a simple answer. Yes, a divorced individual is entitled to their ex-spouse’s social security when certain conditions are met. While some people would like to think that they are actually “taking” their former spouse’s benefits away from them, it is not the case. The benefits paid to a divorced spouse or a surviving divorced spouse will not affect the benefit paid to other family members who are collecting on the same account. So, while it may give you satisfaction that you are receiving half of “their” benefits, it doesn’t mean the ex spouse doesn’t get 100% of their own. *At best, you will only receive 50% of what your former spouse would have received at his or her Full Retirement Age (FRA).*

Johnny Carson is a great example of how social security can pay out to several individuals. He was married 5 times and three of his marriages lasted more than

Dollars and sense

10 years (first criteria); those same three ex-wives never remarried (2nd criteria); all three waited until they were past age 60 (3rd criteria) and lastly, Johnny’s social security benefits were higher than their own. Not only did Johnny collect his maximum benefits, three of his ex wives did as well. Another caveat is you have to be divorced for a period

of at least two years before you can start to collect from a former spouse.

Let’s dig a little deeper with this question, “I am age 60 and eligible to receive my ex-spouse’s social security, should I start collecting it right away?” Here are several reasons and circumstances that have to be considered before you begin collecting on your deceased or divorced spouse:

- You can only collect if your former spouse’s benefits are higher than yours. Identify who was the higher wage earner.
- Is your former spouse still working? If your divorced spouse is still working and not at their full retirement age (FRA), you might want to wait to collect their benefits. Remember you are eligible for up to 50% based on their FRA. So if your former spouse is also age 60 and has five plus years before their retirement, your life-long benefit could be substantially higher by waiting.
- Are you still working? If you collect any social security benefit before FRA and you are still working, you might be paying back some of those social security benefits. For every \$2 of earnings \$1 is withheld from social security if your income is above the \$15,120 threshold (Retirement Earnings Limit).
- Working or not, your social security benefits may be taxable. There is a Provisional Income Threshold that determines how much of your social security will be taxed. For single individuals the Provisional Income Threshold is:
Earnings up to \$25,000 = no tax on benefits;
\$25,000 - \$34,000 = up to 50% of benefits taxed;
Above \$34,000 = up to 85% of benefits taxed.

Social security calculations are not a one size fits all. Before you go online to apply for benefits, talk to either your financial advisor, tax professional or you can call the social security administration directly. You can even go to the social security website, www.socialsecurity.gov and get a projection of your benefits. There is also a calculator where you can try different age scenarios to determine the best time to start to collect.

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



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HOUSES OF WORSHIP EVENTS

CHURCH OF THE GOOD SHEPHERD UPCOMING EVENTS

Church of the Good Shepherd, Orange, located at 680 Racebrook Road announces upcoming events:

Weekly Services

Sundays: 8:00 a.m. & 10:00 a.m. - Coffee and conversation after the 10:00 am service. 5:00 p.m. - Come just as you are Worship Service with Sermon discussion. Wednesdays: 7:00 p.m. - Evening Service of Prayer and Healing with Communion. Our Summer Worship schedule begins on June 9th - 8am spoken and 10 am Eucharist with music.



Church of the Good Shepherd

Church On The Beach

Sunday, June 30, 2103, 5 pm - All are welcome to join Church of the Good Shepherd at Silver Sands State Park beach in Milford on Sunday, June 30, at 5 pm, as we worship God in the most beautiful church, that of God's creation. A picnic dinner will follow. Please bring a beach towel or chair and a side dish or dessert to share. Fried chicken and drinks will be provided. For more information, call 203-795-6577 or find us on Facebook!

Kingdom Rock: Vacation Bible School

Monday, July 8 through Friday, July 12, 2013, 9 am to noon daily

Children ages 4 through 11 are invited to discover Kingdom Rock, Where Kids Stand Strong for God! A blend of faith, community, and learning, Kingdom Rock helps children to connect with God and each other through music, games, crafts, and other activities. Vacation Bible School is co-sponsored by Church of the Good Shepherd in Orange, Orange Congregational Church, and Church of the Holy Spirit, West Haven. Camp will be held at Church of the Good Shepherd in Orange.

Registration is ongoing. Cost is \$35 per child. A limited number of scholarships are available (please contact 203-795-6577 for more information). Registration forms are available at <http://www.thegoodshepherdorangect.org/vbs-2013.html>. Cash, checks, and credit cards are accepted.

If you are a high schooler or adult and would like to volunteer at Vacation Bible School, please contact us at 203-795-6577. All are welcome! Check out our float in the Orange Memorial Day Parade!

JCC SUMMER INSTITUTE FOCUS ON ISRAEL

The Jewish Community Center located at 360 Amity Road, Woodbridge, will be presenting the following:

Monday, July 8, 7:30 pm - The Future of Peacebuilding in Israel

Join author Rabbi Marc Gopin of George Mason University in examining grassroots Israeli-Palestinian peace efforts. Session sponsored by the Connecticut Humanities Fund and the Jewish Federation of Greater New Haven. \$10 JCC members/\$12 non-members. For more information, contact DeDe Jacobs-Komisar at (203) 387-2522 x300 or dedek@jccnh.org Register online at www.jccnh.org.

Monday, July 22 - African Refugees in Israel, 7:30 pm

Jimmy Taber of the New Israel Fund and Stephen Slater of Right Now: Advocates for African Asylum Seekers in Israel discuss the impact and challenge of the recent influx of African refugees to Israel. \$10 JCC members/\$12 non-members. For more information, contact DeDe Jacobs-Komisar at (203) 387-2522 x300 or dedek@jccnh.org. Register online www.jccnh.org.

Monday, July 29 - Religious Pluralism in Israel, 7:30 pm

Join a panel discussion on the recent clashes between growing pluralistic religious movements in Israel and the Ultra-Orthodox Israeli Rabbinate that controls religious policy. Examine the goals, challenges and future of religious pluralism in Israel and its significance to Judaism as a whole with a panel that includes Author and Rabbi Debra Cantor; Miriam Benson, the former Executive Director of the Connecticut Valley Region of United Synagogue of Conservative Judaism and former Legal Liaison for the International Committee for Women of the Wall; and Rabbi Dov Linzer, Head and Dean of Yeshivat Chovevei Torah Rabbinical School, a recipient of the Javits Graduate Fellowship and one of Newsweek's Top 50 Rabbis in America in 2011 and 2012. \$10 JCC members/\$12 non-members. For more information, contact DeDe Jacobs-Komisar at (203) 387-2522 x300 or dedek@jccnh.org. Register online www.jccnh.org.

Outdoor "Drive-In" Movies

July 25th, 7:30pm *Willie Wonka and the Chocolate Factory* (G) (1971)
August 8th, 7:30pm *Chitty Chitty Bang Bang* (G) (1968)

Bring your beach blankets and lawn chairs and snuggle up under the stars for some good old fashioned family fun. Snacks available for purchase. Pajamas welcome.

Free and open to the public. Indoor rain location.

Proceeds support the JCC's Send a Kid to Camp Scholarship Fund.

The JCC provides quality programs and services that meet the social, cultural, educational, and recreational needs of everyone in the community.

Tzofim Friendship Caravan

July 9, 2:30 p.m. JCC, 360 Amity Rd, Woodbridge

Direct from Israel and back by popular demand...a live performance by the Tzofim Friendship Caravan! Don't miss this electrifying performance by 10 professional Israeli teenagers as they rock the stage at the JCC during a stop on their annual North American tour. These amazing performers will share their lives in Israel through song, dance and story with a message of peace. Children and adults alike will love this show!

Fun for all ages. Event is free and open to the public.



THE ILLUSTRATED BIBLE

...I will remember My covenant which is between Me and you and every living creature of all flesh; the waters shall never again become a flood to destroy all flesh.

GENESIS 9:15



Oceano Nox by Rene Quillivic, 1929





FOOT MECHANICS: THE GOOD, THE BAD, AND THE UGLY

Do I Need Over The Counter Inserts, New Shoes, Or Custom Orthotics?

The loading and unloading principles of our feet (called pronation and supination respectively) are instrumental in the overall function of our lower extremities and spine. There is an entire industry of footwear companies, athletic apparel, commercial insert companies and medical professionals who devote millions of dollars and resources to evaluate and offer services to address abnormal foot mechanics.

For the purpose of this article, I will focus on how our clinic evaluates and effectively weans which options are best for our physical therapy patients. To start, it is important to have a good understanding of foot mechanics in general.



Michael Dow

The foot is broken up into 3 major areas: forefoot, mid-foot, and rear foot. When the foot hits the ground in standing or walking, the rear foot (heel) will pronate and begin the loading process of accepting body weight. When that happens, a chain reaction occurs in the rest of the foot and translates forces up to the ankle, knee, hip and spine.

Barring any structural abnormalities, this process will happen in a predictable amount of motion and in a proper sequence. The amount of motion at each joint is a value that our therapists can repeatedly measure in relation to the desired activity. Any disruption in this chain reaction can often lead to foot problems (like plantar fasciitis), knee pain, hip bursitis, and even lower back pain. Likewise, if there is an interruption, or a few areas of dysfunction, we begin to get an idea of what kind of action plan will be necessary to correct the sequence.

So what are your options? These vary depending on the degree of abnormal foot mechanics as well as various limitations in flexibility, joint mobility, and strength of the rest of the leg. Since we are all different shapes and sizes with different needs, our interventions need to be tailored accordingly. Typically our office will begin with joint mobilization and other manual techniques, stretching, and strengthening exercises performed in office and in combination with home exercise prescription. Many times, this is enough to decrease symptoms and prevent them from returning.

For the more stubborn cases, a detailed foot exam is completed to evaluate whether footwear changes or orthotics are appropriate. This can range to as simple as changing the brand of running sneaker, to as advanced as referrals to a podiatrist or orthopedist to have custom orthotics fabricated from moulds. There are also middle of the spectrum options such as semi-custom and off the shelf inserts. The less custom an insert is, the less tailored to the individual difference between right and left feet, as well as the differences between person to person.

There is also an industry variance between the costs for orthotics. Some of the costs fluctuate due to the different types of materials used, the level of custom versus non-custom design, the medical provider that provides the orthotics, as well as the amounts insurance companies may or may not cover under patients' plans.

To date, there are very few reliable research studies that demonstrate conclusive evidence of which options work best. By the time most clients seek our services, they often have a history of trial and error until they "find what works for them". Or they experience painful joints or foot conditions that precipitate them trying inserts.

In my biased opinion, it is important for our team of physical therapists to screen every low back, hip, knee and ankle/foot patient to see if shoe inserts or orthotics may be appropriate. As I mentioned earlier, often patients do not need more than the right manual therapy, stretching and strengthening techniques - but for those who do, if you're not screened then how will you get all better? Certainly a detailed screen can be a helpful guide to ensure foot and lower extremities mechanics are happening in the correct amount and sequence to allow optimal performance.

Michael Dow MSPT received his degree from Sacred Heart University in Fairfield, CT. In addition to being the founder of Amity Physical Therapy over 10 years ago, he has been recognized by the US Dept of Health and Human Services for his work with the National MS Society. Michael also received his certification through the Titleist Performance Institute and works with golfers of all ages and skill levels to achieve optimal performance and prevent injury. He can be reached at the Woodbridge office at (203) 389-4593 or Hamden (203) 691-6248.

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COAST GUARD AUXILIARY FLOTILLA 24-11 ANNOUNCES UPCOMING BOATING CLASS

U.S. Coast Guard Auxiliary Flotilla 24-11 is offering a one-day About Boating Safely class on July 13 from 8AM to 4:30 PM.

In a classroom format, attendees will learn general information about boats and maintenance, navigation rules and aids to navigation, what to do in case of boating emergencies and Connecticut-specific law and regulations. Individuals who successfully complete this course will qualify for the Connecticut Safe Boating Certificate and the Certificate of Personal Watercraft Operation. The course fee is \$60.00.

The classes will be held at the USCG Auxiliary West Haven Flotilla facility, 1 Kimberly Avenue, West Haven, CT. For further information or to register, please contact Charlie Phippen at (860) 828-5438 or (860) 916-3379, or visit www.a0142411.uscgaux.info. Walk-in registration on the day of training is also welcome.

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TOWN OF WOODBRIDGE

RENTERS PROGRAM

Applications for the Renters Program may be filed with the Town's Assessor between April 1, 2013 and October 1, 2013.

Those residents of Woodbridge who:

1. Have attained the age of 65 on or before 12/31/12.
2. Hold full time residence in Woodbridge.
3. Total income does not exceed 33,500 for a single person or 40,900 for a married couple.

Those on social security disability are exempt from the age requirement.

Applications can be filed at the Assessor's Office, Town Hall, 11 Meetinghouse Lane, Monday through Friday, 8:30 a.m. - 4:30 p.m.

Proof of 2012 income and social security earnings is REQUIRED along with receipts of ALL 2012 RENT AND 2012 UTILITIES (exclusive of phone & cable).

Those persons who had applied for this program last year will be mailed an application in April 2013.

If you have any questions concerning this program, please call the Assessor's Office at 203-389-3416.

GET READY TO CRUISE NEWS

By Leslie Marsh



ROYAL CARIBBEAN TAKES A "QUANTUM" LEAP

Royal Caribbean's mission is to deliver the "Wow," that extra level of innovation and service that always exceed expectations. It's their cutting edge ships that keep them ahead of their competition. Always reaching for the next big thing, Royal Caribbean recently introduced its newest and most innovative ship, *Quantum of the Seas*. She'll be sailing in our own backyard, exclusively from our local homeport of Cape Liberty, New Jersey, beginning November, 2014! And talk about delivering the "Wow," wait until you see some of the phenomenal new features this ship has to offer.

Quantum will cater to our fascination with having a bird's eye view with the North Star, a glass enclosed pod that will rise more than 300 feet above sea level; what an exciting location for a special birthday celebration, marriage proposal or wedding ceremony! Experiencing the thrill of skydiving from the deck of a cruise ship will be possible with *Ripcord by iFly*. This skydiving simulator uses wind tunnel technology in a glass flight chamber to create a realistic skydiving experience for passengers. *Quantum* will have two groundbreaking transformational venues that will morph from day into night: *Seaplex* will have such things as basketball and circus school by day and bumper cars and roller skating by night, and *Two70°* will offer an open area with a 270° panoramic view to relax to by day and become a world class entertainment venue by night.

To accommodate families, *Quantum* will feature modular staterooms with separate bedrooms and bathrooms. Inside staterooms will have "virtual balconies," flat screen monitors that span nearly floor to ceiling and show a view from outside the ship. There will also be studio inside staterooms that will offer single occupancy accommodations without having to pay a single supplement. More new features of *Quantum* will be announced in the coming months.

With exciting ships, voyages to some of the world's most enchanting places and an excellent value, it's no wonder that more people are choosing to cruise. No matter what your family enjoys, be it a more active lifestyle, exploring new places or just relaxing, there's definitely a cruise for you! To see the excitement of *Quantum* for yourself, please visit my *Quantum* website, <http://bit.ly/191UO4D>. The *Quantum of the Seas* is currently open for booking with itineraries to the Bahamas, Eastern and Southern Caribbean. Call me today and get ready to cruise on this fantastic new ship!

Leslie Marsh owns and operates *Cruise Planners of Orange*. She can be reached at 203-799-2367, leslie@getreadytocruise.com or [facebook.com/CTCruisePlanners](https://www.facebook.com/CTCruisePlanners).



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DEATH NOTICES



DEATH NOTICES

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ENTERTAINMENT

TOP 10 MOVIES

- 1. Man of Steel (PG-13)**
Henry Cavill, Amy Adams
- 2. This Is the End (R)**
James Franco, Jonah Hill
- 3. Now You See Me (PG-13)**
Jesse Eisenberg, Mark Ruffalo
- 4. Fast & Furious 6 (PG-13)**
Vin Diesel, Paul Walker
- 5. The Purge (R)**
Ethan Hawke, Lena Headey
- 6. The Internship (PG-13)**
Vince Vaughn, Owen Wilson
- 7. Epic (PG)**
animated
- 8. Star Trek Into Darkness (PG-13)**
Chris Pine, Zachary Quinto
- 9. After Earth (PG-13)**
Jaden Smith, Will Smith
- 10. Iron Man 3 (PG-13)**
Robert Downey Jr., Gwyneth Paltrow

TOP 10 RENTALS

- 1. Warm Bodies (PG-13)**
Nicholas Hoult
- 2. Mama (PG-13)**
Jessica Chastain
- 3. Broken City (R)**
Mark Wahlberg
- 4. Gangster Squad (R)**
Sean Penn
- 5. Parker (R)**
Jason Statham
- 6. Jack Reacher (PG-13)**
Tom Cruise
- 7. The Last Stand (R)**
Arnold Schwarzenegger
- 8. Escape From Planet Earth (PG)**
animated
- 9. Silver Linings Playbook (R)**
Bradley Cooper
- 10. Safe Haven (PG-13)**
Julianne Hough

CHART BUSTERS

Top 10 Pop Singles

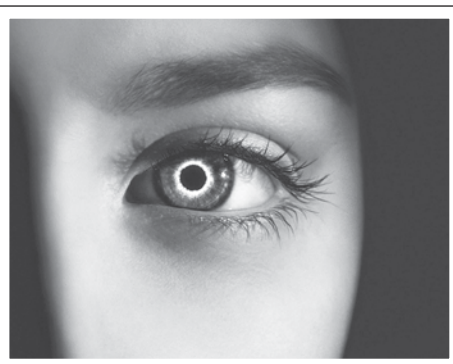
- 1. Robin Thicke feat. T.I. and Pharrell**
"Blurred Lines"
- 2. Macklemore & Ryan Lewis feat. Ray Dalton**
"Can't Hold Us"
- 3. Daft Punk feat. Pharrell Williams**
"Get Lucky"
- 4. Justin Timberlake**
"Mirrors"
- 5. Florida Georgia Line feat. Nelly**
"Here's to the Good Times"
- 6. Imagine Dragons**
"Radioactive"
- 7. Pink**
"Just Give Me a Reason"
- 8. Selena Gomez**
"Come and Get It"
- 9. Ariana Grande feat. Mac Miller**
"The Way"
- 10. Icona Pop feat. Charli XCX**
"I Love It"



Josh Homme

Top 10 Country Singles

- 1. Florida Georgia Line**
"Cruise"
- 2. Blake Shelton feat. Pistol Annies & Friends**
"Boys 'Round Here"
- 3. Darius Rucker**
"Wagon Wheel"
- 4. Tim McGraw with Taylor Swift**
"Highway Don't Care"
- 5. Luke Bryan**
"Crash My Party"
- 6. Hunter Hayes**
"I Want Crazy"
- 7. Cassadee Pope**
"Wasting All These Tears"
- 8. Jake Owen**
"Anywhere With You"
- 9. Florida Georgia Line**
"Get Your Shine On"
- 10. The Band Perry**
"Done"



Saoirse Ronan in "The Host"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of July 9, 2013.

PICKS OF THE WEEK

"Admission" (PG-13) -- Tina Fey and Paul Rudd star in this dramedy about college admissions and taking chances and boring audiences. Fey plays Portia, a Princeton admissions officer who lives life by the book and avoids risk. Things kick off when she gets back in contact with John (Rudd), an old friend who runs an alternative school. John introduces Portia to an oddball teen named Jeremiah. He would be a perfect fit for Princeton ... oh, and he might be the son Portia gave up for adoption 16 years ago. With just a few chuckles here and a couple sighs there, it's not much for drama or comedy. The pacing and one-dimensional characters make all things charming come out annoying.

"Temptation: Confessions of a Marriage Counselor" (PG-13) -- In twists

and turns, this film explores the allure of forbidden love and human desires to reach a certain moral conclusion: Adultery is bad, you guys. Judith (Jurnee Smollett-Bell) is a career-minded young woman working at a matchmaking business. She gets pulled into the seductive web of Harley (Robbie Jones), a handsome billionaire who flaunts his wealth in the usual ways. With a million warnings and reasons she should have known better, Judith still makes her mistakes and takes her punishment for them. Arguably, this punishment includes starring alongside Kim Kardashian. If you can handle a little bit of soap opera and a lot of moralizing, you might be enticed by this temptation.

"The Host" (PG-13) -- In the near-ish future, little body-snatching aliens take over Earth. One of these critters crawls into the back of your neck, next thing you know, you've got silver eyes and a robotic monotone voice. Now, imagine that this premise was used to make a "Twilight"-style supernatural young-adult thriller -- and it was engineered in a high-tech lab to be the most boring thing ever. That's what you get from "The Host," roughly 90-minutes of a teenage girl talking to a snotty alien living in her brain. Eventually, she kisses a hunky young lad in the rain. You'll miss that part because you'll be asleep.

"Spring Breakers" (R) -- To fight off boredom, four college girls (Selene Gomez, Vanessa Hudgens, Ashley Benson, Rachel Korine) play around with a little bit of armed robbery so they can afford a spring-break vacation in sunny Florida. Once on the beach, the girls get into their bikinis, and then it's off to more crime. They become entangled with a clownish rapper named Alien (James Franco, really pushing it here). Alien seems like a bit of edgy, jokish fun, but turns out to be a real-deal drug-dealing criminal.

- Who released "Washington Square" in 1963?
- How many prior names did the Hudson Brothers group have?
- Which former Beatle released "It Don't Come Easy," and when?
- Bobby Vinton had two 1963 hits, both with a color in the title. One was "Blue Velvet." What was the other song?
- Name the song that has this lyric: "It seemed like the real thing but I was so blind, Mucho mistrust, love's gone behind."



1. Jazz group The Village Stompers. The instrumental has been covered by others, sometimes with lyrics added. The Stompers were from Greenwich Village in New York.
2. Three: The New Yorkers, Beverly Hudson, and Hudson. Their first release under the "Brothers" name was "So You Are a Star" in 1974. They briefly had a TV variety show that same year.
3. Ringo Starr, in 1971. It's thought that the lyrics were about the group's breakup.
4. "Blue On Blue." That was also the name of a Vinton album with all songs having "blue" themes.
5. "Heart of Glass," by Blondie in 1979. The first version of the song, in 1974-75, was titled "Once I Had a Love." It went through various incarnations such as ballad and reggae until they settled on the disco beat.

Sudoku answers on page 34

Weekly SUDOKU

by Linda Thistle

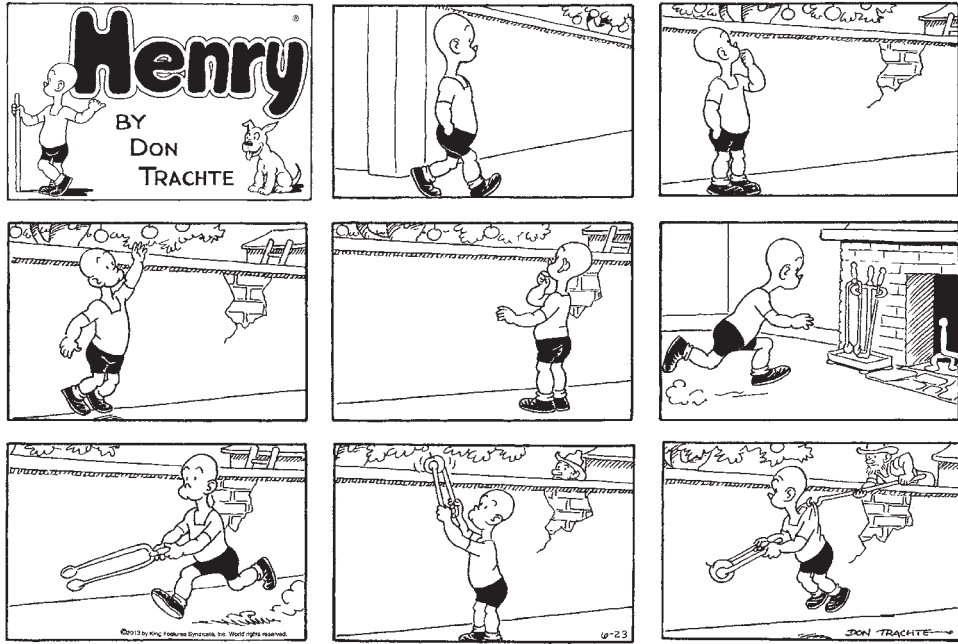
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	8				1		5	
	1				9	7		
7		9	8					5
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		6			8		7	
	4		7		3			6
2				4		5		

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD



The Spats

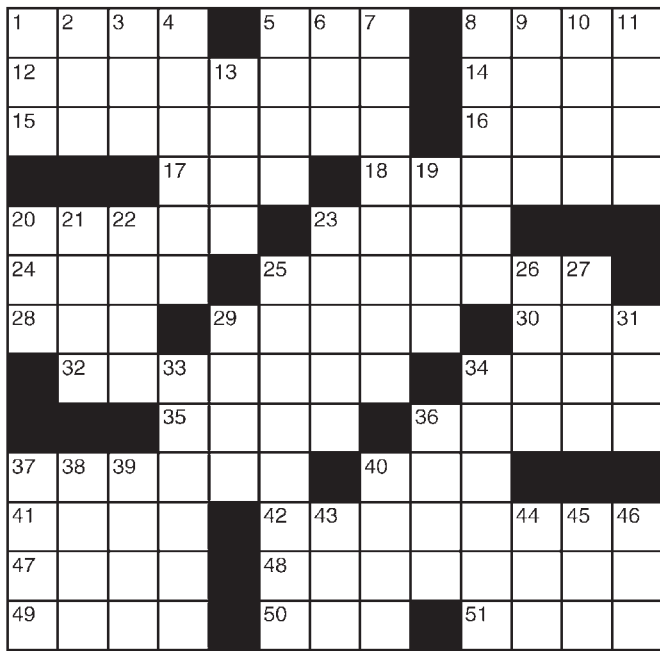
by Jeff Pickering



King Crossword

ACROSS

- 1 Stitches
- 5 Corn spike
- 8 React in horror
- 12 Handel's "Messiah," e.g.
- 14 Aware of
- 15 Algonquian leader
- 16 Individuals
- 17 "Of course"
- 18 Cancel out
- 20 Poe's bird
- 23 "Beetle Bailey" dog
- 24 On in years
- 25 Luzon language
- 28 Neither mate



- 29 Commandments bearer
- 30 Sheep's comment
- 32 First person to orbit the Earth
- 34 Gear teeth
- 35 Hits head-on
- 36 Cause, as havoc
- 37 Government in power
- 40 Cry of discovery
- 41 "American —"
- 42 "Madame Butterfly" setting
- 47 Lass
- 48 Shook in fear
- 49 Eyelid woe
- 50 Witness
- 51 Longings
- 10 Undo a delete
- 11 Sit for a picture
- 13 Portent
- 19 Greek vowels
- 20 Skedaddled
- 21 Awestruck
- 22 Miles of Hollywood
- 23 Refuge
- 25 Persecutes
- 26 Reed instrument
- 27 Pop singer Lady —
- 29 Sir's partner
- 31 Request
- 33 Ornamental grating on a car
- 34 "White Christmas" crooner
- 36 "Kapow!"
- 37 Fixes illicitly
- 38 Rewrite, maybe
- 39 Blood-curdling
- 40 Curved molding
- 43 Exist
- 44 Brewery product
- 45 Barbie's companion
- 46 Egos' counterparts

DOWN

- 1 "Mayday!"
- 2 Historic period
- 3 Joker
- 4 Remained
- 5 Cupid's alias
- 6 Melody
- 7 X-ray discoverer
- 8 Giant number
- 9 " — Karenina"

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HOLLYWOOD

By Tony Rizzo

HOLLYWOOD -- Alas, Will and Jaden Smith's film, "After Earth," is being dubbed a bomb! It cost \$135 million to film and an additional \$100 million to promote, but it's only brought in \$95 million at the worldwide box office. Who'd think a film that made that much money would be called a bomb? So what went wrong? The screenplay, about surviving on an unpeopled earth a thousand years in the future, was Will Smith's concept. Because of his star power, Sony Studios let him do whatever he wanted, and the film's release right behind the Tom Cruise film "Oblivion" (which cost \$120 million to make, \$100 million to market and grossed \$275 million worldwide), couldn't find its audience. The only way they'll make money now is with a smart DVD package.

If Jennifer Aniston plans to marry fiance Justin Theroux anytime soon, she'll have to somehow fit it into the busy schedule she's laid out for herself. Upcoming is "Convention," with "Ghandi" Oscar-winner Ben Kingsley and "Zero Dark Thirty" Oscar-nominee Mark Duplass. She's completed filming (but has to do the publicity tour for) what is called the "Elmore Leonard Project," with Isla Fisher, Tim Robbins, John Hawkes and Will Forte. It's director Peter Bogdanovich's first film in years. Also upcoming are "She's Funny That Way" with Owen Wilson, Jason Schwartzman and Eugene Levy, and "Miss You Already" with Toni Collette, to be shot in England. In addition, Aniston is producing and starring in "The Goree Girls" with Mel Tillis' daughter, Pam Tillis; Michael Landon's daughter, Jennifer Landon; "Grey's Anatomy" stars Ellen Pompeo and Sandra O, as

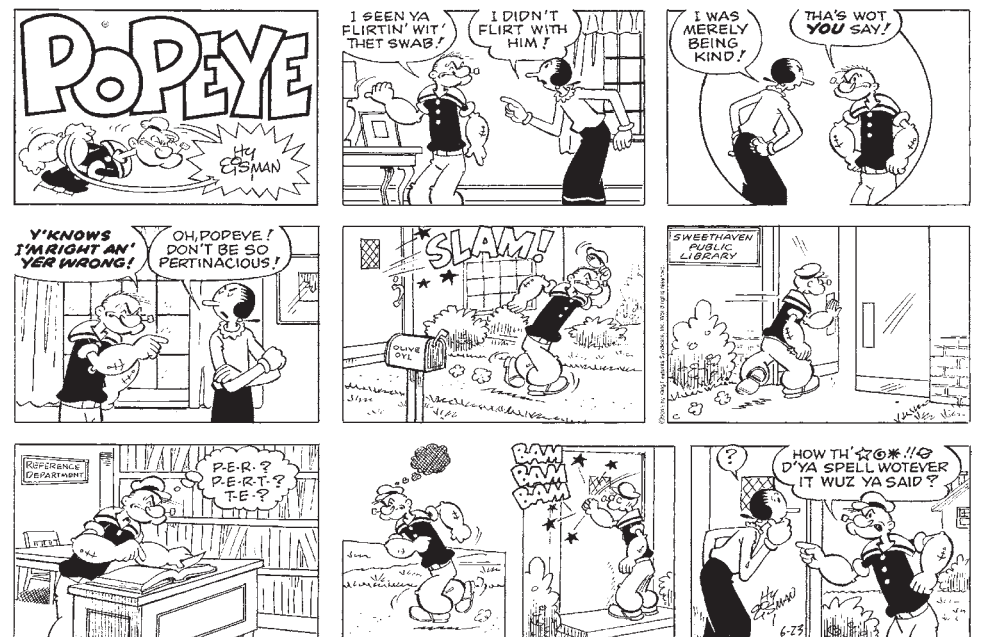


Jennifer Aniston

well as original "Destiny's Child" band member Kelly Rowland. Meanwhile, Jennifer's fiance, Justin, is playing a police chief in "The Leftovers," a pilot for HBO. Jenn had the big bang-up wedding with Brad Pitt ... maybe this time she plans to elope!

Small wonder that CBS president Les Moonves was all smiles at this year's Tony Award telecast. Always the most entertaining show on television, it featured the amazingly talented and quick-witted Neil Patrick Harris, in his his fourth turn as host. He'll also host this year's prime-time Emmy Awards. The Tonys, which ran six minutes over its three-hour time slot, seemed rushed due to the orchestra frequently cutting off speeches playing "Give my Regards to Broadway." Packed with some of the best musical numbers from Broadway, the show actually ran two hours and 16 minutes, with commercial breaks that ran nearly five minutes long, adding up to a distracting 50 minutes of commercials. I baked a cake, did the laundry and made a spaghetti and meatball dinner during the commercial breaks.

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King Crossword Answers on Page 34

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HISTORY CORNER

By Muffy German

Independence Day

Muffy German

For more than 200 years the fourth of July has been celebrated as the birthday of our nation. It was the day on which the Declaration of Independence was adopted by the 56 colonial delegates to the Second Continental Congress. On July 2 they had voted in favor of independence. Or did they? At that late date, New York's delegates still voted no, and the delegates from Pennsylvania and Delaware were divided. It took until July 9 for New York to assent. So, the process was not as smooth as it appears in John Trumbull's grand and histrionic historical paintings of the birth of our nation. The history is already becoming a mixture of myth and fact. As Peter de Bolla avers in his book *The Fourth of July and the founding of America*, the story and the celebration have shifted its emphasis to mirror the times.

The Yale Art Gallery owns one of John Trumbull's dramatic paintings of the presentation of the finished Declaration text to John Hancock. But is this a true representation of events or is it a mythic reshaping of the facts? The painting was commissioned by Congress in 1817, and Trumbull relied upon Jefferson's memory to create the scene. When Trumbull visited him in Paris in 1786, Jefferson sketched the layout of the Assembly Room of the Pennsylvania State House which the artist had never visited. His sketches varied from architectural fact in the placement of windows and doors. Trumbull also altered facts in creating a visually strong and exciting scene. For example, the five member drafting committee (including Roger Sherman from Connecticut) are shown presenting the draft while in fact, Thomas Jefferson alone would have come forward as head of the committee. In the painting, the delegates are seated in mahogany armchairs instead of the Assembly Room's Windsor chairs. On the other hand, Trumbull made every attempt to paint a realistic likeness of each delegate, 36 of whom he knew personally.

As for the document itself, on July 4 the approved text was given to Philadelphia printer John Dunlap to set in type and print for distribution across the thirteen colonies as quickly as possible. By July 5, 200 of these broadsides were on their way by horseback and packet ship. At its destination the text was reprinted by local printers for further dissemination. Today there are eighteen known versions and about 75 printed copies of the Declaration. Yale University owns four.

Here in Woodbridge a copy of the Declaration has survived in the Darling family papers. It was written in July 1776 by Thomas Darling (1720-1789), and kept by his descendants in his home on Litchfield Turnpike. The circumstances surrounding its arrival were not recorded. In fact, it is somewhat surprising that Darling kept the document. He was a peaceful, thoughtful man who urged reconciliation with Britain rather than war. When he and his family moved from New Haven to Amity in 1774, they may have been looked upon as Tory sympathizers.

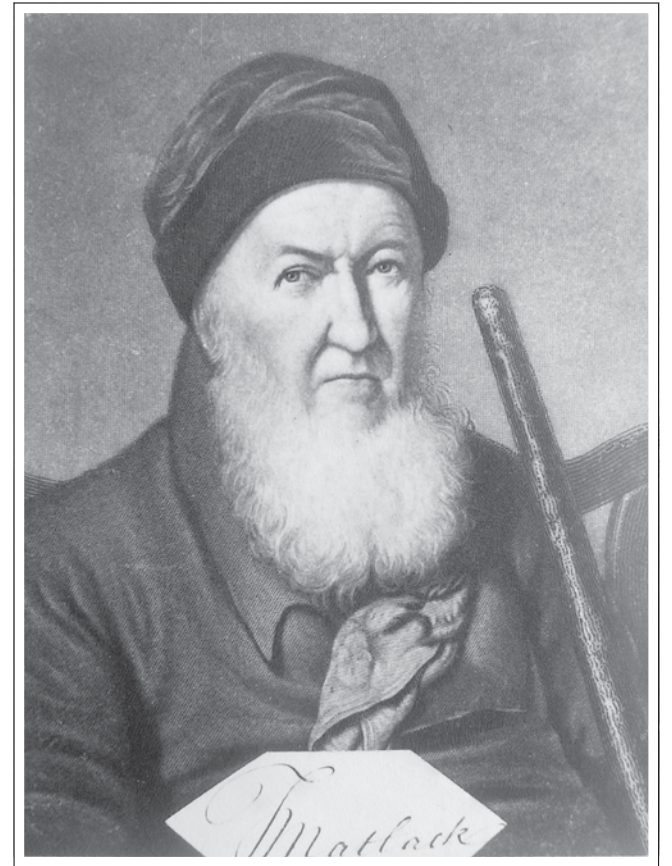
The rediscovery of Darling's broadside is also cloaked in mystery. One story I heard was that it was discovered in the 1970s on a beam in the attic in an antique wallet. In a 1994 interview, then Town Historian Reverdy Whitlock said he found it in a trunk while inventorying the contents of the Darling House in 1973 for the Historical

Society. He said the Declaration of Independence "is and will remain the most important document in American history." It is most likely that Darling's descendants were fully aware of its existence in the house, but in the pre-Antiques Roadshow times, were unaware of its rarity. The Boston Public Library owns the only other copy of this particular printing.

But this is not the revered document on display at the National Archives. That is a true manuscript: written by hand with goose quills and iron-gall ink on animal skin vellum. Surprisingly, the printed versions predate the "original" which was ordered on July 19 by remaining members of the Second Continental Congress to be "engrossed" or calligraphed and signed. The lettering job of such symbolic importance was given to Timothy Matlack, a study in contrast, he was a Quaker who had a taste for horse racing and fought in the Revolution. A director of the Bank of North America, he was rescued from debtor's prison by Quakers who had disowned him. Having been told by a cousin that Timothy Matlack was an ancestor, I am amused to share his interest in calligraphy.

The large capitals at the top of the manuscript appear to have been drawn and filled in, while the ornamental fraktur or blackletter line "Declaration of the thirteen united States of America" was written with a quill cut to a broad edge. A quill cut to a point was used to write the main body of text in a version of roundhand script. It is not known how long the job took Mr. Matlack. We do know that the scribe of the Constitution, Jacob Shallus, raced to complete his task in about 25 hours of lettering at an estimated rate of 16 characters a minute. The decorative Gothic headings beginning with "We the People" may have been written by his 14 year-old son (and possible apprentice) Francis.

And then there are the signatures! John Hancock's

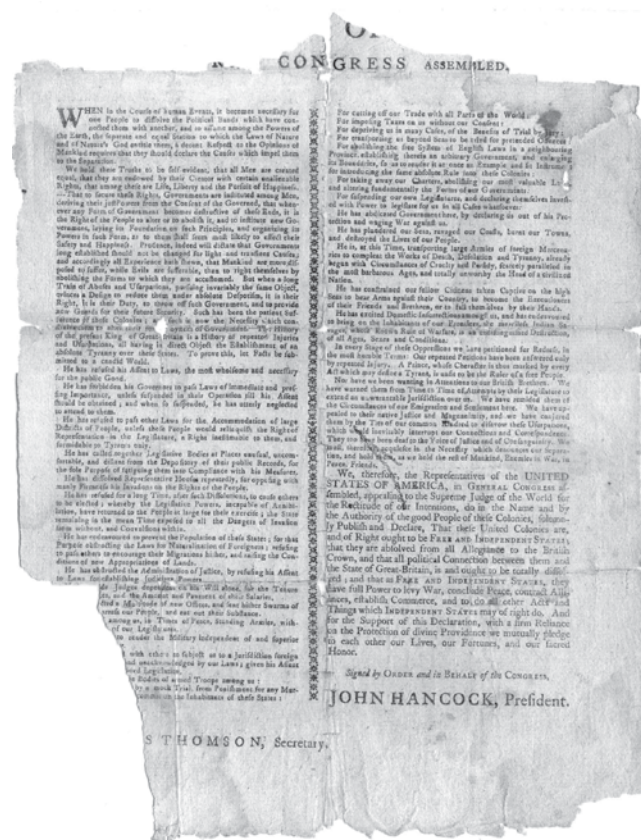


Timothy Matlack, scribe of the Declaration of Independence

name immediately catches the eye. It is so large and elegant that his name has become synonymous with a handsome signature. Was it pride that prompted its size and placement/or was it a sign of his status as president of the Congress? One assumes that all of the delegates gathered to sign the official copy, but many had already left Philadelphia. In fact, the final signature, Thomas McKean's of Pennsylvania, was not added until 1781!

The document itself has twice nearly been destroyed by fire, and it almost fell into British hands during the Revolution and the War of 1812. For its first 100 years, it had no official home. It spent time in 10 cities in 5 different states. Later, it was framed and hung in a government office building on a wall facing a window which contributed to its current faded appearance. Ironically, it was nearly destroyed in the mid-1800s in a novel attempt to reproduce it through a process called "Anastatic Fac-simile." The harsh chemicals in the process faded and blurred the ink. Two surviving "fac-similies" show how the manuscript used to look.

So, how will you celebrate July 4 this year? Will you gather with family and friends for a cookout, or watch fireworks? Will the "day off" be a time for rest or another excuse to go to the mall? Just this morning I heard a television ad intoning: "Celebrate the Red, White and You!" Perhaps we might take time to reread the Declaration of Independence and consider how it applies to our times. Author Peter de Bolla ends his book with these words: "In celebrating independence each Fourth may it also be remembered that the birthday of the nation, the declaratory act that founds America, created and continues to create an architecture of belief which, for both good and ill, has power to change the world."



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ARTS & LEISURE



Sarah Beth Goncarova was nominated to be one of 10 finalists in the running for the 2013 Young Sculptors Competition for the William and Dorothy Yeck Award for her textile-sculpture May-June (currently on display at Kehler-Liddell Gallery). The finalist's exhibition will be held at Miami University in Oxford, Ohio from September 3- October 10 and the first prize is 10,000.

DAVIS GALLERY ANNOUNCES ORCHID ARTIST EXHIBITION

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

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

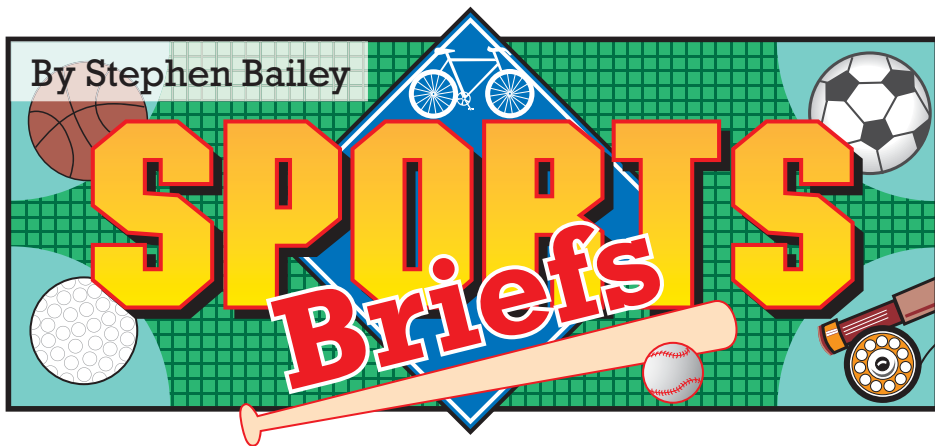
Visit the gallery to view a sampling of Laspino's artwork currently on display. A showcase opening event entitled, "The Art of Awareness", with an engaging artist reception is scheduled for Saturday, August 10, 2013 from 1PM - 5PM. Patricia will be in attendance to discuss her art and her ambitious global project, which seeks to increase awareness and appreciation for the beauty and diversity of the natural world. Using orchids as a metaphor in her paintings, she explores cultural and biological evolution, biodiversity, and environmental stewardship at the intersection of art and science.

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

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



LOCAL SPORTS



By Stephen Bailey

SPORTS Briefs

Karabinos, Eldracher and Belenski Capture Titles in New Britain

David Karabinos won his third straight state decathlon title, Alexa Eldracher won her second consecutive heptathlon and Shae Belesnki won the 3000 meter steeplechase as Amity track and field athletes dominate the competition at Willowbrook Park in New Britain two weeks ago.

Karabinos finished with 6,178 points, coming back from sixth position after the first day of the two-day event to become the first ever three-time champion.

Second-place finishes in the high jump (6-0), 110-meter hurdles (15.32) and discus (127-90) were his best marks, but a 4:40.93 finish in the 1500 meters was good for seventh and a personal record for Karabinos. It was the last event in the competition and sealed the win for the Cornell-bound senior.

Eldracher defended her title, too, finishing with 4,098 points. Her victory was keyed by finishes of second place in the long jump (17-3.25) and third place in the 200 meters (26.95), though Eldracher claimed no worse than eighth in each event.

Amity's Allison Maier also took 15th with 3,405 points. She won the 200 meters in 26.25 seconds.

Belenski brought home the third gold for Amity, finishing the 3000 meter steeplechase in 9:46.70. The Spartans also entered six runners in the 2000 meter steeplechase. Harrison Block took ninth (7:03.49), Christopher MacKay 11th (7:04.28), Philip Amarante 18th (7:15.63), Griffin Paier 39th (7:29.47), Timothy Cannata 44th (7:32.61) and Ryan MacKay 47th (7:34.89).

Seidman advances to USTA New England championship match

Jason Seidman, the Amity sophomore who won the CIAC Class LL boy's tennis singles title this spring, is already back at it this summer.

Having lost just eight games in his opening three matches, No.-1 seed Seidman advanced to the USTA New England Section boys' 16-and-under singles title match on June 27.

He defeated Weston Brach of Dover, Mass., in a three-set semifinal courtesy of a second-set tiebreaker victory and 6-3 victory in the third set. Seidman will play No.-2 seed William Sharton of Wayland, Mass., in the singles final.

Seidman and Toni Okoko of Norwood, Mass., were runners-up in the doubles tournament. They fell to Sharton and Brach in the final on June 23.

Post 127 Takes 2 From Hamden

Orange Post 127 won two in a row against Hamden Post 88 last week to stay one-half game behind Branford atop the American Legion standings. Nick Fusco turned in a no-hitter on June 25 as Post 127 obliterated Hamden 16-0. The next day, Post 127 followed up with a 12-6 thrashing.

Fusco kept the Hamden batters guessing all afternoon, striking out five and walking two while putting together an impressive individual performance.

On the offensive side, the Orange bats cranked out nine runs in the first inning and another four in the second. A Jake Russo three-run double broke the game wide open, pushing the Post 127 lead to 13-0.

A three-run fifth inning finished the scoring for Orange, but the Post 127 lineup stayed hot heading into the next game.

In the fourth inning of Wednesday's victory, Post 127 pushed a one-run lead to six with a two-out rally.

A Mike Concato single started the run. Justin Ashworth followed with a double and R.J. Moquet sent them both home with a two-run single. After Mike Appel was hit by a pitch, Gerald Farace walked and Sean Beaulieu walked to force in Moquet.

Keith Klebart capped off the big inning with a two-run single.

Hamden pulled within 10-5 on a Sam Nepiarsky pickoff error, but a Moquet double to deep center pushed the Post 127 cushion to 12-5 in the bottom half of the frame.

A five-spot in the third accounted for the rest of Post 127's scoring. It also erased an early 2-0 Hamden lead. Klebart and Russo doubled, Matt Ronai hit an RBI single and scored on an error, Farace walked to force in Concato and Beaulieu plated Ashworth on a sacrifice fly as the team batted around.



KARABINOS WINS 3RD STRAIGHT STATE DECATHLON TITLE

By Stephen Bailey - Woodbridge Town News Correspondent

Three years ago, David Karabinos won the state decathlon as a sophomore at Willowbrook Park in Britain. To this day he remembers people telling him he could be the first to win three in a row. No one had ever done it before.

Until now. Karabinos battled back from sixth place to win this year's two-day event with 6,178 points.

"I didn't want to pass up the opportunity," Karabinos said. "The third title shows that I never gave up on working towards this goal and how it has paid off."

Karabinos, an Amity senior and Orange resident, has been a staple of the Spartans' track and field team since joining as a freshman. But he's grown from an incredible talented jumper and sprinter, to the best all-around athlete in Connecticut. He'll be competing in the decathlon at Cornell next fall.

But for Karabinos, this third decathlon title didn't come easily. He trained for each event throughout the regular season. Each dual meet gave him a chance to not only score points for Amity, which has won more than 90 consecutive dual meets, but also compete in a different event. Karabinos said in addition to working on the pole vault and hurdles in practice, he spent a good amount of time practicing the discus and javelin.

"Going into the first day, I believed I was in the ballpark for the state decathlon record, but I knew that it would have to be a perfect competition for it to be realized," Karabinos said.

Unfortunately, Karabinos struggled a bit in the first five events.

After a fourth-place finish in the 100 meters (11.6), he said he underachieved in the long jump (58th, 16-8) and shot put (6th, 38-9.5) and could have done better in the high jump (2nd, 6-0). An 11th-place finish in the 400 meters (52.83) slotted him sixth at the end of day one with 3067 points.

"I left thinking that my chances of winning the state title could be jeopardized," Karabinos said. "It was a disappointing first day to say the least."

But he knew he had the potential to turn things around in the second day. He was used to the role of the athlete being chased atop the standings. Now the pressure was off and he had enough time and opportunity to push back up through the leaderboard. Second-place finishes in the 110-meter hurdles (15.32) and discus (127-9) provided a strong start and an 11-11.75 clearance in the pole vault was good third, and a personal best mark. Karabinos said he had cleared 12 feet in practice and knew he could do it, though.

After taking fifth-place in the javelin (135-5), the decathlon title came down to the 1500. Karabinos said he runs a lot of mileage in the off-season, but doesn't really have the time to once the season starts. He hadn't actually competed in the race since last year's decathlon and foresaw 4:45 as about the best he could do.

4:40.93. A seventh-place finish to protect his title. The time even surprised Karabinos.

"I believe that my desire to prove how much work I've put into training for this event is what drove me to succeed on this day," Karabinos said.

Karabinos leaves Amity a champion, but he knows there's much more to accomplish at Cornell.

He's thrilled to be able to train for the decathlon year round, and after strong performances in the vault and 1500 this year, is looking forward to seeing where else he can improve.

"I am very excited to be able to compete for Cornell and it is such an honor to be able to do so," Karabinos said. "I can't wait to be able to learn more about each of the 10 events and improve as much as I can. Learning little by little can add up to big improvements at the end of the competition."



David Karabinos

LOCAL SPORTS

AMITY ACE CONCATO LEADS SPARTANS TO FIRST STATE TITLE IN 6 YEARS

By Stephen Bailey - Woodbridge Town News Correspondent

Mike Concato had never experienced anything like it.

Sure, he'd thrown two shared no-hitters over the course of Amity's CIAC Class LL championship baseball season. But against No. 3-seed Greenwich in the tournament quarterfinals, he needed no help.

Concato whirled his way to a smooth 6-0 victory, pitching to contact as the aggressive Cardinals bats swung at a lot of first pitches, Concato said. He struck out five and walked none — the only Greenwich batter reaching on a sixth-inning error.

"It was unbelievable," Concato said.

A Spartans ace and Woodbridge resident, Concato was an integral piece of Amity's third state championship squad and first since 2007. He's headed to Dartmouth next fall after leading the Spartans on a six-game winning streak to close the season and 22-4 overall record.

In three postseason starts, Concato allowed no runs on two hits. He dominated Greenwich, held East Hartford hitless through six frames in the opening round and continued his hot streak against Southington in the state final. Concato even added a save in Amity's semifinal win over Fairfield Prep, working out of trouble after walking the first two batters he faced.

"In the beginning of the year we started working out in October," Concato said. "From then our goal was to win LLs. All the hard work through the fall, winter and spring, to see it all come together was great."

The Spartans spent those after-school afternoons in the weight room, the gymnasium and on the diamond practicing. And it paid off.

They blasted Guilford 15-1 in their season opener behind a combined no-hitter from Concato, Nick Fusco, Ross Weiner and Max Ritchie. Through the regular season, Amity only lost three games — all by one-run margins and two on unearned runs.

Behind Concato and Sam Nepiarsky, the Spartans allowed just 1.6 runs per game through their first 18 games to claim their 10th straight Housatonic Division crown.

After knocking off West Haven in the opening round of the SCC Tournament, Amity was upset by Fairfield Prep in the semifinals.

The Spartans were one loss from the end of their season heading into the LL tournament as the No.-6 seed.

"We knew we had the ability to win," Concato said. "We just knew that we had to not make mistakes and just play our game."

First up, No.-27 seed East Hartford. Concato threw five masterful frames in a steady drizzle, striking out 10 and walking two as Amity ran away with a 10-0 victory. Justin Ashworth and Chris Katz provided doubles early on, Keith Klebart and Jake Russo tacked on RBI singles and Concato broke the game open with a two-run single to cap off a five-run third inning.

Nepiarsky led Amity to an 11-1 victory over No.-11 seed Fairfield Ludlowe in the second round, working out of early trouble before a two-run double by Ashworth sparked the Spartans bats.



"It makes our team so much better to have two Division-I college bound pitchers," Concato said of Nepiarsky, who will pitch at UConn next year. "It makes it a lot harder for other teams because they have one No. 1 pitcher, but we have two."

Concato keyed Amity's 6-0 quarterfinal win against Greenwich, not allowing a three-ball count until the sixth inning to set up a semifinal rematch with No. 10-seed Fairfield Prep.

"We were really hoping to play them again to get some revenge," Concato said.

But the Spartans were a little overanxious, Concato said. They stranded three leadoff runners in the first five frames as Prep took a 2-0 lead into the sixth. But a two-run double from Sebastian DiMauro changed all that. Ashworth followed with an RBI single and Concato came in for the save.

He walked the first two batters he faced, but came back to retire the next three.

"I just stepped up, gathered my thoughts and refocused," Concato said.

Concato carried that momentum into the championship game against No.-4 seed Southington, where he struck out nine in another complete-game performance.

With two outs in the seventh, Concato stepped off the mound for a moment. He didn't want to think about that last out.

But after watching the ball sail into DiMauro's glove in center field a minute later, the celebration began. Teammates piled upon Concato between the pitcher's mound and home plate.

The Spartans were champions once again.

Said Concato: "It was just the perfect ending for the season, for a career."



2013 American Heart Association Heart Walk

On June 1, 2013, the "Hearts in Woodbridge" team" consisted of Town of Woodbridge employees, families and friends and walked in memory of Ed Sheehy for the 2013 Greater New Haven Heart Walk at Savin Rock, West Haven. Funds were raised for the American Heart Association.

Salome's Stars

ARIES (March 21 to April 19) Don't be Sheepish about asking questions and demanding answers. You not only gain needed information, but also respect for your steadfast search for the truth.

TAURUS (April 20 to May 20) A money problem that shows up early in the week is expeditiously resolved by savvy Bovines who know how to turn a momentary financial lapse into a monetary gain.

GEMINI (May 21 to June 20) It's a good time to shed negative energy-draining forces and develop a positive approach to handling current, as well as upcoming, personal and/or professional situations.

CANCER (June 21 to July 22) Your urge to do your best on a current task is commendable. But don't let it become all-consuming. Spend some spiritually restorative time with those who love you.

LEO (July 23 to August 22) This could be a good time for all you Leos and Leonas to take your bows for your recent achievements and then go off to enjoy some fun times with your prides and joys.

VIRGO (August 23 to September 22) A negative response to a well-intentioned suggestion could communicate a sense of distrust you might later find hard to refute. Think carefully before reacting.

LIBRA (September 23 to October 22) Your loving attention comforts a family member who is feeling a bit out of sorts. But be careful to prioritize your time so you don't neglect your work duties.

SCORPIO (October 23 to November 21) Your curiosity might be resented by some. But those who know you will support your penchant for never settling for less than the truth. So stay with it.

SAGITTARIUS (November 22 to December 21) A pesky situation from the past recurs, albeit in an altered form. Deal with it promptly before it can go from merely irksome to decidedly troublesome.

CAPRICORN (December 22 to January 19) Don't wait too long to submit your proposals after giving them a last look-over. If necessary, you should be able to defend any portion called into question.

AQUARIUS (January 20 to February 18) A bid to use your workplace dispute-settling skills in another situation is tempting. But be careful: You might not have all the facts you'll need if you agree to do it.

PISCES (February 19 to March 20) That sense of self-doubt is so untypical of you, you should have no qualms in shaking it off. Remind yourself of all you've done and can do, and then do it again.

BORN THIS WEEK: Your ability to charm others without sacrificing sincerity is what makes people want to follow your leadership.

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COMBATING CAT HAIR

Q: Help! I love my cat "Buttercup," but he has long hair and tends to shed. My furniture and carpets are covered with cat hair, and it's very hard to clean up. Do you have any tips to reduce the shedding? -- Gail F., Indianapolis


A: Pet hair is one of the biggest little problems a pet owner can have. For some it's more than a nuisance, as the dander that cats and dogs shed can aggravate allergies.

If your pet is shedding more than usual, take it to the vet for a checkup to rule out any illness. However, it's not unusual for many pets to shed constantly, and you have to tackle the issue daily. Here are a few tips to reduce cleanup, courtesy of Bissell:

- Pick up hard-to-reach hair from furniture by putting on a pair of rubber gloves, wetting them under the tap, then running the damp gloves over the furniture.
- Put mats in entryways and over areas of the carpet where your pet spends its time.
- Brush your pet daily to reduce the amount of hair that is shed elsewhere in the house.
- Vacuum carpets and furniture daily, or as often as possible, to reduce fur and dander.

On another note, you may see pet foods advertised that claim to help reduce shedding. I'm not sure that any pet food has been proven to do so. However, many owners recommend a high-quality diet with plenty of protein, along with a fish-oil supplement, which they say improves their pet's coat.

Send your question or comment to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. Find more pet advice and resources at www.pawscorner.com.




top ten

Baby Names Banned in New Zealand


1. Justice	7. Major
2. King	8. Bishop
3. Princess	9. Majesty
4. Prince	10. J
5. Royal	(tie) Lucifer
6. Duke	



Source: N.Z. Registrar of Births/CNN

HOCUS-FOCUS

BY HENRY BOLTIKOFF



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

DIFFERENCES: 1. Hair is different. 2. Sail is different. 3. Starfish is moved. 4. Swim trunks are smaller. 5. Sail is different. 6. Pail is missing.

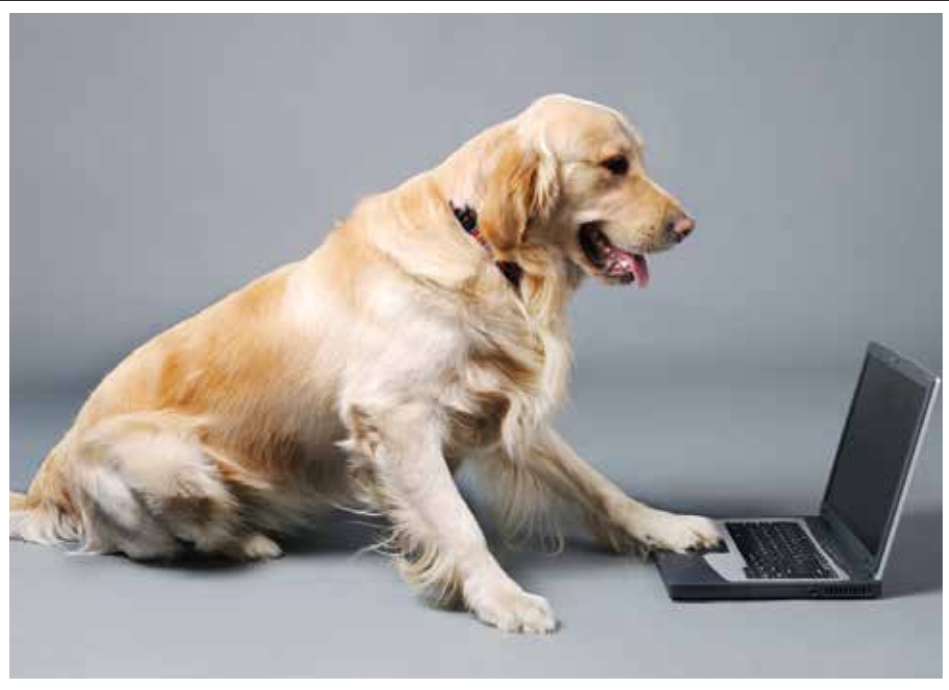
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The Garden Bug

www.naturesongs.com has an extensive, searchable archive of sound recordings made of North American birds, animals, and insects. It also features weather and water sounds and links to similar sites.

Sounds of nature





BARK BYTES...

By Vicki & Richard Horowitz

July 4th and Your Canine Companion

Independence Day celebrations are great fun for people, but the loud noises and bright lights can be traumatic for dogs. The explosions, excited voices and visual stimulation can create confusion and fear.

Animal shelters report that the July 4th holiday brings record numbers of runaway dogs to their doors. These dogs have been frightened and made frantic by fireworks. But by being aware and thinking ahead, we can keep our dogs as safe and comfortable as possible during the revelry.

Keep your canine companion safe with the following tips:

- If you are going to a fireworks display, leave your dog at home where he will be the most safe and comfortable.
- If you go to a holiday event, never leave your dog in the car. A partially opened window does not supply sufficient fresh air and it creates an opportunity for your pet to be stolen.
- Always keep proper identification securely fastened to your dog's collar in case he gets out. Talk to your veterinarian about implanting a universal microchip in your pet, and make sure that your veterinary clinic and animal shelter have your correct contact information in their database.
- Don't leave your dog outside. If you cannot bring him inside, cover his dog house with a blanket to protect him from the bursts of bright lights and loud bangs. A dog's sense of hearing is acute—over 10 times more sensitive than humans'.
- Create a special den-like area in your home where your dog feels safe. A properly introduced crate or kennel can be a calming refuge for him.
- Some dogs become destructive when frightened. If you don't use a crate, remove any items in the room which your dog could destroy or which could hurt him if he chewed them.
- Keep your dog away from the front and back doors. Your dog may be under significant stress, which could result in unnecessary injury to others or cause him to dart out the door and become lost.
- Keep windows and curtains closed to reduce noise and bright flashes.
- Turn on a TV or radio at normal volume to distract your dog from loud noises and help him to relax.
- If possible, stay with your pet during the majority of the fireworks. A dog often reacts more intensely to loud sounds and flashes of lights when you are not with him.
- Consider hiring a pet sitter to stay with your dog while you are away from home.

July 4 is a time for fun and celebration. By taking these precautions, you and your pets can have a safe and happy holiday experience.

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.

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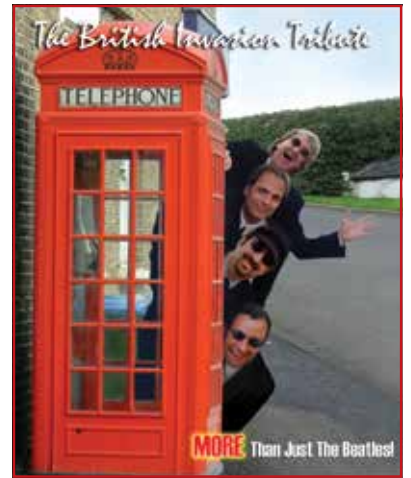
Celebrate the Town of Orange's Independence Day Concert & Fireworks Display

Saturday, July 6th (rain date Sunday, July 7th)

Orange Fairgrounds - Gazebo

525 Orange Center Road, Orange

The Town of Orange will be holding its annual **Independence Day Concert and Fireworks Display** on Saturday, July 6th at the Gazebo on the Orange Fairgrounds. The concert band, back by popular demand will be the **British Invasion Tribute** and the Fireworks Display will once again be provided by the nationally renowned "**Zambelli Fireworks Company**". The **Orange Town News** is once again organizing this year's event and will be producing a program book to be handed out at the fairgrounds.



Concert 6:30 – 9:30 pm
Fireworks Display 9:30 – 10:00 pm.



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* Insurance since 1896"



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

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