

Woodbridge Town News



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Mailed Free to Every Home in Woodbridge
Mailed Free to Every Business in Woodbridge & Bethany
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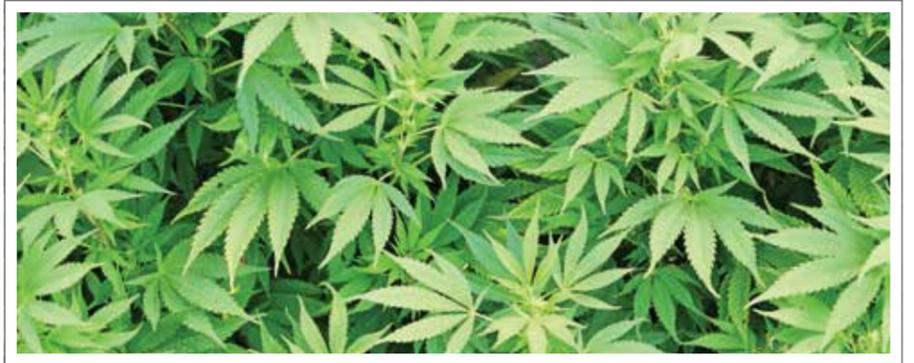


TOWN OF WOODBRIDGE ANNOUNCES WOODBRIDGE DAY

The Town of Woodbridge is excited to announce Woodbridge Day which will be celebrated on Saturday, October 3. Woodbridge Day is the creation of several Woodbridge organizations coming together: The Recreation Department's 34th annual Woodbridge

Road Race, the Willows' Auto Show, the business community's Scarecrow Festival and the Massaro Community Farm Fall Family Fun Day. The Town's Economic Development Commission

See "Woodbridge" continued on Page 5



ZONING COMMISSIONERS VOTE NOT TO REGULATE DISPENSARY

By Bettina Thiel - Woodbridge Town News Correspondent

The Town Hall land use office has received several phone calls this summer inquiring about the town's policy on marijuana dispensaries. Turns out, the town doesn't regulate such dispensaries.

The sudden outside interest led to a discussion at the Plan and Zoning Commission meeting September 8 on whether or not it should institute a moratorium, which would prohibit the town from approving such dispensaries for a limited time until a regulatory framework is in place.

Commission Chairman Jeff Kaufman was not in favor of a moratorium. "I look at it as a pharmacy," he

said. As are pharmacies, a dispensary would be considered a commercial use and limited to the town's commercial district. Marijuana distribution is tightly regulated as it is, Kaufman said. Only patients with certain diseases can apply for eligibility. They need to show a card in order to obtain the prescribed amount of medical marijuana.

He said there was no reason to keep a potential dispensary away from schools or churches, in the same manner as there is no reason to keep a store or restaurant that sells alcohol away from the teen center. "These dispensaries are

See "Dispensary" continued on Page 3



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“Dispensary” continued from Page 1 controlled by the state.”

Allen Lipson, a member of the zoning commission, wondered how it would impact the dispensary if the state were to loosen its standards for making medical marijuana available, as it happened in Colorado.

In the end, the commission voted 4-3 against a moratorium.

According to the state Department of Consumer Protection website, 11 medical conditions are eligible for relief through cannabis, among them AIDS, cancer, glaucoma, HIV, Parkinson’s disease, and multiple sclerosis. Qualified patients are allowed, under

state law, to possess up to 2.5 ounces of marijuana. A doctor must initiate the registration process.

So far, the state has six dispensaries, located in Hartford, Branford, Bridgeport, South Windsor, Uncasville and Bristol. The State Department of Consumer Protection is currently looking to choose up to three additional locations, possibly with an emphasis on New Haven and Fairfield counties, according to Claudette Carveth, department spokesperson. Almost half of all 5,357 qualified patients in the state live in those two counties, according to the website. The application deadline is September 18.



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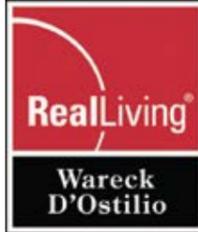
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This series is hosted by Congregation B'Nai Jacob and Congregation Beth El-Keser. This series is free and open to the community.

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“AN OUNCE OF PREVENTION”

Probiotics Are Not Antibiotics

Probiotics are not medications like antibiotics. They are live microorganisms (bacteria) that are “good” bacteria and can be found in the body or added to certain food products or taken as dietary supplements. Antibiotics work to kill harmful bacteria whereas probiotics are friendly or helpful bacteria. Although used in Europe for many years, they started gaining popularity in the U.S. in the 1990s and their consumption continues to rise as they are more heavily marketed and the consumer perpetually seeks new and alternate ways to stay healthy. Data from the 2012 National Health Interview Survey (NHIS) show that about 4 million (1.6 percent) of U.S. adults had used probiotics or prebiotics in the past 30 days and the use of probiotics has quadrupled between 2007 and 2012. Probiotics are found in many foods including beverages, cereals, chocolate and yogurt. They also come in pill or capsule form and may also be found in skin creams.

With the heavy commercial promotion of probiotics, you may be wondering if you should be consuming more probiotics. Do they truly improve health? Can they be harmful? A review of articles suggests that probiotics might help to maintain a desirable balance of microorganisms in the body; improve digestive health; help the digestive tract return to normal after an illness or antibiotic use; treat diarrhea and irritable bowel syndrome; prevent and treat vaginal yeast infections and urinary tract infections; prevent or reduce severity of colds and flu; and stimulate the immune response. The key word is “might” as more research is needed as to how they work, which ones work best for a given condition and how much should be consumed to achieve the desired effect.

There are different kinds of probiotics that researchers believe work in different ways. The most common group are lactobacillus found in yogurt and other fermented products. Another common group are bifidobacterium which may be found in other dairy products. In addition to probiotics, you

may see the term “prebiotics” and “synbiotics”. Prebiotics are non-digestible carbohydrates that act as food for probiotics. When they combine, they form a synbiotic element containing both live bacteria and the fuel the bacteria need to thrive.

Whether probiotics are likely to be safe for you depends on the state of your health. According to the National Center for Complementary and Integrative Health, people who are generally healthy experience few complications. Side effects, if any, may be mild digestive symptoms such as gas. However, there have been reports linking probiotics to severe side effects in people with serious underlying medical problems, such as following surgery, people with weakened immune systems or very sick infants.

Probiotics are not regulated, as are drugs. Therefore, it is important to discuss alternative medical treatment with your health care provider (even if the reason that you turn to alternative remedies is to avoid traditional medical settings). Always let a provider know about any alternative medical treatments you are using when you seek treatment for a condition or ailment. Like any medicine, dietary supplements and “natural” products can cause side effects, trigger an allergic reaction or interact with other medicines you take. This can make a condition worse. Probiotics should not be used to substitute for a medically-prescribed treatment without discussion with your health care provider.

To learn more about probiotics and alternative medicine, visit the National Center for Complementary and Integrative Health (formerly called the National Center for Complementary and Alternative Medicine) <https://nccih.nih.gov>; <http://www.webmd.com>; or <http://www.webmd.com>. Be sure the information you google is from a reliable website and not from a site selling the product. District residents (Bethany, Hamden, North Haven and Woodbridge) can call Quinnipiack Valley Health District at 203 248-4528 or email dculligan@qvh.org for information.

STUDENT NEWS

Dean's List

Amity Regional High School Graduate Hannah Bercovici Earns Dean's Award At Colgate University

Hamilton, NY -- Hannah Bercovici, of Woodbridge, CT, a member of the Colgate Class of 2017, has earned the Dean's Award for academic excellence for the Spring 2015 semester.

This recognition is awarded to students with a 3.30 or higher term average.

Enrollments

Class Of 2019 Begins At Rensselaer Polytechnic Institute For The 2015-2016 School Year

Troy, NY -- More than 1,400 freshmen joined the Rensselaer Polytechnic

Institute community on August 31 with the first day of classes. They hail from 46 states, the District of Columbia, Puerto Rico, and from countries all over the world. Those from Woodbridge entering this year are: Eleanor Henn and Brett Zaniewski.

Honor Roll

Chase Collegiate Honor Roll

A Woodbridge Resident was among the Upper School and Middle School students who received academic honors for the Second Semester at Chase Collegiate School in Waterbury.

Faculty Honors is the highest academic honor for students earning a 92 or above; High Honors students have earned an 88 or above; and Honors students have earned an 85 or above.

Earning High Honors was 12th grader Alexander Tellides.

“Woodbridge” continued from Page 1

is also organizing the first-ever Woodbridge Restaurant Week which will conclude on Woodbridge Day.

“I hope residents are as excited as I am about Woodbridge Day and Restaurant Week,” said First Selectman Ellen Scalettar. “These events will be a celebration of the many wonderful facets of our community. Bringing these separate events together is a symbol of our Town’s spirit of cooperation and shared goal of making Woodbridge a great place to live, work and play.”

The Woodbridge Road Race is a 1-mile fun run and a 5k road race on a certified course that winds through quiet, mostly flat residential neighborhoods in Woodbridge. Registration begins at 8 a.m. at the grove between the Old Firehouse and the Library. The fun run is at 9 a.m. and the 5k at 10:30 a.m. The race will happen rain or shine. “The Woodbridge Road Race used to be the anchor event of the old Woodbridge Day,” said Recreation Director John Adamovich. “I’m glad that First Selectman Ellen Scalettar is bringing back Woodbridge Day and the Recreation Department is excited to be part of it again.”

The Willows’ Auto Show is from 10 a.m. to 3 p.m. at 225 Amity Road. The Willows will also have a DJ and food for sale on site. Admission for the public is free, and admission for show cars is \$5, a portion of which will support the Woodbridge Senior Center. “We are excited to be part of Woodbridge Day,” said Rose Spinelli, The Willows’ Director of Admissions and Marketing. “The Auto Show is a fun way for the residents of our skilled nursing and rehabilitation center to interact with the local community and for The Willows to give back to Woodbridge.”

The Scarecrow Festival is a celebration of Woodbridge’s business community, hosted by the shops at 245 Amity Road. There will be face painting, sidewalk sales, business-themed scarecrows, crafts for kids, an inter-generational scarecrow build at

Coachman Square, refreshments and demonstrations by Performing Arts Academy. Local businesses that wish to participate in the event and/or display a scarecrow should contact festival organizer Kate Brown at kate@brownfitnessstraining.com. Local businesses are also invited to participate in a business after hours and scarecrow build at the JCC on Thursday, September 24 from 5-7 pm. RSVP for this event to Betsy Yagla at byagla@woodbridgect.org. “I am thrilled to see the Scarecrow Festival grow into a much larger event that allows area residents to come and see the wonderful businesses and services Woodbridge has to offer,” said Brown. “Residents can visit and vote on all types of fun scarecrows displayed throughout the Village Business District, enjoy some refreshments, and live entertainment.”

The rain date for the Auto Show and the Scarecrow Festival is Saturday Oct. 10.

Massaro Community Farm’s fifth annual Fall Family Fun Day is from 1-5 p.m. at the farm at 41 Ford Road. The event is a celebration of the community farm’s agricultural past and includes many old-fashioned games and activities such as sack races, pumpkin painting and hay rides. There will also be face painting, live music, dancing and farm fresh produce for sale. The rain date for the Fall Family Fun Day is Sunday, October 4.

The first-ever Woodbridge Restaurant Week will run from September 28 to October 3. Participating restaurants, Birchwoods at Oak Lane, Blue Check Deli, Katz’s Deli, Solun Tapas Bar & Restaurant, Thai Stories, Wheelers and Woodbridge Social, will offer three-course prix fixe meals. Lunch during restaurant week will cost \$15 and dinner will cost \$25. The restaurants will be open during regular business hours and will also offer their regular menu. To see the special menus for this week visit the Town’s Economic Development page, www.woodbridgect.org/business.



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- 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.

<u>Upcoming Issue Deadline</u>	<u>Upcoming Issue Dates</u>
October 2nd.....	<i>Columbus Day Issue</i> October 9th
October 23rd	<i>Election Issue</i> October 30th
November 13th	<i>Thanksgiving Issue</i> November 20th

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

FROM OUR READERS



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.

THE ADVANTAGES TO JOINING A PARENT-TEACHER ORGANIZATION

Parental involvement plays a key role in a child's academic and social development. Mothers and fathers who take an active interest in their children's education and extracurricular activities may notice their children are more willing to put their best efforts forward.

Research from scholars at the Southwest Educational Development Laboratory found that students with involved parents, no matter their income or background, are at an advantage over their counterparts whose parents are not actively involved in their educations. They tend to earn higher grades and test scores, enroll in higher level programs, attend school regularly, have better social skills and adapt better to school, and are more likely to graduate and go on to post-secondary education.

There are many ways for parents to get involved at their kids' schools. In addition to distributing routine progress reports and hosting open-school nights, many schools have some form of parent-teacher group. It may be an informal group of parental volunteers or a more structured parent-teacher association. PTAs exist all over the world and represent the voices of millions of parents and teachers. Moms and dads looking to contribute to the school often find joining the PTA is a great way to get involved, and membership has a number of benefits.

Be the first to know. Involvement with a parent organization at school enables you to get accurate, firsthand information about upcoming events and plans for the school. Very often news is shared first with PTA members and parents who attend regular meetings.

Serve as role models. Active involvement with your child's school

demonstrates to your child and others that you place an emphasis on the importance of education.

Impart change. The PTA can be a way to voice opinions, enact new programs and offer feedback about particular programs or lesson plans.

Meet new people. A new school year is not just a time for students to make new friends. Parents often find their closest friends are parents with similar interests and ideals. Joining the PTA can put you in touch with others who enjoy volunteering and getting involved with the school.

Get to know the educators. In addition to meeting other parents and creating a school-based network, getting involved with the PTA is great opportunity to develop a rapport with teachers, aides and even the principal. Being a familiar face inside of school walls can be advantageous to you and your child.

Earn discounts and offers. Schools that are part of a national PTA network may receive discounts and benefits from providers and sponsors. Members may be eligible for discounts on magazine subscriptions, books, insurance, and much more.

Help raise funds. One of the primary goals of a PTA is to raise funds for special programs for the school. Parents who get involved can use their professional expertise to make fundraising even more successful.

Research has shown that parental involvement has a significant impact on kids in the classroom. Joining the PTA or becoming involved in other ways provides parents with the opportunity to make friends, serve as role models to their kids and facilitate change.

LOCAL BUSINESS ROUNDUP



Business of the Year

Recently, Woodbridge Rotary Club President Robyn Reilly presented Carlos Hernandez owner of Solun Tapas Bar and Restaurant of 245 Amity Road, Woodbridge with a plaque honoring the restaurant as Woodbridge Rotary Club Business of the Year 2015 for its contribution and involvement in the community. Pictured from left to right are Rotarian Tony Anastasio, employees of Solun with Carlos Hernandez (third from right), Rotary President Robyn Reilly and Rotarian Dorothy Martino.



Frank D'Ostilio



Joe Cafasso



Regina Sauer



Ross Cotjanle



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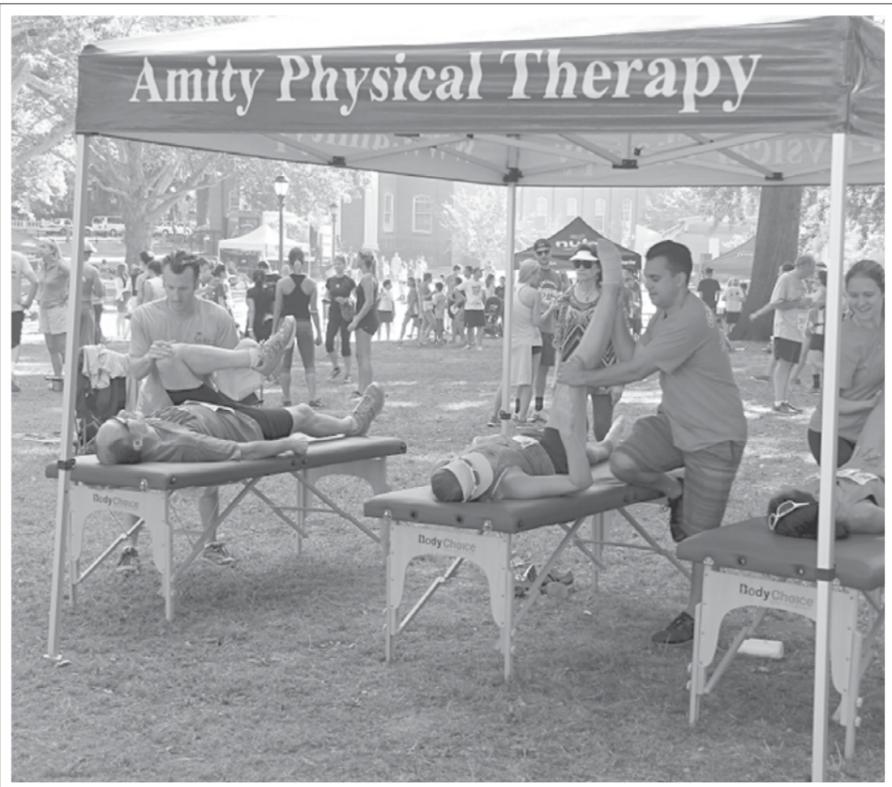
RLWD AGENTS RECEIVE PRODUCTION AWARDS

New Haven, CT - Real Living Wareck D'Ostilio congratulates Joe Cafasso, Ross Cotjanle, Regina Sauer, Buddy DeGennaro and Frank D'Ostilio for receiving the quarterly Production Achievement Award for the second quarter of 2015 by the New Haven/Middlesex Association of Realtors. They were recognized for their exemplary achievements in sales volume.

John Wareck, Broker noted, "These individuals demonstrate that providing

unparalleled customer service is the key to success. We are proud to have them on the RLWD team."

Real Living Wareck D'Ostilio Real Estate is located at 47 High Street, New Haven at Yale, 1673 Litchfield Turnpike on the Woodbridge/Westville town line and 174 Cherry Street in Milford. Real Living Wareck D'Ostilio Real Estate is part of The Real Living Network of Home Services of America, a Berkshire Hathaway Affiliate.



A.P.T. PREPS RUNNERS FOR LABOR DAY NEW HAVEN ROAD RACE

Off and running on Labor Day, Amity Physical Therapy once again provided free "hands on" stretching exercises for runners of all ages. Therapists from Amity PT's three area offices were on hand at the start and finish of the race. Both warm up and cool down stretching was offered.

"Hamstrings, calves and ankles are particularly at risk as well as knee and hip joints," commented Michael Dow MSPT and CEO/Director of the practice. "We provide pre and post race stretching techniques performed

by experienced therapists, many of whom are runners and athletes themselves."

Amity Physical Therapy is one of the most comprehensive facilities of its kind in the Greater New Haven area with offices in Woodbridge, Hamden and Branford. They offer the complimentary stretching exercises at many local road races including the Hamden, Branford, Woodbridge and New Haven annual events.

For more information call 203-389-4593 or visit www.amitypt.com.

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TOWN DEPARTMENTS & AGENCIES

FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalettar



As autumn approaches, we have the beauty of the season to look forward to as well as a variety of community events. These events are so important for our Town as they bring our residents together to celebrate the richness of life we enjoy in Woodbridge. I am confident that there is something for all families to enjoy at our expanded Woodbridge Day activities, our first Restaurant Week, the new monthly community hikes and a First Selectman's Lecture Series.

On Saturday, October 3 various Town, local groups and businesses are coming together to merge their stand-alone happenings under the Woodbridge Day umbrella. I want to thank them all – the Woodbridge Recreation Department and Economic Development Commission, our Town businesses, the JCC and Massaro Community Farm – for their efforts on behalf of the Town and their exemplary spirit of cooperation.

Woodbridge Day will include the Recreation Department's 34th annual Woodbridge Road Race, a 5k run and a 1-mile Fun Run for kids age 12 and under. Registration begins at 8 a.m. at the grove behind the Old Firehouse. The Fun Run starts at 9 a.m. and the 5k starts at 10:30 a.m. The Willows is hosting an Auto Show from 10 a.m. – 3 p.m. with vintage cars and a DJ. Our local businesses are holding their third annual Scarecrow Festival at 245 Amity Road from 12-4 p.m. The Scarecrow Festival will highlight our local businesses and will include performances, sidewalk sales and more. Massaro Community Farm's annual Fall Family Fun Day is from 1-5 p.m. and will include old-fashioned games and live music.

I'd also like to thank the JCC for hosting a Business After Hours event on Thursday, September 24 at which businesses participating in the Scarecrow Festival can build their own business-themed scarecrow. If you or someone from your business would like to attend, please RSVP to Betsy Yagla at byagla@woodbridgect.org or 203-389-3403. The JCC also designed the beautiful posters and lawn signs for the Scarecrow Festival and Woodbridge Day.

I'm also delighted to announce that the Conservation Commission will start hosting monthly guided hikes in the fall, spring and summer months. These hikes, scheduled for the first weekend of the month, will provide a healthy outdoor group activity and will introduce residents to our many miles of walking trails and open space. The first hike, led by Conservation Commission chair, Jason Morrill, will be on Woodbridge Day. The hike will leave Massaro Community Farm at 2 p.m. for a one-mile walk through the woods behind the farm.

Also coinciding with Woodbridge Day is the last day of our first-ever Woodbridge Restaurant Week, September 28 to October 3. Participating local restaurants (Birchwoods at Oak Lane, Blue Check Deli, Katz's Deli, Solun Tapas Bar and Restaurant, Thai Stories, Wheelers and Woodbridge Social) will offer a \$15 three-course meal for lunch and a \$25 three-course meal for dinner. Restaurant Week is another great example of the Economic Development Commission's campaign to "Dine Woodbridge, Shop Woodbridge, Try Woodbridge".

At the Library I am curating a First Selectman's Lecture Series to invite local residents to discuss their exciting professions, unusual talents and expertise in topics of interest. The lectures will be held at the Library on the third Tuesday of the month, starting on October 20 at 6:30 p.m. I think this will be a wonderful way to highlight and interact with some of our creative and accomplished residents, of which we have so many! The first lecture will be by Southern Connecticut State University President Mary Papazian who will discuss "Embracing the Future: Southern Connecticut State University and the Changing Higher Education Landscape".

I hope you will take advantage of and enjoy the many amenities and events that Woodbridge has to offer, sign up for the town e-newsletter to be kept up to date (tinyurl.com/WoodbridgeEnews) and follow us on Facebook ([Facebook.com/WoodbridgeCT](https://www.facebook.com/WoodbridgeCT)). Visit our website, www.woodbridgect.org, for more details about all of these great events.

RECREATION NOW OFFERS ONLINE REGISTRATION

The Town of Woodbridge Recreation Department is excited to announce that residents may now use an online registration form when registering for Recreation programs and classes. Residents may still use paper forms to register for classes. These forms can be printed from the Town's website or obtained in person at the Recreation Office at Beecher Road School. Registration for fall programs is now available. Residents may use MasterCard or Visa credit cards to register for classes.

"I'd like to thank the Recreation Commission for advocating for this

online registration system and the Recreation Department for implementing it," says First Selectman Ellen Scalettar. "This will make it easier for residents to access the many wonderful programs offered by our Recreation Department. This online registration system may also pave the way for other government functions to be conducted online."

"Residents have responded very enthusiastically to this change, and I encourage people to look and see the variety of programs that we offer," said Director of Recreation John Adamovich.

PERSONAL PROPERTY DECLARATIONS BEING SENT TO LOCAL BUSINESSES

Personal Property declarations will be mailed this month to businesses and individuals who have previously filed declarations. If you are a new business in Woodbridge, whether it be inside or outside of your home, or possess a non-registered motor vehicle, please contact the Assessor's Office at 203-389-3416 for copies of the Personal Property Declarations.

Declarations must be filed by November 2, 2015. Failure to file with the Woodbridge Assessor's Office will result in a 25% penalty to your assessment,

which will be estimated.

Personal property includes but is not limited to: non-registered motor vehicles, mechanics tools, machinery and equipment, electronic data processing equipment (computers), commercial furniture and fixtures, leased equipment (even water coolers & mail machines), farm machinery and home businesses.

For those eligible for the Farm Machinery Exemption, applications are available from the Assessor and must be filed by November 2, 2015.

Woodbridge Town News

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TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF OCTOBER 2015

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



Town Hall

10/5	Human Services	7:00pm	The Center
	Town Plan & Zoning Commission	7:30pm	Town Hall
10/6	Police Commission	6:00pm	Police Dept.
	CUPOP	6:30pm	Town Hall
10/8	Economic Development Comm.	7:00pm	Town Hall
10/13	Library Commission	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
10/14	Board of Selectmen	6:00pm	Town Hall
10/21	Inland/Wetlands Agency	7:30pm	Town Hall
10/15	Board of Finance	6:00pm	Town Hall
	Conservation Commission	7:30pm	Town Hall
10/19	Fire Commission	6:00pm	Fire Station
10/21	Inland Wetland Agency	7:30pm	Town Hall
10/26	Country Club of Woodbridge Comm.	6:00pm	Town Hall
	Recreation Commission	7:00pm	Beecher School So.
10/27	GATV Commission	7:15pm	Town Hall



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HOUSES OF WORSHIP EVENTS

ANNOUNCEMENTS FOR CONGREGATION B'NAI JACOB

Holidays Schedule

Sunday, Sept. 27th Erev Sukkot starting at 6:00 p.m.

Monday, Sept. 28th Sukkot Services starting at 9:30am & 6:00pm

Tuesday, Sept. 29th Sukkot Services starting at 9:30 a.m.

Sunday, Oct. 4th Erev Shemini Atzeret starting at 6:00 p.m.

Monday, Oct. 5th Shemini Atzeret starting at 9:30am with Yizkor at 11:00 am & Family Service at 6:00 pm

Tuesday, Oct. 6th Simchat Torah starting at 9:30 a.m.

Upcoming Events

Sunday, Oct. 11th 10:00 a.m. First Annual Sherwin B. Nuland Lecture "What is Palliative Care?" With Jennifer Kapo, MD. Chief of Palliative Care Service Dr. Kapo will discuss nature

and importance of palliative care in relieving suffering of seriously ill patients. She will address this in the context of life and work of our beloved CBJ member Dr. Shep Nuland z"l.

Every Week

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

Mah Jong & Canasta - Every Tuesday & Wednesday. Anyone can come in and play. We will be offering coffee "and" but feel free to bring a dairy lunch.

Daily Minyan - As a reminder, daily minyan is at 7:45 a.m. & 6:00 p.m. and Sunday morning minyan is at 9:00 a.m. Friday night services are at 6:30 p.m. and Saturday at 9:45 a.m.



ORANGE CONGREGATIONAL CHURCH EVENTS

Orange Congregational Church - 205 Meeting House Lane, Orange, CT 06477, 203-795-9749 - invites you to come to one of our two weekly Sunday Worship Services: at 8 a.m. in the Chapel or 10 a.m. in the Sanctuary.

Also, please join us for STARRY NIGHTS Quilt Show: Friday, September 25th (from 4-8 pm) and Saturday, September 26 (10 am-4 pm), \$5 admission. Come enjoy more than 100 beautiful quilts of all types and ages, including a dozen antique quilts from the time of the Civil War. The quilts will be displayed in the Sanctuary along with historical information about quilting in Orange. Purchase a \$1 raffle ticket for a chance to win a full-size quilt made just for the show. Sandwiches and soup, as well as drinks and dessert, will be available for sale on both days. The Orange Historical Society will also participate. To submit a quilt to share, please contact the church office at 203-795-9749.

You are invited to the Orange Congregational Church Activities Fair on October 4, 2015. Enjoy coffee while strolling the booths learning about the broad variety of programs available. Become familiar with the many

programs and activities for youth of all ages; also, outreach and mission programs; music programs including the annual "On the Green" music series; community programs including the Strawberry Festival and the Quilt show; educational, cultural, sporting and social events. This event will be at the Orange Congregational Church, 205 Meeting House Lane, Orange. Call the church office at 203-795-9749 for additional information.

The Orange Congregational Church will host the first performance in its Music on the Green 2015-16 Series on Sunday, October 4, 2015 at 4:00 pm. "North Sea Gas" is one of Scotland's most popular folk bands with great vocals and three part harmonies. Guitars, mandolin, fiddle, whistles, bodhrans, banjo and good humor are all part of the entertainment. Straight from the Edinburgh Fringe Festival, the church is a happy stop on their North American tour. North Sea Gas albums have received the "Album of the Year" award from Celtic Radio USA and the Gold Disc award from the Scottish Music Industry. A reception will follow. Admission \$10. occhurch@snet.net

TEMPLE BETH SHOLOM HIGH HOLY DAY SCHEDULE

In observance of the 5776 High Holidays, Temple Beth Sholom, 1809 Whitney Avenue, Hamden, is conducting services at the following times:

Kol Nidre Tuesday, September 22 - 6:15 PM

Yom Kippur Morning Wednesday, September 23 - 9:00 AM

Yom Kippur Mincha/Yizkor/Ne'ilah Wednesday, September 23 - 4:30 PM
No ticket required

For further information, please contact the Temple Beth Sholom office



Temple Beth Sholom

at (203) 288-7748. Temple Beth Sholom is a conservative egalitarian synagogue with over 400 member families and singles from the Greater New Haven community.

CHRISTMAS BAZAAR & CRAFT FAIR

A Christmas Bazaar & Craft Fair will be held at Our Lady of Assumption Church, 81 Center Road, Woodbridge, on Saturday, November 15 from 10:00-4:00 in the parish hall. Come shop for some great gift items. In addition to some wonderful crafters and vendors, there will be a white elephant sale, raffles for gift baskets, children's activities and entertainment. Come enjoy some delicious food and visit with none other than Santa himself. Don't miss

this great opportunity to support our community while getting an early start on holiday shopping. Hope to see you there.

Limited space remains for unique vendors and creative crafters. Table prices are \$50 for a 6 foot table space and \$75 for 12 feet. Applicants can obtain a crafter agreement form at www.assumptionchurch.com or by contacting Kathy at 203-816-7755 or atkathy@bbesq.com.

HOLY INFANT WOMAN'S GUILD TO HOLD PASTA SUPPER

The Holy Infant Church Women's Guild is having a Pasta Supper on Wednesday, October 21. It will be in the school gym at 450 Racebrook Road from 5 - 7 pm. Tickets are \$10 each which includes ziti, meatballs, salad, bread, desserts, soda, coffee, and tea.

There will be raffles, door prizes, and a 50/50 raffle. To reserve tickets,



Holy Infant Church

call the rectory at (203)799-2379. No tickets will be sold at the door.

KIDS WIN SINGING CONTEST

Early August brought the Podunk Bluegrass Festival to Hebron, CT and with it a brand new singing contest, the Voice of Podunk Kids. It was the festival's first event to focus on the singing voice of a child. The contest, designed for youngsters 5 to 18 years allows participants to perform songs from any genre. Winners are each presented monetary awards.

Marie Leise, a teenager from Lisbon, CT took first place in this inaugural event, capturing the judges attention with her rendition of Oh Atlanta, made famous by Alison Krauss. Second place went to an impressive sisters act, Calista and Oriana Mack of Woodbridge, CT. Third place went to Madilyn Partlow of Newington, CT.

Children who wish to participate next year can get their act signed up now by calling Myrna Riquier at 860-455-9400. An "act" can be a solo, duet, trio or quartet. Only ten acts can be accepted. First come, first served.

Each year the Podunk festival offers activities developed specifically for the younger generations. Among them is a "Kid's Academy" for ages 7 to 17 wherein guitar, mandolin, fiddle, banjo, and bass are taught over the weekend

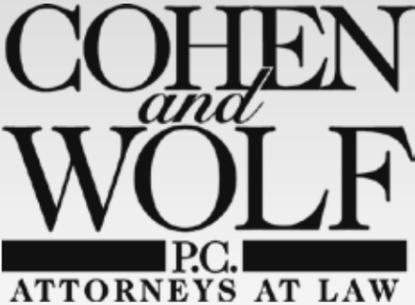
by musicians from the Rhode Island Bluegrass Alliance. The youngsters then present a performance Sunday on the main stage to show the audience what they have learned. For teenagers, as well as for adults, a "Bluegrass University" is offered which provides advanced instruction in bluegrass music from acclaimed teachers.

With its focus on being a true family-friendly event, the festival also offers supervised activities for young children, including crafts, games, tie dying, movies, etc., allowing their parents time to sit back and enjoy the music.

Two stages are run simultaneously, presenting national and regional bluegrass acts on one and offering Americana/Acoustic performances on the other. In addition to being a go-to event for camping, the Podunk festival also welcomes school and family reunions, office parties and other group excursions.

The festival is presented annually the second weekend in August at the Hebron Lions Fairgrounds, Hebron, CT. To learn more about this family festival or to obtain reduced price early bird tickets for next year, visit www.podunkbluegrass.com.

www.WoodbridgeTownNews.com



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SENIOR CENTER

SPANISH LANGUAGE CLASSES

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.

CURRENT PROGRAMS

Monday, September 21 A.A.R.P. Driver safety class 9:00 a.m. to 1:00 p.m.
Tuesday, September 22 Ed Cowern, Batteries Plus Bulbs
Tuesday, September 29 Sal Anastasio, Pianist, will be here to play background music while you are dining.

FUTURE PROGRAMS

Tuesday, October 6 Bob Mel, vocalist will entertain
Friday, October 9 Trish Pearson will be at the center to discuss changes in Medicare.
Monday, October 12 COLUMBUS DAY - CLOSED
Tuesday, October 13 Lyme disease awareness, symptoms and other tick borne illnesses will be discussed.
Monday, October 19 Flu Clinic/BP Clinic 3:00 - 5:00
Tuesday, October 20 Easy Accessible Solutions - Aging in Place. Chris Frombach, Occupational Therapist will speak
Tuesday, October 20 Flu Clinic/BP Clinic 11:00 - 12:30
Tuesday, October 27 Larry Batter - Vocalist / Pianist
Friday, October 30 Halloween Party at the senior center today!!

FUTURE TRIPS

Tuesday, October 27 \$114.00/SALEM IN OCTOBER Salem, Massachusetts
Thursday, November 12 \$99.00/"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, October 27th at 11:00 a.m. the book club will meet at the Woodbridge Library Meeting Room to discuss "Circling the Sun" written by Paula McLain. Refreshments will be served. Call Lee at 203-389-3430 for more information.

SAVE THE DATE

Senator Joe Crisco and the Annual 17th Senatorial District Senior Fair. The fair will take place on Thursday, October 15, 2015 from 11:00 a.m. - 2:00 p.m. at Warsaw Park, Pulaski Highway (Route 242) in Ansonia.

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.

ZUMBA GOLD CLASS

The class runs weekly at 9:00 am on Friday's and will meet in the cafeteria. All are welcome! Cost for the 6 week class is \$30.00. Payment is due when you register. Zumba Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. It is done at a low intensity. Zumba Gold classes strive to improve our balance, strength, flexibility and most importantly, the heart. To register, call 203-389-3430.

V.N.A. COMMUNITY HEALTHCARE BLOOD PRESSURE CHECKS ARE HELD ON THE 1st & 3rd TUESDAY OF EACH MONTH

A Registered Nurse is available to check your blood pressure, pulse and weight; assess your health and work with you to set goals. The Nurse can also review your medications and help you to create a medication list, as well as discuss how to prepare for an appointment with your doctor.

SENIOR CENTER ANNUAL HOLIDAY FAIR SCHEDULED

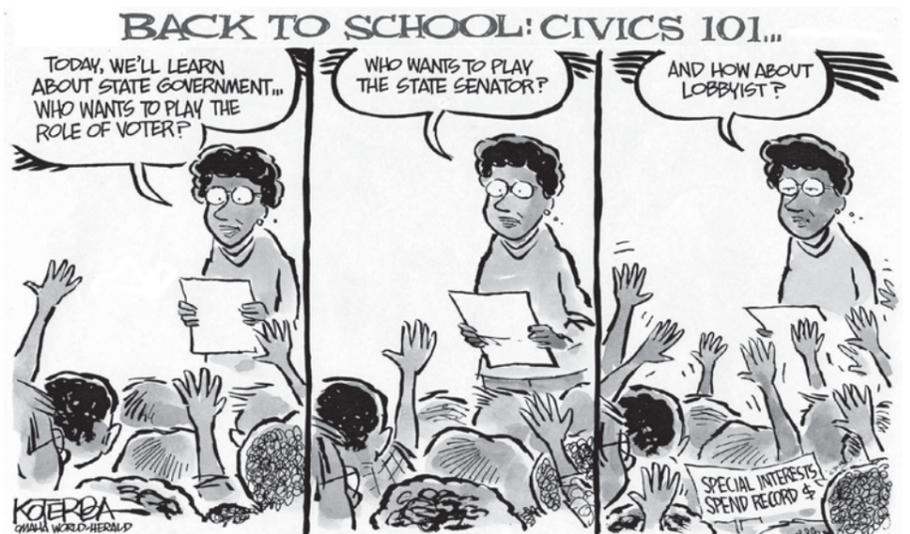
Plans for 22nd Woodbridge Senior Center 22nd Annual Holiday Fair are in full progress. The Fair will be held on Saturday, November 7th from 10:00 a.m. to 3:00 p.m. at the Center Building, 4 Meetinghouse Lane, Woodbridge. All proceeds will benefit Woodbridge Senior Center programming including subsidizing a healthy luncheon program for seniors and the purchase of a big screen TV to provide educational programming. This year a door prize of one year trash removal for a Woodbridge resident donated by Santana Rubbish Removal and one year free lunch at the Woodbridge Senior Center for an older adult 60 years of age or older will be given away free.

Corporate sponsors making a donation of \$200 or more and Friends of Seniors sponsors making a donation of \$100 or more are being sought. Sponsors of the 22nd Annual Holiday Fair will be featured by the company name at the Fair on a prominent display

designating the business as a "Corporate Sponsor" or as a "Friends of Seniors" event sponsor. Sponsors will also be highlighted and thanked in the Senior Center December newsletter, currently mailed to approximately 2,800 homes in Woodbridge and surrounding areas.

Donations for the Treasure Chest Tag Sale table are also needed. Linens, videos, CDs, DVDs, electronics, holiday items, dishes, china, housewares, knickknacks, home décor, and jewelry can be dropped off at the Woodbridge Senior Center, 4 Meetinghouse Lane, Woodbridge, Monday thru Friday from 8:30 a.m. to 4:00 p.m. Other donated items such as gift certificates, gifts, services etc. are also needed for the Take A Chance Auction and Silent Auction.

Volunteers are needed to bake, create needlework, and assist at the tables. To make a donation or volunteer, please contact Lee Canning at the Senior Center, 203-389-3430.



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FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



The competition between the girls and the boys heats up during the annual Youth Services 7th Grade Picnic on the Green in Woodbridge. This great program, sponsored by Woodbridge Youth Services and the Town of Bethany, brings 7th graders from Woodbridge and Bethany together for an evening of fun just prior to the start of the school year. Special guests Woodbridge First Selectman Ellen Scalettar, Bethany First Selectman Deri Gorski and Amity Middle School – Bethany Principal Richard Dellinger greeted the students.

Bethwood Bash

September 18, 2015- Attention all Woodbridge and Bethany 7th and 8th grade residents: The Back to School Bash will be held on the Woodbridge Town Green (Meetinghouse Lane near the Gazebo) on Friday, September 18th from 7:00 to 9:30 pm. Inclement weather moves the event indoors to the Center Gymnasium. Have a blast with your friends with Big Daddy's Auto Racing and multiple gaming stations. Hang out or just chill with friends – don't forget to visit the photo tent and get fun photos with friends! The interactive Boppers' DJ will serve up great music, games and contests.

We'll have pizza and snacks and great raffle prizes. Admission is just \$5.00. Private school students who reside in Bethany and Woodbridge are encouraged to attend. Amity Dress Code applies. No early drop-offs. Prompt pick-up at 9:30 pm, please.

Volunteers needed!

The Bethwood Bash relies on parent volunteers to chaperone at all our events. It's a chance to meet people and support this important program. Parents, grandparents, college students,

high school juniors and seniors please call Woodbridge Youth Services at 203-389-3429 or email youthone@woodbridgetct.org to volunteer. Bethwood Bash Programs are sponsored by Woodbridge Youth Services and the Town of Bethany. Donations are appreciated from individuals and local businesses for program needs and raffle prizes. Please call 203-389-3429 for more information.

Woodbridge Youth Services Continues To Offer After School Programming At Amity Middle School- Bethany Campus.

Digital Photography for Teens

Instructor Melanie Stengel - former New Haven Register Staff Photographer

This is an introductory class on digital photography for students who want to get the most out of their digital cameras and improve their photographic skills as well as for those more experienced students who want to enhance their skills. The class will be offered

Thursdays in the computer lab at the Middle School from 2:25pm-3:55pm. The late bus is available on Thursdays at 4pm.

The course will cover camera basics while working through creative assignments on composition, natural and artificial light and color. Students will work in Adobe Photoshop in the computer lab learning professional techniques to maximize their photography. Participants will print their best photos each week to build their portfolios. Weekly projects will allow plenty of time for experimentation. A materials fee of \$80.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class will begin October 1st. For more information, to sign up and complete a permission slip, please call Youth Services at 203-389-3429.

Fun Fitness Cooking

Culinary Institute of America trained Chef Maggie Lyon

Learn how to cook and gain a recipe for lifelong healthy living! This 10 week class will be offered in the Middle School's kitchen after school Tuesdays

from 2:25-3:55pm. The late bus is available on Tuesdays at 4pm. Class is limited to 12 participants. Students will receive a notebook with recipes, nutrition and food safety information, a glossary of techniques and terms and an apron. We'll start with basic skills and techniques and enhance the fundamentals to help develop a lifetime of great cooking and creativity.

A great after school activity! The materials fee of \$100.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class will begin October 6th. For more information or to sign up, please call Youth Services at 203-389-3429.

Woodbridge Job Bank Seeks Teens Who Want Work

The Job Bank in Woodbridge offers jobs to teen residents who would like to work to earn some extra cash. The application process offers a chance to learn about the interview process, safety on the job, and how to negotiate pay. Types of jobs may include yard work, babysitting, animal care, house work, and snow shoveling. Call Youth Services to join at 203-389-3429.

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END-OF-SUMMER CHECKLIST

After a few months of blue skies and warm temperatures, summer revelers will soon bid adieu to the sultry days of this beloved season. Summer is often a season filled with vacations and recreation, but as the warm days dwindle and work and school commitments begin anew, there is additional work to be done in preparation for the months ahead.

Stock up on pool equipment. Homeowners who have pools can take advantage of end-of-season sales to purchase a few more gallons of pool chlorine or other pool equipment. Store them after you have winterized the pool, and you will be ahead of the game in terms of supplies for next year.

Plan your garden harvest. If you have a backyard garden, pick your tomatoes and other vegetables before the weather starts to get chilly. Herbs can be washed and frozen in zipper-top baggies so they can be used when cooking over the next several months. Boil tomatoes for sauce and freeze or jar them. Begin to clear out residual stems and plant debris from the garden.

Clean patios and furniture. Scrub and hose down outdoor furniture, cushions and living areas. Clean and dry items before storing them for the winter, so everything is ready to go when the warm weather returns next year.

Purchase spring bulbs. Buy bulbs for spring-blooming flowers and map out where they will be planted for beautiful

flowers next year. Wait until temperatures start to dip before planting the bulbs, otherwise they may begin to produce shoots prematurely, zapping the bulbs of energy.

Check the heating system. Although turning on the heat may be the last thing you're thinking about, it's a good idea to test it and, if necessary, have the system serviced prior to the arrival of cold weather.

Tend to the deck and other repairs. Make repairs to outdoor structures now, and they'll be more likely to survive the harsh weather that's just over the horizon. Apply stain or sealant to further protect wood structures in advance of snow and ice.

Examine the roof and chimney. Winter is a poor time to learn you have missing roof shingles or a leak. Furthermore, ensure the chimney and venting to the outdoors is not obstructed by abandoned animal nests.

Check your closets. Go through clothing and remove any items that are damaged or no longer fit, donating them if possible. Clean out kids' closets as well, as pants that fit perfectly in May will not necessarily fit come September.

Stock the shed. Once the weather has cooled down, move outdoor flower pots, hoses and lawn ornaments you no longer need into the shed or garage while ensuring items needed in fall and winter, such as rakes, snow shovels and snowblowers, are more accessible.

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DINING WITH SUSAN

By Susan Noonan



BELLA NAPOLI PIZZA

Bella Napoli Pizza has been a very popular spot in Milford for 28 years. Most of us think of this restaurant for take-out or delivery only, but I am pleased to report that Bella Napoli offers a beautiful dining room that seats 80, a cozy bar serving beer & wine and a new tastefully decorated outdoor patio. Owner and Fairfield resident Jimmy Zeko, along with his hardworking staff, have created a very warm and family friendly environment. He is always upgrading the building and menu to keep his loyal customers coming back for more.

Jimmy and his staff welcome feedback & suggestions from their customers especially for new menu items. One of their youngest customers suggested a "Curly Fries" pizza and they recently added it to the menu. Bella Napoli's menu definitely offers (in addition to their many Specialty Pizzas), a wide range of appetizers, soups, salads, stuffed breads, calzones, deli sandwiches using Boar's Head products, Italian dinners, side dishes and desserts. I highly recommend the "Bella's Original" Old World Pizza featuring a thin & crispy crust with oregano, plum tomatoes, Pecorino Romano cheese and 100% extra virgin olive oil. Another popular item is the house made garlic knots that are served to every table. These tasty treats are definitely a crowd pleaser. Bella Napoli often caters our Orange & Woodbridge Town News events and we always get rave reviews about the food. The restaurant offers wine, sangria, and a nice selection of craft beer. They support many local vendors including "Two Roads Brewery" in Stratford, CT.

Bella Napoli features musician John Ciambriello every 3rd Saturday from 6pm-8:30pm. He is well known for playing acoustic sets at restaurants, coffeehouses and festivals. View his show schedule at www.ciambriello.com/shows.

Open 7 days - Monday-Thursday

11am-11pm - Friday & Saturday 11am-Midnight - Sunday 11am-10pm. Bella Napoli delivers "all day-every day" to Milford, Orange and parts of West Haven. Order online at www.Bella-NapoliOnline.com - Catering available both on and off site - Contact Manager Amanda Farrelly at 203-877-1102 or email- amanda.bellanapolipizza@yahoo.com for more information. Bella Napoli hosts many fundraisers for the local community and enjoys giving back to the many residents that have supported them for so many years. - follow them on [Facebook.com/bellanapolipizzamilford](https://www.facebook.com/bellanapolipizzamilford) to see the events they have sponsored. Handicapped Accessible - All Major Credit Cards - Reservations taken every day except Friday evenings.

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The smaller Stratford location delivers to Stratford and parts of Bridgeport & Trumbull. Bella Napoli will be participating in the upcoming Milford Restaurant Week from October 5 - October 11, 2015. Offering a prix fixe menu with appetizer, entrée & dessert included along with many beer & wine specials.

Final notes: Bella Napoli's mission statement is "to provide excellent service to quality and valued minded customers, while serving traditional family recipes that are prepared fresh daily on premises by our courteous and helpful staff". You can eat in, take out, or have a great meal delivered to your home or business. Remember to support our local family owned businesses. If you have a favorite restaurant, please e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.

Fall Fashion Preview



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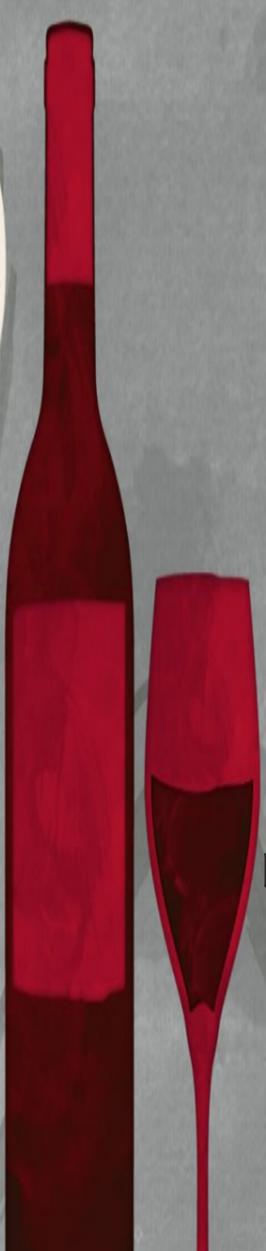
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by cindy elavsky

Q: A show on A&E called “Longmire” was on for several seasons. Will it be back? Thanks for any info you can give me. -- Dave S., Gulf Breeze, Fla.

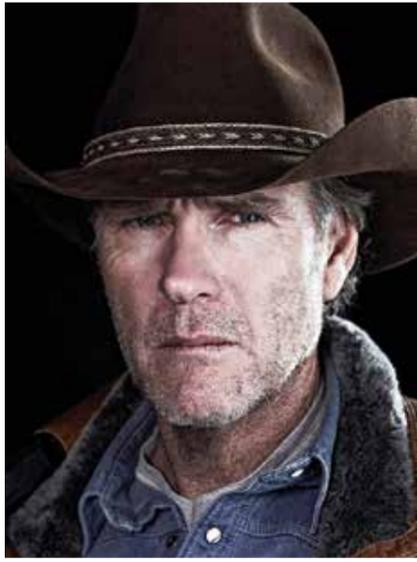
A: I’ll forgive you for missing the column where I let everyone know that “Longmire” was indeed renewed for a fourth season; however, it now airs on Netflix. The 10-episode season four just started streaming Sept. 10, and you also can find seasons one through three there if you need to catch up or just refresh your memory. Returning cast regulars include **Robert Taylor, Bailey Chase, Katee Sackhoff, Lou Diamond Phillips, Cassidy Freeman** and **Adam Bartley. Gerald McRaney** also reprised his role as Barlow Connelly for a story arc.

Executive producer **Greer Shephard** revealed at the Television Critics Association press tour this summer that season four picks up moments after the finale, in which Walt Longmire (Robert Taylor) found out who was behind his wife’s murder. Succumbing to his darker impulses, Walt takes off in pursuit of the killer with one thing on his mind: murder. “Now that Walt thinks he knows who his wife’s killer is, how does he go on?” Shephard asks.

As for the future of the show, executive producer **John Coveny** told reporters that he hopes to be talking to them at the press tour for seasons eight, nine and 10. Everyone involved, including series star Robert Taylor, is on board for that possibility.

Q: Is it true there is going to be another “Harry Potter” film? -- Patty T., via email

A: Sort of. There’s a new film slated to open December 2016 that’s set in the world of Harry Potter; however it’s a spinoff of sorts. It’s called “**Fantastic Beasts and Where to Find Them,**”



Robert Taylor

which was a textbook (featured in the films) that the prospective wizards had to read at Hogwarts School of Witchcraft and Wizardry. **J.K. Rowling** wrote it under the pseudonym of the fictitious author, Newt Scamander, as tie-in to the Harry Potter books, and made it available for us Muggles to read. Starring in the feature film are a bunch of high-profile actors like recent Oscar-winner **Eddie Redmayne** (who portrays the aforementioned Newt Scamander), **Colin Farrell, Ezra Miller, Alison Sudol** and **Katherine Waterston.**

Q: I love CBS’s “**Under the Dome,**” especially the super-intense season finale! Will there be a season four? -- Jack M., via email

A: The struggling summer thriller series, based on the **Stephen King** bestseller of the same name, will not be back for a fourth season. In a glass-half-full sentiment, “Dome” lasted two seasons longer than it should have. When the script was ordered to series, it was intended as a limited-run event series; however, the producers figured out a way to keep the action and intrigue going when CBS ordered another season, and then another. The show now has officially run out of steam and won’t return for a fourth season.

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CLUBS & ORGANIZATIONS

PLANT NOW FOR A BEAUTIFUL GARDEN NOW AND IN THE FUTURE

By Melinda Myers

Don't pack away that shovel and trowel. Fall is a great time to plant a few new additions in the landscape. Here are just a few ideas for adding immediate and long term beauty to your garden.

Add cool season annuals like pansies, snapdragons, ornamental kale and stocks to brighten the fall garden. Those in milder regions will enjoy them throughout the winter. Consider adding cold hardy pansies. They provide color in the fall garden, survive most winters, and are back blooming in the spring just as the snow melts.

Fall is also a good time to plant perennials, trees and shrubs. The soil is warm and the air cooler, so the plants are less stressed and establish more quickly. Select plants suited to the growing conditions and be sure to give them plenty of room to reach their mature size.

Plant trees so the root flare, the place where the roots curve away from the trunk, is even with the soil surface. Dig a hole, the same depth as the rootball, and two to five times wider. Roughen the sides of the hole and backfill with the existing soil. Water thoroughly and spread a two to three inch layer of mulch over the soil surface, keeping the mulch away from the tree trunk.

Follow a similar planting procedure for shrubs. Plant these so the crown, the place where the stems meet the roots, is even with the soil surface. And be sure to keep the mulch away from the stems.

Plant daffodils, tulips, hyacinths and



Plant daffodils and other spring flowering bulbs in the fall for extra color next spring.

other bulbs in fall for extra color next spring. Set the bulbs at a depth of two to three times their height deep. Then cover them with soil and sprinkle on a low nitrogen slow release fertilizer, like Milorganite (milorganite.com). This organic nitrogen fertilizer promotes rooting without stimulating fall growth subject to winter kill.

Start planting spring flowering bulbs after the nighttime temperatures hover between 40 and 50 degrees. Be patient – waiting until the soil cools reduces the risk of early sprouting that often occurs during a warm fall.

Those gardening in the far south and along the gulf coast can purchase pre-cooled bulbs to compensate for the warm winters. Or the chilling can be

done at home by storing the bulbs in a 35 to 45 degree location for at least 14 weeks before planting.

Those tired of battling the animals may want to plant resistant bulbs such as daffodils, hyacinths, Fritillaria, alliums, Camassia, glory-of-the snow, snow drops, squills, and grape hyacinths. You may find it is easier to avoid the problem than battle the animals with repellents and scare tactics.

Plant a few short season vegetables in your garden for fresh-from-the-garden flavor this fall. Simply count the days from planting to the average first fall frost to determine how many growing days are left in your area. Select vegetables that will mature and can be harvested in that amount of

time. Leaf lettuce, spinach, mustard greens, radishes and carrots are fast growing, cool weather tolerant vegetables that make great additions to the fall garden and your dinner plate.

Get these vegetables off to a good start with a side dressing of low nitrogen fertilizer. Incorporate it into the soil prior to planting or sprinkle a narrow band along the row of plants. This organic nitrogen will provide needed nutrients without damaging the tender seedlings.

Extend the harvest season with the help of floating row covers. These fabrics allow air, light and water through while trapping the heat around the plants. No construction is needed; just loosely cover the plants with the fabric, secure the edges with pipes, boards or landscape staples and let the plants provide the support.

So be sure to get a jump on next spring's garden season with a bit of fall planting now.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening and the Midwest Gardener's Handbook. She hosts The Great Courses "How to Grow Anything: Food Gardening For Everyone" DVD series and the nationally syndicated Melinda's Garden Moment segments. Myers is also a columnist and contributing editor for Birds & Blooms magazine. Myers' web site, www.melindamyers.com, offers gardening videos and tips.

WOODBRIIDGE ROTARY SPONSORS AMBER ALERT PROJECT

The Woodbridge Rotary Club will be sponsoring an Amber Alert ID Project at Massaro Farm Family Fun Day on October, 3, 2015 from 1:00 p.m. to 5:00 p.m.

The Amber Alert Safe Child ID Project is a voluntary program for all children under the age of 18. Parents/Guardians of participating children receive a wallet sized, plastic card with a picture of the child, a unique AMBER ID number and only minimal, yet essential information to identify the child. This information is stored in a secure database. This card can be presented to law enforcement in the event a child is abducted. The information can be transmitted to law

enforcement and to the public via Television, Radio, and Traffic Signs. This assists law enforcement by providing additional eyes of the public to look for the vehicle and occupants listed in the alert.

The Woodbridge Rotary Club will also be collecting winter coats and clothing at the Massaro Family Fun Day. Winter coats and clothing in good condition in children, teen sizes and adult sizes will be collected and distributed by the First Church of God to local families in need in the Greater New Haven area.

For more information, call Anna Dickerson 203-710-0223 or email annadickerson@yahoo.com.



JCC FITNESS AND FAMILY DAY!

October 18, 2015 – Beginning at 7:15 a.m. – Sample our classes, meet our trainers, check out the facilities, join others new to the area and new to the JCC, and spend a day enjoying

everything we have to offer for the whole family. Why join a gym when you can be part of a community! The day includes group exercises, kids', and membership programming!

PJ Library's Music & Me

September 9-December 23, Every other Wednesday (Dates include 9/30, 10/14, 10/28, 11/11, 11/18, 12/9 and 12/23) – 2:30-3:30 p.m., Ages 0-5 – You're invited to music and play-filled event sponsored by the PJ Library! Sing-along to Jewish-infused tunes, a story time with favorite PJ books of

PJ kids and parents. The program culminates in a yummy snack and juice picnic on the terrace. Event is free and open to the community!

To volunteer to share your favorite PJ book, please be in touch with PJ Library Coordinator, Laura Ross, laurar@jccnh.org.

CLUBS & ORGANIZATIONS



The Woodbridge Rotary Club recently visited Birchwoods Restaurant at Oak Lane Country Club, Woodbridge for the Fifth Friday of the Month in July. The Rotary Club visits local businesses who have contributed and been involved with the community when a meeting falls on the Fifth Friday of the Month. Pictured from left to right are Managers of Birchwoods Pasuale and Danielle Lavorante, Rotarians Tony Anastasio, Chris Lovejoy and Rotary President Robyn Reilly. For information on Woodbridge Rotary Projects, contact www.woodbridgerotary.org or for membership Anna Dickerson at 203-710-0223.

WOODBIDGE ROTARY COAT & CLOTHING DRIVE

The Woodbridge Rotary Club will be kicking off a Coat and Clothing Drive on October 1st and will run through November 13th. Winter coats and clothing in good condition in children, teen sizes, and adult sizes will be collected and distributed by the First Church of God to local families in need in the Greater New Haven area.

Coats and clothing can be dropped off at the following collection sites: Massaro Farm Family Fun Day, Saturday, October 3rd between 1:00p.m. – 5:00p.m., Woodbridge Senior Center, 4 Meetinghouse Lane and Woodbridge Town Library, 10 Newton Road. This

project is one of many community projects sponsored by the Woodbridge Rotary Club.

The Woodbridge Rotary Club meets the first and third Fridays of each month at 7:30am for a breakfast meeting at the Country Corner Restaurant, 756 Amity Road, Bethany, and the second and fourth Fridays of each month at 12:15pm at Woodbridge Social, 12 Selden Street, Woodbridge, CT.

For more information on the Coat and Clothing Drive contact Anna Dickerson at 203-710-0223 or for Rotary Projects www.woodbridgerotary.org.

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These contributions must be made after September 15, 2015 and no later than October 1, 2015. The 2015 Connecticut Neighborhood Act Business Application can be found at http://www.ct.gov/drs/lib/drs/fillable_forms/2015forms/naa-02-fillable.pdf.

For further information, please call Linda Cohen (203) 980-3409 or Barry Vine (203) 982-3414.

AMITY ADULT & CONTINUING ED FALL CLASSES SET TO BEGIN

Registration is now open for the fall session of Amity Adult & Continuing Education, with classes set to begin on October 6th, at Amity Regional High School, 25 Newton Road, Woodbridge. A wide variety of courses are being offered in such categories as: Finance, Arts & Crafts, Computer, Cooking, Dance, Health & Wellness, Gardening, Languages, Spirituality and SAT Prep. To view the full catalog, and to register online, simply log onto www.Amity-AdultEd.MyProgramPlus.com.

If you've been thinking of making career change, Real Estate Principles and Practices is a 60 hour course, presented by Alliance Real Estate School, designed to provide a basic understanding of the real estate business. This course will qualify the student for application for the State Real Estate Exam to obtain a license.

Dr. Bernie Siegel will be presenting a 2-session course titled Psychology of Illness and the Art of Healing, and a Memoir Writing course is being taught by published author Bette Isacoff. Choose from 4 different gardening classes for fall or learn to fly fish, make beautiful holiday cards, crochet, play the ukulele, ballroom dance, "belly" dance or learn to use that iPod. We're offering

a class on what you should know Before You Get Your Puppy and also a Dog Obedience course. A series of 3 Spirituality classes; Introduction to Angels, The Spiritual Laws of the Universe and Understanding & Supporting Intuitive Children are also being offered this fall.

Some other returning favorites include: Amazing 1-2-3 Acrylic Painting, Babysitting Basics, Creative Writing, CPR for Adult, Child & Infant, First Aid, Tai Chi, Yoga, Stained Glass, Replacement Window Workshop, Boating Safety & Personal Watercraft, Calligraphy, Bridge, Excel, Microsoft Word, PowerPoint, Interior Design and Selling on eBay.

Bus trips this fall include: A Day in Salem Halloween Adventure, Macy's Thanksgiving Parade, Christmas Spectacular at Radio City, Brooklyn Tour and South St. Seaport, Harlem with Tour of Apollo Theater, Jazz in the Village, Lobster Bake at Kittery Maine and Long Island Wine Tour.

For full course descriptions, and to register for classes, view the complete Fall 2015 Amity Adult & Continuing Education catalog at www.AmityAdultEd.MyProgramPlus.com. For more information, please contact Karen Wade at 203-392-2005.

MARRAKECH'S 3RD ANNUAL HEALTH AND WELLNESS FAIR

Marrakech, Inc., a nonprofit human service organization based in Woodbridge, will hold its 3rd Annual Health and Wellness Fair on Thursday, October 1, 2015 from 9:30 a.m. – 12:30 p.m. at the JCC of Greater New Haven. Hancock Pharmacy is the Title Sponsor. Ovation Benefits and Dr. Jennifer Botwick, N.D. of the New Haven Naturopathic Center are also sponsors for this year's event.

The current list of exhibitors includes: Ava Anderson Non-Toxic, Bloom Yoga and Fitness Studio, Dr. Jennifer Botwick, N.D. of the New Haven Naturopathic Center, Brain Injury Alliance of CT, Janice Christopher Medicinal Aromatherapist, CancerCare, Citizens Bank, Clifford Beers, Community Health Network, CT Psychiatric and Wellness Center, Cornell-Scott Hill Health Center, Costco, FitBehavior, Hancock Pharmacy, HealthyCT, Isagenix, It Works Health and Wellness, JCC of Greater New Haven, Andrea Borondy Kitts Lung Cancer Screening Advocate, Ovation Benefits, Pampered Chef, Sperry Naturals, Tasty Kale, Thrive Chiropractic and Wellness Center, UCONN Health Center, Verizon Wireless, Village Café, VNA Community Healthcare, and Woodbridge Running

Company. Additional exhibitors are being added daily.

In addition St. Vincent's Mammogram Van will be there if there are at least 10 people pre-registered for mammograms prior to the Fair. Women interested in having a mammogram done at the event should call (203) 576-5500 to schedule an appointment in advance.

Attendees will be able to get their flu shots, have their blood pressure and glucose screened, get a massage, sample some tasty and healthy foods, learn how to increase financial wellness, shop for fitness, nutrition, personal care and home products, watch an exercise demo, talk with wellness professionals, and gather lots of health and wellness information. Door prizes will also be given out throughout the event.

Marrakech's 3rd Annual Health and Wellness Fair is open to the community. The JCC of Greater New Haven is located at 360 Amity Road in Woodbridge.

Questions about Marrakech's Health and Wellness Fair or about Marrakech, Inc. can be directed to Jill Cretella at (203) 389-2970, extension 1101 or jcretella@marrakechinc.org.

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Left to right: Gerri-Lynn Thielen, Frank D'Ostilio, Prish Pierce, Nancy, Harris and Hank Andersen.

RLWD ASSISTS AT DOWNTOWN EVENING SOUP KITCHEN

The agents and staff at Real Living Wareck D'Ostilio Real Estate served meals and assisted other volunteers recently at the Downtown Evening Soup Kitchen located at 311 Temple Street, right behind the New Haven Public Library in the basement of the Center Church Parish House.

For nearly 25 years The Downtown Evening Soup Kitchen (DESK) continues to consistently provide free direct food programs to the citizens of the New Haven Community. DESK's great community value is in its commitment

& capacity to grow as the face of hunger grows.

"As Realtors, Wareck D'Ostilio Real Estate has been an integral part of the New Haven community for many years. We live here, work here and have helped many families make their home here as well," said Frank D'Ostilio, partner. "We look forward to regularly offering our assistance at the Downtown Evening Soup Kitchen."

Real Living Wareck D'Ostilio has offices in New Haven, Milford and Woodbridge.

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Description: Primarily responsible for maintaining and monitoring day-to-day business operation of the Conference office in addition to serving as the office manager and assisting in the areas of championships and compliance. The individual reports to the Commissioner and works in a cooperative effort with the members of the Conference office staff to achieve Conference goals.

Minimum Qualifications: Bachelor's degree preferred. Previous experience with management of office operations preferred. Bookkeeping experience and ability to utilize computerized general ledger software (e.g. QuickBooks) preferred. Proficiency with Microsoft Word, Excel, Outlook, Power Point; working knowledge of general computer systems required. Demonstrated ability to manage multiple tasks and projects in an organized and efficient manner required. Outstanding interpersonal and communication skills in both oral and written form required.

Applications: Please send a cover letter, resume and a list of three references to Commissioner Dan Mara at dmara@caccathletics.org. The CACC Office is located at 214 Amity Road, Woodbridge, CT 06525.

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.woodbridgegop.org.

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

Bethany, www.christchurchbethany.org.

Spring Entrepreneur Series, Thursdays, 5:30-8:00pm (PDT), New Haven Free Public Library, 133 Elm Street, New Haven, 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.

You’re invited to Trinity Church! New Fall schedule begins Sunday, September 13 - Sunday School for all ages at 9:10AM and Worship Service at 10:30AM, 33 Center Road, Woodbridge. Visit www.trinityefc.com or call 203-387-4711 x.10 to learn more.

Darling House Sylvia’s Attic Tag Sale, located on the grounds of the Historic Thomas Darling House, the Amity and Woodbridge Historical Society will be selling spaces for \$15 for individuals to sell their items. Please e-mail info@woodbridgehistory.org to reserve your spot. The Historical Society is also accepting donations of sell able goods, and there will be baked goods for sale. Saturday October 3, 2015 8 AM to 2 PM; 1907 Litchfield Turnpike, Woodbridge CT. In addition, the Darling House will be open for tours on Sunday October 18th from 2 to 4 PM.

The Woodbridge Land Trust Annual Fall Walk, October 17, 2015, 2:00pm, 902 Baldwin Road. The guided walk is free and open to the public.

PREP THE YARD FOR WINTER WEATHER

As quickly as autumn weather arrives it seems to move aside for the blustery, cold days of winter. Winter can catch a person off guard and the seasons are now less predictable than ever before. It’s never too early to begin preparing your yard and outdoor living spaces for winter. Homeowners may be sad to bid farewell to the furniture and accessories of the lair-weather season, but time is of the essence when prepping for impending ice and snow.

Clean patio furniture. Give cushions and structures a thorough cleaning and allow to dry completely. Cleaning items before storing them for the winter saves time and energy next year when it’s lime once again to set up the yard for recreation. If anything is damaged beyond repair, discard it and look for replacements during end-of-season sales when savings can be had.

Move things indoors. The more items you can store in a safe and secure location the better. Load the garage, basement or storage shed with outdoor gear. Leaving items exposes them to the elements, and such exposure can cause rust, wear and damage. Flower pots and lawn ornaments also can blow around in winter wind or collapse under the weight of the snow, so collect these items and store them for the winter. Take out patio umbrellas and put them in the shed. If something is too large to move indoors, such as a barbecue or a pool filter, cover it with a durable tarp and secure it with rope.

Cover delicate trees. Depending on where you live, certain fruit



trees, including fig trees, may need to be covered for the winter. Covering protects them from subfreezing temperatures and helps ensure they will rebound in the spring. Tropical plants should be moved indoors where they can thrive in a heated home. Do not rip out chrysanthemum plants.

Contrary to popular belief, these are not annuals. They will rebloom year after year if allowed to do so.

Remove water collectors. Bring in or cover anything that may accumulate water, such as bird baths or kids’ toys. Water expands when frozen, and that means water trapped in any ceramic,

glass or even plastic vessel can expand and cause the container to crack.

Clean up leaves and debris. Piles of leaves not only can suffocate a lawn and cause discoloration, but also can be attractive homes for rodents and insects looking for a warm place to spend their winters. Keep your yard neat and clean to discourage wildlife from taking up residence near your home.

Cover vegetable and flower beds. Invest in some burlap to lay down over planting beds. This helps to keep the ground from freezing over and minimize weeds for next season.

Care for outdoor ponds. If you have a pond on your property, remove any weeds around it and fish out any leaves from the water. Leaves will decay in the water and build up ammonia levels that can harm fish. If the pond is small, cover it for the winter. Also, start cutting back on feeding outdoor fish. These aquatic animals’ bodies begin to prepare for winter by slowing down metabolism. Continuing to feed them can harm the fish when the temperature drops.

Wrap up pool season. It’s wise to close the pool and cover it before leaves start to drop. Otherwise you will have a hard time of keeping the water clean.

Now is a good time to plan where you want to put spring bulbs. Once you have mapped things out, get the bulbs in the ground. Bulbs are relatively inexpensive and will provide that first punch of color when winter finally skips town.

WOODBIDGE LIBRARY

Adult Events

Farmers' Market

Wednesday, September 30 from 4-7 pm

September 30: Join the Jewish Community Center of Greater New Haven @ 4:30pm for a story time and apple craft. They will be reading *A Tree is Nice* by Janice May Udry.

Adult Coloring Art Therapy

Drop-in all through September

Did you know that a simple way to relieve stress is by coloring? Coloring stimulates both the left and right sides of the brain to focus your attention away from stressors and help you rejuvenate. Stop by the Circulation Desk and we will provide you with colored pencils and special coloring pages, and channel your day to day stresses into a creative accomplishment!

Twilight in Danzig with Dr. Kra

Tuesday, October 6 @ 7 pm

Hear Dr. Kra talk about his childhood in the last days of a vanished world, that of the Free State of Danzig between the world wars, when aristocrat and merchants, Jews, Poles, and Germans, mingled in a climate of prosperity charged with uncertainty and change. Please register.

Great Reads from the 1990's book discussion with Dr. Mark Schenker

Wednesday, October 14 @ 7 pm

Join Mark Schenker for a series of discussions of three award-winning works of literary fiction from the 1990s. The first novel discussed on October 14 will be David Guterson's first novel, *Snow Falling on Cedars* (1994), which won the PEN/Faulkner Award for Fiction. The second novel discussed on November 18 will be Bernhard Schlink's *The Reader* (1995; in English in 1997) which was awarded major literary prizes in France, Germany and Italy. The third novel discussed on December 9 will be Tracy Chevalier's *Girl with a Pearl Earring* (1999) which won the UK's Orange Prize for Fiction.

Return of the Great Pumpkin with Robin Glowa, The Conscious Cook

Wednesday, October 27 @ 7 pm

Join Robin Glowa, the Conscious Cook, for recipes and a demonstration on this season's most fantastic ingredient. Recipes and samples included. Space is limited and registration is required.

Film Screenings

Mr. Turner

Thursday, September 24 @ 7pm

Rated R. 144 minutes. An exploration of the last quarter century of

the great, if eccentric, British painter J.M.W. Turner's life.

5 Flights Up

Thursday, October 1 @ 7pm

Rated PG-13. 92 minutes. A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away. Starring Diane Keaton and Morgan Freeman.

'71

Thursday, October 8 @ 7pm

Rated R. 99 minutes. A young and disoriented British soldier is accidentally abandoned by his unit following a riot on the deadly streets of Belfast in 1971.

Children's and Teen Events

Build with Legos

Saturday, September 19 @ 3pm 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.

Eager Readers Book Group

Monday, September 28 @ 6:30pm (Grades K - 2)

We will be reading *Raven* this month by Gerald McDermott. 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 Brick Building

Monday, September 21 @ 3:30pm

High school students are invited to join us for a Lego brick building contest, where you can work solo or in a team. Drop by for an afterschool snack, construction challenge, and some think tank fun! We will provide the Legos. Please register online.

Tween Time Tube Art

Wednesday, September 30 @ 6:30pm

Join us as we construct using paper towel tubes. We will have all supplies on hand to help you test your engineering skills and let your imagination soar. Students entering grades 4 through grade 12 can participate in the fun! Please register online.

Crazy 8's Math Club

Wednesday, October 7 @ 5pm (grades K - 2)

Join us for an Epic Air Traffic Control program. Build your own airport, complete the finger-light airplanes, and glow stick runway. You'll use your math skills to land the planes without crashing! Space and supplies are limited. Registration required. Please register online.

Scienctellers Halloween program Dragons & Dreams

Saturday, October 17, 2015 at 2pm (ages 5 and up)

Come and see interactive and explosive experiments with dry ice, fog, smoke-filled bubbles, flying rockets and more. Registration required. Please register online.

The New SAT Practice Test

Saturday, October 24 @ 11am

Beginning in spring 2016, The College Board, makers of the SAT will be launching a revised version of the SAT. Students taking the exam will have the option to take the new exam or the old exam. Try your hand at the new exam to see what the differences are and help you decide which exam to take. Test is 3 hours long with an optional essay that will add extra 50 minutes to exam time. Calculators are not permitted for the new SAT exam. Please call the library to register at 203-389-3433, register at the Circulation Desk, or register online.

Fall Story Time Schedule

(No programs on Wednesday, September 23)

All story time programs are drop-in! No registration required.

Storycraft for grades K-3

Tuesdays @ 6:30pm

Join us for a literature based program combining story & craft.

Toddlers & Twos

Wednesdays @ 10:30 am

Rhymes, finger plays, songs and simple stories.

Babies up to 12 months

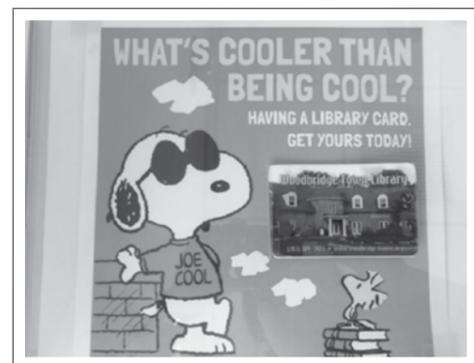
Wednesdays @ 11:30 a.m.

Action songs, rhymes and fun for little ones.

Preschool story & craft for ages 3-5

Saturdays @ 11:00 a.m.

Start your weekend with us and savor some stories!



SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH

September is Library Card Sign-up Month and the Woodbridge Town Library and public libraries nationwide are trying to make sure that everyone knows about the advantages of having their own library card.

Today's libraries aren't only a place of quiet study, but also creative and engaging community centers where residents can collaborate, find information, attend a program, and learn something new. The Woodbridge Town library offers access to a variety of print and digital resources, including books, DVDs, BLU RAYS, audiobooks, magazines, downloadable magazines, e-books, and access to databases that can be accessed in person or online.

There is also great value at the library for children and teens. Studies show that children who are read to in the home and who use the library perform better in school. We provide story times, craft programs, hands-on science, technology, engineering, arts and math (STEAM) programs, summer reading programs and more

for children. Teens can take free practice tests for the PSAT, ACT, and SAT at the library and receive their scores with an analysis of their strengths and weaknesses.

Adults can also enjoy a variety of programs including cooking demonstrations, book discussions, lectures, workshops, and concerts. Technology classes are offered periodically on downloading e-books and our Reference staff is always ready to answer any tough questions!

The Woodbridge Town Library invites Woodbridge residents who do not have a library card yet, to stop in and register for one. You will need proof of identification and residency, so bring a photo ID and something with your name and address on it.

Children who register for a card throughout September will get a wristband, sticker and bookmark. Adults who register before September 30 will get a free tote bag and packet of information on upcoming library programs, museum passes, and more.

AOASCC TO HONOR OUTSTANDING INDIVIDUALS & PARTNERS

The Agency on Aging of South Central Connecticut (AoASCC) will hold its Annual Meeting on October 28th at the Race Brook Country Club in Orange. Dr. Becca Levy from the Yale School of Public Health will speak on Promoting Public Health through Fighting Ageism.

This annual meeting is an opportunity to celebrate the milestones AoASCC has made in serving older adults, individuals with disabilities and caregivers this past year. These successes would not happen without the partnership of those in our community. We are pleased to present the following awards:

Agency Appreciation Award – Rev. Edward Dobihal, who passed away this year, will be recognized for his long-time service on the AoASCC Board of Directors, partnership in the aging network and advocacy for older adults. His lifetime of work included the founding of the first hospice in the United States.

Outstanding Volunteer Award – Patricia Younger-Carter will be recognized for her dedication to older adults in our community. Her efforts and enthusiasm have helped many continue living in their own homes independently for years.

Outstanding Ambassador Award – Joan Johnson will be recognized for

her efforts as a CHOICES volunteer and an Agency Ambassador. Joan has given time to training and education so that she can share valuable insight with many individuals and organizations in the community.

Outstanding Community Partner Award – MARY WADE will be recognized for its innovative services which include its adult day center, transportation services, skilled nursing facility, assisted living, hospice and homecare serving the greater New Haven area.

Outstanding Municipal Partner Award – The Town of Hamden will be recognized for collaborating with the AoASCC in development of the first Experience Corps Program in Connecticut and its continued support of the successful efforts of the Experience Corps volunteer tutors.

The Agency on Aging of South Central Connecticut (AASCC) is a non-profit organization located in New Haven, CT, serving older adults, individuals with disabilities, and caregivers in a 20-town region in the greater New Haven area and lower Naugatuck Valley. Our mission is to empower adults to remain as independent and engaged as possible within their communities through advocacy, information, and services.



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DOLLAR\$ AND \$EN\$E

RETIREMENT AND RELOCATION

By Roberta L Nestor

There appears to be a common theme for pre-retirees living in Connecticut – they want to move out! If you talk to friends who have already moved to their new retirement homes you know that they have ventured to warmer climates, tax-friendlier states and communities that generally have a lower cost of living than our gold coast. Don't we love the phone calls from our Florida friends in the dead of winter, "oh you should come down here, it's in the 80s!" What are the main motivators for relocation? Lower taxes, warmer climate and lifestyle changes.

Taxes, as many know, are among the biggest expenses people face in retirement. Expenses, plural, consider, state, federal and property taxes combined. There are several variations of taxation in different states, especially for retirees. Most states don't tax social security benefits; however, CT is one of the few states that does impose tax on social security income. There are even states that exempt pensions from their state income tax and then there are states such as Florida that has the Homestead Act that greatly reduces property taxes. Check out <http://www.retirementliving.com/taxes-by-state> and do some calculations. For example, if your combined taxes in CT are taking up 40% of a gross income of \$100,000 and another state only 30%, that would be \$10,000 more a year you would have to spend.

A change in climate is also another motivator and for some, the idea of Florida in the month of August may be considered unbearable. That is why the "snow birds" come back home for summers. In recent years we have come to realize that climate has had great variations and has become very unpredictable. Areas in Virginia, North and South Carolina experienced snow, sleet and 30 degree temperatures last winter. It might be best to visit your dream state in the "off season" as well as "prime season". A couple who recently retired to Seattle to be closer to family was caught off guard when the

winter months only provided 6 hours of daylight. They expected gray days and rain, but didn't bargain for darkness.

Common to all is a sense of community. Something that is hard to predict and experience on a brief vacation. How far away is the grocery store, car dealership? How will you become involved with the community? You should also consider the proximity of hospitals and doctors, emergency care and overall ratings medical care. Think about what would be involved if you relocated from Orange to Greenwich and the changes you would have to consider for medical care. There are several websites with checklists available for relocation, www.howstuffworks.com is a good resource.

Development is especially important in the most popular areas of South Carolina and North – where they keep building and building. Be it condominiums, shopping strips, senior apartments, just constant growth. Find out what the future plans are for that city – it's easy! Make sure you have access to all of your dreams – golf, travel, tennis, gardening, whatever hobbies you want to pursue. Spend some time online and start with the town's website. Start planning now, remember you will have to get rid of all of your "stuff" and for some it can take years to sort through 30 or 40 years of accumulation!

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.

Wine Talk

With Ray Spaziani



MAGNIFICENT MALBEC!

Malbec has become very popular in the past few years. The reasons for this is that it is a fruit forward wine that tastes great all by itself. It is a full bodied wine that is priced right for the American pocket book. Many fine Malbecs are priced between seven and fifteen dollars.

This purple inky wine has big bouquets of violets and mocha and most of the wines are oaked so we are getting some vanilla and smokiness also. It is a soft round wine that is velvety and lush, smells great and tastes great with big berry flavors such as blueberry, blackberry and some boysenberry flavors that abound! Chocolate, black pepper and meaty are also used to describe the taste of Malbec.

In the Middle Ages Malbec was known as the black wine. It was enjoyed by European royalty. It became part of the great Bordeaux blend that included Cabernet Sauvignon, Merlot, Cabernet Franc, and Carmenere and Petit Verdot. It was in 1868 Malbec found a home in Argentina where it flourished. In Mendoza the grape and this region near the Andes Mountains became most prominent. In 2010 four million cases of Malbec

were imported into the US from the Mendoza region.

A wide variety of foods will work well with Malbec. Grilled steaks and chops are the best. So try some great Malbec with your grilled fare and you will be glad you did. Costco

has a great Malbec for \$6.99 from the Mendoza region in South America. It is a fantastic buy.

Bertuccis the great Italian and Pizza restaurant has the most fantastic Happy Hour everyone does not know about. They're wines are \$3.00 per glass and they have wonderful apps at half price! They vac all of their reds and

the food is fantastic!!

Stop down between 4-6 Pm and get the best deal in New Haven County!

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 Ed and at Moltose Wine and Beer supply and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at Ray.Spaziani@gmail.com.



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ENTERTAINMENT

TOP 10 MOVIES

- 1. Straight Outta Compton (R)**
O'Shea Jackson Jr., Corey Hawkins
- 2. War Room (PG)**
Priscilla C. Shirer, T.C. Stallings
- 3. Mission: Impossible -- Rogue Nation (PG-13)**
Tom Cruise, Rebecca Ferguson
- 4. No Escape (R)**
Lake Bell, Pierce Brosnan
- 5. Sinister 2 (R)**
James Ransone, Shannyn Sossamon
- 6. The Man From U.N.C.L.E. (PG-13)**
Henry Cavill, Armie Hammer
- 7. Hitman: Agent 47 (R)**
Rupert Friend, Hannah Ware
- 8. The Gift (R)**
Jason Bateman, Rebecca Hall
- 9. Jurassic World (PG-13)**
Chris Pratt, Bryce Dallas Howard
- 10. Ant-Man (PG-13)**
Paul Rudd, Michael Douglas

TOP 10 VOD

- 1. Hot Pursuit (PG-13)**
Reese Witherspoon
- 2. The Divergent Series: Insurgent (PG-13)**
Shailene Woodley
- 3. Home (PG)**
animated
- 4. Unfriended (R)**
Heather Sossaman
- 5. Kingsman: The Secret Service (R)**
Colin Firth
- 6. Get Hard (R)**
Will Ferrell
- 7. Dark Places (R)**
Charlize Theron
- 8. True Story (R)**
James Franco
- 9. The Longest Ride (PG-13)**
Scott Eastwood
- 10. Little Boy (PG-13)**
Jakob Salvati

- Who recorded "Tracy" and "When Julie Comes Around," and when?
- Name the singer who charted with "In Dreams."
- What U.K. group released "Can't You Hear My Heartbeat"?
- Who had a mega hit with "You Should Be Dancing"?
- Name the song that contains this lyric: "When the singer's gone let the song go on, It's a fine line between the darkness and the dawn. They say in the darkest night there's a light beyond."



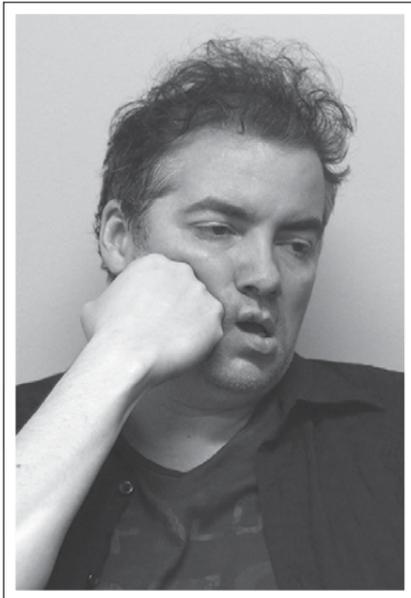
1. The Cuff Links, a fake group, in 1969. Ron Dante was the sole vocalist, singing all the parts and layering all the vocals to produce what sounded like a full band. 2. Roy Orbison, in 1963. 3. Herman's Hermits, in 1965. U.S. girl band Goldie and the Gingerbreads followed with their own version the same year. 4. The BeeGees, in 1976. The song climbed the charts worldwide and launched the group into disco. 5. "All I Know," written by American songwriter Jimmy Webb and covered by many, most notably Art Garfunkel in 1973. Webb requested in 2010 that Linda Ronstadt record a duet of the song with him just as she was losing her voice to Parkinson's disease.

SPORTS QUIZ

By Chris Richcreek

- When was the last time before 2014 that the Baltimore Orioles swept a playoff series?
- Name the last major-league team to hit .300 or better for a season.
- In 2014, South Carolina football coach Steve Spurrier recorded his 200th SEC victory as an SEC coach. Who else has hit that mark in the SEC?
- Who was the only Norwegian to play in the NBA?
- In 2015, Boston University's Jack Eichel became the second freshman to win the Hobey Baker Award as the top player in college hockey. Who was the first?
- When was the last time before 2015 that Juan Pablo Montoya won an IndyCar race on a road or street course?
- How many years passed between Serena Williams' first and second singles titles at the French Open?

1. The Orioles swept Oakland in 1971. 2. The Boston Red Sox hit .302 as a team in 1950. 3. Paul "Bear" Bryant (292 wins) and Vince Doolley (201). 4. Torger Bryn, with the Los Angeles Clippers in the 1989-90 season. 5. Maine's Paul Kariya, in 1993. 6. It was 1999, in Vancouver. 7. Eleven years (2002 to 2013).



Kevin Corrigan in "Results"

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of Sept. 21, 2015.

PICKS OF THE WEEK

"Pitch Perfect 2" (PG-13) -- In the first movie, college girl Becca (Anna Kendrick) learns to love "a capella" -- or "organized nerd-singing" as it's sometimes called around campus. This sequel starts with the Barden Bellas at the top of the competitive college singing scene, then falling from grace after an unseemly wardrobe malfunction during a performance for the president and first lady. Becca and bandmates (including Brittany Snow and Rebel Wilson from last time) can compete only in the ultra-competitive international circuit,

and find themselves a new rival in a group from Germany.

Just like an unnecessary sequel, all of the best parts of this movie are reminders of what was good about the original. There are still musical numbers that will get in your head and mess with your moods, but nothing as fun or disarming as the highest points in the first flick.

"Results" (R) -- Danny (Kevin Corrigan) is a recently divorced schlub (you can almost smell him) who has more money than he really knows what to do with. He decides to spend that money on a personal trainer so he can learn how to "take a punch." Danny gets Kat (Cobie Smolders) as his personal trainer. She's a little prickly, peculiar in her own ways and, of course, very pretty. Danny gets romantic ideas about Kat, but she already is in a wonky relationship with her boss (Guy Pearce), a charming Aussie who seems to fear something about relationships.

Writer and director Andrew Bujalski made a funny movie with well-chosen actors, a light tone and a good ending. It's thankfully clear of mopiness and gratuitous gross outs. The pacing of the workout can wear on a bit, but the results are worth sticking around for.

"The Farewell Party" (NR) -- In an upscale Jerusalem retirement community, Yehezkel enjoys tinkering with gadgets and playing small pranks on his neighbors. He makes a more serious decision when facing the suffering of his terminally ill friend, Max. Yehezkel consults a team of experts at the retirement community (including a veterinarian) and devises a mercy-killing machine. It might not sound funny on paper, but that's the impressive thing about this movie, you will laugh at some dark stuff -- and not in a bad way. There is death, but the driving factors in the movie are heart, compassion and humor.

Sudoku answers on page 28

Weekly SUDOKU

by Linda Thistle

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

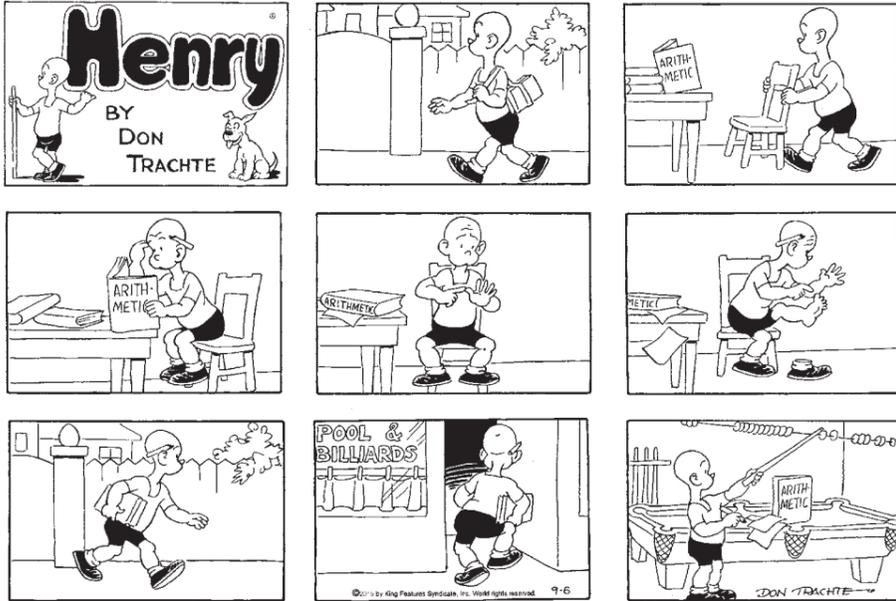
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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COMICS/CROSSWORD/HOLLYWOOD



HOLLYWOOD

By Tony Rizzo

HOLLYWOOD -- Forbes magazine has released a list of the highest-paid actors in films from June 2014 to June 2015. The big winner was Robert Downey, Jr. with \$80 million from "Iron Man," "The Avengers" sequel and the upcoming "Captain America: Civil War," due May 6.

The No. 2 spot went to Jackie Chan, who earned \$50 million for his film work in China. His latest, "Dragon Blade," a historical action film with John Cusack and Adrien Brody, has just been released in the U.S.

The third spot is filled by "Fast & Furious" star Vin Diesel with \$47 million. "Fast & Furious 7" took in \$1.5 billion, and you know he had a percentage of the profits. His next, "The Last Witch Hunter," with Michael Caine and Elijah Wood, is coming Oct. 23; and "Billy Lynn's Long Halftime Walk," with Garrett Hedlund, Kristen Stewart, Steve Martin and Chris Tucker, hits theaters November 2016.

Fourth in line is Bradley Cooper, who wisely took over producing "American Sniper" when Steven Spielberg passed on it. "Sniper" cost \$58 million and reaped \$547 million at the box office. Cooper's next films are the cooking drama "Burnt," with Sienna Miller, Matthew Rhys, Uma Thurman and Emma Thompson, out Nov. 23; David O. Russell's "Joy," starring Jennifer Lawrence, Robert DeNiro and Diane Ladd, debuting Christmas Day; and the criminal/comedy drama "Arms and the Dudes" (which he's producing), co-starring Miles Teller and Jonah Hill, coming in March 2016.

No. 5 on the list is Adam Sandler, thanks to his recent deal with Netflix and his upcoming Sept. 25 release of the animated "Hotel Transylvania 2" (he's Dracula). Sandler's upcoming slate



Robert Downey, Jr.

includes "The Ridiculous Six" (which he wrote, directs and stars in) with Will Forte, Steve Buscemi, Rob Schneider, Jon Lovitz, Blake Shelton and Dan Aykroyd, due Dec. 11.

In sixth spot is Tom Cruise, thanks to producing his recent \$440 million grossing "Mission Impossible: Rogue Nation." The next three spots went to Bollywood actors Amitabh Bachchan, Salman Khan and Akshay Kumar, who each earned about \$33 million.

Mark Wahlberg rounded out the top 10 with \$32 million. His next three films are "Mojave," "Daddy's Home" and "Deepwater Horizon."

Typically women earned less than men. The top-earning actress was Jennifer Lawrence with \$52 million.

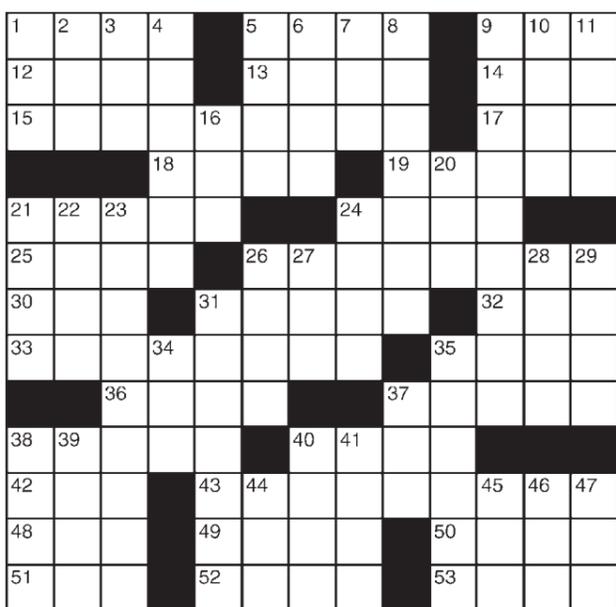
Pee Wee Herman fans rejoice! Judd Apatow and Paul Reubens (aka Pee Wee Herman) are producing "Pee Wee's Big Holiday." "Pee Wee's Big Adventure" (1985) cost \$7 million and grossed \$41 million. Directed by Tim Burton, it co-starred Elizabeth Daily and a young actor named Tony Bill, who later won an Oscar for co-producing "The Sting."

Pee Wee's going to have to do something "BIG" if he wants to make Forbes list next year!

King Crossword

ACROSS

- 1 Eastern potato (Var.)
- 5 Musical symbol
- 9 Do some lawnwork
- 12 Scoop holder
- 13 Verdi opera
- 14 Indivisible
- 15 Newlyweds' rip
- 17 "- Town"
- 18 Acute
- 19 Feel
- 21 Madison Avenue types
- 24 Marshy tracts
- 25 Suitable
- 26 Horse-drawn carriage
- 30 Yoko of music
- 31 Top of a wave
- 32 "- Got a Secret"
- 33 Army bigwigs
- 35 Soon, in verse
- 36 Crazy bird
- 37 Mix
- 38 Khaki fabric
- 40 Calf meat (Fr.)
- 42 Tatter
- 43 The Who drummer



DOWN

- 1 German interjection
- 2 Cattle call?
- 3 Hostel
- 4 Stunk
- 5 Arrived
- 6 49-Across, e.g.
- 7 Tokyo's old name
- 8 Splays
- 9 Backwoods' beverage
- 10 Burden
- 11 "The Way We --"
- 16 Longing
- 20 Early bird?
- 21 Eager
- 22 Finished
- 23 Hold two jobs
- 24 Employer
- 26 Cereal choice
- 27 Prot. or Cath.
- 28 Shakes-peare's river
- 29 Repair
- 31 Bent
- 34 A billion years
- 35 Bryn Mawr graduate, e.g.
- 37 Scrooge's cry
- 38 Staff
- 39 Loathe
- 40 Passport endorsement
- 41 And others (Lat.)
- 44 Inventor Whitney
- 45 Lubricate
- 46 Autumn mo.
- 47 Ultra-modern

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— King Crossword —

Answers

Solution time: 21 mins.

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

— Weekly SUDOKU —

Answer

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

LOCAL SPORTS



HEALTH AND FITNESS

WEAK SHOULDER MUSCLES MAY LEAD TO TENNIS ELBOW

Tennis Elbow, formally known as lateral epicondylalgia, is described as pain on the outside aspect of one's elbow. Although this condition was named after the high percentage of tennis players who experience elbow pain, tennis elbow is a common condition with occurrence reported to be as high as 12.2% in general occupational settings. Although the problem with this condition is located at the elbow, like many other musculoskeletal problems, the solution may be found in another area of the body.

Health care providers will focus their attention at the site of the pain. Manual therapy techniques and therapeutic exercises prescribed by physical therapists have shown to be effective. Cortizone injections localized at the site of pain have also shown to help reduce symptoms, but on average only lasts for up to 8 weeks. One common theme across these types of focused at the site of pain, is they seem to help relieve the symptoms to some extent. However, treatment is not optimal because research shows that this condition has high recurrence rates, including a recent study which reported a recurrence rate of 29 to 39% in individuals receiving conservative treatment. It is possible that as health care providers, we may be focusing too much on treating the site of pain and need to start looking for the root of the problem in order to prevent patients from experiencing tennis elbow more than once.

Think of tennis elbow as a criminal investigation. The scene of the crime is located at the elbow, and pain can be perceived as the victim crying out for help. Would you expect the criminal to remain at the scene of the crime? It is more likely the culprit is hiding

somewhere else, and recent evidence is showing the shoulder is a good place to look. One recent study measured shoulder girdle muscle strength and endurance in a group of patients with tennis elbow and compared the results with healthy individuals. The study concluded that patients with tennis elbow demonstrated a significant amount of weakness in the muscles that help with stabilizing the shoulder when compared to healthy individuals. The researchers of this study theorized that if the shoulder is unable to stabilize efficiently during upper arm activities, energy demands will increase at the joints below the shoulder, causing increased stress and potential for injury at those joints. Thus, weakness at the shoulder may cause too much stress at the elbow.

A good physical therapist can be thought of as a detective. Yes, they will need to investigate the scene of the crime or the site of pain, but they will use those clues to investigate other areas of the body to find the culprit (or culprits) in order to treat the condition long term. In the case of tennis elbow, addressing impairments at the shoulder may be the key to reducing recurrence rates.

John Giametta DPT is a licensed therapist at Amity Physical Therapy in Woodbridge. He received his doctorate from Sacred Heart University and has experience treating cardiopulmonary, neurological and post-surgical conditions. His special interest is in orthopedic and sports related injuries. Amity Physical Therapy was founded by Michael Dow MSPT and CEO/Director with a practice that now treats patients in three offices: Woodbridge, Hamden and Branford. John Giametta can be reached in Woodbridge at 203-389-4593 or visit www.amitypt.com.



John Giametta DPT

HEALTH AND FITNESS

HIP FLEXOR TIGHTNESS AND HOW IT KILLS YOUR LOW BACK

All of us have gotten up from a long night's sleep with that nagging pain through our lower back. We pull our knees to our chest....no relief. We try and rotate our lumbar spine hoping for our pain to reduce....nothing. Maybe it's that pesky piriformis muscle we all keep hearing about. But none of this is alleviating the pain.

What if that pain is stemming from a place very few of people associate with lower back pain? We need to look "outside the box" in order to track down the illusive nature of our pain. Enter the iliopsoas muscle, better known as the hip flexor. The iliopsoas runs from the front of our lumbar spine and hip bone to the front and top of our femur. This muscle, "being tight and bound down", not only pulls our hip bone forward, but also pulls our lumbar spine into a hyperextended position increasing the joint pressure. Hence that nagging low back pain we just can't shake

Pulling our knees to our chest or opening the rotation of our spine will have little to no affect on pain generated from this type of restriction. Think about the amount of time we spend these days sitting at our desk, in front of our computer, tablet, or cell phone. Our hips are naturally flexed, putting the hip flexor in a shortened position, allowing it to shorten down and put this tremendous amount of pressure on our spine. We have all been told that changing positions during the day to stand up and get out of our chair

will help to prevent soreness, stiffness, and back pain. Well, there is obviously a method to the madness here. By standing upright we are taking that hip flexor and putting it back onto a more normal elongated position.

Cranking on our lower back to stretch out or performing only stability exercises such as pelvic tilts, crunches, or bridges can help out some aspects of lower back pain, but if you are not as-

sessing your hip flexor mobility you could be missing the boat to fixing this problem. Core stabilization is a very important part of treatment and will assist to maintain decompression for the long term, but only if you are concomitantly working to elongate tight and restricted soft tissues.

Given that spine pain can have a wide variety of origin, you should seek out consultation from a trained and highly skilled physical therapist to assess and determine the direct cause of your pain. With physical therapists no longer needing a doctor's referral to begin treatment (since the enactment of the Direct Access act in 2006), seeing your PT is a great place to start.

Kyle Brandy, MSPT is a physical therapist and partner at Amity Physical Therapy with locations in Woodbridge, Hamden, and Branford. Working with patients with a wide range of orthopedic and neurological conditions, Kyle is able to utilize his years of experience and varied clinical skill set to ensure your problems are fixed. For an appointment call (203) 389-4593. www.amitypt.com



Kyle Brandy MSPT

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BARK BYTES...

By Vicki & Richard
Horowitz

SEPTEMBER IS RESPONSIBLE DOG OWNERSHIP MONTH

The Top Ten Tips: EVERY Dog Owner Should Know

A dog is a dog. Some people assume their dogs communicate the same way that humans do and, therefore, they try to communicate with dogs the way they would with another person. This is the greatest misconception of many dog owners. Although domesticated for thousands of years, dogs in the wild have always lived in packs. Today, dogs live by the same rules and exhibit many of the same behavioral patterns as their wild ancestors. Therefore, as dog owners, you need to realize dogs have different needs; to effectively train your dog, you must first understand its instinctual pack behavior.

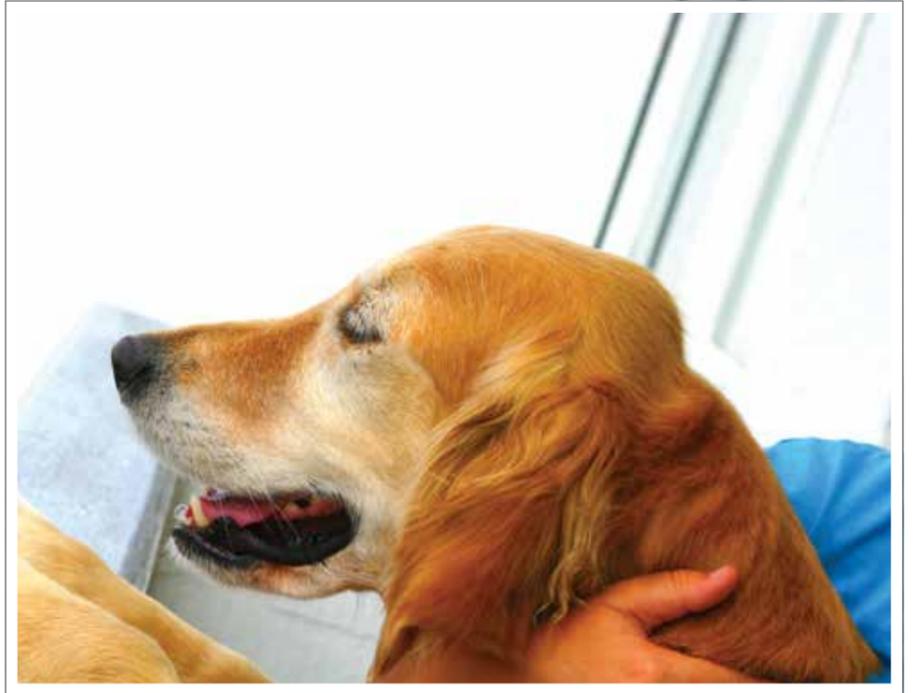
All dogs think in terms of the pack. In the wild, dogs have always lived in packs. They instinctively know that living with others, under the leadership of a dominant member of the pack, enhances their chances for survival. Therefore, pack animals not only want to live with others, but they also are content having leaders who are strong, consistent and fair. As a dog owner, one of your responsibilities is to learn and model these characteristics so that you will be accepted as the pack leader. Thus, your dog will learn to respect and obey you.

Dogs don't understand English. To believe your dog fully understands human-based communications is as unreasonable as thinking you know everything your dog is trying to say when it barks. A dog's communication is limited primarily to barking, growling and other guttural sounds, and they also rely heavily on body language. By understanding how dogs communicate, you will avoid the mistake of telling your dog one thing while your body language and voice sound tells it something completely different.

Dogs are not spiteful. Dog owners often say, "My dog chewed the furniture because I left him home alone." There are a number of reasons why dogs

misbehave, but spite is not one of them. Although many people want to believe that dogs think like humans, dogs do not. They have only two sections to their brain and, therefore, have limited ability to reason. Thus, they cannot disobey out of spite. Knowing the real reasons why dogs misbehave requires understanding how they think and learn. Dogs react in a way that makes sense in their environment. When a dog disobeys, it is usually for one of three reasons: 1) it does not understand what you want, 2) it does not consider you its leader, or 3) it is suffering from some kind of stress or fear. By understanding the true nature of dogs, you will be better prepared to diagnose problems or behaviors of your dog.

What makes some dogs aggressive? One of our favorite sayings is, "You can take the dog out of the wild, but you cannot take the wild out of the dog." This means simply that the dog's natural instincts are never far below the surface. Sometimes this behavior manifests itself as aggression because a dog will do only what its natural instincts tell it to do unless trained otherwise. The most common cause of aggression is fear of the unknown, that is, whatever the dog cannot understand or does not recognize as normal. A dog's response to fear is instinctual. When a dog becomes frightened, it will do one of two things: fight or take flight. One breed of dog is not necessarily more aggressive than any other. The diminutive Chihuahua can be just as aggressive as the larger German shepherd. The only real difference is the amount of fear we perceive based on a dog's size and its ability to cause harm. As dog owners, one of our responsibilities is to condition our dog daily to reinforce dominance (leadership) over the dog. Leadership increases our ability to control and teach our dogs what is and is not acceptable.



Body language is the dog's primary mode of communication.

Dogs rely heavily on body language to communicate, and a person's body language can easily be misinterpreted. If a dog jumps on you and you respond by pushing it down with both hands, the dog may think you want to play, in much the same way it would play with other dogs. When people greet a dog, they often do not consider whether or not the dog actually wants to meet the person.

You can teach an old dog new tricks. Although we cannot teach dogs to reason, we can teach them to "think." Dogs are continuous learners and have good memories. The three things that primarily influence a dog's behavior are association, instinct and experience. Dogs recall information with associative stimuli, such as similar situations. People cannot explain to a dog—as they would to a child—not to eat food off the floor. The only way for a dog to learn that lesson is for the owner to correct it immediately using voice sounds and body language as soon as the dog tries to eat the food. By conditioning your dog and effectively showing it what you consider good and bad behavior, you can help any dog change its behavior.

Bad behaviors may be natural, but they do not have to be normal. Most people consider digging, chewing and jumping as unacceptable dog behavior. To dogs, however, these are natural actions. Dogs will do what their instinct tells them unless otherwise trained. To teach a dog what behaviors are and are not acceptable, a dog owner must leverage a dog's association and experience to directly impact how it behaves. A dog owner needs to associate a dog's bad behavior with a bad experience, such as a harsh voice tone, and good behavior with a good experience, such as high-pitched praise. In this way, a dog will learn what is acceptable behavior.

What is the right way to discipline a dog? Since dogs cannot reason like humans, they are not deliberately naughty, despite what many people might think. Instead, their behavior is always determined by either instinct or experience. A dog will do only what comes naturally or what it has learned through association; therefore, it is not productive (or even logical) for humans to get angry with a dog. Moreover,

physical force is both inappropriate and counterproductive. This includes using your hands for correcting. Since dogs do not have hands, they find that form of discipline to be provocative and threatening. For this reason, dog owners should use their hands as little as possible when training, and when you do, dogs must always associate your hands with gentleness and pleasure. Because dogs learn from association, they will comprehend your message only if it is delivered in a timely manner. A correction must be issued at the precise moment the dog is either contemplating or actually doing something wrong. Sometimes it may be difficult to catch your dog in the act, but you can create situations that will cause a dog to misbehave and then correct it on the spot.

Do dogs sense the world differently than humans? Dogs experience the world nose first. Smell is the most dramatic sensory difference between humans and dogs. Dogs have about 25 times more olfactory (smell) receptors than humans do and can sense odors at concentrations nearly 100 million times lower than humans can. A dog's sense of smell is also closely linked to taste. A dog is so scent sensitive; it is usually the smell not the taste that will cause a dog to reject food before it even enters its mouth. In contrast, humans have 5 times more tastes as dogs and tend to taste something before deciding if they like it. Also, a dog's eye lacks certain components found in a human eye. As such, dogs see the world in shades of black, white and gray and have better night vision. Visual acuity also varies by breed. Due to the positioning of their eyes, short-nosed dogs can see things in the distance with more depth perception than longer-nosed breeds. Hearing is also acutely developed in dogs. The distance from which it can hear things is 4 times farther than a human. Dogs' hearing is also selective: they can sleep beside a blaring TV but wake up as soon as they hear something not related to the TV sound. Dogs process only what they want to hear.

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) Personal matters claim a good deal of the Lamb's time in the early part of the week. But by midweek, pragmatic considerations (work, school, job-seeking, etc.) begin to take priority.

TAURUS (April 20 to May 20) The seasonal shift ignites the Bovine's creative aspects. You could do well if you try to combine your penchant for innovation with the more pragmatic demands of the week.

GEMINI (May 21 to June 20) Ideas come easily to you this week. And never mind that some might suggest they're unworkable and/or impractical. It's your vision that counts. Work them out and see what turns up.

CANCER (June 21 to July 22) Personal matters continue to dominate the early part of the week. By midweek, more workaday issues once again begin to emerge. Balance your time to give both the attention they need.

LEO (July 23 to August 22) A new contact could provide an expanded opportunity. But be sure you get all the facts before you consider signing on. Ask questions, and be wary if you don't get the right answers.

VIRGO (August 23 to September 22) An unexpected development could cause some supposedly resolved disagreements to reignite. Deal with the situation before it leads to some really serious problems.

LIBRA (September 23 to October 22) A clash of work-linked viewpoints needs to be discussed openly, honestly and calmly by all concerned before it can impede progress on an ongoing project.

SCORPIO (October 23 to November 21) The Scorpion's pragmatic side helps you accept the possibility that a change of plans might be the wise thing to do. Be sure to weigh all your considerations carefully.

SAGITTARIUS (November 22 to December 21) Some people might not take no for an answer. Never mind. Keep your resolve if you're sure you don't want to be involved in a potentially sticky situation.

CAPRICORN (December 22 to January 19) All other facts and figures aside, it's what you learn about potential colleagues that can be most helpful in assessing any decisions you're likely to make regarding a new project.

AQUARIUS (January 20 to February 18) You might want to reconsider some of your outside commitments if they continue to demand more time than you can spare. Be honest with yourself when making a decision.

PISCES (February 19 to March 20) Pay attention to that inner voice of Piscean wisdom counseling you to remove those rose-colored glasses and take an honest look at any decisions you might face this week.

BORN THIS WEEK: You have a penchant for persuasion that would make you a fine candidate for a political career.

Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY



THE CASHIER



Out on a Limb



top ten

Most Misspelled U.S. Cities

1. Meeteetse, Wyo.
2. Kaunapali, Hawaii
3. Saguache, Colo.
4. Skaneateles, N.Y.
5. Champaign, Ill.
6. Pflugerville, Texas
7. Worcester, Mass.
8. Ketchikan, Ark.
9. Winnemucca, Nev.
10. Aquebogue, N.Y.

Source: Ipsos survey

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Clothesline is missing. 2. Handle is shorter. 3. Sweatshirt is shorter. 4. Can is missing. 5. Crossed arms are switched. 6. Rake is missing.

COOKING FOR PETS

DEAR PAW'S CORNER: You've written often about cooking fresh, healthy (and safe) meals for pets, referencing cookbooks as guides for your readers to use. Those are great but now that so many of us are online, don't forget that a lot of good videos are available for free that show how to cook for pets! -- Jerry C. in Lafayette, La.



consider feeding their pet an exclusively home-cooked diet, but doing so does require a transition period to get used to cooking for one's pet regularly and adjusting recipes for sensitive stomachs if needed.

There are a lot of videos online showing ways for pet owners to cook for their pets, but finding them can be a bit of a chore.

YouTube is home to a lot of these videos: For example, Google the Doggy Cooking Network, Salmon Pup Cakes for a demo of the YouTube-based series that features recipes for dogs. Or try Linda's Pantry, another YouTube series, which outlines how to make a week's worth of homemade dog food.

As always when cooking fresh for your pets, review guidelines on what ingredients aren't safe for them. And monitor your pet whenever you introduce any new food or treat.

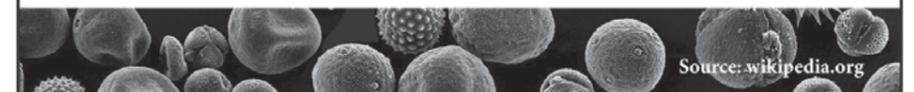
DEAR JERRY: You're absolutely right -- there are numerous online resources for pet owners looking for great recipes for their dogs and cats.

Cooking fresh food for pets does take extra time, and owners must be careful with the ingredients they use, from spices to additions like onions (which are poisonous to dogs). But giving your pet a fresh meal once or twice a week is a great addition to its diet. Some might even

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

The Garden Bug

A **pollen count** measures the grains of pollen in a cubic meter of air. Using a grease-covered rod that rotates in the air to collect the pollen, samples are gathered as the rod is rotated periodically during the day. The rod is then removed and taken to a lab where the collected material is analyzed for the type of pollen and its concentration. According to a study presented to the American College of Allergy, Asthma & Immunology, climate changes will cause pollen counts to more than double by 2040. - Brenda Weaver

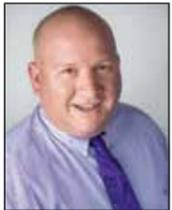


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Pat Cardozo \$369,206



97 Ford Road, Woodbridge
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Chris Lovejoy \$439,900



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Sheila Saltzman \$539,900



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Marisa Gabrielle \$450,000



65 Old Quarry Road, Woodbridge
Judy Cooper \$595,000



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