VOL.6-ISSUE 8

CIRCULATION 3609

FRIDAY, JULY 28, 2017

# TO MOW OR NOT TO MOW

#### Selectmen Await Botanist's Report

By Bettina Thiel - Woodbridge Town Correspondent

As the plants and grasses are growing and expanding in what used to be a tightly trimmed golf fairway, disagreement has sprouted among some in town whether and how the town should maintain the former Country Club of Woodbridge after golf operations ceased.

The question of best maintenance practices — when to mow and where - will be taken up by the newly constituted Board of Selectmen possibly in late August. First Selectman Beth Heller said she is waiting for a report by field botanist Bill Morehead who has been retained by the previous administration of then-First Selectman Ellen Scalettar to take a closer look at what's there in terms of plants and wildlife; and to make recommendations for the maintenance of the 153-acre parcel.

The recommendation to retain Morehead was part of a report by a local committee which looked at Best Organic/ Outdoor Maintenance and Management Practices (BOOMMP). Serving on that committee were naturalists Luisa Cunningham, Dr. Chris Loscalzo, Attorney Peter Cooper, Parks Director Adam Parsons, Community Garden coordinator Andrew Stacks and Judith Moore.

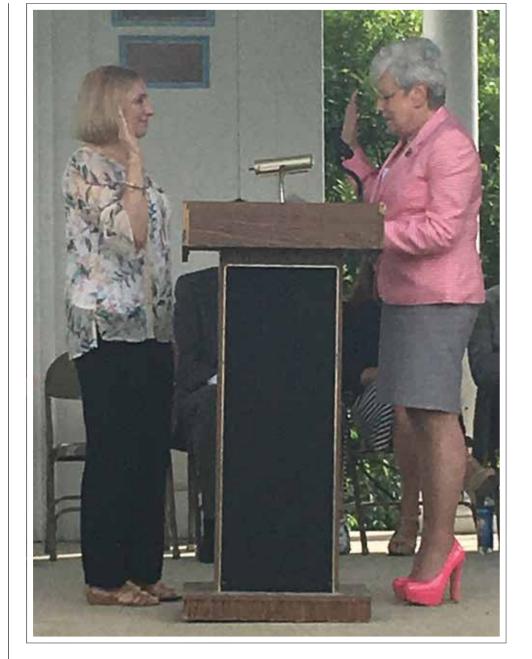
Morehead's report is scheduled to be delivered mid-August. Heller said she looking to schedule a special meeting of the selectmen to discuss the issue, possibly on Wednesday, August 30.

The selectmen's focus will be "to determine what we want for the appearance of this property," Heller wrote in a statement that she read at the July 12 board meeting. Selectmen will have the information about the natural environment on the one hand and the financial implications on the other. It will not be a general discussion about the future use of the 153-acre property, she said. Consideration of that wider issue may begin as early as September, unless there are unforeseen circumstances. "That's a 'stay-tuned,' Heller said.

Critics of the status quo: In the meantime, Public Works employees have been mowing along the sides of the cart paths so as to allow passive recreational use for walker and bikers. However, some of those who knew the country club in its heyday are frustrated with its unkempt status. "I would like to be able to walk there and I can't," said Phyllis Genel, an avid golfer and long-time member of the Country Club of Woodbridge Commission. She and Martha German, a neighbor, spoke out at the July 12 selectmen meeting.

Mowing along the cart paths is not sufficient, Genel said. Meadows harbor ticks bugs and possibly snakes, not to

See "Mow" continued on Page 2



# HELLER SWORN IN AS FIRST SELECTMAN

By Laura Fantarella - Woodbridge Town News Correspondent

A picture perfect July day was the backdrop for the Swearing-in Ceremony of Woodbridge's new First Selectman Beth Heller and all incoming board members. Several hundred residents and state dignitaries, including Lieutenant Governor Nancy Wyman and

State Senator George Logan attended the event at the town's gazebo, which concluded with a reception down the road at the firehouse.

Attorney Gerald Weiner and the

See "Heller" continued on Page 3



Amity Regional Middle School - Bethany Campus Fourth Marking Period Honor Roll - Page 12

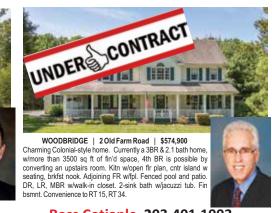


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"Mow" continued from Page 1

mention poison ivy and invasive plants. I have relatives with Lyme disease," she said. "No thank you; I don't need that."

Genel has been maintaining a flower garden in back of the putting green as a special thank-you to Marge Horvath, who ran the 9-hole ladies golf group. "Marge's Garden" was created two years ago with a mix of annuals and perennials. But since the golf operation ceased at the end of last season, the garden has been taken over by bittersweet. When she worked on it a few weeks ago, she came home with a bad case of poison ivy. "At least mow it," she said at the Selectmen's meeting; it's just wasteful, it's an eyesore and it's not safe. We own it, we should take care of it," she added.

Some of that poison ivy made its way to the selectmen's meeting room, when fellow gardener and country-club neighbor Martha German brought a bunch of blooming, but also invasive plants she had picked at the property as show-

and-tell. "The country club looks worse than I have ever seen it," she said. "Herbicides will be needed to control these invasives." German said the decision to let the property grow unattended was a "default position" brought on by the previous' board's decision to end its relationship with the golf course operator, Billy Casper Golf.

Touting volunteerism: Town Attorney Anthony Weiner took some heat in online forums for sending a written warning to a neighbor of the property, who had taken it upon himself to mow the area around the pool, which opened Memorial Day under the auspices of the Recreation Department. "It is community spirit which helped Recreation to open the pool," Graham said in her remarks, saying people of all ages got involved, from scouts to senior citizens.

Weiner defended his action, saying the decision by an individual to act on his own account raises liability issues. It is "much more than a technicality," he said. The Board of Selectmen has the ultimate authority over town-owned property. When Scouts prepare for Eagle projects, they appear before the board to outline the project and get the board's nod. When people plan an event, they come to Town Hall to get the okay. "I, as an attorney, have to protect this town," he said.

Selectmen did not want to appear as anti-volunteer. "We all understand that everyone is acting with good intentions," said First Selectman Beth Heller. "However the town cannot allow people to cut grass or conduct similar activities on town property without permission of the Board of Selectmen. While cutting grass may seem to be a simple matter, without appropriate insurance coverage, the town may incur liability for any injury to the person mowing the lawn or for any injury or property damage caused by that person despite the best of his or her intentions to make the world a better place. This policy protects the town from financial risk, and more importantly, protects the safety of our citizens. It is

the responsible and caring thing to do."

So much more than poison ivy: Luisa Cunningham, a member of the Best Practices Committee, said the committee's recommendation to the Board of Selectmen was to mow once a season, late in the year, for the sake of wildlife. Milkweed and black eyed Susan attract butterflies, in particular some monarch butterflies are returning to the area. An avid birder, Cunningham was happy to report that some orchard orioles were nesting there, a less frequently seen species of the oriole family.

In a phone conversation she said she saw absolutely no reason not to walk along the cart paths, as there are no ticks on the concrete. The paths are eroded in some areas and they do not form a loop. But the beauty of the hilly landscape is attracting more and more people who come out and enjoy it. "I think it will be like the Fitzgerald property," which became more and more popular as people discovered its beauty, she said. "The golf course is positively bucolic," she said.



"Heller" continued from Page 1

Reverend Shephard Parsons kicked off the ceremonies, with Weiner calling the event one of the happiest days of the year for Woodbridge. Rev. Parsons invoked a prayer to empower the new officials to "lead with compassion, truthfulness and dedication...defend the rights of children and the poor... purge corruption and let righteousness prevail". Lieutenant Governor Wyman, in her signature sky-high platform shoes, took the podium and recounted her days in local government as the most refreshing and satisfying and also the most difficult. "You can't go anywhere in town without someone telling you what they want," she said.

Outgoing First Selectman Ellen Scalettar conducted the last official act of her term, welcoming her "good friend" Beth Heller to the post and thanking the assembled town residents and employees for their support throughout

Taking the podium, newly elected Heller opened her speech by saying she is privileged to live in this "charming and bucolic town". "Life is good," she said. Heller vowed to operate an "open and transparent government that values civility and is inclusive of all its constituents". She plans to build on her predecessor's commitment to welcoming diversity in town, applauding volunteerism, valuing education, enriching library programs, protecting open space, supporting first responders and furthering ways to use clean energy. Expanding the commercial tax base, fiscal responsibility and supporting investment in town is also high on Heller's agenda. "I am optimistic and committed that every vote and every voice is heard as we work together," she said.

#### New board members and officials include:

Board of Selectmen: Mica Cardozo, Joseph Crisco Jr., Joseph Dey III, David Lober and Teri Schatz.

Woodbridge Board of Education: Steven Fleishman, Maegan Genovese, Nancy Yao Maasbach, Paul Testa, John Vultee.

**Board of Assessment Appeals:** Ann Rubin, Beth Walter.

**Zoning Board of Appeals:** Jeffrey Atwood, Aldon Hynes, Henry Nusbaum.

**Zoning Board of Appeals Alternate**: Yonatan Zamir.

**Regional Board of Education: Robyn** Berke, Patricia Cardozo.



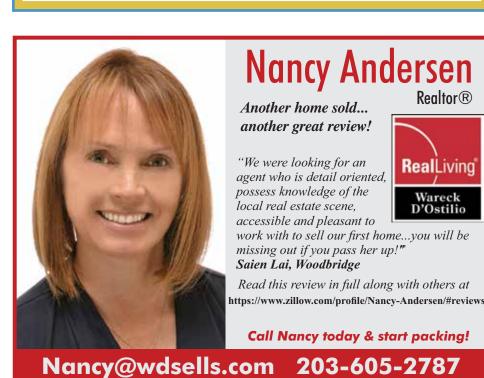




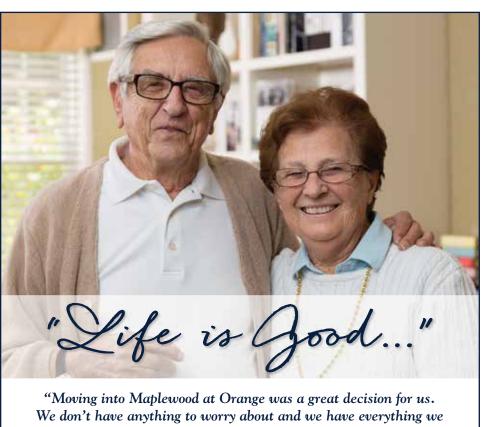
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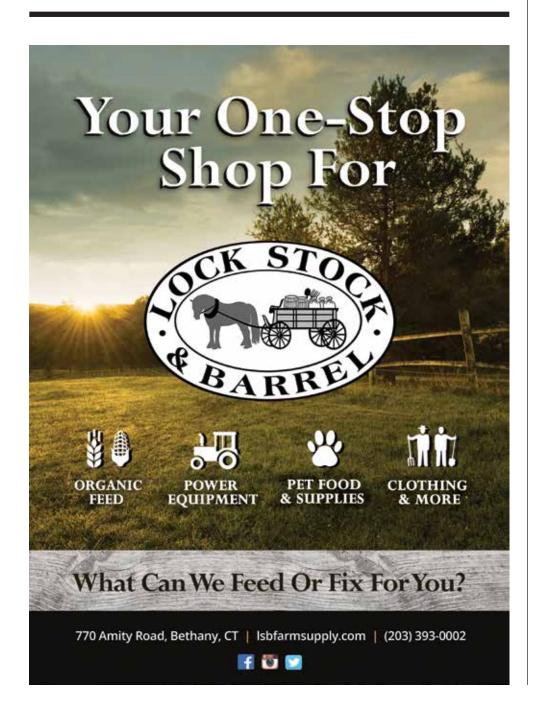
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# **EVENTS AT MASSARO FARM**

#### Fermenting at the Farm

Thursday, August 24, 2017, 6:00 PM - 7:30 PM

Come and learn healthy ways to store and use up your abundance of local veggies from the farm! Expert fermenter, Sara Servin, will be taking a sample of veggies from the farm and teaching attendees how to preserve them using salt and yeast fermentation methods. Learn all about how you can preserve your fresh food to use later in the year and, at the same time, improve your health by creating natural probiotic cultures that encourage digestive health. There is a suggested donation of \$10/person and each individual will bring home something to ferment from the class.

#### 2017 Massaro's Dinner on the Farm

Massaro Community Farm will host its Annual Dinner on the Farm on Sunday, September 3 from 4:30-9:00pm. This celebration features an all-inclusive, all-local meal prepared by award winning Chef Denise Appel, incorporating meat, cheese, breads, brews and, of course, farm vegetables. Guests dine amid the fields and flowers of historic Massaro Farm, a former family dairy farm. Admittance includes a farm tour with Farmer Steve Munno, open

bar, hors d'oeuvres interactive exhibits, and silent auction. Proceeds support the farm's commitment to farm-based education and the thousands of pounds of produce we donate each season to those in need. Cost is \$150 per person. We look forward to seeing you at the farm!

For more information, contact Becca Toms, Operations Assistant, Massaro Community Farm at www.massarofarm.org or 203-736-8618.



#### The Art of Art Appreciation at Coachman Square Woodbridge

Coachman Square
at Woodbridge
A Benchmark Serior Living Community

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument, write, or dance, this is a day to revel in the beauty of art.

For centuries, people have asked, "What is art?" Early critics believed that art was simply imitation—a painting of a flower or sculpture of a dancer—but art is much more than that. It is the application of human skill and imagination to create something wholly new, a work of beauty and harmony, a revelation of truth, a connection of feeling and self-expression. Truly, art is as diverse as its makers. So what is art? You'll know it when you see it—and may surprise yourself when you make it.

This August we share with gratitude our Art Teacher, Linda Marino who comes twice a month to our community to teach us how to paint on canvas! We thank her from the bottom of our "paint trays" for her dedication to our community!







# **WOODBRIDGE EDUCATION ROUNDUP**



# WOODBRIDGE RESIDENTS NAMED TO SACRED HEART HONOR ROLL

Sacred Heart Academy Principal, Sr. Kathleen Mary Coonan, ASCJ, '76 has announced the Honor Roll for the FOURTH marking period of the 2016— 2017 academic school year. The following Woodbridge residents were named to the Honor Roll:

**HIGH HONORS:** Carson Dziczkowski, Anna-Claire Luciani, and Eleanor Luciani.

**HONORS:** Jacqueline DeGennaro and Katherine Peavy.

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

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Heart of Jesus, Sacred Heart successfully prepares young women in grades 9 – 12 for learning, service, and achievement in a global society. Sacred Heart Academy, currently celebrating its 70th anniversary, welcomes 500 students from more than 80 schools and 60 towns in Connecticut and is accredited by the New England Association of Schools and Colleges. Visit www.sacredhearthamden. org to learn more.





# STUDENTINEWS

#### Dean's List

#### Nicole Romeos Named To The Marist College Dean's List For The Spring 2017 Semester

Poughkeepsie, NY -- Nicole Romeos of Woodbridge, CT, is a member of the Class of 2019 and is majoring in Communication.

#### Nora Pfund Of Woodbridge Makes The Dean's List At RIT

Rochester, NY -- Nora Pfund of Woodbridge, who is studying photographic sciences, made the Dean's List for the 2017 spring semester at Rochester Institute of Technology. Degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

#### Union College Announces Annual Dean's List Honorees

Schenectady, NY -- Created annually, Union College students with at least a 3.50 grade point average are honored with the academic achievement. Those from Woodbridge so honored are: Christopher Katz, Class of 2017, majoring in Political Science and History; and Alexander Tellides, Class of 2019, majoring in Political Science and Philosophy.

#### University Of Rhode Island Students Are Named To The Spring 2017 Dean's List

Kingston, RI -- The University of Rhode Island is pleased to announce that more than 5,290 undergraduates have qualified for the Spring 2017 Dean's List. To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average. The following Woodbridge students were named to the Dean's List: Jenna Fae Kauffman and Olivia Lynn Schlegel.

#### Graduations

#### Michael Hellman Graduates From Carleton College

Northfield, MN -- Michael Hellman of Woodbridge, CT graduated with a BA in English from Carleton College at its 143rd Commencement exercises, held on Saturday, June 10. Hellman is the child of Jeffrey Hellman and Cynthia Anger of Woodbridge.

#### Chloe Taylor Smith Earns Masters Degree From Columbia University\*

Chloe Taylor Smith, of Woodbridge, graduated May 17th with a cumulative 4.0 GPA from Columbia University with a Masters degree in Social Work. She earned her Bachelor degree in Social Work from New York University and is a 2012 graduate of Choate Rosemary Hall. Ms. Smith will be pursuing her doctoral degree.

\*In the last issue of Woodbridge Town News we inadvertently stated that Chloe Smith graduated from New York University in the headline. We apologize for the error.

#### Branden Bidon Of Woodbridge Graduates From Mount Ida College

Newton, MA -- Branden Bidon graduated from Mount Ida College in Newton, Ma, with the Bachelor of Science degree in Fashion Merchandising and Marketing. The degree was presented at Mount Ida's 118th commencement exercises held on May 13th, 2017.

#### Southern Connecticut State University 2017 Spring Graduation

Southern Connecticut State University announces its 2017 Spring Graduates from Woodbridge, CT: Stefanie Austin, BS, EDU; Stefanie Austin, BA, IDS; Katie Beland, BS, NUR; Sara Beland, BS, MAT; Joseph Borruso, BA, ESC; Yu-Han Chen, BA, MDS; Jennifer Chiappone, BS, LBS; Gabriela Gregorczyk, BS, NUR; Mishel Hussain, BS, BIO; and Priscilla Letis, BS, PSY.

"Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world." — ADA LOUISE HUXTABLE



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Below are the next two issue dates and deadlines of the Woodbridge Town News.

Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Deadline	Upcoming Issue Dates
July 21st	Summer Issue July 28th
August 25thLabor Day	& Back to School Issue September 1st
September 22nd	.Columbus Day Issue September 29th
Note: Copy due by 4:00p.m. Thank yo	u.

#### FROM OUR READERS

#### Logan Endorses Republican Budget Alternative

I have endorsed the Connecticut Senate Republican budget alternative. Under our plan, Woodbridge would gain \$138,051 in Fiscal Year 2018 and would gain \$96,063 in Fiscal Year 2019 as compared to Fiscal Year 2017. What is the alternative?

If Gov. Dannel P. Malloy's budget is enacted:

- Total state Education Cost Sharing aid to Woodbridge would be decimated from \$668,575 to \$31,797.
- In total, for all state grants, Woodbridge would actually owe the state \$873,730 in Fiscal Year 2018 and owe the state \$916,718 in Fiscal Year 2019.

Our Senate Republican plan has received a thorough vetting by non-partisan analysts. It was ready to be voted on July 18, and it directly benefits Woodbridge and Woodbridge property taxpayers. Read our line-by-line plan at www.NewDirectionCT.com.

I urge taxpayers in Woodbridge to keep the pressure on House Democrats at 860 240-8500 and Senate Democrats at 860 240-8600. Urge them to "allow a debate on the Senate Republican budget."

Sen. George S. Logan Editor's note: The writer represents the 17th Senate District, which includes Woodbridge, www.SenatorGeorgeLogan. com.



#### 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.

# Americanisms



"If there's a book you really want to read but it hasn't been written yet, then you must write it."

author Toni Morrison

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### LOCAL BOATERS SHIPWRECKED

By Bettina Thiel - Woodbridge Town News Correspondent

Amity alum Nathan Arndt, his brother Grayson and a friend, Theo, were sailing down the coast of the United States in June, heading toward the Bahamas, when another boat broadsided them and brought the whole adventure to a crashing end. The occupants of the other boat — three recreational fishermen — had been drinking that night and were cruising in the dark waters without lights.

Just like getting behind the steering wheel of a car, impaired navigating on the water can have disastrous consequences. Luckily for the three young men, ranging in age from 23 to 19, they all survived the crash. The boat they were traveling with, however, quickly took on water and sank within a minute, Arndt said.

That was when they were about 13 days into what was planned as a two-month tour to the Bahamas and back. The three young men, all of them experienced sailors, had set off from Chestertown, Maryland, and were headed south. It was about 10:30 p.m. and they had just passed Georgetown, South Carolina. Nathan and his friend Theo were up on deck, while Grayson was sleeping in the cabin.

Since the other boat had no running lights, they did not notice it until it was too late. "We heard them," Arndt said of the oncoming boat. But when he saw the other boat, it was too close already. They had just enough time to scream at Grayson to get out of the cabin when the

crash happened. The impact split open the side of their vessel, a Cal 27, and the cabin top collapsed. They managed to pull the cabin top off to allow Grayson to get out and jump onto the other boat.

Nathan said he checked the cabin with a flashlight – it had taken on two feet of water. They grabbed the life raft, but there was not enough time to blow it up. The boat was sinking under their feet. Nathan and Theo jumped into the water. He saw his backpack floating in the water, and grabbed it. The guys on the other boat "were freaking out," thinking they may have hurt or killed someone. They got Nathan and Theo out of the water and onto their boat, then radioed the Coast Guard.

The fishermen turned back toward the coast and were met by a Coast Guard boat in the channel near Georgetown. The captain of the other boat was arrested and charged.

As for the boys – with no change of clothes and without shoes, they were picked up by Theo's father, who had driven to Charleston to meet up with them. It was lucky that he was close by.

As for Nathan, the accident did not turn him away from the sea. "I would do the same trip again," he said. "I would try and go all the way."

He returned to his summer job teaching sailing at the Sagamore Yacht Club on Long Island. Come September, he will return to Colorado to work on his Master's in mechanical engineering at the University of Denver.

### LOCAL BUSINESS

# LMM'S JEREMY ROSNER LEASES SPACE TO PRIVATE EQUITY FUND

A financial firm has leased space at 245 Amity Road, in a deal brokered by Levey Miller Maretz. Jeremy Rosner was the sole agent in the deal, in which ABDD Capital leased 1,344 square feet of space from landlord Research Development at Bradley Road LLC.

ABDD Capital is a Greenwich-based private equity fund that acquires, builds and operates quick service restaurants. The fund owns and operates Dunkin' Donuts and Taco Bell locations throughout New York, New Jersey and Arizona.



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# HOUSES OF WORSHIP EVENTS

## **ODYSSEY: A GREEK FESTIVAL**

#### Presented By Saint Barbara Greek Orthodox Church

Saint Barbara Greek Orthodox Church announced details regarding ODYSSEY 2017: A Greek Festival, to be held September 1-4. This 4-day party features all things Greek, including mouthwatering cuisine, live music, dancing, and a bustling Hellenic agora (marketplace). Set on the grounds of the beautiful Byzantine-style Saint Barbara Greek Orthodox Church, ODYSSEY 2017 offers something for everyone.

ODYSSEY 2017 includes:

- Classic Greek cuisine appetizers (meze), Greek pastries (glyka), lamb on the spit (souvla), moussaka, gyro, spanakopita (spinach pie) and pastitisio (Greek style lasagna)
- "Gourmet Meze Grille" gourmet appetizers, including saganaki (flaming cheese), loukaniko sausage, grilled shrimp, lamb chops, avgolemono soup, dips and pitas, and more; also featuring live music by "Athenian Entertainment."
- Live Greek cooking demonstrations – learn to prepare some classic Greek foods
- Greek marketplace Gourmet Greek grocery, t-shirts, jewelry, arts & crafts, bookstore
- Treasures 'n Junque Odyssey's giant tag sale
- Presentations on Greek culture and religion, along with tours of Saint

- Barbara Church
- Greek dance performances –Traditional Greek folk dances performed by the ODYSSEY Dancers
- Greek dance lessons taught by the ODYSSEY Dancers (8:45 pm, Sat and Sun)
- Nightly dancing to ODYSSEY's live Greek band, "The Hellenic Company"
- Kids' area Rides, games, and magic shows.
- Raffle Have a chance at winning the grand prize of \$10,000 cash, or 9 additional prizes!
- Senior Citizens Day: Friday, 9/1, from 12 – 3 pm – 20% senior citizen discount on meals.

For 36 years ODYSSEY has delighted the senses with a feast of Greek cuisine, the thrill of Greek dance, the sounds of the bouzouki, and the ethnic flavor of the Agora (Marketplace). Stop by Saint Barbara's ODYSSEY for Connecticut's greatest "Greek Party," a rain-or-shine Labor Day tradition!

HOURS: 12 noon to 10 PM on Friday, Saturday, Sunday 9/1, 9/2, 9/3; 12 noon to 7 PM on Monday, 9/4.

FREE ADMISSION and FREE PARKING (on-site and next door at Holy Infant Church). RAIN OR SHINE

INFO: 203-795-1347 or visit www. saintbarbara.org.



Scholarship recipients, Kiersten Keating, left and Juliet Melotto, right.

# HOLY INFANT CHURCH WOMEN'S GUILD PRESENT SCHOLARSHIPS

The Holy Infant Church Women's Guild gave out two \$1,000 scholarships at its installation dinner in May. The recipients were Kiersten Keating, majoring in Marketing and Juliet Melotto, majoring in Physical Therapy. They both will attend Sacred Heart University in Fairfield in the fall.

New officers of the Guild were installed at the dinner. They are President - Linda D'Andrea, Vice-President - Joyce

Mauro, Treasurer - Margherita Lisi, Recording Secretary - Lisa Stackpole, Corresponding Secretary - Margaret Siena. Meetings will begin on September 10th with the annual membership tea.

The Guild has been marking the 100th anniversary of the apparitions of Our Lady of Fatima, with a Rosary Rally on the 13th of each month. The next rallies will be on August 13 (1:30 pm), September 13 (noon), and October 13 (noon).

# HISTORIC VOTE PASSED AT THE ORANGE CONG. CHURCH

On April 30, 2017, the members of the Orange Congregational Church voted to join the Open and Affirming Movement in the United Church of Christ. In preparation for this vote, for the last year and a half church members—including youth—have listened to speakers, joined in discussions, and participated in Bible studies. The church's Open and Affirming covenant states that it welcomes, respects and affirms all people regardless of their sexual orientation, gender, gender identity or expression, race, ethnicity, cultural background, religious background, nationality, age, marital status, economic circumstances or physical, emotional or mental ability.



Orange Congregational Church

All are welcome to join us for Summer Worship, which begins on July 2nd and continues through August 27th. There will be one service at 9:00 am in the Sanctuary. Summer Church School will take place twice a month: 7/23, 8/6, 8/27. The Crib Room will continue to be open every Sunday during the summer.

# ORANGE CONG. CHURCH SUMMER SUNDAY WORSHIP

Orange Congregational Church, located at 205 Meeting House Lane in the town of Orange, invites you to come to our regular weekly Summer Sunday (July & August) Worship Service at 9:00 a.m. in the Sanctuary. Our worship service includes a church nursery with a child-care experienced Crib Room Attendant for all birth to Pre-K children whose parents or guardians are attending worship service. Our children's programming Summer B.L.A.S.T. for K-7th Graders will run during service on August 6 and 27. Sunday, August 27th, will be our annual "Splash Sunday" when children

can wear their bathing suits to church for water activities.

Regular fall worship services will begin again on September 3rd at 8:00 a.m. in the Chapel and 10:00 a.m. in the Sanctuary. Our "Welcome Back Potluck Picnic" will be held on September 10th after the 10 a.m. worship service and will kick-off a return to our regular weekly church school, Pilgrim Fellowship youth program, Confirmation Class for 8th Graders, Junior, Senior and Bell choir practices and performances, "God Is Still Talking" weekly Bible Study and monthly Fellowship Breakfasts and Noon Fellowships.



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Woodbridge Town News

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

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Woodbridge Town News – P.O. Box 1126, Orange, CT 06477 edit@woodbridgetownnews.com

# HOUSES OF WORSHIP



# WALK THE LABYRINTH AT THE CHURCH OF THE GOOD SHEPHERD

Join the Rev. Diana Rogers on Saturday, August 12th at 9am for the Episcopal of the Good Shepherd's monthly Walk- the-Labyrinth series. The great pavement labyrinths first appeared in cathedrals like Chartres and Amien in the 12th through 14th centuries. Used for spiritual meditation and contemplation, walking the labyrinth has been a spiritual exercise for centuries. Come learn more about this enduring spiritual practice. Meet at the labyrinth on the south side of the church off Pryde Drive at 9am.

The Episcopal Church of the Good

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

### ]

#### THE ILLUSTRATED BIBLE



"Couple in the Forest" by Conrad Felixmüller (1918) An excellent wife, who can find? For her worth is far above jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good and not evil all the days of her life.

✓ Proverbs 31: 10-12 ∞

# PUBLIC NOTICES

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### AN OUNCE OF PREVENTION

#### Walk, Talk, Text and Tweet - Bad Idea!

When it was first reported on the news, it seemed like it was a story for entertainment, and not a serious issue. Yale security police were walking the campus asking student pedestrians to sign a pledge that they would refrain from texting while walking. On the surface, it seems obvious that you would concentrate on where you are going, watching for obstacles, other pedestrians and traffic. But if you research the topic, you will learn that numerous persons sustain preventable injuries each year from "distracted walking".

We have become a culture dependent on our social communications. As we walk, we might frequently text, tweet, talk on a cell phone or listen to music that might preoccupy or distract us. The Office of Compliance (www.compliance. gov) describes this as a "loss of situational awareness that is similar to that of a distracted driver". ABC News has coined the term "pedtextrians".

So how big a problem is this? The American College of Emergency Physicians has issued a warning that texting while walking, driving, biking, or rollerblading can result in serious injury or even death. A study conducted by Ohio State University showed that more than 1,000 pedestrians visited emergency rooms in 2008 because they were distracted and tripped, fell or ran into something while using a cell phone to talk or text. Studies have also observed that "pedtextrians" take longer to cross a street, ignore traffic lights, and don't look both ways before crossing. They also collide more often with obstacles and other pedestrians.

While injuries from texting and driving may be more serious, it is estimated that pedestrian injuries from distracted walking are more frequent. According to the National Highway Traffic Safety Administration (NHTSA), distracted pedestrians may have been a contributing factor in 4,200 pedestrian deaths and 70,000 injuries in 2010. In fact, NHTSA reports that in 2013,

the number of pedestrian deaths increased to 4,735, one of the few groups of road-users to experience an increase in deaths. It further suggests that the number of injuries may be underreported because people are embarrassed to report an injury from texting while walking. The American Academy of Orthopedic Surgeons (AAOS) has observed a doubling of distracted walking injuries since 2004. As a result, they initiated a public service announcement campaign, "Digital Deadwalkers" that was humorous, but effective.

This is a problem that needs to be addressed. Many cities have initiated campaigns within local high schools, with slogans like, "It's Road Safety, not Rocket Science", "If you text, you're next" and "Smart phones make you do dumb things". (In China, they have special sidewalks for those who are using cell phones while walking!)

Prevention is pretty simple:

- Look at your behavior and that of your friends. The concept "friends don't let friends drive drunk" should apply: "friends don't let friends walk distracted".
- Remember basic safety rules when crossing streets: Obey traffic signals and look both ways before crossing.
- Believe it can happen to you! The AAOS study reported that while 78% of those interviewed believed distracted walking was a problem, less than a third admitted to doing it.
- If you must talk or tweet with someone, find a place to stop and focus on the communication and then resume walking.

The bottom line is that injuries from walking are preventable. For more information on this topic, google "distracted walking" online. For District residents without internet access, call Quinnipiack Valley Health District, 203 248-4528 for written materials.`

# DIGEST THE POTENTIAL BENEFITS OF PROBIOTICS

Is "probiotic" a marketing buzzword designed to boost sales, or is there really something to the trend of adding probiotics to food or encouraging consumers to take probiotic supplements? It might be hard to envision bacteria and yeast — which are often painted in a negative light and associated with various illnesses — being beneficial to health. However, it's important to note that

the body is full of bacteria, and some of it can be helpful, particularly to the digestive system.

While probiotics, or those helpful bacteria and yeasts, occur naturally in the body, they also can be found in a growing number of foods and supplements. Yogurt, with its "live and active



# SIMPLE SOLUTIONS FOR A BETTER NIGHT'S SLEEP

The importance of a good night's sleep is well-documented. Numerous studies have found that the effects of a good night's sleep go beyond boosting energy levels and improving alertness. A better sex life, less chronic pain and an improved mood are just a handful of the documented benefits that a good night's sleep can provide.

As important and beneficial as sleep is, many adults in the United States simply aren't getting enough rest. A 2016 study from the U.S. Centers for Disease Control and Prevention found that more than one-third of American adults are not getting enough sleep on a regular basis. Those findings are based on guidelines from the American Academy of Sleep Medicine and the Sleep Research Society that recommend adults between the ages of 18 and 60 sleep at least seven hours each night.

Getting a more restful night's sleep requires concerted efforts on the part of adults who are falling short of seven hours each night. But the following are some simple ways for adults to start getting more rest.

Stick to a routine seven days a week. People tend to alter their sleep routines based on the day of the week, with many going to bed later at night and sleeping in later in the morning on weekends. But the National Sleep Foundation notes that going to bed at the same time each day, including weekends, helps people feel more sleepy at bedtime and fall asleep quickly.

Avoid alcohol in the hours before

going to bed. Alcohol can make people feel sleepy, but that effect is short-lived. The sleepiness many people feel after consuming alcohol wears off quickly, and that can lead to interruptions in sleep.

Avoid stimulants in the late afternoon and at night. Alcohol is a depressant that can affect the quality of sleep a person gets. But stimulants can also make it hard to get a good night's sleep. Nicotine acts as a stimulant in small doses, so smokers should stop smoking that last cigarette before bedtime if they're not getting decent or adequate sleep. Caffeinated beverages also should be avoided in the late afternoon and at night because caffeine stimulates the nervous system and can make it difficult to fall asleep, even if it's been several hours since that last cup of coffee.

Take short daytime naps. Some people find that daytime naps improve the quality of their nighttime sleep. That might be due to the link between naps and stress. A 2015 study published in the Journal of Clinical Endocrinology & Metabolism found that short naps can reduce stress. Reduced stress levels can make it easier to fall asleep at night. Limit naps to between 20 and 30 minutes, as naps that stretch on too long may interfere with nighttime sleep.

Sufficient sleep can have a dramatic, positive impact on a person's quality of life. Developing a good sleep routine and employing additional strategies can help sleep-deprived men and women get more restful nights' sleep.



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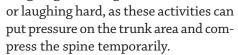
### SCIATICA: FACT OR FICTION?

#### Find the True Source of Your Orthopedic Leg Pain

In orthopedics, it is often believed that when someone experiences leg pain, that the source is usually "sciatica" originating from your back. Although this scenario can happen, there are several other conditions that can mimic those symptoms.

Sciatica, defined as inflammation to the sciatica nerve, is often as a result of a disc herniation between the last two vertebrae. The disc will push onto the nerve

causing inflammation, and depending on extent, can lead to pain and often numbness along the back part of your leg and thigh, sometimes as far as your foot. Nerve pain like this tends to be sharp and can be triggered by certain spine positions. It may also be triggered by coughing, sneezing

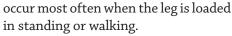


In addition to nerve and disc origins, leg pain can also be referred from other structures such as muscle or ligaments. The piriformis is a triangular muscle deep in your hip, underneath the buttock. It is responsible for hip rotation strength and also serves as a pelvic stabilizer. In about 15% of the population, females more than males, the sciatic nerve will run through the muscle belly of the piriformis. Tightness or weakness of this muscle can compress the sciatic nerve and often mimic the symptoms of a disc herniation.

The sacroiliac joint is where the tailbone and pelvis meet. It is located in close proximity to lumbar vertebrae #5 and shares ligaments with it. Often seen in our practice, patients with low back, buttock, and thigh pain can often have alignment issues with their pelvis and sacroiliac joint. There are several ligaments and muscle groups that directly attach to the pelvis, and their collective actions help keep it aligned. Treatment consists of skilled manual therapy techniques, as well as specific stretching and strengthening exercises.

Osteoarthritis of the hip joint itself can often refer pain into the front, inner and occasional back of thigh, referring down as far as one's knee. Pain is usually dull and deep but can also be sharp with certain motions. In addition, moderate to severe arthritis nearly always comes with loss of joint rotation. Lack of appropriate joint rotation can place undue stress on the adjacent joints, including low back. Manual stretching and specific joint mobilization techniques to the hip may redistribute force off of the lower spine and decrease the pain associated with that stress.

Another common muscle origin of leg pain is one's hamstring. It is located on the back part of the thigh and attaches at both the knee and underneath the buttock onto the pelvis. It serves as a pelvic stabilizer as well as controlling knee motion. When strained, pain can be sharp or dull and



Any of the above scenarios, or combination of these conditions, can contribute to leg pain symptoms. It is important to determine the exact origin of the symptoms, as the treatment for each can vary greatly. If you are experiencing any of these symptoms, I recommend that you get an evaluation from a licensed medical professional to guide you as to the best course of treatment. Physical Therapy, diagnostic imaging, injections, or possibly even surgery may be necessary to eliminate your symptoms. In most studies, conservative treatment that addresses inflammation, restoring joint mobility and alignment, and appropriate strengthening have been shown to yield the best short and long term management of the above conditions.

Michael Dow MSPT, and CEO/Clinical Director, received his degree from Sacred Heart University in Fairfield CT. Since founding Amity Physical Therapy twelve years ago, he has been recognized by the US Dept of Health and Human Services for his work with the National Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Amity Physical Therapy has three area offices: Woodbridge, Hamden and Branford. Michael can be reached at (203) 389-4593 or visit amitypt.com.



Michael Dow

### www.WoodbridgeTownNews.com

### DRY NEEDLING

#### The Fast Solution to Relieving Tight, Restrictive, Painful Muscles

Dry Needling has become a widely utilized treatment for muscular and fascial pain in recent years. Dry Needling is defined as the insertion of filiform (solid yet flexible) needles into trigger points/knots within the muscle belly to stimulate release of the firmly contracted tissue. It has long been proven to be an effective and efficient treatment to reduce pain, spasm, soft tissue restriction, and alleviate referred symptoms.

This form of intramuscular needling is commonly confused with acupuncture. The eastern medicine approach to acupuncture is based off of specifically mapped acupuncture points within the meridian system, a series of channels along which specific points are stimulated utilizing needles

for both local and systemic benefits. Unlike acupuncture, dry needling is specifically geared towards utilization of needles to stimulate a twitch response, an instantaneous and brief contraction of the muscle which has been held in sustained contraction, to subsequently allow the muscle to release its chronic tightness and restriction.

Like any applicable treatment across all of medicine, assessment is key to understanding if and when a technique such as dry needling should be used. The keen understanding of anatomy and physiology, combined with progressive knowledge of proper movement of the body allows physical therapists to be ideal facilitators of dry needling. In order to fully comprehend whether or not to use a technique such as dry needling, tissue restriction through both fascia (connective tissue just under the skin) and muscle must be fully assessed to

find local tightness and trigger points within the muscles.

Pro athletes, weekend warriors, and desk jockeys with crumby posture behind a computer can all benefit from the uses of dry needling. Releasing trigger points reduces tightness, restriction, and inflammation, allowing your muscles



Kyle Branday

to create greater power and endurance while decreasing overall symptoms.

Kyle Branday, MSPT, CAP, is a licensed Physical Therapist and Certified Acupuncture Practitioner at Amity Physical Therapy. The practice was founded by Michael Dow MSPT and CEO/Clinical Director. They now have three area offices: Woodbridge, Hamden and Branford. Kyle Branday can be reached in Woodbridge at (203) 389-4593. Or visit the website www. amitypt.com.

"Probiotics" continued from Page 10

cultures," is one source of probiotics.

A panel of experts convened in October 2013 by the International Scientific Association for Probiotics and Prebiotics found that a growing body of evidence supports the notion that probiotics can promote a healthy balance of intestinal bacteria, which has been linked to a wide range of health benefits. Since the mid-1990s, when probiotics first appeared on many people's radars, clinical studies have suggested that probiotic therapy can help treat several gastrointestinal issues, delay the development of allergies in children and treat and prevent vaginal and urinary infections in women.

The Harvard Medical School notes that two large reviews suggest that probiotics reduce antibiotic-associated diarrhea by 60 percent when compared with a placebo. Antibiotics can kill harmful and beneficial bacteria in the gut. Probiotics help restore the balance. This may

prove helpful to those with various gastrointestinal diseases, such as Crohn's disease and ulcerative colitis.

There's also interest in how gastrointestinal health may be linked to mental health. According to data published in the Journal of Neurogastroenterology & Motility in an article titled, "Effect of Probiotics on Central Nervous System Functions in Animals and Humans: A Systematic Review," a review of 15 human studies found supplementing with bifidobacterium and lactobacillus strains for one to two months can improve anxiety, depression, autism, obsessive-compulsive disorder, and memory.

Research is still being conducted on probiotics' influence on heart health, vaginal health, inflammation, immune system function, weight loss, and even some skin disorders like eczema. Probiotics are generally considered safe, but their use should be discussed with a doctor prior to taking them.



# AMITY MIDDLE SCHOOL - BETHANY CAMPUS



# Fourth Marking Period Honor Roll

#### First Honors 7<sup>th</sup> Grade

Tess Aksoy Alex Anderson Hanin Anwer Emma Beloin McAllister Burke Paul Canalori Samantha Cantalupo Ava Chomiak Kelly Chow Anthony Ciavarella Sandra Correya Ariana Cortes Michael Coyne Kyle Derienzo Grace Ding **Ashley Dorais** Robert Farbman Adam Florkiewicz Jonathan Fortin Brian Fournier Olivia Frankiewicz Maxine Franklin Natalie Furst Zachary Garfinkle Eva Gordon Ava Gross Nicole Grosso Grace Ha Ilana Leyner Wincy Lin Charlotte Lindskog Emma Lindskog Julia Luciani Alvin Luo Sofia Magliocco Audrey Marin Angelina Marinko Jingju Martin Laurel Maus Mckenna Maxwell Ellina Medovnikov Felicia Mendez Dan Modiano Natalie Modiano Katherine O'Connor Sage Paglia Anastasia Prentiss Kaitlyn Pryor Abigail Ressler Carsyn Rizzuti Amanda Robinson Juan Rodriguez Julia Snow Konstantinos Spanolios Dylan Speranzini Jonathan Speranzini John Stiber Aiden Tischer Riley Walsh Lauren Wasikowski Adithi Wijesekera Gabrielle Wincherhern Alice Youtz Anna Youtz

Eleanor Youtz

#### First Honors 8<sup>th</sup> Grade

Eesha Acharya

Tiana Amendola

Natalie Amici

Oren Aviad

Elisabeth Barbieri Sara Bernier

Caroline Cadelina

Jack Cadelina

Alanna Carlson

Laci Carpenos Sydney Cohen Megan Ding Mcallister Dixon Aliya Dworkin Joshua Feuerstein Jonathan Fischman Ian Glassman Alicia Gopal Evan Gorelick Samuel Green Madison Grieger Lily Johnson Sage Johnson Simon Khairallah Kabir Khwaja Andrew Kim Lily Koorejian Riku Korenaga Savannah Kusnitz Chloe Lenski Arielle Likier Jenny Liu William Livesay Kevin Lu Margaret Luo Aamnah Malik Abigail Maoz Caleb Marcin Koray Mursaloglu Arnav Paliwal Rose Parady Austin Rowland Julia Ryack Peter Savelyev Peter Scully Sara Shanbrom Jacob Silbert Hanna Skiba Allison Su Leah Tobin Julia Turski Gabriella Urbano Marissa Urda Natasha Von Beeden Tam Vu Jonathan Wang Natalie Wang Michelle Ward Jennifer Xu Philip Yang Claire Yuan Weiss Yuan Theodore Zaharewicz Mason Zhang

Wendy Zhang

# Second Honors 7<sup>th</sup> Grade

Elliott Arnott

Alanna Behnke Nick Cui John Dalakas Gabriella Dellacroce Sean Doron Alexander Gilbride Andrew Gilbride Julia Hogan Paige Kergaravat Olimpia Mucha James Nichol Gus Pantalone Max Raffin Gabriella Silva Jeffrey Tafuto Roy Wright

#### Second Honors 8<sup>th</sup> Grade

Liana Bennett Christopher Hill Melanie Iwaniw Olivea Kosh

Ryan Wayland

Hope Zhang



#### Citizenship Recognition - 7th Grade

Tess Aksoy
Joshua Baitch
Emma Beloin
Nicolette Bucci
Samantha Cantalupo
Anthony Ciavarella
Sandra Correya
Taylor Dillon
Grace Ding
Ashley Dorais
Adam Florkiewicz
Olivia Frankiewicz
Natalie Furst

Zachary Garfinkle
Grace Gianquinto
Andrew Gilbride
Eva Gordon
Julia Hogan
Madeleine Key
Wincy Lin
Isabella Mahabir
Angelina Marinko
Jingju Martin
Laurel Maus
James Nichol

Madeline Nugent
William O'Brien
Anastasia Prentiss
Kaitlyn Pryor
Carsyn Rizzuti
Amanda Robinson
Julia Snow
Catherine Tereb
Mayee Walsh
Lauren Wasikowski
Alice Youtz
Anna Youtz
Eleanor Youtz

### $\textbf{Citizenship Recognition} - 8^{th} \, Grade$

Kabir Khwaja Eesha Acharya Andrew Kim Rhian Alsgaard Savannah Kusnitz Oren Aviad Elisabeth Barbieri Arielle Likier Liana Bennett Jenny Lu William Livesav Caroline Cadelina Jillian Ciccarelli Kevin Lu Sophie Cohen Margaret Luo Megan Ding Aamnah Malik Mcallister Dixon Abigail Maoz Joshua Feuerstein Benjamin Martin Jonathan Fischman Steven Miccio Ian Glassman Arnav Paliwal Alicia Gopal Rose Parady Samuel Green Jenill Perez Madison Grieger Julia Ryack Melanie Iwaniw Abigail Sauberman Lily Johnson Peter Savelyev Sage Johnson Peter Scully

Jacob Silbert Hanna Skiba Allison Su Grace Swain Leah Tobin Gabriella Urbano Natasha Von Beeden Natalie Wang Michelle Ward Vivian Wincherhern Cole Wissink Jennifer Xu Philip Yang Claire Yuan Weiss Yuan Jenna Zamkov Hope Zhang Mason Zhang

Wendy Zhang





### by cindy elavsky

Q: I loved Juliette Lewis in "Secrets and Lies." Can you tell me what else I can see her in? -- Danielle F., via email

A: Next up for the prolific actress is EPIX cable network's "Graves." Juliette has been cast in a recurring role in season two. In the series, Nick Nolte plays President Richard Graves, a former two-term POTUS who embarks on a Don Quixote-like quest to right the wrongs of his administration and reclaim his legacy decades later.

In this coming season, President Graves turns inward in search of the man he used to be before he was president. His journey is compounded by the arrival of his first grandchild, as well as a new revelation about his son, Jeremy. Graves' journey coincides with wife Margaret's (played by the stellar **Sela Ward**) Senate campaign, as the former first lady attempts to build her own political legacy. Isaiah Miller, the president's assistant, searches for new direction after taking a bullet for the president in the season one finale.

Meanwhile, Graves' spiritual muse, Samantha (Callie Hernandez), finds a new calling as a singer/songwriter. And Juliette comes aboard as Bailey Todd, a hard-living, leather-clad, tell-it-like-it-is music manager and producer out of New York who shows up at Samantha's trailer with the idea that Samantha might have what it takes to be the next big thing.

\*\*\*

**Q:** I've been hearing rumors that "Curb Your Enthusiasm" is returning. Is this true? -- Kyle T., via Facebook

A: "Curb Your Enthusiasm" has aired on HBO on and off for eight seasons, but hasn't aired a new episode since 2011. However, the sardonic Larry David will return on Oct. 1, when "Curb" premieres its ninth season on the cable giant. All your favorite series stars will be back, including Cheryl Hines, Jeff Garlin, JB Smoove and Susie Essman. Ted



Juliette Lewis [Lionsgate]

Danson and Mary Steenburgen also are set to return, playing themselves. When asked earlier why he decided to restart the series, Larry replied (in Larry David fashion): "In the immortal words of Julius Caesar, 'I left, I did nothing, I returned."

\*\*\*

**Q:** Can you give me any info on the next season of "American Horror Story"? -- Gina T., via email

A: Everyone's favorite serial-killer clown, Twisty (played by John Carroll Lynch), will be back for season seven. We last saw him in "Freak Show," where he scared the beejesus out of us, as serial-killer clowns often do. Sarah Paulson, Evan Peters, Billie Lourd, Billy Eichner, Cheyenne Jackson, Alison Pill, Colton Haynes and Adina Howard also are featured in the new season.

\*\*\*

**READERS:** Netflix recently announced that season two of "Stranger Things" will drop Oct. 27. The streaming service had previously announced that the horror/nostalgia series would return at Halloween, so I'm thrilled to learn we'll be getting it a few days early. I need to know what happened to Will in the Upside Down!

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

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# AT THE WOODBRIDGE CENTER



Woodbridge Center transportation program drivers (from left Bill Bodin, Rose Marcosano and Doug Milone) provide service with care, kindness and competence. The Woodbridge Center offers transportation to the Center, medical appointments, grocery and pharmacy shopping and banking for residents 60+ and disabled residents. Call the Center for more information.

From the Director - Jeanette Glicksman: In 1988, Congress designated August 21st as "National Senior Citizens Day" and called on the President to recognize this with a proclamation. President Reagan said in his proclamation, "...we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity." At the Woodbridge Center we provide a program of health, wellness, recreation, transportation, education, arts and social activities for residents 60 years of age and older. The Center offers a wide range of programming including a wonderful lunch program. Join us by contacting the center at 203-389-3430 or jglicksman@woodbridgect.org or drop by for a visit. Let's celebrate our older residents in August- and throughout the year!

#### August Lunch Menu

Lunch is served Tuesdays and Fridays at the Senior Center Cafeteria at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert. Menu items: 8/1 Garlic chicken with rice, 8/4 Pasta Alfredo topped with spinach & chicken, 8/8 National Friendship Day: Salisbury steak with mashed potatoes & friendship breads, 8/11 Crab cakes with rice pilaf, 8/15 Eggplant ragu with farfalle pasta, 8/18 National Tell a Joke Day: Why did the chicken stir-fry cross the road?, 8/22 Turkey meat loaf with fresh vegetables and sweet potatoes, 8/25 Salad plate with choice of tuna or chicken salad, 8/29 **End of Summer Picnic**: Hot dogs, hamburgers, salads & watermelon.

#### Special Programming

August 1 – Lunch program entertainment with **John Paolillo** at 12:30 pm. Lunch begins at 12:15 pm and reservations are requested.

August 8 – "Consequences of Untreated Hearing Loss" at 12:30 pm with Audiologist Dr. Willa Horowitz, Au.D., owner of Acuity Hearing Solutions LLC. This program will include a discussion questions & topics: Did you know that basic hearing tests can screen for risk of falls? Did you know that hearing loss can be mistaken for dementia? This presentation will address ways to conserve and protect hearing and understand the consequences of not recognizing or not treating hearing loss.

August 15 – **Hearing screening event** from 10 am-12 noon with Audiologist Dr. Willa Horowitz, Au.D., owner of Acuity Hearing Solutions LLC. Good hearing provides enjoyment, warns of urgency, allows important information and helps with perception of our body in its environment.

August 21 – **Lunch Bunch!** Join in for lunch with friends at Lenny and Joe's Fish Tale in New Haven. Transportation is provided by the Center van or you can meet us there. Reservations are required. Participants self-pay at the restaurant. Cost of the van transportation is \$3.00.

August 22 – **National Senior Citizens Day** – Lunch program entertainment with **Brian Gillie** at 12:30 pm. Lunch begins at 12:15 pm and reservations are requested.

September programming includes Fall Prevention month, Farm to Table month -with kick-off cooking demo at Brookdale Woodbridge and lunch bunch at Massaro Farm, emergency preparedness, entertainment, AARP driver safety, and Origami.

To RSVP or for more information,



Many thanks to Coachman Square- Woodbridge! Woodbridge residents, Town employees and first responders enjoy a great meal and a wonderful day in the picnic grove outside the Woodbridge Library. The Woodbridge Center hosted a picnic sponsored by Coachman Square –Woodbridge as part of their 'Radiant Acts of Kindness' program. Approximately 90 people enjoyed a free lunch, entertainment and great company at the community building event. For those interested in more programs sponsored by the Woodbridge Center contact us at 203-389-3430.

call 203-389-3430 or email jglicksman@ woodbridgect.org.

#### Ongoing Programming

**New!** The Center offers a new card game on Tuesdays from 1:15-3:15 pm. Join us for a game of "Captain". This is a multi-player Gin Rummy game. For those who don't know how to play, instruction will be provided. Please call for details and to express interest.

Stay healthy, meet new friends, and enjoy one of Woodbridge's best walking locations! Walk the cornfield loop at the Fitzgerald Property at a moderate or gentle pace. The **walking group** meets at the parking area on Beecher Road and leaves promptly at 9:30 am. To join the group, call the Woodbridge Center at: 203-389-3430 or email Judi Young at srsocialworker@Woodbridgect.org. The walk will be cancelled for weather conditions which make walking unpleasant such as strong winds, heavy rain, mud, and cold temperatures.

**Pickleball:** Meets Monday through Friday in the Center Gym. For scheduled group play join us Fridays from 2-3:30 pm. Self-scheduled hours are available M-F for those who have paid annual fee of \$20. Interested players can sign up with a Doodle scheduling tool to make arrangements with other players and drop in daily from 12:30 pm - 2:15 pm Monday thru Friday. The equipment is available on a first come, first served basis.

**Exercise with Laurie:** Tuesdays and Thursdays in the Center Café from 10-11 am. No need to sign up – just pay a drop in fee of \$2 and stay for a great workout! Exercise class includes a combination of strength training, cardio, flexibility and balance. Please bring your own weights if you have them.

**Book Club:** The book club meets on the 4th Tuesday of each month, 11 am at the Library. The next meeting is August 22nd. This month's book is

Beartown by Fredrik Backman. New members are always welcome- stop by the library to pick up a copy of the book.

**Art Class:** Class will begin anew for 10 weeks beginning September 27th. Class meets Wednesdays from 10 am until noon in the Center Café. The class, taught by local artist Graham Dale, is just \$60 and participants are asked to bring their own supplies. For a list of supplies and to register contact the Center. Class will be pro-rated for those joining in late.

**Friday Movies:** Following lunch in the Senior Center Lounge at approximately 1 pm: 8/4 Gifted, 8/11 Going in Style, 8/18 The Ottoman Lieutenant, 8/25 Favorite Film Friday: Dream Girls.

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

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

**Bridge:** The Center's Wednesday bridge group invites new members! Join the group for a friendly game of cards. No reservations necessary–just come down to the Center Lounge at 1 pm

**Pinochle:** Mondays, Wednesdays, and Thursdays, 1-4 pm, Center Lounge. The group is always looking for new players and is willing to bring rusty players up to speed!

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

#### Woodbridge Center Harvest & Holiday Fair

Cleaning out your house this summer? The Woodbridge Center will gladly accept donations of new and gently used items for the 24th annual Harvest & Holiday Fair tag sale. Contact us to let us know about your donation. Volunteers from the community are

.....

#### **WOODBRIDGE CENTER**

"Center" continued from Page 14

needed for outreach to local businesses and vendors, to help set up the event and to help during the fair. We seek companies and/or individuals to donate themed baskets for the Silent Auction or items for the "Take a Chance" raffle. The fair will be Saturday, November 4, 2017 from 10:00am to 2:00pm in the Center Building Gymnasium. This event helps to support the Woodbridge Center programming and other needs. For more information, please contact Elaine Marcucio, 203-887-5047 or Emarcucio@gmail.com.

#### Library Services To The Homebound

The Woodbridge Library, in conjunction with the Woodbridge Human Services Department, **offers delivery of library materials to the home-bound**. Through this program full library service is offered to those in the community who are elderly and unable to come to the library and to those who are permanently or temporarily disabled and who do not have transportation. By calling the library,

residents can request books, largeprint titles, books on tape, magazines, CDs, and DVDs. The Senior Center will arrange delivery of requested materials to homebound patrons. If you or someone you know might benefit from this service, please contact Judi Young at Woodbridge Human Services, 203-389-3429 or call the Woodbridge Library at 203-389-3433.

#### Charter Oak Pass

The Charter Oak pass provides access to the CT State Parks and Forests and is available to Connecticut residents 65 years of age or older. The pass is accepted at all day use areas where parking fees apply. A Charter Oak pass may be obtained in person at one of the following locations: Kellogg Environmental Center, Office of Communications & Education, 500 Hawthorne Avenue, Derby, 203-734-2513. For more information, please go to www.ct.gov.deep. To obtain a pass by mail, send a copy of your current CT driver's license or legal proof of age and residency to: DEEP Charter Oak Pass, State Parks Division. 79 Elm Street, CT 06106-5127.



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# TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF AUGUST 2017

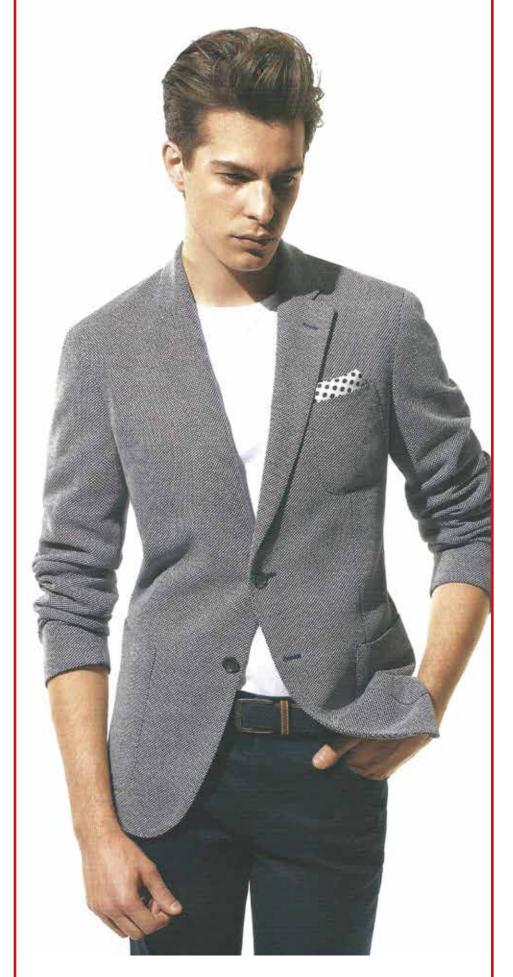
(Subject to Change, Check with Town Clerk's Office, 203-389-3422)



Town Hall

8/1	Police Commission6:00pm	Police Dept.
8/7	Human Services Commission7:00pm	Center Bldg.
8/9	Board of Selectmen5:00pm	Town Hall
8/17	Conservation Commission7:30pm	Town Hall
8/21	Fire Commission	Fire Station Town Hall
8/22	Government Access TV7:15pm	Town Hall
8/28	Recreation Commission7:30pm	Beecher Rd School S

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# CLUBS & ORGANIZATIONS

# NEW ENGLAND YOUNG AT HEART TO HOLD TWO FALL BALLS

Founder and CEO of New England Young At Heart (NEYAH), Elaine Marcucio is hosting a FALL BALL - at two locations and two different dates! After a successful Senior Prom in May, NEYAH is offering two more ways for senior citizens to come get their groove on. There will be a buffet lunch, music, dancing, raffles and more! Elaine is excited to share that there will be vendors from all types of businesses there and the Seniors will have a chance to find services that they may need.

The first will be at the Woodwinds in Branford on September 14, from 11:00-3:00. This is co-sponsored by Artis Senior Living of Branford and Mary Wade of New Haven. A portion of the proceeds will be going to The NEYAH Team for the Alzheimer's Association Walk and to the Parkinson's Disease Association.

The second will be at Aria in Prospect on October 18, from 11:00-3:00.

Contact Elaine at 203-887-5047 or neyoungatheart@gmail.com for Vendor Tables or Tickets.

# **WOODBRIDGE HAPPINESS CLUB MEETING!**

The next presentation of the Woodbridge Happiness Club is "Can There Be Happiness And Peace In The Aftermath Of Tragedy?" By Audrey Carson. Can one ever laugh without the pangs of guilt, open your heart to love again and learn to thrive and not merely survive? These are many of the questions we ask ourselves when life as we knew it no longer exists. Audrey's daughter Elizabeth was murdered by her exboyfriend, the family's veterinarian, when she was just twenty-four. There is absolutely nothing to prepare you for such a tragedy. There came the day when Audrey had to make the choice. Was she going to be engulfed in the treacherous waves of despair and fear, or was she going to go on her own journey to find a level of happiness and life with new meaning and purpose?

Her travels took her behind prison walls asking questions about forgiveness and love. She became empowered and fueled through a new understanding and knowledge with what happens in the absence of love. Audrey found

her own way to let go of the gnawing anger and not let it manifest in disease knowing full well it potentially would kill her, too. She was not going to let Elizabeth's murderer kill her family or herself. They needed to carve out a new life and not be defined by tragedy and surround themselves with others of the same mind set.

Audrey is the facilitator of The Hartford Happiness Club which was launched in May of 2014 and continues to grow locally. Monthly free meetings provide a wonderful place for people to meet, grow and connect.

Date & Time: Thursday, August 23, 2017, from 7:00 - 8:45 P.M.

**Place:** the Fairfield Public Library, 1080 Old Post Road, Fairfield, CT 06824

Everyone is welcome; admission is free. Meet some wonderful people using happiness in their lives. Learn to have the peace of mind you need and experience happiness now.

For further information, e-mail PrintLRK@aol.com, call 203-258-7777 or www.HappinessClub.com.



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# ARTS & LEISURE

# ANSONIA NATURE CENTER AUGUST CALENDAR OF EVENTS

Please call to register for all programs 203 736-1053. Dates and times are subject to change

#### BUTTERFLIES AND DRAGONFLIES

Sunday, August 6, 1 pm

Enjoy your Sunday afternoon at the park on our guided hike. Explore the Redwing Pond and our meadows for these beautiful six-legged, four-winged insects. The guide will show you our native butterfly gardens and teach you the benefits of native plants to our CT butterflies and dragonflies. FREE. Please call to register at 203 736-1053.

#### FULL STURGEON MOON HIKE

Sunday, August 6, 7:30 pm

The Native American fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. Join our staff on a hike in our meadows to watch as this reddish moon rises. Each child must be accompanied by an adult. Number of participants is limited so please pre-register. FEE: \$3 per person. Wear appropriate footwear. Please call to register at 203 736-1053.

#### MUSHROOM IDENTIFICATION FOR BEGINNERS

Saturday, August 12, 10 am

Join a foraging family who hunt, photograph, identify, and love to eat the fungi in New England for a discussion and walk at the Ansonia Nature Center. We will dispel common myths, learn how to safely identify mushrooms with visual clues and guidebooks, and discuss mycophagy, the cooking and eating of wild mushrooms. After the lecture we'll walk the property to search for wild fungi and put our newly learned skills to the test. FEE: \$5. Please call to register at 203 736-1053.

#### ROCKS IN SPACE: Perseid Meteor Showers

Saturday, August 12, 7 pm

Come to Ansonia's darkest location for some unusual night sky viewing with Bob Carruthers and the New Haven Astronomical Society. In addition to a chance to see the annual meteor showers, there will be a short talk about meteorites. You and your family will get to view and touch meteorites from around the world. This night will be the peak of the showers! No need to bring anything except for warm clothing and a chair. Telescopes and binoculars are not necessary. Children must be accompanied by an adult. FREE. Please call to register at 203 736-1053.

#### TURTLE TALK

Saturday, August 26, 1 pm

Anthony Pierlioni is the Senior Director of the TurtleRoom, an online radio show dedicated to these fascinating reptiles and the people who love them. He'll

share his knowledge and some turtle species with us at the Nature Center. He is a member of the Turtle Survival Alliance, Turtle & Tortoise Preservation Group, New York Turtle & Tortoise Society, and New England Herpetological Society, as well as the online sites TurtleForum.com, TortoiseBoard.com, and TortoiseForum.org, where he can be found as Anthony P. You can contact him at anthony@theturtleroom.com. Please call to register at 203 736-1053.

#### **CATTAIL MAT WEAVING**

Sunday, August 27, 10 am - 2 pm, Saturday, September 2, 10 am - 2 pm

Join Ranger Dan for a 2-part series on cattails. Week 1 we will begin to collectively work on a mat made from the cattail reeds, and week 2 we will add the finishing touches to our mat. Learn how Native Americans from the Eastern Woodlands would use these reeds! Pack a bag lunch, and be prepared for swampy conditions. This program is for adults only. FEE: \$6 per person covers both weeks. Please call to register at 203 736-1053

#### ONGOING WEEKLY PROGRAMS

#### CREATURE FEATURE

Saturday at noon

Have you always wanted to pet a dove or hold a bearded dragon? Here's your chance! Come meet the Nature Center's Resident Animals every Saturday at noon!

#### **GUIDED HIKE**

Sunday at 1:00

Have you ever wondered where the owls nest or where the deer sleep? Join an Ansonia Nature Center Park Ranger on a Guided Hike, every Sunday at 1pm!

#### MONDAY NIGHT TRAIL RUN

Monday in August and September, 5:30-6:30 pm

This is a call to all of the runners who want something that is out of the ordinary! Ranger Dan will lead you through our 156-acre network of trails, while you burn off the weekend's extra calories. We guarantee that this FREE program is the best way to start off your week. Please register and wear appropriate footwear. Please call to register at 203 736-1053.

### FAMILY ORGANIC GARDEN PROGRAM

Tuesdays, August thru November

ANC will be continuing family-friendly activities in our organic garden. Learn about growing a variety of fruits and vegetables. Dress appropriately; keep in mind you will get water and soil on your clothing. FREE, with the potential to take home fresh local produce! Please call to register at 203 736-1053.



# 15<sup>TH</sup> ANNUAL EVENING FOR THE ARTS GALA BENEFIT

#### **Held By The Hulley Arts Foundation**

"RUBIX KUBE - the galaxy's most original '80s tribute band" and their Eighties Strikes Back Show - headlines the Jamie A. Hulley Arts Foundation's fifteenth annual Evening for the Arts Gala Benefit on Saturday, September 9, 2017, at Fairfield University's Regina A. Quick Center for the Arts. The performance begins at 7 p.m. and is preceded by an Evening for the Arts reception at 6 p.m., which includes complimentary wine and beer, a dessert bar and silent and live auctions. Tickets are available through the Quick Center Box Office (203) 254-4010, or toll-free 1-877-ARTS-396. Tickets are \$45 in advance or \$50 at the door.

RUBIX KUBE and their Eighties Strikes Back Show is a one-of-a-kind, interactive '80s time warp extravaganza. RUBIX KUBE is led by a male and female dynamic duo of karma chameleons, able to transform in the-blink-of-aneye into the voice and character of any '80s icon. Madonna, Michael Jackson, Prince, Devo, Bon Jovi, Guns N' Roses, Van Halen, Aerosmith and more! Their supporting sidekicks are some of the most-excellent and versatile musicians around, including Steve Brown of the million-selling Rock band TRIXTER and David Z from The Trans-Siberian Orchestra. All are decked out in vibrant, vintage '80s threads and with enough hairspray to take down Freddy Krueger, The Terminator, and all The Gremlins at once. The KUBE is able to crank out Pop, Rock, New Wave, and Dance hits from the decade of decadence, and perform them just like the originals yet with their own gnarly twist. This fast paced, exhilarating show is truly a most AWESOME '80s experience.

"RUBIX KUBE is so exciting – they look like and sound like the real thing! It's an '80s party so guests should feel free to come dressed in their favorite '80s garb" said Judy Primavera, cofounder and president of the Jamie Hulley Arts Foundation. "There is something for everyone – excellent entertainment, yummy desserts, and 'totally rad' auction and raffle items to bring home."

The Gala also showcases the talents of young aspiring performers involved in the foundation's programs at Square Foot Theatre in Wallingford, Amity High School's Creative Theatre, and Broadway Method Academy in Fairfield. The Master of Ceremonies for the evening is Jared Andrew Brown, Artistic Director of Square Foot Theatre with Amity Creative Theatre's Rob & Andrea Kennedy and Broadway Method Academy's Connor Deane & J. Scott Handley serving as co-hosts.

The Jamie A. Hulley Arts Foundation is a non-profit organization dedicated to the educational enrichment and professional development of young artists and early career professionals, was founded to celebrate the life of Orange, CT, resident Jamie Alaine Hulley. All proceeds from the Gala are dedicated to scholarships, educational programs and grants in the arts throughout Connecticut especially in the greater New Haven and Fairfield counties. Since the foundation's creation in 2002, nearly \$750,000 in scholarships and grants have been awarded which have touched the lives of thousands of area youth each year. For information on the Jamie A. Hulley Arts Foundation, visit www.jamiehulleyartsfund.org, call (203) 891-8869, or email jamieart@snet.net.

### www.WoodbridgeTownNews.com



# LOGAN WELCOMES WOODBRIDGE RESIDENT FOR COFFEE HOUR

Sen. George S. Logan (right) welcomes Woodbridge resident Charles Michael (left) to his coffee hour July 7 at Three Brothers Diner in Hamden. Sen. Logan holds the coffee hour at Three Brothers Diner on the first Friday of every month from 8 - 9 a.m. Those who could not

attend may contact Sen. Logan anytime at George.Logan@cga.ct.gov or 800 842-1421, or www.SenatorGeorgeLogan. com. Sen. Logan represents Ansonia, Beacon Falls, Bethany and Derby; and parts of Hamden, Naugatuck and Woodbridge.

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# FROM THE FIRST SELECTMAN'S DESK

By Beth Heller



# GETTING STARTED AND HOPING TO HEAR FROM YOU

I am so pleased to begin my term as your First Selectman, and would like to update you on several activities and initiatives. As I settle in and get started on the work ahead, I want to be sure you know I have an 'Open Door' policy and welcome your input. I will use this column to provide brief updates and ask you to get in touch should you have questions or ideas you would like to share on these or other topics.

Swearing-In Ceremony: On June 29th under sunny skies on the Woodbridge Green, many gathered to celebrate the newest chapter in the story of our town's governance. Elected members of the Board of Selectmen, Woodbridge and Amity Boards of Education, Zoning Board of Appeals, and Board of Assessment Appeals, as well as newly appointed Board and Commission members were sworn-in to begin their terms in office. Lieutenant Governor Nancy Wyman was on hand to administer the oath of office. Friends and family filled the audience at the gazebo on the Town Green to witness the formal ceremony. Following the ceremony, members of the Woodbridge Volunteer Fire Association helped host a reception at the Fire House.

Our new appointees, together with all those continuing 4-year terms on our Boards and Commissions, total 103 individuals. I hope that this healthy cross-section of representation will promote thoughtful dialog and open exchange of ideas that will benefit all and better inform our collective decisions. Please join me in conveying our gratitude to these fine people who volunteer their time and effort to serve the public good.

I also want to extend appreciation to all who expressed an interest in serving.. The response was overwhelming and exceeded the number of openings. To all who call Woodbridge home, especially to those who offered to serve but could not be seated at this time, we will continue to ask for your input and assistance, and we will keep you in mind and seek to take full advantage of your generous offer of service.

As I said in my remarks during the Swearing-In ceremony, "As residents of Woodbridge, we are privileged to live in a charming and bucolic town, surrounded by natural beauty. I am committed to town government that is open, inclusive, and transparent – that promotes discussion and healthy debate while valuing civility and mutual respect."

The July meeting of the Board of Selectmen: At the first meeting of your new Board of Selectmen (BOS) on July 12th, we considered several topics that deserve our continuing attention as we begin the new fiscal year and move into our budget development process in the fall. As part of my First Selectman's Report, I shared some initial observations about the former-Country Club property that I recently toured. There are areas that are currently being mowed by our Parks Department personnel, as well as other areas that are now deliberately being left un-mowed, where birds and other wildlife are nesting.

In late June the Town contracted with a consulting Field Botanist who will provide an environmental assessment and make recommendations for future care of the property. His report is expected in mid-August. I will ask him to present his findings and recommendations at a public meeting of the Board of Selectmen, at a date to be determined.

Based on this environmental report and input from our Town departments, the BOS will establish our goal for the maintenance and appearance of this property. The BOS will first determine the extent of work to be completed for this fiscal year, and secondly what should be included for these purposes in the annual operating budget for the longer term (fiscal year 2018-19 and beyond).

It is my hope that the Board of Selectmen will remain open to evaluating other uses and offers that may arise, but for now let me be clear that I am committed to the use of this property for passive recreation, under the same rules and regulations that are in effect on all other Town-owned property. Please stay tuned for more news as we move forward with due diligence to address these and other ongoing concerns.

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



### **WOODBRIDGE RESIDENTS!**

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# Wine Talk

With Ray Spaziani



### SUMMER WINES

Orange has been a republican town for many years and I am sure many of our residents don't believe in climate change no matter what the scientists say, but this has been one of the hottest Julys I can recall. The need to match good wine with warm weather has never been greater! If climate change is valid, then this activity will develop primary importance. Some great warm weather wines include:

**2014 Ricardo Santos Semillon** (**\$16**) - The candied lemon aroma of this white suggests it will be sweet, but it isn't at all—instead it's crisp and dry, with citrus and mineral notes.

**2014 Santa Ema Chardonnay** (\$16) - Central California winemaker Joey Tensley consults for Santa Emaonwines from their cool Leyda valley vineyards, a mere four miles from the ocean. This fragrant, peach-tropical fruit Chardonnay shows off his winemaking talents.

**2014 Donnafugata Sur Sur Grillo** (\$18) - A lot of Sicilian Grillo can be very pineappley and almost cloying. This one, by contrast, is lemon zesty and vibrant, a great summertime white.

Some more great hot weather wines include: pain has two great contributions to summer drinking: Viura, from Rioja, and Verdejo, from the Rueda region. Viura often has a refreshing green-apple tang—El Coto makes a classic example, as does Marqués de Cáceres—while Verdejo tends to have racy flavors of gooseberry and passion fruit, similar to Sauvignon Blanc. Look for Martínsancho or Naia. Of course, there's no reason to give up red wine for months. Skip the Cabernets and

Syrahs and look for lighter-bodied reds; if you can chill them to about 60 degrees, so much the better. One French red that responds well to chilling is Beaujolais. The nouveau stuff is little more than aggressively marketed grape juice. However, the region's more serious wines, labeled by the village they come from (e.g., Brouilly, Morgon and Moulin-à-Vent), are berry-driven reds light enough for fish dishes on a hot day, yet still complex and interesting. Buy the Nicole Chanrion if you can find it; otherwise Château de la Chaize and Potel-Aviron are very good options. If you're torn between white and red, why decide? Dry rosé (not sweet "blush" wines like White Zinfandel) was created for summer drinking. It goes well with either meat or fish, and is a favorite of wine professionals on a hot day. You can buy rosés from practically every winemaking region, and made from practically any grape. If a rosé is almost as dark as a red wine, or clocks in at a hefty 15 percent alcohol, buy something else. The south of France is a classic destination for good rosé; try Mas Carlot, Mas de Gourgonnier or Domaine Begude. For a U.S. rosé, try SoloRosa or l'Uvaggio di Giacomo - you will be glad you did! Enjoy summer time with

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway CC and for the Milford Board of Education 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 questions and wine events at realestatepro1000@gmail.com.



# ENTERTAINMENT

## TOP 10 MOVIES

1. Spider-Man: Homecoming (PG-13)

Tom Holland, Michael Keaton

2. Despicable Me 3 (PG)

animated

**3. Baby Driver (R)** Ansel Elgort, Jon Bernthal

4. Wonder Woman (PG-13)

Gal Gadot, Chris Pine **5. Transformers: The** 

**Last Knight (PG-13)**Mark Wahlberg, Anthony Hopkins

6. Cars 3 (G)

animated

7. The House (R)

Will Ferrell, Amy Poehler

8. The Big Sick (R)

Kumail Nanjiani, Zoe Kazan

**9.47 Meters Down (PG-13)**Mandy Moore, Claire Holt

Mandy Moore, Claire Holt

**10. The Beguiled (R)**Nicole Kidman, Kirsten Dunst

## TOP 10 VOD

1. CHiPS (R)

Michael Pena

2. Power Rangers (PG-13)

Dacre Montgomery

3. John Wick: Chapter 2 (R)

Keanu Reeves

4. Beauty and the Beast (PG)

Emma Watson

5. Life (R)

Jake Gyllenhaal

6. The LEGO Batman Movie (PG)

animated

7. The Bilko Experiment (R)

John Gallagher Jr.

8. Get Out (R)

Daniel Kaluuya

. .

**9. Logan (R)**Hugh Jackman

10. Fist Fight (R)

T C 1

Ice Cube





Tom Hiddleston, Brie Larson in "Kong: Skull Island" [Warner Bros. Pictures]

**EDITOR'S NOTE:** DVDs reviewed in this column are available in stores the week of July 17, 2017.

#### PICKS OF THE WEEK

"Kong: Skull Island" (PG-13) --Early 1970s: A diverse team is sent to survey the uncharted and mysterious Skull Island in the South Pacific. Agent Bill Randa (John Goodman) is accompanied by tracker James Conrad (Tom Hiddleston), peace-loving photojournalist Mason Weaver (Brie Larson) and an expert military escort led by Lt. Col. Packard (Samuel L. Jackson). When their incoming helicopters encounter the monstrous monkey Kong, he attacks, and their forces are scattered. Col. Packard swears revenge on Kong for the death of his men, even as Conrad and Weaver begin to understand Kong's role on the island. The effects are masterful; Kong is simultaneously sympathetic and terrifying. It's easy to see why "Kong: Skull Island" was one of the highest grossing films of 2017. You'll want this one in your collection.

"Free Fire" (R) -- Ne'er-do-wells Stevo and Bernie (Sam Riley, Enzo Cilenti) meet up with IRA toughs Chris and Frank (Cillian Murphy, Michael Smiley), intermediary Justine (Brie Larson) and weapons dealers Ord (Armie Hammer) and Vernon (Sharlto Copley) in a Boston warehouse. Wrong weapons? A slight upon a family member? Unintelligible brogues? A simple black-market arms deal turns into a cross, double-cross, triple-cross and more with a bunch of charming rapscallions trading barbs and bullets. Director Ben Wheatley delivers a zany, violence-laced adventure that'll ignite your curiosity as to who could possible get out alive.

"Tommy's Honour" (PG) -- Set against a sweeping backdrop of 19th century Scotland, "Tommy's Honour" is a sports biopic -- the true-life tale of "Young" Tommy Morris (Jack Lowden) and his father "Old" Tom Morris (Peter Mullan), pioneers of modern golf. Old Tom is a sought-after caddie, and when son Tommy's talent for the game becomes apparent, the two begin to play as a team, ushering in the era of open competition. Even with their success, Old Tom remains a traditional man, mired in servitude to aristocrats, but his passionate and rebellious son has no tolerance for a class system, neither in the game of golf nor in his love for an older woman of dubious reputation (Ophelia Lovibond). Sam Neill also stars. Directed by Jason Connery, son of Sean.

#### 1. Who released "Delta Lady"?

- 2. Which artist wrote and released "Wasted Days and Wasted Nights"?
- 3. Name the artist who co-wrote and released "Midnight Rocks."
- 4. What group released the hit song "Nightshift"?
- 5. Name the song that contains this lyric: "He went out tiger hunting with his elephant and gun, In case of accidents he always took his mom, He's the all American bullet-headed Saxon mother's son."

shot by an American who was there with his mother.

I. Joe Cocker, in 1967. It was written by Leon Russell for girlfriend Rita Coolidge. 2. Freddie Fender, in 1959. The song didn't go anywhere until 1975, when he re-re-recorded it after "Before the Next Teardrop Falls" became a big hit. 3. Al Stewart, in 1980. The song was on his "24 Carrots" alburn. In 2017, Stewart received a Lifetime Achievement award from the BBC. 4. The Commodores, in 1985. The song is a tribute to Marvin Gaye and Lackie Wilson, referencing their most famous songs. 5. "The Continuing Story of Bungalow Bill," by the Beatles in 1986 on the Whithis Alburn. The basis of the story mand a tigger hunt in India when the elephants were attacked by a tigger, which was then hop the Marvin Marvine Alburn. The basis of the story man as a tigger which in India when the elephants were attacked by a tigger, which was then any any any and the Marvine Alburn. The basis of the story was a tigger which in India when the American attacked by a tigger, which was the Marvine Alburn. In the basis of the story was a tigger when the Marvine Alburn. In the basis of the story was a tigger when the Marvine Alburn. In the basis of the story was a tigger when the Marvine Alburn. In the basis of the story was a tigger when the Marvine Alburn. In the basis of the story was a tigger when the Marvine Alburn. In the basis of the story was a tigger when the Marvine Alburn. In the basis of the story was a tigger when the was a tigger when the was a tigger when the Marvine Alburn The basis of the story was a tigger when the was a tigger when the was a tigger was a tigge

# SPORTS QUIZ

By Chris Richcreek

- 1. In 2015, Chris Sale set a Chicago White Sox record for most strikeouts in a season (274). Who had held the team mark?
- 2. Who was the last teenage starting pitcher in the major leagues before Julio Urias of the Los Angeles Dodgers in 2016?
- 3. Name the first football coach to win a NCAA championship and a Super Bowl.
- 4. When was the last time before the 2015-16 season that Seton Hall's men's basketball team won a conference tournament championship?
- 5. Who holds the Pittsburgh Penguins' goaltender record for most career wins in the NHL playoffs?
- 6. Toronto FC set a record in 2016 for largest margin of victory (seven goals) in an MLS playoff series that features two legs. What team had held the mark?
- 7. Since 1980, how many horses have won the Preakness after skipping the Kentucky Derby?

1. Ed Walsh struck out 269 in 1908. 2. Seattle's Felix Hernandez in 2005. 3. Jimmy Johnson won a national championship at Miami, Fla., (1987 season) and two Super Bowls with Dallas (1992, 1993 seasons). 4. It was the 1992-93 season. 5. Goalie Marc-Andre Fleury, with 62. 6. The Los Angeles Galaxy had a five-goal margin of victory over Real Salt Lake in 2014. 7. Seven -- Codex (1980), Aloma's Ruler (1982), Deputed Testamony (1983), Red Bullet (2000), Bernardini (2006), Rachel Alexandra (2009) and Cloud Computing (2017).

# is on page &

# Weekly **SUDOKU**

by Linda Thistle

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

#### DIFFICULTY THIS WEEK: ♦ ♦ ♦

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

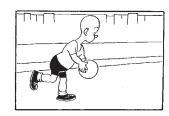
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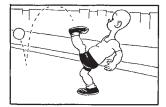
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# COMICS/CROSSWORD/HOLLYWOOD

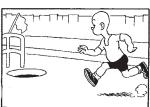


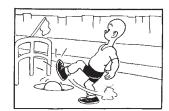




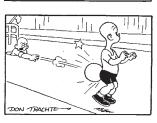




















# King Crossword

16

#### **ACROSS**

Speedometer stat

15

25

32

46

56

59

- Puncturing tools
- Into the sunset
- Savings plan acronym
- Biblical boatwright
- Eastern potentate
- Wanting company
- One of the Jackson 5
- 18 Margery of nursery-
- rhyme fame 19 Played aloud,
- as a TV Without
- cent 24 Winter woe
- Year, in Uruguay
- 26 Snitch 28 Square dance group
- 34 Shrill bark
- 36 Genealogy
- chart 37 Put forth
- 41 Coffee vessel 42 U.K. flyers

44 Burns or

Browning 46 Serving piece 5 Court

- Grissom
- 51 Floater
- 52 Boring 56 Con
- 57 Culture medium
- 58 Scratch Rickey flavor- 59 Uncategorized (abbr.)
  - 60 Legislations 61 Early bird?
- DOWN 39 Cookie holder 1 Wire measure 27
  - 2 Expert
    - "Jeopardy!" 31 Camp shelter 33 Unsteady clue, e.g.

follower Ledge

60

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- 10 Location 11 Walked (on) Corrode
- 20 Hearty brew 21 Hay bundle 22 Alternative to
- Windows 23 Rotation duration
- Mahal 29 Macabre 3 Good-looking 30 Frau's mate
  - 35 Standard

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# HOLLYWOOD

#### By Tony Rizzo

Hugh Jackman will play P.T. Barnum in "The Greatest Showman," out Christmas Day, with Zack Efron, Michelle Williams, Zendaya and Diahann Carroll. Jackman will then take on playing former Senator Gary Hart during the early stages of the 1988 Democratic presidential

If the name Diahann Carroll sounds familiar, it may be because she was the first woman of color to star in her own series, "Julia" (1968-71), and she also starred in "Dynasty" (1984-87) and "The Colby's" (1985-86). She has an Oscar nomination, for "Claudine," has five Emmy nominations and was even up for a Grammy. Carroll returned to TV for "Grey's Anatomy" (2006-07) and "White Collar" (2009-14). No stranger to musicals, she starred on Broadway in Richard Rodgers "No Strings" (1962), winning a Tony award. She's even written a book, her memoir "The Legs Are the Last to Go." Carroll next stars in the live-action film "The Little Mermaid," with Shirley MacLaine, Gina Gershon and William Moseley (of the "Narnia" franchise), due out later this year.

Meanwhile, Ryan Reynolds has begun shooting "Deadpool 2" with Leslie Uggams, T.J. Miller and Josh Brolin. It will open June 1, 2018.

The 1990 film "Tremors" was such a hit that it spawned five sequels, two TV series and a video game. Michael Gross, who played Michael J. Fox's father in "Family Ties" (1982-1989), starred in all six films and both TV series. Now Kevin Bacon, the star of the original film, is set to headline a new "Tremors" series for SYFY, which picks up 25 years later. Bacon says, "This is the only character I've ever thought about revisiting. I just got to thinking, where would this guy end up after 25 years? We hope to create a

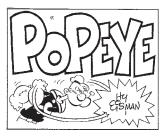


Diahann Carroll [diahanncarroll.net]

show that will be fun and scary for fans of the movie? Ironically enough, while this reboot is great news, there's no mention if Michael Gross, now 70, will be in the series. Stay tuned.

A Facebook post on June 18 announced that William H. Macy had died the night before. I knew he'd just re-signed for Showtime's "Shameless," in which he'd played Frank Gallagher since 2011 and 84 episodes. I was saddened for his wife, Felicity Huffman, an Oscar-nominee and "Desperate Housewives" star. I thought it very odd that no major news outlets had reported this, until I found out it was a HORRIBLE HOAX. William H. Macy was not only very much alive, but busy directing and starring in the film "Krystal," with Rosario Dawson, Grant Gustin, William Fichtner, John Leguizamo and wife Felicity Huffman.

Macy, who won two Emmys in 2003 for writing and starring in "Door to Door," has directed two other films, "Rudderless," with Billy Crudup, Selena Gomez and Laurence Fishburne, as well as the upcoming sex-comedy "The Layover," with Alexandria Daddario, Kate Upton, Molly Shannon and himself. For an alleged dead guy, he's sure been busy!

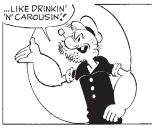
















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# King CrosswordAnswers

Solution time: 25 mins

	Solution time: 25 mins.										-	
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#### Weekly SUDOKU

Answer

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### **DEATH NOTICES**

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# GENTLY USED CHILDREN'S & TEEN BOOKS NEEDED.

Bring your (gently) used baby and teen books to the Experience Corps table at Hamden Town Center Market, Thursdays 4-7pm from July 6 to September 30. Your books will be given to area children who have little access to books. For donations of more than 50 books, please call Sheila at 203-752-3059 x2900 or email sgreenstein@aoascc.org.

Experience Corps is a literacy tutoring program whose volunteers, age 55+, help young students become better readers.

We are currently recruiting volunteers to tutor 2+ mornings weekly in a local elementary school or 2+ afternoons weekly in a local afterschool program starting in October. Training is provided. Contact Sheila for more information, 203-752-3059 x2900 or sgreenstein@aoascc.org.

Experience Corps is a program of the Agency on Aging of South Central CT and an affiliate of AARP Foundation Experience Corps. Visit www.aoascc.org/experiencecorps.

# **VOLUNTEERS AGE 55 + NEEDED**

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

bills, read with a child in a North Haven elementary school, or visit with a homebound senior or a veteran.

For more information, call Cherie at 203-785-8533 x2907 or email volunteer@aoascc.org. Also, visit www.aoascc.org

# HOW TO FIND TIME FOR FITNESS

Many adults admit to having little or no time to exercise, and statistics support the notion that men and women simply aren't exercising enough. According to the National Center for Health Statistics, only 21 percent of adults ages 18 and older met the physical activity guidelines for aerobic and muscle-strengthening activity (Note: The World Health Organization

recommends that healthy adults

between the ages of 18 and 64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout

the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, while also performing muscle-strengthening activities involving the major muscle groups at least two days per week.)

Commitments to work and family can make it hard to find time to visit the gym or exercise at home. But the benefits of regular exercise are so substantial that even the busiest adults should make concerted efforts to find time to exercise. The following are a handful of ways to do just that.

Embrace multitasking. Many professionals are adept at mult-tasking in the office, and those same skills can be applied when trying to find time for exercise. Instead of plopping down on the couch to watch television, bring a tablet to the gym or the basement and stream a favorite show while on the treadmill or the elliptical. When running errands around town, ride a bicycle or walk instead of driving.

Cut down on screen time. A 2016 report from The Nielsen Company revealed that the average adult in the United States spent more than 10 hours each day consuming media. That includes time spent using smartphones, tablets, personal computers, and other devices. By reducing that screen time by just one hour per day, adults can create

enough free time to meet the WHOrecommended exercise requirements.

Make it a group effort. Involving others can make it easier for adults to find time to exercise.

Instead of hosting work meetings in a conference room, take the meeting outside, walking around the office complex while discussing projects rather than sitting stationary around a conference table. At home, take the family along to the gym or go for nightly post-dinner walks around the neighborhood instead of retiring to the living room to watch television.

Redefine date night. Adults who can't find time for exercise during the week can redefine date night with their significant others. Instead of patronizing a local restaurant on Friday or Saturday night, enroll in a fitness class together. Parents can still hire babysitters to look after their youngsters while they go burn calories instead of packing them on at local eateries.

Finding time to exercise can be difficult for busy adults. But those committed to getting healthier can find ways to do so even when their schedules are booked.



### SUMMER READS

By Roberta L. Nestor

Reading about money and finance does not have to be boring! The selection below is a combination of unique reads that you might find informative, fun and some worthy of a page turner at the beach this summer.

#### "You're Only Old Once! A Book for Obsolete Children", by Dr. Seuss

The illustrations are priceless, the rhymes funny and oh so true. Geared toward baby boomers and the laughable process of going for a check-up at the doctor's office. What may start as a basic physical, goes on and on...a fun read for anyone over 50 or for those of you who are taking care of an elderly family member. On taking the hearing test: "My dear fellow, you're deafer than most, but there's hope, since you're not quite as deaf as a post. We'll study your symptoms. We'll give you a call. In the meantime, go back and sit down in the hall."

#### "Ponzie Scheme: The True Story of a Financial Legend", by Mitchell Zuckoff

A well written narrative that is filled with the rich history of Charles Ponzi who immigrated to the United States from Italy in 1903 with \$2.50 in his wallet. Ponzi's successful schemes began in Boston. This book takes its narrative from the hundreds of interviews Ponzi provided for the newspaper giants like the New York Times, Boston Post and Chicago Tribune. The name of his first company he used to promote his scheme was called the "Securities Exchange Company". That was in January, 1920 and in his first month he collected \$1800 from investors. By June of that year, people had invested \$2.5 million in Ponzi's scheme. Fascinating history of greed and deception. (Note: There is a "Ponzi Scheme Board Game" that is unique and fun. The goal: The players are fraudsters all trying to build the biggest shell company before someone else in the game goes bankrupt.)

#### "Get a Financial Life: Personal Finance in your 20s and 30s", by Beth Kobliner

This is a must have book for millen-

nials! As a generation that now exceeds the baby boomers in size, millennials are holding more financial debt than any other generation in history. These young adults need to be more financially educated and, unfortunately, neither high school nor college required courses include personal finance. Basics of health insurance and how health insurance works, your credit score, buying versus renting a home or buying or leasing a car are just a few of the hot topics this book addresses.

Favorite chapters include: Dealing with Debt, Basics of Banking, Breaking down your paycheck and filing of tax returns. It is an easy read with current and relevant recommended websites as well as apps to appeal to this tech savvy generation.

#### "The Pros and Cons of Flying the Coop" by Lisa Spain

While this book is geared toward baby boomers who want to relocate during retirement, it really applies to anyone who is considering relocation. Many young families are finding themselves house poor and without the resources to enjoy their lives – relocation is more and more common well before actual retirement. So, what things should be considered, and what is the process? How do we get there? Lisa Spain has a direct approach and gives guidance for not just the positives, but also the negatives you may face with relocation.

#### Happy reading!

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.

# CALLING ALL CRAFTERS AND VENDORS

Calling all artisans, crafters and shop-keepers to showcase their products at the JCC's 14th Annual Holiday Craft & Gift Fair on Sunday, December 3 from 10 a.m. – 4 p.m. The JCC Craft & Gift Fair is one of the JCC's most popular events drawing thousands of holiday shoppers each year. It is one of the biggest holiday shopping fairs in New Haven County-Free admission and plenty of free parking

for shoppers. This year's Holiday Fair will be the first large public event in the JCC since a fire closed the 360 Amity Road building in December 2016.

Limited vendor spaces are available, based on selling category. Deadline to register is October 1, 2017 if space still allows. To request a vendor application, please email debbieb@jccnh.org or call at 203-387-2424 x276.



# GIRL SCOUTS DONATE TO WOODBRIDGE ANIMAL CONTROL

Girl Scouts of Troop 60095 Orange donated proceeds from their cookie sales to the One Big Dog Animal Respite Fund c/o Woodbridge Animal Control for its renovation projects. Here they are at their graduation party at Launch Trampoline Park.

For more information about Girl Scouts, call 1-800-922-2770 or www. gsofct.org.



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www.WoodbridgeTownNews.com



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# STRENGTH TRAINING IMPORTANT TO WOMEN'S HEALTH

Women's bodies are built different from men's to accommodate the changes of pregnancy and childbirth. Although women may store fat differently and have less muscle mass than men, it's still important that women include weight resistance training in their exercise routines.

Lifting weights is an important part of staying fit. Yet many women do not pick up weights out of fear of bulking up and gaining weight. In a 2011 opinion poll conducted by the U.S. Centers for Disease Control and Prevention, less than 20 percent of women said they accomplished the CDC's recommended 2.5 hours of aerobic exercise and two periods of strength training each week.

Contrary to popular belief, women who weight train will not turn into the bulking behemoths of competitive weight lifting. The Women's Heart Foundation says that high levels of estrogen make it quite difficult for women to become overly muscular. When they strength train, rather, women's muscles will improve in tone, endurance and strength instead of size.

Resistance training provides an efficient way to build strength and burn calories. A study from researchers at the University of New Mexico found that the body will take between 15 minutes and 48 hours after exercise to return to a resting state. That means that a person continues to burn calories after exercising, a phenomenon known as "after-burn" or "excess post-exercise oxygen consumption." The more intense

the workout, the longer the after-burn may last.

Studies performed at the Quincy, Mass., South Shore YMCA found that the average woman who strength trains two to three times a week for two months will gain nearly two pounds of muscle, but lose 3.5 pounds of fat. With that lean muscle addition, resting metabolism increases and more calories can be burned each day.

The following are some additional benefits of strength training.

- Reduces risk of heart disease by lowering LDL cholesterol and increasing HDL cholesterol.
- Builds stronger muscles and connective tissues that can increase joint stability.
- Improves the way the body processes sugar, which can help reduce the risk of diabetes.
- Reduces rates of depression. A
   Harvard University study found
   that 10 weeks of strength training reduced clinical depression
   symptoms more successfully than
   standard counseling. Women
   who strength train commonly
   report feeling more confident
   and capable.

Women with no strength training experience can consult with a personal trainer who can teach them proper strength training form. This ensures that the exercises are being done efficiently while reducing the women's risk of injury. Qualified trainers also can keep people moving toward fitness goals.

# BARK BYTES...

By Vicki & Richard Horowitz





# YOUR DOG AND THE SUMMER HEAT

As summertime is here it's important to keep yourself and your dog well hydrated and cool. Dogs are particularly susceptible to heatstroke - a potentially life-threatening condition. Here are some helpful tips to make your dog's summer cooler, more enjoyable and healthy.

#### **Outdoors**

Never leave your dog in a hot car even for a few minutes. If the temperature outside is a balmy 75, the temperature inside the car is 118! Even when the windows are cracked, your car quickly becomes like an oven.

If you and your dog are outside, please make sure to provide some shade. Trees are better than doghouses for shade because they let air flow through.

Because we wear shoes, we do not notice how hot asphalt or even concrete can get. Protect your pooch's paw pads by walking on dirt or grass, or sticking to early morning or late evening walks. Even if your dog is in great shape, they can't cool themselves as well as we can. In order to cool down, a dog relies on the sweat glands in his paw pads.

Leave a large bowl of water outside, preferably one that is not metal as it may become warm quickly. If you're both going out to run errands, bring some fresh water for your dog as well.

Consider a cooling vest. If it's really warm, a cooling vest with cold packs built into the sides will make sure your dog stays comfortable and cool even on a long hike.

Never use ice to cool your dog down as it may lower their temperature too quickly and constrict blood flow, which will actually inhibit the body from cooling. Instead, let them cool off in a pool or soak their feet in cool (but not icy) water.

#### **Indoors**

Consider a haircut that will give your dog a cool summer look. Depending on the breed, a dog's long coat may actually keep him warmer in the winter and provide insulation in the summer. Additionally, a dog's long coat may keep him from getting sunburn and help protect from skin cancer. A "trim" may be appropriate but it is best not to cut a dog's

hair down to the skin or try to cut the dog's hair with scissors.

If your dog is alone during the day, leave the air conditioner on or keep a fan going.

Take extra care of flat-faced dogs. Breeds such as Pugs and Boxers have more difficulty cooling their bodies due to their short snouts.

Although ice cream is not good for dogs, consider pupsicles.

Make sure your dog's shots are up-todate especially in the summer when the parvo-virus can be prominent.

#### Beware Of The Signs Of Heatstroke

- Excessive panting and salivation
- Trouble breathing
- Staggering
- Seizures
- Bloody diarrhea
- Very dark urine concentrated in color
- Vomiting
- Dry chapped nose
- Dark or bright red tongues and gums

#### If You Think Your Dog Has Heatstroke:

- Immediately call your veterinarian.
- Move your dog to a cooler area.
- Avoid sudden cooling (like putting your dog in an ice bath).
- Apply isopropyl alcohol 70% to their foot pads, place a cool damp towel on their back, and allow them to drink small amounts of

A fun activity for you and your dog to beat the summer heat is swimming. If a swimming pool is not nearby, even a kiddie pool will help cool your dog down. Be aware that it is important that you properly introduce your dog to a pool so they know how to get in and out on their own. Also, never just drop your dog into the water as that can traumatize them.

Have a fun and safe summer!

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



ARIES (March 21 to April 19) A turn in a relationship upsets the amorous Arian, who is puzzled by Cupid's romantic antics. Be patient and considerate. The confusion soon will sort itself out.

TAURUS (April 20 to May 20) It's a good time for travel-loving Taureans to take off for fun-filled jaunts to new places. And don't be surprised if Cupid tags along for what could be a very eventful trip.

GEMINI (May 21 to June 20) You appear to be of two minds about continuing a relationship that seems to be riding roughshod over your emotions. A frank talk could help you decide one way or the other.

CANCER (June 21 to July 22) Stepping back from a relationship problem provides a fresh perspective on how to deal with it. Meanwhile, watch your words. Something said in anger now could backfire later.

LEO (July 23 to August 22) A changing situation makes the Big Cat uneasy. But hold on until things settle down around the 5th. Meanwhile, continue your good work on that still-unfinished project.

VIRGO (August 23 to September 22) A decided improvement in a workplace situation results in an unexpected, but very welcome, added benefit for everyone. Personal relationships also improve.

LIBRA (September 23 to October 22) Money matters remain a bit unsettled but soon will ease into the kind of stability you appreciate. Meanwhile, an expanding social life offers a chance to make new friends.

SCORPIO (October 23 to Novem**ber 21)** Use an unexpected roadblock in your monetary dealings to reassess your financial plans and make changes, if necessary. It soon will be smooth sailing again.

SAGITTARIUS (November 22 to December 21) Aspects of love are strong for both single and paired Sagittarians. Professional dealings also thrive under the Sag's clever handling of difficult situations.

CAPRICORN (December 22 to January 19) Set a realistic goal and follow it through to completion. Remember: You're more likely to impress the right people with one well-done job than with lots of jobs left undone.

AQUARIUS (January 20 to February 18) You like to plan ahead. That's fine. But be prepared to make some changes because of an unsettled period that influences your aspects through the 5th.

#### PISCES (February 19 to March 20)

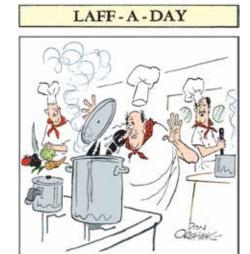
A brief phase of instability affects your usual work cycle. Use the time to catch up on chores around the house or office. Things settle down soon after the 5th.

**BORN THIS WEEK:** You love being the center of attention and probably would be a big success in show business.

Just Like Cats & Dogs

by Dave T. Phipps ARE YOU KIDDING! I'VE BEEN LOOKING





"Better give 'em another five minutes."

THE CASHIER

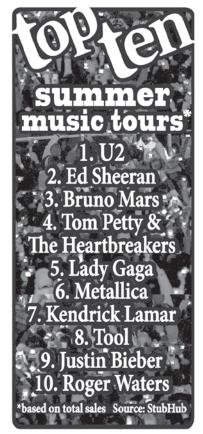
BY RICARDO GALVÃO SHOWBOAT. "UK MAN DRESSED AS GORILLA CRAWLS THROUGH LONDON MARATHON.

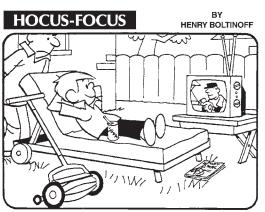
Out on a Limb



by Gary Kopervas

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# DOGS IN THE POOL?

by Sam Mazzotta

**DEAR PAW'S CORNER:** Our dog "Chet" loves to jump into the pool with us, as any water-loving Lab would! However, during a recent cookout one of our friends said it's a

bad idea to let him in the pool because dogs can spread germs and their hair clogs the filters. What's your take? I'd hate to keep him out. -- Pam in Fort Myers, Florida

**DEAR PAM:** While your friend's concerns are valid, there

are ways to minimize problems that can arise when swimming with your

Germs can be an issue if a dog is dirty or ill. If, for example, Chet were to roll around in muck on a walk and then leap into the pool, that is definitely going to affect water cleanliness. Excess shedding can lead to fine hairs being drawn into the pool's filter system, or even getting through the filters and fouling up the works.

Here are a few things you can do

to keep the pool clean and let Chet continue having fun:

Rinse your dog's coat before allowing him into the pool; rinse again after the swim to keep pool

chemicals from irritating his skin.

Keep Chet's nails trimmed, so he doesn't scratch other swimmers when paddling around.

Brush his coat regularly to remove stray hairs.

- Don't allow him in the pool if he's under the weather, has diarrhea or if his skin is dry, cracked or
- Check the pool's pH levels daily, chlorinate on schedule and manually skim the surface after each swim to nab fine particles.
- If you have guests over, make sure they're OK with Chet joining them in the pool. If not, keep him inside and let him swim another day.

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

### Staying hydrated in the heat

Drink an hour or two before you begin any outside work. Do higher-intensity garden chores during cooler morning hours, and easier work, or rest, during the middle of day. You should work through 8 ounces of fluid every 40 minutes or so. For working outside less

than 40 minutes, water is fine. For anything over 40 minutes, you'll need sugar and salt in your fluid, as is found in sports drinks.

- Brenda Weaver Sources: www.webmd.com



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653 Orange Center Road, Orange, CT

#### First Selectman's Office

Orange Town Hall M-F 8:30 AM - 4:30 PM

### Knight's Power Equipment

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