

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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CIRCULATION 3609

FRIDAY, JULY 29, 2016

AFTER THE FLOOD: PARTS OF TOWN LIBRARY TO REOPEN

By Bettina Thiel – Woodbridge Town News Correspondent

After more than three weeks of cleanup and restoration, part of the Woodbridge Town Library was scheduled to be reopened for patrons on Wednesday, July 27. A failing toilet shut-off valve in the children's bathroom upstairs led to flooding and extensive damage during the long Fourth of July weekend. A custodian found the problem early Tuesday morning upon returning from the long weekend. The library has been closed to the public ever since.

The flooding affected carpeting, drywall, the circulation desk and the books near the main circulation desk, mainly the area where new books are displayed, said Library Director Eric Werthmann. Town crews have worked to clean the downstairs carpeting and get the main circulation desk ready for use.

Even if the first floor will re-open for the public, work continues upstairs in the children's department. The upstairs circulation desk was custom-made, and will be rebuilt, Werthmann said. The up-

stairs carpeting will be replaced, which involves moving stacks of books and furniture. "The logistics of it is quite complicated," he said.

In the meantime, children can order books online, and the orders can be picked up at the main circulation desk.

Farmers Market continues: Irrespective of the library closure, the Woodbridge Farmers Market continues on Wednesday afternoons, Werthmann said, encouraging townspeople to take advantage of this resource. The hours are 3:30-6:30 p.m.

Staff is also planning some limited children's programming in the Meeting Room, which has not been affected by the flooding. Check the library website for details, <http://www.woodbridge.lioninc.org/>.

The library staff also arranged for one special opening day July 18 for patrons to pick up books on hold, and the event proved very successful, Werthmann said. Lots of people turned out for it.



Celebrating the swearing in of new sergeants and one new officer at the Woodbridge Police Department are, from left, First Selectman Ellen Scalettar, Sgt. Michael Blume, Sgt. R.J. Scott, Officer Michael Luzzi and Police Chief Frank Cappiello. Sergeant Richard Rizzuti was not able to attend.

POLICE DEPARTMENT DRAWS ITS LEADERSHIP FROM WITHIN

By Bettina Thiel – Woodbridge Town News Correspondent

The Woodbridge Police Department celebrated the promotion of three of its own to the rank of sergeant and the hiring of a new officer with a swearing-in and a reception at the Police Commission meeting July 5. Promoted were officers Richard Rizzuti and Robert J. Scott, both of whom have served as School Resource officers at Amity High School, as well as Officer Michael Blume. They are part of the Patrol Division.

New hire is Officer Michael Luzzi, who came to the department from the Orange department. The six-year veteran comes to Woodbridge well-trained and experienced, said Police Chief Frank Cappiello.

The meeting room at the police station was filled with beaming family members while Commission Chairman Robert Berke read to each the oath of

office. Rizzuti was not able to attend.

Sergeant Blume is a 14-year veteran of the department. He began his career as a patrol officer, became a certified taser instructor, field training officer, and bicycle patrol officer. He also is serving on a temporary special assignment for a state agency.

Sergeant Rizzuti is a 13-year veteran who began his career as a patrol officer, then became a certified accident reconstruction officer. He also is a bicycle patrol officer and served as school resource officer from 2007-2014.

Sergeant "RJ" Scott has been on the force for nine years. After serving as a patrol officer he took over the position of Amity school resource officer in 2014.

See "Police" continued on Page 8

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FIRST SELECTMAN RECOGNIZES STACKS AS PEOPLE OF THE MONTH

First Selectman Ellen Scalettar recognized Thera and Andy Stack as the August Woodbridge People of the Month. Scalettar initiated the Woodbridge Person of the Month Recognition program to spotlight the many Woodbridge residents, volunteers and employees who go above and beyond the expected in their dedication and commitment to Woodbridge and its residents.

Since 2006 the Stacks, who are married, have managed the community gardens at the Town-owned Fitzgerald Field. The community gardens and adjacent walking track around the corn field are regularly enjoyed by many Town residents.

Shortly after the Stacks moved to Woodbridge in 1997 they began gardening at the community gardens. Andy Stack became the gardens' treasurer and then the two became managers.

There are 110 community garden plots and most have been rented. The couple takes on the behind-the-scenes organizational tasks associated with the gardens. These tasks include collecting the nominal fee from gardeners, assigning plots, ensuring water supply and

enforcing rules, such as the Town's organic-only policy on Town-owned land.

Many Woodbridge residents' yards are deeply shaded and the community garden plots, located in full-sun, are a riot of colorful flowers, vegetable gardens and even a native shrub garden and a rose garden.

The community gardens were created in 1975, shortly after the Town acquired the property. "The volunteer efforts of Thera and Andy support the natural beauty and the environmental health of our great town, and I thank them for their commitment both to Woodbridge and to the environment," said First Selectman Ellen Scalettar.

In addition to serving as the community garden managers, Andy is also an appointed member of the First Selectman's committee on best organic practices on which he serves as a strong advocate for the environment and the community gardens.

If you know a Woodbridge employee, resident or volunteer who's gone above and beyond expectations, please nominate that person for this award by contacting Betsy Yagla at byagla@woodbridgect.org or 203-389-3403.

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EDUCATION

AMITY HIGH SCHOOL CLASS OF 1981 REUNION

The Amity Class of 1981 will hold its reunion Saturday, August 6, 2016/7:00 PM at The Hops Brewing Company/77 Sodom Lane/Derby, CT 06418. The cost is \$50.00 per person.

Mail checks to: Lisa Raccaia Hansen
- 21 Crest Avenue - West Haven, CT

06516. *Other contacts:* Lisa Raccuia Hansenlhansen21@comcast.net; Barbara Feitelson Cohenbdcf63@aol.com; Susan Gedansky Kellyskelly16@sbcglobal.net; Bobby Fantarellabobbyfant@hotroc.com; Geri Comen Guerragacg1963@yahoo.com.

RESIDENTS NAMED TO HONOR ROLL AT SACRED HEART ACADEMY

Sacred Heart Academy Principal, Sr. Maureen Flynn, ASCJ has announced the Honor Roll for the FOURTH marking period of the 2015—2016 academic school year. The following Woodbridge residents were named to the Honor Roll:



Sacred Heart Academy

HIGH HONORS

- Julianne Beltz
- Anna-Claire Luciani
- Eleanor Luciani


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- Jacqueline Degennaro
- Carsan Dzikowski

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LOCAL BUSINESS ROUNDUP

CORE CHIROPRACTIC & REHAB HAS FOUND A NEW LOCATION

As of July of 2016, Core Chiropractic and Rehabilitation is operating out of its new location at 21 Hazel Terrace in Woodbridge CT, a mere ½ mile from the end of the exit 59 ramp off Route 15. The new office space makes it possible to see more patients and more services will be made available! Along with this transformation, Core Chiropractic and Rehabilitation LLC at the new location will be doing business as Hollander Spine, Sport, and Diagnostics!

Dr. Brian Hollander has achieved a post-doctorate Diplomate from the American Chiropractic Board of Sports Physicians (DACBSP), supplying the latest information on sports injuries, sports performance, nutrition, and emergency medicine. In addition, Dr. Hollander holds numerous certifications in soft tissue myofascial manipulation and kinesiology taping. These certifications all help enhance the individualized care that reinforces and aids the effectiveness of the spinal adjustment. Patients get the highest quality care for their new injuries, chronic pain, or optimization of their athletic ability due to Dr. Hollander's advanced understanding of musculoskeletal and physiological function and performance. Core Chiropractic focuses on total body wellness and reaching optimal function for non-athletes, weekend warriors, and professional athletes. From everyday activities, to high-level athletics, the DACBSP's are experts in the function of the body during movement (inside and out).

Pappas Diagnostics (PDX) is a full service tissue-diagnostics company. PDX provides a full range of testing including: Family DNA testing, blood and urine analysis, DOT physical examinations for CDL licensing, Drug testing, Alcohol testing, Hair analysis, and Hair analysis (pun intended). Its professional and experienced staff, trained and certified, perform pre-employment screenings, functional capacity testing, worksite analysis, and Cardiological and Nutritional deficiency testing!

Much Kneaded Wellness Therapies will be providing the expertise of an experienced licensed massage therapist. Jen Brennan LMT has practiced for 12 years and takes great pride in improving the quality of life of many through massage therapy and Reiki. Massage has many therapeutic benefits, promotes relaxation and well-being, and improves the state of wellness!

Training Specialist Steve Rowe is a personal trainer that truly thinks outside the box for athletes and non-athletes! He personalizes your training and fitness goals using simple time-tested methods and techniques, improving posture and strengthening core, all coming together in a system called "Fitness Rehab™" keeping you fit for the battle of everyday living and keeping you aware of the hurdles and stumbling blocks that life can put in front of you. Steve keeps you going and motivated to put forth the effort, and to work towards preventing injuries and, if you do slip and fall, to come back faster and stronger.



SELECTMAN VISITS LOCAL BUSINESS

First Selectman Ellen Scalett recently visited Crest Lincoln/Jaguar whose home has been Woodbridge for 22 years. Scalett frequently visits Woodbridge businesses to discuss current Town topics and deepen the bond between Town Hall and the Town's businesses.

Richard Fitzpatrick has owned Crest since 1976 and moved the dealership to Woodbridge in 1994 for location and convenience. "Being in Woodbridge allows us to be at the heart of our clientele. The Merritt Parkway allows for easy access within a 30 mile radius," explains Steve Nathman, General Manager.

While the Lincoln Compact Sports Utility and the Jaguar Sports Utility are the most popular selling cars, Crest offers a wide array of new and used cars from various top automakers such as Ford, Buick, Toyota, Subaru, Chevrolet, Hyundai, Jeep and Mazda. The dealership also sells hybrids and cars with eco-friendly features.

Crest offers State emissions testing to the public. Additionally, the dealership

services all model cars and prides itself on its top-ranked customer service. "Our reputation is what we cherish more than anything in the world. We are extremely service oriented. What we say we will do for a client, is what we do. Ongoing customer relationships is our focus," said Nathman. "We have happy customers," adds Jeff White, Parts & Service Director.

Crest operates with a staff of 45 employees many of whom have been with the dealership for over 30 years. Crest is proud to be a part of the Woodbridge Business District and supports local organizations and events including Driven to Give in which Crest partners with the JCC and the dealership donates \$20 to the JCC for every test drive up to \$8,000.

"Each time I visit a Woodbridge business, I am impressed by the depth and quality of service. The Crest dealership is one of the Town's largest employers and is an important anchor in our business community," said Scalett as she concluded the visit with Crest Lincoln/Jaguar.

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MICHAEL J. PAOLINI, CPA

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All articles, photographs and letters must include your name, address and daytime telephone number for confirmation. The Woodbridge Town News reserves the right to reject any advertisement, article, photograph or letter. Letters to the editor must be unique to the Woodbridge Town News.

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Woodbridge Town News

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

Upcoming Issue Deadline Upcoming Issue Dates

August 26th *Labor Day/Back to School Issue* September 2nd
September 23rd *Columbus Day Issue* September 30th
October 21st *Election Issue* October 28th

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

FROM OUR READERS

Thank You to
All Involved!

As founder of One Innocent Life, I would like to personally thank all those involved in making our inaugural Beat the Heat 5K Run/Walk a tremendous success. With over 230 participants at the event I’d like to thank the volunteers, police, and the Town of Woodbridge officials and employees for all of their hard work.

I’d like to extend a special thanks to John Adamovich, David Cohen, and Alex MacNamara of the Woodbridge Recreation Department for setting up the course, Thom Jacobs of Payne’s Corner Timing for race timing, Colleen MacKay for being the official photographer and Rick Calhan and the whole Krative team for the strategy and design of all materials related to Beat the Heat. We look forward to making Beat the Heat 5K Run/Walk an annual event for many years to come in Woodbridge, Connecticut.

One Innocent Life is dedicated to putting out fires before they start; making fire everyone’s fight.

With Deep Gratitude,
Jeff Block, Founder
One Innocent Life

Age Discrimination
Issues Deserve Class
Action Fairness

Most workers in America know where to go if they feel they have been at the losing end of discriminatory practices. Since the 1960s the Equal Employment Opportunity Commission, better known as the EEOC, has acted as the last resort for women and men who have been unfairly treated due to their race, gender, cultural identity—and age.

The answer is yes and no. While the EEOC does oversee age discrimination complaints, age discrimination is treated very differently by the law. In fact, dis-

crimination against workers over 40 is handled under an entirely different set of rules set forth under the Age Discrimination in Employment Act or ADEA.

While the ADEA was created to protect older adult workers, since its beginning it in fact only has served to codify age discrimination as a lesser civil rights issue. Unlike race or gender discrimination, which protects workers against impact and not just intent, the ADEA only protects workers against "arbitrary age discrimination," suggesting that there are times when, gee-whiz, maybe it does make sense to lay people off who have been hanging around a bit too long.

It turns out that for some businesses, this is all the justification they need—and the courts have repeatedly upheld decisions that unfairly penalize workers for the crime of aging. The two justifications most-often utilized are "bona fide occupational qualification," usually during hiring, and "reasonable factor other than age" or RFOA. The RFOA is perhaps the more insidious defense. Essentially, if any other justification can be made for laying off a worker then there is no means for that worker to fight the ruling.

Picture a mid-sized organization that has been around for a few years. While looking for ways to increase profits, they decide to lay off all of their workers who have more than 20 years seniority and replace them with recent college grads—not in the same exact job, of course, but close enough to get the job done. A similar situation where all of the women or people of color are laid off could lead to a class-action suit, but for older adults it is different. In spite of effectively being laid off for aging, the employees in this situation would have little-to-no recourse under the ADEA and EEOC.

The impact that the lack of workplace

See "Letters" continued on Page 7

Woodbridge Town News

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.

.....
"Letters" continued from Page 6

protections has had on older adults is devastating. According to the Bureau of Labor Statistics, older workers are half as likely to find employment. Unsurprisingly, this has contributed to over 25 million Americans over 60 living in poverty or economic insecurity, according to the National Council on Aging. This poverty leads directly to decreased health outcomes, higher medical costs, and shortened life spans – all of which only serves to perpetuate negative attitudes towards aging and older adults.

This needs to change. Employers should all be held to the same standards so that if a group of workers are let go, they can band together to form a class action and prove their case for discrimination. Over the coming months and years, through its Stop Ageism Now campaign the Agency on Aging is committed to educating the public on this insidious ageism and working with those in power to re-shape the law so that we are all afforded the dignity of protection and right to work.

Sincerely,
Ted Surh, President & CEO, Agency on Aging of South Central Connecticut

Community Generosity is Greatly Appreciated

The BVFD and Auxiliary would like to thank the members of the community, especially Laticrete International, for their support for our 9th annual Car, Truck and Bike Show on Saturday, June 25th held at Bethany Airport. Members of the community enjoyed food, fun and great music provided by DJ – Aaron Stone of Wallingford.

The generosity of all those that attended the event was outstanding and very much appreciated. We would like to extend a thank you to all "show" vehicles participants and volunteers.

We also wish to thank the following companies and individuals for their generous donations: Earthmovers Inc., Johnson Automotive (NewEnglandTractor.com) Ryan Angelicola and Family, B&B Transportation, Auto Transport, Mike's Auto Towing, Zep Superior Solutions-Gina Monaco, R&M Custom Contractors, Truck Toyz Unlimited LLC, Brookview Heavy Equipment Repair LLC, Lock Stock & Barrell, DiGennaro Service LLC, North Haven Auto Body, Magna Steel Sales Inc., Country Companions Veterinary, Pleasantview Garage, Billy's Ice Cream and Marketplace, Sabo Auto Body, Plimpton & Hills, Grimaldis Pizza, JP Garcia, Hurlburt's Sugarhouse, The Flanagan Ambulance Alumni, Amity Gardens, Gary Ross, Birchwood Kennels, Burt Process Equipment, Bunny Village, Visiting Angels, Controlled Solutions, Ford of Branford, MJM Marga LLC, Paint World, Stephen Cadillac GMC, Freezer Hill Mulch, Bethany Veterinary, Concrete Coring, John Musco, CT Canine, Auto Body Supplies and Paint LLC, Flash Signs, Verabs, Starbucks, Snap On-Dave Gregoire, Action Moving and Storage, Chabaso Bakery, United Site Services, Inc. and Joe Kelley.

Everyone's support, cooperation and donations helped make this event a success. The BFVD and Auxiliary

members are proud to be a part of such a wonderful community.

Proceeds from this event will help support essential training and equipment for the Fire Department. The BVFD and Auxiliary are dedicated to Bethany, Connecticut's #1 small town.

Bethany Volunteer Fire Department & Auxiliary members

They Are Not Making Any More Land

"A mess of pottage is something immediately attractive but of little value taken foolishly and carelessly in exchange for something more distant and perhaps less tangible but immensely more valuable." The phrase alludes to Esau's sale of his birthright for a meal of lentil stew ("pottage") in Genesis 25:29–34 and connotes "shortsightedness and misplaced priorities" (Wikipedia). We seem to be experiencing this once again in Woodbridge with the latest Toll Brothers proposal to build 80 houses on the Country Club of Woodbridge Golf course. This is like the zombie developer; killed by the Woodbridge voters in a decisive town vote, it remains undead. The administration might characterize it as a phoenix rising from the ashes, but only a zombie sucks life from the living.

The latest proposal was alluded to by the First Selectman at a special Board of Selectmen meeting called on June 22, on 24 hours notice. There was no written proposal. Toll wanted 42 acres, at a proposed price of \$5 million dollars, and Ellen predicted an income of \$600k annually in taxes. Sounds like a lot of money, and it would be, if the First Selectman didn't have plans to pay off the country club bond to immediately borrow more money for a new police station, firehouses garage, firehouse renovation, and who knows what else. Net savings to you: zero.

Then there is the saving of the \$400k annual debt service and the aforementioned \$600k a year in taxes. The taxes would only amount to that much after the seven year build out is completed. My preliminary evaluation shows that with our \$42M budget, \$1m of revenue would amount to a savings of 2.5% on your tax bill. That's \$250 off your \$10,000 tax bill, or \$ 20 a month. Hardly an amount to break a budget.

If the Town had the will, it could make money from the Golf course. It has systematically dragged its feet in developing a business plan. It has let the clubhouse, a source of revenue as well as a valuable building for use by town departments, fall further into disrepair. A restaurant at the club could increase revenues for the course by 30 - 35 percent. The most frequent requests from out-of-town users, who pay full price and subsidize Woodbridge golfers, is to have a place to have lunch and a drink. The Town has worked out contracts in the past where it paid Billy Casper Golf to manage the club. Any decent negotiator would have had the management pay the town a fee.

The town has worked out the details of a new contract with the golf management company, but won't sign until July. Meanwhile, almost a quarter of the club's revenue stream, golf outings for charities and institutions have been put on hold for 2017. No one wants to

commit to booking outings if the course won't be open next year. The town has inflated the projected costs for the club to make it seem less appealing. ONE MILLION DOLLARS for a new irrigation system that course management says they don't need. THREE MILLION DOLLARS in capital expenditures (over the next three, five, ten years, it varies with each telling) most of which goes to clubhouse repairs. Herb Newman, the architect for the clubhouse, was kind enough to submit a detailed plan and cost analysis, which you can view on the town website, and it costs much less than described to preserve and renovate the clubhouse: make it safe and ADA compliant: \$600k. Tear it down: \$500k. See the report on the town website under Future for CCW.

Ms. Scallettar says it is her job to watch out for the town finances. It is only one of her jobs. She is also responsible for the general welfare and safety of the town through direct actions, appointments and oversight. She is concerned about property values. So are we. The uniqueness of having a town Golf Course is a big plus for property values. Overcrowding, construction disruptions and loss of open space decrease property values in both the long and short term.

An over 55 community on the Golf Course would be another valid argument for the Bradley Road project to be turned into non-age restricted rental.

Don't be sweet talked by the rosy picture Ellen paints. Do your homework and get your facts. In my personal dealings with her my own collected facts and figures have been disputed, distorted, and denied. Please don't spit in my face and tell me that it is raining. I don't know what her real agenda is, and probably never will, but at the BOS she packed the room with BOF members who equated Toll Brothers with the Second Coming, despite a large, well documented litany of complaints by both dissatisfied purchasers, and besieged towns. Google Toll Brothers complaints. Do it. Don't be spoon fed lies and platitudes. Use those critical rethinking skills before our town looks nothing like it did when you chose to live here.

But back to the pottage. Simple fact, with the exception of the Chinese, they are not making any more land. And they are not making more land like the Golf Course. Go see it sometime. It is lush, green and gorgeous. Want to sell that for a bowl of lentils?

David Lober

Town Meetings Have become a Toxic Environment

The recent BOS special meeting held to discuss the latest proposal from Toll brothers for the parcel known as the CCW drew a large crowd. Several people commented after the meeting that the general feeling in the room was that of anger and the meeting was most contentious.

The first selectman spoke of the wonderful current offer presented to the town...5 million dollars to be exact... for 42 acres of what is presently magnificent golf course property. The residents spoke of why they chose to move to Woodbridge, what building would do

to the character of our town, and many were concerned about what the blasting would do to the quality of wells and possible flooding of basements.

Several residents spoke about the potential use of the club house as a new home for the senior center, the gym and a restaurant/coffee shop which would enhance the already growing number of people playing golf and new memberships in the pool.

Ms. Scallettar has chosen to ignore these suggestions.

Residents mentioned turning the property into open space that the entire town could utilize if keeping the golf course open was not feasible. It appears our first selectman is also not amenable to pursuing this option.

I believe the good of the town has now been replaced by partisan politics. Previous administrations had people from 'both sides of the aisle' working together for the good of their community.

When the first selectman has to use a gavel to maintain order at BOS meetings, she has created an atmosphere that is fractious and one that confirms that she is not representing an administration that is for and by the residents of the town.

When a resident approached the selectmen's table after a BOS meeting to speak with Ms. Scallettar, and was told by the first selectman and town council to "go away, we don't have to speak with you", they were showing their disdain for any resident who might have opinions that are contradictory to their own.

It is truly a shame that Woodbridge has become such an acrimonious community. It was not this way when many of us first moved here. It did not have to become this toxic.

Cheryl Lipson

Stop Manipulating the Evaluation Process of Toll Brother Proposal

Woodbridge First Selectman Scalett called a special meeting of the Board of Selectmen (BOS) on June 22 to reveal and discuss the new Toll Brothers proposal for development of the Country Club of Woodbridge property. Although short notice was given to the public, many concerned town residents attended the meeting, as did I. It was quite clear from the outset that Ms. Scalett favors the Toll Brothers new development proposal for cluster homes and condominium units, 80 units in all on 42 acres. What is equally apparent is that she will use inappropriate means, including irregular and improper process, to promote her agenda.

The June 22 meeting was noticed as a special Board of Selectmen meeting. It was not a joint meeting with the Board of Finance (BOF). However, three members of the BOF attended and were seated in the front of the room with their official name plates, as if they were there in an official, proper capacity. As she did with the members of the BOS, Ms. Scalett asked each of these BOF members to publicly express their opinions regarding the new proposal. It was no surprise they offered overwhelming support for the proposal...of course, why else were they

.....
See "Letter" continued on Page 9

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RUNNING: A GUIDE TO HEALTHY TRAINING

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

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

Another area of focus should be in your pre and post stretching routine. Before your run, the best way to warm up is dynamic stretching which is moving while stretching instead of holding a position. One example of a dynamic stretch would be holding on to something to maintain balance and slowly start swinging your leg back and forth with your leg straight. As you start to loosen up, you will be able to increase the intensity of the movement. This should be performed for 30 repetitions. There

are plenty of other dynamic stretches that can help warm you up prior to your run. Following your run, static stretching should be performed. Static stretching is holding a position for a period of time. Typically for runners the most important areas to stretch are calves, hamstrings, quads and lateral hips. In our clinic, we have incorporated many

of these techniques and have customized stretching programs for different athletes depending on their restrictions.

Finally the last area to help avoid injury is cross training. Constant running without other forms of training can lead to significant weaknesses in other areas of the body that translate

to injuries. Some signs and symptoms that runners may experience that are primarily due to a lack of cross training are low back pain, lateral hip pain and knee pain just to name a few. Lower abdominal and gluteal strengthening can be key in keeping a stable pelvis and decrease chance for developing an abnormal running pattern with muscle imbalances in your body. In our clinic, we see these problems all too often in runners. By adding in pelvic tilt exercises along with hip strengthening exercises such as clams and hip squeezes can help tremendously. Another exercise that can be simple and also help build lateral hip muscles can be walking sideways, side shuffling on a treadmill, or on pavement. Exercises like these would be beneficial to add into a daily program.

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

Michael Demetriades DPT received his doctorate degree from Quinnipiac University. He has experience in working with all ages and injuries. Michael is a previous varsity hockey and baseball player who is well versed in the modern athlete. Amity Physical Therapy was founded by Michael Dow MSPT, CEO/Director almost 12 years ago. The practice now has three offices: Branford, Woodridge and Hamden. Michael Demetriades can be reached in Branford at (203) 433-4683.



Michael Demetriades DPT

"Police" continued from Page 1
As of July 15, a successor in that position had not been identified.

The shuffling of positions in the department comes as a result of three retirements, namely that of former chief Eugene Marcucci and Sergeants Jim Sullivan and Thomas Balch, and does not change the number of officers or

administrators, said recently installed Chief Frank Cappiello. In fact, the department is still looking to fill three open positions.

Both Chief Cappiello and First Selectman Ellen Scalettar congratulated the newly installed officers. "We are fortunate to have members of our department of this high caliber," Scalettar said, thanking them for their service to the town.

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“Letter” continued from Page 7

there? As an appointed body, the BOF does not have a vote to approve any development nor do they vote to send any development option to the residents for referendum. Why were BOF members actively participating in a special BOS meeting? It seemed to me they were there to support Ms. Scalett's position on the proposal and advance her development agenda – an agenda that will forever change the landscape of Woodbridge. And, I must add, these BOF members had an unlimited amount of time to share their views while the residents had to wait patiently for the public comment session, and each resident was limited to 3 minutes of speaking time.

In the future, Ms. Scalett should adhere to all the rules of a special BOS meeting, not just the ones that serve her political needs. The future of the CCW property is a major issue in Woodbridge, and it's time for our First Selectman to stop manipulating the evaluation process, having tunnel vision for only Toll Brothers proposals and playing politics.

Chuck Pyne

The Woodbridge Chestnut Orchard

It has been 10 years since the onset of the Woodbridge chestnut orchard. The program is a cooperative effort of the town of Woodbridge, the Woodbridge Land Trust, and the American Chestnut foundation. The Orchard is located on the Fitzgerald property. It is one and a half acres in size and fenced to keep the predatory deer out. Many people have stopped me and asked why so many of the trees have been cut down. We started with 434 nuts and now have 15 trees remaining.

The purpose of the Orchard was to use hybrid nuts combining American characteristics and Chinese resistance to the chestnut blight. The trees that were planted were 94% American and 6% Chinese in their genetic makeup. Over the past 2 years the trees have been assessed for resistance to the blight both naturally occurring and 2 strains which were injected into each tree. The remaining trees showed the best resistance although all of them had some sign of fungal blight.

Our plan is to let the remaining trees open air pollinate and then to collect the nuts. These nuts will be used in seed orchards to attempt to find the best resistant trees. These trees will then be used to introduce the chestnut tree back into the environment.

For those who are interested in the American chestnut foundation program, I urge you to go to the TACF website for further information and a more complete history of the program.

Philip B. Arnold MD
Orchard Manager

Residents Near and Far, Should Oppose Toll Brothers Proposal

Sometime in the near future, Town

of Woodbridge voters will be asked through referendum to approve a zoning change (or zoning "modification") to allow Toll Brothers to construct a large project of cluster homes and condos on the Country Club of Woodbridge property, intersection of Ansonia Road and Johnson Road. Our residence is situated just a few hundred feet west of the west end of this proposed development, so we are, most naturally, vehemently opposed to this project. Irrespective of where their homes are located, we believe that all town residents should vote against this proposal as well.

People who live in Woodbridge moved to the town for a number of reasons, among them a top-notch school system, an abundance of open space and zoning laws that have for many years allowed only single family homes. When you think about it, it is quite special that we have maintained this situation throughout the vagaries of modern life, so that residents can still feel safe and secure anywhere in town, and can raise their families in the type of peaceful and quiet environment that seems to be disappearing from more and more places. Our First Selectman avers that the Toll Brothers/CCW project will not change any of the great things about our town, but we respectfully disagree with her position in this instance.

If approved by the BOS and town voters, this project may well result in future litigation by other developers trying for the same exceptions to our zoning laws. There are a number of large town-owned land parcels, such as the approximately 130 acre Fitzgerald property at the intersection of Center and Beecher Roads, as well as many acres of privately owned, wooded and thus far undeveloped land in our town. Any of this real property could someday be targeted by a deep-pockets development company wanting to build multiple unit housing or commercial enterprise. If we then say "no" to such proposals, the exception we made previously for Toll Brothers/CCW housing will surely be used against us, forcing us into expensive litigation regardless of whether we ultimately win or lose.

The proposed TB/CCW project would be a massive construction undertaking involving explosive blasting of ledge, as well as trucks and construction equipment coming and going on Johnson and Ansonia Roads. Blasting could possibly affect the underground aquifers that supply well water to surrounding residences, and anyone who regularly drives on Johnson Road knows it to be a narrow two-lane street where pedestrians and bicyclists have to be very careful when two vehicles traveling in opposite directions drive past them. Streets such as Johnson and Woodfield Roads are ill-equipped to handle the demands of a construction project of this magnitude.

All in all, we feel that this TB/CCW will, on balance, be a detriment to Town of Woodbridge, and the money that Toll Brothers will be paying for the property will not in any way offset the potential pitfalls.

James and Mary Wilson

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AN OUNCE OF PREVENTION

National Water Quality Month

August is National Water Quality Month. Your regional water authority is responsible for making sure the public water you use is safe. It is your responsibility to protect the public water supply by obeying rules posted by water authorities and not contaminating public watershed areas with pollutants. For example, never dump unwanted household products down roadside drains. Roadside drains are called catch basins or storm sewers. You may think that these drains collect wastewater that goes into the sewers. But the fact is that many of these drains are collection points for the water that we drink! Most of these drains do not have filtering systems. The water that they collect often flows right into the drinking water supply. It is essential that you never dump pollutants such as used motor oil or paints nor waste like dog feces or fertilizers into these drains. Dumping of such products can cause contamination and pollution of your community's drinking water supply.

It may help if you understand the water collection process. Most groundwater (the water which flows underground and is replenished by rain) eventually becomes drinking water. It is collected via natural underground routes or through man-made systems, known as catch basins. (Those are the drains you see along the road that you always thought were part of the sewer system.) Which roadside drains are part of the water collection system is hard to know unless you study a water supply map. The part of a town where water is collected for the drinking water supply is called a public water supply watershed area. These areas are marked by signs, but most of us are unaware of the exact location and boundaries of these areas.

HOME OWNERS NEED TO TAKE CARE OF THEIR WELLS. If you are a homeowner who uses drinking water from a well, it becomes your responsibility to be sure that your drinking water is safe. Many things can affect a well, especially periods of heavy rain. Periodic water quality testing of private well water is recommended for all private well owners, (regardless of the weather) and should be part of routine household maintenance. At a minimum, private wells should be tested annually for total

coliform bacteria, nitrite/nitrates, pH, color and turbidity.

The occurrence of bacteria in well water is common, treatable and in most cases preventable. Many older wells have the well head located below the ground surface. This increases the risk of contamination due to surface water intrusion. Actions to decrease the risk of contamination include: Extending the well casing at least six inches above the ground surface; providing a watertight well cap; inspecting and repairing any cracks or corrosion in the well casing; and directing surface water away from the well. All work on the well must be done by a Connecticut registered well contractor, with proper permits obtained from this health district. If your well floods due to heavy rainfall, you should consider it contaminated by bacteria and it should be disinfected. (Disinfection procedures are available from this office.)

The State of Connecticut, Department of Public Health, Environmental Health Section (with the EPA and UCONN) has published "A Guide to Drinking Water Quality". In this guide, several recommendations are made for protecting your well. Some of the suggestions are: Know where your well is located; Be sure that the well has a cap or sanitary seal to prevent unauthorized use of, or entry into, the well; Periodically inspect exposed parts of the well for problems; Slope the area around the well to drain surface runoff away from the well; Avoid mixing or using pesticides, fertilizers, herbicides, degreasers, fuels or other pollutants near the well; And never dispose of hazardous materials into a septic system.

There are other things to think about if you have a well. For example, there are water-related appliances, like well pressure tanks, hot water heaters, humidifiers and dehumidifiers that help make the water most suitable for your purposes. These appliances need periodic maintenance and servicing, just like your furnace does. Don't wait until they stop functioning.

For a complete packet on wells, well maintenance, water testing and decontamination procedures, District residents can call QVHD, 248-4528. You can also find the information at <http://tinyurl.com/zj9byw>.

PROTECTING BABIES

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

QVHD offers the pertussis (whooping

cough) vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to parents, grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger. If you are over age 18 and have never had a Tdap vaccine (a combined booster immunization containing tetanus, diphtheria and pertussis protection), you are eligible to receive this vaccine. A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay this fee. Call QVHD, 203 248-4528 for an appointment. An appointment is not required but is suggested. Walk-ins are welcome.

AMITY PHYSICAL THERAPY HEADED FOR 12TH YEAR

Woodbridge. Amity Physical Therapy, Greater New Haven's award-winning physical therapy facility, will be celebrating its 12th year shortly. Founded by Michael Dow MSPT and CEO/Director, the practice has been voted "Best of New Haven", two years running, by a number of prominent local publications.

Dow, a long time area resident, set out to differentiate his practice from all other local facilities. Above all, he and his partner, Kyle Branday MSPT, carefully chose the best therapists from a cadre of many qualified practitioners, most of whom have earned advanced degrees in physical therapy.

"This is a very 'hands-on' profession", Dow commented, "and a therapist's skills must be complemented by compassion. Our patients are cared for from the moment they walk through our doors. Their comfort is foremost, both physically and psychologically. Our offices reflect the most relaxed, informal atmosphere possible. No sterile white walls; rather, carefully selected works of art and serene color formats throughout to create a warm, healing environment."

From a single facility in Woodbridge, Amity Physical Therapy has grown to three flagship offices, adding Hamden and Branford to its complex. Each office has a staff of highly skilled therapists,

most with Doctorate Degrees and all with experience in a wide variety of injuries and pain trauma. From chronic lower back pain, muscle or joint pain, neurological symptoms, imbalance, to post-surgical rehabilitation-- their therapy covers the age range from pediatrics to geriatrics. Amity Physical Therapy

has also recently added the healing art of acupuncture to its arsenal of pain-killing therapy.

"There's no substitute for true caring and personal understanding of one's pain," Dow concluded. "We're not time-based, nor a turn-style facility. We're deeply committed to every patient, no matter how difficult or complex their problem may be. From a thorough diagnostic evaluation, to the final healing process, every physical therapy talent we possess is directed toward returning our patients to normal physical activity as soon as possible."



Michael Dow MSPT

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STAN SMITH'S TENNIS CLASS

DOUBLES: LOB THEM!

In doubles, teams try to take control of the net. One of the best strategies is to hit lobs constantly, as this can dishearten and tire out your opponents.



If a point progresses until all four players are at the net simultaneously, you can even try hitting a lob volley. The lob volley is a touch shot that often surprises the opponents. But if you hit it short, watch out -- the opponents will have an easy overhead, and you will be standing at the net!



FROM THE FIRST
SELECTMAN'S DESK

By Ellen Scalettar



It is tax time and many of you have been coming to Town Hall in person to pay your bills. It is a tribute to our friendly and efficient tax collectors that nearly all residents come in with a smile and a friendly greeting.

It is also, of course, a tribute to the excellent fiscal management of our Town by the Board of Finance and our Finance Department. Just recently Woodbridge's financial strength was validated once again by Moody's Investors when we received a Aaa bond rating, the highest available.

Woodbridge also received the award for Excellence in Financial Reporting from the Government Finance Officers Association. The award recognizes a "spirit of full disclosure" and the clear communication of the Town's financial story. The award also commends Tony Genovese, our Finance Director, as the person with primary responsibility for preparing the award-winning report.

Our excellent bond rating is one important tool to control taxes, but our mill rate remains high, in part because of our predominant reliance on residential property taxes. To alleviate that burden, I have made expanding our tax base a priority, and I have been working with the Economic Development Commission to support our business district. In addition to regular visits and business promotion, we are initiating the design

phase of a signage program to help direct visitors and residents to restaurants, shops, and recreational opportunities. We also continue to work with the State Department of Transportation on short and long term traffic improvements in the Village District.

In my view, the future of the Country Club of Woodbridge property (CCW) is an important part of our budget discussion. I disagree with those who say that financial considerations are not relevant to our plans for the CCW. It was an expensive purchase that was made by the Town to control development on the property. Some in Town are now opposed to any development; some would like to see continued golf operations; others would like to see true open space or other recreational activities, including the pool; and still others would like to maximize our financial return. We have nearly as many opinions as we have residents!

I hope you were able to attend the informational meeting this week and that you will stay up to date by visiting our website at woodbridgct.org. Information about the proposals and other information about the Country Club can be found at woodbridgct.org/CC-WFuture. And, of course, please sign up for our enewsletter (tinyurl.com/WoodbridgeEnews) to learn about Town news and events.

FROM ACROSS THE AISLE

By Selectman
Maria Cruz Kayne



An intriguing proposal for the Country Club of Woodbridge was unveiled at the most recent meeting of the Board of Selectmen. Redan Reserve LLC, the developer of Chelsea Piers in Stamford and Manhattan, proposes to purchase the entire 155 acre Country Club of Woodbridge property. The plan is to restore the historic Yale Golf Course, to build a hotel on the Yale course called "The Lodge at Yale," and to completely redesign and rebuild the CCW course, adding public walking and cross country ski trails for Woodbridge residents, to create a 36-hole destination golf complex. This would not be a private club; both courses would be open to the public for a daily fee. The CCW land would be sold with a conservation easement, so it would be protected in perpetuity, and it would be fully owned by Redan Reserve and thus returned to the Woodbridge tax rolls.

While the details of the proposal need to be examined closely, this concept has real merit. It offers substantial cash to pay down the CCW debt, returns the property to private ownership, and preserves a vast tract of recreational land while allowing public recreational access. All this would be achieved while enhancing the character of the surrounding residential neighborhood, in sharp contrast to the Toll Brothers' demand that Woodbridge change its residential zoning regulations to allow dense residential development.

Since 2009, I and others have been advocating for just this type of proposal. At that time, I chaired the Woodbridge Conservation Commission. When the Country Club went into foreclosure and a dense housing development was threatened, the Selectmen sought advice from the Conservation Commission on the purchase of the golf course. We supported the decision to purchase, but only if the town placed a conservation easement on the land and re-sold it.

One of my colleagues on that commission, Jim Urbano, has joined me in continuing to advocate for the "protect and sell" option. In November 2013, he arranged a meeting for First Selectman Scalettar and Town Attorney Weiner with a golf consultant and a commercial real estate consultant. Both experts explained that the CCW has value as a golf course and could be successfully marketed with a conservation easement in

place. The consultants offered to create a marketing plan and find a buyer. But Ms. Scalettar ignored this offer. Instead, she created an RFP (Request for Proposals) focused on a dense residential development on a portion of the property, an option that had already been rejected by the Town's voters in a 2011 referendum.

In the 2015 Town election, one plank in the Republican campaign platform was to oppose zoning changes, such as those required for the Toll proposal, because they could open the floodgates to uncontrolled development town wide and threaten our Town's rural character. Our alternate vision for the Country Club land was to consider more creative ideas for uses of the property that did not require re-zoning.

Last fall, I submitted an 8 page report to my fellow Selectmen with ideas for "Open Space" options for the CCW. Of course, the "Protect and Sell" option was prominently featured in this report. Again, it was ignored by the First Selectman.

More recently, local commercial realtor Steve Miller (of Levey, Miller, Maretz) attended the May 11, 2016 Board of Selectmen meeting and echoed the previous consultants' view that the CCW could be sold as a golf course with a conservation easement.

Despite their narrow focus on housing development, town leaders now find themselves with an appealing alternative proposal. Given their staunch advocacy for Toll over the past three years, I sincerely hope Ms. Scalettar and Mr. Weiner will give this golf proposal the serious attention it deserves. They should assemble a top notch team of experienced corporate negotiators to match the negotiating team from Redan Reserve and work closely with Yale and the City of New Haven, the other potential partners in this proposal. We have the opportunity to substantially reduce the Town's debt burden, preserve and protect a neighborhood, maintain and enhance the unique character of our Town, and be home to one of the top 100 golf courses in the world, without any change to our zoning. With all of these things in mind, Woodbridge residents deserve to be represented by a team that is motivated and capable of negotiating the best possible deal for the Town of Woodbridge.

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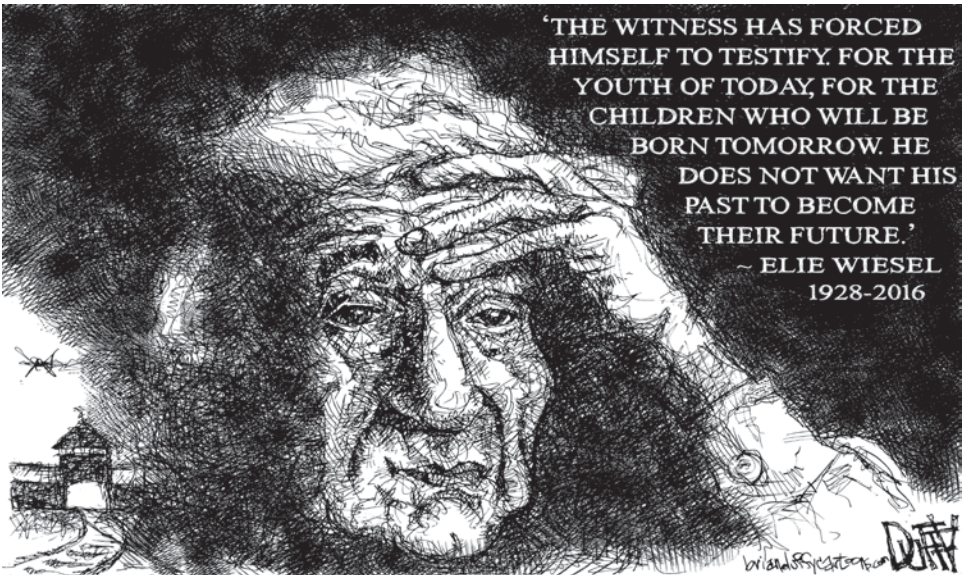
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TOWN DEPARTMENTS & AGENCIES



TOWN’S FINANCIAL STRENGTH CONFIRMED BY AAA RATING

The Town of Woodbridge’s financial strength was recognized with a recent Moody’s Investors rating of Aaa. On July 1, the Town once again received a Aaa bond rating from Moody’s Investors, the highest rating available, when the Town sold bonds and notes.

According to Moody’s Credit Opinion, "the Aaa rating reflects the town’s historically stable financial position with adequate reserve levels. The rating also incorporates the town’s moderately sized tax base with well above-average wealth and income levels and manageable debt profile."

Moody’s opinion cites the Town’s strengths as "strong financial management including adoption of a formal fund balance policy" along with the Town’s "stable" tax base and "manageable debt position". This strong bond rating gives the Town access to low interest rates which makes it less expensive to borrow for major projects, such as the recently completed renovations at Beecher Road School. In fact, the Town just issued bonds to pay for the school project and received the low interest rate of 1.9% for 20 years.

"As First Selectman, one of my primary responsibilities is the fiscal stewardship of the Town," said First Selectman Ellen Scalettar. "Our residents have entrusted me, the Board of Selectmen and the

Board of Finance to look out for their financial interests and their pocketbooks. Our bond rating and ability to borrow at such low rates demonstrate the success of the path we’ve taken with the guidance of our superb Finance Director, Tony Genovese."

Separately, Woodbridge Finance Director and Administrative Officer Anthony Genovese has recently earned an award for doing an outstanding job of preparing Woodbridge’s budget and audit documents. Genovese was presented with a "Certificate of Achievement for Excellence in Financial Reporting" from the national Government Finance Officers Association (GFOA). The certificate is the highest form of recognition in the area of governmental accounting and financial reporting. The certificate is awarded to Towns whose audits demonstrate a constructive spirit of full disclosure to communicate the Town’s financial story.

Earlier this year Woodbridge also received the Distinguished Budget Presentation Award from GFOA. Only a small percentage of Connecticut towns earn both awards. "These awards, coupled with Moody’s recent confirmation of the Town’s Aaa bond rating, affirm that the Town’s finances are being ably managed in the best interest of our residents," said Board of Finance Chair Matthew Giglietti.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF AUGUST 2016

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



Town Hall

| | | |
|------|---|---|
| 8/5 | Police Commission 6:00pm Town Plan & Zoning Commission 7:30pm | Police Dept. Town Hall |
| 8/11 | Library Commission 6:00pm Zoning Board of Appeals 7:30pm | Library Town Hall |
| 8/13 | Board of Selectmen 5:00pm | Town Hall |
| 8/18 | Fire Commission 6:00pm CUPOP 6:30pm Special Town Plan & Zoning Comm. . 7:30pm | Fire Station Town Hall Senior Center Cafe |
| 8/19 | Economic Development Comm. 6:00pm | Green-Center Bldg. West Lawn |
| 8/20 | Inland/Wetlands Agency 7:30pm | Town Hall |
| 8/21 | Board of Finance 6:00pm Conservation Commission 7:30pm | Town Hall Town Hall |
| 8/25 | Country Club of Woodbridge Comm. 6:00pm Recreation Commission..... 7:00pm Special Recreation Commission..... 7:00pm | Town Hall Beecher Rd School So. Beecher Rd School So. |
| 8/26 | Government Access TV 7:15pm | Town Hall |

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FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Anna Mauhs instructs students in Youth Services Babysitter Training

Babysitter Training Held in Woodbridge

Woodbridge Youth Services held a 2-day Red Cross Babysitter Training last week in the Woodbridge Library where students learned basic child care and

how to respond to emergency situations. Many of these students will be joining the Woodbridge Job Bank and may be available for babysitting.

Seventh Grade Picnic/Bethwood Bash

August 25, 2016

Woodbridge and Bethany incoming 7th graders (including private schoolers) will join old friends and new at the annual Seventh Grade Picnic on Thursday, August 25th from 5:30 to 7:30 p.m. It will be a blast on the Woodbridge Green at 4 Meetinghouse Lane near the gazebo. Don't miss the Giant Slide, pizza, music, games and dancing

with an interactive D.J., and the free raffle! Admission is only \$5.00 for the first big event of the school year! Rain location is Woodbridge Center Building Gym. Please register now at 203-389-3429. Participants must be residents of Woodbridge or Bethany who are entering seventh grade.

Volunteers and prizes needed!

Parents, grandparents, college students, and high school juniors and seniors are encouraged to help. It's a great way to support our young teens! Donations are appreciated from individuals and local businesses for raffle prizes

and other needs. Please call 203-389-3429 to register, volunteer or donate for this event.

Bethwood Bash Programs are sponsored by Woodbridge Youth Services and the Town of Bethany.



AMERICAN GIRL DOLL CAMP

Hosted by Orange Historical Society

The Orange Historical Society is planning its 2nd annual American Girl Doll Camp, August 22, 23 & 24. There will be lots of things to do with the history of the dolls and activities from their time including making candles and ice box cookies. The event will take place at High Plains Community Center from

9:00 A.M. To 12:00 P.M. Ages up to 13 are welcome and bring your dolls. The cost is \$65.00 and payable in advance by sending a check to OHS, PO Box 784, Orange, CT 06477, Attention: Camp. For information call 203-795-3106. Check us out on Facebook or our website: www.orangehistory.org.

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LOCATIONS TO PURCHASE RAFFLE TICKETS

People's Bank
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
286 Boston Post Road
M-F 8:30 AM - 4:00 PM;
Saturday 8:30 AM - 12 Noon

Chip's Family Restaurant
321 Boston Post Road
7 days a week, 7:00 AM - 8:00 PM

Orange Firemen's Carnival
Orange Fairgrounds
July 30, 31, August 1, 2
during Carnival Hours

Drawing to be held on Sunday,
August 7th, 2016 at 4:30 p.m.
at the Orange Fairgrounds, 525
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WALKERS WILL TAKE TO THE STREETS TO FIGHT SUICIDE

Suicide is the tenth leading cause of death in the United States, yet suicide is preventable. More than 1,000 people from throughout Hamden and the greater New Haven area are expected to participate in the annual Hamden Out of the Darkness Community Walk hosted by the Southern Connecticut chapter of the American Foundation for Suicide Prevention (AFSP) at 12:30 p.m., Sunday, September 25, 2016 at Hamden Town Center Park (next to 2623 Dixwell Avenue). This fundraising walk supports the American Foundation for Suicide Prevention's local and national education and advocacy programs and its bold goal to reduce the annual rate of suicide 20 percent by 2025. To register for this year's walk, visit <http://afsp.donordrive.com/event/hamden>.

"We walk to raise awareness about this important health issue. Suicide touches one in five American families. We hope that by walking we save lives and bring hope to those affected by suicide," said Emily McCave, Hamden Walk co-chair and President of the Southern Connecticut chapter of the AFSP.

The Hamden Out of the Darkness Walk is one of more than 375 Out of the Darkness Community Walks being held nationwide this year. The walks are expected to unite more than 250,000 walkers and raise millions for suicide prevention efforts. With this walk last year, the AFSP Southern Connecticut chapter raised approximately \$86,000 and had

more than 1,200 participants. Half of the money raised from the walk goes toward funding local suicide prevention programming in Southern Connecticut.

The Media Sponsor for this year's walk is iHeartRadio, and a personality from local radio station KC101 will be on hand to emcee the event.

"These walks are about turning hope into action," said AFSP CEO Robert Gebbia. "Suicide is a serious problem, but it's a problem we can solve. The research has shown us how to fight suicide, and if we keep up the fight the science is only going to get better, our culture will get smarter about mental health, and we'll be able to save more people from dying from depression and other mental health conditions."

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. Led by CEO Robert Gebbia and headquartered in New York, and with a public policy office in Washington, D.C., AFSP has local chapters in all 50 states with programs and events nationwide. Learn more about AFSP in its latest Annual Report, and join the conversation on suicide prevention by following AFSP on Facebook, Twitter, Instagram, and YouTube.

Jamie A. Hulley
Arts Foundation

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Evening for the Arts

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For information contact the Foundation at: **203-891-8869** or jamieart@snet.net

www.jamiehulleyartsfund.org
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Audra DiGello, 203-795-2394

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Elegant 7rm, 4BR, 2.5ba Col N10152094
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MILFORD \$599,900 New construction
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ORANGE \$525,000
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Nick Mastrangelo, 203-795-2351

BETHANY \$499,000
Oversized Col on 3.3 ac. N10115809
Tom Cavaliere, 203-795-2300

WEST HAVEN \$499,000
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Tom Cavaliere, 203-795-2300

BETHANY \$458,500
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MILFORD \$195,900
Lg 7 rm, 3BR Cape N10146752
Mike Sirochman, 203-795-2365

STRATFORD \$189,000
Spac, End Unit 2BR twnhse, N10116567
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DINING WITH SUSAN

By Susan Noonan



GREATER ORANGE RESTAURANT WEEK

I am excited to report that the "Greater Orange Restaurant Week" is just around the corner and will be taking place from Monday, August 8th thru Sunday, August 14th. 22 of our popular local restaurants will be offering a variety of prix fixe dinner and/or lunch options which will include appetizers, entrees and desserts. The restaurants are conveniently located in Orange, Woodbridge, and Milford listed below in alphabetical order. Please note that many of these great restaurants are still finalizing their restaurant week menus so check out their websites, Facebook or call for specific details.



- ALDARIO'S RESTAURANT**-240 Naugatuck Avenue, Milford-203-208-8269
- ANDINI'S PIZZA BAR & GRILL**-555 Boston Post Road, Orange-203-799-0200
- BELLANAPOLI**-864 Boston Post Road, Milford-203-877-1102
- COROMANDEL CUISINE OF INDIA**-185 Boston Post Road, Orange-203-795-9055
- ELI'S ORANGE**-285 Boston Post Road, Orange-203-553-9933
- GABRIELE'S ITALIAN RESTAURANT**-326 Boston Post Road, Orange-203-799-2633
- GUSTO TRATTORIO**-255 Boston Post Road, Milford-203-876-7464
- LA FAMIGLIA VINCENZO**-1573 Boston Post Road, Milford -203-951-0585
- MEXICO TIPICO**-1061 Boston Post Road, Milford-203-713-8887
- MICHAEL ANTHONY'S TUSCAN GRILL**-475 New Haven Avenue,

- Milford-203-877-1370
- OLA RESTAURANT**-350 Boston Post Road, Orange-203-891-0522
- OSCAR'S WOODMONT KITCHEN**-186 Hillside Avenue, Milford-203-283-9734
- OUTBACK STEAKHOUSE**-132 Marsh Hill Road, Orange-203-795-0700
- PLAN B**-1638 Boston Post Road, Milford -203-713-8700
- PRIME 16**-464 Boston Post Road, Orange-203-553-9627
- PUERTO VALLARTA**-377 Boston Post Road, Orange -203-799-9977
- REGGIANO'S PIZZA & PASTA HOUSE**-487 Bridgeport Avenue, Milford -203-713-830
- SEASONS BY JEFFREY'S**-501 New Haven Avenue, Milford-203-878-1910
- SOLUN TAPAS BAR & RESTAURANT**-245 Amity Road, Woodbridge-203-298-9741
- SOUTH SEA GRILL**-200 Boston Post Road, Orange-203-553-9627
- STONEBRIDGE RESTAURANT**-50 Daniel Street, Milford-203-513-9280
- WOODBIDGE SOCIAL**-12 Selden Street, Woodbridge-203-553-9135
- Final Notes: Please remember to support these well established restaurants not only during the Greater Orange Restaurant Week, but all year long! For the restaurants that accept reservations, they are always recommended. Enjoy the beautiful summer months and the Greater Orange Restaurant Week! If you have a favorite restaurant, email susan@orangetownnews.com or susan@woodbridgetownnews.com.

DINNER ON THE FARM

at MASSARO COMMUNITY FARM

SEPTEMBER 4, 2016 ~ 4:30-9:00pm

4:30 Farm Tour~5:00 Cocktails/Silent Auction
6:45 All-local farm-style dinner in the fields

\$175 per person includes dinner, dessert & open bar

Proceeds benefit our ongoing food donations & farm-based education programs

Purchase tickets/See full program calendar:
www.Massarofarm.org
41 Ford Road, Woodbridge CT (203) 736-8618



Q: I miss seeing **Jennifer Esposito** on "**Blue Bloods**." Can you tell me if she has any more projects in the pipeline?
-- Daryl G., via email

A: Jennifer is returning to CBS, but not to "Blue Bloods." She's been cast as a series regular for the 14th season of "**NCIS**," where she'll play Special Agent Alex Quinn, an instructor at the LEO training center whom Gibbs (played by **Mark Harmon**) lures back into the field as part of his team. Executive producer **Gary Glasberg** is thrilled to have Jennifer on board, saying: "We couldn't be happier. ... She embodies everything that we hoped for in the character of Quinn, and we can't wait to have her come be a part of our team." Her first airdate will be the season premiere, which is Sept. 20 at 8 p.m. ET.

Q: I was so bummed to read in your column that the "**Coach**" revival was canceled. Does that happen a lot, shows getting the go-ahead and then having it snatched away? -- Lilly G., Dearborn, Michigan

A: It happens more often than you might think. As you mentioned, "Coach" was canceled by NBC, even though it had been greenlighted and the pilot episode filmed. Fox's "**Famous**" was canceled before shooting started. HBO rescinded its series order for "**Brothers in Atlanta**"; it also canceled its miniseries project "**Codes of Conduct**" before air. FXX canceled "**Cassius and Clay**" before any episodes aired. Spike's "**Harvest**" was canceled prior to production, as was Yahoo's "**The Pursuit**." And finally, HBO's "**Utopia**" was canceled in preproduction. Hollywood can be a fickle fellow.

Q: Can you give me any scoop on the new season of "**American Horror**



Jennifer Esposito [Eric Liebowitz/CBS]

Story"? -- Benny T., via email

A: FX recently revealed that "AHS" would return for its sixth season of 10 episodes on Sept. 14 at 10 p.m. ET. As of this writing, these are the cast members who have confirmed that they'll be returning: **Evan Peters, Denis O'Hare, Matt Bomer, Angela Bassett, Leslie Jordan, Cheyenne Jackson** and **Lady Gaga**. As I previously reported, **Jessica Lange** will not return for the new season.


Q: I've been putting off watching the sixth season of "**Community**" because I just don't want it to end. Do the rumors I am hearing about a possible movie have any chance of being true? -- Hyla P. in North Carolina

A: If creator **Dan Harmon** has his way, there will be a "Community" movie. He recently told **Larry King** that "Community" would make a great movie, cryptically adding, "It will happen." However, he isn't sure when his busy cast could come together, saying: "If I pull out a typewriter right now and write a 'Community' movie just for my own heart and mind, then I have to go through the heartbreak and agony of finding out which of the people are going to show up to make it."

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

J.M. Kriz

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CLUBS & ORGANIZATIONS



Rotary Past President Robyn Reilly presenting a \$5,000 check to Rick Benson of the Rotary Foundation as the recipient of the first Bud Priest Annual Award. Also pictured are Mrs. Bud Priest and family.



Rotary District 7980 Governor Paul Mangels who installed officers, newly installed President Chris Lovejoy, and Past President Robyn Reilly passing the gavel.

ROTARY ANNUAL 45TH INSTALLATION DINNER

On June 23rd, the Rotary Club of Woodbridge held its 45th Installation Dinner at Carmine's Tuscan Grill. District Governor Paul Mangels installed the following Board of Directors: President, Chris Lovejoy, President Elect, Tony Anastasio, Secretary, Diane Millan, Treasurer, Tom Shernow, Seargent at Arms, Spencer Rubin, Past President, Robyn Reilly, and Director Andy Skolnick.

President Chris Lovejoy is a Realtor and Certified Negotiations Expert with Coldwell Banker. She is also a member of the Human Services Commission, on the Executive Board of Greater New Haven Transit District, and a member of the Garden Club of Woodbridge. She resides in Woodbridge with her husband Marc and they have three daughters Kimberly, Madeline and Jenna.

This year was the initiation of the Bud Priest Memorial Annual Award. A check for \$5,000 was presented to the Rotary Foundation in honor of former Rotarian Bud Priest who passed away

on November 13, 2013. Bud Priest was the impetus behind the formation of the Rotary Club of Woodbridge in 1971. He became the first President and took charge of the formation of the Club establishing several of its major projects.

The Rotary is an organization of businesses and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build good will and peace in the world. New members are always welcome to share in the fun, fellowship and good work in the community. Club members are invited to meet the first and third Friday of the month at 7:30 a.m. for a breakfast meeting at Country Corner Diner, 756 Amity Road, Bethany and the second and fourth Friday of the month at 12:15 p.m. for a luncheon meeting at Woodbridge Social, 12 Selden Street, Woodbridge.

For more information, contact Chris Lovejoy at 203-671-5684 or email her at Chris.lovejoy@cbmoves.com.

ANTHONY LUCIANI BECOMES AN EAGLE SCOUT

On Sunday, June 12, Anthony Luciani of Troop 902, Woodbridge was awarded his Eagle Scout badge at a ceremony held at the Church of our Lady of Assumption. The rank of eagle is the highest level a boy scout can reach. It is only awarded to those boys who have demonstrated skills and proficiencies in such areas as first aid, camping, fitness, personal management, communications, citizenship, cooking, emergency preparedness, life-saving, swimming, hiking,, and family life.

He must show character by living the scout law, and demonstrate leadership by holding positions of responsibility in the troop. Additionally, he must plan, organize and execute an eagle project that benefits the Town, and coordinate the Troop to help on the project. It is a huge accomplishment, and the path from scout to eagle may take eight years.

Tony's project involved the construction of handicapped and wheelchair bound picnic tables and raised garden beds for the clients at Marrakesh. A long-standing volunteer at the New Haven Special Olympics, Tony was sensitive to the need. The construction was excellent. Marrakesh was so impressed, they gave Tony their Youth of the year award.

Besides scouting, Anthony has been a long standing member of the Amity High School band, orchestra, and unified theater. He sings in the choir at Our Lady of Assumption Church. He has worked



during summers at Camp Sequassen, as kitchen staff. He likes cooking, fishing camping and hiking.

A graduate of Amity, Tony will enroll in Gateway Community College in the Fall to prepare for a career in the hospitality industry. He is also staying on in scouting as a troop leader. You can meet Tony at the regular Thursday meetings held at the First Church of Christ starting in the Fall.

HELP THE AMITY TEEN CENTER BECOME ENERGY EFFICIENT

The Amity Teen Center, Inc. (ATC) is a 501(C)3 nonprofit organization established in 1987 to provide a safe environment for area teenagers after school and on weekends. The ATC purchased and renovated a building at 10 Selden Street in Woodbridge, which opened in 2006 for its activities. Energy costs have steadily risen and have reduced funds available to operations. Therefore, the ATC has applied for funding under the Neighborhood Assistance Act for its Energy Conservation Program. We are seeking sponsors to help fund: 1) Electrical and HVAC upgrades and 2) Energy efficient siding and windows.

Corporations that pay connecticut income tax can receive a 100% state tax credit for donations for these purposes. In effect every dollar donated is offset by the neighborhood assistance tax credit. You are helping the Amity Teen Center at no cost to your company as well as improving the environment.

The contribution must be made after September 15, 2016 and no later than October 1, 2016. The 2016 Connecticut Neighborhood Act Business Application can be found at http://www.ct.gov/drs/lib/drs/fillable_forms/2016forms/naa-02-fillable.pdf. For further information call Linda Cohen at (203) 980-3409.



TEENS ATTEND INTERNATIONAL SCOLIOSIS CONVENTION

Teens with Scoliosis and Their Families Celebrate "10 Years of Connecting Curves"

Co-leaders 18-year-old Jamiah Bennett and 14-year-old leader Julianne Martin were among nearly 200 girls and family members from across the United States, Australia, Canada, Kenya, and Mexico who attended the Curvy Girls Scoliosis Support Group's third biennial international convention from June 27th to June 29th in Long Island, New York. Founded in 2006 by then 13-year-old New York resident Leah Stoltz, Curvy Girls engages girls and their families with mutual support, education, and advocacy activities through their experience with Scoliosis.

Scoliosis is the lateral bending and twisting of the spine that, when progressed, causes body deformities and compromises internal organs. It affects seven million people in the United States with a diagnosis most commonly occurring in pre-adolescence. The disease shows progression ten times more frequently in girls than boys.

The three-day convention, themed "10 Years of Connecting Curves," celebrated a decade of Curvy Girls accomplishments by providing the attendees with emerging scientific and health information, as well as the leadership and advocacy skills to meet the distinct physical, social, and psychological challenges of this disease. "Many people know of Scoliosis as a curvature of the spine and that is it. However, it can be much more than that due to the potential effects of the curved spine along with the emotional challenges it brings. I want to be, along with the Curvy Girls group, a resource for others to talk about their challenges, be heard, and helped," said Bennett.

Martin also says "Two years ago, I went to the last convention. It was a few

weeks before I had spinal surgery, which left me with two rods and eleven screws fused in my spine. Being told you aren't alone and actually seeing/realizing it are two very different things. I saw all those girls, going through the same struggles as me. That's how it feels every day to be a part of Curvy Girls. It is an endless stream of support, and you no longer feel alone."

Leah first convened a small group with three other girls in her backyard to help each other with their personal fears and concerns about Scoliosis. The group grew and went global after she was featured on the first TeenNick HALO (Helping And Leading Others) Awards in 2009 where singer and actor Justin Timberlake honored Leah for her giving back to the community while overcoming hardship. The exposure helped Curvy Girls connect with thousands of affected girls through group meetings and social media, including 83 peer-run self-help groups that operate in 38 states in the United States and 12 countries across six continents. Curvy Girls is unique in that it is run by girls for girls. They have taken a difficult situation and turned it into a triumph for girls everywhere.

The Curvy Girls Convention was supported by 25 sponsoring corporations and benefactors including global companies such as Medtronics and ApiFix, hospital systems such as Texas Health Resources and Northwell Health Systems, and private practitioners throughout the US. A story on the International Convention is available through the Tribune Content Agency wire service out of Chicago. Visit www.curvygirlsscoliosis.com to learn more about Curvy Girls.



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ARTS & LEISURE

FOUR BY FOUR PERFORMS AT HULLEY ARTS FOUNDATION GALA

"FOUR by FOUR - A Tribute to the Legendary Music of the Beach Boys, Beatles, Bee Gees and Motown" — an exhilarating musical revue of hit songs from four of the most iconic musical styles of the 60s, 70s and 80s — headlines the Jamie A. Hulley Arts Foundation's fourteenth annual Evening for the Arts Gala Benefit on Saturday, September 10, 2016, 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, light hors d'oeuvres and silent and live auctions. Tickets are available through the Quick Center Box Office: (203) 254-4010, or toll-free 1-877-ARTS-396. (1-877-278-7396). Tickets are \$45 in advance or \$50 at the door.

"FOUR by FOUR" hails from Las Vegas and is the brainchild of the same creative team that brought OH WHAT A NIGHT! to last year's Hulley Foundation event. This exciting and nostalgic music revue is conceived and directed by award-winning Broadway producer/director Michael Chapman, written by Motown producer George Solomon, and choreographed by Paul Holmquist. The show features some of the most memorable songs from the



California surfing scene, the British Invasion, the Disco decade, and Detroit city's Motown – FOUR electrifying musical performances in ONE extraordinary night of entertainment!

"Everyone is sure to be singing along to the music and on their feet dancing – this music makes everyone feel good!" said Judy Primavera, co-founder and president of the Jamie Hulley Arts Foundation. "There is something for everyone – it's a real musical smorgasbord of classic hit songs from three decades."

FOUR by FOUR thrills its audiences with their vocal perfection, great choreography, humorous banter, and music-in-

spired costume changes as they perform some of the most memorable songs of our time including Good Vibrations, She Loves You, Staying Alive, and My Girl. 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 Brown, Artistic Director of Square Foot Theatre with Rob and Andrea Kennedy, Directors of Amity Creative Theatre, serving as co-hosts and auctioneers.

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 memory of Orange, CT resident Jamie Elaine 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. Within the Amity region, students in all six BOW elementary schools and the two Amity Middle Schools have benefitted from the foundation's arts educational programs. At Amity High School, the foundation sponsors Amity Creative Theatre's fall play and spring musical, visiting artist workshops in studio art, music, and theater, the Memory Project, Mugs for Mankind, and the Storytelling SLAM. This year a total of eight Amity graduates are recipients of four-year partial college scholarships to study art or theatre. Since the foundation's creation in 2002, nearly \$700,000 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.

JCC DISAPPOINTED WITH THE ZONING COMMITTEE'S DECISION

The JCC (Jewish Community Center) of Greater New Haven is disappointed with the decision of the Woodbridge Zoning Committee to partially grant its petition for extended use of its outdoor pool area. The committee approved extension of the hours on weekdays only. Stipulations to the permit include building a fence that is 10' tall and planting vegetation that is 5' tall, making it impractical for the JCC to take advantage of the extended hours.

"The decision by the zoning committee reminds me of the Judgment of Solomon, only in our version of the story the baby is actually cut in half and nobody wins.

Requiring the JCC to invest in sound barriers without allowing us to recoup the investment through weekend use is a lost opportunity for both sides. The neighbors lose the opportunity for improved sound barriers and the JCC loses the opportunity to open its pool to its members" said Shelley Gans, Director of the JCC of Greater New Haven.

"The JCC serves more than 20,000 people in the Greater New Haven area. It is a special place for people of all faiths and backgrounds to join together, acquire knowledge, learn new skills, improve their health, and share quality time with family and friends. The JCC will con-

tinue to provide outstanding programs and high quality services to our many constituencies, leveraging our beautiful facility and collaborating with community partners" says Judy Diamondstein, CEO of the Jewish Federation of Greater New Haven, the umbrella organization for the JCC of Greater New Haven. "Disappointed as we are with the decision of the Town's Zoning Committee, we appreciate the thoughtful consideration of our request and thank all the parties involved" says Gans.

As the JCC considers the full implications of the modified permit, JCC Summer Day Camps will continue offer-

ing usage in and around the outdoor pool as it has been, under the current permit.

The JCC of Greater New Haven is a nonprofit community center that promotes total wellness at every stage of life through programs that stimulate mind, body, and spirit. More than 20,000 people representing 83 zip-codes engage with the JCC every year. Proudly Jewish, the JCC enthusiastically welcomes people of all backgrounds and perspective.

The Jewish Federation of Greater New Haven is a philanthropic organization committed to serving the needs of the Jewish Community in Greater New Haven, in Israel, and around the world.

FROM THE PROS AT AMITY GARDENS

CARE AND FEEDING OF SUMMER LAWNS

Get your lawn ready for the hot days of summer! Lush, green lawns require a close eye for maintenance to sustain their healthy appearance from now through fall. In fact, it requires a little love, and that's what Amity Gardens serves up with a wide assortment of Jonathan Green "Love Your Lawn, Love Your Soil" nutrients. Along with watering, apply organic Jonathan Green root stimulator to keep roots actively growing throughout the summer. This remarkable nutrient,

along with Jonathan Green's Grub Control in August (and Insect Control in July) is available at Amity Gardens. The root stimulator includes calcium and sulphur to both enhance root growth and to keep the soil loose. If you're re-seeding, "Love Your Lawn, Love



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Your Soil" is perfect for stimulating new growth and healthy root mass. Meanwhile, the planting season isn't over yet. Both annuals and perennials benefit from Jonathan Green's Biotone, another root stimulator specific for plants both indoors and outdoors. And

that includes your shrubbery and plants if you've been actively landscaping your yard. But remember, summer heat can be brutal on your lawn and decorative plants and shrubs. Water is essential, but the "Love Your Lawn, Love Your Soil" Jonathan Green product line adds that dimension of nutrient "insurance" for a vigorous, healthy lawn and yard. For practical advice from seasoned horticulturists, feel free to call us or drop by Amity Gardens at 720 Amity Road (Rte 63), Bethany, 203-393-1219.

ARTS & LEISURE

AN EVENING OF BEATLEMANIA WITH THE HOFNERS

On Friday, August 12, 2016, Connecticut-based Beatles fan club Liverpool Productions will present a very special "An Evening of Beatlemania" at the Country House Restaurant, 990 Foxon Road (Route 80) in East Haven, CT. The event commemorates the fiftieth anniversary of The Beatles very last concert in 1966.

Highlighting the evening's festivities will be live performances by "The Hofners", one of the finest Beatles tribute bands on the circuit, propelling audiences to Liverpool in the sixties, the historic Ed Sullivan Show in '64 and the mania that continued on in 1965, and concluded in '66. The sound of their vintage guitars and amps, the matching suits and the legendary Beatle vocal harmonies are all there. "The Hofners" will be performing all the Beatles' classic hits plus songs from the band's 1966 tour. It was exactly 50 years ago this August that The Beatles played their final concert tour.

Formed by New Haven's Mike "Ringo" Streeto, all band members use authentic Hofner, Gretsch, Rickenbacker, Ludwig, and Vox musical equipment as The Beatles did in their live performances. Mike "Ringo" Streeto has been leader of the tribute act, following his stint with the Las Vegas "Legends" show which appeared at Foxwoods Casino. He had previously performed with, or sat in with, such national touring acts as Beatlemania, Yesterday The Tribute, Fab Fouever and other tribute shows. "The Hofners" have been featured in

numerous newspapers & magazines, have played to rave reviews, and were the headlining band of the "Danbury Fields Forever" Beatles Music Festival the past few summers.

Coincidentally, it was nearly forty years ago at this very same location, then known as the Foxon Country House, that Mike Streeto and area Beatles impresario Charles F. Rosenay!!! met for the first time. Streeto was the house drummer in one of the most famous Elvis tribute shows and Rosenay was about to produce Connecticut's first-ever Beatles Convention in New Haven. It was an instant friendship that has lasted four decades, with the two combining on countless promotions and special events in the state. Streeto is also the TV host of the New Haven/Branford-based cable series "On Location", while Rosenay was also known locally as the DJ/MC/entertainer for the legendary New Haven Boppers nightclub.

Admission to "An Evening of Beatlemania" dinner/dance with "The Hofners" on Friday evening, August 12th includes all-you-can-eat delicious gourmet dinner buffet, the entertainment, door prizes and all the fab four fun festivities for \$40 per person by advance reservation. Doors open at 7pm, and music starts at 8pm.

For reservations, phone (203) 874-6096. For any further info (not reservations), call (203) 795-4737 or email LiverpoolTours@aol.com. The event website: <https://www.facebook.com/events/998710910220824/>.

ANSONIA NATURE CENTER AUGUST EVENTS

Register Now For Summer Nature Days!!!

Monday, August 1–Friday, August 5,
Monday, August 8–Friday, August 12,
Monday, August 15–Friday, August 19, 9:30 am–3 pm

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

Creature Feature: Snakes Of Connecticut

Saturday, August 6, 12 Noon

Meet some of nature's most important predators up close and personal! Discover how they eat, what's inside those long, skinny bodies, and how invasive species impact the natives. Come see some of our indigenous snakes. FREE. Please register in advance.

Rocks In Space: Perseid Meteor Showers

Friday, August 12, 8 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 (and touch a real meteor!), lunar rays—glass ejecta from the moon's meteor craters—and Saturn will be visible if we have clear skies. Telescopes will be available. Meet at picnic pavilion #2. Children must be accompanied by an adult. FREE. Please register.

Summer And Fall Wildflowers Of Connecticut

Friday, August 19, 7 pm

Many colorful summer and fall wild-

flowers can be found growing in Connecticut's fields, forests, and wetlands. Compared to the light pastel colors of our spring flowers, summer flowers are bold and vibrant. Asters, goldenrods, and milkweed are easily observed, but many others are elusive and require a bit of searching. Area naturalists Peter and Barbara Rzasa will provide a Powerpoint presentation highlighting not only our common native wildflowers but also the not so common ones such as pipsissewa, turtlehead, bottle gentian, butterfly weed, rattlesnake plantain, Virgin's bower, and arrowhead. This FREE presentation will also cover the parasitic plants dodder and Indian pipe as well as the carnivorous Northern pitcher-plant and sundew. Stories and flower folklore of our native summer and fall wildflowers will be shared.

The Naugatuck River: The Movie

Sunday, August 21, 1-3 pm

This Naugatuck River Revival Group (NRRG) movie shows our river like never before. You will see it from its beginning in Torrington to its tide waters where it meets the Housatonic River, and view what it is like in, over and under the river. The Naugatuck River, suitable for both children and adults, is a glimpse into a planned documentary called The Last Refuge and features the wildlife and people who use the river. You will see songbirds bathing and get close to eagles, owls, and salmon. You will meet two ancient creatures: lamprey and elvers (baby eels). Trapped at the Kinneytown Dam in Seymour, these elvers traveled thousands of miles from the Sargasso Sea to grow to lengths of over 3 feet. If they survive they will stay in the Naugatuck for the next 20-30 years before returning to the Sargasso to breed. Come close to one of the oldest predators on Earth: the peregrine falcon. Watch volunteers struggle to clean the river. See unique views of the new \$6.4 million Tingue Dam Bypass. "We want to bring the river to the community," Sondra Harman, NRRG Executive Director, said. "We want to show people that the river is beautiful."



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HOUSES OF WORSHIP EVENTS

THIMBLE ISLANDS SAXOPHONE QUARTET CONCERT

The Adult Education Committee of Temple Beth Shalom, 1809 Whitney Avenue, Hamden hosts a concert by the Thimble Islands Saxophone Quartet on August 10th at 7:30 pm at the Temple. The Quartet plays classical, Ellington, Jazz and American Standards. The concert is free. A voluntary contribution at the door would be appreciated. For more information, contact the Temple office at (203) 288-7748.

Temple Beth Shalom is a conservative egalitarian synagogue with over 400 member families and singles from



Temple Beth Shalom

the Greater New Haven community. For information about Temple Beth Shalom, contact the Temple office at (203) 288-7748 or go to www.tbshamden.com.



THE CHURCH OF THE GOOD SHEPHERD AUGUST 2016 EVENTS

The Episcopal Church of the Good Shepherd welcomes all comers to our summer fellowship and worship activities. Worship times are Sundays at 8 am and 9:30 am.

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

On Saturday, August 20th at 9am we walk The Good Shepherd's labyrinth again with The Rev. Diana Rogers. The great pavement labyrinths first appeared in cathedrals like Chartres and Amien in the 12th through 14th centuries. Used for spiritual meditation and contemplation, walking the labyrinth has been a spiritual exercise for centuries. Come learn more about this enduring spiritual practice. Meet at the labyrinth on the south side of the church off Pryde Drive at 9am.

In August our popular Prayer Shawl Ministry meets on Wednesday August 24th at 6:30 p.m. in the Parish Hall. Anyone interested in knitting or crocheting a prayer shawl for a person in need is welcome to join us. Open to the public, we craft all year-round and meet regularly. Our prayer shawls are blessed during a Sunday Eucharist and then distributed by our parishioners to

friends, neighbors and family members in need and at area hospitals.

Please join us at 7pm on Wednesday August 31st for our monthly Healing Prayer with Holy Eucharist Service in the church. Enter by the front door. All are welcome.

Save the Date! Good Shepherd Sunday, September 11th. The Church of the Good Shepherd marks the opening of the program year with a festive Holy Eucharist at the 9:30am service. There will be a blessing of the students' backpacks as they head back to school or advanced education, and an expanded coffee hour to welcome everyone back after the busy summer. We will celebrate our patron The Good Shepherd, Jesus Christ, in scripture, prayer and song. Come join us! All are welcome here.

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music @ 9:30 a.m. For more information about the the Church of the Good Shepherd's many other programs, please call the Parish Office @ (203) 795-6577, email us @ thegoodspheherd@optonline.net, visit our website @ www.thegoodshepherdorangedt.org, and, of course, check our Facebook page www.facebook.com/cgsorangedtfor frequent postings.



Anthony Luciani, Meghan Hill, Ryan Oleynik.

OUR LADY OF ASSUMPTION SERVICE AWARDS

Our Lady of Assumption, Ladies Guild, has awarded the following Service Awards: Meghan Hill, Megan has been a lector for our parish for 4 years and is headed off to Bucknell University this Fall; Antyony Luciani, Antony has sung with the choir for 4 years and will attend

Gateway Community College this Fall; and Ryan Oleynik, Ryan has been an alter server for 8 years and will study at Boston College this Fall.

We as a parish and community wish them well and thank them for their extraordinary service.



DOLLAR\$ AND \$EN\$E

SUMMER READS FOR RETIREES

By Roberta L Nestor

With 10,000 baby boomers turning age 65 each day, it was not surprising to find literally thousands of books about retirement. Even the Dummies series boasts over 68 publications that are all related to retirement with most containing the words social security in their titles. When it comes to books on investing and the market, there are countless books, and many written by investment gurus such as Warren Buffet and Peter Lynch. But are these the kind of books you want to bring to the beach for your summer reading? Probably not! While it is easy to find books on retirement and investing, it is extremely difficult to find worthwhile books on these subjects.

"A Randon Walk Down Wall Street" was first published in 1973 and written by Burton Malkiel; a classic book on investing whose basic principles of investing are timeless. In his 11th edition, published in January 2015, Malkiel includes a new chapter on exchange traded funds (ETFs) and emerging markets. "Not more than half a dozen really good books about investing have been written in the past fifty years. This one may well belong in the classics category." — Forbes

Some of the more interesting finds are those about relocating out of the US for retirement. "Move to the Place of Your Dreams: A Relocation Handbook" by Troy Heerwagen offers a good balance between fulfilling your dreams and reasons to stay put! If you are looking for charts and a step by step process, this read offers both. It is a comprehensive guide to help you organize your feelings and thoughts about relocation. "Relocating: How to Find the Best City to Call Home" is written by a realtor, Troy Heerwagen, who has a focus on family relocation which happens to be more and more common with baby boomers following their college age children. Of course, Amazon has a huge selection from relo-

cating to Costa Rica to or simply moving to Florida.

Traveling during retirement offers tremendous opportunities and the chance to fulfill dreams. There are an unlimited number of books about travel, but few that focus on travel during retirement. "65 Things to do when you Retire – Travel" draws on the experience and travel expertise of 65 writers. Instead of just getting facts about travel destinations, this read offers the personal adventures and some really exciting travel opportunities. Have you ever thought about visiting several countries on a wine tour? Attending writing workshops in Europe or participating in archaeological digs? Written by Mark Evan Chimsky, this book is enjoyable.

Giving back is another aspect of retirement that can offer rewarding and fulfilling experiences. "Tales of a Silver-Haired Volunteer: Going Far and Giving Back" is exceptional! Written by Carole Howard and published just a few months ago, she offers "out of the box" experiences for retirees who want to use their decades of expertise to help others around the world. It is a very inspiring story told with humor and heart.

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.



SENIOR CENTER



Paula Pettinella, left, entertains as Alex Ladutko and Ginny Calistro shake it up on the dance floor during lunch at the Senior Center in Woodbridge. The Center has entertainment, great meals, exercise classes, informational meetings, great community and so much more! Call 203-389-3430 or email jglicksman@woodbridget.org for more information or to get on our newsletter distribution list.

WOODBIDGE SENIOR CENTER ANNUAL INDOOR PICNIC

Come to the Woodbridge Senior Center's Annual Picnic and enjoy BBQ chicken, hot dogs, hamburgers and sausage & peppers and so much more! The Woodbridge Police Department in conjunction with the Woodbridge Senior Center will hold their Annual Indoor Picnic, Tuesday, Aug. 2 at 12:15pm in the Senior Center Cafeteria. Please call 203-389-3430 to register. Entertainment is by John Paolillo who is always a treat to hear! The cost is \$6.00.

Painting for Pleasure is an art class taught by artist, muralist, and designer Graham Dale. Those interested in working with acrylic, oil or watercolor are welcome. This class is for any level

of experience –from beginner to established artist. The art class will be held in the Senior Center on Wednesday's for 10 weeks, starting on September 7th. The cost is \$60.00 for 10 classes. Students are requested to bring their own supplies. To register, please call 203-389-3430.

If you missed the first Pickleball demonstration in July—stay tuned for another demonstration of Pickleball in September by USAPA Pickleball Ambassador, Diane Sullivan. Adults 50+ interested in learning more and/or trying this new sport are encouraged to attend! Contact the Woodbridge Senior Center for more information at 203-389-3430.

1ST ANNUAL BEAT THE HEAT 5K RUN/WALK A GREAT SUCCESS

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

Despite the event being Jeff Block's first attempt at an organized road race, it turned out to be a very successful outing. The charity event, honoring the lives lost due to fire related incidents and advocating for fire safety awareness, boasted over 225 participants. Thankfully, the course was in wonderful shape and featured plenty of Amity HS volunteers handing out water to the runners.

Jeff Block extends his gratitude to the many generous sponsors for funding the event and providing artisanal goods, race director Marty Schaivone, creative

director Rick Callahan, the Woodbridge Police and Parks Department for keeping participants safe, and Thom Jacobs for timing the racers. For the race results visit beatheheat.run.

About One Innocent Life: One Innocent Life was founded in June 2015 by Jeff Block, as a part of his ongoing campaign to spread fire safety awareness, particularly off-campus housing. The organization is dedicated to his daughter Eva and her two friends (Kerry Fitzsimmons, Kevin Johnson), who died in an off-campus house at Marist College, due to a lack of education about fire prevention.

One Innocent Life is dedicated to educating college-aged students to be aware that while housing fires may be rare, they can happen, and they can be incredibly dangerous. Its goal is to have people take responsibility not risk.

ENTERTAINMENT

TOP 10 MOVIES

- 1. **The Secret Life of Pets (PG)**
animated
- 2. **The Legend of Tarzan (PG-13)**
Alexander Skarsgard, Rory J. Saper
- 3. **Finding Dory (PG)**
animated
- 4. **Mike and Dave Need Wedding Dates (R)**
Zac Efron, Adam Devine
- 5. **The Purge: Election Year (R)**
Frank Grillo, Elizabeth Mitchell
- 6. **Central Intelligence (PG-13)**
Dwayne Johnson, Kevin Hart
- 7. **The BFG (PG)**
Mark Rylance, Ruby Barnhill
- 8. **Independence Day: Resurgence (PG-13)**
Liam Hemsworth, Jeff Goldblum
- 9. **The Shallows (PG-13)**
Blake Lively, Oscar Jaenada
- 10. **Sultan (NR)**
Salman Khan, Anushka Sharm

TOP 10 VOD

- 1. **Whiskey Tango Foxtrot (R)**
Tina Fey
- 2. **My Big Fat Greek Wedding 2 (PG-13)**
Nia Vardalos
- 3. **Zootopia (PG)**
animated
- 4. **Kung Fu Panda 3 (PG)**
animated
- 5. **10 Cloverfield Lane (PG-13)**
John Goodman
- 6. **London Has Fallen (R)**
Aaron Eckhart
- 7. **Eye in the Sky (R)**
Helen Mirren
- 8. **13 Hours: The Secret Soldiers of Benghazi (R)**
John Krasinski
- 9. **Deadpool (R)**
Ryan Reynolds
- 10. **Hello, My Name is Doris (R)**
Sally Field



Nicholas Galitzine, Keenan Kampa in "High Strung" [Rivivera Films]
EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of August 1, 2016.

PICKS OF THE WEEK
"Keanu" (R) -- Two-headed comedy monster Keegan Michael Key and Jordan Peele take their killer tag-team timing into their first feature-length film. Rell (Peel) is a softy suburban guy heartbroken after breaking up with his girlfriend, and the new owner of an impossibly adorable kitten he names Keanu. Clarence (Key) is Rell's un-tough friend who's in a loving marriage, but has seemingly lost all semblance of mas-

culinity along the way. A cascade of ridiculous circumstances thrusts the duo into a kitten-rescue mission through a world of hardened (but very cat-friendly) thugs.
Key and Peele (of the show, "Key & Peele") have honed their moves through years of sketch comedy, and their still-running Comedy Central show puts out great material on a regular basis. The movie works best when it's not trying to be a movie. Absurdity hijacks the gangland plotting, and two funny guys handle it like seasoned getaway drivers.

"The Lobster" (R) -- Love is weird and difficult at times. But it's even weirder in the world where David (Colin Farrell) was just dumped by his wife. In this near-future world, you have to have a soul mate in 45 days of being single, or you must decide which animal you will be turned into. When David checks into a mandatory resort for singles, he figures he'll become a lobster -- they have very long lives and stay fertile. Some people escape and defy this pressure for romance, but can David really escape the need for love?
Director Yorgos Lanthimos gives us his first English-language feature with a quietly funny deadpan. Yes, it's a movie about love and loneliness, but that doesn't mean it has to wallow in it.

"Last Days in the Desert" (PG-13) -- This thoughtful and beautifully shot film imagines a non-scripture dilemma with Jesus Christ near the end of his 40-day fast in the desert in which Christ (here called Yeshua and played by Ewan McGregor) meets a small family in impending crisis. The Devil (also McGregor) pushes him and hurls doubts at Jesus, who searches for the right thing to do. It's a faith-based film that looks more like an art-house flick, shot with existing light and determined to take its time.

- 1. Name the Hall and Oates song that is often played immediately after "Dance on Your Knees."
- 2. Who had a hit with "Late in the Evening"? Bonus for knowing the name of the album.
- 3. In the Rip Chords' song, what was taken down to the track hitched to the back of a Cadillac?
- 4. Who released "What a Wonderful World" in 1967?
- 5. Name the song that contains this lyric: "It seems like perfect love's so hard to find, I'd almost given up, You must have read my mind."



1. "Out of Touch," from their 1984 "Big Bam Boom" album. They were generally played one after the other in concerts and on dance floors. 2. "Almost Paradise," by Mike Reno (of Loverboy) and Ann Wilson (of Heart), in 1984. The song was on the soundtrack for the movie "Footloose," one of three chart-toppers from the film. 3. A Cobra, in the 1964 song "Hey Little Cobra." (Shelby Cobras could do 0-60 in 4 seconds.) 4. Louis Armstrong. The song went into the Grammy Hall of Fame in 1999. 5. "Almost Paradise," by Mike Reno (of Loverboy) and Ann Wilson (of Heart), in 1984. The song was on the soundtrack for the movie "Footloose," one of three chart-toppers from the film.

SPORTS QUIZ

By Chris Richcreek

- 1. In 2015, Mike Trout and Prince Fielder became the ninth and 10th players to hit for the career cycle in the All-Star Game. Name four of the first eight to do it.
- 2. Who was the last Cincinnati Reds pitcher before Johnny Cueto in 2014 to win 20 or more games in a season?
- 3. Seven NFL franchises have won consecutive Super Bowls. Name five of them.
- 4. How many times has the Gonzaga men's basketball team reached the NCAA Tournament's Elite Eight?
- 5. Washington's Braden Holtby tied an NHL record in the 2015-16 season for most goalie wins in one season (48). Who else holds the mark?
- 6. Name the last driver for Joe Gibbs Racing to win the Daytona 500 before Denny Hamlin did it in 2016.
- 7. In 2016, tennis star Roger Federer's streak of playing in consecutive Grand Slam events ended. How many was it?

1. Ernie Banks, George Brett, Roberto Clemente, Steve Garvey, Willie Mays, Mike Schmidt, Lou Whitaker and Ted Williams. 2. Danny Jackson won 23 games in 1988. 3. Green Bay, Miami, Pittsburgh (twice), San Francisco, Dallas, Denver and New England. 4. Twice -- 1999 and 2015. 5. Martin Brodour of the New Jersey Devils in the 2006-07 season. 6. Dale Jarrett, in 1993. 7. He was in 65 consecutive Grand Slam events.

Sudoku answers on page 26

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD

Henry BY DON TRACHTE

The Spats by Jeff Pickering

HOLLYWOOD By Tony Rizzo

Jennifer Aniston recently teamed with Julia Roberts and Kate Hudson for "Mother's Day" (which earned a disappointing \$44 million), and is following it with another holiday comedy, "Office Christmas Party." The film reunites her with her "Horrible Bosses" co-star Jason Bateman, plus comic T.J. Miller, SNL's Kate McKinnon, Olivia Munn and "The People vs O.J. Simpson" star Courtney B. Vance. Then she's producing and starring in the serious war film "The Yellow Birds," with Jack Huston and Toni Collette.



James Franco [depositphotos.com]

James Franco is turning into a regular Orson Welles, using the same actors in many of his projects. He's producing, directing and starring in films such as "In Dubious Battle" (out this fall), with Vincent D'Onofrio, Selena Gomez, Oscar-winner Robert Duvall, Bryan Cranston, Ed Harris, Josh Hutcherson, Sam Shepard, Zach Braff (his co-star in "Oz the Great and Powerful"), Danny McBride and John Savage; and the dramedy "Zeroville," with Seth Rogan, Megan Fox, Will Ferrell, Danny McBride and Dave Franco. For "Bukowski," he only writes, produces and directs Josh Peck (of the John Stamos Fox series "Grandfathered"), and "Beverly Hills 90210" and "Charmed" alum Shannon Doherty.

Some of his other projects are "Memoria," with "Me and Earl and the Dying Girl" star Thomas Mann; "King Cobra," with Molly Ringwald, Garrett Clayton and Christian Slater as a gay-porn producer who gets murdered; "Why Him," a romantic comedy with Bryan Cranston, Megan Mullally and Keenan-Michael Key (due Christmas Day); "The Long Home" (which he produces, directs and stars in), with Josh Hutcherson, Courtney Love, Oscar-winner Timothy Hutton, Giancarlo Esposito, Ashton

Kutcher and Josh Hartnett. Franco also is producing and directing, but not acting in "The Masterpiece," with Josh Hutcherson and Dave Franco, which is a reimagining of one of the worst films to ever be unleashed on the public. That's quite a slate of films -- now if he can get someone to distribute them!

King Crossword

ACROSS

1 Rd.
4 "Little Women" woman
8 Colorless
12 Wrestling win
13 Met melody
14 Libertine
15 Vindicating
17 Count counterpart
18 A billion years
19 Gold measure
20 Heathen
22 "Just the facts, --"
24 Low-pH
25 Gaffer's responsibility
29 Pale
30 Wise lawgiver
31 Born
32 Tabloid event re Elvis
34 Check bar codes
35 Highly-rated
36 Upper crust
37 Tweet
40 Elevator name
41 Parliament figure
42 At it
46 First victim
47 Between jobs
48 Compete
49 Inquisitive

DOWN

1 Spring mo.
2 Twilight hour, in a way
3 Attractive
4 Majorette's prop
5 Burnett of CNN
6 Can makeup
7 Crone
8 Fantasized
9 Bellow
10 Emanation
11 Region
16 Boss
19 Actress
20 Handles clumsily
21 Antioxidant berry
22 Winnie-the-Pooh's creator
23 Enthusiastic, plus
25 Pork cut
26 Impressively direct
27 Spruced up
28 Kelly or Hackman
30 Halt
33 Almost not at all
34 Skirt feature
36 Old anesthetic
37 Family
38 Vagrant
39 Ticks off
40 Leer
42 Newton fruit
43 Bachelor's last words
44 Zero
45 Sparkler

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King Crossword Answers on Page 26

POPEYE

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King Crossword

Answers

Solution time: 27 mins.

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

Weekly SUDOKU

Answer

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

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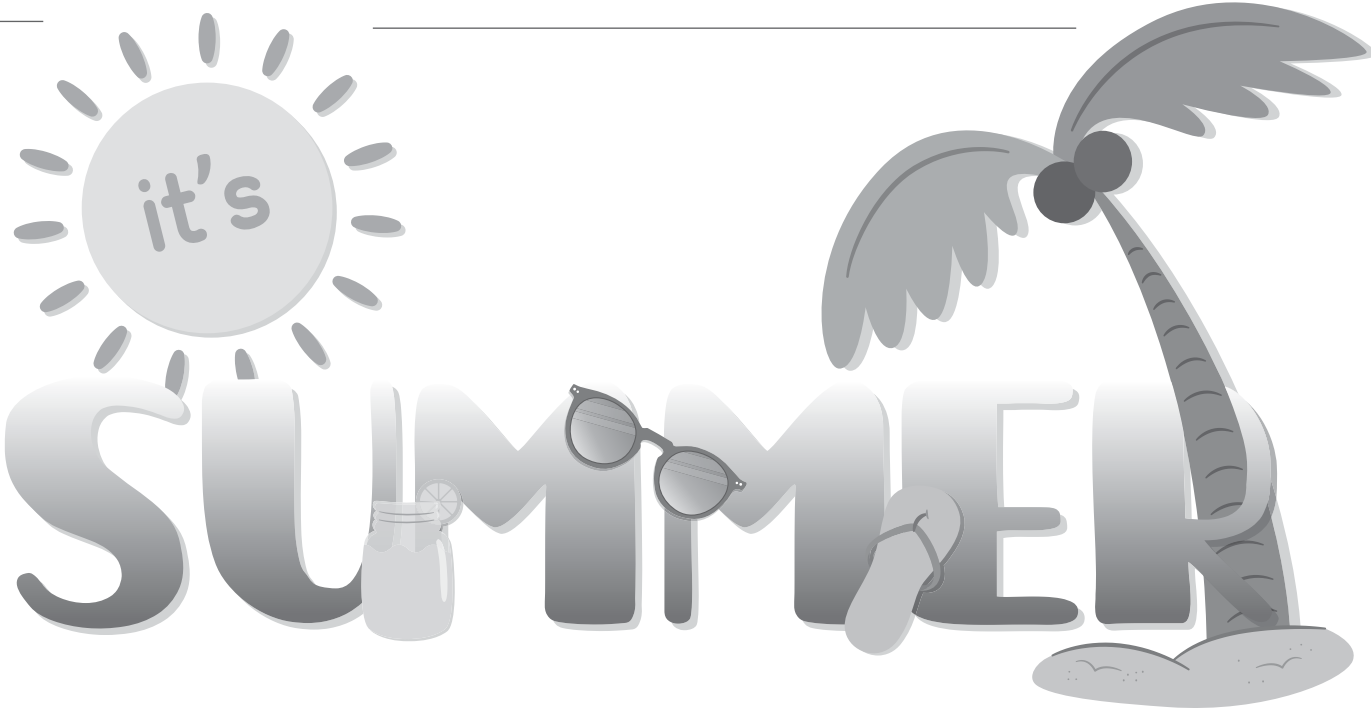
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LOCAL SPORTS



Samantha Cantalupo, Alicia Gopal, EeshaSamantha Acharya:
Poomsae Team. Ranked 8th in the Nation.



Sophie Grant: Breaking-3rd Place Bronze

WOODBIDGE TAEKWONDO TEAM BRINGS HOME GOLD, SILVER, & BRONZE!

World Champion Taekwondo Team members return triumphant after U.S.A. Taekwondo National Championship. The members of this All Black Belt division team each ranked nationally in the top 10 within their respective divisions. For Freestyle Breaking, Alicia Gopal earned 1st Place Gold, Samantha Cantalupo earned 2nd Place

Silver, Anushka Acharya earned 2nd Place Silver, Sophie Grant earned 3rd Place Bronze, and Alesandro Gopal Eesha Acharya earned a 5th Place national rank. In addition, Eesha Acharya, Samantha Cantalupo, and Alicia Gopal ranked 8th place nationally for Team Poomsae (Taekwondo forms performed in synchronicity).

Notable placements for Poomsae (Forms) within respective divisions include Amar Sinha 6th Place, Alesandro Gopal-9thPlace, and Alicia Gopal 11th Place in Nation. These local students, along with other WCT school teams in Connecticut, competed at the USA Taekwondo National Championships held in Richmond, VA July

4th – July 10th. This exciting event boasts over 3,000 competitors from all over the United States. National team members compete using the latest guidelines determined by the Olympic committee and a select few are chosen to train and potentially compete in the Summer Olympic Games as representatives for the United States.

STUDENT NEWS

Dean’s List Fairfield University Congratulates Spring 2016 Deans List

Fairfield, CT. - The following Fairfield University students received Deans List Honors for the Spring 2016 semester. In order to be placed on the Dean’s List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better. Those from Woodbridge named are: Evan R. Donahue, Morgan S. Meaney, and Dimitri N. Skuret.

Rensselaer Students Named To Spring 2016 Dean’s Honor List

Troy, NY -- Nearly 2,000 students were named to Rensselaer Polytechnic Institute’s Dean’s Honor List for the Spring 2016 semester. The Dean’s Honor List recognizes students who attain a grade point average of 3.50 or better and have no grade below C. Those from Woodbridge are: Michael DiBuduo studies Computer & Systems Engineering; Alexander Slanski studies Computer Science; and Brett Zaniewski studies Business and Management.

Nora Pfund Of Woodbridge Makes Dean’s List At RIT

Rochester, NY -- Nora Pfund of Woodbridge made the Dean’s List at the Rochester Institute of Technology for the spring 2016 semester. Pfund is studying photographic and imaging technologies. 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.

Spring Dean’s List Honors Announced At Tufts University

Medford, MA -- Tufts University recently announced the dean’s list for the Spring 2016 semester. Among these students are: Arpita Jajoo, class of 2019; Qi Yan, class of 2016; and Benjamin Zackin, class of 2018; all Woodbridge residents. Dean’s list honors at Tufts University require a semester grade point average of 3.4 or greater.

Dean’s List At University Of Delaware

Newark, DE -- The following Woodbridge students have been named to the University of Delaware Dean’s List for

the Spring 2016 semester: Alessandro Chiodo, Emily Simon, Nicole Simon, and Elliot Wolff. The Dean’s List, an honor conferred at the end of the fall and spring semesters, recognizes outstanding academic performance by undergraduate students. Undergraduate students who have been graded in a minimum of 12 credits counting toward their GPA for the semester and who have earned a minimum 3.33 GPA for a given semester are honored with Dean’s List recognition for that semester.

University Of Maine Announces Spring 2016 Dean’s List

Orono, Maine — The University of Maine recognized 2,267 students for achieving Dean’s List honors in the spring 2016 semester. Molly Pines of Woodbridge received Dean’s List honors for spring 2016, completing 12 or more credit hours in the semester and earning a grade point average of 3.5 or higher.

Local Student Named To Dean’s List At Washington University In St. Louis

St. Louis, Mo. - Lisa Gorham of Woodbridge, CT was named to the

Dean’s List for the spring 2016 semester at Washington University in St. Louis. Gorham is enrolled in the university’s College of Arts & Sciences. To qualify for the Dean’s List in the College of Arts & Sciences, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

Graduations Woodbridge Native Andrew Teitelman Graduated From Ithaca College

Ithaca, NY -- Andrew Teitelman of Woodbridge, CT graduated from Ithaca College’s School of Communications with a degree in Television-Radio. The degree was awarded in May 2016.

Qi Yan Graduates From Tufts University

Medford, MA -- More than 3,000 students graduated from Tufts University on May 22, 2016, during a university-wide commencement ceremony, with actor and comedian Hank Azaria, a Tufts alumnus, as the speaker. The graduates from the School of Arts and Sciences and the School of Engineering included Qi Yan of Woodbridge, CT, with a Bachelor’s degree in Biochemistry Cum Laude.

LOCAL SPORTS



AMITY BABE RUTH 13U DISTRICT TEAM ADVANCES

On Saturday, July 2 the Amity Babe Ruth 13U District Team won game 2 of a double header against Milford to win the District 3 Championship and to advance to the CT State Babe Ruth Tournament. After a tough loss in the first of 2 games against Milford at Old Tavern ballpark, Amity came back for game 2 with big bats, big plays and a big victory, 17 to 5. Winning pitcher Alex Perry completed the game backed by steady catching from Brian Ficaro and solid defense led by Dane DeYoung in the outfield and Jason Talnose at 2nd base.

Earlier in the week Amity came from behind at 7-0 to defeat Shelton 10-9. Amity advanced to play Milford once during pool play and won a close game 6-3, then met Milford again at the Championship Game. Amity's strong offensive batters included Eric Tudino, Justin Miller, Alex Perry and Jake Williams. Steady pitching by Ryan Ozolins and Eric Tudino gave the Amity team room to get the bats swinging. This week Amity competes in Stamford against area District Teams for the Connecticut State Babe Ruth Championship.



Front row: Megan Connolly, Cosette Zito, Libby Antalik, Camryn Brown, Cassidy Smith, Sydney Manzione, Bella Costanzo, Grace Carrington, Caitlyn Smith, Vivianna Pfannenbecker, Hannah Fletcher. Back row: Coaches John Costanzo, John Manzione, Mike Antalik, Manager Matthew Fletcher.

9/10 SOFTBALL ALL STARS WIN DISTRICT 4 TITLE

The Amity 9/10 Little League Softball All stars defeated Milford in West Haven on July 17 to earn the District 4 Championship title. Milford and Amity each had one win in the best 2 out of 3 series, and it came down to the bottom of the sixth inning in Game 3 when Amity was down 2-0. Amity never gave up and fought

hard to score 3 runs for the win. Bethwood and Orange Little League softball combined this year and this District title is a sign of what a success it has been to have girls from the three towns playing together. Next, the girls compete for the CT Section 1 title versus Darien and Westport.



Amity Pee Wee Cheerleaders reunite to receive their trophies and their National Champion jackets. From Left to Right: Front row Kaitlyn Boor, Mackenna Feuer, Jasmina Krehic, Camryn Brown. Back row: Cosette Zito, Jillian Lucibello, Ledgm Washington, Olivia Russo, Madison Samoncik, Ashley Zito. Not pictured: Kaylee Ferris, Dakota Harris.



The Amity Pee Wee Cheerleaders competing at the Pop Warner National Championships at the ESPN Wide World of Sports Complex at Walt Disney World in Orlando FL in December 2015.

THE AMITY POP WARNER PEE WEE CHEERLEADERS GO UNDEFEATED

The Amity Pop Warner Pee Wee cheerleaders reunited recently to receive their trophies and their National Champion jackets. The team, composed of girls ages 9-12, went undefeated in the 2015 season. They earned the Southern CT, State, and New England Regional Cham-

pionships, and capped it off with a win at the Pop Warner National Championships in Orlando, FL in December. They also won the Highest Choreography Score prize. The new season begins August 1st and they are hoping to defend their title.

Woodbridge Town News

SUBMIT YOUR LOCAL SPORTS PHOTOS, ARTICLES & SCHEDULES

Email edit@woodbridgetownnews.com

BARK BYTES...

By Vicki & Richard Horowitz



MANAGING A MULTI-DOG HOUSEHOLD

By Richard and Vicki Horowitz

If you currently have one dog and are considering getting another, think carefully first. While the joy of dog ownership grows with each new "family" member you add, the challenges of managing the household can also increase.

First evaluate the reasons why you want to get a second dog. If it's to get a companion for your single dog—which can be a good idea if you are gone for much of the day—this will work well if your single dog is well-behaved. However, if your dog's behavior is less than exemplary and you are thinking that adding a second dog will change his behavior, you will in most cases simply end up with two naughty dogs.

Selecting Your Additional Dog

Temperament: Select a breed and temperament (personality) that will complement your resident dog. Remember, temperament has nothing to do with a dog's size, breed or upbringing—temperament is something innate in a dog. A dog's temperament has a lot to do with how easily he can be trained, and while good training can improve a dog's behavior, it cannot change a dog's temperament.

If you have an energetic dog, choose a second dog that is also energetic, so the two can play together and keep up with each other. If you have an older or more laid-back dog, avoid getting an exuberant puppy or a very active breed of dog.

Gender: Selecting the right gender can make a big difference in ensuring household harmony. Generally, dogs of the opposite sex make the best pairing for pets. Thus, if you have a male, get a female, and vice versa. Depending on the individual dogs, two males will also generally get along. However, two females is the most likely combination to result in disharmony.

Introducing a New Dog to Your Canine Household: Bringing a new dog into the family is an exciting time for everyone but can create stress for your resident canine. Understanding how to manage dog introductions can help ensure a lifetime of harmony for

all.

First, introduce the dogs in a neutral location that is unfamiliar to both dogs. Have each dog on a loosely held six-foot leash, handled by two different people. Stay relaxed so the dogs don't pick up on any tension you might be feeling.

Set reasonable goals. Knowing each dog's background as to how well they were socialized will help you manage what might happen. Remember and respect that your resident dog may perceive the new dog to be encroaching on his established territory, which can be very stressful.

Proceed slowly and calmly. Slow-paced introductions may help prevent any fear-based or aggressive reactions from developing. Bad behaviors not reined in from the start can become habit and be very hard to change.

Before you bring the new dog home, rub him with a cloth. Take the cloth to your home to allow your resident dog to sniff it, and then place it where the new dog will be sleeping.

Pick up pet toys, food bowls, beds, etc., before you bring the new dog into the house. This prevents any tiffs over prized possessions. You can return the resident dog's toys to him in a few weeks and give the new dog some toys of his own.

Put your current dog in a separate area of your home, and then walk the new dog on a leash throughout your home to show him where he will sleep and eat, where the other pets sleep and eat, etc.

Be sure all the dogs are current on their vaccinations to avoid any risk of infection.

If you have more than one resident dog, introduce each one to the new dog one at a time to prevent the group from overwhelming the newcomer.

Stay in control of the introduction. If you are not sure how your pet will react, take the necessary precautions to keep him (and you) safe.

Establishing and Maintaining Order: Managing a multi-dog household is quite different from living in a single-dog home. The key to maintaining household harmony lies with you, the "pack" leader. All dogs in your

home must respect you as a leader, and you must act accordingly by creating and consistently applying boundaries for their behavior with you and with each other.

As the household leader, it is important that you uphold and reinforce the established order. This hierarchy always should begin with you, followed by the other humans and then the dogs.

Managing the New Dog in Your Home: Establish boundaries. Use baby gates and close off rooms and areas while all the pets acclimate to the new situation. This way they can see and get used to one another. Allow the resident dog to roam the house, while confining the new dog behind a barrier at first.

Never leave new dogs unattended. When dogs are getting acquainted, the situation can change suddenly.

Create separate areas for each dog's eating/sleeping activities. This helps keep the resident dog from feeling his territory is being threatened. Pick up food bowls after feeding time, and keep the dogs confined in separate areas of your home any time you are away or can't watch them.

Supervise doggie playtime to prevent the dogs from getting overexcited and possibly injuring one another. If one dog begins to bully or growl at the other, interrupt their play and separate them for a few minutes. Praise them when they are playing well together.

If you are walking your two dogs at the same time, walk both dogs on one side, with the more confident dog on the outside. This puts the other dog in the middle, a natural position for the less influential dog to be protected by the leaders.

Avoid letting the dogs maintain eye contact with one another, which can be a preamble for more aggressive action. If one dog begins to stare at another, command the staring dog to sit or lie down, to break his concentrated gaze. After the situation is defused, release the dog from the command.

Feeding Time: Sharing is not a canine trait. Food is vital for survival, so food-guarding is instinctive. Take

extra care to be wary around your dogs at feeding time, as bad feeding habits can lead to fights.

Do not allow the dogs to steal from one another's bowls.

Pick up the food bowls after the dogs have eaten.

To avoid mealtime issues, feed the dogs in separate areas or rooms, or in their crates. Feeding separately also discourages dogs from gulping food down too quickly. Their digestion will improve markedly if they feel safe enough to take their time over their food.

Old and ailing dogs in particular should be allowed to eat in peace.

Toys and Other "High-value" Items: Being fair-minded and treating all dogs equally will go a long way toward ensuring a harmonious household.

Be sure to have duplicates including brain-stimulating puzzle toys, dog beds, food dishes, etc., to keep everyone content and to decrease occurrences of resource-guarding behavior.

Give "high-value" toys—ones the dogs really covet, such as bones or furry squeaky toys—only when the dogs are alone, such as in their crates. Put the items away after the dogs are released from their crates.

Crates: No matter how many dogs are in your family, a crate (or pet carrier) provides a natural safe haven for a dog and helps him feel secure.

Use separate crates. Be sure each dog has his own crate and bedding.

Keep all the crates in same area or room.

If you need to set up boundaries at any time, direct the dogs to go to their crates, even if it is only one dog that is acting naughty or anxious. While they may not like being separated from you, they will each feel secure.

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.

DOG ADOPTION EVENT

On Saturday, July 30th, 10am - 2pm (rain or shine,) Animal Assisted Therapy Services (AaTs) and Companion Pet Rescue will host a canine adoption event at Lock Stock & Barrel located at 770 Amity Road, Bethany CT. Puppies and adult dogs, rescued from high kill shelters in Tennessee, are available for adoption.

Reflected in the adoption fee, the dogs are spayed/neutered, up to date on all age appropriate vaccinations, and flea/tick/heartworm preventative. Pre-approval is strongly suggested at www.cprdogs.com. This approval will not commit you to an adoption, but will give you your "fast pass" to the adoption process on Saturday should you find your fur-ever friend. Questions regarding this event can be directed to Janis Copes at 203-217-6687.

Founded in 2009, Animal Assisted Therapy Services is a non-profit organi-

zation that provides equine and canine therapeutic interventions for adults and children with physical, cognitive, or psychosocial disabilities. Animal Assisted Therapy Services canine training facility is located in Woodbridge, while farms for equine therapy are in Guilford and Newtown. For more information on services, including dog training classes, please contact AaTs at (203) 804-5343 or info@animalassistedtherapyservices.org.

Companion Pet Rescue & Transport (CPR) was founded in 2004 and rescues over 2,500 dogs per year thanks to a dedicated group of volunteers! Because our volunteers have dogs and children, we ONLY rescue pups that will be great family companions! CPR is a 501(c)3 charitable organization. CPR has an adoption center located in Southbury CT, and open 7 days a week by appointment.

Salome's Stars

ARIES (March 21 to April 19) A misunderstanding tests the temperament of the sometimes headstrong Aries. Instead of blowing your top, take time for a pleasant diversion while things cool down.

TAURUS (April 20 to May 20) A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that change your earlier focus.

GEMINI (May 21 to June 20) You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.

CANCER (June 21 to July 22) A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

LEO (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

VIRGO (August 23 to September 22) Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.

LIBRA (September 23 to October 22) Most of the time you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.

SCORPIO (October 23 to November 21) It's not often when someone tries to "sting" the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.

SAGITTARIUS (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.

CAPRICORN (December 22 to January 19) Someone close considers revealing a painful secret. Withhold judgment. Instead, open your generous heart, and offer dollops of your love and understanding.

AQUARIUS (January 20 to February 18) Your talents as a peacemaker are called upon once more as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.

PISCES (February 19 to March 20) Your artistic side is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

BORN THIS WEEK: Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

PICTURE-PERFECT PET

DEAR PAW'S CORNER: Every time I go onto social media I see pictures and videos of adorable pets doing adorable things. This includes my friends' pets. But I know from experience that not all of my friends' dogs and cats are so cute and well-behaved. My worry is that people will see all these cute animals and think taking care of a pet is easy, when it really isn't. I have two rescue animals, a cat and a dog. They both have health and behavioral issues. Forget about holding still for a picture! What are your thoughts on this social-media trend? -- Carol in Saginaw, Michigan

DEAR CAROL: I'm honestly not sure that social-media images and videos necessarily give the impression that caring for a pet is easy. Perhaps a few years ago, when not everyone was on Facebook or Instagram, some may have thought owning a dog or

cat was an easy task. People post videos and pictures of their families and their pets at their very best (or cutest or funniest) on social media because they're proud of them. You don't see a whole lot of videos of baby with an earache, or two ordinarily congenial dogs suddenly snapping at each other, or that day Sparky got worms. Not many of those stressful dramas that make up everyday life make it into a social-media

feed. It's also totally fine to be proud of your pets and not post pictures of them online. You don't even need a reason. So, be gentle with your friends and their tendency to post tons of awww-inducing moments. It's more important that those pets are loved and cared for, just as it sounds like you are doing with your two pets.

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



top ten

MOST DEPENDABLE NEW CARS

| | |
|------------|--------------|
| 1. Lexus | 6. Chevrolet |
| 2. Porsche | 7. Honda |
| 3. Buick | 8. Acura |
| 4. Toyota | 9. Ram |
| 5. GMC | 10. Lincoln |

Source: J.D. Power 2016

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The Garden Bug

Daisy fleabane

Often dismissed as weeds, these plants provide nectar and pollen for bees, flies, wasps and butterflies. Some insects and animals such as deer, rabbits, groundhogs livestock may feed on the entire plant. Daisy fleabane grows best in fields, along roadsides and around waste areas and helps to reduce soil erosion.

— Brenda Weaver

Source: www.illinoiswildflowers.info

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