

Woodbridge Town News



Woodbridge's Exclusive Newspaper
Mailed Free to Every Home in Woodbridge
Mailed Free to Every Business in Woodbridge & Bethany
PUBLISHED EVERY THREE WEEKS

VOL. 4 - ISSUE 9

CIRCULATION 3483

FRIDAY, JULY 31, 2015



Cutting the ribbon for the solar car ports at the JCC are (from right) Scott Cohen of the JCC, Paul Kuehn and Daniel Prokopy of Bullrock Deutsche Eco Solar; state Sen. Joseph Crisco, state Rep Pat Dillon, First Selectman Ellen Scalettar, DEEP Commissioner Robert Klee, Bob Felice of the Jewish Federation and Bryan Garcia of the Connecticut Green Bank.

SOLAR LANDSCAPE IS GROWING IN WOODBRIDGE

By Bettina Thiel - Woodbridge Town News Correspondent

The Jewish Community Center celebrated the completion of its solar car ports with a ribbon cutting July 16, the biggest project of its kind so far in

Connecticut. With financing from the state Green Bank, the JCC installed

See "Solar" continued on Page 3



Thomas Kenefick demonstrates the gear firefighters wear for their protection at a joint meeting of the boards of selectmen and finance.

FIRE DEPT. SOUNDS THE ALARM Chief Details Needed Apparatus Replacements

By Bettina Thiel - Woodbridge Town News Correspondent

The Woodbridge Volunteer Fire Department will need to replace several of its trucks and other big-ticket equipment over the course of the next five years to allow it to carry out its mission of saving and protecting lives and property without compromising the safety of the firefighters.

That was the gist of a recent power

point presentation at the firehouse to a combined meeting of the Selectmen and finance board members.

"We just wanted to show you what we do and how we do it," Fire Chief Sean Rowland told the town leaders, adding that during budget time there is never

See "Fire Dept." continued on Page 9



Amity Regional Middle School - Bethany Campus
Fourth Marking Period
Honor Roll - Page 21



WOODBRIDGE 15 Country Club Dr. Pride of ownership shows both inside and out.....Spacious 4BR colonial has been beautifully maintained, updated and is move-in ready. Hwd flrs, form LR, DR, FR w/pl, Elkitn, MBR w/lux marble bath. Screened-in porch, level yard, tennis court! Updtd baths, central AC, skylights, newer windows and vinyl siding.....\$549,000

Nancy Andersen
203.605.2787



1673 Litchfield Turnpike
Woodbridge

47 High Street New Haven @ Yale 174 Cherry Street Milford

www.RLWD.com



Our signs are everywhere!



WOODBRIDGE 11 Highview Dr Classic Col on exceptional 2.24 acres completely fenced and gated. Fab two story adrn w/ floor to ceiling windows, skylights and architectural details. Great room with wall of windows and french doors to stone patio. ELK w/granite brkfst bar. First floor priv guest suite with full bath and wetbar/coffee bar. Security system, newer roof, multi-zone heat and central AC.....\$799,000

Regina Sauer
203.494.3421



WOODBRIDGE
19 Grove Hill Road

Seth Hershman
203.605.2787



WOODBRIDGE
53 Indian Trail

Rachel Anastasio
203.980.2383



WOODBRIDGE 75 Deer Run Road
102.1% over Listing Price
Multiple Offers

Nancy Andersen
203.605.2787



BETHANY 79 Meyers Road
SOLD 95.1% of Listing Price

Prish Pierce
203.787.7800



BRAND NEW EQUIPMENT

\$10 FULL SERVICE CAR WASH W/COUPON

- INTERIOR VACUUM
- DASHBOARD & DOORJAMBS WIPED
- WINDOWS CLEANED
- INCLUDES EXTERIOR WASH

Please present coupon. Cannot be combined. EXPIRES: 08/21/15 #296

51 AMITY ROAD • (203) 397-3866

\$5⁹⁹ CAR WASH W/COUPON

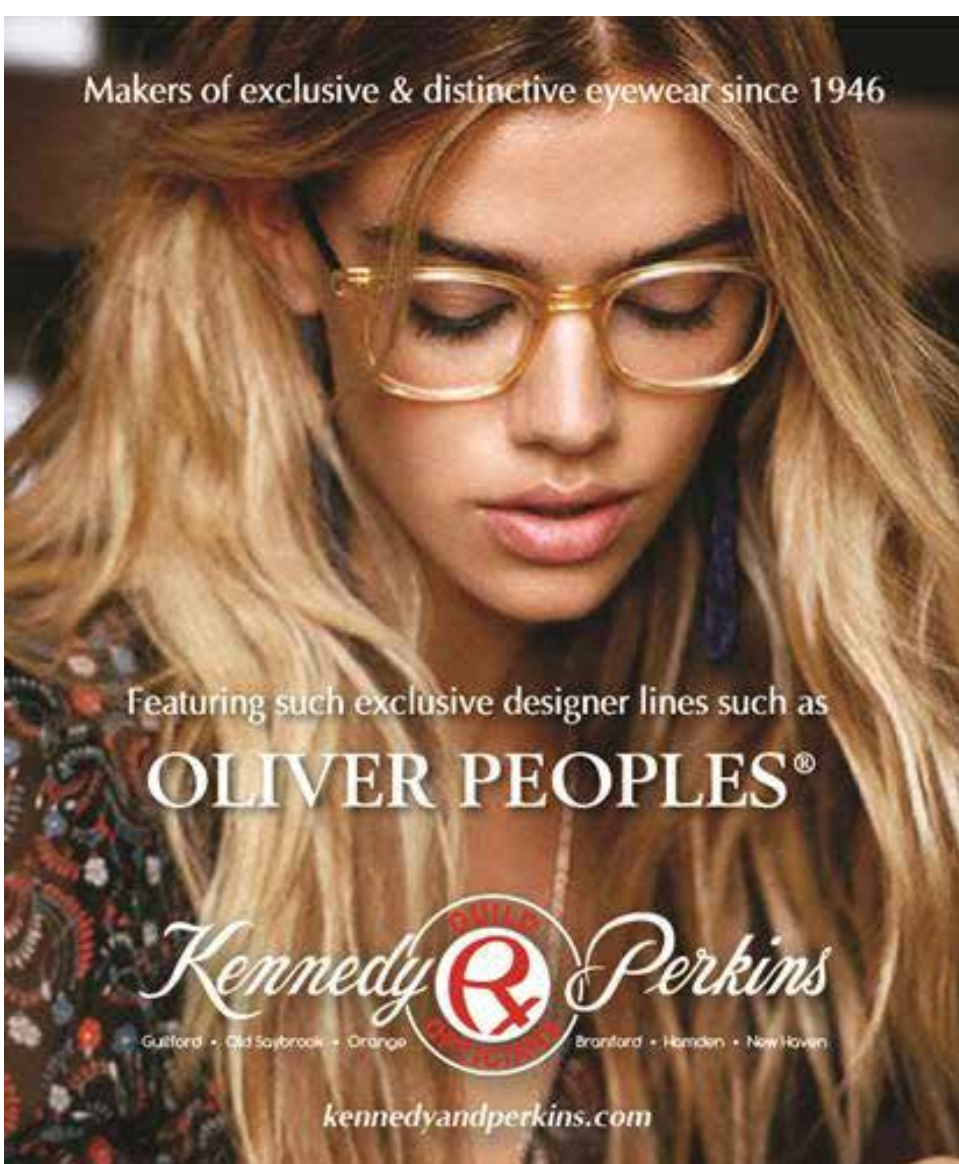
TOWEL DRY **INCLUDES** **FREE VACUUMS**

Please present coupon. Cannot be combined. EXPIRES: 08/21/15 #297

51 AMITY ROAD • (203) 397-3866

www.WoodbridgeTownNews.com

Makers of exclusive & distinctive eyewear since 1946



Featuring such exclusive designer lines such as

OLIVER PEOPLES®

Kennedy Perkins

Guilford • Old Saybrook • Orange Branford • Hamden • New Haven

kennedyandperkins.com



The British Invasion Tribute seen performing live at the Town of Orange 2014 Independence Day Concert & Fireworks Show.

LABOR DAY CONCERT BRINGS BACK "THE BRITISH INVASION TRIBUTE"

Woodbridge Residents Welcome to Free Concert

While area fans are still talking about last month's Independence Day Concert & Fireworks Spectacular which featured, for the first time in CT, "Hotel California" celebrating the musical hits from "The Eagles" the Woodbridge Town News in coordination with the Town of Orange has once again reached to the "Jersey Shore" and signed "The British Invasion Tribute" for this year's Labor Day Concert to be held at the Orange Fairgrounds, 525 Orange Center Rd, Orange on Saturday, September 5th.

More than just The Beatles, The British Invasion Tribute's performance is three shows in one! First, you hear classic songs by iconic British groups such as The Zombies, The Moody Blues, Dave Clark Five and Herman's Hermits, just for starters.

Then the American musical "response" follows, with memorable hits by celebrated artists such as The Monkees, The Turtles, The Mamas & The Papas, and Tommy James & The Shondells, to name just a few.

This retrospective concludes with

an extraordinary finale paying tribute to the four lads from Liverpool who started it all, The Beatles!

Audiences are amazed by the full sound meticulously recreated by just four musicians! Complete with authentic outfits, it's as if you are attending a concert from a bygone era- pure '60s Rock 'n Roll as it was intended to be.

The group has shared the stage with legendary recording artists such as The Beach Boys, Ringo Starr and his All Starr Band, Herman's Hermits and many, many more! Experience this amazing nostalgic journey through the 1960s, as the band pays homage to the music that helped shape an entire generation!

The Woodbridge Town News is producing the show for the fourth consecutive year in coordination with the Town of Orange in a public/private partnership. The concert will begin promptly at 6:30 pm at the Gazebo with welcoming comments from Orange First Selectman Jim Zeoli. Food vendors will be available and parking is \$5. Woodbridge residents are welcome to this free concert.

Specializing in keeping you and your pets independent and safe in your home



AFFORDABLE Personal Services & Pet Care LLC

Ingrid Esposito
203-215-9589
Locally Owned & Operated Bonded & Insured

ingrid@affordablepersonalservices.com • www.affordablepersonalservices.com

PERSONAL ASSISTANT
Bookkeeping • Bill Payment/Personal Banking
Medical Insurance Claims • Coordination of Appointments
Shopping/Errands/Organizing • Packing/Unpacking After a Move

WELLNESS CARE
Dietary Meal Planning/Shopping & Prep
Safe Home Assessment • Support of Exercise Programs

PETS
Basic Care to Special Needs • Pampering • Yard Cleanups



"Solar" continued from Page 1

canopies carrying solar panels over parts of its two parking lots, capturing not only energy from the sun, but creating shade and some protection for the vehicles parked underneath. "This is a terrific opportunity for us, the community and the environment," said Bob Felice of the Jewish Federation.

According to a press release, the project is designed to reduce by 60% the energy usage for the 100,000-square-foot building from the current 1.8 million kilowatt hours to 880,000.

The Green Bank was created by the Legislature in 2011 to help make clean energy an easy choice for owners of commercial and municipal buildings, as well as, in this case, a non-profit. "Financing is a key to getting renewables of scale," said Department of Energy and Environmental Protection Commissioner Robert Klee at the ribbon cutting. Some 10,000 homes have added solar panels with financing help from the Green Bank so far.

"We're making CT a leader on many energy and environmental issues, including addressing the challenges that we face on climate change," Klee said. The state is now ranked sixth in the nation in terms of energy efficiency, enough to forego construction of a new power plant, he said.

First Selectman Ellen Scalettar said the town signed onto the C-PACE program, which provides clean energy funding to commercial property owners, and the JCC solar carport is the first local project made possible

through this cooperation. "We hope that other businesses will be inspired," she said.

The installation of the canopies started back in January, and finished in June. The general contractor was Bullrock - Deutsche Eco Solar. The solar panels are made of German technology, manufactured in Korea and purchased in the United States, said Daniel Prokopy of Deutsch Eco.

Speakers at the ribbon cutting credited Scott Cohen, chief financial officer of the JCC, with seeing this project to its successful completion. Cohen said cost savings and cost predictability were two driving incentives, but more so "our contribution to repair the world," he said.

"It takes all of us working together to make projects like this happen," said Bryan Garcia of the Connecticut Green Bank. And, with a nod to Woodbridge, he added, "You are a clean-energy community. Your support of C-PACE means that your community-based organizations, multi-family homes, commercial and industrial properties all have access to capital and to support clean energy improvements on those properties."

Beecher Road School

The Green Bank is also providing funding for solar panels on the new roof at Beecher Road School. The project is not part of the current renovations, but an outgrowth of it.

Some 900 solar panels will be placed

See "Solar" continued on Page 18

Hawley Lane Shoes
40th Anniversary
SALE!
50% Off!
 Selected Styles

Storewide Sale!*
 • Women's
 • Men's
 • Kid's
10% Off
 to
50% Off*

Selected new balance
 Values Up To \$149
WOW NOW \$39.99

Selected Kid's Sandals & Shoes
50% Off

Selected KEEN
 Reg \$90
Now \$49.99

Selected fittlop
50% Off

I Love the 90's

Stamford • Norwalk • Shelton • Orange www.HawleyLaneShoes.com

*Selected Qualifying Brands See Store For Details. Can Not Be Combined With Other Sales Or Coupons! Some Styles Shown Are Not Available In All Locations - Limited Time Only!

COLDWELL BANKER

RESIDENTIAL BROKERAGE

NEW LISTING!

38 West Prospect, New Haven-Westville
 Dalia Coleman \$250,000

NEW LISTING!

177 West Park Avenue, New Haven
 Debbie Schlegel \$279,900

NEW LISTING!

15 Enoch Drive, Woodbridge
 Dalia Coleman \$319,000

NEW PRICE!

521 Amity Road, Woodbridge
 Arlene Levine & Ruth Rosenthal \$325,000

NEW LISTING!

1163 Racebrook Road, Woodbridge
 Harriet Cooper \$339,000

NEW PRICE!

22 Walker Lane, Woodbridge
 Judy Cooper \$347,500

NEW PRICE!

206 Ansonia Road, Woodbridge
 Pat Cardozo \$369,206

NEW PRICE!

3 Old Quarry Road, Woodbridge
 Harriet Cooper \$399,000

THE LEADER IN WOODBRIDGE SALES*

*Per CTMLS unit sales, LTM thru 6/30/15

NEW PRICE!

97 Ford Road, Woodbridge
 Dalia Coleman \$399,000

NEW LISTING!

10 Lorraine Drive, Woodbridge
 Debbie Schlegel \$449,900

NEW PRICE!

8 Christmas Tree Road, Woodbridge
 Marisa Gabrielle \$450,000

NEW PRICE!

16 Salem Road, Woodbridge
 Chris Lovejoy \$450,000

NEW PRICE!

22 Brierwood Drive, Woodbridge
 Judy Cooper \$435,000

NEW PRICE!

65 Old Quarry Road, Woodbridge
 Judy Cooper \$639,500

NEW PRICE!

28 Elderslie Lane, Woodbridge
 Debbie Schlegel \$949,000

NEW PRICE!

329 Laurelwood Road, Orange
 Carol Agin \$699,000

Woodbridge Office | 270 Amity Road | Woodbridge, CT 06525 | 203.389.0015

ColdwellBankerMoves.com



Like us on Facebook at Coldwell Banker Woodbridge-Bethany



ORANGE

IS THE NEW ELI'S

Now Open on Boston Post Road!



Eat. Drink. Enjoy.

- Open for Lunch and Dinner 7 Days a Week serving all of your Favorite Eli's Dishes
- Late Night Menu, served til Close
- Happy Hour: Monday -Friday 4-6pm in the Bar
- Eli's Signature Horseshoe Bar
- 24 Draft Lines
- 18 Wines by the Glass
- 15 - 55" HDTVs to watch all your Favorite Games

OFF PREMISE CATERING AVAILABLE

Please call (203) 287-2837 or visit our website

ELI'S

ORANGE

285 Boston Post Road, Orange

Conveniently located between I-95 and the Merritt Parkway

EliOrange.com



STUDENT NEWS

Dean's List

Josh Styracula Named To Becker College's Spring 2015 Dean's List

Worcester, MA -- Josh Styracula, of Woodbridge, was named to Becker College's Dean's List for the Spring 2015 semester.

Hunter Francis Named To Dean's List At Grove City College

Grove City, PA -- Hunter Francis, a sophomore Psychology major at Grove City College, has been named to the Dean's List for the Spring 2015 semester. Hunter is a 2013 graduate of Christian Heritage School and is the son of Mr. and Mrs. Mark Francis (Lynn) from Woodbridge, CT. 06525. Students eligible for the Dean's List have a GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0.

Woodbridge Resident Rachel Rosenblum Named To Dean's List At Ithaca College

Ithaca, NY -- Rachel Rosenblum, an Occupational Therapy major, was named to the Dean's List in Ithaca College's School of Health Sciences and Human Performance for the spring 2015 semester.

Rensselaer Students Named To Spring 2015 Dean's List

Troy, NY -- Approximately 2,700 students at Rensselaer Polytechnic Institute were named to the Dean's List for the Spring 2015 semester. The Dean's List recognizes full-time students who maintain grade-point averages of a minimum of 3.0 out of a possible 4.0 and have no grades below "C". The following Woodbridge students were named to the Dean's List: Michael

DiBduo studies Computer & Systems Engineering and Alexander Slanski studies Computer Science.

Nora Pfund Of Woodbridge Named To RIT Dean's List

Rochester, NY -- Nora Pfund of Woodbridge was named to the Dean's List at Rochester Institute of Technology for the spring 2014-2015 semester. 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 2015 Dean's List Honors Announced At Tufts University

Medford, MA -- Tufts University recently announced the Dean's List for the Spring 2015 semester. Among these students are Woodbridge residents: Ani Papazian, class of 2015; and Jared Bronen, class of 2015..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 -- Students have been named to the University of Delaware Dean's List for the Spring 2015 semester. The following Woodbridge students were named: Danielle Eldracher, Christopher Leoni, Nicole Simon, and Elliot Wolff.

More Than 4,600 University Of Rhode Island Students Are Named To The Dean's List

Kingston, RI -- The University of Rhode Island is pleased to announce that more than 4,600 undergraduate students have qualified for the Spring 2015 Dean's List. To be included on

the Dean's List, students must have completed 12 or more credits during a semester for letter grades with at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 credits with a 3.30 quality point average. The following students from Woodbridge are named to the University of Rhode Island's Spring 2015 Dean's List: Rachael Nicole Mason and Olivia Lynn Schlegel.

WCSU Names Full-Time Students On Dean's List For Spring 2015 Semester

Danbury, CONN. -- Western Connecticut State University has named the Woodbridge full-time students to the Dean's List for spring 2015: Shaquille Pigatt, Health Promotion Studies.

Graduations

Ithaca College Congratulates May 2015 Graduates

Ithaca, NY -- Ithaca College congratulates the 1135 May 2015 graduates. From Woodbridge are: Rachel Rosenblum and Lauren Rascati.

Alexander Pyne Graduates From Rensselaer Polytechnic Institute

Troy, NY -- Alexander Pyne of Woodbridge, CT, was among more than 1,000 students to graduate from Rensselaer Polytechnic Institute. The 209th Commencement ceremonies, held in the East Campus Athletic Village Stadium on May 30, included an address by Admiral Michelle Howard, Vice Chief of Naval Operations. Pyne earned a BS in Electrical Engineering.

Southern Connecticut State University Announces 2015 Graduates

New Haven, CT - During the Spring 2015 commencement ceremonies,

the following Woodbridge Students received degrees: Aaron Berkowitz, BS, JRN; Richard Krueger, BS, EXS; Dana Menzies, SYC, RDG; Thomas Myler, MS, FLA; Erica Rascati, MS, SED; and Kelly Udelsman, BS, BIO, Magna Cum Laude.

Sylvia Czupi Earns Graduate Degree From SUNY New Paltz

New Paltz, NY -- The State University of New York at New Paltz announces the conferral of more than 200 graduate degrees following the conclusion of the spring 2015 semester. The College congratulates Sylvia Czupi of Woodbridge, Conn., who earned a Master of Science with a concentration in Communication Disorders - Speech and Lang Disabilities.

Tufts University Announces 2015 Graduates

Medford, MA -- More than 3,000 students graduated from Tufts University on May 17, 2015 during a university-wide commencement ceremony, with former Secretary of State Madeleine Albright as the speaker. The graduates from the School of Arts and Sciences and the School of Engineering included Woodbridge residents: Matthew Luciani with a Bachelor of Arts degree in Economics; Ani Papazian with a Bachelor of Science degree in Biopsychology Magna Cum Laude; and Jared Bronen with a Bachelor of Science degree in Computer Science.

Alexa Campos Earned A Degree From The University Of New Haven

West Haven, CT -- Woodbridge students earning degrees from the University of New Haven are: Alexa Campos with a Bachelor of Science in Criminal Justice and Evgeniya Fedotova with a Master of Science in Criminal Justice.

WOODBIDGE RESIDENTS NAMED TO SACRED HEART HONOR ROLL

Sacred Heart Academy Principal, Sr. Maureen Flynn, ASCJ has announced the Honor Roll for the Fourth marking period of the 2014—

2015 academic school year. The following Woodbridge residents were named to the Honor Roll:

HIGH HONORS: Julianne Beltz Anna-Claire Luciani

HONORS: Nicole Antinozzi, Jacqueline Degennaro, Carsan Dziczkowski Academic Honors are awarded at the end of each quarter to students attaining an average of 3.5 or better. Those



Founded 1946

Sacred Heart Academy

students who achieve a grade point average of 3.8 or better are awarded High Honors.

Sacred Heart Academy, an independent

Catholic college preparatory school founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women, grades 9 -12 for learning, service and achievement in a global society. The Academy has an enrollment of 500 plus students hailing from five counties in Connecticut - New Haven, Fairfield, Middlesex, Hartford and New London.

Attention Teachers!

We want to know what's going on in your classroom!
Let us know about any fun activities or holiday projects.
You can also send us your pictures.
(Parental consent required)

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

Visit our website at www.WoodbridgeTownNews.com



Woodbridge's Exclusive Newspaper

Mailed FREE to Every Home in Woodbridge
Mailed FREE to Every Business in Woodbridge, Bethany & Westville
Circulation of 3,483.

Office Address: 653 Orange Center Road
Mailing Address: P.O. Box 1126, Orange, CT 06477

Phone: 203-553-9062 | Fax: 203-298-9818

Office Hours: Mon., Wed., Thurs., Fri. 10am-3pm · Closed Tues.

Published by Orange Town Newspapers, LLC

- Publisher..... Rocky Salperto
Editor..... Marlene Silverstein
Production & Design..... J. Michael Kriz
Correspondents..... Laura Fantarella; Melissa Nicefaro; Bettina Theil
Restaurant Profiles..... Susan Noonan
Contributing Writers..... Roberta Nestor; Ray Spaziani

To submit news articles/local events contact 203-553-9062
or Email: edit@woodbridgetownnews.com

For advertisement information call 203-553-9062
or Email: ads@woodbridgetownnews.com

To submit a letter to the editor mail us
or Email your letter to: letters@woodbridgetownnews.com

To submit a Bulletin Board event
Email us at: bulletinboard@woodbridgetownnews.com

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.

Contact us:

- Rocky Salperto..... Rocky@woodbridgetownnews.com
Marlene Silverstein..... Marlene@woodbridgetownnews.com
Susan Noonan..... Susan@woodbridgetownnews.com
Laura Fantarella..... Laura@woodbridgetownnews.com
Melissa Nicefaro..... Melissa@woodbridgetownnews.com
Bettina Theil..... Bettina@woodbridgetownnews.com

www.WoodbridgeTownNews.com

Pick-up Extra Copies of the Woodbridge Town News!

Extra Copies of the Woodbridge Town News are available FREE at our office, 653 Orange Center Road (Next to People's United Bank) and at the following locations:

- Amity Meat Center.....24 Lucy Street
Antonio's..... 208 Amity Road
Athenian Restaurant..... 1426 Whalley Avenue
Blue Check Deli..... 382 Amity Road
Cuts Again.....186 Amity Road
Coldwell Banker..... 270 Amity Road
First Niagara Bank.....211 Amity Road
Kat's Deli Restaurant..... 1658 Litchfield Turnpike
Lock, Stock & Barrel..... 770 Amity Road
Oak Lane CC - Seasons Restaurant.....1027 Racebrook Road
Solun Restaurant.....10 Selden Street
Ted's Cleaners..... 210 Amity Road
Thai House Restaurant.....16 Selden Street
The UPS Store.....176 Amity Road
Tobacco Land.....164 Amity Road
Today's Clothing.....22 Selden Street
Westville Seafood..... 1514 Whalley Avenue
Wheeler's Restaurant..... 180 Amity Road
Woodbridge Hardware.....219 Amity Road
Woodbridge Senior Center..... 4 Meetinghouse Lane
Woodbridge Tae Kwon Do.....152 Amity Road
Woodbridge Town Hall.....11 Meetinghouse Lane
Woodbridge Town Library.....10 Newton Road

If you would like to have additional copies of the Woodbridge Town News available at your organization or business, please call 203-553-9062.



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

Table with 2 columns: Upcoming Issue Deadline, Upcoming Issue Dates. Rows include August 21st (Labor Day Issue), September 11th (Autumn Issue), and October 2nd (Columbus Day Issue).

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

FROM OUR READERS

Thank You Community Memebers

The BVFD and Auxiliary would like to thank the members of the community, especially Laticrete International, for their support for our 8th annual Car, Truck and Bike Show on Saturday, June 20th held at Bethany Airport.

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 (NewEngland-Tractor.com), Ryan Angelicola and Family, B&B Transportation, CrossFit Bethany, Mike's Auto Towing, Zep Superior Solutions-Gina Monaco, R&M Custom Contractors, Magna Steel Sales Inc., Paco Group Inc., Lock Stock & Barrell, DiGennaro Service LLC, Billy's Ice Cream, Arite Auto, Country Companions Veterinary, Pleasantview, Henkels McCoy, Green Light Auto Sales, LLC, Plimpton & Hills, Auto Transport, Restopedic, Hurlburt's Sugarhouse, The Flanagan Ambulance Alumni, Amity Gardens, Amity Bowl, Teddy B's Restaurant, Naugatuck Sunoco, Freezer Hill Mulch, Northeast Communications, Town and Country Liquors, Visiting Angels, North Haven Auto Body, Glam Spa, Verabs, Country Corner Diner, Flash Signs, Chabaso Bakery, Country Portables LLC 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

Republican Actions Support "Open Government"

In response to Karen Cusick's letter of July 1 regarding the situation with the Board of Selectmen meetings (or non-meetings) to make appointments to Boards and Commissions, please allow me to make a few fact-based points.

First, the request, not the demand, to use an alternate method to nominate people for these positions did not first come hours before the meeting. The Republican Selectmen made the request via email on June 20, several days before the scheduled BOS meeting. There actually were repeated requests between June 20th and the 24th, all documented by emails, with the last one coming hours before the meeting. The implication that this request was sprung on the First Selectman hours before the June 24 meeting is the real political theater here.

Second, let's all be clear on what this "demand" is. Simply, it is to allow the names of all nominees to be heard publicly and debated in an open meeting. That's it. This process has been closed for a very long time, and frankly, as the Town Charter allows the First Selectman to cast a second vote when there is a tied vote among the six BOS members, the outcome of who will be seated is not in doubt. The process being so ardently defended is to allow the First Selectman to recognize a BOS member for the purpose of nominating someone to a

See "Letters" continued on Page 10



WTN Letters Policy

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

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

LOCAL BUSINESS ROUNDUP

FIRST SELECTMAN CONTINUES LOCAL BUSINESS TOURS

First Selectman Ellen Scalettar recently visited two Woodbridge businesses, one of which is celebrating its one-year anniversary. Hairs 2 You opened the doors to its business one year ago. Scalettar also visited David Lesser Fine Antiquarian Books.

The First Selectman has been touring local businesses to create a stronger bond between Town Hall and the Town's business community and to strengthen economic development in Woodbridge. Additionally, the Town's Economic Development Commission has been inviting new and expanding businesses to its monthly meetings in order to learn about those businesses and why they chose Woodbridge. At each of the businesses she visits, Scalettar always asks why a business chose Woodbridge and what, if anything, the Town can do to support their business.

Stephanie Tiddei of Hairs 2 You ran the salon called Stephanie's on Whalley Avenue in New Haven for 20 years. Deciding it was time for a change, Tiddei looked for a new location that would be convenient to her clientele. She rented a chair at a salon while looking for her own place and last year Tiddei moved to Selden Street. "Things are great," she said.

Tiddei lives in Bethany and enjoys her shorter commute, she said. Many long-time customers followed her to the new shop and she's gained new local customers also.

In addition to the traditional salon services of haircuts, dyes and styles, Tiddei also sells home-made glycerine soaps and body scrubs. Tiddei says they are popular gift items.

At the Selden Street plaza Tiddei says she gets some walk-in traffic from customers visiting Today's Clothing, Amity Bike shop, Linda's Nails, Amity Bowl, Musical Folk, Advent Printing, Dine-1-1 and restaurants Thai Stories and Woodbridge Social. Tiddei is one of three hairdressers at the salon; the other two are Debbe Champion, who was very instrumental in starting the salon and helping to decorate, and

Frank DeMayo.

Earlier in the month Scalettar visited David Lesser Fine Antiquarian Books in the Woodbridge Office Park. Lesser has been selling antiquarian books out of his Woodbridge office since 1994. Lesser, a retired lawyer, specializes in American social, political and cultural history. Lesser has roughly 10,000 books covering Colonial America, the American Revolution and Federal period, and 18th century American imprints; Afro-Americana, slavery, the Civil War, Reconstruction, the American South; law and economics, commerce, banking, trade, industry, canals, railroads, agriculture, urbanization; the American West; political campaigns, political issues and presidential politics.

As an example, Lesser pulled a book off a shelf to show Scalettar. The book was a leather-bound copy of Connecticut laws that was published before Connecticut became a state. Scalettar joked that it was impressive that lawmakers could fit all the state's laws into the one book.

Lesser told Scalettar that most of his business is conducted via mail-order catalogues and book fairs. "We don't expect local business, though there are some locals who are regular visitors," he said. Lesser's shop is small and books and ephemera are organized by category.

His is a specialized business and the internet has changed the market by more accurately showing how rare or not rare a specific item is, Lesser explained. Rarity affects pricing and is one reason that values are rising for items such as pamphlets, postcards and letters.

Lesser lives in Westville and enjoys his "reverse commute" adding that he enjoys the local restaurants and business climate in Woodbridge.

If you know of a new or expanding business in Town, or if you would like the First Selectman to tour your business, please contact Assistant Administrative Officer Betsy Yagla at byagla@woodbridgect.org or 203-389-3403.



DOWNLOAD ARCHIVED ISSUES OF THE
WOODBRIDGE TOWN NEWS ONLINE AT
www.WoodbridgeTownNews.com

TOWN DEPARTMENTS & AGENCIES

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF AUGUST 2015

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



Town Hall

8/3	Human Services	7:00pm	The Center
8/5	Police Commission	6:00pm	Police Department
8/12	Board of Selectmen	6:00pm	Town Hall
8/13	Economic Development Comm.	7:00pm	Town Hall
8/17	Fire Commission	6:00pm	Fire Station
8/20	Conservation Commission	7:30pm	Town Hall
8/24	Country Club of Woodbridge Comm.	6:00pm	Town Hall
8/25	GATV Commission	7:15pm	Town Hall

WOODBRIIDGE ENERGY ASSISTANCE PROGRAM

Mary Ellen LaRocca, Director of Woodbridge Human Services Department, announced appointments are being scheduled for Woodbridge residents for the 2015-2016 Connecticut Energy Assistance Program administered by TEAM, INC. Appointments will begin on August 10th. Income eligibility requirements must be met.

Verification of income and assets must be submitted with the application. This includes copies of the last bank statement(s) or checks(s) for: a) pay stubs (last 4), or income verification from the individual's employer, b)

Social Security benefits notice, c) Supplemental Security Income, d) pension, e) unemployment, f) alimony/child support, g) interest and dividend income h) and utility bill. In addition, the names, dates of birth, and social security numbers of all family members residing with the applicant are required.

For more information regarding the Energy Assistance Program, or to schedule an appointment, please call Woodbridge Human Services Mary Ellen LaRocca or Mary Lee Raro at 203 389-3429.

FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalettar



We are so fortunate to live in this Town where we enjoy extraordinary natural beauty as well as first-rate Town operations. There is a small segment of our Town's population, however, that seems blind to our blessings and sees everything through a negative lens. This group tries to bolster its negativity by confusing and misleading Woodbridge residents. They demean our budget process and use of fund balance; criticize our time-tested appointment process; and distort the real options for the Country Club of Woodbridge property.

I'd like to set the record straight.

Woodbridge recently received –yet again - awards for our budget and audit documents from the national Government Finance Officers Association. This July, our Aaa bond rating – the highest possible rating from Moody's Investor Service – was reaffirmed.

Contrary to the claims of improper use of fund balance in the budgeting process, the Town is projected to finish the fiscal year without using the fund balance cushion. It worked just as it should have, enabling us to avoid an unnecessary mill rate increase.

I agree with many that the Country Club of Woodbridge is a beautiful piece of property and, if the cost of carrying the property is acceptable to Town residents, it can remain as open space or a golf course. Importantly, however, the Town's debt and other long term costs associated with this property are formidable. I plan to present the true financial picture to residents again so they can make a rational decision about the impact of some development versus no development. The decision lies with Town residents: Town-owned property

cannot be sold without their approval.

Recently there was controversy over the Town's long-standing process for appointing volunteer board and commission members. This process has been followed for decades by both Democrats and Republicans. This year, however, the three Republican Selectmen said they didn't like the process and, therefore, decided to boycott meetings. This boycott delayed appointments and caused confusion. I am optimistic that this tactic will not be used to prevent a quorum at future BOS meetings. It is important to note also that more than one third of the appointments made this year were cross-endorsed by both parties.

I urge you to take the naysayers with a grain of salt. We have so much to appreciate and be grateful for: our award-winning schools; outstanding first responders, library, youth and senior programs, and customer service; our beautiful open space and hiking trails; the successful Woodbridge Energy Challenge campaign; our increasing number of community events, including the farmers' market, Long Wharf Theatre partnership, Taste of Woodbridge and more; improved communications through our first time email newsletter and Facebook page; a more vibrant business district; and our highest standards of fiscal management.

Of course, none of these accomplishments could happen without all the hard work and dedication of our Town's outstanding employees and generous volunteers. I look forward to working with them and with all our residents to preserve the best of Woodbridge while we adopt innovative best practices for our Town.

TEMPORARY, SEASONAL & ITINERANT FOOD PERMITS

Required by the Local Health Department

Bethany, Hamden, North Haven or Woodbridge community organizations, churches or groups (including schools) that plan to hold an event that will sell or serve food when the general public is invited, must obtain a TEMPORARY FOOD SERVICE PERMIT from Quinnipiack Valley Health District (QVHD.) Examples include bazaars, community picnics, strawberry festivals, fairs or any event where food is served. Two-weeks time is required to process the permit, so be sure to plan ahead! Such permits are required under the Connecticut Public Health Code for food service open to the public. Failure to obtain a permit may result in the shutting down of the food portion of your event. Call QVHD

if you have questions about whether or not your group needs a temporary food service permit. SEASONAL FOOD PERMITS are also required by law for food operations that are not open year round. Examples include concession stands at pool clubs and athletic facilities. ITINERANT VENDORS must also obtain a permit. Itinerant vendors are mobile food trucks including ice cream trucks.

Proper food handling, cooking and storage are essential for preventing food-borne illness. For safe food handling information and/or an application for a temporary, seasonal or itinerant food service permit, call QVHD, 203 248-4528 or visit our web site, www.qvhd.org.

WOODBRIIDGE RESIDENTS!

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?

Send it to us with a photo and we will publish it FREE.

Woodbridge Town News, P.O. Box 1126, Orange, CT 06477

Email: edit@woodbridgetownnews.com



Fire trucks lined up at the Woodbridge firehouse. Several of them are ageing and need to be replaced.

“Fire Dept.” continued from Page 1

enough time to fully explain what each piece of equipment does. He said all the replacements are already listed in the five-year capital plan.

Of the department’s eight engines, three will need replacement in the relative near future, with a combined price tag of just under \$3 million. In addition the department is looking at replacing the air packs which supply firefighters with oxygen when they are entering a burning building; and updating the hand-held radios and the dispatch console located at the police department.

A replacement for Engine 7 is already on order and expected to be delivered this fall. The whole process from designing the truck to suit the particular circumstances of a community, then building it to specs until it can join the lineup typically takes two years, Rowland said.

The most immediate need in Woodbridge is for a ladder truck to replace Engine 6. It is 39 years old and has a 50-foot ladder, not long enough for many of today’s buildings, the chief said.

Brief news video clips, one of a fire fighter on a collapsing roof, the other of a slipping ladder, reminded the audience of the risks fire fighters face every day.

Without an aerial truck, evacuations at Amity High School, for instance, or Beecher Road School would be slow and cumbersome, as it would be any rescue at the three assisted living facilities in town. Even for many residential houses the current ladder is not long enough, Rowland said. Responding to chimney fires during the winter, for instance, can be done a lot quicker and safer with the appropriate ladder truck. Calling in a back-up aerial truck from Orange takes time when minutes matter.

The cost for a new ladder truck is in the \$1.4 million range, the chief said. However, the lack of a ladder truck will lead to higher home insurance costs for homeowners, as insurance companies rate towns according to their fire risk.

Engine 9, a 20-year-old pumper truck, also needs replacement within the next five years. The current truck carries 2,000 gallons of water and a class B foam used in certain fire situations.

Engine 3 also needs replacement in the foreseeable future, the chief said. It would cost somewhere between \$600-650,000.

In addition to Engines 3, 6 and 9, the department operates Rescue 1; Engine 2, a 12-year-old pumper; tankers 5 and 8; and Engine 7, which is currently being replaced.

Other Equipment

By law, fire companies are required to replace air packs every 15 years. Back in 2003, the last time they purchased new packs, each unit was \$4,500; nowadays they go for almost \$9,000 apiece, Rowland said. That will be a total expense of some \$300,000.

In its capital plan for this fiscal year, the fire department also asked for \$100,000 to upgrade its hand-held radios. Since the town is looking to replace the emergency dispatch console, the radio project was put on hold. Instead, selectmen called a committee to assess the needs of all departments linked into that system, namely police, fire, Public Works and 911. Replacement of both the console and the radios it interacts with may cost in the \$1.7 million range, the chief said. Serving on the ad-hoc committee are Selectman Susan Jacobs, finance board member David King as well as representatives of the departments.

Storage Shed

The chief did not want to add the expense for a planned storage shed in the back of the firehouse to the fire department’s budget. It is the town that requested the fire department move its equipment from the old firehouse to make room for other uses, he said.

Originally planned as an all-volunteer project that the town would provide the materials for, insurance concerns halted the construction of the shed.

The Woodbridge Volunteer Fire Department currently has about 45 members and a group of five Juniors ages 15 to 17. In addition to fire and rescue operations, the department is very involved in community service, either as the organizers — such as the popular Halloween Truck or Treat, and the Eva Block Fire Prevention Day — or in a supportive role such as road runs. During storms Irene and Sandy, they responded to up to 200 calls and helped in the cleanup.

MOODY’S GIVES TOWN OF WOODBRIDGE AAA RATING

The Town of Woodbridge has again received a Aaa rating from Moody’s Investor Service. Aaa is the highest available rating.

“Sound fiscal management has long been a hallmark of the Town of Woodbridge and I will do everything I can to assure that it remains so. I have the greatest confidence in the management of our Town finances by Finance Director Tony Genovese and the Board of Finance. The Moody’s report reaffirms that this confidence is well placed,” said First Selectman Ellen Scalettar.

“The Town of Woodbridge is very lucky to benefit from the skills and management of Tony Genovese,” said Matthew Giglietti, chair of the Board of Finance. “Add to that the oversight of the Board of Finance which is made up of experts in their fields, and I am not surprised that we continually receive the highest rating possible.”

In a Monday, July 6 report Moody’s explained the rating, “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.”

The report also states, “The stable outlook reflects our expectation that the town will maintain a stable financial position with adequate reserve levels and will continue to demonstrate credit characteristics commensurate with the current rating category.”

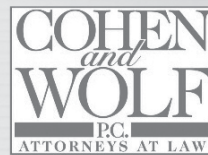
Moody’s examines the Town’s current finances, potential future finances and recent financial history to create the report and rating every time the Town issues debt. Woodbridge recently issued \$5.5 million in general obligation bonds, a portion of the Town’s costs for the Beecher Road School renovation project. In 2014 residents approved spending up to \$13.45 million on the renovation project. The Town has applied for a reimbursement grant from the State and will issue bonds for the remaining cost of the project once the State grant amount has been finalized and the project has been completed.

Woodbridge Town News

Call Today To Reserve Your Ad Space!

Display ads start at only \$110 per issue.

Call 203-553-9062 to place your ad!



Not Just a Law Firm.
Your Law Firm.

Are you
struggling with debt?



Help is only a phone call away.

Call for a free consultation:

203-974-6460

Vincent M. Marino, Esq. • Dyan M. Kozaczka, Esq.

We are a debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.

BRIDGEPORT

DANBURY

WESTPORT

ORANGE

www.cohenandwolf.com

“Letters” continued from Page 6

Board. It's seconded and then votes are cast, with ties being broken by the First Selectman. Under this process, if all the open positions are filled with the first vote (which they are), then there are no more open seats to fill, closing the need for further nominations. Thus, those not nominated to begin with are never introduced for consideration. Yes, this has been the process for decades (and one that needs revising), but what isn't said is the process potential volunteers go through to get to that point is far more rigorous than in decades past. Resumes must be submitted and interviews are done by the party committees (the Republicans did, I cannot speak for the Democrats) before anyone's name is put forth. We think, by participating in this process, nominees should be shown the proper respect by, at a minimum, having his or her name introduced to the BOS and a vote taken on their nomination. Shutting people out from consideration by our decades-old process we think is not “in the best interests of the Town” as the First Selectman does.

The way out of this mess is to give the three Republican-endorsed BOS members the opportunity to announce their nominees' names to the full BOS. A thoughtful, public discussion on the merits of each candidate would be appropriate. The BOS members would then vote for their preferred nominees. We fully expect the outcome of who gets appointed will not change, but those who offered to serve the town will “have their day in court” and be recognized publicly for making such an offer of their time and talent. We think this is with merit, an improvement in the process that is not attempting to game the system to change the outcome, and is in keeping with an effort to provide a more open government at the local level.

Chuck Pyne
Secretary - Woodbridge Republican
Town Committee

Scalettar Thwarts Appointment Process

Republican members of the Woodbridge Board of Selectmen have sent a loud and clear message to First Selectman Ellen Scalettar: Woodbridge Town Hall is no place for political shenanigans and disrespectful behavior. At issue is the process by which appointments are made to serve on Boards, Commissions, Offices and Agencies of the Town of Woodbridge. Under her leadership, only Democrat endorsed nominees are considered.

In a June 20 email to Scalettar,

Selectman Joe Dey offered a more respectful and inclusive process by which all candidates can be discussed and reviewed. On June 23, Scalettar flatly rejected his approach. In response, Selectmen Tony Anastasio, Joe Dey and Maria Kayne did not attend the June 24, 2015 Special Meeting of the Woodbridge Board of Selectmen-Elect. Selectman Dey stated, “We decided not to participate in a flawed process”.

At the June 24 meeting, knowing that there was no quorum to take action on appointments, Scalettar called for an illegal vote to approve appointments. This is a direct violation of Woodbridge's Town Charter, Chapter C Article IV Board of Selectmen, Section 4-3(c) that requires: “Four members of the Board of Selectmen shall constitute a quorum for the transaction of business.” On June 30 Scalettar called for another meeting to approve and ratify all appointments made and actions taken at the June 24 meeting. Again, Dey advised Scalettar that while he and Selectmen Anastasio and Kayne were willing to participate in a lawful meeting to make appointments, where the process was fair and inclusive, Scalettar ignored his call to develop such a process.

Scalettar continues to engage in business as usual without recognizing that Woodbridge voters want change. Her mismanagement of the appointment process is a poor first step.

Bill Fox
Woodbridge Republican Town
Committee

Discord Still Prevalent after May Elections

I have just read a ‘submitted article’ in the latest addition of the Woodbridge Town News and am disturbed by its misleading content.

The article states that Ellen Scalettar, Woodbridge First Selectman, was notified by the 3 Republican Selectman shortly before their scheduled June meeting that they would not be attending, therefore preventing a quorum.

This comment while correct, was taken out of context and therefore misleading.

The Republican Board of Selectmen, (BOS), tried to schedule a meeting with Ms. Scalettar earlier in the month and she refused to meet with them.

The article fails to mention that the Democrats never submitted names of all their candidates for commissions to the Republican members of the BOS prior to the scheduled meeting, thereby preventing them from reviewing all the candidate's qualifications.

As a voting Democrat and a Woodbridge resident, I am extremely upset

with the discord that is still prevalent in our community after the last, hard fought election.

Residents who are not taking an active role in town politics can easily be swayed by what they read in publications. I hope this letter allows residents to see the “other side” of this latest issue in our community and also prompt them to become more active in and aware of Woodbridge politics.

Thank you.

Cheryl Lipson

Finance Chairman Responds to Wick

When I saw that Cathy Wick had submitted a letter, I was assuming that she was responding to my letter which stated that Moody's Investors had reaffirmed the Town of Woodbridge Aaa bond rating and praised the town's strong financial management.

Wick had repeatedly claimed that Woodbridge was in danger of losing its bond rating due to a low fund balance, too much debt and her incorrect claim that we started every year in a \$400,000. hole. Moody's completely disagreed with her claims, and reaffirmed the town's bond rating twice in the past several weeks. However, no comment from Wick.

Instead she chooses to criticize First Selectman Ellen Scalettar for failing to make appointments to Boards and Commissions. Wick fails to mention that the three Republican Selectmen informed Ellen four hours before the meeting that they would boycott the meeting thus denying a quorum, because they did not agree with the process allowing the First Selectman a second vote in the event of a tie, a process that has been in effect for decades. Wick states that this is a built-in, entirely appropriate check to deny a quorum. That is absolutely not true and in fact, the three Republican Selectmen were in violation of the town charter that they pledged to uphold when they took the oath of office. Yet Wick defends them.

Wick should read the minutes of the June 29, 2005 Board of Selectmen meeting, which I attended. That was the last meeting where the Board was divided 3-3, but in that case the Republicans had the second vote to break ties. They used the second vote 28 times that night and appointed all of their nominees, while most of the Democratic nominees were not appointed or voted upon. The difference in that case was that the three Democratic Selectmen sat there respectfully, understanding that this was the process allowed under the town charter. I doubt Cathy Wick was even aware of this meeting because

in 2005 she was a registered Democrat.

The town would be better served if Cathy Wick, instead of criticizing everything that goes on in Town Hall, actually presented what she would do differently. For starters I would love to hear how she would have performed “the most basic function” of making appointments to Boards and Commissions had the three Democratic Selectmen boycotted her meeting, denying a quorum.

Matthew T. Giglietti
Chairman Woodbridge Board of
Finance

Republicans Continue to Misinform

Woodbridge Republicans have chosen to continue their campaign of misinformation past Election Day and into our new year. Finding their budget attacks undermined yet again by Woodbridge's consistently high performance (Moody's Aaa bond rating and national budget and audit awards), the naysayers have tried a new tack: claiming that our process for appointing board and commission members is “unfair”. They misrepresented the actual process and proposed one that made no sense. They further insinuated that I created the process, when in fact it has been followed for decades under Republican and Democratic administrations. Ultimately, after two weeks of needless delay, they went along with the time-honored process.

Our process works exceedingly well. Woodbridge benefits from top-notch, dedicated volunteer commissioners who laud the non-partisan nature of their deliberations. Even in this contentious year, more than one third of the nominees were supported by both parties.

The most troubling development is the tactic adopted by the Republican Selectmen to boycott meetings if they disagree with something on the agenda. A leader of their party calls this an “entirely appropriate check” on the authority of the majority. I view it as a blatant abrogation of their sworn duty as selectmen and an insult to Town residents who rely on us to conduct business on their behalf in accordance with our Town Charter and the fundamental principles of governance in a democracy.

I urge all Woodbridge residents to be alert to misinformation and attempts at confusion. Some may sound plausible until one digs a bit deeper.

Ellen Scalettar
First Selectman
Town of Woodbridge

DOWNLOAD ARCHIVED ISSUES OF THE
WOODBIDGE TOWN NEWS ONLINE AT
www.WoodbridgeTownNews.com

HOUSES OF WORSHIP

CHRIST CHURCH STARTS AN "ELECTRATHON TEAM" FOR TEENS

Al Maiorano loves cars - and he loves working on cars. And though his own car hobby has thus far centered around regular gas powered cars, he was interested in learning more about the Electrathon, a national program that encourages teens to learn how to build - and then race - electric cars. Al's good friend, Mike Grella, founded the CT chapter of the Electrathon which twice a year gives teams of CT teenagers the opportunity to design, build and then race their electric cars at Lime Rock Park. Al knew he was not the only "gearhead" at Christ Church, and he began to wonder if together, a group of Christ Church guys could sponsor an electrathon team and give a group of local teens the opportunity to learn, build and grow in confidence through the Electrathon program.

So Al, along with church members Steve Worth, Will Emmett and Lexy Westphal, reached out to Ed Rostowski, the metal shop teacher at Amity High, to see if they could create a partnership in forming an electrathon team. Ed was also familiar with the Electrathon program and was glad to support a group of motivated mentors interested in getting a team going. The team will use the church's parish hall as the general meeting space for making the design, planning fundraising and doing

the final assembly of all finished components to create the vehicle. The sub-assembly and parts production will be conducted at Amity High in the metal shop, or possibly elsewhere with field trips. The welding of the chassis will be conducted at a place TBD. The team will approach companies and organizations to procure sponsorship in order to fund the team's efforts. In all of this work, the adult mentors role will be strictly to guide and to teach - all the actual work will be done by the teens, who will design the car, raise funds, manufacture parts, assemble, test and race the vehicle.

There are already a few teens signed up and they have begun meeting, have been tinkering with an older electrathon car which is now sitting in the corner of the church hall to get ideas. The team hopes that others will want to join in as the project takes off this fall. All teens 14 and up are invited to be a part of the team. Teens who drive the vehicle at the race must hold a valid driver's license. All others can be involved in any of the other activities. If you know a boy or girl who may be interested, please tell them about this new program and send them to www.christchurchbethany.org for further information, including a video about the Electrathon. You can also email Al directly at ajm@visualefx.biz.

CONGREGATIONAL CHURCH SUMMER SUNDAY WORKSHOP

Orange Congregational Church - 205 Meeting House Lane, Orange, CT 06477, 203-795-9749 - invites you to come to our regular weekly Summer Sunday Worship Service at 9 a.m. in the Sanctuary. Our children's programming Summer B.L.A.S.T. will run during service every other Sunday through August 30th: the upcoming sessions will be August 2 and 16, our Summer Lego Club, August 30th, and



Orange Congregational Church

our Second Annual "Wear Your Bathing Suit to Church" Sunday.

Woodbridge Town News

Attention Churches, Synagogues & Houses of Worship!

Send us your organizations events listings and items of interest.

We will publish them for free.

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

www.WoodbridgeTownNews.com

BLAST!

An Ounce of Prevention

They arrived in abundance and their population has not decreased! They will be with us all summer and into the fall. The "they" are ticks which are bothersome, nuisance insects that can carry disease and cause distress for those who find they have unknowingly provided them with a "home" on their body. Tick-borne disease is serious and requires medical treatment as promptly as indicated. Taking action to prevent tick-borne illness is very important.

BLAST* is a strategy to use to decrease your chance of becoming ill with a tick-related disease. Each letter represents an action step you can take: (*The **BLAST** strategy is a program of the Ridgefield, CT Health Department. Permission has been granted to Quinipiack Valley Health District (QVHD) to use this concept. The content has been adapted.)

B stands for **Bathe** or shower soon after coming indoors. Although we think of ticks as being woodland creatures, you don't have to be a "woodsman" to be exposed to ticks. They are everywhere, so even if you were not in the woods, this step will help to rid you of ticks whenever you are outdoors.

L stands for **Look for ticks and remove them with tweezers**. Checking your body, especially in the folds of the skin (such as behind the knees and ears and in the groin area) will help you to find ticks, hopefully before they take a blood meal, which is 24-48 hours after attachment. Proper technique for removing ticks is:

- Use fine-tipped tweezers and protect your fingers with a tissue, paper towel, or latex gloves. Avoid removing ticks with your bare hands.
- Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly

disinfect the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin.

A stands for **Apply repellents to skin and/or clothing**. Many people do not like the idea of using repellents, however, if applied correctly and washed off after use, they are an extremely effective way to prevent tick (and mosquito) bites. You can learn more about repellents at the National Poison Information Center website. The CT Department of Public Health has a fact sheet titled "A Guide to Using Insect Repellents Safely (July 2014)" which is available on its website.

S stands for **Spray the perimeter of your yard**. This step may not be desirable or feasible for all families, due to cost or concerns about insecticides. If this is not something you choose to do, there are strategies for making your yard more tick-proof. The CT Agricultural Center has a bulleting titled "The Tick Management Handbook, Bulletin No. 1010" that can provide you with ways to make your yard tick "safer".

T stands for **Treat Your Pets**. Pets can carry in ticks from the outdoors. Just be wary! Sometimes, the tick will be repelled but will still make it indoors and drop off in the house. Check favorite pet sleeping places (including your lap) for ticks.

Other strategies that have been recommended include wearing long pants tucked into socks and long sleeves when in the woods. However, this strategy is not always feasible in 90 degree weather. Keeping the lawn mowed will also help reduce tick populations.

This column is authored by V. Deborah Culligan, QVHD Health Educator. It is not intended to be legal or medical advice and is provided for educational purposes. QVHD, the local health department for Bethany, Hamden, North Haven and Woodbridge, can provide you with a packet of information including the documents listed above if you do not have internet access. Call 203 248-4528 or email dculligan@qvhd.org.

WHOOPING COUGH IS HERE!

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

As you protect the baby, you will also be protecting yourself against not only whooping cough (pertussis) but also diphtheria and tetanus. QVHD offers the pertussis (whooping cough) vaccine (in the form of Tdap-tetanus,

diphtheria and pertussis) to parents, grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger. If you are over age 18 and have never had a Tdap vaccine (a combined booster immunization containing tetanus, diphtheria and pertussis protection), you are eligible to receive this vaccine.

A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay this fee. The next clinics will be held on August 12, and September 15 from 4:00 to 4:30 p.m. Call QVHD, 203 248-4528 for an appointment. (An appointment is not required but is suggested. Walk-ins are welcome.)

OIC Orange Insurance Center

A multi-line insurance agency providing professional, knowledgeable, personal service to individuals, homeowners, and businesses since 1963. We represent a select group of outstanding insurance companies. Let us customize a package that meets your needs and budget.

Specializing in...

HOME • BUSINESS • AUTO • LIFE

“Celebrating our 52nd year.”

James Pascarella, President
Diane L. Eger, Vice President

Ken-Mike Tower
325 Boston Post Road, Suite #2B
Orange, CT 06477

PHONE: 203-799-2327

FAX: 203-799-1931

www.orangeinsurancect.com



Need Help Staying Organized Financially?

We can do it for you. Give us a call. We specialize in small business and personal finances.



ALTERNATE OFFICE SOLUTIONS, LLC

P. O. Box 1154
Orange, CT 06477
Phone/Fax 203-397-3065
E-mail: AOSofCT@yahoo.com

For all your bookkeeping and secretarial needs

MICHAEL J. PAOLINI, CPA

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

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

SENIOR CENTER

22nd Annual Holiday Fair

Our 22nd Annual Holiday Fair will be held Saturday, November 7th at the center and is always a great event. This year's fair promises to be the best ever and we need you to be a part of it! Do you like to bake, create needlework, help in the kitchen, help sort tag sale items? We welcome new volunteers who can give just a few hours of their time. If you would like to volunteer in any way, please call Lee Canning at the senior center, 203-389-3430.

This year's fair will feature hand-crafted items, new costume jewelry, cookies, cakes, bread, pies and a great tag sale table. The Take A Chance Auction and the Silent Auction tables will be back again this year. Tag sale items can be dropped off at the center beginning in September. We cannot accept clothing, stuffed animals or baby equipment. We gratefully accept donations that can be sold in our tag sale table.

Learn Spanish

If you would like to study Spanish we will be offering another 8 week SPANISH language class starting September 18th at 10:00 a.m. The cost of the class is \$40.00 and will be taught by a highly qualified teacher who is also a native speaker of the language. This is a very popular class so please call 203-389-3430 to register or for more information.

Complimentary Tennis Lesson

A complimentary tennis lesson for any resident 55 and older is being offered at the Center Road Tennis Courts, Friday, September 18th at 10:00 a.m. The instructor will be Glen Englander, who is one of Connecticut's Legendary Tennis Pros and is a current staff member at the Four Seasons Racquet Club in Wilton, CT

and former tennis coach at Wilton High School. Glen has many years experience teaching tennis in area towns and recreation departments. Reservations are requested but walk-ins are welcome. Please call the senior center at 203-389-3430. Rackets are available to borrow or you may bring your own.

“Dutch Treat” Lunch

Share lunch and friendly conversation on Monday, August 24th, 12:00 noon at Bellini's in North Haven. Everyone is welcome, and it is “Dutch Treat”. Van transportation can be arranged for a \$3 fee. Please call Lee at 203-389-3430 to make a reservation for the lunch and/or transportation.

Current Programs

Tuesday, August 4 The Woodbridge Senior Center & Police Department will be holding their Annual Indoor Picnic. Cost is \$6.00 and reservations are needed. Please call 203-389-3430. John Paolillo will entertain.

Tuesday, August 11 Roger Hart will be here with another wonderful slide presentation.

Tuesday, August 18 “Ice Cream Social” - Home Health Advantage will present “How to stay independent”

Tuesday, August 25 Shayla Delgiudice from Access Independence will be here to present information about the Medicare Savings Program.

Future Programs

Tuesday, September 8 “Miller Melodies” a group of 20 seniors who like to sing old songs and show tunes from the 1920s thru 1960s will be here to entertain us.

Tuesday, September 15 Tony Forto - Vocalist, will entertain

Friday, September 18 GLEN ENGLANDER, Tennis Pro is offering

See “Seniors” continued on Page 13

We Provide:

- Home Health Aides
- CNA's
- Companions
- Homemakers & Much More!



**Need Reliable Homecare Assistance?
Call us - We Can Help!**



203-285-6202

Serving Woodbridge, Orange, Milford and Greater New Haven

We accept most major insurance programs.
Bonded and Insured

Stuart A. Rosenkrantz, Manager

SENIOR CENTER

"Seniors" continued from Page 12

a complimentary tennis lesson today.

Tuesday, September 22 ED COWAN, Batteries Plus Bulbs

Tuesday, September 29 Sal Anastasio, Pianist, will be here to play background music while you are dining

Current Trips

Wednesday, August 19 \$30.00/ METROPOLITAN MUSEUM OF ART, Lunch at CARMINE'S

Future Trips

Wednesday, September 9 \$119.00/SCHOONER SAILING in Gloucester Mass.

Tuesday, October 27 \$114.00/ SALEM IN OCTOBER Salem, Massachusetts

Thursday, November 12 \$97.00/"SHOWBOAT" at the Westchester Broadway Theatre

Friday, November 20 \$165.00/"CHRISTMAS SPECTACULAR" at Radio City, lunch at CARMINE'S

December 9-11 \$487.00/PP Double "THE MIRACLE OF CHRISTMAS" Amish Christmas Getaway

Friday, December 11 TBA/"WOMEN'S "BASKETBALL HALL OF FAME" Mohegan Sun, UCONN vs FLORIDA STATE

Book Club

On Tuesday, August 25th at 11:00 a.m. The book club will meet at the Woodbridge Library Meeting Room to discuss "go tell a watchman" by Harper Lee. Refreshments will be served. Call Lee at 203-389-3430 for more information.

Pinochle Players

If you like to play Pinochle, our friendly group always welcomes new players. It meets on Monday's, Wednesday's and Thursday's from 1:00 to 4:00. If you are interested in playing Pinochle, please call the Senior Center at 203-389-3430



PROUD RETAILER OF **vineyard vines** madeline's vineyard

Arlyn's
FINE ACCESSORIES OF WOODBRIDGE

Facebook Instagram

Summer WITH Lilly Pulitzer



LOCALLY LOCATED | EXIT 59 OFF MERRITT PARKWAY | EASY ON/OFF
1646 LITCHFIELD TURNPIKE | WOODBRIDGE, CT 06525
(203) 387-5498
www.arlynsfineaccessories.net

Bring Us Your Pain!



Peter Geloso DPT	Michael Dow MSPT	Kyle Branday MSPT	Michael Demetriades DPT	Joel Paul MSPT
---------------------	---------------------	----------------------	----------------------------	-------------------

Setting The Standard Of How

All Physical Therapy Patients Are Treated. **203-389-4593**

Now with 3 Offices

Woodbridge: 203-389-4593
Hamden: 203-691-6248
Branford: 203-433-4683



1 Bradley Rd Woodbridge www.amitypt.com

Residential Commercial



ACCREDITED BUSINESS
CT. LIC. #582087

CELEBRATING 35 YEARS 1980-2015

Interior & Exterior Painting & Remodeling

Anniversary Special!

15% OFF
All Painting Jobs

Must be contracted by 8/15/2015. Present this coupon at time of estimate.

- Wall Paper Removal
- Power Washing & Mildew Treatments
- Textured Ceilings
- Kitchen & Bathroom Remodeling
- Installation and Refinishing of Hardwood Floors
- Tile Installation

Please Visit Our Website www.CandMpainting.com

Chuck Heifetz Phone/Fax: **203-799-9584**



ElderCare Services provides geriatric case management and care that nurtures the mind and body. It is one-on-one loving care that encourages independence.



Homecare From The Heart

Family Owned & Operated · Social Work Case Management

\$175 COUPON
to use towards LIVE-IN Service

\$75 COUPON
for HOURLY Service

*Exclusions Apply. Redeemable After 4 Weeks Of Service. COUPON EXPIRES JUNE 30, 2016



Assist With...

- Walking Exercises
- Transfers
- Medication Reminders
- Escort To Medical
- Companionship
- Personal Care
- Meal Preparation
- Light Housekeeping
- Laundry
- Shopping
- Transportation

CALL TODAY TO DISCUSS YOUR OPTIONS
203.799.8001 • Toll Free 866.799.9303
Al Mayer, LCSW - President • Gail Mayer, MSW - Vice President

www.eldercarect.com CT Reg. #HCA0000334



OFFICE SPACE FOR LEASE



Landlord is on site daily to address tenants' problems timely.



Building is family owned, not doing business with a large corporation.



Our "gross" rental rates make it easy for tenants to budget as almost all cost included in rent.

BUD PRIEST
REALTORS

389-1310

CALL 203 389 1310 WITH INQUIRIES

WOODBRIDGE PROFESSIONAL CENTER
270 AMITY ROAD
WOODBRIDGE, CT



PAVEMENT SERVICES

LLC

203-268-PAVE (7283)

Paving • Sealing • Masonry
Drainage • Hot Crack Repair

CONCRETE RESTORATION SPECIALISTS!



LIC #HIC0626518 www.pavementservicesllc.com Fully Ins.

\$50 OFF

Driveway Sealing & Hot Crack Repair

Or 10% OFF, whichever is less.

NEW! THIRD WEEK ADDED!

MASSARO

COMMUNITY FARM



HALF DAY FARM-BASED CAMP

August 3-7 & August 10-14
6-9 year olds
August 17-21
9-12 year olds

www.Massarofarm.org
 (203) 736-8618

J.M. Kriz

DESIGN · PRINT · WEB



Web Design



Print Design



Publications

www.jmkriz.com

CLUBS & ORGANIZATIONS




SCOUTING RECRUITMENT CARNIVAL

Annual Woodbridge Scouting Recruitment Carnival is on Wednesday, September 16, 2015 from 6:00pm to 8:00pm.

All interested girls and boys who would like to learn more about Scouting opportunities in Woodbridge are invited to come play games and make a craft while learning about Girl Scouts, Cub Scouts and Boy Scouts. Local Scout Leaders will be available to answer questions.

For more information, contact Vicky Burford at vickyburford@optonline.net.

EVERY TWO SECONDS SOMEONE NEEDS BLOOD

The American Red Cross urges eligible donors to give blood in August and help meet the constant need for blood products by patients. Every two seconds someone in the U.S. needs blood.

Summer is an especially difficult time to collect enough blood to meet the needs of hospital patients. Despite travel and other activities that may cause some donors to be less available to give, the Red Cross must collect 15,000 blood donations every day to meet the needs of patients at approximately 2,600 hospitals and transfusion centers across the country.

With more summer days ahead, every blood donation is important in helping ensure blood is available for patients in need, and volunteer donors are the only source of blood for those who need it. Donors of all blood types – especially those with types AB, O negative, A negative and B negative – are needed to help ensure blood products are available to hospital patients this summer.

To make an appointment to give blood, download the Red Cross Blood Donor App, visit redcross-blood.org or call 1-800-RED CROSS (1-800-733-2767).

The next Upcoming blood donation opportunity is 8/11/2015, 1 p.m. - 6 p.m., Woodbridge Fire Department, 100 Center Road, Woodbridge.



OSCAR'S

BISTRO & BAR

Modern American Dining

COMFORTING · HAND CRAFTED
SIMPLY DELICIOUS

186 Hillside Avenue
Milford, CT

203.283.9734 • oscarsbistromilford.com

DINING WITH SUSAN

By Susan Noonan



NUVITA CAFÉ

I am a big supporter of local family owned businesses as they are the backbone of our great nation. NuVita Café in Orange is one that definitely falls into this category. It recently celebrated its "Grand Re-opening and 4th Anniversary Party" on July 11th. Owner and young entrepreneur, Jason Moon opened the doors to his NuVita Frozen Yogurt & Cafe at 35 Old Tavern Road in July 2011. This Orange resident, Amity High School graduate and former high school football star had a lot going for him, he had friends - lots of them and a very good product. Jason did his research and developed a website and Facebook page for free, widespread marketing and in a short period of time had more than 700 followers. Knowing that Wifi has great appeal for many customers, he made it available before he ever opened the doors to the public. In addition, NuVita Café offered a Stereo surround system, so there was always music playing when customers came inside.



Jason has even more going for him; he is smart, very personable with great customer service skills. This young businessman along with his supportive family and staff felt 2015 was the right time to give the Orange location a brand new look and vibe to make their products taste even better and the customer experience more memorable. The NuVita team always strives to serve the best new products with near perfect service. Their loyal customers along with many new ones are loving the new fare and enjoying the coffee and tea drinks. There's a new big menu hanging over the front counter, new shelving near the windows, comfortable chairs and benches and tables. The new look includes the addition of a kitchen where all the sweet treats offering brownies, 7-layer treats, muffins, cheese cake, cookies and more are made.

There is also a new coffee, espresso bar at NuVita. According to his customers, Jason's espresso is special, not bitter, and even those who usually take their restaurant coffee with milk and sugar, are drinking his very strong coffee straight up and loving it. Jason is so serious about offering the best quality product to his customers that he took a course from the Italian masters on how to make espresso the right way, like they do in Italy. Every shot of NuVita espresso uses the same amount of beans as two shots anywhere else. His espresso is, as described above, not bitter, it is the proper color and strength and his cappuccino has the perfect foam with a beautiful design on top that he makes in the process. "We have coffee beans that are known to be in the top 10% in the world quality wise," Jason said. "The coffee beans come from different regions,

of Africa, Ethiopia, Brazil, Panama, Columbia, Kenya and NuVita's House Blend, which is a mix of three different regions. We don't brew coffee by machine, we hand drip it," Jason said. "When someone orders coffee, I grind the beans, put them in the hand-drip set on the counter, and pour hot water over them by hand so the coffee has the proper brewing phases, which brings the fullest flavor out of coffee." From

each batch of ground beans, he only makes one cup of coffee. "For our latte, cappuccino and machiatos we offer not to add sugar because the steamed milk adds a genuine sweetness to it," he said. "Our signature

beverages are our milk teas that have various spices to pull out all the flavors of the tea," Jason said. "We add milk to it to give it a richer taste."

NuVita still serves self-serve frozen yogurt in a variety of flavors that Jason carefully monitors. He brings old favorites back on request such as original tart, vanilla and chocolate, cake batter, red velvet cake, cookies and cream, island banana, pomegranate sorbet and mango tango and dulce le leche, and introduces new flavors each month. All varieties are fat free. The yogurt toppings are too numerous to mention, but my favorite is the hot fudge. Since the yogurt bar is self service, you can add as much as you would like. There is also a selection of bottled water, soda, power drinks, etc.

Visit the NuVita Facebook page at <http://www.facebook.com/NuVitaOrange> and check for the secret code of the day where you can learn the secret word to use to get a discount for your purchase.

OPEN 7 DAYS -Visit both locations- Ample Parking - Handicapped Accessible

NuVita Café

35 Old Tavern Road,
Orange, CT 06477
203-298-4413-servng until 11pm.

NuVita Frozen Yogurt & Café

Westfield CT Post Mall
1201 Boston Post Road,
Milford, CT 06460
203-878-6837-Open Mall Hours

FINAL NOTES: NuVita is a great place for coffee, sweet treats, frozen yogurt, etc. Both family friendly locations are perfect for enjoying all of the above in a comfortable laid back and air-conditioned atmosphere. Stayed tuned for new hours and additional menu items in the near future at the Orange location. Please remember to support our local family owned businesses. If you have a favorite restaurant - email susan@orangetownnews.com or susan@woodbridgetownnews.com.

Semi-Annual Sale

20-60%
OFF!



Collections By:

Robert Graham • 34 Heritage • Andrew Marc • Hugo Boss • Jack Victor • Copley Sanyo • Allen Edmonds • AG Jeans • Lipson • Rainforest • Alberto • St. Croix • Agave Hugo Boss Shoes • Joe's Jeans • Bugatchi • Haupt • Citizens of Humanity and more

Backer's
www.backersformen.com

Outfitters to men for over 80 years.

236 Boston Post Road, Orange

Near the intersection of Racebrook Rd. & Post Rd.
HOURS: Monday-Saturday 10 AM to 6 PM
Thursday until 8 PM • Sunday by appointment

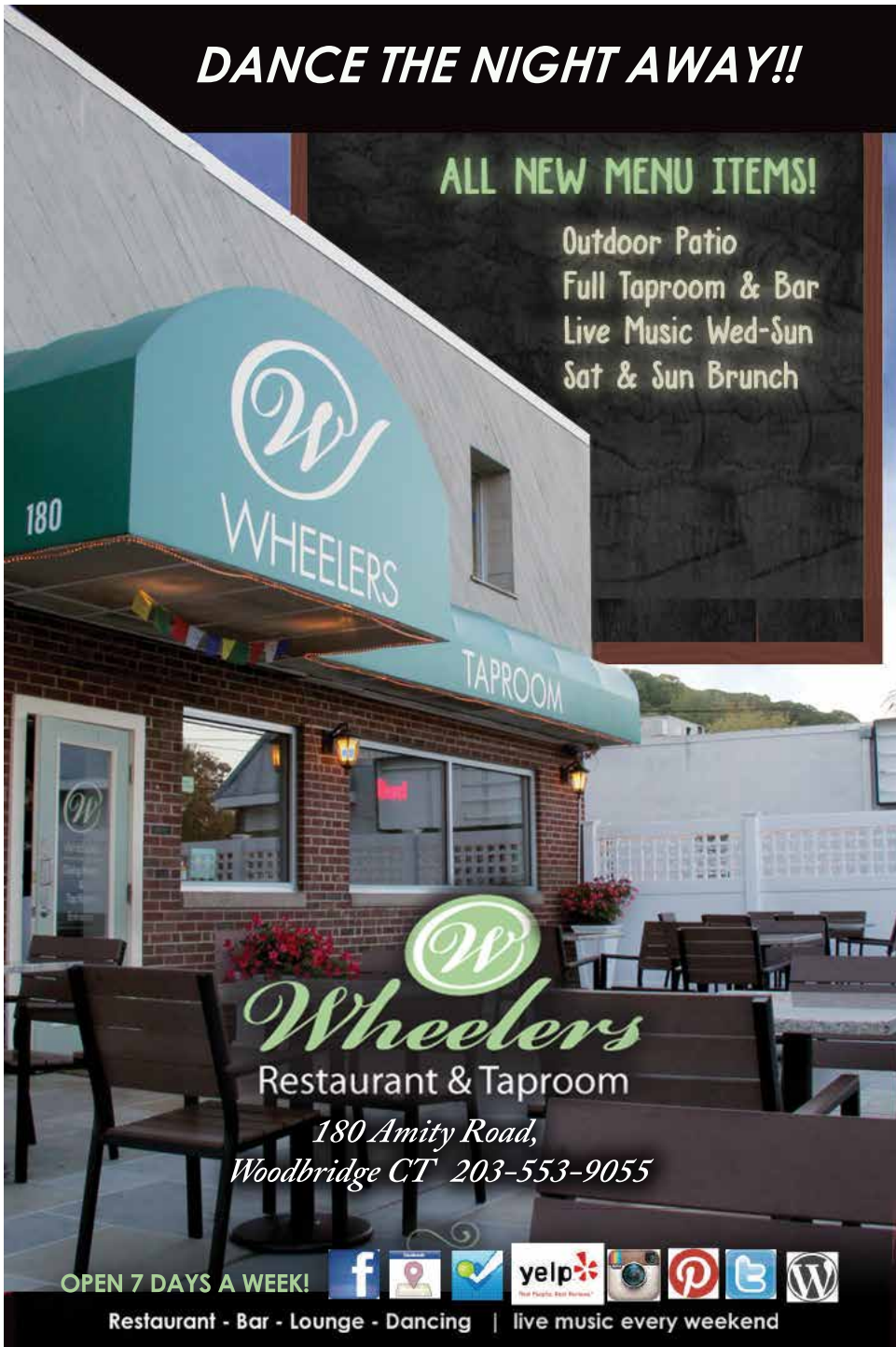
Come visit Sonny, Donny and Angelo

203-795-3399

DANCE THE NIGHT AWAY!!

ALL NEW MENU ITEMS!









Outdoor Patio
Full Taproom & Bar
Live Music Wed-Sun
Sat & Sun Brunch



WHEELERS
TAPROOM

Wheeler's
Restaurant & Taproom

180 Amity Road,
Woodbridge CT 203-553-9055

OPEN 7 DAYS A WEEK!        

Restaurant - Bar - Lounge - Dancing | live music every weekend



Mr Magic recently entertained parents and youngsters at the Woodbridge Town Library meeting room with magic tricks

www.WoodbridgeTownNews.com



What Can We Feed Or Fix For You?

Celebrate Summer

COME IN TO SEE OUR GREAT SELECTION OF WEBER GRILLS, BIG GREEN EGGS AND ACCESSORIES!



A FULL-LINE FARM SUPPLY STORE
DOG & CAT FOOD, LARGE & SMALL ANIMAL FEED,
HAY, SHAVINGS, PELLETED BEDDING, STRAW,
ZERO TURNS, LAWN MOWERS, BACKPACK BLOWERS,
CHAINSAWS, TRACTORS, UTV'S, AND MORE.
POWER EQUIPMENT SALES & SERVICE

770 Amity Road Bethany 203-393-0002

 facebook.com/LSBFARMSUPPLY



**celebrity
extra**
by cindy elavsky

Q: I saw previews for the new “Supergirl” series, and the lead actress looks so familiar to me. Who is she, and what can you tell me about her? — Katie K., Naples, Fla.

A: **Melissa Benoist** is the star of “Supergirl,” and she is best known, so far, for her work on “Glee,” where she played sweet ingénue Marley from 2012-14. The multitalented 27-year-old was dating her “Glee” co-star, **Blake Jenner** (who played Ryder), until March of this year — which is when the couple secretly tied the knot and then jetted off to Europe for an even-more-secret honeymoon. The news of the nuptials came to light mid-July, when Melissa was spotted at Comic-Con in San Diego, where she was promoting “Supergirl,” with a wedding band on her finger.

“Supergirl,” which premieres Oct. 26 on CBS, centers on Melissa’s character, Kara Zor-El, cousin of Superman, who was taken in by the Danvers family when she was 12 after being sent away from Krypton, and must learn to embrace her powers after previously hiding them. The series also features **Calista Flockhart**, **Dean Cain** (of “Lois and Clark: The New Adventures of Superman”), **Helen Slater** (who played Supergirl in the 1984 film), **Peter Facinelli**, **Mehcad Brooks** and **David Harewood**.

Q: Can you tell me when **Adam Sandler’s “Ridiculous Six”** will be in theaters? — Leonard F., via email

A: It won’t be in theaters, Leonard. And that’s not because of recent uproar over some featured politically incorrect humor in the movie. The film is the first of four Netflix-only comedies that the actor is developing exclusively for the online-streaming network. The film, which is a sendup up Westerns, will hit the streaming service on Dec. 11. Some



Melissa Benoist

more Netflix-original films include **Judd Apatow** and **Paul Ruebens’ “Pee-wee’s Big Holiday,”** which is currently filming and will air on Netflix in March 2016, and “Beasts of No Nation,” which is being released concurrently on Netflix and in theaters on Oct. 16. “Beasts” is based on **Uzodinma Iweala’s** 2005 novel about a child soldier conscripted by mercenaries in an unnamed West African country, and stars **Idris Elba**.

Q: I heard that **Rosie Perez** is leaving “The View.” Is that true? — Gigi T., via email

A: Rosie will be leaving the daytime talkfest after only one season as co-host, with her last original airdate being Aug. 6, which is also the final original show of the series’ 18th season. According to executive producer **Bill Wolff**, Rosie wants to return to acting full time. When “The View” returns in September for its 19th season, comedian/comedy journalist **Michelle Collins** will be filling Rosie’s vacant seat. Returning to dissect and discuss the latest news are **Whoopi Goldberg** and **Raven-Symoné**. As of this writing there was no news about whether **Nicolle Wallace** would be returning. The show is said to be tinkering with the idea of making a rotation of guest co-hosts a more permanent feature of the show.

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

Support our advertisers! Tell them you saw their ad in the Woodbridge Town News.

BACK TO SCHOOL SHIPPING?

WE HAVE YOU COVERED!

LET US SHIP YOUR DORM ROOM AND PERSONAL ITEMS. WE MAKE THE RETURN TO SCHOOL A BREEZE.

The UPS Store

176 Amity Rd. Woodbridge, CT 06525
Ph: 203-553-9222 Fax: 203-553-9226

www.theupsstorelocal.com/6360
email: store6360@theupsstore.com
www.facebook.com/theupsstore6360

Independently Owned and Operated

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

Consiglio's
O · N · W · O · O · S · T · E · R · S · T

THANK YOU ORANGE FOR 77 YEARS OF SUPPORT!

165 Wooster Street, New Haven, CT
203-865-4489
www.consiglios.com

ZIPLINES, BEACH TOYS & TRAVEL GAMES!
MAKE US YOUR ONE STOP GIFT SHOP!

Baby Department • Building Toys • Crafts
Dolls • Games • LEGO • Party Favors
Playmobil • Puzzles • Science • Trains

LOTS OF NEW TOYS ARRIVING DAILY!

JESSE'S TOYS

Hitchcock Plaza
185 Boston Post Rd.
Orange, CT 06477
203-799-1301

Sun 11-4 • M,Tu,W,F 10-6
Th: 10-8 • Sat 10-5:30
jessetoysct.com

EVAN'S TOY SHOPPE

1647 Whitney Ave.
Hamden, CT 06517
203-230-2840

Sun 11-4 • M,Tu,F 10-6
W,Th 10-7 • Sat 10-5
evanstoyshoppe.com

JORDIE'S TOY SHOPPE

1100 Village Walk
Guilford, CT 06437
203-453-8560

Sun 11-4 • M-F 10-6
Sat 10-5
jordiestoyshoppe.com

VOTED BEST TOY STORES IN NEW HAVEN COUNTY...AGAIN!

THE BEST IN TOYS FREE GIFT WRAPPING

“Solar” continued from Page 3

on the roof this summer, with an anticipated completion this fall, said Woodbridge Supt. Dr. Guy Stella. On days when the school does not need much energy, such as on weekends, the electricity will feed back into the grid. On days that they need to draw energy from the utility, the town can purchase that electricity at a lower rate.

In addition to the planned solar array, a micro-turbine has been installed on the roof. It runs off natural gas and produces electricity and waste heat, which will be recaptured to support heating the building and the pool.

For the school, the micro-turbine is not only a money saver but also a back-up during power outages. It is connected to and backs up a generator to run emergency lighting and minimal heat in the building when the electric service fails.

Landfill

The town is also looking to put a ground-mounted solar array on its capped former landfill, and Bullrock-Deutsche Eco did the design for it. The array would be maintained and insured by the Green Bank, said Town Finance Director Anthony Genovese.

However, the Legislature had capped the number of kilowatt/hour permissible under an energy surplus sharing

concept called virtual net metering. The town is waiting to see its project either added to those permitted or for the Legislature to raise its cap.

Residents Are Interested In Solar

Jim Scott, the owner of Joyce Printers on Research Drive in Woodbridge, was looking to add some solar installation at his business. His roof offers enough space to produce 150% of his energy needs, he learned after a solar provider called Skyline Solar had inspected his roof.

That’s too much energy, he learned, and is not allowed under current law. He said he was thinking of installing some ground-mounted arrays on a field behind his business, as he had seen in other states.

Commissioner Klee at the JCC ribbon cutting did mention a pilot the Legislature voted in to allow the sharing of surplus energy, but this was not available when Scott was looking into it.

In the meantime, the Woodbridge Solar Challenge has met its goal of doubling the number of residences with solar installations. When the program started last fall, there were 15 homeowners who had solar installed. Since the town signed up for the challenge, 18 more have signed up, according to



Installers of the solar car port at the JCC had to work through some harsh winter months to get the canopies up. A ribbon cutting July 16 celebrated the successful completion of the project.

Assistant Administrative Officer Betsy Yagla.

There are also residents who took the solar plunge separately from the solar challenge. Garrett Stack for instance had Skyline Solar install 43 photovoltaic panels on his roof. The initial cost of \$44,000 will be brought down considerably by a federal tax credit of some \$12,000 and a low-interest, 12-year loan, which will be paid off by the savings anticipated from the energy savings.

Even though the installation was

complete by the end of May, UI hadn’t flipped the switch by mid-July. “It’s a very complex process,” to incorporate the flow of energy to and from his house without causing surges for his neighbors, Stack said.

The broadening scope of energy generation — solar and otherwise — in Woodbridge and the rest of the state is all part of “a new model of energy generation,” said First Selectman Ellen Scalettar. “And it’s getting closer to home.”

SUPPORT OUR ADVERTISERS! TELL THEM YOU SAW THEIR AD IN THE WOODBRIDGE TOWN NEWS.

YOUR LOCAL OIL COMPANY FOR FOUR GENERATIONS.

SPECIAL OFFER TO NEW CUSTOMERS ON AUTOMATIC DELIVERY.

SAVE BIG WITH OUR:

Buy one Get one **FREE** Service Contracts and 10¢ OFF per gallon for prompt payment.

Ready to go on Automatic Delivery? Leave the worries to us! Setting up auto delivery is quick and easy. Never worry about running out again!



WHEN YOU DEAL WITH TAMARO, YOU’LL GET:

- *Faster Service! We’re right here in town when you’d need us most.*
- *Drivers who treat your property like their own.*
- *Competitive pricing from your local dealer.*
- *Friendly and prompt customer service from our family to yours. You’ll speak with a Tamaro family member every time you call!*
- *Technicians who are experts in keeping your older equipment running great!*
- *Service people who are never on sales commission and take great pride in servicing you well.*

Call Today!

TAMARO
Oil Corporation

795-FUEL(3835)

WWW.TAMAROIL.COM

CT HOD.142

ARTS & LEISURE



OH WHAT A NIGHT!

A Musical Tribute to Frankie Valli & The Four Seasons

Presenting a dynamic musical review of hit songs from America's favorite boys from New Jersey, OH WHAT A NIGHT! A Musical Tribute to Frankie Valli & The Four Seasons headlines the Jamie A. Hulley Arts Foundation's thirteenth annual Evening for the Arts Gala Benefit on Saturday, September 12, 2015, 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 a silent auction of over 150 "must have" items. 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.

OH WHAT A NIGHT! is an exhilarating, family friendly musical revue written by Motown producer George Solomon, directed by award-winning Broadway producer/director Michael Chapman with choreography by Paul Holmquist. The show features all the original Valli-Four Season hits such as Big Girls Don't Cry, Walk Like A Man, Can't Take My Eyes Off You, My Eyes Adored You, Working My Way Back To You, Let's Hang On and Who Loves You? as well as many top 10 releases not in Broadway's Tony award-winning hit musical. According to Judy Primavera, foundation co-founder and president, "Everyone loves this music. We are very fortunate to have the country's #1 Frankie Valli-Four Seasons tribute band at our gala." The Gala will also showcase the talents local young performers involved in the foundation's programs.

Masterminding the evening's festivities are Master of Ceremonies, Jared Brown the Artist Director of Square Foot Theatre in Wallingford and serving as co-hosts and auctioneers, Rob and Andrea Kennedy, Directors of Amity Creative Theatre.

The Evening for the Arts Gala benefits the Jamie A. Hulley Arts Foundation, a non-profit organization dedicated to the educational enrichment and professional development of young artists and early career professionals, and created in the memory of Orange, CT, resident Jamie Alaine Hulley. All proceeds from the Gala go to support the Jamie A. Hulley Arts Foundation, which sponsors 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 elementary schools and the two Amity Middle Schools have benefitted from the foundation's arts educational programs, including a start-up grant for the Spartan Players theater club at the Bethany campus. At Amity High School, the foundation sponsors a visiting artist series in studio art, music, and theatre; the Memory Project, Mugs for Mankind, storytelling SLAM, as well as Amity Creative Theatre's fall play and spring musical. This year a total of nine Amity graduates are recipients of four-year partial college scholarships to study art or theatre. For information on the Jamie A. Hulley Arts Foundation, visit www.jamiehulleyartsfund.org, call (203) 891-8869, or email: jamieart@snet.net.

New York Times ★★ ★ *Very Good*
"Superb Indian Food" *New Haven Register*
Elm City News ★★ ★ ★ *Excellent*
 Voted *"Best Indian Restaurant"* *New Haven Advocate 2012*
Zagat Rated Best Indian Restaurant in the Tri-State Area

COROMANDEL
 CUISINE OF INDIA
203-795-9055

Open Daily for Lunch and Dinner
 Call For Take Out, Delivery, and Catering
FREE DELIVERY TO ORANGE, WOODBRIDGE, AND MILFORD!
(Min. \$30)

PATIO NOW OPEN!

185 Boston Post Road • Hitchcock Plaza
 Orange, CT • www.coromandelcuisine.com

www.WoodbridgeTownNews.com

Jamie A. Hulley Arts Foundation presents its 13th Annual **EVENING FOR THE ARTS!**

Saturday, Sept. 12, 2015

at the Quick Center, Fairfield University, Fairfield, CT

featuring

OH WHAT A NIGHT!
 A Musical Tribute To
FRANKIE VALLI & THE FOUR SEASONS

6 pm – auction preview & reception ■ **7 pm** – performance
\$45 advanced sales ■ **\$50** at the door

To purchase tickets call: **The Quick Center Box Office** at **203-254-4010**
 For information contact the Foundation at: **203-891-8869** or jamieart@snet.net
www.jamiehulleyartsfund.org
a 501(c)3 non-profit organization – 100% of the proceeds will be used for scholarships and grants



Amity School Supt. Dr. Charles Dumais, Woodbridge Supt. Dr. Guy Stella and Amity Curriculum Director Dr. Marie McPadden enjoy "Poisoned Apple Pie," prepared by Beecher Road School students. On the left of the table are Beecher teacher BJ Ahern, Business Manager Al Pullo and (hidden) Summer Enrichment Program Director Sandy Simowitz. Note the Cinderella slipper as table decoration. The theme was Once Upon a Meal.



Lauren Wasikowski and Cosette Zito are reading directions in the kitchen



Careful measuring is part of the kitchen magic

BEECHER STUDENTS SERVE UP A FAIRY TALE DINNER

Some 24 Beecher Road School students enrolled in the Summer Enrichment "Restaurant Week" served up a fairy tale dinner for school administrators at Amity High School recently. Amity Supt. Dr. Charles Dumais and Woodbridge Supt. Dr. Guy Stella, along with administrators and teachers from both schools were the special guests. The menu, designed and prepared

from scratch by the students, took them from Italy to Hawaii to Japan and back. In addition, students had designed decorations, place settings and invitations.

In the kitchen — during the school year a teachers' lounge — students were busy reading directions, measuring ingredients and plating what was ready to be wheeled to the front of the

house, set up in the hallway. The theme was "Once Upon a Meal," and hot dishes were passed through a cardboard gingerbread house.

"We are thankful to Amity for making us feel welcome here," Dr. Stella said. The Beecher summer activities had to be moved to other schools in town while the elementary school is undergoing renovations. Summer Enrichment

and Extended Day activities are taking place at the high school. Ezra Academy also hosted Beecher students in its classrooms for summer learning.

Dr. Dumais in turn thanked the students for the excellent meal. Even if Summer Enrichment will move back to Beecher Road School next year, "we should require that Restaurant Week be held here," he said.



AMITY MIDDLE SCHOOL – BETHANY CAMPUS



Fourth Marking Period Honor Roll

First Honors 7th Grade

Matthew Aferzon
 Ryan Anastasio
 Ana Boccanfuso
 Max Boynton
 Hanna Brochinsky
 Megan Carpenter
 Alexia Cha
 Erica Christensen
 Nicole Cohen
 Aedan Conlan
 MingXin Cui
 Christina D'Ostilio
 Rhea Dey
 Samuel Epstein
 Abigail Fletcher
 Sarah Foley
 James Fortin
 Andrew Gagliardi
 Yahn Galinovsky
 Ian Gaw
 Adam Ginsberg
 Olivia Gross
 Alexandra Gu
 Mathew Haiday
 Saeyeon Han
 Bridget Hosey
 Claire Hosey
 Claire Jackson
 Eric Jiang
 Ryan Kelley
 Matthew Keys
 Mina Kim
 Evan Kindseth
 Emily Kline
 Emma Kravetz
 Tassos Kyriakides
 Sean Lee
 Tracy Lu
 Daniel Mao
 Laurella Marin
 Nicholas Marinko
 Brenna McNamara
 Sarah Milner
 Jessica Miner
 Kayla Morgan
 Alicia Myung
 Abyan Nawaz
 Gillianne Nugent
 Armando Palma
 Cassandre Parkinson
 Akanksha Paul
 Natalie Prinz
 Jake Pucillo
 Siavash Raissi
 Tyler Roy
 Saunder Saffran
 Tanner Santos
 Jeremiah Schurman
 Carly Silver
 Abigail Slanski
 Shea Sprosta
 Brian Styrcula
 David Sugarmann
 Jack Tajmajer
 Rachel Vincent
 Lauren Walsh
 Sienna Wang
 Sophia Wang
 Caelan Watson
 Abigail Wisnewski
 Victor You
 Zachary Young
 Jackson Zalinsky
 Joyce Zhang

First Honors 8th Grade

Matthew Anastasio
 Keely Barletta
 Rebecca Beloin
 Jared Beltz
 Joseph Benedetti
 Catalina Betancur
 Kayla Britton
 Elizabeth Brownfield
 Sarah Bullers
 Will Cadelina
 Lucas Colaci
 Brian Cromwell
 Claire DeGennaro
 Rosie Du
 Dana Estra
 Allison Fischman
 Julie Fleischman
 Timothy Frieden
 Brittany Gambardella
 Austin Gilbride
 Annalise Giordano
 Alisa Glenbovitch
 Zachary Gordon-Burns
 Jacqueline Greco
 Danielle Grosso
 Hannah Iwazskiewicz
 Nicholas Jaffe
 Paul Johnson
 Heather Keevil
 Lindsey Kupcho
 Tara Laugeni
 Eli Lee
 Felix Liu
 Thomas Livesay
 Antrim Lottick
 Eleanor Luciani
 Jason Luciani
 Madison MacKay
 Cassidy MacNamara
 Samuel Mahler
 Madelyn McCollough
 Forrest Miller
 Sophie O'Brien
 Spencer Paragas
 Sana Pashankar
 Wesley Perler
 Corinne Sadinsky
 Summer Schaaf
 Dakota Sicignano
 Willow Smith
 Robin Snetsinger
 Hannah Sosensky
 Remus Sottile
 Romulus Sottile
 Katerina Spanolios
 Neha Sudhir
 Sarah Sudhoff
 Keri Tenerowicz
 Ashley Thomas
 Aman Thombre
 Elizabeth Tine
 Evan Urda
 Geoffrey Wadey
 Hillary Yin
 Kate Yuan

Second Honors 7th Grade

Annie Bogush
 Cora Cogill
 Simon Flaherty
 Peter Gianquinto
 John Healey
 Shua Kim
 James Laubstein



Second Honors 8th Grade

Antonio Amendola
 Craig Barletta
 Noella Barone
 Jay Boynton
 Christopher Bullers
 Joseph DiReinzo
 Alec Guerra
 Marion Hamilton
 Kevin Han
 Danique LeBert
 William McKeon
 Jonathan McNelis
 Gabrielle Nusbaum
 Ian Pittenger
 Brian Shee
 Amelia Taddei
 Joseph Wasikowski



Citizenship Recognition – 7th Grade

Michael Baitch	Rhea Dey	Sarah Milner
Koda Blue	Andrew Gagliardi	Kayla Morgan
Ana Boccanfuso	Alexandra Gu	Ephemia Nicolakis
Hanna Brochinsky	Mathew Haiday	Natalie Prinz
Megan Carpenter	Sofia Halepas	Hailey Pryor
Alexia Cha	Claire Hosey	Tanner Santos
Nicole Cohen	Claire Jackson	Jeremiah Schurman
Margaret Connor	Mina Kim	Sienna Wang
MingXin Cui	Shua Kim	Sophia Wang
Hanna D'Arche	Emma Kravetz	Zachary Young
Matteo Delsanto	Laurella Marin	

Citizenship Recognition – 8th Grade

Madeline Adzigian	Timothy Frieden	Esra Sahin
Matthew Anastasio	Brittany Gambardella	Summer Schaaf
Kelly Barletta	Austin Gilbride	Dakota Sicignano
Noella Barone	Annalise Giordano	Willow Smith
Alejandra Barry-Ruiz	Danielle Grosso	Robin Snetsinger
Catalina Betancur	Hannah Iwazskiewicz	Hannah Sosensky
Andrew Boulton	Nicholas Jaffe	Remus Sottile
Kayla Britton	Paul Johnson	Romulus Sottile
Elizabeth Brownfield	Heather Keevil	Neha Sudhir
Will Cadelina	Tara Laugeni	Sarah Sudhoff
Maureen Cassidy	Eli Lee	Keri Tenerowicz
Christian Castro	Thomas Livesay	Ashley Thomas
Lucas Colaci	Eleanor Luciani	Aman Thombre
Brian Cromwell	Madison MacKay	Evan Urda
Rosie Du	Cassidy MacNamara	Joseph Wasikowski
Dana Estra	Samuel Mahler	Hillary Yin
Samuel Farbman	Madelyn McCollough	Kate Yuan
Allison Fischman	Sana Pashankar	Samuel Zhang
Julie Fleischman	Corinne Sadinsky	

WOODBIDGE LIBRARY

Adult Events

Farmers' Market

Wednesday, August 5 from 4-7 pm

Special Events: Cedar Island Marina Research Laboratory will have at Touch Tank starting at 4pm. Massaro Community Farm will do two cooking demonstrations at 5pm and 6pm using fresh ingredients from their farm!

Farmers' Market

Wednesday, August 19 from 4-7 pm

Special Event: Join Debbie Elias and Jack the llama from the Country Quilt Llama Farm at 4:30pm for a special outdoor story program and a chance to meet a real llama.

The Best Backyard Bash Cooking Demonstration with Robin Glowa

Tuesday, September 1 @ 7pm

Join The Conscious Cook for a spectacular end of summer celebration! "The Best Backyard Bash" will feature recipes using delicious local produce such as juicy tomatoes, sweet corn and other delectable ingredients that you'll love to serve at your Labor Day picnics and cookouts. Space is limited please register at the Circulation Desk, online, or by phone at 203-389-3433.

An Evening with Dr. Siegfried Kra

Tuesday, September 8 @ 7pm

Come and hear local author Dr. Siegfried Kra talk about his book *The Collected Stories from a Doctors' Notebook*. Having been a cardiologist for over 50 years, Dr. Kra uses storytelling to connect medicine with the human condition. Hear stories from post-war France and Switzerland to modern private cardiology practice and the teaching hospitals at Yale, as

Kra diagnoses rare diseases, falls in love, and even survives a plane crash on a frozen lake. Please register at the Circulation Desk, online, or by phone at 203-389-3433.

Film Screenings

The Loft

Thursday, August 6th @ 7PM

Rated R 108 minutes. Five married guys conspire to secretly share a penthouse loft in the city--a place where they can carry out hidden affairs and indulge in their deepest fantasies. But the fantasy becomes a nightmare when they discover the dead body of an unknown woman in the loft, and they realize one of the group must be involved. Starring Karl Urban and James Marsden.

Far from the Madding Crowd

Thursday, August 13 @ 7pm

PG-13 119 minutes. In Victorian England, the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. Starring Carey Mulligan.

True Story

Thursday, August 20 @ 7pm

Rated R 99 minutes. When disgraced New York Times reporter Michael Finkel meets accused killer Christian Longo - who has taken on Finkel's identity - his investigation morphs into a game of cat-and-mouse. Starring James Franco, Jonah Hill, and Felicity Jones.

Aloha

Thursday, August 27 @ 7pm

Rated PG-13 105 minutes. A celebrated military contractor returns to the site of his greatest career triumphs and reconnects with a long-ago

love while unexpectedly falling for the hard-charging Air Force watch-dog assigned to him. Starring Bradley Cooper, Emma Stone, Rachael McAdams, and Bill Murray.

Children's and Teen Events

Please register online for all children's and teen programs at www.woodbridge@lioninc.org.

Build with Legos

Mondays August 3 & 17 @
4pm Ages 5 and up

What can you build with Lego's? Join us at the hands-on workshop and find out! Registration required. Please register online.

Cedar Island Marina Research Laboratory Touch Tank

Wednesday, August 5 @ 4pm

Get up close and personal with critters from Long Island Sound. This program will take place outdoors at our Farmers' Market. Recommended for ages 3 and up.

Reading Together

Thursdays @ 5pm August 6 -
August 27th for grades K-3

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

Eager Readers Book Group

Monday, August 10 @
6:30pm (Grades K - 2)

We will be reading *One Tiny Turtle* by Nicola Davies this month. Follow the baby sea turtle as she explores her

undersea world and grows bigger than ever. Read the book at home and then join us for a discussion and a cool craft! Register at the Children's Desk when you pick up your copy of the book.

Teen Slap Art

Wednesday, August 12 @ 6:30pm

This slap art session has us jazzing up our summer skin with Henna Art. We'll supply the Henna, you supply the creativity. Henna stains so wear something you don't mind getting messy! This program is for high school students. Please register online.

Hooked on Llamas

Wednesday, August 19 @ 4:30pm

Join Debbie Elias and Jack the llama from the Country Quilt Llama Farm for a special outdoor story program and a chance to meet a real llama. This program is for all ages and will be held outdoors at our Farmers' Market. No registration required.

Teen and Middle School Summer Reading Finale Ice Cream Social

Wednesday, August 19 @ 6:30pm

For every 3 books read this summer, teens are entered to win a \$25.00 Amazon gift card. All entries must be submitted by 5pm on August 19. Winner will be drawn at 6:30pm at the Ice Cream Social. Registration required to come to the ice cream social. All registrants will receive a free book!

Tens to Teens Art Session

Wednesday, August 26 @ 6:30pm

Join us to create colorful pin art. Make your own designs using pins and yarn. Students entering grades 4 through grade 12 can participate in the fun! Please register online.

HOW TO FIND TIME FOR EXERCISE

Diet and exercise are essential components of a healthy lifestyle. While even the busiest men and women can find ways to eat healthy, finding time to exercise can be more difficult.

According to the President's Council on Fitness, Sports & Nutrition, regular physical activity can prevent chronic diseases like heart disease, cancer and stroke, which are the three leading causes of health-related death in the United States. In addition, men and women who are not physically active are at greater risk for developing type 2 diabetes. Regular exercise helps people control their weight while promoting bone, muscle and joint health.

While the benefits of regular exercise are substantial, finding the time for daily exercise is not always so easy. The following are a handful of strategies men and women can employ as they attempt to make more time in their days to exercise.

Reexamine your free time. Few adults, and especially those juggling

families and careers, have an abundance of free time. But reexamining the ways you are spending your free time may help you uncover some moments for daily exercise. The Council on Fitness, Sports & Nutrition notes that adults between the ages of 18 and 64 need at least two and a half hours each week of moderate-intensity aerobic activity. While that may seem like a lot, it's only slightly more than 20 minutes per day. It helps to supplement such aerobic activity with some strength-training activities at least two days per week. Try waking up 20 to 30 minutes earlier each day, using that time to hit the treadmill or jog around the neighborhood. You likely won't be affected by waking up earlier, and you won't need to alter your existing schedule for the rest of the day, either. If mornings aren't your thing, make better use of your lunch hour, going for a jog or visiting your company's exercise facilities if that option is available to you.

Work while you exercise.

Technology has made it easier than ever before to stay connected to the office even when you are nowhere near your desk. Men and women who can't seem to find time to exercise often cite the demands of their job as the primary reason behind their inactivity, but those same individuals can use the technology at their disposal, be it smartphones that allow them keep track of work emails or tablets that make it possible to connect remotely to office servers, to work while they exercise. Bring your smartphone or tablet with you when you work out on the elliptical or jog on the treadmill.

Reduce your sedentary time. A 2008 study from Australian researchers found that people who regularly break up their sedentary time, including the hours they sit behind their desk at the office, with movement had healthier waist circumferences, body mass indexes and triglycerides than those who did not. While hourly breaks to walk around the office might not seem like exercise,

such breaks can benefit your long-term health.

Get creative. Many people associate daily exercise with private gyms, and while gyms can serve as excellent motivators and great places to get full-body workouts, time involved in driving to and from the gym can make it difficult to commit to gym memberships. But you don't need a gym membership to live a healthy lifestyle. When possible, take the stairs instead of an elevator and park further away from your office door so you get a small cardiovascular workout on your way into and out of the office. Rather than retiring to the couch after dinner, walk or bike around your neighborhood. Such simple gestures may seem insignificant, but the more creative ways you find to exercise each day, the more beneficial such efforts become.

While there is no way to create more time in the day, men and women can employ several strategies to make more time for daily exercise.

Wine Talk

With Ray Spaziani



Pictured with me here is Carl Wente owner, 6 generation head winemaker at Wente vineyards in Livermore Valley California.

Summer Is Time For Chardonnay And Other Wines From Livermore Valley!

In the middle of our summer is the time for the great deck wine, Chardonnay. There are two types of chardonnay. Single fermentation Chard done in stainless steel tanks and double fermentation chardonnay that is generally stored in oak barrels. Cold weather Chardonnay is most famous in Wilimet valley in the state of Washington, New York State and here in Connecticut. Double fermentation Chardonnay is most famous in Nappa, Sonoma, Mendocino wine regions in California.

East and slightly south of Oakland is one of California's most historically influential wine regions, Livermore Valley. The Livermore Valley has been home to Chardonnay since the 1880s. Earnest Wente visited the south of France and brought back Chardonnay cuttings. He bottled the first varietal labeled Chardonnay in 1936. 80 % of all Chardonnay produced in California is from the original Wente Clone. Chardonnay has had tremendous growth. In 1960 there was only 230 acres of Chardonnay planted in California. Today there is over 100,000 acres in cultivation!

Some of the state's most influential and important wineries were begun over 100 years ago. They include Wente, Concannon and Cresta Blance, which is no longer there. Livermore Valley was successful not only because of its suitability for viticulture and its great wine makers but because of its proximity to the bay area of San Francisco and Oakland. Sadly this proximity was almost the valley's undoing. Housing needs and urban parks began to eat up the wonderful vineyards. By the late 1980s thousands of acres of grapes had simply disappeared as a result of aggressive urban development.

In 1993 however, an innovative land-use plan began protecting the regions existing vineyards and encouraging new ones. Livermore Valley now has 16 wineries down from 50 at its high point but up from its 1988 low. The valley is only about

15 miles long running east to west. The days are typically bright sunshine and quite hot. The afternoons become wind tunnels as the temperature drops anywhere from 30 to 50 degrees! This combination of very warm days and cool nights and shallow soil is somewhat similar to parts of southern France.

Another leading winery in Livermore's early history is the Concannon winery. James Concannon was an Irish immanent who were very devote Catholics. Every five years they sent a barrel of wine to the pope. The Concannon winery is currently owned by Wente. It was started in 1883. Both the Wentes and Concannons were helped significantly by newspaperman turned wine maker, Charles Wetmore. Wetmore, before founding his winery Cresta Blanca in 1882, was able to establish the California state viticulturist commission which he ran. He was the first president and he went to France and obtained cuttings from prestigious wineries for Savignon Blanc, Semiillon and muscadelle from Chateau d'Yquem! He began the tradition of sharing the cuttings with other wineries and the California wine industry was off and running! The Wentes followed with their Chardonnay and the rest is history!

So before the summer winds down try some great Chardonnay and other wines from Livermore Valley! Some suggestions include Herman Wente Reserve 100% Chardonnay and Concannon Vineyard Petite Sirah. Chouinard Zinfandel is lesser well known but fantastic! You will be glad you did!

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

DOLLAR\$ AND \$ENSE

IS IT TIME TO CLEAN OUT YOUR "STUFF"?

By Roberta L Nestor

It shouldn't take much of an imagination, but try to visualize the following scenario. Suppose Dad goes into the hospital for a week and his children lovingly go to his house to get a few items he may need. They enter the home and their jaws drop. They can't believe the stacks of stuff that has accumulated. Every flat surface is filled with piles of mail and newspapers, there are heaps of dirty laundry, you have to make a path to get to the kitchen and the refrigerator looks and smells like a science project.

You wonder, how did it get this bad so quickly?

If Dad (or Mom) is struggling physically, mentally or emotionally then the simple daily maintenance of a home can become completely overwhelming. There are several warning signs that family members should be looking for. For example, the senior may start to acquire things that they have no use for (hoarding). Or perhaps there is a room filled with things making that room unusable for its intended purpose. Often you may find that they stop having family gatherings or friends to their home because they are embarrassed.

There are also other factors that come into play, especially sentimental attachment. We all have some type of attachment to our "stuff" which represents a lifetime of memories. The good news is that there are so many ways to save those memories from scrapbooking to storing photos on line. Remember and try to understand the fear they may have about getting rid of things. You have to guide them with logic and understanding, it is okay to let go of the 5 decades of bank statements.

Unfortunately, there are several reasons why adult children will be forced to take on the responsibility of cleaning out your home. Unexpected death of a parent, illness, unplanned relocation to a nursing home or assisted living. More times than not, moving an

elderly parent is an unplanned event. It is especially difficult when family members have to get the house ready to be sold.

For those of you in good health, perhaps you should be thinking about your own household. Because most assuredly, if you don't clean up your own stuff, your children will. Every drawer, every closet, boxes in the attic and the gismos in the garage – nothing will be left unturned. They will be forced to go through the two step process of sorting and deciding which items to dispose of and the dumpster will be in your driveway. None of this is appealing on any level. Start small and ask for help!

More and more we find pre-retirees planning to relocate out of CT for their retirement. CT is not very tax friendly for anyone, especially retirees. Voluntary relocation in retirement also presents the time and initiative for cleaning things up. If you are planning on relocating, start the clean-up process yesterday! Give yourself a few years to plan for this task. It is completely overwhelming and daunting, but has to get done if you want to prepare to put your house on the market. Start now! It is liberating!

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.



15% OFF
WITH THIS COUPON

Not to be combined with any other offer

12 Selden Street • Woodbridge CT 06525 • 203-533-9135

MONDAY NIGHT TRIVIA STARTING AT 8PM

1ST & 2ND PLACE PRIZES, GIVEAWAYS, FOOD & DRINK SPECIALS!!!

– GET HERE EARLY TO GET A SPOT –

Happy Hour
Mon-Fri (bar only)
3:30 PM- 6:30
PM featuring half
price drinks.

\$2 Tuesdays
\$2 sliders, \$2
shots, \$2 tacos
\$2 Bud Light drafts,
\$2 PBR cans

**Wednesday Wing
& Flight Night!**
50¢ Wings,
\$6 Beer Flights

Weekend Brunch
Featuring \$15
bottomless Mimosas,
Bloody Marys
and Bellinis!

"Be Social"

www.woodbridgesocial.com

BULLETIN BOARD

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

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

Woodbridge Republican Town Committee Meetings, second Tuesday of each month, 7:30pm, Center Cafeteria. Visitors welcome and urge you to join us. For information, go to www.woodbridgeregop.org.

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

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

Alzheimer’s Community Caregivers Support Group, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program Director to RSVP or for more information at 203-281-3500, ext. 7669; www.geneshicc.com.

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

Trap Falls Kennel Club Obedience Classes, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & Canine Good Citizen; Wednesday and Thursday evenings, Pawz for Wellness in Shelton, CT. For

registration and/or information, call 203-450-9485 or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

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

Ansonia Summer Nature Camp, 10 Deerfield Lane, Ansonia, 203-736-1053, ansnaturectr@ansoniac.org; Ages 5 to 11 Children who love the outdoors Hiking and Learning about wildlife; August 3–August 7, August 10– August. 14, August 17–August 21, 9:00am–3:00pm; Choose one or more weeks, educational and a chance to explore the 156 acres the park offers - visit a variety of habitats such as the park’s wetlands, fields, and woodlands. Tuition/\$150 priority students (Ansonia residents and current family-level FANCI members), \$175/all others.

“Whiskey Business,” a tasting event of bourbon and other whiskeys hosted by Colonial Tavern and Black Hog Brewing Company, Colonial Tavern, 24 Hawley Road, Oxford, CT, Thursday, August 6, 2015, 6:30-9:30pm, Black Hog craft beer, meats, cheeses, and other appetizers; \$40/pp, all proceeds benefit Connecticut Partnership for Children, Inc. a 501c3 organization located in Seymour, which serves low-income children throughout the state. Cash bar available for guests, tickets can be purchased online at www.ctpfc.org or call CT Partnership (203) 881-1804.

Clover Nook Farm - Farm To Table Events, Buffet-style Dinner, August 14, 2015, Full Multi-Course Dinner August 16, 2015, 50 Fairwood Road, Bethany. Reservations required 203-393-2929 or <http://clovernookfarm.com/events>.

2015-Season Railway Night Photo Session, Saturday August 22, 2015, 6:00-9:00pm (No rain date), Shore Line Trolley Museum, 17 River Street, East Haven, CT, Free parking, Regular all-day, unlimited-ride fares extend into the evening, Frequent shuttle-trolley from the Sprague Visitor’s Center. Adults/\$10; Seniors/\$8; Children (2-15)/\$6 (Girl/Boy Scouts in uniform - free). Sturdy shoes, water and insect repellent suggested. Photo submissions; possibly incorporated into our website (with your name for credit) are encouraged and may be sent to: office@shorelinetrolley.org. For further information, call (203) 467-6927 or www.shorelinetrolley.org.

DEATH NOTICES

Pauline Karakoosh

Pauline Manookian Karakoosh, 86, of Woodbridge entered into rest on July 2, 2015. She was the wife of the late Robert Karakoosh. Born in New Haven October 29, 1928, she was the daughter of the late Joseph and Doudou Kuljian Manookian. She attended New Haven schools and studied nursing at Mt. Sinai Medical School in New York. She worked at Columbia Presbyterian Hospital in New York, Southern CT State University and Yale New Haven Hospital. She became a nurse practitioner, obtaining her degree from UCONN. She served as a school nurse at Amity-Bethany campus and later at Amity High School Woodbridge campus, retiring in 1997. She enjoyed traveling, loved completing crossword puzzles, and was thrilled to meet the famous guru of crosswords, Will Shortz. Armenian culture, medical progress, movies,

dining and shopping were among her passions.

She is survived by her precious poodle, Janum; her devoted adopted family, Joyce and Robert Garofalo of Woodbridge, Adrienne Garofalo of New York City, Rob Garofalo of Woodbridge, and Lesley, Donald, Maya & Jeffrey Gibbs of Pomfret; her special friends Lynn & Bruce Simons of Orange as well as a host of long time friends and acquaintances. Many thanks to her doctors, including the doctors and nurses at Yale New Haven Hospital St. Raphael Campus for their care and concern during her brief illness. A graveside service was held at East Side Cemetery, 157 South Pease Road, Woodbridge. Memorial contributions may be made to the Pauline Manookian Karakoosh Charitable Fund, c/o Dan Smith; Wells Fargo Bank, 260 Amity Road, Woodbridge, CT 06525 www.celentanofuneralhome.com.

Woodbridge Town News

DEATH NOTICES

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

*M*aresca
& Sons
FUNERAL HOME
Over a Century of Caring



SERVING ALL FAITHS SINCE 1888 • TRADITIONAL FUNERAL
CREMATION SERVICES • PRE-NEED BURIAL TRUST

127th Anniversary
1888–2015

Dignity and Compassion

Maresca & Sons Funeral Home, established in 1888 by Alfonso Maresca, has been privileged to provide its services to thousands of families over the past 127 years.

The Maresca Family tradition of dignified and compassionate funeral service has continued over four generations, currently under the direction of great-grandson Neil R. Rapuano.

The Governor’s mansion, conveniently located in beautiful Historic Wooster Square, with its large wing and modern covered entrance, provides a warmly decorated and furnished facility. Ample and attended off street parking is provided for the comfort and safety of all visitors.

The Home, with its spacious chapels and on-site selection areas, remains a tribute to the philosophy of unexcelled service sustained by Maresca & Sons for the past 127 years.

592 Chapel Street, New Haven, CT 06511
203-624-3411

www.marescafuneralhome.com



Complete
handicap
accessibility

SERVICE DIRECTORY



**BILL MAREK
EXCAVATING & SEPTIC
SYSTEMS LLC**

SEPTIC SYSTEMS INSTALLED
AND REPAIRED

- SEPTIC TANKS CLEANED
- PERCOLATION TESTS &
REAL ESTATE
INSPECTIONS
- EXCAVATING

(203)-410-1137



Bethwood RESIDENTIAL • COMMERCIAL
INDUSTRIAL

"Small Enough to Care, Big Enough to Serve"

PEST ELIMINATION

- Termites • Ants • Ticks
- Rodents • Plus Most Other Pests

We Provide
Professional, Safe
& High Quality
Service

Locally Owned & Operated
FREE ESTIMATES!
203-393-7326
www.bethwoodpest.com

BBB
NATIONAL PEST MANAGEMENT ASSOCIATION
Licensed & Insured
Lic. #B-2293

**BENEDETTO LANDSAPING
& LAWN MAINTENANCE**

AFFORDABLE PRICING

- Spring & Fall Cleanups
- Weekly Lawn Mowing
- Hedge & Shrub Trimming, Mulch
- Landscape Design & Installation

CALL RANDY: (203) 208-0503
CELL: (203) 530-4961
www.BenedettoLandscaping.com

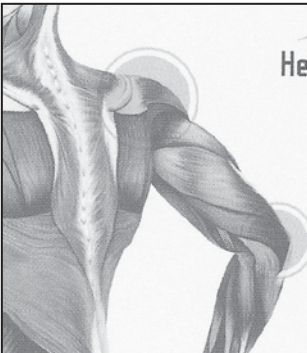


Owner Operated & Insured | Over 40 Years of Experience

SUSAN NOONAN
Justice of the Peace

Weddings, Vow Renewals & Civil Union Ceremonies

66 Derby Avenue, (RT 34) Orange, CT 06477
Cell: 203.376.8941 Office: 203.397.1616
snoonan66@optonline.net



Healing Hands Massage

Massage For The
Mind - Body - Soul

Gary 203-215-5570



**MARK STEEVES
HOME REPAIR**

THE SMALL JOB SPECIALIST

SERVING ORANGE AND
WOODBIDGE FOR 15 YEARS

REFERENCES
Insured CT License #582579

203-799-0253



CASSELLA ELECTRIC, LLC

Residential Services
- Since 2005 -

Licensed and Insured
Ct E1-192933

Rob Cassella
(203)627-9167
r.cassella@yahoo.com

Professional Master Landscaping, LLC



Lawn maintenance, fall & spring
clean-up, hedge trimming, mulching,
fencing, tree and brush removal,
fair prices.

Owner: **EDDIE**

Cell: (203) 393-5673
Office: (203) 931-5043

FREE ESTIMATES

Free First & Last Lawn Mowing
with Seasonal Contract

Commercial & Residential
Licensed and Insured
Member of the Better Business Bureau!



Sharon Hine Landscapes, llc

Landscape Services & Perennial Gardens

Design & Installation-Property Maintenance
Clean-ups-Mulch-Lawns-Shrubs Trimmed/Removed
NOFA/Organic Land Care--Fences-Stone Work

sharonhinelandscapes@yahoo.com Sharon L. Hine
www.sharonhinelandscapes.com 203 668 6315
Free Consultation/Insured/References CT-HIC 0639623

Woodbridge Town News

Woodbridge's Exclusive Newspaper
Mailed Free to Every Home in Woodbridge
Mailed Free to Every Business in Woodbridge, Bethany & Westville

YOUR AD HERE
Call Today: **203-553-9062**

RD Ride Services, LLC

203-623-7803
rdrideservices@gmail.com

Airport Runs
Doctor Visits
Shopping Trips

Fully Insured



MURRAY ELECTRIC LLC

Jack Murray & Don Murray



- Free Quotes!
- Fully Licensed and Insured
- Specializing in small residential
jobs & upgrades

Lic # 185374 E1
Cell: 203-500-3491 | Email: murrayjond@gmail.com

Luxurious Massage Spa

501 Boston Post Road, Orange CT, 06477

GRAND OPENING SPECIAL
1 hour Massage & 1 hour Facial \$100.00

Present this ad to receive discount
203-466-9176



Mario Crisafi (203) 314-3226

A1 Professional Services

Home Improvements
Kitchens & Baths
Floor-covering
Repairs



Fully Insured
HIC.0610841

LAWN MOWING & MAINTENANCE

Free Estimates!
Owner Operated
Serving Orange Since 1977




MATURO'S LANDSCAPING
203-799-7060

**DONALD F. OLIVER
HOME IMPROVEMENT, LLC**



SPECIALIZING IN
VINYL SIDING • ROOFING • WINDOWS • ADDITIONS

Four Generations of Experience

175 Surrey Drive • Orange, CT 06477
203-795-4404

LICENSE #873494 FULLY INSURED



KBM Lawn & Landscape, LLC

Family Owned and Operated
Over 30 Years Creating & Maintaining Beautiful Landscapes

Design • Construction • Maintenance
Commercial & Residential

Free Estimates / Fully Insured • Ct Lic. # 612550

BUS: 203-387-LAWN (5296) • www.KBMLandscaping.com

You Call, We Haul, SAME DAY!

TAMARO
Oil Corporation

38 MARSH HILL RD., ORANGE, CT 06477



Serving Woodbridge &
Bethany Every Day!
203-795-FUEL(3835)

TAMARO OIL.COM

BUSINESS CARDS ADS AS LITTLE AS \$30 PER ISSUE

2 Issues for \$80 or 5 Issues for \$150 • Reach Every Home and Business in Woodbridge!

Send Your Card & Payment to: Woodbridge Town News, P.O. Box 1126 Orange, CT 06477 or pay online at www.woodbridgetownnews.com

ENTERTAINMENT

TOP 10 MOVIES

- 1. Minions (PG)**
Animated
- 2. Jurassic World (PG-13)**
Chris Pratt, Bryce Dallas Howard
- 3. Inside Out (PG)**
animated
- 4. Terminator Genisys (PG-13)**
Arnold Schwarzenegger, Jason Clarke
- 5. The Gallows (R)**
Reese Mishler, Pfeifer Brown
- 6. Magic Mike XXL (R)**
Channing Tatum, Juan Piedrahita
- 7. Ted 2 (R)**
Mark Wahlberg, Seth MacFarlane
- 8. Self/less (PG-13)**
Ryan Reynolds, Natalie Martinez
- 9. Bahubali: The Beginning (NR)**
Prabhas, Rana Daggubati
- 10. Max (PG)**
Thomas Haden Church, Josh Wiggins

TOP 10 VOD

- 1. Get Hard (R)**
Warner Bros.
- 2. The Gunman (R)**
Universal
- 3. Run All Night (R)**
Warner Bros.
- 4. American Sniper (R)**
Warner Bros.
- 5. The DUFF (PG-13)**
Lionsgate
- 6. Chappie (R)**
Sony
- 7. Kingsman: The Secret Service (R)**
FOX
- 8. Danny Collins (R)**
Universal
- 9. Focus (R)**
Warner Bros.
- 10. Fifty Shades of Grey (R)**
Universal

- Sad letters, a photograph and a rose are all mentioned in which Connie Francis song?
- Which song do Bessie Banks and The Moody Blues have in common?
- Name the Boston song that was used in the "October Road" television pilot.
- Who wrote and recorded "Sundown" in 1974? (Hint: He's Canadian.)
- Name the song that contains this lyric: "The problem is all inside your head, she said to me, The answer is easy if you take it logically, I'd like to help you in your struggle to be free."



1. "Among My Souvenirs," 1959. The song originally had been released in 1928 by Paul Whiteman. 2. "Go Now!" in 1965. Banks' husband had written the song for her to record, but The Moody Blues beat her to the charts. 3. "Don't Look Back," 1978. The song was used shortly after the death of band member Brad Delp in 2007. 4. Gordon Lightfoot. 5. "50 Ways to Leave Your Lover," by Paul Simon, 1975, on his "Still Crazy After All These Years" album. Simon wrote and recorded the song just after his divorce. The song went to No. 1 and stayed at the top for three weeks.

SPORTS QUIZ

By Chris Richcreek

- When was the last time before 2014 that the Baltimore Orioles won the A.L. East?
- Who was the last Oakland A's player to have 100-plus RBIs in a season?
- In the 2014 Super Bowl, Seattle's Malcolm Smith became the third linebacker to be named MVP of a Super Bowl. Who were the other two?
- Who was the last No. 7 seed before UConn in 2014 to reach the Final Four in men's basketball?
- In the 2014-15 season, Washington's Alex Ovechkin became the sixth player in NHL history to have six seasons of 50-plus goals. Who are the others?
- At the 2014 Winter Olympics, Ted Ligety became the fifth American male with two or more Olympic Alpine skiing medals. Name three of the other four.
- Who was the last repeat captain of the U.S. Ryder Cup squad before Tom Watson (1993, 2014)?

1. It was 1997. 2. Frank Thomas had 114 RBIs in 2006. 3. Dallas' Chuck Howley (1971) and Baltimore's Ray Lewis (2001). 4. Virginia, in 1984. 5. Wayne Gretzky, Mike Bossy, Mario Lemieux, Marcel Dionne and Guy Lafleur. 6. Bode Miller, Phil Mahre, Tommy Moe and Andrew Weibrecht. 7. Jack Nicklaus, 1983 and 1987.



EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of Aug. 3, 2015. **PHOTO:** Kate Winslet in "A Little Chaos"

PICKS OF THE WEEK

"Far From the Madding Crowd" (PG-13) -- Bathsheba Everdene (Carey Mulligan) has a rare opportunity for women of her time -- she has enough wealth that she doesn't have to marry for business reasons. She can pick any man she wants, which isn't as easy as it sounds. She's got three very different men on the line, but for each one, there are complexities to the relationship.

An adaptation of a romantic and melodramatic English novel hardly seems like the place to look for takes on contemporary love, but in the hands of director Thomas Vinterberg, the country comes to life and the love-quadrangle stays engaging. Carey Mulligan once again shows how she can keep audiences invested in what's going on behind her eyes.

"The Salvation" (R) -- Jon (Mads Mikkelsen, TV's "Hannibal"), a Danish

veteran, takes his family to the Wild West to make a new start, but their bright future is robbed by a pair of drunk dirtbags who murder his wife and son. Jon gets revenge on the brutes, but raises the ire of the local boss (Jeffrey Dean Morgan). Jon is hunted by outlaws and commoners alike, but refuses to back down to the evils of the frontier.

This is a hard-nosed Western shoot'em-up with a strong connection to its Spaghetti Western roots. The hero is as stoic as stone, and the boss is as twisted as the devil. It's not blazing a new trail in Western cinema, but it's good for a night of cowboy commotion.

"A Little Chaos" (R) -- In the opulent gardens of King Louis XIV's palace at Versailles, there works a surprisingly modern touch. Sabine (Kate Winslet) is a single garden designer who lost her only child. She's completely out of place in the elegant palace full of powdered pandering aristocrats. As a commoner, her romance with her superior is totally forbidden, but in a time of symmetrical and formal design, Sabine believes in employing "a little chaos" in her landscapes. It's not the historical/fictional romance to win over new fans, but Alan Rickman as the Sun King monarch is very fun to watch.

"True Story" (R) -- Mike Finkel (Jonah Hill) was a disgraced journalist who needed to get his career and credibility back. He found a strange opportunity in the form of a murderer, Christian Longo (James Franco), who was using Finkel's identity after he killed his own wife and children. When Longo is captured and imprisoned, Finkel comes to visit him and pick his brain. The inmate is all too willing to talk, and a lot of these conversations ensue. Unfortunately, both characters are so boring they blow away like dry dirt, along with any hope of a chilling or memorable story.

Sudoku answers on page 28

Weekly SUDOKU

by Linda Thistle

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

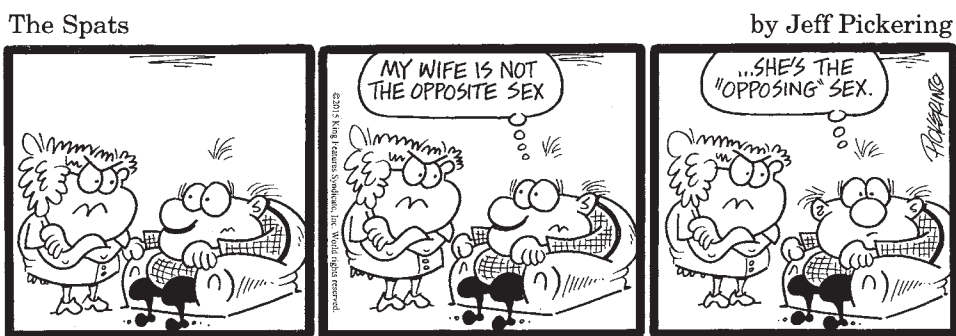
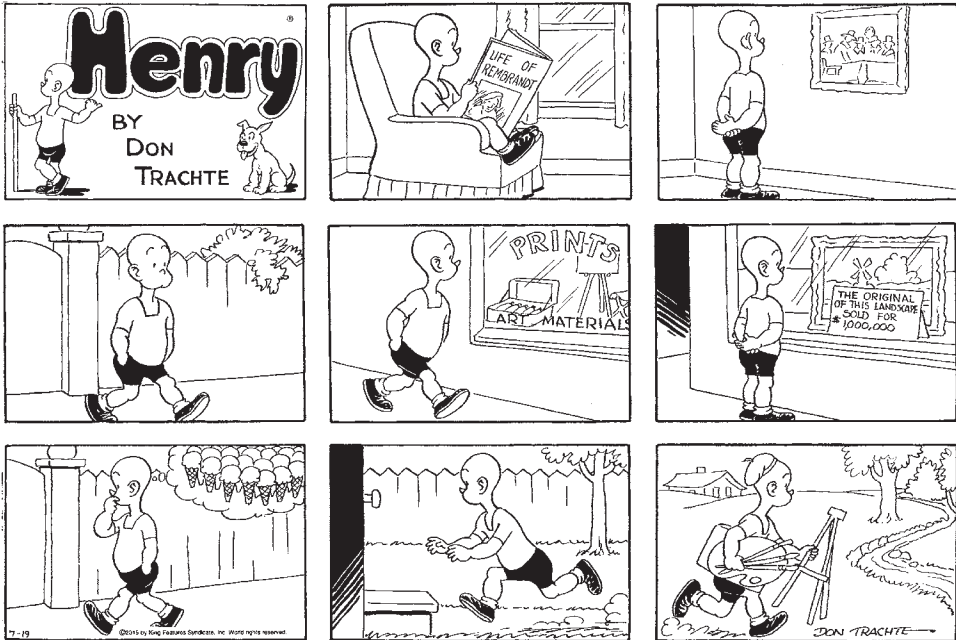
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2015 King Features Synd., Inc.

COMICS/CROSSWORD/HOLLYWOOD



HOLLYWOOD

By Tony Rizzo

HOLLYWOOD—"Happy Days" producer Garry Marshall, now 80 years old, has reminisced about happier days in his films. There's "Valentine's Day," (2010) with Oscar winners Kathy Bates, Jamie Foxx, Shirley MacLaine and Julia Roberts (which cost \$56 million to make and grossed \$142 million), and "New Year's Day" (2011), with Oscar winners Halle Berry and Robert DeNiro, as well as Zac Efron and Sofia Vergara (which cost \$56 million to produce and made \$142 million).

Now he's preparing to take on "Mother's Day," with Oscar winners Julia Roberts and Helen Mirren, as well as Jennifer Aniston, Kate Hudson, Jason Sudeikis, Emma Roberts, Rose Byrne and Steve Buscemi. Julia Roberts has two more movies coming out, the thriller "Secret in Their Eyes" with Chiwetel Ejiofor and Nicole Kidman (due October 23), and "Money Monster" with George Clooney and Jack O'Connell.

Jennifer Aniston has "She's Funny That Way," with Owen Wilson and Will Forte, coming Aug. 21. Kate Hudson, whose 2014 film, "Good People," with James Franco, went straight to video and earned only \$16,101 in sales, gets to redeem herself with "Rock the Kasbah," with Bill Murray, Bruce Willis, Zoey Deschanel, Danny McBride and Scott Caan, arriving Oct. 23; and "Deepwater Horizon" with Mark Wahlberg, Kurt Russell, Gina Rodriguez and John Malkovich, opening Sept. 30.

By the time you read this, "Jurassic World" will have passed "Furious 7" as the No. 4 box office grosser of all time. Next it takes on "The Avengers," in the No. 3 position at \$1.518.6 billion, "Titanic," No. 2 with \$2.186.5 billion and "Avatar," No 1 with \$2.788 billion.



Stephanie Powers

Can dinosaurs sink "The Titanic"? There have been 12 "Star Trek" films, which collectively have cost \$690 million and grossed over \$2 billion. The first two films starring Chris Pine, "Star Trek," (grossed \$283 million) and "Star Trek: Into Darkness" (\$232 million) now will have a threequel, "Star Trek Beyond" with Chris Pine, Zachary Quinto and Zoe Saldana returning, as well as Idris Elba. It will hit big screens in July 2016.

A reader wants to know what has become of "Hart to Hart" star Stephanie Powers. Powers took time off in 2009 to battle cancer, and from all appearances, she has won the war. In 2013 she starred in the TV movie "Reading, Writing and Romance," with "Ugly Betty's" Eric Mabius. Now 72, she has her "Hart" set on doing a new musical show, "Gotta Dance," about a senior citizen dance team, co-starring with "Mary Tyler Moore" and "Hot in Cleveland" star Georgia Engel. The production will tryout in Chicago, December 12-January 10, en route to The Great White Way. Maybe they should have had the tryout in Ohio, where Georgia Engel was "Hot in Cleveland!"

King Crossword

ACROSS

- 1 Nut's partner
- 5 Encountered
- 8 "The lady — protest too much"
- 12 Great Lake
- 13 Raw mineral
- 14 Franc replacement
- 15 On the briny
- 16 Legally requires
- 18 Fluffy dessert
- 20 Butter-and-sugar candy
- 21 Billions of years
- 23 Always, in verse
- 24 Flies south for the winter, e.g.
- 28 Standard offering
- 31 Bakery
- 32 Mila of "That '70s Show"
- 34 Neither mate
- 35 Slugs
- 37 Captains of industry
- 39 Mouse's cousin
- 41 Norse thunder god
- 42 Tolerates

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16			17				
18				19		20					
21				22		23					
24	25	26				27		28	29	30	
31				32			33		34		
35			36		37			38			
39			40		41						
42	43				44		45		46	47	48
49					50			51			
52					53			54			
55					56			57			

- 45 Cheap
- 49 Serves as a go-between
- 51 — Minor
- 52 Andy's pal of old radio
- 53 Have bills
- 54 Hammer's target
- 55 Dexterous
- 56 Tiny
- 57 Dilbert's workplace
- 7 Camp shelter
- 8 Be way too loud for
- 9 Leading
- 10 Genealogy chart
- 11 Firetruck need
- 17 Female deer
- 19 Drench
- 22 French legislature
- 24 Speedometer stat
- 25 Mid-afternoon, in a way
- 26 Discard
- 27 Take a vacation tour
- 29 Fish eggs
- 30 Wifely address
- 33 Winter forecast
- 36 Cruel person
- 38 In the vicinity
- 40 Earl Grey, e.g.
- 42 "Diary of — Housewife"
- 43 Everly's hit, "Let It —"
- 44 Pack away
- 46 Scottish hillside
- 47 Egyptian fertility goddess
- 48 Chat
- 50 Ram's mate

© 2015 King Features Synd., Inc.

King Crossword Answers on Page 28



HELP WANTED

SERVERS - ELI'S RESTAURANT GROUP is looking for experienced a la carte wait staff in all of it's locations (Hamden, Branford, Orange and Milford). We are a fast paced, high volume group of restaurants in need of wait staff who can function in a team environment and exhibit a warm and hospitable environment for our guests.

We are looking for personable, courteous people capable of serving and selling in a high energy environment. We put a significant emphasis on food and drink knowledge during training and expect all of our wait staff to be well versed on all of our selections. There is a significant training required for this position in order to make certain all of our wait staff is functioning with a high level of serving technique.

Although scheduling is flexible, and we understand that waiting tables may be only a part time gig for some, wait staff are expected to be available days, nights and weekends. Staff members must be prepared and able to be on their feet for long stretches of time. This position will be both demanding and challenging but achievable with proper mindset and ability to adapt and learn. The financial reward can be significant. Please email resume in response to this ad or apply in person at any one of our restaurants. See Elisonwhitney.com for more information.

DELIVERY DRIVER/WAREHOUSE - Looking for an experienced delivery driver/warehouse worker. Responsibilities include local deliveries of feed and supplies, pick-up and delivery of power equipment, and assisting in the warehouse. Must be team oriented, be able to lift up to 100 lbs and have a clean driving record. Call or stop in for an application. Lock Stock & Barrel, 770 Amity Road, Bethany, CT 06524. Call 203-393-0002.

SMALL ENGINE TECH NEEDED - Growing power equipment dealer looking for an experienced tech to join our team. Call or stop in for an application. Lock Stock & Barrel, 770 Amity Road, Bethany, CT. Call 203-393-0002.

WANTED

WANTED - Art, Clocks, Coins, Dolls, Estate Jewelry, Military, Silverware, Trains, Gold, Silver, etc. Call Joseph & Carol Ferry Antiques at 203-795-4644.

DONATIONS WANTED - Old Post Cards, new or used, a few or a large collection. Call the Orange Historical Society at 203-795-3106 with any questions.

DONATIONS WANTED - New, unwanted items and gift cards for the Jamie A Hulley Arts Foundation Silent Auction. Call Lisa at 203-530-8329 or Judy at 203-795-1133.

Visit our website at www.WoodbridgeTownNews.com

TOWN OF WOODBRIDGE NOTICE OF BOARD OF ASSESSMENT APPEALS

The Board of Assessment Appeals of the Town of Woodbridge will meet in an open session on Tuesday, September 15, 2015 starting at 6:00 p.m. at the Town Hall to hear appeals relating to assessments on Motor Vehicles on the Grand List of October 1, 2014. All persons claiming to be aggrieved by the assessments made by the Assessor on said list is hereby warned to make their appeals to said Board of Assessment Appeals at the above stated time either in person or by a duly authorized representative who must bring evidence of authorization and their own personal identification. You must bring the vehicle with you if drivable.

An application must be filled out prior to your appeal and returned to the Assessor's office no later than September 11th. Call the Assessor's Office at 203-389-3416 to schedule an appointment.



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



PLACE YOUR CLASSIFIED AD

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

Each additional word is 50 cents.

All ads must be prepaid. All ads are subject to approval.

Send a copy of your ad and check payment to:

Woodbridge Town News, P.O. Box 1126, Orange, CT 06477

SERVICES

ACADEMIC TUTORING - For middle and high school students in: math, algebra, english, geometry, time mgt. / study skills, writing & research papers, vocabulary, PSAT, ACT & SAT tests. Also: college applications and essays, ASVAB, GED, TEAS, GRE, and CPA exams, accounting, economics and finance courses, and securities licensing exams: Series 7,63, 66. Email: ddubinsky.nva@gmail.com, or call David at: 203-219-1698.

A.D. MASONRY - New construction or repair. Brick, block, stucco, stone, chimneys, walks, or patios. CT Registered - Insured. Phone 203-795-4527 or visit our website at: www.crofut.com/a.d.masonry/.

YOUR CHILD CAN READ TO SUCCEED! - Award-winning communicator will meet the Need and Lead! Call 203-397-1840 or email: PaulaLin2u@gmail.com.

FOR SALE

PORTABLE SEWING MACHINE - New Shark Euro-Pro Automatic Needle Threader. \$125. Phone 203-795-5420.

ORGAN BONTEMPI - Electric. \$125. Phone 203-795-5420.

FOR RENT

WOODBIDGE - THANK YOU ! We are fully occupied and taking names for our waiting list. One and Two Bedroom. Applicants must be 62 or older or disabled. One Bdrm-\$1018/mo; Two Bdrm-\$1075/mo including all utilities. Off street parking, on-site laundry, gardens, courtyard, on busline, handicapped accessible. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165.



PLACE YOUR CLASSIFIED AD

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

Each additional word is 50 cents.

All ads must be prepaid. All ads are subject to approval.

Send a copy of your ad and check payment to:

Woodbridge Town News, P.O. Box 1126, Orange, CT 06477

King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

LOCAL SPORTS



SCIATICA: FACT OR FICTION?

Find The True Source Of Your Orthopedic Leg Pain...

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

Sciatica, defined as inflammation to the sciatica nerve, is often as a result of a disc herniation between the last two vertebrae. The disc will push onto the nerve causing inflammation and, depending on extent, can lead to pain and often numbness along the back part of your leg and thigh, sometimes as far as your foot. Nerve pain like this



Michael Dow MSPT

tends to be sharp and can be triggered by certain spine positions. It may also be triggered by coughing, sneezing or laughing hard, as these activities can put pressure on the trunk area and compress the spine temporarily.

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

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

Osteoarthritis of the hip joint itself can often refer pain into the front, inner and occasional back of thigh, referring

down as far as one's knee. Pain is usually dull and deep but can also be sharp with certain motions. In addition, moderate to severe arthritis nearly always comes with loss of joint rotation. Lack of appropriate joint rotation can place undue stress on the adjacent joints,

including low back. Manual stretching and specific joint mobilization techniques to the hip may redistribute force off of the lower spine and decrease the pain associated with that stress.

Another common muscle origin of leg pain is one's hamstring. It is located on the back part of the thigh and attaches at both the knee and underneath the

buttock onto the pelvis. It serves as a pelvic stabilizer as well as controlling knee motion. When strained, pain can be sharp or dull and occur most often when the leg is loaded in standing or walking.

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

Michael Dow MSPT is CEO/ Director of Amity Physical Therapy, now with three offices in Woodbridge, Hamden and Branford. He received his degree from Fairfield University and is recognized by the U.S. Dep't of Health and Human Services for his work with the National Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Michael can be reached at 203-389-4593 or www.amitypt.com.

CHAPEL HAVEN TO HOLD FIRST ANNUAL GOLF CLASSIC

Chapel Haven is proud to announce its first annual Chapel Haven Golf Classic, presented by Yale-New Haven Hospital and Alexion, at the prestigious New Haven Country Club in Hamden, CT on Tuesday, September 29, 2015. The tournament begins at 1 p.m. and will offer a day of golf and a celebratory dinner at the New Haven Country Club, 160 Hartford Turnpike, Hamden, CT.

For ticket information or to become a sponsor, please contact Ms. Peggy Baker, (203) 217-4691. Participants may sign up for a golf foursome, may join Chapel Haven for the dinner only, or may choose to sponsor the event. Log onto www.chapelhaven.org to find out more about the tournament.

Chapel Haven President Michael Storz credited parent Peggy Baker for laying the groundwork for the tournament. "We have more than 40 corporate and business partners in Greater New Haven who fully support our mission of providing services to adults with disabilities," Storz said. "The purpose of the golf classic is to not only celebrate our wonderful track record with current businesses, but to attract and engage even more New Haven-based businesses who may want to support what we do."

"We are excited that Yale-New Haven Hospital and Alexion Pharmaceuticals will be honored as co-presenting sponsors," Storz noted. "We sought both organizations out as our top sponsors because they have been model partners to Chapel Haven, and we believe their investment in our adults paves the way

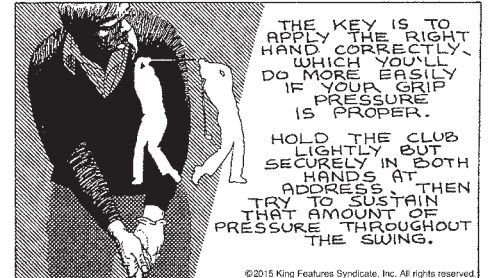
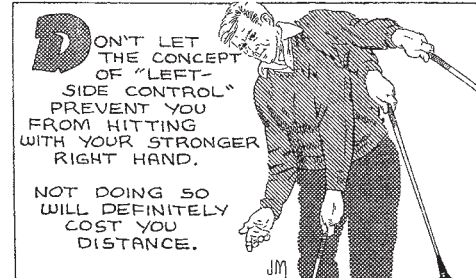
for other businesses to follow suit."

Yale-New Haven Hospital partnered with Chapel Haven in 2013 to host the first Project SEARCH location in the state. Project SEARCH is a national one-year, high school transition program for students with disabilities that provides training and education with the goal of obtaining competitive employment. Through Project SEARCH, Chapel Haven participants spend a year rotating through different YNH departments, trying their hands at a variety of job roles. The goal is to help clients gain job skills, learn to work in a team, understand the rules of a workplace and be better positioned to move into paid employment. They work five hours a day and gain several hours more of classroom instruction, all at the hospital.

Alexion partnered with Chapel Haven to employ a young man who graduated from Chapel Haven's Asperger Syndrome Adult Transition program in a full-time, human resources auditor position.

Founded in 1972, Chapel Haven is a nationally accredited transitional living program and approved private special education school in New Haven, Connecticut with a mission of teaching adults with cognitive disabilities and social disabilities to live independent and productive lives. Chapel Haven has grown to serve more than 250 adults (18 years of age and older) in the residence and the community with three distinct programs; REACH, Asperger's Syndrome Adult Transition (ASAT), and Chapel Haven West (Tucson, AZ).

Play Better Golf with JACK NICKLAUS



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

SUBMIT YOUR LOCAL SPORTS PHOTOS, ARTICLES & SCHEDULES

Email edit@woodbridgetownnews.com

FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



Harlem Wizards entertained the children at Woodbridge Recreation Department's Summer Camp

Harlem Wizards Bring Out The Energy In Woodbridge

Screams and laughter were heard at the Woodbridge Recreation Department's Summer Camp as Harlem Wizard "Road Runner" performed his basketball moves and got some campers and counselors up to do some tricks of their own. Campers danced to the energizing music and some received souvenir posters for volunteering to "assist" in the show. Woodbridge's Recreation Department, Library, and Youth Services sponsored the event.

Babysitter Training Course for Teens

August 11th and 12th

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

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

Seventh Grade Picnic/ Giant Slide Bethwood Bash

August 27, 2015

Woodbridge Youth Services invites all incoming seventh grade Bethany and Woodbridge residents to the annual

Seventh Grade Picnic on Thursday, August 27th from 5:30 to 7:30 p.m. The event, the first Bethwood Bash of the school year, will be held on the Woodbridge Green on Meetinghouse Lane, near the Gazebo. Rain location: Woodbridge Center Building Gym. Admission is only \$5.00, pre-registration is requested. Call 203-389-3429 to register. You'll have a great time on the Giant Slide, dance to the latest hits, and challenge yourself to the games. Don't miss the Subway sandwiches, music, interactive D.J. and fun! Great raffle prizes!

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

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

Parent Support Group

Woodbridge Youth Services invites local parents who struggle with children who are, or may be, involved with substance abuse to share experiences and concerns in a confidential setting. The Amity Parent Support Group meets every other Friday morning at 7:45 in Youth Services, Room 12 in the Woodbridge Center Building. Meetings are scheduled for August 7th and 21st. For more information, please contact Nancy Pfund at Woodbridge Youth Services (203) 389-3429, or e-mail npfund@woodbridgect.org.

BARK BYTES...

By Vicki & Richard Horowitz



SEPARATION ANXIETY IN DOGS AND HOW TO OVERCOME IT

At times it may seem like you own two different dogs when you really only have one. Is the following a familiar scenario for you? When you are at home, your dog is very well behaved. He listens to your commands, only chews on bones and other doggie toys and barks only when you ask him to "speak". However, he transforms into a completely different animal when you leave him home alone! He tears up furniture, chews up your clothes, scratches at doors and barks incessantly.

It may sound like something right out of Dr. Jekyll and Mr. Hyde, but most likely your dog is suffering from separation anxiety. One of the most common causes of canine behavior problems, separation anxiety occurs when your dog has a severe dislike or fear of being isolated. In addition to being stressful for both dogs and their owners, the condition can often put a strain on our relationships with our four-legged best friends.

Separation anxiety in dogs is a condition largely misunderstood by humans. We tend to look at everything from a human point of view, even when it comes to our dogs. But they don't think in the same way as we do.

When we view the problem of separation anxiety in the home environment, we notice many factors that contribute to it. One is called passive dominance—that is, allowing the dog to train the owner to perform a variety of commands for him. One example is when your dog asks to be let outside several times a day, only to change his mind and decide he didn't really need to go out after all. He was simply checking on your training. He may request to be petted constantly, again testing to see if you will do what he requests. Another way in which dogs manipulate for leadership is by being first to answer the door, first when going for a walk, or first just walking room to room. Dogs place much emphasis on who leads the

pack—literally.

To treat separation anxiety, owners must express leadership toward their dogs in a canine way. Most owners over-indulge their dogs, whether the dog is dominant or timid. The owner provides food, shelter, entertainment and love, but provides no leadership.

Owners need to practice separating themselves from their dog when they are home. We have dogs because we love so many things about them, especially their companionship. However, if separation anxiety is an issue for your dog, then you need to practice this while you are at home. Do not allow your dog to stick to you like glue. Make him stay in another room on a doggy bed, or put him outside and scatter some food over the back lawn to keep him occupied. Also, crate your dog for short periods when you are home and at night so you can monitor his behavior.

The crate is an excellent tool for training, if used correctly. Some owners put their dogs in the crate only when they are leaving, so the dog views it as a sad, unpleasant place. If you have been doing this, make a simple change—acclimate your dog to the crate so that he sees it as a safe haven. Place comfy bedding and favorite toys in his crate, and continue to crate him periodically until he looks at it as his shelter, even entering the crate on his own.

Dogs with behavioral problems are not happy dogs. They suffer stress just as we do and express it through their behavior or through physical ailments. The cycle needs to be broken so that your dog can relax, sit back and feel content knowing you are the leader and his pack is safe.

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.

Salome's Stars

ARIES (March 21 to April 19) Don't gnash those pearly whites because you might have to delay your plans. This could give the Lucky Lamb a better perspective of what's been done, and what still needs doing.

TAURUS (April 20 to May 20) Scoring financial bull's-eyes is easy for the focused Bovine who knows the ins and outs of the marketplace. But even with your success record, caution is still the watchword.

GEMINI (May 21 to June 20) Watch that tendency to over-romanticize a situation that should be given closer scrutiny. Better to be suspicious now and ask for an explanation, or face a sad surprise later.

CANCER (June 21 to July 22) Bruised self-confidence can make things difficult unless you accept the fact that you have what it takes. Ignore the critics and concentrate on believing in yourself. Good luck.

LEO (July 23 to August 22) Congratulations on what you've accomplished. But this is no time to curl up for some serious catnapping. Your rivals are probably already working on plans to overtake your lead.

VIRGO (August 23 to September 22) Your adventurous side wants to play a more dominant role this week, and you might want to oblige. Try to arrange for some getaway time with that special person.

LIBRA (September 23 to October 22) Taking logical approaches to pesky workplace issues can help resolve even long-standing problems. A shift in policy might catch you by surprise. Be alert to signs of change.

SCORPIO (October 23 to November 21) Your kindness and compassion are exactly what are needed in dealing with an awkward situation in the early part of the week. Share the weekend fun with family and friends.

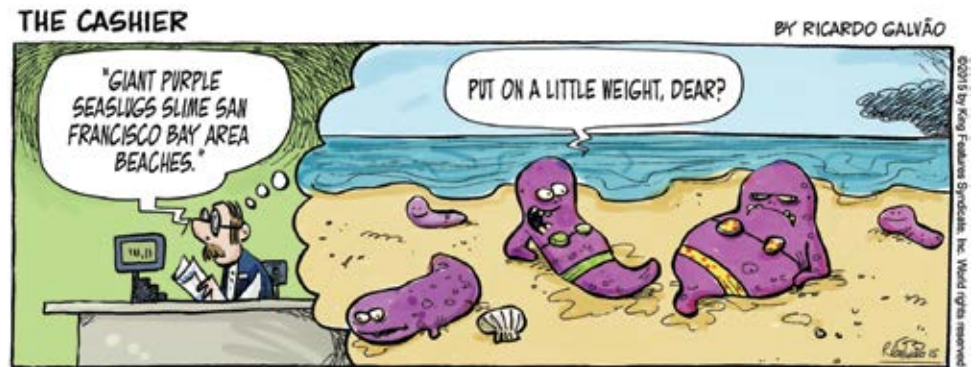
SAGITTARIUS (November 22 to December 21) Keeping your focus straight and true is a good way of getting your points across. Save any variations for a later time. The musical arts are important this weekend.

CAPRICORN (December 22 to January 19) Reject advice to cut corners in reaching your goal. Better to take a little more time to do the job as you promised. You'll gain new respect for your honesty and integrity.

AQUARIUS (January 20 to February 18) Don't allow a troublesome situation to grow so big that it will be increasingly difficult to deal with. The sooner you speak up, the sooner everyone will be able to benefit.

PISCES (February 19 to March 20) Confronting someone who is making a lot of mistakes could be the kindest thing you can do both for that person and for anyone who could be adversely affected by the errors.

BORN THIS WEEK: You absolutely glow when you see beautiful things, and everyone around you is warmed by your light.

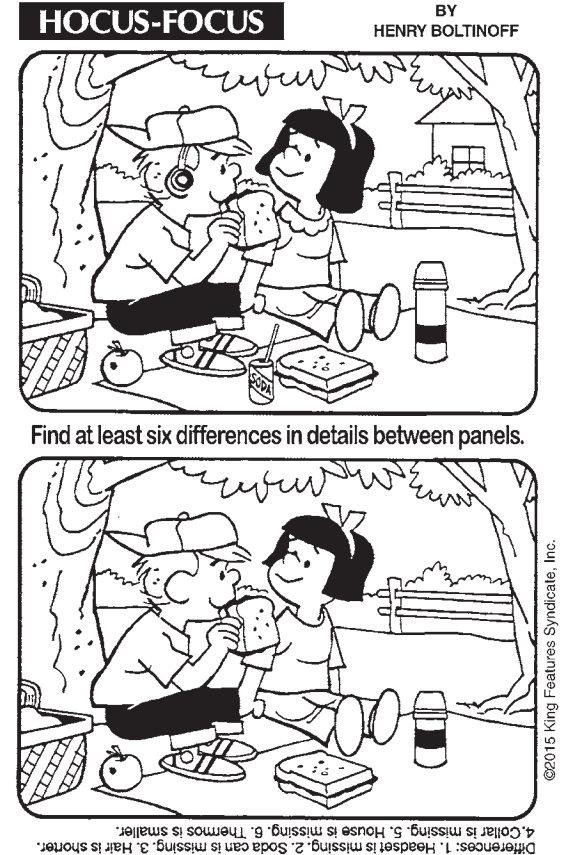


top ten

Best Regarded Gov't AGENCIES

1. U.S. Mint
2. FAA
3. FBI
4. CDC
5. NIH
6. CIA
7. Surgeon General
8. USDA
9. FCC
10. Homeland Security

Source: The Harris Poll



ADOPTING A 'WAR DOG'

DEAR PAW'S CORNER: How can I adopt a war dog like the dog in the movie "Max?" -- J.T. via email

DEAR J.T.: While "Max" is a compelling movie, adopting a former military working dog takes a fair amount of research on your part, and the ability to care for dogs that have high energy and need plenty of attention and continuing training.



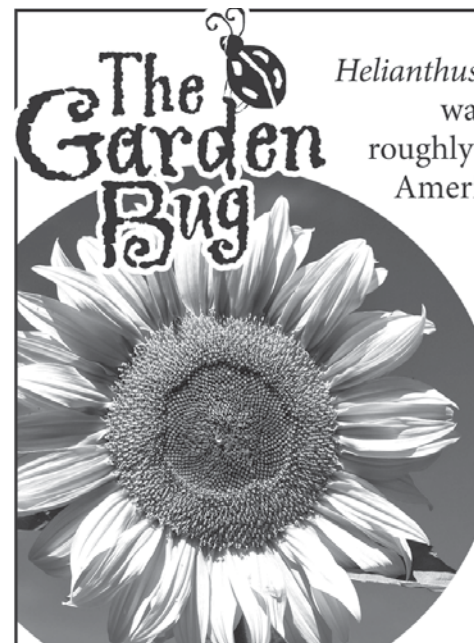
All military dog adoptions are handled through the Department of Defense Military Working Dog Adoption Program at Lackland AFB in Texas. Dogs eligible for adoption were retired due to age, injury or sickness. Not all dogs saw combat. Some worked in national security, while others were trained as working dogs but did not meet the standards for military service.

Be prepared for a long wait after

submitting the application -- up to a year or more. First priority for adoption goes to law-enforcement agencies, if the dog is still fit for duty. If not, the dog's handler can adopt it. Only after that do dogs become available for adoption to civilians. Some dogs, sadly, are not adoptable due to temperament or severe injuries.

In addition to patience, be aware that you don't have control over what type of dog is made available -- although you can state your preference on the application. Be prepared for some pre-adoption expenses as well: If selected to adopt a MWD, you'll need to travel to where the dog is being kept (most likely, Lackland) at least twice, once to be interviewed and meet the dog, and again to pick it up if your application is approved.

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



Helianthus annuus, the common sunflower, was domesticated in North America roughly 5000 years ago. Many indigenous American peoples used it as the symbol of their solar deity, including the Aztecs and the Otomi of Mexico and the Incas in South America. Early Spanish explorers carried its seeds back to Europe, and by the early 1800s Russian farmers were growing over 2 million acres of sunflower.

Sources: wikipedia.org/wiki/Helianthus_annuus www.sunflowersa.com

Connecticut's Vacuum Headquarters

YOUR SOURCE FOR QUALITY VACUUMS PLUS... WE SERVICE ALL VACUUMS

Save 25% off Dyson Vacuums

dyson



Test drive a Dyson

Free assembly with instore purchase of a Dyson!

We are your Source for Dyson Vacuums!

CT's Authorized Dyson Service Center

**Haven't you heard?
Sebo top rated vacuum cleaners are here!**

SEBO



Built to last 15-20 years

Built to withstand commercial use (and large quantities of pet hair)

Never worry about belts

**Got Pet Hair?
Sebo takes care of it**



Miele has been doing it right for over 100 years!

Miele



Save now on "top rated" Miele Vacuums

Dare to compare our prices!
German Engineered best selling Canister Now \$329

We carry Miele Floorcare products and we save you \$100's!

SERVING CT SINCE 1982 • **NO INTEREST** FOR 12 MONTHS

Close To Home
Sewing Center • Window Treatments • Vacuums

Store Hours

Monday-Friday 10:00am-6:00pm
Thursday 10:00am-8:00pm
Saturday 10:00am-5:30pm

2717 Main St., Glastonbury 860-633-0721 • 995 Queen St., Southington 860-793-6639

ACROSS FROM HITCHCOCK PLAZA

196 Boston Post Road, Orange, CT 06477

closetohomestores.com **203-878-1654** facebook.com/ctorange