

Woodbridge Town News



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CIRCULATION 4895

FRIDAY, SEPTEMBER 27, 2013



The Town-owned property known as The Country Club of Woodbridge is comprised of 150 acres located at 50 Woodfield Road. Townspeople authorized the purchase by a vote at the Annual Town Meeting on May 18, 2009.

SCALETAR APPOINTS AD HOC COMMITTEE

Seeks Public Input on Country Club of Woodbridge

First Selectman Ellen Scalettar has named five Woodbridge residents to a new Ad Hoc committee, which is intended to provide an opportunity for all Woodbridge residents to express their views, concerns, and recommendations with respect to the property known as the Country Club of Woodbridge. The appointed members of the committee are; Gary Desir, Andrew Esposito, Jr., Deborah Fried, Thomas Kenefick, and Carolyn Wolff. The committee will be known as the "Woodbridge Listens: CCW Ad Hoc Committee" and its official charge is, "to hold two or more public hearings, duly noticed, at which Town residents and others may comment upon the current and future uses of the property and to report to the Board of Selectmen, no later than November 7, 2013, on the content of the public hearings."

Accordingly, two dates have been selected and the public is invited to attend either evening, Wednesday, October 2 or Tuesday, October 15. Both meetings will take place in The Center Gym, 4 Meetinghouse Lane beginning at 7:00 pm, and are expected to last about 90 minutes. The meetings will be formatted on the style of a Community Conversation, where an initial presentation of background information will take place and then attendees will break into small table discussion. Notes taken at each table will be reported back to the full group at the conclusion of the meeting.

For planning purposes, the Committee is asking people planning to attend either meeting to please RSVP to Lynne Anglace at Town Hall so the proper number of tables can be arranged. She can be reached by phone at 203-389-3400 or by email at: langlace@woodbridgect.org.



FIRST DAY AT BEECHER ROAD SCHOOL

First Selectman Ellen Scalettar and Superintendent Dr. Guy Stella greet students on opening day at Beecher Road School. Pictured (left to right): First Selectman Ellen Scalettar, Hektor DeSilva, Dr. Stella, and Leela DeSilva. Photo Credit: Jana DeSilva.

<p>NEW LISTING</p> <p>WOODBRIDGE 2 October Hill 1 owner, custom colonial. Hwd on 1st fl. 9 ft ceiling, crown moldings, trim. 1st fl office. Great rm over gar. Screen porch. W/lted clngs.....\$709,000</p> <p>Frank D'Ostilio 203.641.7072</p>	<p>NEW LISTING</p> <p>ORANGE 83 Hampton Close Olsen built home, 4 BR colonial, all BRs have private bath! Back staircase, open FR/kitchen, patio w/gunitepool, hottub. Fabulous fin'd basement!..\$1,149,000</p> <p>Frank D'Ostilio 203.641.7072</p>	<p>RealLiving Wareck D'Ostilio RealEstate www.RLWD.com 203.787.7800</p>	<p>SOLD!</p> <p>WOODBRIDGE 19 Laurel Road Sold in 29 days LIST - \$299,900 SOLD 91%</p> <p>Regina Sauer 203.494.3421</p>	<p>UNDER CONTRACT</p> <p>WOODBRIDGE 8 Inwood Road</p> <p>Ross Cotjanle 203.401.1993</p>
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First Selectman Ellen Scalett and Police Chief Gene Marcucci at Woodbridge Town Hall as the "No Texting While Driving Awareness Day" Proclamation is signed.

RESIDENTS URGED TO REFRAIN FROM TEXTING WHILE DRIVING

First Selectman Ellen Scalett issued a proclamation on behalf of the Board of Selectmen designating September 19 as "No Texting While Driving Awareness Day" and called for Woodbridge residents to take the pledge to never text and drive.

"Text messaging has become the way many people communicate today, which means some people are doing it at the worst possible time - while driving," said First Selectman Scalett. "We need to help spread the message and educate our community that when it comes to driving, texting can and should wait."

Woodbridge Police Chief Gene Marcucci who was on hand for the signing of the proclamation said, "We have seen the results of distracted driving here in our community - talking on cell phones and also texting while driving has been a contributing factor in several automobile accidents and has resulted in serious injuries right here in Woodbridge. We all must be careful and fully engage in the demands of driving while we are behind the wheel. Don't distract yourself, even for a moment."

According to the Virginia Tech Transportation Institute, those who text while driving are 23 times more likely to be involved in some type of safety critical event as compared to those drivers who don't text while they drive. Texting while driving is involved in over 100,000 motor vehicles crashes each year, often causing injuries and deaths.

At their September meeting, the members of the Woodbridge Board of Selectmen took the no-texting-and-driving pledge as they discussed the vote to approve the issuance of the Town proclamation. It was noted that there are resources online for the public to also take this pledge and share information with friends through email and on social media to help increase awareness. For additional information, visit: www.att.com/itcanwait.

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THE OUTSIDE LIVING BOX

The assorted, whimsical lawn sculptures that decorate Beverly Kaye's Lorraine Drive home front are just a small



Laura Fantarella

preview of the art that lies behind her front door. Kaye is a collector and art dealer who has been passionate about art since she was a child. But the art that caught Kaye's eye was

never the paintings of "sailboats and sunsets" that lined the walls of her parents' house; she was always drawn to what she describes as funky, edgy, and non-mainstream art often created by artists with no formal training. She later learned that the street art she loved actually had a name - ArtBrut or Outsider Art and its artists were often people who suffered difficulties like mental illness or homelessness.

Over the years Kaye has acquired so many unique pieces of art - from original paintings, prints, and sculptures made from a variety of mediums - that she added a gallery to her home. To wander through her gallery and every other room of her house as well, is like taking a museum tour - a museum that showcases folk, ethnic and just-plain-fun-art - with something to delight in every corner. Much of it has overtones of fantasy, whimsy, and sometimes, a bit of evil. And Kaye is the best docent to describe her collection, she's bubbling with facts and stories about every treasured piece and the artists who designed them. "Everyone has a different idea of what art is. I still walk into these rooms and see all this stuff and enjoy it. I always see something in the art I never noticed before. I like stuff my grandchildren and I can touch; I don't want it to be too precious. You should be able to interact with art," she said. Every June she holds a Garden Show at her home, displaying much of her collection for the public to enjoy.

She began collecting when she was in college at Syracuse University in New York, saving the allowance her parents sent her to purchase the work of street artists. "I started buying stuff I thought was really great," Kaye said. "And I would end up selling it to other students who thought it was really great."

Art was always a part of her life. She vividly remembers being just seven years old and taking an early morning drawing class at the Worcester Art Museum. Quickly bored by the drawing assignments of the day, she would excuse



Beverly Kaye

herself to go the rest room and wander around the museum, which opened later in the morning to the public. "I would look at the art and tell myself stories about the art," she said. "When the guards came to work I would go back to class. The teacher knew I was out wandering around the museum but she never ratted me out." Her passion for art collecting continued throughout her life, and she never stopped gaining knowledge, signing up for any art and art education classes being offered at nearby colleges, universities and museums. "I always want to learn more about art, it is endlessly fascinating to me," she said.

Kaye spent years travelling back and forth to New Mexico where she first discovered and purchased many pieces of the unique, contemporary pottery and art of the Pueblo Indians. "It was less traditional," she said. "They would be making pottery just out of their heads - doing brand new things I'd never seen before." One of the highlights of her art career has been discovering artists who might never have been recognized on their own. Her first "find" was street artist Matt Sesow who she came upon on the streets of Georgetown in Washington, DC while visiting her son in college. She bought several of his paintings, asked him to send her Polaroid shots of more of his work, and from the Polaroid's, sold the rest of his art for hundreds of dollars. Sesow was the first of many clients who have Kaye to thank for launching their careers in the art world by getting their work featured in international art magazines and displayed in museums and art exhibits around the world.

Now Kaye vows that she is not going to purchase any more art for her home, although it's difficult to resist when she comes across a jackrabbit made out of metal or a sculpted wooden eagle or a beautiful handcrafted weathervane or a vintage ice skater or handmade antique quilt - you get the picture. For more information, visit her website at www.artbrut.com.

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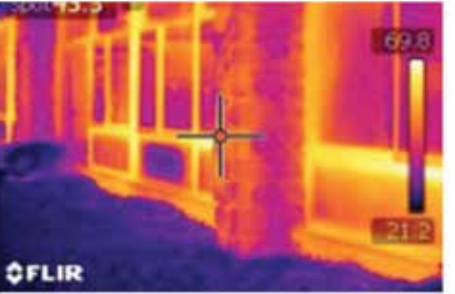
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Thermal cameras illustrate how the old single-pane windows are conducting the heat to the outdoors.

SCALED-DOWN RENOVATION PROJECT TO BE PRESENTED

By Bettina Thiel – Woodbridge Town News Correspondent

After years of planning, the Beecher Road School renovation project is about to face public scrutiny. The Board of Selectmen, following an update on the planned project at a joint meeting with the boards of Finance and Education, last week authorized the Building Committee to schedule public hearings.

The proposal presented that evening was very similar to one made nine months ago, with one significant difference: The price tag is \$6million lower than what was first proposed. The latest number is \$13.5 million, according to Building Committee Chairman Jeff Kaufmann, down from the \$19.5 million brought forward last year. Several cosmetic elements in the earlier plan were eliminated, as were costly handicap-accessible bathrooms, Kaufman said. The school already is ADA compliant.

But in the wake of the Newtown shootings, the Board of Selectmen added secu-

See "Renovations" continued on Page 5

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“Renovations” continued from Page 4

ity improvements to the Building Committee’s charge. Costs of up to \$900,000 are included in the \$13.5 million. However, the details of what they are looking at are confidential, Kaufman said.

Also included are improvements to the pool area, in particular a cover for the pool and a dehumidifier. The major part of the renovation are “envelope” upgrades in the older parts of the school and air quality improvements.

In addressing the joint meeting, consultants John Rice and Doug Tischbein suggested the following:

- New heating and cooling system (with efficient gas boilers),
- BMS controls that will allow the building administration to regulate temperature and light centrally,
- New window walls in the older parts of the school,
- New energy efficient lighting, which will require, new ceilings,
- New roof on the oldest parts of the North School,
- Solar panels to reduce electricity costs, and
- A small wind turbine mostly for instructional purposes, which could help heat the pool.

Rather than completing the project in phases over three years, Rice said they would finish it in two years. If the financing is accepted by the town, they could start as early as January 2014. Woodbridge School Supt. Dr. Guy Stella and Board of Education Chairman Margaret Hamilton each made a pitch for the proposal at the joint meeting.


The condition of the physical plant is such that it can affect the quality of education, they said. Dr Stella described how during the winter teachers move children from class to class because the heat distribution in some pockets of the building is so uneven. “Some are too hot, some are too cold,” Hamilton said.

One of the two boilers is in bad shape and the district is making contingency plans should it fail during the winter. Last year, the school added new burners to the old boilers to switch from oil to gas. That saved the district some \$60,000, but delayed the boiler replacement. Should that become necessary, the consultant said, he would suggest to buy a boiler that will be compatible with the new heating system.

One issue that has been passionately discussed in town is whether or not the school should provide central air conditioning. Some kids are medically fragile said Dr. Stella and over the years more and more single units have been installed in classrooms. But these are too small to handle the load, and sometimes they run 24/7. “That’s a very expensive way of doing things,” he said. Add to that the fact that with increased security awareness, teachers are not allowed to prop outside doors open.

Dr. Stella held up Beecher Road School’s CMT results, the best in the history of the school. Beecher may rank fifth in the state in terms of its academics, he said, but at the bottom when it comes to energy efficiency. “This is going to have to be done some time,” he said.

The Building Committee will meet at the end of September to decide upon a date for the hearing(s), Kaufman said. He said the idea is to get at least two hearings in, possibly in October/November, before the project goes to referendum.



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

Table with 2 columns: Upcoming Issue Deadline, Upcoming Issue Dates. Rows include October 11th, October 25th, and November 15th.

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

FROM OUR READERS

To the Editor

One of the first, and most important, tasks of a newly elected Board of Selectmen is to appoint new members to the various town Boards and Commissions. These new members are nominated by the Town Committees of the two political parties.

Seeking a collaborative, bi-partisan effort, the Republican Town Committee (RTC) submitted its list of nominees to the Democratic Town Committee a week in advance of the meeting when the nominations would take place, and asked for the same courtesy in return. But the courtesy was not returned -- in fact, Republican Selectmen Tony Anastasio and Joe Dey came to the meeting where they were expected to vote on nearly 60 nominees with no information about them other than a couple of resumes emailed a few hours before the meeting. This is why the Republican Selectmen felt it necessary to abstain from most of the votes, because they were not given sufficient information to make informed decisions on each nominee.

Of the 60 appointments made, only 16 of the RTC nominees were approved. The state "minority representation" statute limits the number of members of the majority party who may sit on any given board, however the statute does not limit the appointment of individuals who are allies of the majority party but happen to be registered otherwise. This is why several of our most important town boards and commissions have no significant minority party representation, for instance: Conservation Commission..... NO member supported by RTC (out of 7 members) Country Club..... ONE of 7 members supported by RTC Economic Development..... ONE of 9 members supported by RTC Board of Finance..... ONE of 6 members supported by RTC Inland Wetlands..... ONE of 7 members supported by RTC CUPOP..... ONE of 6 members supported by RTC Recreation..... ONE of 7 members supported by RTC Town Plan and Zoning..... TWO of 9 members supported by RTC Human Services..... TWO of 9 members supported by RTC

Our democracy is supposed to be based on a system of checks and balances. State statute calls for some measure of minority representation in town governments, yet we in Woodbridge have virtually none. The Woodbridge Democrats have removed any check on their authority and have continued the previous administration's practice of stacking the boards and commissions with allies who rubber-stamp the administration's political agenda (a notable exception is the Inland Wetlands Agency -- kudos to them for standing up to pressure from town hall and refusing to capitulate on the Firehouse patio).

When evaluating candidates for positions on these boards, presumably the ability to attend meetings is a qualification. But apparently not for the Woodbridge Democrats, since one member was re-nominated to two town boards -- the Country Club Commission and the Conservation Commission. A perusal of the minutes of the Country Club Commission shows that he has an abysmal attendance record -- that commission has met 24 times between its inception in January 2012 and August 2013. He attended only 6 of those meetings, for an attendance rate of 25%. He phoned in to 4 additional meetings, so if you count phone attendance, his rate rises to just 42%.

Surely we can do better.

Kathryn Bishop Gartland
Chair, Woodbridge RTC Nominating Committee

- See More "From Our Readers" on page 7 -



WTN Letters Policy

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

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

FROM OUR READERS

To the Editor

Fall is upon us and I am happy to say that the New England Young at Heart website and resource guide is up and running. I am excited to say we can come to your event or group, video it, then put it up on the website. You can go to the link I have provided below to add an event that you're hosting, sign up for our monthly newsletter, send me event pictures and add your business information. This is free and I hope that you utilize this service.

I would love the opportunity to come to talk with you more about New England Young at Heart and how we can work together to host events, get your company showcased on the site or in the magazine.

I am committed to making sure that New England Young at Heart is a part of everyone's community. Like us on Facebook, follow us on Twitter, and come visit us on Pinterest to see what is hot for the over 50 population. <http://neyoungatheart.com/>

New England Young at Heart 2nd Annual Health and Wellness Fair, Saturday November 2, 2013, 10-1 Woodbridge Senior Center. Space is limited so reserve today! When you participate in the fair you will have a free Listing in New England Young at Heart Fall Magazine!

Elaine Marcucio

To the Editor

I enjoy reading the Woodbridge Town News; however, this last issue was interesting to me. On the front page was the article about how the country club that Woodbridge purchased isn't doing well financially. The Republicans had warned the city about purchasing it. A few pages later, the senior center is asking for "Dessert Angels" because they are low on money and can't afford dessert for the seniors two days a week. It really shows the priorities of this city. Buying yet another golf course was much more important than the food we give our seniors. To me that is very sad.

Suzanne Principe



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SPECIAL TO THE WOODBRIDGE TOWN NEWS

The Flats

Manila and Merritt Avenues

Compiled by Simon Donato

PART IV

In July 1899, Jacob Wilber of Everett, Massachusetts, received from Cornelius Pierpont of New Haven, for the token sum of one dollar, the tract of land which lies from the Hamden- Woodbridge town line (atop West Rock), west to within two feet of the West River, north bordering the Hemingway property (West River field), and south bordering property owned by the Miller brothers, Frederick and Joseph, owners of Miller's Grove.

In August of 1899, for another dollar, Jacob Wilber took ownership from Cornelius Pierpont of a narrow strip of land between the West River and Litchfield Turnpike near the present day entry to Merritt Avenue. This allowed his property road frontage along Litchfield Turnpike.

Shortly after, Jacob Wilber laid out Merritt and Manila Avenues as access roads to his proposed development which he named "Westville Park." Building lots were available on both avenues, but it wasn't until 1909 that the first house was built. Five years later, in 1914, Francis Martino, aided by his son Italo, built a handsome two-story home out of fieldstone on Merritt Avenue, which still stands, is still handsome, and still has descendants living there. By the time I'm finished writing this collection of memories, the house will be one hundred years old.

Italo Martino's interest in radio transmission began in 1909, at age fifteen as an amateur. By 1922, he had an electrical contractor's license. In 1923, he joined Franklin Doolittle's Radio Manufacturing Company in New Haven. At that time, Doolittle operated Radio Station WPAG. Those call letters were changed to WDRG in 1925. Mr. Martino was crucial to the construction and operation of Connecticut's first FM Radio Station in 1939, and in 1941, his efforts resulted in the FCC issuing a regular broadcast license as WDRG-FM. Those call letters are still in use today.

Today, The Flats would be part of New Haven if it weren't for Italo Martino! In 1931, the Woodbridge Board of Selectmen, led by First Selectman Clarence Baldwin, strongly proposed the annexation of The Flats to New Haven without any consent of the residents of this district. An article in the New Haven Register quotes Mr. Martino, Grand Juror and Leader of the nearly five hundred Italian residents of the section... "the move for divorcement of The Flats section

of Woodbridge has not originated among, nor is it approved by the people who are going to be affected by it." The section that the town seeks to get rid of is occupied almost entirely by persons of Italian extraction. It has been told to me that those who favor the divorcement plan desire to get rid of the people of my race as citizens because they fear we will run the town." "The move is purely political." Selectman Baldwin stated reasons for annexation (in the same article). "I am certain that the best interests of the persons living in the William H. Warner School district would be served by their becoming a part of New Haven. The construction of a sewer system would be necessary in Woodbridge if the district remains with the town. Therefore, if Woodbridge had to build a sewage disposal plant, it would have to be done in the lowest part of the town, and that is in the district in question." Selectman Baldwin denied "that the move was actuated by politics" and that "democrats and republicans were side by side to accomplish it."

(Bi-partisanship for the ouster of The Flats?) Mr. Martino responded, "We ask for none of the improvements Mr. Baldwin has said we might enjoy if we became part of the city of New Haven. We only ask for equal rights and benefits with the rest of the taxpayers and electors of the town."

Through Italo Martino's persistence, The Flats is now still part of the original town boundaries as were set in 1784 when we became a town. I can't imagine what The Flats would be like today if the annexation came to pass eighty years ago.

WILLIAM H. WARNER SCHOOL

September 1911 – June 1960

Hopefully, some readers have childhood memories of Warner School. If you're in this category, then you're able to read this because of Warner School!

An article in the New Haven Register dated June 26, 1960, tells of the closing of Warner School and gives a history of its beginning. "Prior to 1911, the children from the southeastern section of Woodbridge attended "the middle district school", a one-room schoolhouse located on Amity Road across from the intersection of Center Road".

"By 1911, the middle district had increased in popu-

lation to such an extent, especially in the section located near the New Haven line, that the southeast school district was formed.

A one-room frame building was erected on Lucy Street and opened on September 18, 1911, with twenty-seven pupils. This building still stands and has been in use as a kindergarten up until school closed last Monday".

In four years, the population had increased so greatly that school authorities purchased additional land adjacent to the southeast school, and a two-room brick structure was erected in 1915. This new building was named the William H. Warner School after the man who started serving Woodbridge in the education field as "school visitor" in 1879. Mr. Warner held various positions in the town and on the Board of School Visitors, which was later changed to Town School Committee now known as the Board of Education. At the time of his death in December 1929, Mr. Warner was superintendent emeritus and town treasurer.

The original one-room school building continued to be known as the Southeast School for some time, while the brick building was referred to as Warner. Again, the population of the area was on the upswing and it was necessary to add two more rooms to the Warner School.

In the fall of 1922, just three rooms were used. But, in 1923, the four rooms plus the original building were in full use. There has always been more than one grade taught in a room at Warner School. Up to June 1954, Warner School always had eight grades. But with the opening of Amity Regional High School, the pupils in the seventh and eighth grades were transferred.

The original one room frame building served as a Kindergarten during the 1940's. In 1950, the Kindergarten students from the Flats were bussed to Center School for their classes, and then would continue grade school at Warner. The building continued to be in use during the summer months as a "summer school" with recess as the main subject. In 1975, this building was carefully disassembled, numbered, and stored in the barn on the Darling property. Hopefully, it will be reassembled and brought to its original state as was recently done with the old South School on Johnson Road.

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WOODBIDGE EDUCATION ROUNDUP



GRANDPARENTS DAY AT BEECHER ROAD SCHOOL

"Grandparents are special people you see" is the opening line in the presentation Ms. Reizfeld's fourth grade recently recited at her annual Grandparent's Day program at Beecher Road Intermediate School. Seniors were revered for their wisdom and experience. This class and grandparents only event provided very special one on one time.

On September 13, 2013 as the grandparents recalled their childhood memories, stories were shared about historic events that took place when they were in school. The grandparents and students also shared how they have similar and different tastes in their favorite books, foods and the ways they spend their free time. It was a wonderful learning opportunity for all who attended.

This year's special surrogates for students whose grandparents live in China and Turkey, included Michale Thalberg, a retired music teacher who served in the Woodbridge school system for 37 years and Dr. Stella, the superintendent. Many students requested he be their "grandpa" for the day and he rose to the occasion admirably sharing stories of his childhood playing stickball in New York City. Mrs. White, the assistant principal, was given an encore presentation in her honor.

ADULT & CONTINUING EDUCATION COURSES SET TO BEGIN AT AMITY

The fall program of Amity Adult, Continuing & Summer Education is set to start the week of Monday, September 23, with several new courses to choose from, as well as your standard favorites. Now, with online registration, it's easier than ever to register for classes. Just go to www.amityadulted.myprogramplus.com to view the full catalog and to register.

Have you ever wanted to create a Tiffany style window? Take our Stained Glass course and bring home your own masterpiece. Try your hand at Acrylic or Oil Painting, Drawing Essentials, Creative Writing or Calligraphy. There are bus trips galore. Among the offerings are trips to take you to A Halloween Adventure in Salem, Isabella Stewart Gardner Museum Historic Trinity Church in Boston, Kittery Maine, Radio City Christmas Spectacular, Rhode Island Flower and Garden Show, and many more. Classes on Resume Redesign will help you prepare for a new job. If you want to start your own on-line business or take computer courses to update your skills, there will be opportunities to learn from our expert instructors. Learn to play the Ukulele, Harmonica or Guitar. Our class "Drums! Find the Rhythm Within" will have you taking part in drum circles, enjoying fun, interactive rhythm games, and just plain ole' bangin' and jammin'. Make it a family thing! Check out the Dance, Entertainment and Finance programs. There will be Mah Jong, and Pinochle classes. Our expanded fitness and sports offerings include Boating Safety and Personal Watercraft, Fly Fishing, Tai Chi, Yoga, Zumba, Tennis Clinics and our fun Hoop Dance Workout Class. In the Language Department, learn to speak Arabic, Italian, German, Polish, Russian, Mandarin or Sign Language. Several Health offerings, such as Adult, Child & Infant CPR, First Aid, The Healing Effects of Whole Food, Gluten-Free Living and How to Lose Weight Like a Guy are being offered.

In addition, some very special offerings with noted professionals addressing issues near and dear to us are on the docket. Dr. Bernie Siegel will teach "Reflections on the Art of Living and Healing", Jeff O'Hara is teaching "Solid Works 3-D Modeling Fundamentals" and Solid Works Sheet Metal, a must have course for anyone in the engineering or manufacturing field. In the Craft Department, you'll learn how to make beautiful Beaded Jewelry, and learn to use that Cricut Machine you got for Christmas last year. We're again offering a class in making one-of-a-kind Handcrafted Knives. This class is being taught by Jim Turecek, who has been crafting award winning knives since 1979. But the list doesn't stop here. Please call for a catalog or contact Karen Wade at 203-392-2005 for more information.

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Woodbridge Superintendent of Schools, Dr. Gaeton F. Stella; State Rep. Themis Klarides (R-114); Woodbridge School District Teacher of the Year, Jean Molot; Beecher Road School Principal, Gina Prisco and State Sen. Joseph Crisco (D-17).

CRISCO, KLARIDES LAUD BEECHER ROAD TEACHER OF THE YEAR

On Wednesday, August 28th, State Rep. Themis Klarides (R-114) and by State Sen. Joseph Crisco (D-17) visited Beecher Road School to wish best of luck to the teachers and faculty at their annual start-of-school staff luncheon and awards ceremony. Rep. Klarides & Sen. Crisco presented Math Specialist Jean Molot, who has served on the school's faculty as a Math Specialist since 2005, with a citation for her invaluable contribution to the community as she received the Woodbridge School District Teacher of the Year Award.

According to Woodbridge School District Superintendent Dr. Guy Stella, each year's Teacher of the Year, "maintains the highest standards of excellence, honesty, and integrity and is a dynamic and exceptional leader," and that is self-evident again this year in the selection of Ms. Molot. "Ms. Molot brings a positive role model to her profession and is a valuable member of our primary grades team – her colleagues often seek her advice and support," Dr. Stella said. "In the classroom she provides a stimulating environment of trust, respect, motivation, challenge, and affection for her students... while focused on their individual achievement."

"Woodbridge residents have ample reason to be proud of the entire faculty at Beecher Road School every year, which has a hard-earned and well-deserved reputation for excellence," Senator Crisco said. "This year I'm particularly pleased to honor a math specialist as Teacher of the Year because it underscores one of our state's foremost educational priorities: preparing students in Science, Technology, Engineering, and Mathematics (STEM) so they can join the fast-paced, emerging global marketplace of the 21st century."

Approximately 750 students are enrolled at Beecher Road School in grades kindergarten through sixth grade. Classes for the 2013-14 school year began next Tuesday, September 3.

Attention Teachers!

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

Let us know about any fun activities or holiday projects.

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

Woodbridge Town News
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FROM YOUR STATE SENATOR

By Joseph Crisco



With many Woodbridge families' rapt attention still focused on the new school year I would underscore one of our state's foremost educational priorities: preparing students in Science, Technology, Engineering, and Mathematics (STEM) so they can join the fast-paced, emerging global marketplace of the 21st century. According to the Washington, D.C.-based Brookings Institution about one in five American jobs is already in a STEM-related field. That percentage will only increase as our culture and economy become more reliant on a highly skilled workforce. The Brookings Institution goes on to describe how those jobs are split about evenly between two separate STEM economies.

According to a report published by Brookings, one is linked to research universities and the corporate culture while the other employs those without a four-year degree, but with STEM skills nevertheless. "These workers today are less likely to be directly involved with invention, but they are critical to the implementation of new ideas, and advise researchers on feasibility of design options, cost estimates, and other practical aspects of technological development," the report reads.

I take this to mean fully half the jobs in a blossoming sector of our economy could be available to Connecticut's high school, vo-tech, and community college graduates. The challenge then becomes making available to our students in those programs the information, lessons, and training required to develop those skills.

One technique with an ever-growing profile is cyberlearning, and it makes perfect sense. Using technology to teach technology helps educators and students critique, refine, and advance the tech-

nology itself. It also allows for virtually unlimited individualized learning, which helps every student reach his and her potential at his and her own pace. Cyberlearning reinforces a student's interest in technology and helps build competence and confidence about working in the field.

Another benefit of cyberlearning is access it provides to remote teachers and specialists to help broaden a student's educational horizons. This adds real-world experience to help students learn about what are now commonplace, global collaborations not only in education and research, but in commerce and industry as well.

Connecticut is increasingly well-positioned to participate in all these advances and provide related benefits to students. In fact, Connecticut is identified by the Brookings Institution as one of the nation's top-ten 'STEM hotbeds'. Woodbridge is well represented in this regard by Amity High School, which recently earned second place honors in the Sikorsky STEM Challenge to use STEM skills in the redesign of airplane parts.

Reasons for all our schools to move in this direction, provide more of this instruction, and help more students develop an interest in and acquire STEM skills are self-evident because, according to the National Education Foundation, the United States currently ranks 25th of 35 developed nations in math and science education. Yet American jobs in science and engineering are said to be opening 70 percent faster than those in other fields. If Connecticut - and the United States - is to compete in an increasingly technology-based global economy, we must continue working to instill in our students an affinity for STEM.

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FAMILY FUN DAY AT MASSARO FARM

The Woodbridge Rotary Club will be participating at the Massaro Farm Family Fun Day on Saturday, October 5th from 10:00 a.m. to 4:00 p.m. The Rotary Club will have an informational booth and will also be collecting donations of coats and food. Fall and winter coats in good condition in children, teen 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. Donations of non-perishable foods such as canned vegetables, soups, stews, tomato sauce, tuna, pasta, cereals and dessert mixes will be given to the Jewish Family Services Food Pantry to help local families in need.

For more information, contact Rotarian Anna Dickerson at 203-710-0223 or visit the Rotary Club website at woodbridgerotaryclub.org. Massaro Farm is located at 41 Ford Road, Ansonia. The rain date for the event is scheduled for October 12, 2013.

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TOWN DEPARTMENTS & AGENCIES



Town Clerk Stephanie Ciarleglio is pleased to announce that the Connecticut State Library has awarded the Town of Woodbridge a \$4,000 Targeted Grant Contract for the Historic Documents Preservation Program. The Grant supplements the Town budget to preserve and restore the Town's Land Records. These funds will be applied towards an ongoing project of scanning older deed images and allow the land records to become more accessible to the public. Completion of this project will allow for the records to become available online.

GET READY DAY HELD!

Get Ready Day was September 17, 2013. It served as a "kick-off reminder" to prepare for emergency events. Quinnipiac Valley Health District recommends three simple actions you can take so you can "Get Ready" in the event that a weather emergency or other disaster occurs.

Number 1: You need flashlights and batteries; the more, the better. Keep them handy, especially in the bedroom. Put one next to everyone's bed. This simple action will help you navigate your environment more safely and help you to find supplies that you might need. Flashlights are much safer than candles!

Number 2: Every home should have a battery-operated radio. Should an event be widespread or should you need information about evacuations or special instructions, your radio may be your only source of information. Because both radios and flashlights require batteries, be sure you keep a supply in the house.

Number 3: Keep a stockpile of non-perishable food and water. Non-perishable foods include peanut butter and jelly, canned fruits and meats, bottled juices, boxed milk, dry cereal, granola bars, crackers, dried fruits or any food that does not require refrigeration or heating. A minimum of a three-day supply of water per person is recommended. Keep a can opener handy.

You should also be sure you have adequate supplies of special needs items, such as medications, diapers, formula and pet food. Getting Ready for adverse events is not difficult. However, waiting until an event occurs without some preparation can make the situation much worse. "Get Ready" now. You will be glad you did. For written information on water storage or food stockpiles, Quinnipiac Valley Health District residents (Bethany, Hamden, North Haven and Woodbridge) can call 203 248-4528 or request on line, www.qvhd.org.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF OCTOBER 2013

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



Town Hall

10/1	CUPOP	7:00pm	Town Hall
10/2	Police Commission	6:00pm	Police Dept.
10/7	Human Services Commission	7:00pm	The Center
	Town Plan & Zoning Commission	7:30pm	Town Hall
10/9	Board of Selectmen	6:00pm	Town Hall
10/10	Economic Development Commission...	7:00pm	Town Hall
10/15	Zoning Board of Appeals	7:30pm	Town Hall
10/16	Inland/Wetlands Agency	7:30pm	Town Hall
10/17	Board of Finance	6:00pm	Town Hall
	Conservation Commission	7:00pm	Town Hall
10/21	Fire Commission	6:00pm	Fire Station
10/22	Government Access TV Commission ...	7:15pm	Town Hall
10/23	Board of Selectmen	6:00pm	Town Hall
10/28	Country Club of Woodbridge Comm	6:00am	CC of Woodbridge
	Recreation Commission.....	7:00pm	Beecher School South

FOUNDATION HELPS FAMILIES COPE WITH INFANT LOSS

The Kelly Ryan Foundation was launched in October 2012 after Woodbridge residents Brooke and Robert Hopkins experienced the sudden and unexplained loss of their infant daughter, Kelly Ryan. Kelly passed away before she was born, when Brooke's pregnancy was nearly complete at 40 weeks. Brooke and Robert, already parents to two young girls, were devastated and in shock; how could a healthy, full term pregnancy end in such unimaginable tragedy?

The Hopkins learned very quickly that they were not alone. One in four women will experience pregnancy or infant loss at some point in their lives. Even if some don't experience it themselves, someone they know - their friend, sister, or coworker will. Brooke and Robert were surrounded by family and friends who helped them begin to cope with their loss. They were able to bury their daughter with the dignity they wanted.

Many Connecticut families are not so fortunate. The painful silence surrounding pregnancy and infant loss stigmatizes those who experience it. Often, parents feel alone and may not have the resources to provide their child with a dignified funeral or burial. Upon learning this, the Hopkins chose to envelope these families with support in their daughter's name.

The Kelly Ryan Foundation, which is fiscally sponsored by the Hygeia Foundation, hosts its inaugural fundraiser, a wine tasting and silent auction on Sunday, September 29 at 3 p.m. at the Country Club of Woodbridge, 50 Woodfield Road. Proceeds from this event will benefit the burial assistance program of the Hygeia Foundation, which assists parents in Connecticut who cannot otherwise afford the expense of a cremation or burial following the loss of a pregnancy or infant.

For additional information about the Kelly Ryan Foundation, to get involved, or to make a donation to support this event, contact Brooke Hopkins at info@kellyryanfoundation.org.

WOODBRIDGE RESIDENTS!

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

Send it to us with a photo and we will publish it FREE.
Woodbridge Town News, P.O. Box 1126, Orange, CT 06477
Email: edit@woodbridgetownnews.com

AT THE SENIOR CENTER

By Lee Canning

For information or reservations on the following events call the Senior Center at 203-389-3430.

The Senior Center offers exercise (combination of cardio, strength training, flexibility, & aerobic) on Tuesday & Thursday at 10:00 am in the gym. All are reminded to bring their own weights.

Lunch Program

Lunch is served on Tuesdays and Fridays at 12: 15 pm. Call in reservations at least one day in advance.

Shopping On Wednesdays

Shopping at Amity Shopping Center-- if you need a ride to pick up groceries, do banking, go to the drug store, etc.; please call the office at 203-389-3430 to make a reservation. The cost is \$4.00.

Senior Center Craft Group

The Senior Center Craft Group meets every Thursday from 10 am to 3 pm. Knitting, Crocheting, Sewing, and Socializing are some of the activities of the group.

Movies At The Senior Center

Free Friday afternoon movies at the WSC (\$3 lunch and free popcorn will be served). Movies are shown at the Senior Center on Friday afternoons at 1 pm. Join us at 12:15 for a nutritious \$3 lunch, followed by a movie with free popcorn (or just attend the movie).

Mah-Jongg

The Mah-jongg group meets every Monday and Friday in Room 15 from 10am to 12 noon. Novices are welcome - they will teach you.

Book Club

The book club meets the fourth Tuesday of each month at 11: 15 am in the conference room in Room 14. Please call Mary D'Ostilio at 203-389-3429 for information.

Annual Holiday Fair

We will hold our Annual Holiday Fair on Saturday, November 2nd in the Center Cafeteria from 10:00 a.m. to 3:00 p.m. We will have a variety of booths consisting of baked goods, books, crafts, tag sale items, Chinese Auction, raffle, refreshments, and many other attractions. Some of the items we need to stock booths are: homemade jellies, jams, pickles, sauces, baked goods, used books, and usable tag sale items. Also needed are bottles of wine or alcohol for our Basket of Cheer Raffle. New items we also need for our Chinese Auction table. Last, but not least, we need volunteers to bring all of this together.

TRIPS

- October 10, 2013 - Thursday - West Point Tour. \$84 includes transportation, Lunch at Torches on the Hudson, Guided Tour of West Point Campus, and driver's gratuity.

- October 23, 2013 - Tuesday-Oktoberfest at Platzl Brauhaus. \$84 includes transportation, Festivities & Family-style Luncheon at Platzl Brauhaus, and driver's gratuity.
- November 20, 2013 - Wednesday-Radio City Christmas Spectacular, \$155- includes transportation, lunch at Carmine's, a Radio City Christmas Spectacular and driver's gratuity.
- December 4, 2013 - Wednesday-Christmas to remember with Bright Lights, \$89 includes transportation, lunch and show at Log Cabin and driver's gratuity.
- December 17, 2013 - Tuesday-Holiday Train show, \$95 includes transportation, lunch at Ann and Tony's, Holiday Train show at NYBG and driver's gratuity.

Computer Classes

Call Lee @ 203-389-3430 to register. **Jacalyn Diesenhouse, Instructor**
Computer Classes For October - 11:00 am to 1:00 pm, \$5.00 per class:

- Word Processing & Surfing the Web - October 2, 9, 16, 23, & 30
 - iPad* - 9:30 to 11:30am - October 2, 9, 23, & 30
- *Must already have an iPad

Health & Wellness

Zumba Gold Class - The class runs weekly at 9:00 am on Fridays through October 25th 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. -Call to register: 203-389-3430.

Lunch Bunch - Share lunch and friendly conversation on October 28th at 12:00 noon at Bellini's in North Haven, CT. Everyone is welcome, and it is "Dutch treat". Van transportation can be arranged for a \$3 fee. Please call Lee at 203-389-3430 to make a reservation for the lunch and/or transportation.

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

SENIOR WISH SOCIETY'S ANNUAL WINE TASTING AND AUCTION

The Hamden Senior Wish Society is pleased to announce its annual Wine Tasting and Auction to be held October 17th from 5:30 until 8pm at Laurel View Country Club (310 West Shepard Avenue, Hamden, CT 06514).

Enjoy great food, taste fabulous wines and bid on both silent and live auction items—including restaurant gift certificates, sports memorabilia, gift baskets and more—generously donated by local businesses and individuals.

2013 Corporate Sponsors include American Medical Response, Arden House Care and Rehabilitation, Beecher and Bennett Funeral Home, Benjamin F. Edwards & Co., Eye Center of Southern Connecticut, Gesmonde, Pietrosimone & Sgrignari, Home Instead Senior Care, Howard K. Hill Funeral Home, Quinnipiac Bank & Trust, Sisk Brothers Funeral Home, TotalCare Home Care & Nursing Services and VNA Community Healthcare.

If you are interested in attending, donating or sponsoring this wonderful event, please contact Betty Wetmore at 203-376-9677 or Andrew Clifford at 203-288-1118, email Andrew.Clifford@HomeInstead.com.

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LOCAL BUSINESS NEWS



RESIDENTS WITH A PASSION FOR ANIMALS CREATE ONE STOP SHOP

Sometimes we never quite know where the roads of life will lead us and sometimes fate just jumps in and decides for us. This is in many ways how Kathleen La Tronica and her husband Peter, along with their partners, Mary and Theron Simons ended up buying up the former Seymour Lumber site at 770 Amity Road in Bethany and changing it into a mega store for animal food, supplies, hay, riding clothes, and even a whole wing dedicated to lawn mowers, weed whackers, chain saws, generators and more. When you step in you might imagine you were just dropped down into a country store in Wyoming. As it turns out Mary and Theron Simons run an equine therapy program in Naugatuck, so there was a merge of common interests and Bethany was the perfect spot.

The store is so new the paint is just about dry and they had their opening day to the public in late August. You'll notice the office area and horse arena right out by the road; this is where they plan to offer seminars in a state of the art conference room and in the outdoor arenas.

One particularly expansive department is the area for dog and cat food and supplies; it goes on for 5 aisles. Much of the brand names will be new to this area as the "box" stores just won't carry all the higher end and specialty food.

Bird lovers will be thrilled to find the expansive area for foods and feeders. One feature which is great is that nearly all the feeders are Made in the USA!

The horse community has already been in the store often as the "buzz" has been circulating for months that the town, which at one time boasted to have more horses than people, will have a local shop for tack and feed supplies. Deliveries are available to fit your needs whether once a month or weekly. You won't have to hit the Post Road for jeans either as Lock Stock & Barrel also carries brand name at the same prices!

The storms from the last few years are a reminder that a backup generator is a new "must have" so Lock Stock & Barrel's power equipment department will carry a variety. They also stock chain saws, lawn mowers, snow blowers and other necessities for keeping a proper landscape and a complete service and repair department for all makes of power equipment.

The store is easy to get to up Amity Road (Rte. 63) from Woodbridge, about 5 minutes from where Rte. 63 and Rte. 67 intersect, diagonally across from the Old Bethany Airport and Bethany Fire Department. Hours: Monday, Tuesday, Wednesday, and Friday 8am – 6pm, Thursday 8am – 8pm, Saturday 8am – 5pm and Sunday 10am – 4pm. Visit us on Facebook: www.facebook.com/lbfbarnsupply.



WHEN SHOULD SOMEONE GET EARLY TREATMENT FOR SPINAL CARE?

How soon should someone seek help for spinal pain or injury? This is a question we get often in the clinic, and the answer varies by condition. Statistics show that most of us will experience at least one episode of low back or neck pain during our lifetime (studies suggest this happening approximately 75% of time after age of 25). Approximately 52% of the patient visits seen at our facilities are treated for neck and/or low back pain. As always, each patient's condition is unique but for the purposes of this article, I will discuss some general principles that should help in the decision process.



Michael Dow
MSPT

The first thing to consider is the inflammatory response. Assuming there is a start date of the injury or episode, there is a chemical inflammatory process that occurs; consisting of three days. During the acute first phase, it is advisable to rest, ice and gentle non-aggressive stretching. In our office, we would typically administer modalities such as ultrasound and electrical stimulation to address inflammation, as well as manual therapy to break spasm and decrease pain.

After day 3, there is a middle phase of inflammation that lasts from day 4 to day 20. During this stage, lymphocyte cells travel to the area of injury and begin the healing process by laying down new scar tissue. This is the time where stretching of muscle tissue and joint mobilization techniques are most vital and beneficial to speed up recovery. Typically, some of the pain begins to decrease from the first phase, however there is range of motion limitations and alignment issues. This is also the time when strategic core, trunk, and lower extremity exercises should be initiated. Even when the pain is decreased, the affected tissues are not ready for normal activities and the exercises should be somewhat conservative in nature.

The final phase of the inflammatory response begins around day 21 and can last until 4-6 weeks from the initial injury. During this phase, the above mentioned scar tissue fibers begin to mature. It is important that normal range of motion has been restored by this time to eliminate the scar maturation leading to loss of mobility. Typically the pain is significantly lessened and intermittent in nature. During this phase, we are guiding patients with progressive strengthening exercises, as well as advancing their home exercise programs towards full restoration of pre-injury levels.

The above mentioned phases are a guideline for healing process, but does not account for any re-injury that occurs or for older chronic injuries. Those situations may still warrant treatment, but often the decision making process is modified by pain level and the extent of loss of joint mobility and muscle flexibility – both of which may require more aggressive measures.

So what now? It is evident that early treatment certainly helps speed up the healing process physiologically; and there is value of knowing which exercises should or should not be done to facilitate recovery, regardless of acute or chronic injury. In addition to self assessment of needs, patients need access to service. One of the toughest challenges in the medical field is to seek help in a timely fashion, as there can be several days to a few weeks to see a specialist. Our office has been very proactive in allowing same day appointments for new injuries to assist in early management and speed up recovery by addressing the inflammatory phases acutely.

As of October 1, 2006, state legislature passed the direct access bill for physical therapy in Connecticut. This law permits patients to seek physical therapy without the need to obtain a prescription first. This allows patients to obtain physical therapy immediately without having to see their physician or orthopedist first. This law is not intended to defer patients from seeking medical attention for orthopedic care, but rather allows immediate effective care first. Once therapy has begun, our office contacts physicians and details the plan of care. You always have the option of seeing your physician before or during the physical therapy regimen. Insurance carriers, including Medicare, fully support this change and direct access does not negatively affect reimbursement.

This change in state law applies for both exacerbations of older injuries as well as new orthopedic conditions. Upon evaluation, if an immediate need is found to refer patients to their family physician and/or orthopedist, the physical therapist will direct appropriately.

Although not required to begin physical therapy, if you have had relevant diagnostic imaging prior to your evaluation, it would be useful for you to bring in the radiologist reports. Conversely, if after beginning physical therapy and clinically necessary, we may suggest to your physician that you have these tests or refer you to an appropriate specialist.

Michael Dow MSPT received his degree from Sacred Heart University in Fairfield CT. In addition to being the founder of Amity Physical Therapy (locations in Woodbridge and Hamden), he has been recognized by the US Dept of Health and Human Services for his work with the National Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Michael can be reached at (203) 389-4593 or www.amitypt.com.

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GET READY TO CRUISE NEWS

By Leslie Marsh



VIKING STAR

There's a lot going on in the cruise industry, I thought I'd use this month's column to share a couple of recent updates.

Changes in smoking policies: With the trend toward healthier living and with the spotlight on safety, many cruise lines are adding stricter guidelines for smoking onboard their ships. For the most part, smoking has already been banned in state-rooms, dining rooms and many public areas, but now, many cruise lines are choosing to ban smoking on balconies. Depending on the cruise line, indoor smoking may still be permitted in the casino and specified lounges along with designated smoking areas outside on deck.

Dress Codes: People tend to be more casual these days. Disney Cruise Line has taken notice and recently announced it would allow shorts to be worn in their dining rooms. Although I applaud Disney for listening to their guests, I personally think this change eliminates a teachable moment for children...there are, after all, times when it's inappropriate to wear whatever you want. Other cruise lines haven't followed suit yet, but I'm sure there will be changes in the upcoming months.

Viking River Cruises: It is no longer just sailing on the world's rivers! It's introduced Viking Ocean Cruises with the announcement of the Viking Star, a new 930 passenger full fledged ocean-going ship, due to begin sailing April, 2015. With Viking Ocean Cruises, it will offer the same small ship, destination-focused itineraries that will enable passengers to become immersed in the cultures of the places they visit. In addition, Viking will launch 14 new river ships in 2014 to match the demand for European river cruising!

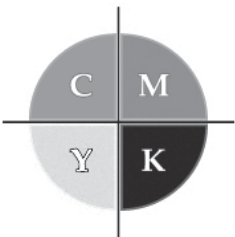
Costa Concordia: After close to two years, it's expected that workers will execute a maneuver called parbuckling which rolls the ship upright onto underwater platforms. This maneuver took place during the week of September 16. Once the ship is upright, they're hoping to find the remains of the two people who haven't been accounted for since the terrible accident back in January of 2012. After a salvage team searches the interior of the ship to collect items that may be used by the Italian state prosecutor, the ship will be towed away and dismantled.

This is just a little bit of recent news. For more news, or if you have comments or questions, please visit my Facebook page at www.facebook.com/CTCruisePlanners.

Leslie Marsh, ECC owns and operates Cruise Planners of Orange. She can be reached at 203-799-2367 or leslie@getreadytocruise.com.

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Wine Talk

With Ray Spaziani



2013 SAN FRANCISCO INTERNATIONAL WINE COMPETITION

June 16th the San Francisco International Wine Competition completed its judging and the results are in. Fifty-two judges from the areas of retail, restaurants, winemaking, media and consulting from New Zealand to Las Vegas judged 4,539 wines from 1,400 wineries, 30 countries and 29 states with wines from Connecticut, Rhode Island and Nevada entering this for the first time. Anthony Dias Blue served as the executive director.

Best of the Nation awards went to 22 countries, including several nations emerging into the US market. This included Brazil, Bulgaria, the Czech Republic, Slovenia, Serbia, China and many others. This proved the global nature of the event and of today's wine market. For a complete listing of the results you can go to www.sfwinecomp.com. There were 178 Double Gold awards, a distinction given when a wine unanimously is awarded a gold medal by all the judges evaluating it, 326 gold medals, 1,427 Silver medals and 1646 Bronze Medals.

The Winery of the year is J. Lohr Vineyards & Wines which is one of my very favorite wineries. I love J. Lore because all of its wines are wonderful. You can purchase a J. Lohr \$10.00 Cab or Chard that is a very nice enjoyable wine with layers of flavors that will make a meal something special. As you advance through the price range, the wines get better and better and I recommend all of J. Lohr wines as great price bargains and consistently good. The winemaker of the year is Brooks Painter of V. Sattui winery in Napa. This is something else I am in agreement with. My brother, Professor Eugene Spaziani, is on the tasting panel for Sattui. They send him all of their first releases to taste and give his opinion on and all of them are fantastic. When my brother is particularly enamored with me for whatever reason, he gives me a bottle of Sattui and he knows I will only share them with him. He has not presented me with a bottle recently, however. I would encourage you to google V. Sattui and go on its website. Vittorio Sattui had a castle imported from Italy which he rebuilt in his Napa Valley winery stone by stone. In the 1940s he visited New Haven, Connecticut and sampled some of Frank Pepe's Pizza. He went back to his castle and built a brick oven and it is pine wood fired to some 450 degrees. He imports the special semolina flour from Italy just like Pepe's. I have never had the pizza, but I am told it is the best in California even better than Pizza Hut of Costco.

Some double gold winning Chardonnays available in Connecticut include Francis Ford Coppola 2011 Chard at \$14 is a great bargain. Sterling 2011 Chardonnay Napa Valley at \$19.00 is super! Of the 12 Sauvignon Blanc winners 10 were from the Marlborough region of New Zealand! From the worst wine snobs to your aunt Alice who only drinks white zin everyone loves Sauvignon Blanc from New Zealand. It has layers and layers of citrus flavors like biting into a fresh grapefruit with some lemon and lime and a great finish. Whenever I have my car serviced at High Tech Automotive in Orange, I bring my dear friend Benny Yang a bottle of New Zealand Savignon Blanc. So it must go well with Chinese food. He may be just too nice to say it does not. If you are having trouble with your car I would encourage you to bring Benny some nice wine. If he doesn't like it he will most likely give it to me. He may be the last honest man in that business.

In the area of Riesling and Gewurztraminer, Dr Konstantin Frank 2012 Riesling Reserve from the finger lakes in New York state was among the international favorites (\$25). Chateau Ste. Michelle 20012 Columbia valley at \$18.00. Reds which were singled out were Hess Select Cabernet at \$30.00 is special. The blends include Columbia Crest 2010 Private Reserve at \$30.00. All of these wines are wonderful if you try them you will be glad you did.

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College 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.



State Senator Joseph J. Crisco, Jr. (D-Woodbridge), center, helps Beecher Road School students top off their sundaes at the PTO's annual Ice Cream Social on Wednesday, September 11, 2013. Senator Crisco joined hundreds of students, parents, faculty, administrators, and staff at the popular welcome-back-to-school event.

FROM YOUR STATE REPRESENTATIVE

By Themis Klarides



Rep. Themis Klarides (R-114) adds whipped cream to a Beecher Road School student's sundae at the annual ice cream social on September 11.



Rep. Themis Klarides (R-114) and Sen. Joseph Crisco (D-17), flanked by Beecher Road School teachers, volunteered to serve ice cream to students at the annual BRS ice cream social on September 11.

KLARIDES VOLUNTEERS AT ICE CREAM SOCIAL

Rep. Themis Klarides (R-114) was on hand September 11, 2013 at Beecher Road School's annual ice cream social, where she joined teachers and faculty to dole out whipped cream to hungry students and parents. The event, which was sponsored by the BRS PTO, also featured music, registration for activities such as Boy Scouts, and was a great opportunity for parents and students to socialize.



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Right to left are Charles Whiting, John Smith, Bob Belozie, Jack Rochette, John Santucci, Al Gambardella, Mike Walter, Bob Tucker and John Dwan.

BOY SCOUT TROOP 63 CELEBRATES 50TH ANNIVERSARY

Boy Scout Troop 63 held its 50th Anniversary gala dinner event on Sunday, August 25th at Grassy Hill Lodge in Derby, CT. The theme of the anniversary dinner was "Celebrating the Journey". Seen in the photo are nine of the eleven Scoutmasters which have helped guide Troop 63 through its 50 years.

Over the past 50 years, Troop 63 has served over 2,000 boys, helping them grow into outstanding young men, with great potential. We've watched as they have "hiked on" into all walks of life. Along the way we have backpacked in the rain, camped in the mud, canoed lakes, rafted down rivers, and performed thousands of hours of service to our community. We've eaten our share of "camp food", taught skills, sang songs, performed skits, burned our hands, bumped our heads, swatted a gazillion mosquitoes...and loved every minute of it! AND would do it all again in a heartbeat.

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

Join the adventure. Join the fun and see what scouting is all about. Meetings are held at Our Lady of the Assumption "Mother" Church located at 1700 Litchfield Turnpike (Rte. 69) in Woodbridge on Monday nights from 7:00 - 8:30 and all boys ages 10 and up or who have completed the fifth grade, along with their parents, are encouraged to visit.

For more information visit our web site at <http://www.troop963.org> or email Troop63CT@gmail.com.



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APPLES TO APPLES

By Roberta L Nestor

With the end of the third quarter quickly approaching, millions of Americans will soon be receiving their investment statements. From brokerage accounts, 401k, 403bs, IRAs ROTHs and alike, investors will open their statements, quickly read the bottom line (how much did I make this quarter, or how much did I lose) and briefly compare accounts. If the market is “up” how come not all of your accounts are “up”? Why does your 401k seemingly do better than your IRA?

While we all know that saving for retirement is a long term investment, too often we get caught up in short term results. What happened in the 3rd quarter of 2013 is not likely to have any impact on your retirement 10 + years from now. Comparing returns on one investment statement to a different statement will never yield the same results.

Here are some considerations:

- Larger employer 401k plans are often able to buy share classes that have reduced fees for employees. Your 401k maybe using institutional shares versus an IRA investment that may have a retail share class and potentially higher expenses.
- Additional deposits – if you contribute to one investment over the quarter and not another, this can surely impact returns, and not always positive as we saw in 2008.
- One bad apple can bring down the bottom line. You have to dig a little deeper before saying, “this investment is bad, I want out”. What are the underlying holdings? Do you own a sector that is out of favor?
- You don’t want all of your investments to give you the same returns! If this were true you would not be diversified.
- If you are diversified with different asset classes (stocks, bonds, international, etc) it makes sense that your returns will vary from one statement to another.

We have heard that bigger isn’t always better and that may be especially true when looking at returns on investments. As the end of quarter comes to a close more and more investors will focus on their rate of return or “average rate of return” and which of their investments performed better than other. Money Magazine, Barrons, Newsweek and publish these numbers every quarter showing which investments had the best short term and long term returns (i.e., 1, 3, 5 and 10 years) Deciding to buy one investment over another, based average rates of return may not be a good decision.

Here are two hypothetical portfolios, one aggressive the other conservative. At a glance, the returns of the aggressive portfolio below look better. Actually, after a three year period, the conservative investor is seriously lagging. How can a 5 year average return of 4.10% be better than a 5 year average return of 4.56%?

Look at this example of a \$100,000 investment over a 5 year period. At the end of 5 years, the aggressive investor would have \$108,598 and the conservative investor \$121,887.

	AGGRESSIVE		CONSERVATIVE	
Year 1	10.96%	\$110,960	3.34%	\$103,340
Year 2	28.33%		6.25%	
Year 3	- 37.31%		-4.76%	
Year 4	5.14%		3.35%	
Year 5	15.71%	\$108,598	12.32%	\$121,887
	4.56%	5 Year Average	4.10%	

Yes, a 4.56% average is a higher number than a 4.10% average return, but the conservative investor yielded \$13k more in just a five year period! The point is not that conservative is better than aggressive. It’s like rooting for your favorite team, if they don’t get in the World Series this year, does that mean next year you will root for another? Either you want to be a front runner, or be in it for the long haul. Understand the differences of what you own when comparing investment returns and bigger is not always better!

This is a hypothetical example and is for illustrative purposes only. No specific investments were used in this example. Actual results will vary. Past performance does not guarantee future results. Diversification and asset allocation programs do not assure a profit or protect against loss in declining markets, and overall diversification and asset allocation cannot guarantee that any objective or goal will be achieved.

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

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DINING WITH SUSAN

By Susan Noonan



Shanghai Gourmet China Bistro

The best part about writing this column has been meeting many amazing people from all over the world. Winnie and Steven Guo (both were born in China) owners of the very successful Shanghai Gourmet China Bistro in Orange definitely fall into this category. This hardworking couple has excellent professional and customer service skills. The Guo's truly value each and every customer that walks thru their door. I thought it was time to revisit this successful restaurant. The menu offers exotic Asian gourmet cuisine at its best. Many readers asked me to write about Shanghai Gourmet as they were so impressed with all the great changes that have occurred since Winnie & Steve took it over in 2008. Fast forward to 2013 and Shanghai Gourmet is very well known for their authentic Asian cuisine and is very popular with many local Asian Americans. As I was doing my original research I discovered a review on Shanghai Gourmet written by local travel agent who posted his review on a "travel website". Chris gave me his permission to share his thoughts with our readers, also mentioning that he was a regular at Shanghai Gourmet. I thought it only fitting to again share his glowing review: "While continuing my quest for the great eateries of Connecticut, my journey led me down a path less traveled, steeped with flavor and freshness. My path, Chinese food. My destination.....the Shanghai Gourmet China Bistro.



Located on the Boston Post Road in Orange, the Shanghai Gourmet takes conventional Chinese take-out to a much higher level of standards. Although the restaurant offers takeout and delivery service, by doing so you will miss the opportunity to dine in a quaint 30 seat dining room. Unlike most Chinese take-outs that offer small, shaky tables and uncomfortable metal chairs, Shanghai Gourmet has a more traditional dining room with rustic hardwood floors, along with beautiful cherry wood tables and chairs. The dining room is decorated with a natural, comfortable at home feeling accompanied with big bay windows allowing plenty of sunlight to illuminate your experience.

There are many points of interest that separate Shanghai Gourmet from other Chinese take-outs; however the main difference is the use of fresh ingredients. The use of fresh mushrooms, tomatoes, peapods, authentic fresh herbs and a beautiful menu selection, places this restaurant miles ahead of most Chinese take-outs. The menu is a traditional separation of soups, appetizers, pork, poultry, seafood, beef, and vegetables with the addition of big bowl soups, stir fry vegetables and lovely sixteen item gourmet selection. Having ordered all the South East Asian selections, I recommend the Sambai Chicken. A perfect balance of tender chicken, fresh herbs and vegetables. Aside from the diverse menu, what really places Shanghai Gourmet on the top of my recommended list are the owners. More often than not you will find Winnie and Steven Guo working in the kitchen from morning to night. What an amazing team they make, providing an incredible dining experience with tasty fresh ingredients, a comfortable atmosphere and always service with a smile". As Chris mentioned above the key to Shanghai Gourmet is their fresh ingredients. Every morning Steve travels to many local establishments searching for the best products that meet his high standards.

In addition to their regular menu Shanghai Gourmet offers a special "Chef Recommendation" menu featuring many of their most popular dishes including Steamed Chilean Sea bass, Chicken & Shrimp Szchuan Style, Sautéed Spinach with Fresh Garlic, Scrambled Egg with Shrimp & Chives, Shredded Beef with Chili Pepper, just to name a few. Visit their web site: www.shanghaigourmetkg.com to view their entire menu.

Complimentary glass of red or white wine offered with dinner (eat in only) or you can bring your own bottle without any corkage fee.

Open Monday-Thursday 11:00 am - 10:00pm - Friday & Saturday 11:00 am-11:00pm - Sunday 12:00pm - 10:00pm. Luncheon specials served Monday-Saturday 11:00am-3:00pm. Reservations accepted -All major credit cards - handicapped accessible - large parking lot. Take out on all menu items - Free delivery to Orange & Milford on orders over \$25.00.

Shanghai Gourmet

533 Boston Post Road-Peck & Post Plaza, Orange, CT 06477
Phone: 203-891-8788 or 203-891-8988 - Fax: 203-891-8688

Final notes: As I mentioned above, Winnie & Steve are terrific business people with customer service a top priority. I admire their unbelievable energy, generosity and warm personalities. The couple is very happy having their business in Orange and plan on staying for a long time. Make a visit soon and support this wonderful local restaurant. Shanghai Gourmet has the right combination of reasonable prices along with outstanding food and service. In addition, Winnie and Steve will definitely make you feel like part of their family.

If you have a favorite restaurant you would like me to profile e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.

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**celebrity
extra**
by cindy elavsky



Dana Delany in "China Beach"

Q: I think I've read this question in your column before, but I can't remember your answer. Will "China Beach" ever be released on DVD? I loved that series, and I wish I could watch it again. -- Beverly W., via e-mail

A: I've gotten scores of letters asking that same question, and I finally have a definitive answer for you: On Oct. 1, fans can at last own the critically acclaimed, **Dana Delany**-starring hit series. For the show's 25th anniversary, the complete series will be available in a 21-disc collector's set in stores and online.

Q: With Halloween approaching, it got me to wondering if **Catherine Bell** will be in another "Good Witch" movie on the Hallmark Channel? Those are my favorite. -- Betty S., Tulsa, Okla.

A: Catherine and company will return to the Hallmark Channel on Oct. 26 with "The Good Witch's Destiny." In this sixth installment of the series, all Cassie Nightingale (Catherine) wants for her birthday is for her family and friends to be together. As her special day is approaches, Lori discovers signs of a curse looming over Cassie. Check back soon for my exclusive interview with Catherine.

Q: You mentioned a show set in the 1940s about the Mafia that was supposed to air on TNT called "Lost Angels," but I can't find mention of it anywhere. Can you help? -- Douglas B. in Ohio

A: The latest TNT drama has been renamed "Mob City" and is set to premiere Dec. 4. The show centers on the epic battle between a determined police chief and a dangerous mobster that inflames 1940s Los Angeles, and stars **Jon Bernthal**, **Neal McDonough** and **Ed Burns**.

READERS: Our summer reading

contest has come to a close, and I want to thank everyone who entered. One name was drawn at random to win an autographed copy of Rainbow Rowell's critically acclaimed sophomore effort "Eleanor and Park." And that winner is Linda R. of The Villages, Florida.

If you read my review of "Eleanor and Park" at www.celebrityextraonline.com, then you know I love the book, and why. I spoke with **Rainbow** about her feelings while writing it, and she told me: "With this book, I do remember saying that I wanted people to feel in their stomach that feeling of being in love for the first time. When you're at that age where even if you're not actually in love, you feel those feelings so deeply. I honestly think you have the capacity to feel love and infatuation and all of those feelings, to a much greater capacity when you're that age -- that intense first love, like every cell in your body is part of it."

And if you want to explore more of Rainbow's writings, her third book, "Fangirl," was just released (check my website soon for my review). And while I don't like to play favorites, I think I might like "Fangirl" even more than "Eleanor and Park."

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

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CLUBS & ORGANIZATIONS

AMITY CLASS OF 1973 40TH REUNION

Attention alum of the Amity Class of 1973 – Reservations are now underway for the 40th reunion. Save the date: November 30, 2013, 7pm to midnight, Grassy Hill Country Club, Orange, CT. We are in the process of creating a master data base in order to get the word out and keep people informed. Please provide your name, address, phone number(s) and email address to: paula.cofrancesco@reg5.k12.ct.us. Reservation forms will be emailed. Pass the word on to fellow '73 alumni. Any questions email or call Paula at 203-397-4861.



Amity High School

HELP THE AMITY TEEN CENTER BECOME ENERGY

The Amity Teen Center, Inc. (ATC) is a 501(c)(3) nonprofit organization established to provide a safe environment for area teenagers after school and on weekends. The ATC purchased and renovated a building at 10 Selden Street in Woodbridge, which opened in 2006 for its activities. Energy costs have steadily risen and have reduced funds available to operations. Therefore, the ATC has applied for funding under the Neighborhood Assistance Act for its Energy Conservation Program. We are seeking sponsors to help fund a new solar energy system, an energy efficient roof and energy efficient lighting.

Corporations that pay Connecticut income tax can receive a 100% state tax credit for donations for these purposes. In effect, every dollar donated is offset by the neighborhood assistance act credit. You are helping the Amity Teen Center at no cost to your company as well as improving the environment. These contributions must be made after September 15, 2013 and no later than October 1, 2013. The 2013 Connecticut Neighborhood Act Business Application can be found at http://www.ct.gov/drs/lib/drs/fillable_forms/2013forms/naa-02-fillable.pdf.

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

MODEL RAILROAD CLUB HOLDS 21ST ANNUAL TRAIN SHOW

New Haven & Derby Model Railroad Club's 21st Annual Model Train Show is scheduled for Sunday, October 13, 2013, 9:30AM – 3:30PM at the High Plains Community Center, 525 Orange Center Road, Orange, CT (Rt. 152). There will be 100 vendor tables, operating layouts, door prizes, food, free parking, Handicap accessible. Fun for everybody!!! Donation: Adults: \$5, Ages 12-18: \$1, Under 12: Free. For more information, go to www.newhaven-derbymodelrailroadclub.org. Wilbur Cross Parkway Exit 56 or Connecticut Turnpike Exit 41 - Follow signs.

GARDEN CLUB OF WOODBRIDGE

Karen Bussolini, Garden Photographer, Writer and Lecturer will present "Jazzing up the Garden with Color, Contrast and Movement" The meeting will be at the First Church of Christ, 5 Meeting House Lane in Woodbridge beginning at 11:45am. There is a \$5.00 fee for non-members.

WOODBIDGE HISTORICAL SOCIETY TAG SALE

The Amity and Woodbridge Historical Society is hosting a tag sale on the grounds of the historic Thomas Darling House on Saturday September 28th at 8 AM at 1907 Litchfield Turnpike in Woodbridge CT. Vendors interested in renting a space for \$15 can contact Barbara at 203 393 0047. The Historical Society is also taking donations of goods to sell, please contact Barbara at the above phone number. Come by and find a treasure!

BOW RELAY FOR LIFE INVITES YOU TO JOIN THE COMMITTEE

Relay for Life is a community event that brings everyone together for one purpose, the fight against cancer. The Relay for Life planning committee invites you to join our committee. As part of the committee, you will have a hand in the decisions that make our Relay an amazing event. We are a fun group of people, who are passionate about Relay and making a difference. We are always looking for new members to keep our Relay event evolving with new ideas and new faces.

All of us on the planning Committee welcome you, no special talents are necessary, just enthusiasm. This is truly a labor of love that we want to share with you.

If you are interested, October is a perfect month to get started. We will be having our first Committee meeting on October 7th at 7pm, at the High Plains Community Center, 605 Orange Center Road, Orange. If you have any questions, please email us at bowrelayforlife@gmail.com and feel free to join us.



left to right: Rotarian Vin Lazzaro, Cindy Downs and Rotarian and organizer of the event, Bill DeRosa.



Guests Selectman Tony Anastasio and First Selectman Ellen Scalettar, center, attended the Rotary Picnic along with Rotary Co-President Buddy DeGennaro and Rotarian Chris Lovejoy.

WOODBIDGE ROTARIANS HOLD PICNIC

On Labor Day weekend, the Woodbridge Rotary Club hosted a picnic for Rotarians and family members at the newly named Rotary – Stoddard Memorial Pavilion on Center Road. The pavilion is available by reservation to Woodbridge residents free of charge. To reserve the pavilion, email Jfranco@woodbridgect.org or call Woodbridge Recreation Department at 203 389-3446.

HISTORY CORNER

Muffy German

Celebrating 80 Years of Gardening



Butterfly Garden at the Library



Russian sage outside the Center



9/11 Memorial Garden at the Firehouse

This has been a year of incredible weather extremes. All across the country we hear of record breaking rains, wind-driven fires, intense heat and summer hail. Currently, the lead news story is of floods in Colorado. Most memorable for me personally was the early January snowstorm that left me stranded overnight in my car on the drive from Maine to Connecticut. The very next day was sunny and mild. Even in Woodbridge, we have experienced see-sawing temperatures and rainfall from spring to fall this year. In spite of these extremes, gardens have been particularly lush and colorful.

One of my favorites is the garden in front of the entrance to the Woodbridge Town Library. The succession of bloom has been captivating. From the cheery yellow of massed daffodils to early azaleas and masses of pink columbine, roses and rhododendrons followed by daylilies in shades of gold, the walk from the parking lot is a pleasure. Through the summer I lingered outside to notice the wonderful pairings of blossoms such as the upright, orange butterfly weed with softly mounded catmint to the left of the library entrance. Now, elongated pods point upwards above the nepeta, and gleaming red winterberries are beginning to take center stage. Nearby, massed white candles of liriopse are rising where the daylilies have finished for the year. Across the driveway the line of pale blue Russian sage is striking against the brick of Center School.

Surrounded by the driveway, the circular Butterfly Garden has been a constant riot of color and form. It is anchored by stone edging, a dark ring of boxwood and a repeat pattern of low perennials and annuals such as yellow lady's mantle and coreopsis, pinks, lavender asters and hot pink and purple petunias. It rises through a middle ground of black-eyed rudbeckia and pink sedum and coneflowers sparked by airy white gaura and silver artemisia to smoky Joe pye weed and a glorious fountain of butterfly bush. All summer long that shrub has been covered with blossoms and butterflies. While the butterflies have recently departed, the garden is now attracting seed hungry goldfinches.

Head Librarian Todd Fabian called the garden "fabulous. People are always commenting on it." This year it featured four groups of sunflowers planted in conjunction with the library's summer program, Dig into Reading. Children were given sunflower seedlings to grow at home and compare to the sunflowers in front of the library.

All of this beauty comes to us courtesy of the Garden Club of Woodbridge which is currently celebrating its 80th year of service to the town. In recognition of this anniversary, the members have created a new



Girl Scouts' Butterfly Garden at Massaro Farm

brochure and website, www.gardenclubofwoodbridge.org, showcasing its mission, events and gardens. On the website you will find descriptions and lovely views of each town garden designed, planted and maintained by club members. Right down Meetinghouse Lane on the corner of Center Road is a small triangular garden of great importance. This Corner Bed was created in 1963 in memory of Adella Baldwin Stuart, a charter member and first president of the Garden Club of Woodbridge. Although it is small, it marks the entrance to the town center graciously. This summer it was ablaze with yellow daylilies, pink and red astilbe and hosta. Today you will see tall wands of snakeroot behind clumps of bronze coreopsis. A handsome retaining wall was added in 1996. Behind that, the gazebo has been attractively grounded by shrubs courtesy of the garden club.



Herbs at the Darling House

A little further up Center Road is the 9/11 Memorial Garden at the Firehouse. In spite of its busy location, this lovely garden seems peaceful because of the harmonious pairing of plants and shrubs with the rusted beam and reflecting pool and benches. Massaro Farm has also benefitted from the expertise of the garden club. Old fashioned perennials and hydrangeas create a welcoming entrance to the farmhouse. Beyond the barn is a Butterfly Garden planted by Girl Scouts under the guidance of garden club members. It is cheery with annuals and butterfly bushes and a border of brightly painted and inscribed rocks.

Another favorite of mine is the Herb Garden at the rear entrance to the Thomas Darling House. It was designed by Leslie Martino in 18th c. colonial style and was planted in 2007. The layout is symmetrical with paths dividing the garden into four quadrants filled with period plants. Along with familiar culinary herbs such as sage and parsley, you will find popular perennials with surprising uses. Did you know that lamb's ears big velvety leaves have antiseptic properties and were used as bandages? Lady's mantle was also used to soothe bruises. With its yellow buttons, tansy was rubbed on meat to repel flies. Unfortunately, this pretty garden is not visible from Litchfield Turnpike. If you park in the grassy lot beyond the horse barn, and walk to the back of the Darling House, you will see the white fence enclosing the herb garden. It was created as an Eagle Scout project as was the arbor and bench at the back of the garden. The Historical Society is holding its annual Tag Sale at the house on Saturday September 28 from 8-3. Stop by to shop and take a stroll in the herb garden.

There is one more garden that you may never have seen at all. It is known as the Secret Garden, and is best viewed from the Senior Center. Highlights include a sundial, benches and a brick edged path among perennials and low evergreens. Pat Bakke, co-president with Susan Antonozzi, invited me to quote from the garden club's new website: "The Club decided early in its history to concentrate its efforts in civic improvement toward landscaping and beautifying the center of town." In its 80th year, members of the Garden Club of Woodbridge are beautifully upholding its mission. The co-presidents invite you to consider membership. For more information, contact Membership Chairman Susan Hildebrand at (203) 387-3453 or sue4139@gmail.com. The next meeting is scheduled for Tuesday October 1 at 11:45 in the Parish House of the First Church of Christ on Meetinghouse Lane. The topic is "Jazzing Up the Garden with Color, Contrast and Movement". Speaker, Karen Bussonlini is a garden photographer and author. Guests are welcome (\$5 donation).

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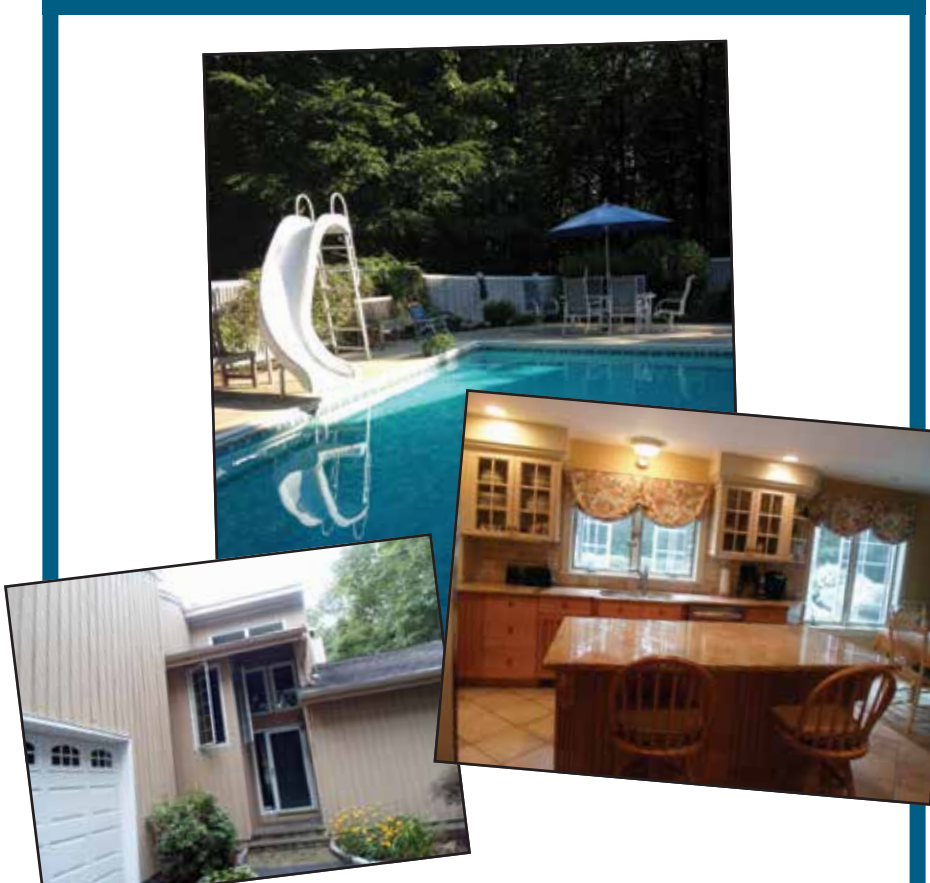
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FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



Seventh Graders enjoy the games at the recent Seventh Grade Picnic in Woodbridge.

Seventh Grade Picnic A Success Once Again

The recent Seventh Grade Picnic on the Woodbridge Green was a huge success. Woodbridge Youth Services organizes the annual picnic to bring seventh graders from Woodbridge and Bethany together. Program Coordinator Jeanette Glicksman reported that 143 students attended the event which is sponsored by Woodbridge Youth Services and the Town of Bethany. Amity Middle School's Principal Richard Dellinger and Assistant Principal Thayer Doyle joined the enthusiastic crowd. Derrylyn Gorski, Bethany First Selectman and Ellen Scalettar, Woodbridge First Selectman welcomed the students to their first Bethwood Bash which is a series of fun evening programs for 7th and 8th graders from Woodbridge and Bethany.



First Selectmen from Woodbridge and Bethany join in the fun. Pictured from left to right are: Woodbridge First Selectman Ellen Scalettar, Woodbridge Youth Services Program Coordinator Jeanette Glicksman, Bethany First Selectman Derrylyn Gorski, Youth Services Director Nancy Pfund, and Director of Human Services Mary Ellen LaRocca.

Bethwood Bash Costume Party October 18th

Seventh and Eighth Grade Residents from Woodbridge and Bethany: Save the date of October 18th for the Costume Party at the Woodbridge Center Building Gym at 4 Meetinghouse Lane. Games, Mummy Wrap, Raffle, Goodies, and a DJ will entertain you for just \$5.00 from 7:00 to 9:30 PM. Woodbridge Youth Services and the Town of Bethany sponsor the Bethwood Bash. Parents are asked to volunteer. Donations of raffle prizes are accepted. Call 203-389-3429 for more information.

Woodbridge Youth Services Offers After-School Programming at Amity Middle School - Bethany Campus

Digital Photography for Teens - with Instructor Luciana McClure - This is an introductory class on digital photography for students who want to get the most out of their digital cameras and improve their photographic skills as well as for those more experienced students who want to enhance their skills. The class is offered on Thursdays in the computer lab at the Middle School from 2:25pm-3:55pm.

The course will cover camera basics while working through creative assignments on composition, natural and artificial light and color. Students will work in Adobe Photoshop in the computer lab learning professional techniques to maximize their photography. Weekly projects will allow plenty of time for experimentation. If a student does not have access to a camera, arrangements may be made. A materials fee of \$80.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class began September 19th, but there's still time to join. For more information, to sign up and complete a permission slip, please call Youth Services at 203-389-3429.

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

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 began September 17th, but there's still time to join. For more information or to sign up please call Youth Services at 203-389-3429.

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 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, Carmine Tuscan Grill, 1500 Whalley Avenue, New Haven. Anyone interested in learning more about Rotary should contact Anna Dickerson at 203-710-0223 or email annadickerson@yahoo.com.

Annual Fund Drive for Bethany's Clark Memorial Library, contributions requested to help for the cost of a website to update services, etc.

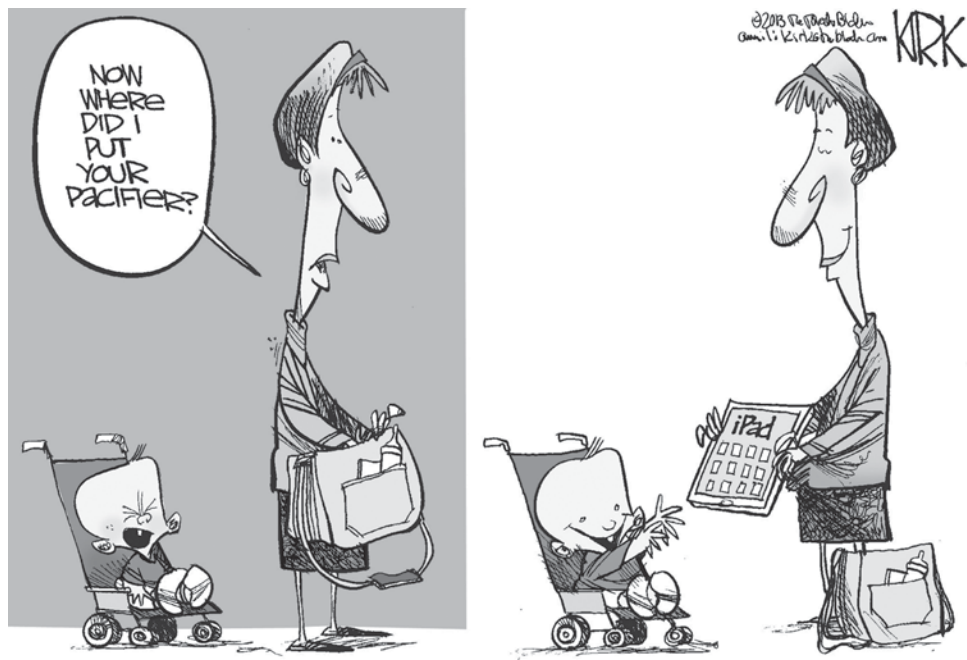
Trap Falls Kennel Club Obedience Classes, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience; begins week of September 16, 2013, held Wednesday and Thursday evenings, Pawz for Wellness in Shelton, CT. For registration and/or information, call 203-450-9485 or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC)

Hooked on the Sound Crochet Guild, Saturdays, October 5, November 2, December 7, 2013; 10am-1pm, Case Memorial Library, 176 Tyler City Road, small meeting room on 2nd level (elevator available); share stitch successes, assist with pattern problems and have a great time crocheting, no fee. For more information, visit <http://hotscrochetguild.yolasite.com/>, Email HOTSCrochetGuild@Live.com.

Amity & Woodbridge Historical Society Tag Sale, September 28, 2013 (rain date 29), from 8:00am-3:00pm, Darling House, 1907 Litchfield Turnpike, Woodbridge, sale benefits the upkeep of the Darling House. Donations for the sale or vendor spaces available/\$15, contact Barbara Baldwin at 203-393-0047.

The Bethany Family Harvest Festival, Saturday, October 5, 2013, the Bethany Airport, 10:00am - 4:00pm, Food, live music, face painting, gymkhana, craft market, petting zoo, sheep shearing demonstration, garden tractor pull, pie baking contest, firefighting and jaws of life demonstration by the Bethany Volunteer Fire Dept, and more! Bethany residents free/\$5 non-Bethany residents. Any vendors interested in participating should contact Janice Howard at 203-393-2100 ext. 127 or at jmhoward@bethany-ct.com.

New England Young At Heart Health & Wellness Fair, Saturday, November 2, 2013, 10:00am-1:00pm, Woodbridge Senior Center. For more information, go to <http://neyoungatheart.com>.





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HOUSES OF WORSHIP EVENTS

CHURCH OF THE GOOD SHEPHERD UPCOMING EVENTS

Church Alive Comes To Church Of The Good Shepherd

Sunday Mornings at 9 AM beginning September 8th. Children, their families, and the young at heart are invited to join together for praise and worship in a relaxed, child-friendly service that is highly participatory and interactive and is guaranteed to be over in under an hour. Children of all ages are encouraged to set the table, read the lessons, help with communion and grow in their love of Jesus. The Worship Band will play at this service.



Church of the Good Shepherd

Traditional Choral Eucharist Returns To Church Of The Good Shepherd

Sundays at 1030 a.m. beginning September 8th. In a world that is always changing, experience a traditional worship service with communion, hymns and a message of God's love that will help you put your faith into practice and navigate life's ups and downs. Church of the Good Shepherd is a place to belong, a place to grow and a place to make a difference in the world.

New Bible Study At Church Of The Good Shepherd

Have you always wanted to understand the Bible more? All are welcome to explore God's story on Monday Evenings beginning September 9th at 7 p.m. in a judgment free zone where questions and lively discussion are encouraged. No prior Bible knowledge needed and all are welcome. \$20 for materials and scholarships are available. Questions call 203-795-6577.

Women's Spiritual Journey Group

Mondays 10 am at Church of the Good Shepherd beginning September 9th. Women of all ages and those with small children are invited to gather weekly to discuss the spiritual issues women face in their daily lives and explore where God is present through the lens of scripture, prayer, Christian thought and faith. This group is intended for mutual support and encouragement in a safe and judgment free environment.

Financial Peace University, Introductory Class Offered

Sunday September 22nd at 1230 p.m.—In just nine lessons, learn to take control of your money, invest for the future, and give like never before. Don't worry! You won't be asked to share any personal financial information during the class.

Yoga Body Prayer

Sunday Evening , 7 p.m. Beginning September 8th—Using the Vinyassa Yoga Method and taught by certified Yoga Instructor Maryanne Haverstock, begin your week with Yoga and centering prayer and meditation. This class is for all levels of yoga practice and experience. Bring a yoga mat or towel, water and wear comfortable clothes. Free will offering accepted.

The Power Of Prayer At Church Of The Good Shepherd

Join us for intercessory prayer and meditation on Wednesday morning from 1030-1130am beginning September 11th.

Prayer and Healing service with Laying on of Hands and Eucharist Every Wed Evening at 7 p.m.

Sing Sing, Sing!

Did you sing in High School? Do you sing in the shower? You are invited to experience choral music singing, community and fun with Dr. Don Wiggins and the Good Shepherd Choir. Rehearsals begin September 5th, 630-8p.m. The choir sings at 1030 each Sunday. Don is an experienced singer, teacher and director and enjoys working and developing voices of all ages. For more information call 203-795-6577 or email dgwiggins@gmail.com.

GOOD SHEPHERD HOSTS "THE AMAZING 70S PROM"

On Saturday, October 19th, the Church of the Good Shepherd will host its 2nd annual gala with the New York Dinner Theater's "The Amazing 70s Prom". In this hilarious audience participation comedy, you will step into a world of laughter and fun. You can be part of the show or simply sit back and enjoy the antics. "At this year's prom, everyone will be treated like royalty. Every guest recognized as either a King or Queen. Whether you're attending prom for the first time or reliving a memory, we promise a great time! "No curfew, no chaperons and you're old enough to drink responsibly!", says Gala Chair, Kathie Bellis of Woodbridge.

"On a daily basis, the Church of the Good Shepherd changes lives through mission, ministry and outreach. Our good works depend upon the generosity and support of dedicated volunteers and donations from the larger community", says Ann Ritonia, Rector for the Church of the Good Shepherd. "We hope to see many of last year's wedding guests from "The Godfather's Meshuggener Wedding" to return to this year's "The Amazing 70's Prom" on October 19th!"

Ballroom doors will open @ 6pm. During the cocktail hour, guests will enjoy a Silent Auction, Chinese Auction, and Prom Portraits. Corsages and boutonnieres will be sold at the door. Dinner, dancing, and dessert will be enjoyed throughout the comedy show with a fabulous DJ. During intermission, there will be an amazing Live Auction. The evening will conclude with an extra hour of dancing under the Disco Ball. Like last year's sold out event, we will return to St. Barbara's beautiful ballroom on Racebrook Road. Tickets are \$75 per person until September 1st. After September 1st, tickets will be \$90 per person. We expect another sold out event, so please order your tickets soon by calling the Church of the Good Shepherd @ (203) 795-6577 or ordering online @ www.thegoodshepherdorganect.org.

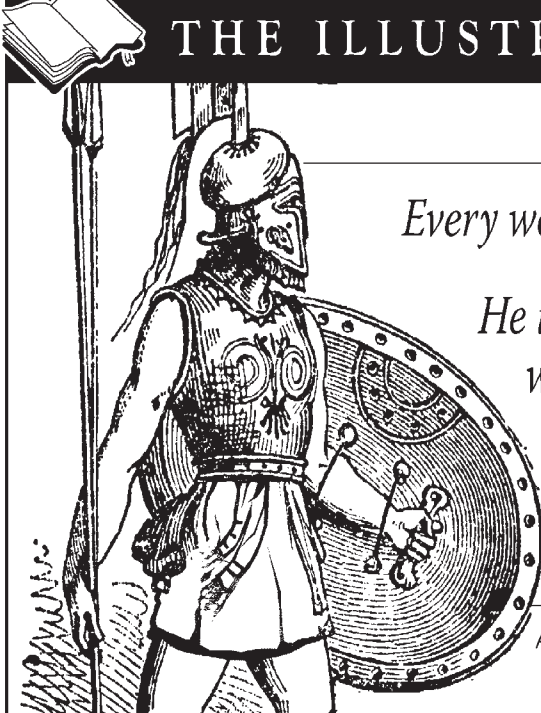
COOKING CLASSES OFFERED AT ST. BARBARA'S CHURCH

The Ladies Philoptochos Society of the Saint Barbara Greek Orthodox Church in Orange, continues to offer its very successful cooking classes for traditional Greek dishes that are part of the Mediterranean diet. The classes are held every Tuesday 7:00 - 9:00 pm at 480 Racebrook Road, Orange, CT. Classes for the fall 2013 session will be held on October 8, 15, 22, and 29. This series will include complete dinner menus such as: eggplant appetizer, stuffed tomatoes and peppers, and orange flavored biscotti; feta cheese pie with fyllo, beef with eggplant, and walnut cake; chicken in lemon sauce with rice, lima beans with artichokes, and apple strudel; pastichio (a pasta dish with meat and béchamel sauce) and Greek style pumpkin pie. All classes include some hands-on experience for participants. Cost for the series is \$140, and includes ingredients, generous tasting, and copies of recipes. Single classes are \$40. For additional information and registration, please contact: Olympia Hadjimichael at 203-397-5112 (daytime) or ohadjimichael@gmail.com; Jane Hadjimichael at 203-389-5251 (evenings) or jane.hadjimichael@gmail.com.



Saint Barbara Greek Orthodox Church

THE ILLUSTRATED BIBLE



Every word of God is pure;
He is a shield to those
who put their trust
in Him.

PROVERBS 30:5

Ancient Greek warrior

HOUSES OF WORSHIP EVENTS

JEWISH COMMUNITY CENTER EVENTS

All classes will be held at JCC of Greater New Haven, Fitness Center, 360 Amity Road, Woodbridge, CT 06525. Contact: Susan Donovan, 203-387-2522, susand@jccnh.org., http://jccnh.org/local_includes/downloads/62188.PDF.

Shabbat Friends

Fridays August 2 - December 13, 11-11:45 am

Every Friday, new and old friends get together for a small snack and drink in the JCC of Greater New Haven Family Center. We sing songs, read stories, make a craft, and sometimes have special guests. Open to all ages, under 6 with a parent or caregiver. Free and open to the public.

Every Friday except: 9/6, 9/13, 10/4, 10/18, 10/25, 11/1, 11/15, 12/6, 12/20, and 12/27. "Shabbat Friends" is a Friday morning story time featuring different educators, community members, storytellers, musicians, and teachers each week! <https://www.facebook.com/events/691913257491152/>.

Family Zumb-Atomic

Saturdays October 5 - November 23, 11:15 am - 12:00 pm

A total blast! Join the party! The crazy cool dance fitness class (ages 4-12) set to hip hop, salsa, reggaeton, and more. Parents welcome. Free to members, \$10/class for nonmembers.

MELT(tm) Workshop

Reduce muscle tension and connective tissue tightness for musculoskeletal and nervous system balance.

Saturday, September 28, 11:15 am - 12:30 pm, \$25/JCC members, \$30/nonmembers. Registration: Susan Donovan. 203-387-2522, susand@jccnh.org

"He Who Laughs" Auditions - JCC Theaterworks

JCC Theaterworks is seeking union and non-union actors local to the New Haven area for a workshop of the play "He Who Laughs", by Ian Cohen, a modern-day retelling of the Biblical story of the sacrifice of Isaac, and directed by Reuven Russell. The show will run December 14-16 at the Off-Broadway Theater in downtown New Haven. Rehearsals will be held on Sundays, Mondays, and Wednesdays beginning October 27. Compensation: \$500. Actors must have their own lodging in the area or be able to provide their own transportation to/from New Haven.

Casting breakdown:

- Zach Wells, M, 17: Self-involved. No friends from school. Troubled by migraines. Tries hard to be funny. Sarcastic sense of humor. Though nice looking, he's a bit soft and a little overweight. Devout. Jealous of his father's relationship with God.
- Sam Kessler, M, 60s: Alfred Wells' right-hand man. Kind. Plain-spoken. Honest.
- Alfred Wells, M, 60s-70s: A once-strong, elderly man. Owns his own trucking company. Passionately devout. Has a personal and real relationship with God.
- Sheila Wells, F, 60-75: A beautiful woman and a good person; avoids painful truths, harbors secrets; nervous and fearful; well-mannered; a believer.
- The Girl with the Backpack, W, 18-30: A beautiful young woman. Volatile. Possibly a sociopath. As kind as she is unkind.

Sunday, September 29, 2-6 pm; Monday, September 30, 7-9:30 pm. Book 15-min. Audition: Dede Jacobs-Komisar, dedek@jccnh.org. Please include your headshot and resume. Come prepared with a 1-2 minute dramatic monologue. Sides available upon request. Callbacks: Wednesday, October 2, 7-9:30pm. Location: JCC of Greater New Haven - Community Room, 360 Amity Rd., Woodbridge, CT 06525.

Submit your engagement announcement to the Woodbridge Town News and

RECEIVE \$150 OFF YOUR WEDDING BANDS

DIAMOND  DESIGNS

Please be sure to include your mailing address with all submissions

LINCOLN SCHOLAR TO KICKOFF LUNCH & LEARN SERIES

How did Lincoln understand the Civil War? Who or what was to blame? What is the role of God in history and the role of the statesman in time of crisis?

On Saturday, October 5th, Congregation B'nai Jacob proudly welcomes Yale Professor Steven Smith, who will present his acclaimed lecture, "How to Read Lincoln's Second Inaugural Address". Smith will consider the place of religion, the Bible and political thought through a close reading of one of Lincoln's most profound speeches. This lecture marks the first of several insightful Lunch & Learn presentations to be held at CBJ in the coming year.

A winner of many academic awards and prizes, Smith has taught at Yale since 1984 and is the Alfred Cowles Professor of Political Science. He has served as director of graduate studies in political science, director of the special program in the humanities, acting chair of Judaic Studies, and, from 1996 to 2011, as the master of Branford College. His research has focused on the history of political philosophy with special attention to the problem of the ancients and moderns, the relation of religion and politics, and theories of representative government.

This Lunch & Learn will take place in the Library, immediately following Saturday Service and Kiddush (approximately 12:45 pm.) The entire community is welcome to attend this informative program.

For more info, please go to www.bnaijacob.org.

EZRA ACADEMY HOLDING COMEDY NIGHT AND CLOTHING DRIVE

Stand Up Comedy Night Starring Jon Fisch and Tom Ryan

Saturday, November 2, 2013 at 8:15 at Congregation B'nai Jacob, Woodbridge

Jon Fisch was chosen as one of Comedy Central's Fresh Faces of Comedy and named one of Back Stage Magazine's 10 Standout Stand-ups. He has appeared on The Late Show with David Letterman and NBC's "Last Comic Standing 4."

Tom Ryan has appeared twice on The Late Show with David Letterman and been featured on Showtime, A&E, Comedy Central and NBC. He has also opened for Jerry Seinfeld, Steven Wright, Dennis Miller and Tim Allen, just to name a few.

Tickets: \$36 in advance, \$40 at the door (includes beer, wine and dessert).

Reservations: Make check payable to Ezra Academy, 75 Rimmon Rd., Woodbridge, CT 06525

Used Clothing Drive

Sunday, October 6, 2013, from 1-2 PM at Ezra Academy, Woodbridge

Drop off Dates at Ezra: Beginning Monday September 16th, from 9AM - 3PM. We are collecting: all clothing in good condition (men's, women's kids), shoes, belts, handbags, linens, hard toys, stuffed animals and more (no books, records, CDs, please). Please put everything in tightly tied plastic bags.

For more information on items that can be donated, please visit <http://www.clothingdrive.net>.

Proceeds from both events will benefit the Ezra Academy 8th grade in Israel experience, a ten day trip in the spring which is the culmination of their Judaic studies at Ezra. Throughout the year, students and their families engage in a number of fundraisers to ensure that all students can participate in this highlight of their Ezra education. Ezra Academy, a K-8 Schechter Day School, educates Jewish children within a nurturing community to become independent lifelong learners, committed and knowledgeable Jews and responsible and caring citizens. There is a difference!

For more information on both events, contact robinkroopnick@optonline.net. For more information on an Ezra education, contact Dr. Melanie Waynik, Head of School, admissions@ezraacademy.net.

Woodbridge Town News

Attention Churches, Synagogues & Houses of Worship!

Send us your organizations events listings and items of interest.

We will publish them for free.

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

ENTERTAINMENT

TOP 10 MOVIES

- 1. One Direction: This Is Us (PG)**
Liam Payne, Harry Styles
- 2. Lee Daniels' The Butler (PG-13)**
Forest Whitaker, Oprah Winfrey
- 3. We're the Millers (R)**
Jennifer Aniston, Jason Sudeikis
- 4. Planes (PG)**
animated
- 5. Instructions Not Included (PG-13)**
Guillermo Rios, Leticia Lopez Margalli
- 6. Elysium (R)**
Matt Damon, Jodie Foster
- 7. The Mortal Instruments: City of Bones (PG-13)**
Lily Collins, Jamie Campbell Bower
- 8. The World's End (R)**
Simon Pegg, Nick Frost
- 9. Getaway (PG-13)**
Ethan Hawke, Selena Gomez
- 10. Percy Jackson: Sea of Monsters (PG)**
Logan Lerman, Alexandra Daddario

TOP 10 RENTALS

- 1. Olympus Has Fallen (R)**
Gerald Butler
- 2. 42 (PG-13)**
Chadwick Boseman
- 3. Mud (PG-13)**
Matthew McConaughey
- 4. The Big Wedding (R)**
Robert DeNiro
- 5. Admission (PG-13)**
Tina Fey
- 6. GI Joe: Retaliation (PG-13)**
Dwayne Johnson
- 7. Scary Movie V (PG-13)**
Simon Rex
- 8. Identity Thief (R)**
Jason Bateman
- 9. Bullet to the Head (R)**
Sylvester Stallone
- 10. Killing Season (R)**
Robert De Niro

CHART BUSTERS

Top 10 Pop Singles

- 1. Robin Thicke feat. T.I. and Pharrell**
"Blurred Lines"
- 2. Katy Perry**
"Roar"
- 3. Miley Cyrus**
"We Can't Stop"
- 4. Lady Gaga**
"Applause"
- 5. Imagine Dragons**
"Radioactive"
- 6. Jay Z feat. Justin Timberlake**
"Holy Grail"
- 7. Avicii**
"Wake Me Up!"
- 8. Capitol Cities**
"Safe and Sound"
- 9. Lana Del Rey & Cedric Gervais**
"Summertime Sadness"
- 10. Daft Punk feat. Pharrell Williams**
"Get Lucky"



Katy Perry

Top 10 Country Singles

- 1. Luke Bryan**
"That's My Kind of Night"
- 2. Florida Georgia Line**
"Cruise"
- 3. Florida Georgia Line**
"Round Here"
- 4. Jason Alden**
"Night Train"
- 5. Brett Eldredge**
"Don't Ya"
- 6. Keith Urban**
"Little Bit of Everything"
- 7. Thomas Rhett**
"It Goes Like This"
- 8. Carrie Underwood**
"See You Again"
- 9. Luke Bryan**
"Crash My Party"
- 10. Hunter Hayes**
"I Want Crazy"



Gwyneth Paltrow, Robert Downey Jr. in "Iron Man 3"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Sept 23, 2013.

PICKS OF THE WEEK

"Iron Man 3" (PG-13) -- Marvel's metal hero is back in action. Billionaire inventor and not-so-secretly Iron Man, Tony Stark (Robert Downey Jr.) is enjoying his money and new relationship with his assistant, Pepper Potts (Gwyneth Paltrow). Everything comes crumbling down when The Mandarin -- an updated villain from the comic-book series -- starts to terrorize the USA. Just like in the last two, Downey Jr. is a nonstop current of pithy jokes and smugness -- both inside and out of his Iron Man suit. Stark is a powerful personality on his own, and this script takes full advantage while delivering more action than the previous installment.

"Redemption" (R) -- Joey Jones (Jason Statham) is an ex-special forces veteran of

Afghanistan. Back in London, he lives on the streets and struggles with vivid flashbacks of the war. Despite his deep emotional scars, Joey is one hell of a tough guy and soon starts working as muscle for some local mobsters (it's OK, he's doing it for good reasons.) The movie is a little distracted, and gets pretty boring between bone-crunching fights. Statham is dealing with his own emotional damage, trying to woo a saintly nun (Agata Buzek) who works at the soup kitchen, seeking vengeance for a girl he knew on the streets, AND trying to redeem himself in the eyes of his daughter's mother. This movie could have given Statham more room for what he does best -- over-the-top acts of thuggery and intense bruiserdom.

"Unfinished Song" (PG-13) -- Arthur (Terence Stamp) is one of those grumpy old fellas who wouldn't dream of doing anything whimsical or adventurous. When his darling wife (Vanessa Redgrave) insists that they attend a senior-citizen choir practice, Arthur gets even more curmudgeonly at the sounds of the recent-era pop music being taught by the cutesy vocal teacher (Gemma Arterton.) You can see where this is going. Watch as his rigid demeanor is soothed by the healing power of music. It gets a little too sweet and sappy at times, but it's ultimately a fun story about opening up to new things.

"Room 237" (NR) -- This could be the ultimate movie for (or about) people who obsess about movies. Stanley Kubrick's 1980 horror film "The Shining" is a meticulously crafted masterpiece that features a father (Jack Nicholson) slowly going insane as he and his family spend a lonely winter in an isolated mountain resort. "Room 237" features interviews with people who have apparently gone crazy while sitting in front of "The Shining" over and over again. The movie buffs in "Room 237" share their feelings about the True Meanings behind the film -- complete with arrows, animations and other visual aides.

- Name the 1966 hit by The Royal Guardsmen.
- Who wrote and released "I Feel Fine," and when?
- Which group released "Life in the Fast Lane?"
- Name the 1981 Hall and Oates song that wound up in the films "She's Out of My League" and "You Again."
- Name the 1959 recording that contains this lyric: "During the North African campaign, a bunch of soldier boys had been on a long hike and they arrived in a little town called Casino."



1. "Snooty vs. The Red Baron." Capitalizing on its success, the song was the first of many Snoopy songs the group produced.
2. Written by John Lennon, the song was released by the Beatles in 1964. It was one of the first uses of feedback as a special effect.
3. The Bagels, on their 1976 "Hotel California" album.
4. "Kiss on My List."
5. "The Deck of Cards," by Wink Martindale. In the spoken narrative, a soldier is chastised for bringing a deck of cards into church. The soldier explains that each card relates to the Bible, with the ace being God, the four being Matthew, Mark, Luke and John, and so on, with every card used as a reference to the Bible.

Sudoku answers on page 30

Weekly SUDOKU

by Linda Thistle

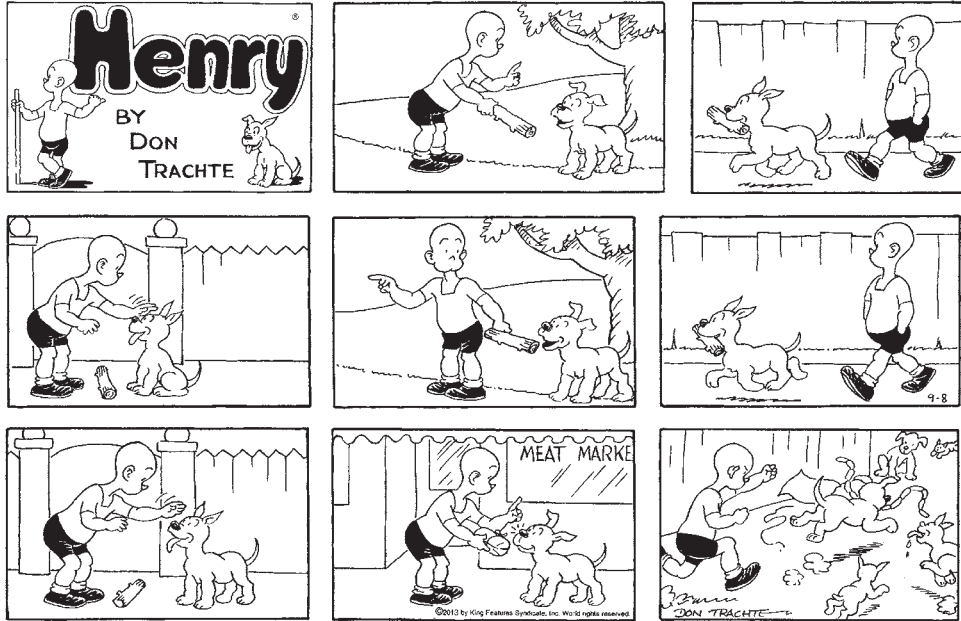
		3		7		5	8
8				5		9	
	1		4			2	
		5	6				1
1				3		2	
6	3			9		5	
9				4		7	
	4		3			6	
		2		1			5

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

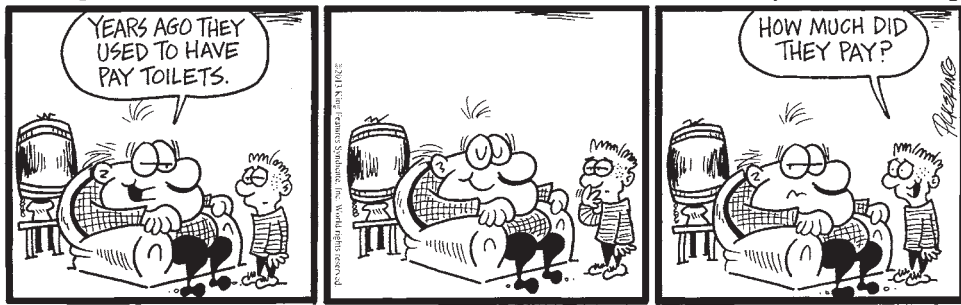
DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD

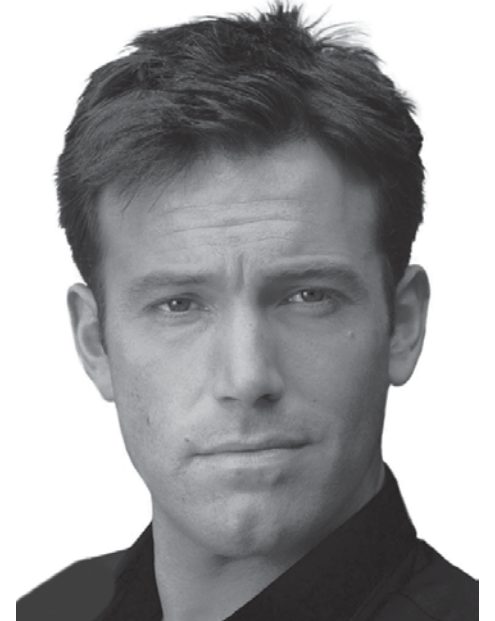


The Spats



HOLLYWOOD

By Tony Rizzo



Ben Affleck

HOLLYWOOD -- Ben Affleck was on top of the world when he won his second Oscar as one of the producers of "Argo." Now, he finds himself being targeted by 77,000 online signatures against him becoming the new Batman! From the minute he was announced as the new Caped Crusader to Henry Cavill's "Man of Steel" in "Batman vs. Superman" (out July 2015), comic-book fans have been vocal against his casting. Warners needed the right actor to follow Christian Bale's "The Dark Knight" and "The Dark Knight Rises," which topped \$1 billion in ticket sales. It signed Affleck for "The Man of Steel 2" to commemorate the 75th anniversary of Superman, as well as proposing he direct the upcoming "Justice League" film. Batman's persona is portrayed mostly by his voice; these protests amount to, as Shakespeare said, "Much ado about nothing!"

Meanwhile, Ben's longtime friend Matt Damon may have found his directing project in "A Foreigner," by Chris Terrio (who just happened to win an Oscar for writing "Argo"). The script is based on a New Yorker Magazine article.

of money back then.

We lost the great Julie Harris, who succumbed to congestive heart failure last month at 87. She won five Tony Awards, three Emmy Awards and a Grammy, and was nominated for an Oscar for her first film, "Member of the Wedding" (1952). She also acted in such classic films as "East of Eden," with James Dean (1955); "Requiem for a Heavyweight," with Paul Newman (1962); and as Lilimae Clements on the hit nighttime soap "Knot's Landing." She was a Kennedy Center honoree in 2005. I first met Julie at the stage door of her play "Little Moon of Alban" in 1960, along with an unknown young actor with a small role in the show ... Robert Redford.

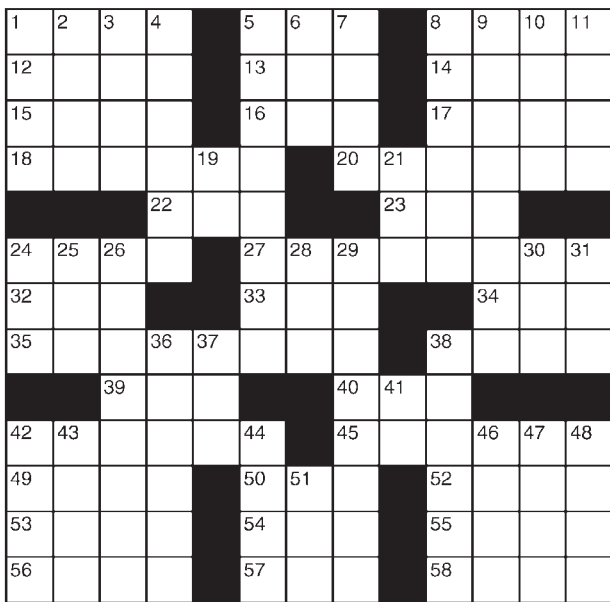
The recent big ratings for "The Bible" have renewed interest in the Holy Book. In addition to the remake of "The Ten Commandments," a remake of "Exodus" is now in the works. The original "Exodus" (1960), was directed by Otto Preminger and starred Paul Newman, Eva Marie Saint and Sal Mineo. This remake will be directed by Ridley Scott, and star Christian Bale as Moses, "Breaking Bad's" Aaron Paul, Sigourney Weaver and John Turturro. Wow, have times changed ... the original "Exodus" cost only \$4.5 million to make and grossed \$20 million, a lot

"The Wizard of Oz," being re-released to theaters Sept. 20 for one week, will play at the Chinese Theatre in Hollywood, where it had its premiere in 1939. The difference this time is that it will be in 3D/IMAX. We dare you not to duck when the Flying Monkeys come at you!

King Crossword

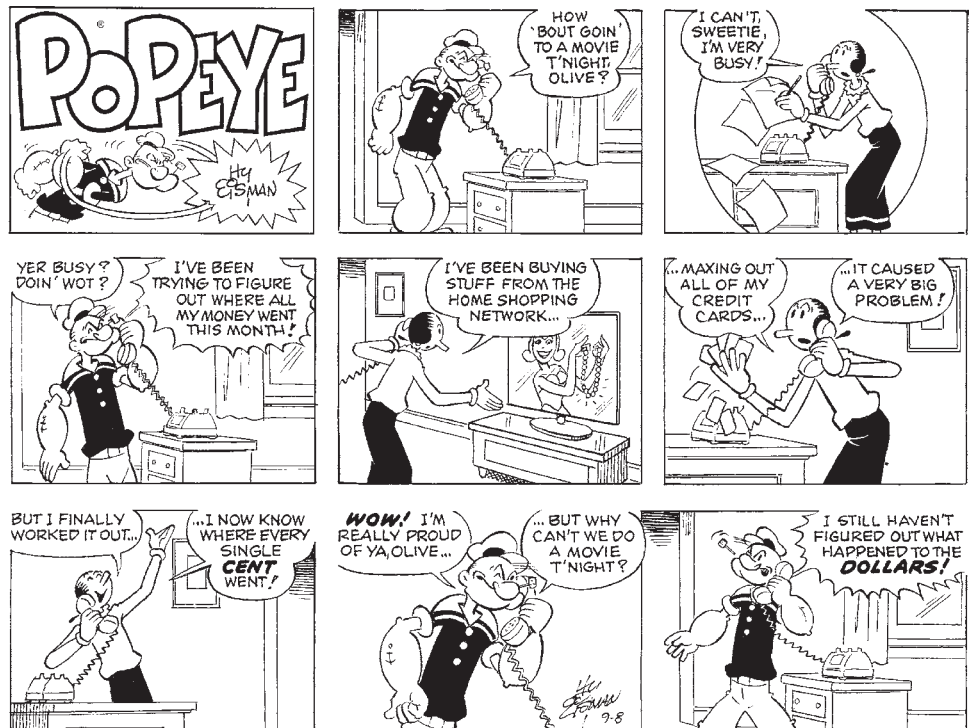
ACROSS

- 1 Sleeping
- 5 "Avatar" technology (Abbr.)
- 8 Reverberate
- 12 Georgia city
- 13 Young fellow
- 14 Thick chunk
- 15 Poetic foot
- 16 Work with
- 17 Remedy
- 18 Wood nymphs
- 20 Meager
- 22 Deterioration
- 23 Annoy
- 24 Harbor structure
- 27 "The Defiant Ones" duo
- 32 Web address
- 33 Prot. or Cath.
- 34 Genetic letters
- 35 Breach in a levee
- 38 "Hey, you!"
- 39 Have a bug
- 40 Way back when
- 42 "Lord Jim" author
- 45 Soft fabric
- 49 Neighborhood
- 50 Haven't paid yet



- 52 Early primary state
- 53 Dave of "Mad" magazine
- 54 Rowing need
- 55 Dance lesson
- 56 Not good, not bad
- 57 "— Doubtfire"
- 58 Dame Myra at the piano
- DOWN**
- 1 Desertlike
- 2 Wild hog
- 3 TV trophy
- 4 Come ashore
- 5 Groups of grapes
- 6 Petrol
- 7 Mid-month date
- 8 Steep slope
- 9 Some old cars
- 10 Rodgers collaborator
- 11 Follow instructions
- 19 "— as I say ..."
- 21 Spy novel org.
- 24 French nobleman
- 25 Hockey great Bobby
- 26 Laundromat alternative
- 28 French possessive
- 29 Butchers' tools
- 30 Type measures
- 31 Perched
- 36 Shrew
- 37 — carte
- 38 Shine
- 41 "We Bring Good Things to Life" co.
- 42 Urban fleet
- 43 Sandwich cookie
- 44 Armageddon
- 46 November responsibility
- 47 Rams fans?
- 48 Spigots
- 51 Doves' aversion

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DEATH NOTICES

Richard A. Rollinson, Jr.

Richard A. "Dick" Rollinson, Sr., 76, died Wednesday, August 21, 2013 at McLeod Loris Hospital surrounded by loving family members and friends.

Born on June 7, 1937 in Shelton, CT, he was the son of the late George and Katherine Miller Rollinson. He was predeceased by his brother George "Bud" Rollinson and a special grandniece Ashlie Krakowski.

He attended school in Shelton before entering the United States Air Force. After serving his country he worked at Stop & Shop as a meat cutter and belonged to the Meat Cutters Union. He later joined the Woodbridge Police Department where he served as a patrolman and then as a detective and retired as the Lieutenant of the Department. Dick was a proud U.S. Air Force Veteran and flew the American Flag every day at his home in South Carolina. He was a Life Member of the VFW Post 10804 of North Myrtle Beach. He was also a former member of King Hiram Lodge #12 A.F. & A.M. in Shelton, Connecticut. He was an avid sportsman and enjoyed NASCAR racing as well as raising chickens and tumbler pigeons. Nothing gave him more joy than having family and friends visit him at his home in South Carolina.

Mr. Rollinson is survived by his son, Richard A. Rollinson, Jr. and his loving companion, Lisa Toth and her children John and Heather, friend and loving companion, Cheryl Freeman of Loris, former wife, Mary Lou of Orange, two sisters, Lois Krakowski of Orange, Jean Baxter of Naugatuck and a Step-Granddaughter, Alexis Frymoyer, special nephews Bob and Ken Krakowski, and Michael Rollinson, as well as several aunts, uncles, nieces, nephews and cousins. He will be sorely missed by all who knew and loved him.

Donations may be made in Dick's name to: Veterans Welcome Home and Resource Center, 4254 Stella Court, Little River, SC, 29566. Condolences may be sent to: www.codywhitefuneralservices.com. Memorial services were held in Little River, South Carolina and Milford, Connecticut.

Woodbridge Town News

DEATH NOTICES

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

PUBLIC NOTICES

A public notice is information informing citizens of government activities that may affect the citizens' everyday lives.

Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.

Woodbridge Town News

WOODBRIIDGE RESIDENTS!

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

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

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

Email: edit@woodbridgetownnews.com

TOWN OF WOODBRIIDGE

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 1, 2013. 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 1, 2013.**

TOWN OF WOODBRIIDGE

MOTOR VEHICLES CHECKED FOR HIGH MILEAGE & BODY CONDITION

The Woodbridge Assessor's office will inspect only those motor vehicles felt to have high mileage and/or poor body condition **DURING THE MONTH OF OCTOBER ONLY.** The vehicle must be registered in the Town of Woodbridge as of October 1, 2013. The mileage and condition will be documented and taken into consideration when pricing the vehicle for the October 1, 2013 Grand List. This inspection may or may not change your value.

Please bring your vehicle to the Woodbridge Town Hall between 9:00 a.m. and 4:00 p.m. Monday - Friday. No appointment is necessary. **OCTOBER WILL BE THE ONLY TIME OF THE YEAR THAT MILEAGE AND CONDITION WILL BE CONSIDERED.**

PUBLIC NOTICE

The Naugatuck Housing Authority waiting list is open and accepting applications for Elderly Housing at The Robert E. Hutt, Congregate Complex located at 480 Millville Ave. All efficiency units are single occupancy. Each unit includes in rent heat, hot water and electricity. One Meal per day, light Housekeeping once a week and 24/7 on site Security Guard. To qualify you must be 62 or older. Annual income must be under \$45,100 to qualify. Applications will be available at the following location:

The Naugatuck Housing Authority
16 Ida Street
Naugatuck, CT 06770
Hours: M-F 8:00am and 4:30pm

Also, you may call to request the application be mailed to you. (203)729-8214.

Woodbridge Town News

THE WOODBRIIDGE TOWN NEWS ONLINE

Online Version of the Woodbridge Town News

www.WoodbridgeTownNews.com

HELP WANTED

FULL & PART TIME SALES REPRESENTATIVES - Local publisher looking for qualified Sales Representatives, both full & part time, for several area publications. Salary commensurate with experience. Serious inquiries only. Mail resumes to P.O. Box 1126, Orange, CT 06477 or email letters@orangetownnews.com. EOE.

PERSONAL ASSISTANT - We are seeking for Intelligent / Dependable PT Personal Assistant. Seekers must be willing to learn, hard-working, computer literate, shopping & errand. for more information, contact Michael Gilbert at michaelgilbert197@yahoo.com

WANTED

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

DONATIONS WANTED - Helping Hands Community Thrift Store raises money for over 150 local non-profits. Donate your furniture, housewares, clothing etc. and make a difference! Call 203-782-4800 for Furniture Pick-Up. Two Locations for donation drop-offs and shopping: 334 Boston Post Rd, Orange and 77 State Street, North Haven; www.helpinghandsctfb.com.

FOR RENT

WOODBRIIDGE: One and Two Bedroom. Applicants must be 62 or older or disabled. One Bdrm-\$978/mo; Two Bdrm-\$1057/mo including all utilities. Off street parking, on-site laundry, gardens, courtyard, on busline, handicapped accessible. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165.

TAG SALES

TAG SALE - Huge and great tag sale, many items for everyone, Saturday and Sunday September 28th and 29th from 9-3, 12 Richard Sweet Drive, Woodbridge.



Call Today To Reserve Your Ad Space!

Display ads start at only \$110 per issue.
Call 203-553-9062 to place your ad!

PUBLIC NOTICES

A public notice is information informing citizens of government activities that may affect the citizens' everyday lives.

Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.



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



PLACE YOUR CLASSIFIED AD

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

Each additional word is 50 cents.

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

Send a copy of your ad and check payment to:

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

FOR SALE

MICROWAVE - 30 inch, black, over the stove. Call 203-799-2520.

SERVICES

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

HINE LANDSCAPING - Weekly lawn maintenance. Mulch. Brick paver patios and walkways. Driveways - oil and stone, sealing. Yard excavation. Call Tom at 203-815-0340 or Riley at 203-815-0340.

EXPERIENCED TUTOR AVAILABLE - Enrichment or remedial help all subjects K-8, plus high school science, geometry, algebra. Call 203-734-6507 or email: personaltutor9@gmail.com.

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

HOUSECLEANING - Polish woman looking for housecleaning job. 7 years experience. Reference available. Free estimate. Call Marta: 203-906-8299.

BABYSITTING - responsible, experienced babysitter available through August 9am - 2pm. Call 203-606-8131.

HOUSE CLEANING - Ediomar 203-945-7820. Good prices and good references. 12 years experience.

LOST AND FOUND

Diamond Ring- found on West River Road near Milford. Call Russ at 203-494-8218 with description to claim.

CLASSIFIED ADS START AT JUST \$20!

Call 203-553-9062 for more information.

King Crossword

Answers

Solution time: 25 mins.

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

Weekly SUDOKU

Answer

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

LOCAL SPORTS

HEALTH AND FITNESS

TREATING INJURIES: HEAT VS. ICE

As an outpatient physical therapist one of the most frequently asked questions I receive in our clinic is, "When should I use heat? And when should I use ice?"

Cryotherapy and thermotherapy are both relatively inexpensive and easy ways to self-treat injuries. They should be an integral part of one's rehabilitation program in addition to the treatment received in the clinic. However, it's important to know when it is appropriate to heat or ice to maximize the therapeutic benefit and to prevent further potential injury.



Peter Goloso DPT

Cryotherapy is generally more beneficial during the acute phases of an injury, the first 48-72 hours. After an acute injury, such as an ankle sprain, a local inflammatory process naturally occurs. This is a normal process that protects the injured area and allows healing to occur. However, this process also causes swelling, tenderness and pain. Ice is a vaso-constrictor, meaning it causes the blood vessels to narrow, which can help limit the internal bleeding at an injury site. R.I.C.E. is a commonly used acronym which stands for: rest, ice, compression, and elevation. All these combined can help decrease the adverse effects of the inflammation process. Ice can also be beneficial in treating chronic overuse injuries. For example, a runner who gets knee pain after running can use ice immediately after a bout of running to help reduce or even prevent inflammation. When using ice, a thin towel or pillow case should be used as a barrier between the ice pack and skin to prevent injuring the skin. Ice should be applied for at least 10-15 minutes, but no more than 20 minutes to avoid injuring the skin, and it can be done frequently throughout the day.

Thermotherapy is generally more beneficial in the later stages of the healing process for treatment of chronic pain and also muscular related injuries such as muscle strains, spasms, and trigger points which often occur in the neck and low back. Heat helps to promote blood flow to the injured area (the opposite of ice), which can relax and loosen tight tissues. This is particularly advocated as a "warm-up" prior to performing appropriate stretches to the injured body part to improve muscle flexibility. Heat should not be used on an acute injury as it can cause further inflammation resulting in increased pain and swelling. It should be applied for no more than 20 minutes, and it should never be applied while sleeping. It should also not be used over extremities if you have a circulatory or neurological condition that impairs your sensation. Serious burns can occur from overheating.

Self heating and icing can be a vital tool to help recover from an injury; however, it is usually just a beginning portion of a more extensive rehabilitation program. Our licensed physical therapists are all qualified to evaluate and treat an array of orthopedic injuries. They can provide a detailed and individualized home exercise program, manual therapy, modalities, and therapeutic exercises in the clinic that, combined together, can help speed up your recovery process, and prevent recurrence.

Peter Geloso DPT received his doctorate degree in physical therapy from Elon University in Elon, NC. He is a clinician with Amity Physical Therapy in Woodbridge, CT. If you have any further questions, please feel free to contact him at (203) 389-4593.



ROAD RACE SPONSOR SEEKS TEAM OF RUNNERS

Amity Physical Therapy, the major sponsor of the annual Woodbridge Road Race, is looking to sign up runners for the popular October 5th race. Family, friends, neighbors, and former and current patients are all welcome to participate. The physical therapy facility – a significant entrant and supporter of the race – is aiming to sign up 200 runners for the event.

"We offer free T-shirts and cover the registration fees for all runners who sign up with us," commented Michael Dow, founder and Clinical Director. "We also provide free on-site pre- and post-race stretching therapy as well as comprehensive advice on orthopedic conditions and potential needed therapy.

Runners who want to sign up can call Amity Physical Therapy at 203-389-4953 or register at Amity Physical Therapy's exclusive tent on the day of the race.

"Last year we had 70 runners taking part with us," Dow concluded. "This year our goal is 200. It's fun, healthy, and the post race camaraderie among runners is inspiring."

For more information call 203-389-4953 or visit www.amitypt.com.

PROPER CARE TO PREVENT CONCUSSION COMPLICATIONS

You may have noticed over the past few months that concussion injuries have received a great deal of attention as people in the medical and sports worlds have begun to speak out about the long-term problems associated with this injury (MoveforwardPT.com). The Centers for Disease Control estimate that in sports alone, more than 3.8 million concussions occur each year. It is vital to receive proper care to prevent complications from concussions, and equally as important to educate high school student-athletes and their parents on the realness of these head injuries.

Concussions are Traumatic Brain Injuries (TBI) that do not necessarily occur from a blow to the head, but rather from the movement of the head; they are injuries that cannot be seen. The chemical reaction that results from brain movement, causes an energy crisis taking glycogen and calcium from the rest of the body and flooding the brain causing symptoms such as, headache, nausea, dizziness, balance problems, light and noise sensitivity, difficulty in concentrating, sleeping too much or too little, and irritability. Concussions can lead to potentially long term health problems such as ADD, ADHD, depression, anxiety and according to UPMC (University of Pittsburgh Medical Center) Amyotrophic lateral Sclerosis (ALS) which is referred to as Lou Gehrig's disease.

It is difficult to take care of a concussed teenager, because the only way to decrease symptoms is REST. Proper rest includes: no sports, no running or exercise, no prolonged television or computer usage, no ear buds directly in the ears from iPods, no reading/homework and in some cases no school. The length of time of the injury and symptoms will vary from person to person and not every concussion will act the same. With that said, concussion symptoms may take up to a few days to develop. Connecticut now has a law for concussions. This law states that the student-athlete is not to return to play if the coach, referee, athletic trainer suspects a concussion and must be evaluated by a medical doctor, advanced nurse practitioner and/or athletic trainer. For more information visit this website <http://www.sportsconcussions.org/laws-connecticut.html>.

If your child has lingering post-concussion symptoms a Physical Therapist can help too. A clinician can help treat many of the symptoms associated with a concussion. For example, they can help lessen dizziness and improve a patient's balance through vestibular physical therapy, which provides specific exercises and training to decrease or limit dizziness and improve balance and stability. As symptoms from a concussion improve, a physical therapist will gradually help you resume physical activity, to avoid straining the brain, which has been compromised by a concussion.

PTSMC located at 240 Indian River Road can offer treatment or information regarding concussion injuries! For more information visit them on the web at www.ptsmc.com or call the office (203) 298-9828. Let them help return your child and athlete safely to their sports!

SPORTS QUIZ

By Chris Richcreek

- Who was the first major-league player to compile at least 3,000 hits for a career?
- Name the last time American League teammates finished 1-2-3 in the regular-season MVP voting.
- Who was the last University of Alabama quarterback to finish in the top five in Heisman Trophy voting?
- How many times has guard Chris Paul led the NBA in steals per game for a season?
- Who was the first defenseman after Bobby Orr in 1972 to win the Hart Trophy as the NHL regular-season MVP?
- In 2012, Austin Dillon became the third driver to have won the Rookie of the Year Award in both the NASCAR Truck and Nationwide series. Name either of the first two to do it.
- Tennis star Rafael Nadal has won 42 singles titles on clay courts. Who is the only player to have won more.

1. Cap Anson, in 1897. 2. It was 1966 (Ortles) -- Frank Robinson, Brooks Robinson, Boog Powell). 3. Jay Barker, in 1964. 4. Five times in eight seasons. 5. Chris Pronger, in 2000. 6. Greg Biffle and Carl Edwards. 7. Guillermo Vilas, with 46.

SEN. CRISCO REPORTS FUNDING FOR ALL-ACCESS PLAYScape

State Senator Joseph J. Crisco, Jr. (D-Woodbridge) reported the imminent release of state funding to help underwrite the purchase and installation of a new, all-access, community playground in Woodbridge. State funds are available through a community development program administered by the Office of Policy and Management and will supplement local, private donations, Senator Crisco explained.

The matter is included on the agenda for next Friday's meeting of the State Bond Commission and is expected to receive final approval at that time. "This project combines the best of Woodbridge in terms of the volunteer commitment of some residents and many individual financial contributions to address an unmet need to provide this recreational opportunity for children," Senator Crisco said. "Each year we learn more and more about the benefits of recreation and exercise in the well-rounded development of children so it's vitally important for them to have an accessible and safe place to play."

The playground is planned for a portion of town-owned property adjacent to the athletic fields at the town's Pease Road recreational complex. Proponents are eager to have the options and opportunities this all-access playground will provide for other family members during games and practices on the athletic fields.

"It is essential for a child's well-being that there be safe and engaging areas for young people to play in every community," Governor Dannel P. Malloy said. "We have an obligation to support existing open spaces and recreational areas across our state, and I'm proud to be a partner in this effort."

"This grant is a smart investment that will build on local private fundraising efforts to enhance the range of outdoor activities available to all children, and I thank Governor Malloy for his support," Woodbridge First Selectman Ellen Scalettar said. "I am also grateful for the assistance we received from State Senator Joseph Crisco to initiate the request for this funding."

"Woodbridge is well-served by First Selectman Scalettar's close working relationships with the town's legislative delegation and other state government officials; this collaboration enhances the town's ability to win grants like this," Senator Crisco added.



Third Animal in Health District Tests Positive for Rabies

There have been animals confirmed sick with rabies within this health district. In 2012, there were four rabid animals; 1 skunk and 3 bats. To date in 2013, there have been 3 rabid raccoons. While rabies can occur in any mammal, it is most commonly seen in skunks, raccoons, and bats within the Quinnipiac Valley Health District (Bethany, Hamden, North Haven, and Woodbridge). Small animals like field mice rarely, if ever, contract rabies. Because the possibility of rabies in wildlife exists, you need to be very cautious when encountering wildlife and managing your pets. Keep the following actions in mind for your family's protection!

Avoid contact with wildlife, including cute baby animals. If you have a bat in the house, call animal control to capture it so it can be tested. This is especially important if you wake up with a bat in the bedroom or if the bat is found in the sleeping area of a small child or adult who is not able to give reliable information.

Maintain a barrier between you and wildlife by vaccinating your pet against rabies. (This is required by law for both cats and dogs!)

Spay or neuter your pet to decrease attraction of stray animals.

Report ill or stray animals to your animal control officer. If your pet is in a fight with another animal, wild or domestic and unknown to you, never touch the wound with your bare hands. Use gloves if you need to examine it. The rabies virus is found in saliva and brain tissue of infected animals. Allowing the pet's fur to dry will further reduce your risk.

Wash hands with soap and water immediately after any contact with a suspect animal or after inspecting a wound on your pet.

Seek prompt medical attention if you are bitten by a wild animal or a domestic animal unknown to you.

For more information on rabies, District residents (Bethany, Hamden, North Haven and Woodbridge) can call Quinnipiac Valley Health District, 203 248-4528 or request information on line, www.qvhd.org The health district provides consultation on human exposures and the animal control officer in your town deals directly with the animals.

September is Childhood Obesity Awareness Month

September is National Childhood Obesity Awareness Month and the Central Connecticut Coast YMCA—a leading voice in youth development and healthy living—wants to help families live better and help prevent childhood obesity by incorporating regular physical activity and healthy eating into their daily routine. "At the Central Connecticut Coast YMCA, we want families to understand the lifetime benefits of eating right and getting physically active and those behaviors begin in the home," said Barbara Moore, CCC Y Association Membership & Healthier Communities Director. "If healthy habits are established at home they will carry over to when children are out of their parents' care and that will dramatically help reduce obesity in our community."

The following tips will help families live healthier together and help prevent childhood obesity:

- **Eat Healthy:** Make water the drink of choice (supplemented by age-appropriate portions of 100 percent fruit juices and low-fat milk) and make it easy for everyone to fill half their plates with fruits and vegetables by offering two or three colorful options. Feel free to mix and match fresh, frozen and canned fruits and vegetables to provide variety.
- **Play Every Day/Go Outside:** Kids should have at least an hour a day of unstructured play outside (when possible) and break a sweat at least three times a week by getting 20 minutes or more of vigorous physical activity.
- **Get Together:** Eat as a family as frequently as possible with kids involved in meal preparation and clean up. In addition, adults should take a break from electronics and spend one-on-one time each day with their kids, enjoying one another's company.
- **Reduce Screen Time:** Time spent in front of a television, computer, tablet, cell phone or video games should be limited to two hours per day.
- **Sleep Well:** Kids and adults need to keep a regular sleep schedule—10-12 hours per night for kids and seven to eight hours for adults.

To learn more about the Central Connecticut Coast YMCA, please call us at 203 777 9622 or visit cccymca.org.

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SEPTEMBER 14 – DECEMBER 17, 2013

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ARTS & LEISURE



A unique opportunity was encountered by Amity Graduate Priscilla Letis this summer. At the suggestion of a talent agent in New York City, Priscilla auditioned for an open casting call for runway models. Priscilla was chosen and modeled designer clothing and swimwear in New York's Swimwear Fashion for Passion Runway show. From that show, Priscilla was selected by two designers to model their designs in New York City's Fashion Week Designer Showcase on September 7 & 8. Priscilla modeled for several designers from around the world. This is an opportunity that comes once in a life time! Needless to say, everyone was very excited for her. Priscilla is a 2012 graduate of Amity High School and just entered her second year at Southern Connecticut State University where she made the Deans List last year. It's not every day that an Amity High School grad ends up on the runway in New York City's Fashion Week.



Call Today To Reserve Your Ad Space!

Display ads start at only \$110 per issue.
Call 203-553-9062 to place your ad!



Tuesday, October 8, 2013

The Boys' and Girls' Village Auditorium • 528 Wheelers Farms Road, Milford, CT
7:00 A.M. Registration, light refreshments | 8:00 A.M. – 10:30 A.M. Presentations and booth exhibits

An Invitation to South Central Employers (any size) Looking to Grow Their Business:

Please join us – State Senator Gayle Slossberg and State Representatives Paul Davis, James Maroney and Kim Rose invite you to attend this free informational conference geared toward area companies seeking to learn more about tax credits, wage subsidy and training programs, recruitment services, new healthcare guidelines, and a variety of other services designed to benefit local employers like you.



Learn about these Opportunities that Benefit Your Business...

- Six month wage reimbursement & training grants (Subsidized Training and Employment Program - Step Up) and **Vets Step Up** – incentives that provide your company up to \$12,500 in reimbursements for new hires!
- Low Interest financing under the Small Business Express Program
- Tax incentives for equipment purchases
- Job expansion tax credits
- Understanding the new health care requirements
- How to find and recruit new (and qualified) employees
- Guidelines for becoming a State of Connecticut vendor
- 130% wage reimbursement for new hires and more...

Register Now – Admission is Free!

Please RSVP by October 4th at www.StepCT.com
Questions? Contact Melissa Brown-Segui at (203) 859-3417 or Melissa.Brown-Segui@ct.gov

Co-hosts and Sponsors

- State Senator Gayle Slossberg
14th Senatorial District
 - State Representative Paul Davis
117th Assembly District
 - State Representative Kim Rose
118th Assembly District
 - State Representative James Maroney
119th Assembly District
- And invited area legislators...

This event is also sponsored by Lt. Governor Nancy Wyman, Secretary of the State Denise Merrill, the Connecticut Department of Labor, the Department of Economic and Community Development and these outstanding community partners:



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Th 10-8 • Sat 10-5:30
jessestoyssct.com

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W, Th 10-7 • Sat 10-5
evanstoyshoppe.com

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Salome's Stars

ARIES (March 21 to April 19) The changing season brings new experiences as well as challenges for the ever-adventurous Aries. Your social life expands, as do the opportunities at your workplace.

TAURUS (April 20 to May 20) That recent period of uncertainty has passed. You can now feel more confident about making decisions, especially those that relate to an important personal relationship.

GEMINI (May 21 to June 20) Although you might be faced with a number of tasks on your to-do list, try to take time out to enjoy the arts. Music, especially, can be soothing to the sensitive soul of a Gemini.

CANCER (June 21 to July 22) A disagreement with a colleague or friend is best resolved with open and frank discussion. Trying to force the other party to see things your way is bound to backfire.

LEO (July 23 to August 22) That Leonine pride might be ruffled by a colleague's challenge to one of your pet ideas. But stop growling and listen. You could learn something that will work to your advantage.

VIRGO (August 23 to September 22) Someone in authority might decide to select you as a candidate for a project that carries more responsibilities. Be prepared to show why you're the right choice for the job.

LIBRA (September 23 to October 22) That new workplace problem should be dealt with as soon as possible. Leaving it unresolved for too long could lead to an even more unsettling and time-consuming situation.

SCORPIO (October 23 to November 21) You might have to do some fancy juggling to keep both your work responsibilities and personal obligations on track. But ultimately, you'll work it all out, as you always do.

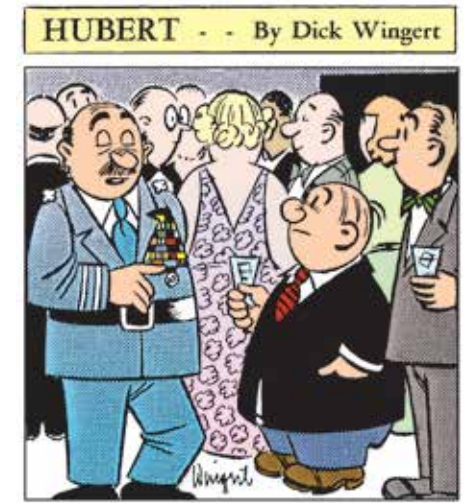
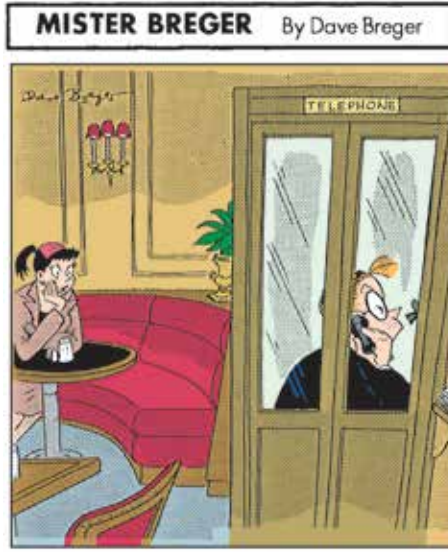
SAGITTARIUS (November 22 to December 21) You might hear some upsetting things about a situation in your life. But don't be swayed by talk. Demand proof before making any decisions on the matter.

CAPRICORN (December 22 to January 19) Don't risk depleting those precious energy levels by taking on more tasks than you can realistically handle. Also, remember to ask for help when you need it.

AQUARIUS (January 20 to February 18) It might be difficult for the Aquarian who is used to giving advice to take counsel when offered. But it's a good idea to listen to what trusted friends feel you should know.

PISCES (February 19 to March 20) Things might be a little unsettled as you move through a period of reassessment. But once you get your priorities sorted out, you should be ready to tackle an important decision.

BORN THIS WEEK: You're able to achieve a happy balance in your productive life by never feeling overwhelmed or underappreciated.

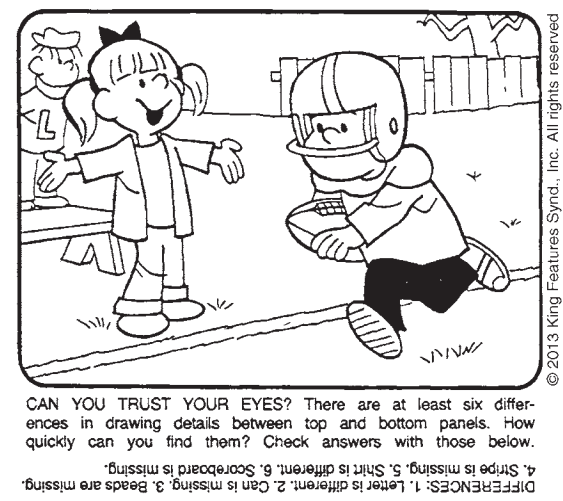
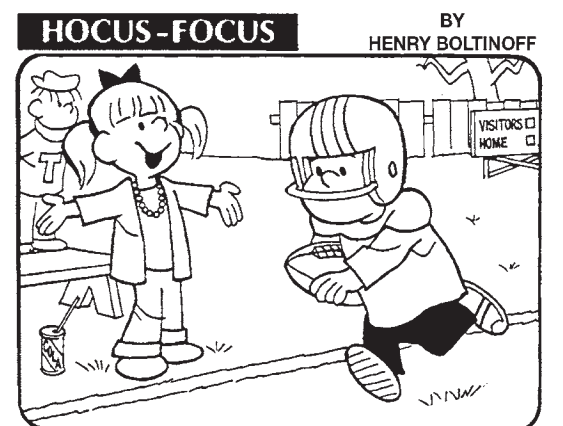


top ten

RICHEST PEOPLE EVER

1. Mansa Musa I
2. The Rothschild Family
3. John D. Rockefeller
4. Andrew Carnegie
5. Czar Nicholas II of Russia
6. Mir Osman Ali Khan
7. William the Conqueror
8. Moammar Kadafi
9. Henry Ford
10. Cornelius Vanderbilt

Source: Celebritynetworth.com



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.
 1. Letter is different. 2. Can is missing. 3. Beads are missing. 4. Stripe is missing. 5. Shirt is different. 6. Scoreboard is missing.

LEASH LAWS ARE SOMETIMES VAGUE

DEAR PAW'S CORNER: I'm writing in reference to your recent column about training a "cool city pooch." You're forgetting that many cities have laws about tying up your dog to lampposts. Unless that "cool pooch's" owner wants to pay a fine, he'd better forget about doing that. -- S.Y., via e-mail

DEAR S.Y.: That's a good point: Pet owners should check city ordinances ahead of time before taking their pets out on a stroll. Are pets completely not allowed inside businesses by city law, rather than at the business owner's discretion? Can you tie their leash to a lamppost, bike stand or outdoor table? Can a dog be unaccompanied or off leash at any time?

As a counterpoint, many cities' leash laws are sometimes a bit vague on this point. Almost all require that owners keep their dogs under control at all times, and on a leash everywhere except in designated off-leash areas. Municipal buildings and schools are usually off-limits to non-service dogs, period.

Some cities, and an increasing number of businesses, are making more allowances for dogs. For example, some grocery stores and a few department stores in my area, like Home Depot, allow small dogs inside as long as they stay on a leash beside their owner and are well-behaved. However, it is up to the pet owner to learn what the rules are in the businesses he or she wants to frequent.

The most important point, beyond what's written in leash laws or by businesses, is that pet owners be good citizens, and make sure their dog is safe and under their control when out and about.

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

The Garden Bug

Lavandula (common name **lavender**) comprises 39 species of flowering plants in the mint family. It is cultivated extensively in temperate climates for use as ornamental plants for garden and landscape use, as culinary herbs, and also to produce essential oils, which are used in perfumes, medicinal treatments and in beauty products. Bunches of it can repel insects.

- Brenda Weaver
 Source: wikipedia.org



BARK BYTES...

By Vicki & Richard Horowitz

Preparing for a Visit to the Vet

Visiting your veterinarian is essential to keeping your dog healthy and happy, and it is an important part of being a responsible pet owner. However, a routine checkup can sometimes be distressing to our canine companions.

When you consider what a vet visit entails, you can begin to appreciate why your dog may become so overwhelmed and (sometimes) hard to control. Not only will he encounter dozens of new smells, but he may also hear barking dogs, meowing cats and strange voices. He may be handled by vet staff in unfamiliar ways that could add to his apprehension.

Help your dog feel more relaxed and even enjoy his vet visits by following these tips:

- Take the dog to the vet clinic for brief visits prior to your appointment. Introduce him to the clinic when it's quiet to get him used to the smells and sounds of the new environment so it won't be entirely strange to him when you actually go for the exam. Let him meet the wonderful people who work there; have the staff give him a treat and place him on a scale; and allow him to sniff the exam room. A few visits like this will help him to associate the vet clinic with a positive experience.
- At home, during quiet times, you can help your dog become comfortable with being handled for a medical examination. Gently pat him on different areas of his body while he is in a relaxed state. Mimic how the vet will examine your dog—touch around his eyes and ears, gently hold his feet and toes (which also helps alleviate his fear of nail clipping), lift his lips and touch his teeth, gently move his legs, etc. Take your time with this kind of touch, and do it often so that it becomes an agreeable experience for your dog both at home and at the vet.
- Some dogs never go anywhere in the car except to the vet. Thus, a dog may begin to associate a car ride with visiting the vet and may begin to worry the moment you put him in the car. To prevent this anxiety, do some practice drives. Take him somewhere fun, so he learns that a ride in the car can end in a pleasurable destination.
- Exercise your dog before the vet visit. A tired dog is more relaxed and easier to manage.
- Throughout the visit, stay relaxed and unconcerned. Your dog can sense your feelings, and you need to remain calm so he can feel calm. Remember, your dog looks to you for his safety and security.
- Keep your pet on a short leash while in the waiting area and maintain control of him throughout your visit to avoid any stress, injury or altercations with other pets. If he shows any signs of aggression toward dogs or humans, be sure to have him muzzled for everyone's safety.
- If you have a small dog, take him into the clinic in his carrier. He'll feel more comfortable being in his familiar space with his blanket, toys, etc.
- After the vet visit, take your dog somewhere fun to play and to reward him.

Your veterinarian and clinic staff will also appreciate you taking the time to ensure your dog is calm and comfortable during his visit.

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

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TO YOUR GOOD HEALTH

AN OUNCE OF PREVENTION...

The Many "Faces" of Flu Immunizations

Three-component (trivalent) formulations, four-component (quadrivalent) formulations, high dose preparations, injectable regular-length needle, intradermal short needle, standard preparation, egg-free preparation, nasal preparation...there are many ways to get a flu immunization! However, regardless of the preparation or method of delivery, the bottom line is the same: Everyone six months and older should get an annual flu shot.

CDC and the Advisory Committee on Immunization Practices (ACIP) recommends flu vaccination as the first and most important step in protecting against the flu, however, neither CDC nor ACIP is expressing a preference of one vaccine over another at this time. They do, however, advise that the guidelines and recommendations for the administration of each preparation must be followed. For example, the nasal preparation should only be administered to persons between the ages of 2 and 49 who are healthy and not pregnant. The intradermal (short needle preparation place under the skin instead of into the muscle) may be used only in adults 18-64 years of age. Fluzone High-Dose, manufactured by Sanofi Pasteur, Inc., is designed specifically for people 65 years and older. Fluzone High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu shots. The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine. Flublok was introduced last year for use in persons between the ages of 18 and 49. It is manufactured differently than traditional flu vaccines as it does not require chicken eggs to be produced. It can therefore be manufactured more quickly, but does have a shorter shelf life than other preparations. It is a good choice for people with severe allergy to eggs.

The many "faces" of vaccination may seem confusing but your health care provider (or agency that provides the vaccine) should know what preparation you can or should receive. The choice of product will also be dependent on what preparations are available. The CDC notes that most of the vaccine that will be available for the public will be the three-component (trivalent) injectable preparation. Most of the nasal preparation will be the four-component (quadrivalent) however; the nasal preparation makes up only a small portion of the flu vaccines produced.

While a flu shot is not a 100% guarantee that you will not get the flu this season, it is a safe, inexpensive and an effective method to reduce your chances of getting the flu. (Last year, there were 170 cases of flu reported to this health district, with 54% needing hospitalization.) Please consider vaccination this season. Not only do you protect your own health, but you protect the health of those most vulnerable to complications from the flu. Make an appointment with your health care provider or watch your local papers for places to receive your vaccination. For written information on flu shot preparations, District Residents (Bethany, Hamden, North Haven and Woodbridge) can call 203 248-4528 or request on line, www.qvhd.org. You can also find information on www.cdc.gov/flu. Please note: Quinnipiack Valley Health District (QVHD) will not be holding flu clinics this year.





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