

Woodbridge Town News



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PUBLISHED EVERY THREE WEEKS

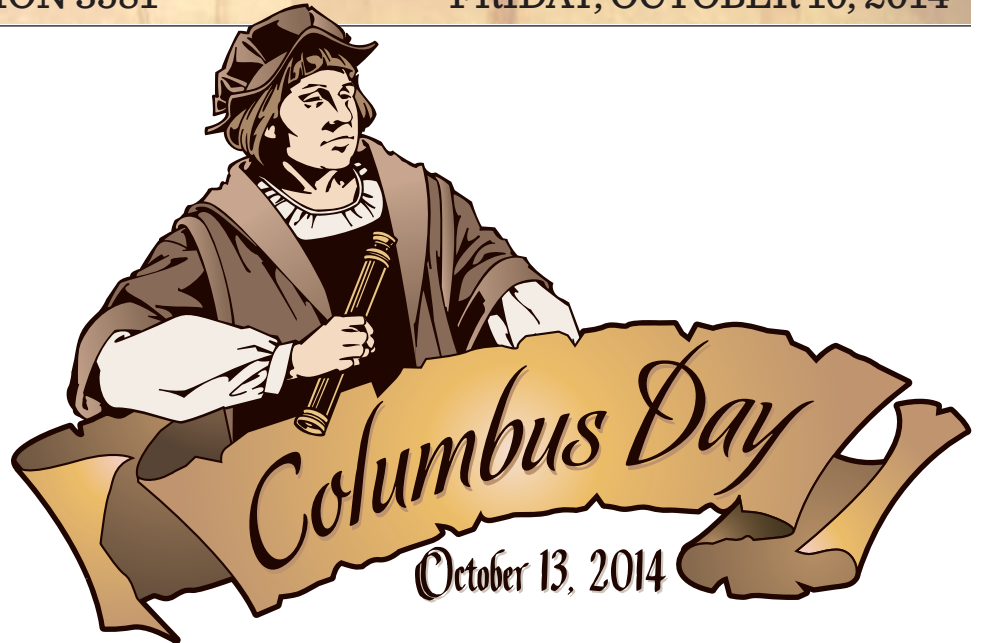
VOL. 3 - ISSUE 13

CIRCULATION 3581

FRIDAY, OCTOBER 10, 2014



The Beecher Road School "reading cheerleaders" include, from left, Language Arts specialist Teresa Nakouzi, Woodbridge Childrens Librarian Judy Rabin, teacher Mary Vincitorio, Principal Gina Prisco, Language Arts specialist Monique MacDonald and School Librarian Lori Patrick.



READING EN PLEIN AIR

By Bettina Thiel, Correspondent

As a reward for reading during the summer months, students at Beecher Road School got to read some more. But instead of finding a quiet place in the building, students spread out on the lawn behind the south wing on a recent sunny Friday afternoon.

This reward was their own idea said School Supt. Dr. Guy Stella. The teachers planning the summer reading program had polled students in the spring to suggest a fun thing to do. Reading out-of-doors and wear-your-pajamas-to-school day were two suggestions made.

The teachers rolled both suggestions into one fun afternoon, and students got to camp out in their pjs, brought towels and stuffed animals, along with a book of their own choice. Luckily for them, the weather was cooperative, with one of the sparkling fall days this area has seen in September.

Fifth grade teacher Katie McCollom allowed students to read a book of their choice, but she also brought the classroom book, "Running Out of Time," which she read out loud for those crowding around her.

Back in June the Language Arts Department at the school had challenged all students to read at least 10 books over the summer. "Give Us Ten," was the call of the day, and the students received bracelets with the motto printed on them. "In previous years we had noticed a reading slide," said teacher Mary Vincitorio, who was instrumental in getting the program off the ground. "We were finding that kids were dropping reading levels," she said.

The kickoff, with drum rolls and a parade, was designed to inspire kids to continue to read at home. "Remember, said School Supt. Dr. Stella when he addressed the students for an award ceremony. "We eat, we sleep and we?..." "Read" the children finished the sentence.



Dr. Stella presents Beecher reading awards.

The town's Public Library also was tied into the program. If students didn't already have one, they were encouraged to get a library card, so as to have access to the library's wealth of titles. Children's librarian Judy Rabin and Mary Vincintonrio traveled to New York for a book expo in the spring to find out about high-interest books. Amity Arts students created a stand-up cardboard robot, which was housed at the library for the summer. Young library patrons could stick their heads through a hole for a photograph. "It was a real community thing," Vincitorio said.

She estimated that they got about 300 logs back. The logs also will be entered into the Governor's Reading Challenge.

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The Town of Woodbridge held a public workshop about the draft Plan of Conservation and Development (POCD) on Tuesday September 30th. Every 10 years the Town Plan and Zoning commission is required to update its POCD, which serves as a planning guide for the Town for the next decade. Consultants from the firm of Milone & MacBroom were on hand to coordinate an open discussion about the proposed goals, objectives, and specific action items for the eight draft chapters of the Plan. More than 80 people attended the workshop.

TOWN PLANS FOR THE NEXT DECADE

By Bettina Thiel, Correspondent

The Woodbridge Plan and Zoning Commission, with input from other commissions, departments and residents, is working to update the town's Plan of Conservation and Development (POCD). What do residents want to keep and carry into the future, what needs improvements — it's a taking stock of sorts and setting guidelines for the future.

See "Plans" continued on Page 10




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WOODBIDGE EDUCATION ROUNDUP

AMITY BESTOWED WITH NATIONAL BLUE RIBBON

By Melissa Nicefaro – Woodbridge Town News Correspondent

On the heels of being ranked one of the best high schools in the state by Newsweek last month, Amity Regional High School received an even higher honor on Oct. 1 as the high school was recognized as a National Blue Ribbon School for 2014. U.S. Secretary of Education Arne Duncan recognized 337 schools (including only 48 high schools) as National Blue Ribbon Schools based on their overall academic excellence or their progress in closing achievement gaps among student subgroups.

The Department will honor 287 public and 50 private schools at a recognition ceremony on Nov. 10-11 in Washington, D.C. In its 32-year history, the National Blue Ribbon Schools Program has bestowed this coveted award on just under 7,900 of America's schools. According to Amity Regional High School Principal Charles Britton, Amity was last recognized as a Blue Ribbon school in 1982.

"I'm over the moon," Britton admitted, quickly adding that 100% of the credit for the award should go to the students and teachers not only at Amity, but at all of the BOW schools.

"It's a reflection of all of the schools—the K-12 continuum of excellence that we have here," Britton says. "It really is an award for the whole BOW region."

Charles Dumais, Superintendent of Schools agrees, adding, "It is a testament to the support that Amity receives from its three member towns – Bethany, Orange, & Woodbridge— as well as the tremendous work of the students, teachers, staff, and administration."

"These great schools are fulfilling the promise of American education—that all students, no matter their name or zip code, can flourish when schools provide safe, creative, and challenging learning environments," Secretary Duncan said. "National Blue Ribbon Schools are models of consistent excellence and a resource for other schools and districts. We celebrate them for their tireless effort and boundless creativity in reaching and teaching every student."

The National Blue Ribbon Schools Program honors public and private

elementary, middle, and high schools where students either achieve very high learning standards or are making notable improvements in closing the achievement gap. The award affirms the hard work of students, educators, families and communities in creating safe and welcoming schools where students master challenging content.

Amity Regional High School is one of only two public high schools in the State of Connecticut to be recognized this year by the Federal Department of Education as a "Blue Ribbon School." Amity has also been recognized by the State Department of Education as a "School of Distinction for Highest Overall Achievement." Schools that have earned the distinction of being identified as Exemplary High Performing Schools are among the state's highest performing schools as measured by state assessments or nationally normed tests. Student subgroup performance and high school graduation rates are also at the highest levels. Specifically, for the 2013-2014 award year, the Department strengthened the focus of both categories' performance criteria around subgroups within a school and improving graduation rates for all students.

"We are extremely proud of the Amity students and staff. The Blue Ribbon Award is recognition of the great teaching and learning that takes place in this school and throughout the district," noted Britton.

The Department invites National Blue Ribbon School nominations from the top education official in every state, the District of Columbia, Puerto Rico, the Virgin Islands, the Department of Defense Education Activity and the Bureau of Indian Education. The Council for American Private Education (CAPE) nominates private schools. A total of 420 schools nationwide may be nominated, with allocations determined by the numbers of K-12 students and schools in each jurisdiction. The U.S. Secretary of Education invites nominated schools to submit an application for possible recognition as a National Blue Ribbon School.



SACRED HEART INVITES PROSPECTIVE STUDENTS, FAMILIES

Sacred Heart Academy, an independent Catholic college preparatory school for young women in grades 9 – 12, will open its doors to prospective students and their families on Sunday, October 19, from 1:00 – 3:00 p.m. at the Academy's Annual Open House. The Academy is located at 265 Benham Street in Hamden.

Open House is designed to give prospective families a feel for the spirit and focus of the Academy and encourages visitors to spend the day as they choose. Student guided tours are offered throughout the afternoon with time allowed for areas of particular interest. Administrators, faculty and staff, students, current parents, and alumnae will be on hand to meet and greet and answer questions. Activities, presentations, and exhibits representing all facets of the Academy will be offered. Visitors will have an oppor-

tunity to learn about the challenging academic program and co-curricular activities, observe students and teachers using the latest technology, preview the upcoming performance of Singin' in the Rain, see cutting edge research in the state of the art molecular science, chemistry, physics and biology laboratories, and experience the orchestra and concert choir. Information on transportation, financial aid, athletics, and college placement will also be available.

All are welcome to attend the Open House; seventh and eighth graders and their parents are particularly encouraged to attend if they are considering admission. It is not necessary to call in advance. For further information about Open House or the admissions process, contact Elaine Lamboley, Director of Admission, 203-288-2309, x307 or visit www.sacredheartamden.org.

STUDENT NEWS

SACRED HEART AP SCHOLARS RECOGNIZED FOR EXCELLENCE

The College Board's Advanced Placement Program provides willing and academically prepared students with the opportunity to take rigorous college-level courses while still in high school and to earn college credit, advanced placement, or both for successful performance on the AP Exams. The following Orange and Woodbridge students from the Sacred Heart Academy Classes of 2014 and 2015 have been recognized by the AP Program for their outstanding achievement on the 2014 AP exams.

AP SCHOLAR WITH HONOR Granted to students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more exams:

- Lucy Andersen of Woodbridge
- Demery Ormrod of Orange

AP SCHOLAR WITH DISTINCTION Granted to students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more exams:

- Emma Dragan of Orange

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- Publisher** Rocky Salperto
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- Correspondents** Laura Fantarella; Melissa Nicefaro;
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- Restaurant Profiles** Susan Noonan
- Contributing Writers** Roberta Nestor; Ray Spaziani
- Administrative Assistant** Katie Carbone

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

Contact us:

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

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- Woodbridge Senior Center** 4 Meetinghouse Lane
- Woodbridge Tae Kwon Do** 152 Amity Road
- Woodbridge Town Hall** 11 Meetinghouse Lane
- Woodbridge Town Library** 10 Newton Road

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Woodbridge Town News

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

<u>Upcoming Issue Deadline</u>	<u>Upcoming Issue Dates</u>
October 24th	<i>Election Issue</i> October 31st
November 14th	<i>Thanksgiving Issue</i> November 21st
December 5th	<i>Holiday Issue</i> December 12th

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

FROM OUR READERS

To the Editor

"How is the golf course doing?" I am often asked. The condition of the Country Club of Woodbridge course continues to improve as consistent, professional attention is being paid by Billy Casper Golf, the town's manager. A large drainage project was recently completed, extensions of the cart paths are scheduled for October and renovation of bunkers – some not all – is planned for the late fall/early winter, weather permitting. All of these projects will improve the course and are paid for out of operating revenues.

The weather has been much better in 2014, which has been a help although the National Golf Foundation says that golf rounds are flat year over a year in the Northeast, which is echoed by our 'peer group' comprised of the municipal golf courses in towns of Fairfield, Trumbull and Westport. Rounds at Woodbridge, in contrast, are expected to be up 10% from 2013.

A recent financial forecast by Casper was submitted at the September 22nd meeting of the Country Club of Woodbridge Commission. It forecasts 2014 golf revenues at approximately 15% above the level experienced in 2013, which is also the base after which the town shares in the revenues. Due to new and renewed memberships and outings, Casper anticipates that 2015 will also be a good year.

Deke Hotchkiss

Chair, Country Club of Woodbridge Commission

Woodbridge Town News

WTN Letters Policy

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

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



The Halloween HOOT is complete with Halloween costumes, games, crafts, a haunted hallway, a prize booth, a bake sale, great food and much more. This year we have had an outpouring of generous donations so the kids are bound to have a great time. If you are looking for something fun to do with the kids on a Saturday afternoon, you won't go wrong in stopping by the HOOT! For more up-to-date information, please check out our website at www.brspto.org. Don't forget to wear your costume!



EDUCATION

FROM THE BOWA SUPERINTENDENTS OF SCHOOLS

BOWA SUPERINTENDENTS "WINTER ADVISORY"

Once again we are facing the time of year when New England weather can be very unpredictable and severe. Area superintendents of schools must ensure that each district meets the state mandated number of school days and number of instructional hours in a safe and secure manner.

The Bethany, Orange, Woodbridge and Amity (BOWA) school districts will continue to participate in a regional school transportation collaborative. This arrangement allows elementary schools to dismiss at similar times and for the Orange and Bethany Middle Schools to open and dismiss at the same time in coordination with Amity Regional High School.

When one BOWA school district closes, delays the opening of school, or dismisses early due to inclement weather, all BOWA school districts will also close, delay, or dismiss early. A delayed opening for elementary, middle and high school will be two (2) hours. The BOWA superintendents try to make a decision to close or delay the opening of school by 5:30 a.m. based upon what is expected to happen in the next two to eight hours. Stay tuned when a delay has been announced since it might turn into a cancellation if weather conditions do not improve. Radio, television, school bus operators, staff and designated Internet-based sites will be notified immediately.

Although early dismissals are avoided whenever possible, it may be occasionally necessary to dismiss school early due to the unexpected deterioration of weather conditions. In these situations, an announcement will be issued

by 10:30 a.m. Weather related early dismissal for middle school and high school students will be at 11:45 a.m. Bethany and Woodbridge elementary school students will be dismissed at 1:10 p.m. Orange elementary school students will be dismissed at 1:00 p.m., and the Orange regular-day kindergarten students will be dismissed at 11:00. Orange full-day kindergarten students will be dismissed at 12:50 p.m. and go to their respective schools to take their neighborhood buses at 1:00 p.m.

Families should have an emergency back-up plan in place in the event of an early dismissal. Please make sure the children understand where they should go in the event of an early dismissal from school. Child care arrangements at home or on the same bus route should be made in advance of the early dismissal day since it will be impossible for the school staff to personally contact each parent. On days when the weather may be problematic, please stay tuned to the local radio and/or television channel to be aware of an early dismissal. As alternate drop-off and pick-up procedures vary from school to school, parents should follow the established procedure.

When school is cancelled, unless otherwise indicated, all activities and meetings are also cancelled. The school buildings will be closed.

The decision to delay, close school, or dismiss early is often a difficult one. During inclement weather when an administrative decision to open school has been made, this is not meant to preclude a family's choice to keep their student(s) home. Families are encouraged to exercise their own judgment in such cases.

AMITY ADULT & CONTINUING ED

There's still time to register for Amity Adult & Continuing Education fall classes! Why not treat yourself and learn something fun this fall, like Ballroom Dancing, Acrylic Painting, or finally learning to use that digital camera before the holidays arrive? For those who previously took our popular Beginning Bridge class, you can build on your skills with Bridge, Play of the Hand, now being offered.

Some of the classes which began on Tuesday, October 7th include: Calligraphy, Excel for Beginners, Fly Fishing, Jewelry, Basic Beading, Marketing 101, Microsoft Word for Beginners, Relaxation Techniques, Stained Glass for Beginners, Zumba and Zentangle Art.

A small sampling of classes which began on Wednesday, October 8th, include: Amazing 1-2-3 Acrylic Painting, Ballroom Dancing, Bridge, Digital Photography, Introduction to MAC Computers, Mah Jong, Paranormal Intrigue, Belly Dance, Italian, Polish, Tai Chi, Yoga, Selling on eBay...and much more!

Check out the full catalog at www.AmityAdultEd.MyProgramPlus.com where you can view full descriptions of all classes being offered. You can register for classes online, or call Karen Wade at 203-392-2005.

Note: The fee for "A Night with Dr. Bernie Siegel", on October 29th, has been reduced from \$45 to \$25! This is sure to be a memorable evening, so register early!

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TOWN DEPARTMENTS & AGENCIES

VOLUNTEER FIRE DEPARTMENT EARNS LIFE SAFETY ACHIEVEMENT

Woodbridge Volunteer Fire Department was recently presented with a Life Safety Achievement Award for its fire prevention accomplishments in 2013 by the National Association of State Fire Marshals Fire Research and Education Foundation (NASFM Foundation) in partnership with Grinnell Mutual Reinsurance Company. The award was announced by Butch Browning, president of the NASFM Foundation.

"The heroic efforts of our local fire service aren't limited to rushing into burning buildings to save families. They also present educational information to local schools and other community groups to make sure people know how to respond to fires and how to prevent them in the first place," said Alan Clark, assistant vice president of Special Investigations for Grinnell Mutual. "The Life Safety Achievement Award recognizes fire departments for their fire prevention programs that have been proven to save lives year after year."

Since 1994, the Life Safety Achievement Award has recognized local fire prevention efforts that have contributed to reducing the number of lives lost in residential fires. Woodbridge Volunteer Fire Department is one of 142 fire departments across the United States to receive the award this year for recording zero fire deaths in 2013 or reducing fire deaths by at least 10 percent during the year. In addition, award recipients documented active and effective fire prevention programs as well as a clear commitment to reducing the number of house fires in the community.

Although residential fires in the U.S. account for only 20 percent of all fires, they result in 80 percent of all

fire deaths. The NASFM Foundation is committed to reducing that number. "Experience tells us that fire prevention activity and public education can significantly reduce life and property loss from residential fires," Browning said. "Prevention and education are very cost effective compared to the traditional approach of relying on fire suppression. The Life Safety Achievement Award recognizes fire departments for their fire prevention efforts and encourages them to continually improve upon those efforts."

About NASFM Foundation: The NASFM Foundation is a public interest group whose mission is to reduce residential fire deaths and injuries. The Foundation advocates the use of residential fire sprinklers, smoke alarms, carbon monoxide detectors and teaching people fire-safe behavior. The Foundation assists fire departments with implementing residential sprinkler/smoke alarm programs on a local basis. The Foundation's partners include the United States Fire Administration, the National Association of State Fire Marshals and private industry/associations with an interest in and commitment to residential fire safety.

About Grinnell Mutual: Grinnell Mutual Reinsurance Company, in business since 1909, provides reinsurance for farm mutual insurance companies and property and casualty insurance products through more than 1,600 independent agents in 12 Midwestern states. Grinnell Mutual is the 120th largest property-casualty insurance company in the United States and the largest primary reinsurer of farm mutual companies in North America.

DECEMBER HOLIDAY BASKET & ADOPT-A-FAMILY PROGRAM

The Woodbridge Human Services Department needs sponsors to participate in the Adopt-A-Family Program. This program provides holiday food baskets for the December holidays to Woodbridge families in need. Mary Ellen LaRocca, Director of Human Services, stated, "Due to the economy, we are getting more referrals for families and seniors who need holiday baskets".

Distribution of holiday baskets will take place on Thursday, December 18th. Anyone interested in sponsoring a family should contact Woodbridge Human Services at 203-389-3429. Monetary donations can also be made payable to Woodbridge Human Services, 11 Meetinghouse Lane, Woodbridge, CT 06525.

WOODBIDGE REC. YOGA

Adults - Monday morning or evenings, October 20 thru December 1, 2014, 10:30 am to 11:45 pm, or 5:30 -6:45 pm, Room 16 Center Building, 4 Meetinghouse Lane, \$55. Call Rec. Dept. Office for information 203-389-3446.

Adults - Wednesday evening classes available, October 8 thru November 19, 2014, 5:30pm - 6:45pm, Room 16, Center Building, 4 Meetinghouse Lane, \$55. Call Rec. Dept. Office for information 203-389-3446.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF OCTOBER 2014

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



Town Hall

10/10	Board of Selectmen.....	6:00pm	Town Hall
10/11	Economic Development Comm.	7:00pm	Town Hall
10/18	Investment Committee	5:00pm	Regional Water Authority
	Board of Finance	6:00pm	Town Hall
	Conservation Commission.....	7:30pm	Town Hall
10/22	CC of Woodbridge Commission	6:00pm	Town Hall
	Recreation Commission.....	7:00pm	Beecher School South
10/23	Government Access TV Comm.	7:15pm	Town Hall

MICHAEL J. PAOLINI, CPA

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

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mpaolinicpa.com

WOODBIDGE 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 DEPARTMENTS & AGENCIES

FROM THE REGISTRAR OF VOTERS



NOTIFICATION OF UPCOMING IMPORTANT ELECTION DATES

The Bethany, Orange and Woodbridge Registrars of Voters announce important voting dates. State and Federal elections will be held on Tuesday, November 4, 2014.

Cut-off Dates: Mail in registration deadline for voting in the Election is October 21st (postmark and online). Deadline for registering in person with Registrars is 8:00pm, Tuesday, October 28th.

Registrars Session: A special registration session will be held at the Registrar's office on Saturday, October 18th from 10:00a.m. to 2:00p.m.

Registrars Session: Tuesday, October 28th is the in-person cut-off for voter registrations. Applicants must appear in person to the Registrar of Voters office between 9:00a.m. and 8:00p.m.

Limited Session: There will be a limited enrollment session on Monday, November 3rd from 9:00a.m. to 5:00p.m. for persons who attained age, citizenship or residency after the October 28th deadline.

Absentee Ballots: Applications for absentee ballots should be made through the Town Clerk's office. You may also download an application from the Secretary of the State's website: click on "Elections and Voting" then "Absentee Ballot Application". Ballots will be available starting October 3rd.

Questions regarding Elections call:

Bethany Registrars: 203-393-2100, ext. 121

Orange Registrars: 203-891-4715, 4716

Woodbridge Registrars: 203-389-3408, 3409

The Town Clerk's Office is available to register voters and for absentee ballots Monday through Friday from 8:30am to 4:30pm in Woodbridge and Orange. Bethany's hours are 9:00am to 4:30pm Monday through Friday and Monday evenings 6:30pm to 7:30pm.

For more information regarding Elections please see your town website.

POSTER CONTEST FOR FIFTH GRADERS!

The CT Department of Public Health, (CT DPH) Drinking Water Section and the Connecticut Section American Water Works Association are sponsoring a "Drinking Water Week" (May 3-9, 2015) Poster Contest for 5th graders across CT. They are soliciting posters through the local health departments of CT towns. Quinnipiack Valley Health District (QVHD) will be collecting posters from the towns of Bethany, Hamden, North Haven and Woodbridge and selecting 5 posters from the entries it receives to be submitted to the CT DPH for final judging. There will be 12 winners at the state level. All posters of the 12 top winners will be made into a calendar for statewide distribution. The top prize is a gift basket and the other 11 winners will receive a calendar and statewide recognition.

The theme for the poster contest is "Healthy Kids Drink Tap Water". If you would like an entry application and the contest description and rules, district residents can call QVHD, 203 248-4528 or request by email, dculligan@qvhd.org. The deadline for entries is November 20th, 2014 to the QVHD office, 1151 Hartford Turnpike, North Haven, CT by US mail or in-person delivery.

ENERGY ASSISTANCE

Woodbridge Human Services has announced that it is currently taking appointments for energy assistance with winter heating bills. The program is administered by TEAM, Inc. in Derby. This program is developed to help those struggling financially and could use assistance to get through the upcoming winter months.

Applicants are eligible based on review of their total gross household income, such as job earnings, unemployment compensation, social security, pension, etc. household size; and liquid assets, as shown through bank statements. Both homeowners and renters can apply for assistance.

To schedule an appointment or for more information on guidelines, contact Woodbridge Human Services at 203 389-3429.

WARM HEARTS, WARM HOMES CAMPAIGN

Woodbridge Human Services has kicked off a Warm Hearts, Warm Homes Campaign to seek donations for the Town Fuel/Food Fund. The drive will run through December 31st. We are anticipating a need for \$5,000.00 for our Fuel Bank and \$2,000.00 for our Emergency Food Fund. These funds provide Woodbridge residents with emergency assistance with their primary heating source and emergency food.

"We are expecting an increase in the number of families applying for emergency fuel and food assistance this winter due to the decline in the economy", stated Mary Ellen LaRocca, Director of Human Services. Since Human Services is anticipating an increased need for fuel and food this year, they are inviting schools, church groups and civic organizations to consider sponsoring fund raisers to join their mission to keep our residents warm and safe this winter season.

Checks should be made out to the Town of Woodbridge Fuel/Food Fund and mailed to Woodbridge Human Services Department, 11 Meetinghouse Lane, Woodbridge, CT 06525.

FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



Halloween Party- Sponsored by Woodbridge Youth Services

7th and 8th grade Woodbridge and Bethany residents are invited to the annual Halloween Party on Friday, October 24th from 7pm-9:30pm. We'll have a costume contest, a mummy wrap contest, a donut eating contest as well as 'poppa shot' basketball, ladder golf, an interactive DJ, pizza and more all for an admission of just \$5.00. Volunteers and donations are needed. Please contact Woodbridge Youth Services at 203-389-3429 or youthone@woodbridgect.org for more information, to volunteer or donate raffle prizes. Woodbridge Youth Services and the Town of Bethany sponsor these events.

Woodbridge Youth Services on-going enrollment for after school programming at Amity Middle School- Bethany Campus. Call to sign up now!

Digital Photography for Teens – Instructor Melanie Stengel

This is an introductory class on digital photography for students who want to get the most out of their digital cameras and improve their photographic skills as well as for those more experienced students who want to enhance their skills. The class will be offered one day per week 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. Open enrollment- we will pro-rate course for those starting after October 2nd. Class will meet Thursdays beginning October 2nd after school in the computer lab at AMS-B. For more information, to sign up and complete a permission slip, please call Youth Services at 203-389-3429. For more information: [http://www.woodbridgect.org/filestorage/6585/6649/fall_flyer_photo-cooking_\(2\)_\(2\).pdf](http://www.woodbridgect.org/filestorage/6585/6649/fall_flyer_photo-cooking_(2)_(2).pdf)

Fun Fitness Cooking – Instructor John Bencivengo Jr.

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

A great after school activity! The materials fee of \$100.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class will begin October 7th. For more information or to sign up please call Youth Services at 203-389-3429

www.WoodbridgeTownNews.com

LOCAL BUSINESS

MILLER RECEIVES COMMUNITY PARTNER OF THE YEAR AWARD

Steve Miller, principal and broker at Levey Miller Maretz Real Estate Services, has received the Community Partner of the Year Award from the APT Foundation. Miller was honored for his commitment to the APT Foundation and the community it serves. The New Haven-based foundation, which was founded in 1970, promotes the health and recovery of those dealing with substance use and offers primary care and mental health services.

Miller has worked with the foundation for many years, helping to secure locations for its inpatient and outpatient facilities. "The APT Foundation serves hundreds of clients every day from communities throughout New Haven County," says Miller. "They are professional, an asset to our community and wonderful to work with."

About Levey Miller Maretz Real Estate Services: Levey Miller Maretz is a full-service commercial real estate firm based in Woodbridge, Connecticut, that specializes in the sale and leasing of industrial, office, retail and investment properties, as well as property management.

COOPER ATTENDS COLDWELL BANKER ELITE RETREAT

Judy Cooper of Woodbridge, a sales associate affiliated with the Coldwell Banker Residential Brokerage office in Woodbridge, recently attended the Elite Retreat, a conference held at The Breakers Palm Beach in Florida for top-performing Coldwell Banker sales professionals in the Northeast and Eastern Seaboard regions.

Judy was invited to attend the exclusive Elite Retreat because of her outstanding sales production in 2013. As part of the retreat, Judy enjoyed a luxurious three-night stay at The Breakers with spectacular views of the Atlantic Ocean. The luxurious resort offered participants many amenities including golf on two championship courses, tennis, water activities, world-class shopping and services at the spa and fitness center.



Judy Cooper

During the retreat, Judy attended a welcome reception, special meetings and a cocktail party and dinner to network with more than 200 top Coldwell Banker Residential Brokerage sales associates and management leaders from across the Northeast and Eastern Seaboard regions.

"The real estate professionals who attended the Coldwell Banker Elite Retreat are among the very best in the region," said Cathleen F. Smith, president of Coldwell Banker Residential Brokerage in Connecticut and Westchester County, N.Y. "We are proud to honor Judy for her exceptional performance and dedication to providing superior service."

Judy was recently recognized with the Coldwell Banker® International President's Premier award, which is presented to the top 1 percent of approximately 85,000 sales associates worldwide in the Coldwell Banker® system.

Coldwell Banker Residential Brokerage, a leading residential real estate brokerage company in Connecticut and Westchester County, N.Y., operates approximately 52 offices with more than 2,200 sales associates serving the communities of Connecticut and Westchester County, N.Y. Coldwell Banker Residential Brokerage is part of NRT LLC, the nation's largest residential real estate brokerage company. For more information, please visit www.ColdwellBankerMoves.com.

SECOND ANNUAL SCARECROW FESTIVAL

Join the businesses of Woodbridge on October 11 from 10am-4pm for the 2nd Annual Woodbridge Scarecrow Festival. This year's event promises even more fall fun – Themed-Scarecrows, Local restaurants showcasing their fare, scavenger hunt, local bands providing music, sidewalk chalk art contest, face painting, sidewalk sales, a Rotary Club coat drive and more. Participating restaurants include Wheelers, Woodbridge Social, Thai Stories, Burnt Bakery, Antonios, Solun, Amity Meat Market and the Firedog Food Truck.

Events will happen on both sides of Amity Road between People's Bank and the shops at 245 Amity Road. Save the date and usher in the autumn season and see what great things Woodbridge Businesses have to offer.

"Plans" continued from Page 4

The goal is "to create a plan that provides policy guidance," said Michael T. Looney, a professional planner with Milone and MacBroom, who has been facilitating the process. The POCD should serve as a roadmap for the town, he said. As such it sets goals, but the real work — taking steps to achieve those goals — will not happen until after the town and its residents adopt a Plan in a formal vote.

Looney has been taking in comments at several "charrettes" – public comment sessions — as well as through an online survey and in countless hours visiting with land use and other commissions. A website dedicated to the POCD is available at <http://woodbridgeplan.com/>. Published, readers will find fact sheets pertaining to current conditions, and the suggested action items that residents had a chance to respond to at a public workshop September 30. Some 80+ residents and town officials attended the workshop at the Center gym, where residents were invited to familiarize themselves with, and respond to, concrete action points.

The packet neatly presented eight topics — housing, economic development, transportation, natural resources and open space, historic and community resources and sustainability — with suggested actions for each topic stacked by continuing/near-term, mid-term and long-term action items. As opposed to the current Plan – adopted in 2005 – the focus for the next ten years shifts from the center of town to the "Village District," the town's only mixed use district, where people live and work and shop — but many just drive through on their way to work or shop in other areas.

At the workshop on September 30, the table devoted to economic development and The Village (commercial district) got by far most attention. Comments for the Village included increased connectivity, sidewalks, lighting, parking, more high-end businesses; no three-family housing, no 3-story houses, and again and again, traffic improvements. "Traffic is a huge impediment to development," said Muffy German, who presented comments made at that table. The suggestion to create an architectural review process for the Village District met with some resistance. "Don't treat the Village any different than the rest of town," was one comment.

For open space, the general feeling was that the town must protect open space, preserve its vistas; as for a "wish list," it included a dog park, mountain biking trails, safe roads, and using the Country Club as a meeting place for Woodbridge residents. As for community resources, the use of the old firehouse, which the fire department still uses for storage, came up repeatedly. Another issue that came up was the programming at the senior center, with the wish for programming to appeal to "younger seniors".

The Plan as presented suggests hiring a part-time planner and a part-time economic development director. The planner in particular would help the town actually move forward with the proposals put forth in this document, said Plan and Zoning Commission Chairman Jeff Kaufman. He said his hope is that Woodbridge doesn't look a whole lot different (in ten years) than it does now, with winding roads, trees and stone walls.

But the only area that has a lot of improvement potential is the Gateway (or Village) District, "there we have the potential to do something awesome," he said. "A farmers market, restaurants, shops, sidewalks – that's community stuff," he said. He is hoping to increase the housing options in the Village for single professionals, as there is no place for them in Woodbridge at this point. Kaufman said there is a large number of home offices in Woodbridge, and one of the ideas is to encourage shared or live/work spaces for these small business owners.

Next steps: Looney said his office will be compiling comments and start working on a land-use plan on a parcel-by-parcel basis. This work will be done in cooperation with the Plan and Zoning Commission. There will be no more public workshops, but the land-use plan will be subject to a formal public hearing before a final POCD will be presented to public vote.

PROTECT THE BABIES IN YOUR LIFE!

Everyone loves to hug and kiss babies. Along with this exchange of affection, germs will be passed from one to another. You can protect the infant you care about while protecting yourself against pertussis. Quinnipiac Valley Health District (QVHD) offers the pertussis vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to parents, grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger. If you are over age 18 and have never had a Tdap vaccine, (a combined booster immunization containing tetanus, diphtheria and pertussis protection) you are eligible to receive this vaccine. A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay this fee. Immunization clinics are held every 4-6 weeks. The next clinic will be held on October 30, 2014 from 4:00 to 4:30 p.m. Call QVHD, 203 248-4528 or visit us online, www.qvhd.org for clinic dates and times.

Visit our website at www.WoodbridgeTownNews.com

STUDENT NEWS

Jessica Grace Welcomed to Castleton College

Castleton, VT -- Castleton College is excited to welcome Jessica Grace of Woodbridge, CT to the Castleton community. Jessica is one of more than 500 new students who have registered for the fall semester. Castleton is small enough to be a community where every student matters, yet offers more than 30 academic programs, 20 intercollegiate sports, and over 40 clubs and organizations. The college stresses community service and provides exceptional programs for first year students.

Eastern Connecticut State University Releases List of Newly Enrolled Fall 2014 Students

Willimantic, CT -- Eastern recently released its list of newly enrolled students for the fall 2014 semester. The following students are from Woodbridge: Jesse Cala, major is Exploratory Education; Micaela Romei, major is Communication; and Samantha Testa, major is Physical Education. "We are pleased that these students have decided to attend Eastern and have the opportunity to experience the benefits of our liberal arts education while enjoying student life on our beautiful campus," said Ned Harris, director of enrollment management. Harris notes that Eastern freshmen come from 164 of Connecticut's 169 towns, from 24 other states and from 50 other countries.

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www.rwater.com/products-and-services/hazwaste-central/

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Auto Batteries	Other Oils/Cleaners	Used Motor Oil*
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GARDEN & MISCELLANEOUS		
Chemical Fertilizer	Herbicides & Insecticides	Batteries*
Fungicides	Pesticides	Photographic Chemicals
Swimming Pool Chemicals	Fluorescent Bulbs (Including CFL Type)*	
Mercury & Mercury-Containing Items		

* Local disposal options may be available. Please check with your public works department or local transfer station or the following resources:
Batteries: call 1-800-8-BATTERY or log on to www.call2recycle.org (excluding alkaline and auto batteries).
Compact Fluorescent Light (CFL) Bulbs: call 1-800-CLEANUP, or log on to www.earth911.com
Paint: log on to www.paintcare.org and visit the Connecticut portion of the site to find a drop-off location for household paint.

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For more info call 203.401.2712 or email ask.hazwaste@rwater.com.



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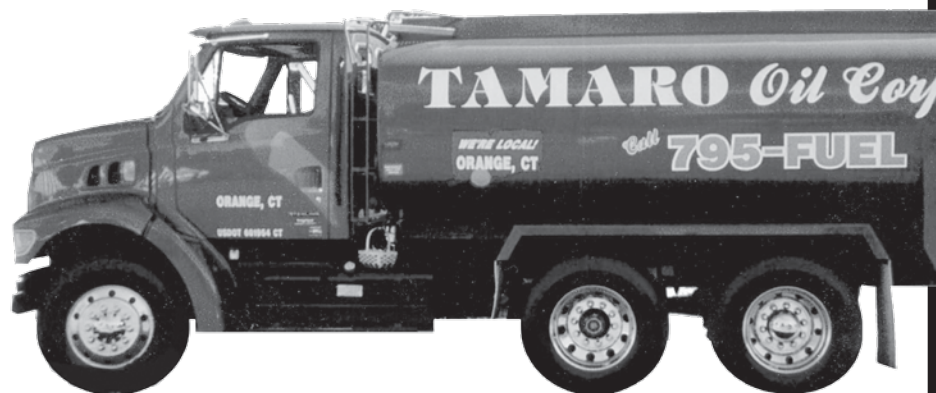
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**FROM THE FIRST
SELECTMAN'S DESK**

By Ellen Scalettar



Autumn promises to be exceptionally beautiful in Woodbridge this year. When you are out and about this Saturday, October 11, there are three major events in Town for you to enjoy: the Road Race, organized by the Recreation Department; the Scarecrow Festival, organized by businesses in the Village District; and the Massaro Farm Family Fun Day.

The Road Race includes a fun run for kids and a 5k race for adults. You register in person on the day of the race behind the library. Registration begins at 8 a.m.; the fun run is at 9 a.m. and the 5k is at 10:30 a.m. Proceeds from the Road Race benefit the Town's Food and Fuel Fund and Recreation programs. After the race, the Volunteer Fire Association will serve hotdogs and hamburgers.

The Scarecrow Festival will show off local businesses. Area restaurants will set up food tents and there will be live bands, face painting, a scavenger hunt, sidewalk sales and more from 10 a.m. - 4 p.m. on both sides of Amity Road from the People's Bank to the Shops at 245 Amity Road. Participating stores will have decorative scarecrows on display.

Massaro Community Farm's Family Fun Day at the farm (41 Ford Road) runs from 1-5 p.m. and includes hay rides, a magic show, a bake sale, live music, a flea market and scarecrow making.

Another fun fall event is just around the corner. The Volunteer Fire Association

will again host a Truck-or-Treat on Halloween, Friday, October 31 at 5 p.m. This event started in 2012 after a major snowstorm prevented trick-or-treating in our community. The Volunteer Fire Association organized a safe, indoor, family-oriented event that is becoming a Woodbridge tradition.

I'd like to thank everyone involved in these wonderful community events. They provide important opportunities to bring us together with our neighbors and to celebrate the season. I hope to see you on Saturday!

While we are celebrating fall and anticipating winter, the Town is commencing an initiative to help residents learn about solar installations and save money on their energy bills. The program is called the Woodbridge Energy Challenge. Perhaps you have seen the miniature "solar house" that has been placed outside the old firehouse to bring attention to this campaign. You can learn more at an early bird solar workshop on November 18 at 6:30 p.m. Register for the workshop at www.ctsolarchallenge.com/woodbridge. There will be another solar workshop in the spring.

To learn more about this and other programs, stay tuned to the Town's e-newsletter (sign up here: tinyurl.com/WoodbridgeEnews), the Town's website (woodbridgect.org) and Facebook page (Facebook.com/WoodbridgeCT).

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AT THE SENIOR CENTER

By Lee Canning

CREATIVE HAPPENINGS NEWSLETTER

"Creative Happenings Newsletter" is published monthly and may be received by mail, email or accessed online through the town website: www.woodbridget.org click on Departments, Senior Center, Current Creative Happenings Newsletter. If you are not currently receiving a copy and wish to do so, please contact the Senior Center at (203) 389-3430. We are pleased to announce Visiting Angels Living Assistance Services is co-sponsoring our Creative Happenings Newsletter.

EXERCISE CLASS with LAURIE LUCE

The exercise classes taught by Laurie Luce will continue to be on Tuesday and Thursday with a new time of 3:00 to 4:00. We look forward to seeing you in the new time slot. If you wish to register for this class, please call Lee at (203) 389-3430.

SAVE THE DATE FOR SENATOR JOE CRISCO'S ANNUAL "SENIOR FAIR" THURSDAY, OCTOBER 16, 2014 WARSAW PARK, ANSONIA

Developing Programs for the Baby Boomer Generation

Baby Boomers are changing the face of retirement and have rewritten the rules through every life stage and they will do it again. The Woodbridge Senior Center is looking forward to welcoming "Boomers" and with input from new or soon-to-be retirees, we will break through traditional norms to meet the demands of this generation. Adult-focused activities that encompass the social and physical interests of this dynamic age group are being planned. Contact us at 203-389-3430 with any program ideas that you'd like to share that will engage Woodbridge Boomers!

The Woodbridge Senior Center recently increased newsletter mailings

by 800 residents who turned 60 this year. We offer free memberships to all Woodbridge residents ages 60+. There are numerous activities and events throughout the year. For many of the participating patrons, the Senior Center is a place to socialize and feel needed, a place to stimulate minds, play billiards, table tennis, zumba, tai chi, mah jong and bridge. It has changed lives and improved the quality of life for many seniors living in Woodbridge.

ZUMBA GOLD CLASS

The class runs weekly at 9:00 am on Friday's and will meet in the cafeteria. All are welcome! Cost for the 6 week class is \$30.00. Payment is due when you register. Zumba Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. It is done at a low intensity. Zumba Gold classes strive to improve our balance, strength, flexibility and most importantly, the heart. The schedule for the current session is October 3, 17, 24, 31 and November 7 & 14. (No class Oct. 10) To register call 203-389-3430.

"LUNCH BUNCH"

Meets on the last Monday of the month. Everyone is welcome to join us and share lunch and friendly conversation. The lunch is "Dutch Treat" and 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.

TABLE TENNIS

A Table Tennis table has been donated to the center and is available for use. Table Tennis is great for eye-hand coordination, reflexes, balance, planning, strategy and a stress reliever, exercising the mind and body. If you are interested in playing, please call 203-389-3430.

OCTOBER HAPPENINGS

Oct 10 Fri Connecticut Energy Assis-

tance Program Applications Accepted **Oct 14 Tue** Bingo, prizes, refreshments & discussion about civil preparedness.

Oct 13 Mon In observance of "COLUMBUS DAY" the senior center will be closed.

Oct 16 Thur "SENIOR FAIR" Warsaw Park, Ansonia with Sen. Joe Crisco

Oct 20 Mon Flu & pneumonia clinic 3:00 to 5:30

Oct 21 Tue "Oktoberfest" trip to Platzl Brauhaus, Pomona, NY departs today.

Oct 21 Tue "Keeping Woodbridge Residents on Their Feet" Fall Prevention Program

Oct 28 Tue Larry Batter will entertain after lunch

Oct 21 Tue Book Club

BOOK CLUB

Will be meeting at 11:00 on Tuesday October 21st in The Woodbridge Library. Refreshments will be served. For more information, call 203-389-3430.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program, administered by TEAM, Inc., is currently helping qualified Connecticut residents with their fuel costs. Applications are being accepted at the Human Services Department on Tuesday and Friday mornings.

Verification of income and assets must be submitted with the application. This includes copies of the last statements or checks from pay stubs, social security, SSI, pension, unemployment, alimony/child support, interest and dividend income, and a utility bill. In addition, the names, dates of birth, and social security numbers of all family members residing with the applicant are required.

If you have any questions or would like to schedule an appointment, please call Mary Lee Raro at (203) 389-3429.

BINGO

Please join us for a BINGO sponsored by the American Red Cross and a dis-

cussion will be held on the topic of Civil Preparedness on Tuesday, October 14th beginning at 12:45 following lunch. Deputy Chief Stuart of the Woodbridge Police Department, and Mary Ellen LaRocca, Human Services Director will be our guest speakers. There will be prizes and refreshments will be served.

FLU AND PNEUMONIA CLINIC

VNA Community Healthcare has scheduled a Flu and Pneumonia Clinic at the Woodbridge Senior Center on Monday, October 20th from 3:00 to 5:30 p.m.

"KEEPING WOODBRIDGE RESIDENTS ON THEIR FEET"

Tuesday, October 21 at 12:45 p.m.

Learn how to prevent falls, how to get up properly from a fall, and ways to maintain balance are some of the topics that will be discussed. The program is presented by the Woodbridge EMS Commission in association with American Medical Response and in collaboration with Woodbridge Human Services, Woodbridge Senior Center and VNA Community Healthcare.

"FOOD PANTRY DONATIONS"

Woodbridge Human Services is seeking donations for the Food Pantry to help our families in need. Current food needs:

Liquids: Boxed Milk (Parmalat, Horizon, e.g.), Juices, Cooking Oil

Dry Goods: Pancake Mix, Whole Grain Foods, Cake/Muffin/Bread Mixes, Granola Bars, Crackers, Cookies, Tea Bags, Gravy Mixes.

Canned Goods: Stew, Chili, Pasta, Tomatoes, Tomato Sauce, Spaghetti Sauce, Gravy, Canned Vegetables, Potatoes, Ground Coffee, Frosting.

Personal Hygiene Items: Toothpaste, Tooth Brushes, Shampoo, Bar Soap, Feminine Hygiene items, Shaving Cream, Individual Toilet Tissue, etc.

WOODBIDGE SENIOR CENTER

"Keeping Woodbridge Residents on their Feet"

Tuesday, October 21ST at 12:45 p.m. - Did you know the majority of 911 calls are related to falls at home?

In response to this concern, the Woodbridge EMS Commission in association with American Medical Response and in collaboration with Woodbridge Human Services, Woodbridge Senior Center and VNA Community Healthcare will present a fall prevention program "KEEPING WOODBRIDGE RESIDENTS ON THEIR FEET" Tuesday, October 21st at 12:45 p.m. at the Woodbridge Senior Center, 4 Meetinghouse Lane. Learn ways to maintain balance, how to prevent falls, how to get up properly from a fall, tips for home safety and advances in home technology that can alert help in an emergency. Also presented will be information on free and low cost programs to keep you safe.

Exercise Class with Laurie Luce

The exercise classes taught by Laurie Luce will continue to be on Tuesday and Thursday with a new time of 3:00 to 4:00. We look forward to seeing you in the new time slot. If you wish to register for this class, please call Lee at (203) 389-3430.



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BINGO WITH THE RED CROSS

On Tuesday, October 14, 2014 at 12:45 p.m., the Town of Woodbridge Senior Center is sponsoring a BINGO, presented by the American Red Cross. Prizes for the Bingo are donated by the American Red Cross. Deputy Chief Ray Stuart of the Woodbridge Police Department, and Mary Ellen LaRocca, Director of the Town of Woodbridge Human Services Department, our guest speakers, will be present to talk about Civil Preparedness.

For more information, please call Mary Lee Raro, Senior Center Social Worker, (203) 389-3429.



Lucy Valeriano, a resident of Woodbridge for almost fifty years recently celebrated her 90th birthday at her home with her three children and their spouses, her grandchildren and her caregiver. Lucy also received a congratulatory birthday card from The White House signed by the President.

Woodbridge Town News

WOODBIDGE RESIDENTS!

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Halloween decoration - Moms will be Moms - Nina Lottick and Aileen O'Rourke like to decorate the benches according to the season.



Moms will be Moms - Nina Lottick and Aileen O'Rourke like to decorate the benches according to the season.



Sometimes a bench is all it takes to build a neighborhood. The children of the Lottick and Caracciolo families congregate here to wait for the school bus, from left: Samantha Lottick (11th grade), Antrim Lottick (8th grade), Kadan Lottick (11th grade) and William Caracciolo (12th grade).

A BENCH FOR ALL SEASONS

By Bettina Thiel - Woodbridge Town News Correspondent

Sometimes a bench is all it takes to build a neighborhood; that's what two Woodbridge mothers found whose children were growing up across the street from each other. A few years ago the two mothers, Aileen O'Rourke and Nina Lottick, bought two benches, one for each property, so their kids would be comfortable (and safe) waiting for the school bus. At the time their children attended Beecher Road School.

Aileen's husband, Eugene Caracciolo, assembled the benches and stained them, and Nina, though juggling a professional career with home life and three children, has been decorating her bench faithfully according to the season ever since. The decorations are meant to reach out across religions and cultures, she said. They had lights for Diwali, dradels for Hanukah, symbols of peace for December, snowmen in the winter, flags for Memorial Day, pencils for the new school year. "Truthfully, some have been more chintzy than others," she said, "and some have been downright cheesy. But the goal is to bring a smile to children's faces and to bring us together as a community."

The benches took on a special meaning when Eugene passed away. "The benches are particularly special because they remind us of him," Nina said. "He was devoted to his kids and was a great favorite with ours."

Her children are at Amity now, and two of Aileen's children are in graduate school. But the benches still serve as a resting point for people who walk and run in the neighborhood. "Living in Woodbridge with our large lots and lack of sidewalks can be isolating," Nina said. "The benches have helped us build community."

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DINING WITH SUSAN

By Susan Noonan



WOODBRIDGE SOCIAL RESTAURANT, PIZZA & BAR

Woodbridge Social opened in February of this year and the local community has really embraced and supported this new beautifully renovated restaurant that includes unique re-claimed barn wood from upstate New York. Bethany resident Donna Warecke is the General Manager and oversees the day-to-day operation. Owners Johnny Barounis & Derrick Lee also operate Center Street Social in Shelton along with successful bars in New York. There is also a little "sports star power" associated with the restaurant as "New York Rangers Hall of Famers" Brian Leetch and Mark Messier also are part owners of Woodbridge Social.



This family friendly restaurant offers a fresh atmosphere over a backdrop of comfort. The spirit is seen in its unique culinary and drink offerings. Lunch, dinner, Saturday and Sunday brunch are all terrific at Woodbridge Social, consistently delivering high quality food, friendly service and a great time to whomever walks through the door. Enjoy the cozy fireplace or pull up a chair at a table or the spacious bar, and treat yourself to hand-crafted fare that will tempt your palate.

Start with appetizers like the Lobster Bisque, Hand-made Potato Chips, Thai Chicken Lettuce Wrap, Korean Beef Tacos or the Crab Cake, Pulled Pork, or Classic Beef Sliders, then move on to the Monster Lobster Roll, Pastrami Sandwich or the Black and Blue Burger, Artisan pizzas, American favorites like the Chicken & Waffles, Steak Au Poivre, Chicken Pot Pie, or the Center Street Mussels, and much more. For dessert the "Social Sweets" Menu offers Warm Apple Crisp, Crème Brulee, Waffle Ice Cream Sandwich, just to name a few. "Social Kids" Menu is available for lunch, dinner & brunch. With so many tantalizing dishes on the menu, you'll just have to plan on going again and again to try them all! And, on Saturday & Sunday, stop in for brunch (10:30 a.m. until 3:30 p.m.), where fresh squeezed orange juice, bottomless Mimosas and a Bloody Mary menu accompany dishes like Belgian Waffles, Lobster Benedict and Apple Maple & Bacon Pancakes. Happy Hour is offered Monday-Friday from 3:30pm-6:30pm offering 1/2 priced drinks and \$1.00 Raw Bar choices. "Social Tuesdays" offers \$2.00 Mini Tacos, Sliders & Special Drinks. "Sunday Family Night" feeds a family of 4 for only \$25.00.

Open 7 days - Sunday-Thursday - 11:30am-1:00am - Friday & Saturday 11:30am-2:00am. Reservations accepted - All major credit cards - Ample parking - Handicapped Accessible - Loyalty Program available-earn 20% off -see wait staff for details. Take-out on all menu items. Available for private parties-see Donna for information.

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Gillian Anderson

Q: I know it won't start back up until next year, but can you give me any scoop about "Hannibal"? -- Linda F., Galveston, Texas

A: As we saw in the season-two finale, **Gillian Anderson's** character, Dr. Bedelia du Maurier, was more than just Hannibal Lector's psychologist -- she's his getaway buddy (possibly lover?). Executive producer Bryan Fuller confirmed that Gillian has been bumped up from a recurring character to series regular. He also teased that when the show returns in 2015, it will be one year after Hannibal and Bedelia jetted off to Europe (after the bloodbath that he caused at his house), and that the show will feel like "a pilot for a new series starring **Mads Mikkelsen** and Gillian Anderson."

Bryan Fuller told TVLine.com: "The cast and crew of 'Hannibal' are positively giddy to be welcoming Gillian to season three as a series regular. A striking presence on stage and screen, she brings wit, grace and intelligence to every role she embodies. Screenwriting is so much easier when you're inspired by a great actor, and Gillian has filled the 'Hannibal' writers room with wonderful inspiration. I can't wait for audiences to see her make a bigger meal out of 'the Cannibal' than ever before."

Q: "Banshee" is my all-time favorite TV series that airs on Cinemax. I've watched seasons one and two several times, and have bought the DVDs for both seasons. Can you please tell me when season three will return? -- John F., Palm Springs, Calif.

A: "Banshee" will return for a new season in early 2015. The series -- which

is executive-produced by one of my favorite authors, **Jonathan Tropper**, and one of my favorite screenwriters, **Alan Ball** -- centers on Lucas Hood, an ex-con and master thief who tracks down Carrie Hopewell, his former lover and partner in crime, who is now the wife of the Banshee, Pa., prosecutor. Lucas becomes Banshee's sheriff and continues his criminal activities, even though he's being hunted by the criminals he betrayed years earlier.

A bit of a spoiler for you: Jonathan Tropper revealed that while Proctor still will be an important nemesis for Lucas, Chayton will be back in a big way. Also, **Dennis O'Hare**, whom I loved on "True Blood," will guest-star on one episode.

Q: Will "Cougar Town" be back for another season? -- Carly T., via email

A: The Cul-de-Sac Crew will return to TBS for its sixth and final season in early 2015. SPOILER ALERT: **Brian Van Holt**, who plays the hilariously dim-witted Bobby Cobb, will be leaving the series early, with his final appearance in the season-six opener.

Q: I was happy to read in your column that "Beauty and the Beast" would be returning, but I haven't seen it on the CW's fall schedule. -- Tina R., via email

A: The cop drama/romance/fantasy series will return for a third season as a midseason show, which means sometime in early to spring 2015.

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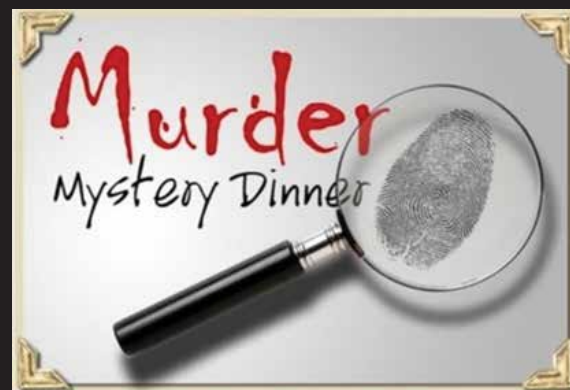
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Woodbridge Rotary Club will be collecting winter coats & canned goods. Enter our raffle to win a pro Fusion Juicer or portable greenhouse!

The farm welcomes donations of new/gently used items for nonesuch auction and for the bake sale. Volunteers also greatly appreciated. Those interest-

ed in helping or making a donation should contact Maria Kayne by phone (203 887 9065) or by email at kaynish@aol.com. All volunteers will receive lunch courtesy of Subway.

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Jack Lardis' 2013 Oil Drum Art Project with Hyde High School students. [Photo by Judy Rosenthal]

ARTS COUNCIL SEEKING PROPOSALS FOR ART PROJECTS

The Arts Council of Greater New Haven is pleased to provide support for community projects that allow the general public to help with the creative process. Our goal is to select ideas that will enrich the quality of community life, enhance the lives of individuals, and build connections between people through art. Last year, we funded 4 outstanding projects that allowed artists to make art with the community.

We are inviting artists, artist collectives and organizations to submit project proposals for engaging the community through art. The Arts Council will select four to five creative projects to fund with small stipends of \$1,000 to \$2000. You can read the full RFP online at newhavenarts.org. Deadline: October 27, 2014, 5pm.

For more information, rules and requirements send an email to info@newhavenarts.org or call the Arts Council of Greater New Haven at (203) 772 - 2788.

The Arts Council of Greater New Haven, publisher of The Arts Paper, is a regional nonprofit arts agency that provides leadership to and advocates for member artists and arts organizations and connects them to one another, to audiences, and to the Greater New Haven community. Visit the Arts Council online at newhavenarts.org.

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THE GARDEN CLUB OF WOODBRIDGE

The Garden Club's September meeting was highlighted by a departure from the normal horticulture presentation. The program was "Herbs, Vinegars and Organic Greens" presented by Deborah Queen. Deborah is a Certified Executive Chef who does freelance catering and is the sole proprietor of Chef Queen's Cuisine. Her unique talents include creating beautiful foods from scratch using a cooking style with a healthy edge. Her strengths include taking hand selected organic, unprocessed foods and presenting them in interesting and unique ways. Her clientele includes many with very discriminating palates and unique nutritional needs. Deborah demonstrated how to prepare delicious organic salads and dressings for all who attended.

Please join us for our next meeting Wednesday, November 5, 2014, 7pm at the Woodbridge Town Hall, Central Meeting Room, 11 Meetinghouse Lane, Woodbridge. The program is "Craft Night. Come ready to see and learn about a new craft created by our club members.



Recently Rotary District 7980 Governor Mukund Nori visited the Woodbridge Rotary Club to discuss this year's goals, objectives and programs in the Rotary District. Pictured from left to right are District Governor Mukund Nori and Woodbridge Rotary President Dan Weintraub. The Woodbridge Rotary Club meets the 1st and 3rd Friday of the month at 7:30a.m. for a breakfast meeting at the Country Corner diner, 756 Amity Road, Bethany and the 2nd and 4th Friday of the month at the Woodbridge Social, 12 Seldon Street, Woodbridge.

PARENT SUPPORT GROUP

Amity High School, Woodbridge Youth Services, and the Orange Drug and Alcohol Action Committee have teamed up to invite local parents who struggle with children who are, or may be involved with substance abuse to share experiences and concerns in a confidential setting. Interested parents may join the Amity Parent Support Group which meets every other Friday morning in the Woodbridge Senior Center Lounge on the lower level at 4 Meetinghouse Lane. The next meeting will be Friday, October 17, 2014 from 7:45 to 8:45 a.m. For more information, please contact Nancy Pfund at 203-389-3429, or e-mail npfund@woodbridgect.org.



WOODBIDGE 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

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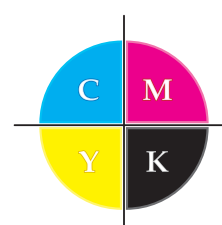
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UPCOMING EVENTS AT THE JCC

Location, unless otherwise listed: 360, Amity Road, Woodbridge, CT 06525. Contact, unless otherwise stated: Ruth Gross, ruthg@jccnh.org, 203-387-2522.

Classes

Mediterranean Eating and Olive Oil

Sunday, October 19, 11am-12pm. Health benefits of eating Mediterranean will be discussed and tips on strategies for lifestyle changes. Event includes an olive oil tasting with kosher bread. Contact: Susan Donovan, susand@jccnh.org, 203-387-2522.

A Jew Grows in Brooklyn by Jake Ehrenreich

Saturday, October 25, 7:30 PM. Community One returns to the Schubert Theater as our premier fundraising event for PACE. "Dazzling...Funny...Touching...Beautiful! You don't have to be Jewish or Brooklynish...a lot in common with Billy Crystal's 700 Sundays" - New York Times.

Jake Ehrenreich's A Jew Grows in Brooklyn is a Broadway hit comedy musical about the search for identity and meaning. It chronicles the life of one man; a uniquely talented American born of Holocaust survivors. Through stories, comedy and music, performed with a live band and multi-media video and photos, Jake mesmerizingly recreates his unforgettable journey of discovery and lessons learned.

A Perpetual Annual Campaign Endowment (PACE) is an investment established and endowed to the Jewish Federation Annual Campaign, allowing your gift to continue providing help when and where it is needed indefinitely. Your PACE fund can secure the future

of our Jewish community. For ticket information, please contact: Shubert Theatre Box Office, 247 College Street, New Haven, Connecticut 06510, (203) 562-5666, Tickets: www.jccnh.org.

Programs

Bagels & Books (Ages 0-5)

Sunday, October 12, 10:30-11:15am. Free monthly pajama-friendly breakfast schmooze proves a comfortable and welcoming space for families of all backgrounds and denominations to celebrate Jewish values through an interactive story time, singing, dancing and craft activity. Contact: Laura Ross, laurar@jccnh.org, 203-387-2522, http://www.jccnh.org/enrichment/literature.

Columbus Day Vacation Program (K-8)

Monday, October 13, 7am-6pm. A variety of creative, fun, stimulating activities in a friendly atmosphere. Swimming, crafts, outdoor play and more. Full day childcare available 9am-4pm. With before-care 7-9am and after-care available 4pm-6pm. Kosher morning and afternoon snack provided. Contact: Kari McInerney, karim@jccnh.org, 203-387-2522, http://www.jccnh.org/after-out-of-school.

On the Road w/LJ: Harvest Celebration at Massaro Farm

Sunday, October 19, 2:30 pm. Celebrate the holidays with PJ Library and LJ from the JCC! Enjoy all that Massaro Farm has to offer in a fun and educational way and meet some new friends. Free and open to the public. All ages. Location: Massaro Farm, 41 Ford Road, Woodbridge, CT 06525. Contact: Laura Ross at x317, laurar@jccnh.org, http://www.jccnh.org/enrichment/literature.

WOODBIDGE ROTARY CLUB CLOTHING DRIVE

The Woodbridge Rotary Club will be kicking off a Coat and Clothing Drive on October 5th and will run through November 12th. Winter coats and clothing in good condition in children, teen sizes, and adult sizes will be collected and distributed by the First Church of God to local families in need in the Greater New Haven area.

Coats and clothing can be dropped off at the following collection sites: Massaro Farm Family Fun Day, October 11th between 1:00p.m. - 5:00p.m., Scarecrow Festival, October 11th, 245 Amity Road between 9:00a.m. - 4:00p.m., Woodbridge Senior Center, 4 Meetinghouse Lane and Woodbridge Town Library, 10 Newton Road. This project is one of many community projects sponsored by the Woodbridge Rotary Club. The Woodbridge Rotary Club meets the first and third Fridays of each month at 7:30a.m. for a breakfast meeting at the Country Corner Restaurant, 756 Amity Road, Bethany, and the second and fourth Fridays of each month at 12:15p.m. at Woodbridge Social, 12 Selden Street, Woodbridge, CT.

For more information, contact Anna Dickerson at 203-710-0223 or Dan Weintraub at 203 395-7090.

HAPPENINGS AT THE ANSONIA NATURE CENTER

For more information, call Ansonia Nature Center 203 736 1053

Columbus Day Cleanup - Monday, October 13, 10am

Calling all Scouts and high school volunteers! Need to do community service and don't know where to go? We can always use your help. Jobs include trail work, leaf cleanup, and fall garden preparation. Please register in advance. Volunteer forms can be picked up in the office or downloaded from our website (ansonianaturecenter.org).

AUTUMNFEST - Saturday, October 18, 10am-4 pm

Climb aboard our horse-drawn wagon with the Friends of the Ansonia Nature Center (FANCI) as we clip-clop over hill and meadow. Listen to the history of the park and maybe a scary story or two. You can try your hand at pumpkin carving, get your face painted, make some creative crafts, and learn about the wild animals associated with All Hallows Eve. Enjoy some fresh-squeezed apple cider, sample our delicious cinnamon donuts, and take home some fresh homemade baked goodies. All proceeds will benefit the Nature Center's programs and wildlife rehabilitation efforts. RAIN or SHINE. No park admission fee.

Amazing World Of Bats - Friday, October 24, 6:30pm

Bring the family to learn about these unusual nocturnal creatures. Did you ever wonder how bats use echolocation to find their prey? Linda Tomas from Connecticut's Beardsley Zoo will teach us about all of their unique adaptations and their importance to our environment. Meet the Nature Center's resident brown bats! Advance registration required. FREE.

Fall Discovery Hike - Sunday, October 26, 1 pm

Join a Nature Center naturalist for a stroll through our woodlands, old fields, and wetlands. Enjoy the beauty and the crisp fall air while learning about New England's flora and fauna. Wear appropriate shoes for this moderate hike. Please register in advance. FREE.

THE HISTORY OF COLUMBUS DAY

Columbus Day celebrates the landing of Christopher Columbus in the New World in 1492. Though it did not become an official holiday in the United States until 1937, Columbus Day was celebrated in various places throughout the country as early as the 1700s.

Established as a federal holiday in 1937, Columbus Day commemorates the explorer's arrival in the New World on October 12, 1492. Though Italian, Columbus had difficulty securing financial support for his exploration, ultimately being backed by King Ferdinand and Queen Isabella of Spain. Despite sailing for Spain, Columbus is still a revered figure among Italian-Americans, many of whom see Columbus Day as a time to celebrate both the famed explorer and their own heritage.

Upon departing on his voyage, Columbus intended to sail west to the spice islands of Asia. But that route never materialized, and upon landing in the Bahamas, Columbus became the first European to explore the Americas in centuries.

In spite of landing in the Bahamas, Columbus still thought his voyage was on course for China and the spice islands of Asia, and soon after landing in the Bahamas, Columbus spotted an island he believed was China. But the island Columbus sighted was, in fact, Cuba, which the expedition discovered shortly before it found Hispaniola, an island in the Caribbean Sea that would become the first European colony founded by Columbus on his voyage.

Though Columbus returned to Spain a hero in 1493, it would not be until his third journey that the explorer would realize he had not, in fact, reached Asia but instead had discovered a continent previously unknown to Europeans.

The first celebration of Columbus Day in the United States took place in New York in 1792. The event, organized by the now-infamous Tammany Hall, commemorated the 300th anniversary of the explorer's discovery. That initial event inspired both Italian and Catholic communities in the United States to organize ceremonies and parades in Columbus' honor, traditions that continue today in various cities, including New York.

By 1937, the Knights of Columbus, a fraternal organization of considerable influence, successfully lobbied President Franklin D. Roosevelt to proclaim Columbus Day a national holiday. Columbus Day was originally observed on October 12, but in 1971 the holiday was switched to the second Monday of October.



HOUSES OF WORSHIP EVENTS

Church of the Good Shepherd invites you to

Come Together

for a night of Beatles music



Saturday, October 18th | 6pm
at 480 Racebrook Road, Orange, CT

Tickets & Info call: 203-795-6577
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Support Church of the Good Shepherd and our mission to serve the community including The Shepherd's Table free lunch program.
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“COME TOGETHER” WITH THE CHURCH OF THE GOOD SHEPHERD

The Church of the Good Shepherd hosts its 3rd annual gala on Saturday, October 18th, featuring an evening of Beatles music. “Let It Be” a great night for friends to celebrate, enjoy music, and help raise funds for the church and its mission to serve the community. You don’t need to be a Beatles fan to have a great time; we’re “Just Happy to Dance With You”.

“On a daily basis, the Church of the Good Shepherd serves the town of Orange and the surrounding areas through mission, ministry and outreach regardless of individuals’ religious affiliation. “Come Together” is the perfect theme for this year’s gala as we look forward to welcoming many new and returning friends for the celebration,” says Rev. Ann Ritonia, Rector for the Church of the Good Shepherd. “Our good works depend upon the generosity and support of dedicated volunteers and donations from the larger community.”

The Church’s most well-known program, The Shepherd’s Table, is a free lunch program offered every Wednesday at 680 Racebrook Road, available to anyone in need of a meal or companionship. Each week more than one hundred area residents, mainly seniors come together for fellowship and a warm meal. Additional meals are prepared and delivered throughout the community to those who are too frail or ill to travel. Funds raised will support Shepherd’s Table and other mission and outreach activities which support the needs of the greater community as well as the construction of a Fisher House at the West Haven VA Hospital.

It doesn’t matter if you “Drive My Car” or come by “Yellow Submarine” to the Ballroom at St. Barbara Greek Orthodox Church at 480 Racebrook Road in Orange. Tickets are \$75 per person and the doors open at 6pm.

We expect another sold out event “With A Little Help From Our Friends”. If you want to “Twist And Shout,” please order your tickets soon by calling the Church of the Good Shepherd at (203) 795-6577 or ordering online at www.thegoodshepherdorganect.org.

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OR SHALOM KRISTALLNACHT COMMEMORATION

Congregation Or Shalom, 205 Old Grassy Hill Road, Orange will hold its annual Kristallnacht Commemoration on Sunday, November 2, 2014 at 9 AM. This year we will celebrate the courageous, life-saving deeds of Eleanor & Gilbert Kraus. Our speakers will include Dr. Robert Braun, one of the “50 children” rescued by Mr. & Mrs. Kraus, Mr. Steven Pressman, producer of the Emmy-nominated documentary film “50 Children: The Rescue Mission of Mr. and Mrs. Kraus” and author of the recently published book 50 Children. One of the Kraus’ grandchildren will receive a special commendation from Connecticut’s General Assembly. Mr. Pressman is married to Liz Perle, one of the Kraus grandchildren.



Congregation Or Shalom

In early 1939, few Americans were doing anything about the darkening storm clouds over Europe’s Jews. But one ordinary American couple decided something had to be done. Despite overwhelming obstacles – both in Europe and the United States – Gilbert and Eleanor Kraus made a bold and unprecedented decision to travel to Nazi Germany and Austria in an effort to save Jewish children from mortal danger.

Great Britain rescued 10,000 unaccompanied children between 1938 and 1939, with its “Kindertransport” program. Fewer than 1,200 unaccompanied children were allowed into the United States throughout the entire Holocaust in which 1.5 million Jewish children perished. The fifty children saved by Gilbert and Eleanor Kraus turned out to be the largest single group of unaccompanied children brought to America. How did they accomplish this remarkable feat? How were the Krauses able to circumvent the strict United States immigration quotas? How did they convince the Austrian families to entrust them, total strangers, with their children?

Join us as we find out just how extraordinary this life-saving mission was. All are welcome. Free and open to the public. This program is made possible by a generous donation from the Men’s Club Yellow Candle Fund. Please join us for this exciting community event!

DIWALI - THE FESTIVAL OF LIGHTS

Diwali is derived from the Sanskrit word Dipavali (dipa meaning light or lamp and avail meaning series, line, or row). Diwali, the Festival of Lights, is one of the biggest festivals of the Hindu culture. This festival is celebrated in India and is just like Christmas in the United States. Depending on the Hindu Lunisolar calendar (a calendar based on lunar months corresponding to the phases of the moon), this festival is celebrated somewhere between October and November each year. Diwali signifies the victory of light over darkness, knowledge over ignorance, good over evil and hope over despair. In India, the festival is extended over a period of five days. However, the main festival is on the night with the darkest new moon of the Hindu Lunisolar.

On the night of Diwali, families clean and decorate their houses. They dress up in new clothing or their best outfits to celebrate. Clay lamps called diyas are lit to decorate homes. They are placed outside the house to symbolize the inner light that protects us from spiritual darkness and invites the Goddess of wealth, Lakshmi into our home. Pujas, or prayers, are performed in honor of Goddess Lakshmi as well. Following the pujas, colorful fireworks light up the sky. Families gather and eat dinner. Many Indian sweets, or mithai, are exchanged as gifts between family members and close friends.

This year, Diwali falls on Thursday, October 23, 2014. Hindus all over the world will be celebrating this festival and wish it was a public holiday in the USA.

Woodbridge Town News

Attention Churches, Synagogues & Houses of Worship!

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DOLLAR\$ AND \$EN\$E

EXPLORE YOUR 401(K) OPTIONS

By Roberta L. Nestor

Contributing to a 401(k) is no longer just an option, you really don't have much of a choice if you want to retire someday. Nearly all employers offer some form of retirement plans that are voluntary and require the employee to make important decisions. You have to decide how much you want to contribute and be responsible for choosing the best investment option based on your age and risk tolerance. There is one more decision within 401(k) plans that is rarely discussed and that is what type of contribution should you be doing? Pre-tax? After-tax? Or Roth?

Pre-tax is the traditional way of saving. There is a generation of baby boomers who were told to "defer, defer, defer! Why pay Uncle Sam now when you can pay him later"? Tax deferral does work and helps to accumulate dollars faster because your contributions are before state and federal income taxes. For example, if you were saving \$500 a month in your 401(k) plan, 100% of that \$500 goes to work for you right away, whereas with a bank savings that same \$500 could be reduced to under \$400 depending on your tax bracket.

After-tax 401(k) contributions are rarely discussed even though most of the larger corporate 401(k) plans make this option available. This is where you will pay taxes on your contribution before it goes into the 401(k) and all of the earnings remain tax deferred until you retire. A combination of pre-tax and after-tax contributions works well, especially if you have already reached your maximum contribution level.

Most of us know the 401k maximum for employee contributions is \$17,500 for individuals under age 50 and \$23,000 for anyone over age 59 ½. Then there is also an overall maximum contribution that is adjusted each year and that is \$52,000. The overall maximum is the collective sum of all employee pre-tax contributions, employer contributions, Roth contributions and employee after-tax contributions. Here is an example of how to maximize your 401(k) savings. If you are contributing your maximum pre-tax of \$17,500 and your employer matches you \$2,500, you have a total contribution of \$20,000. If your employer allows for after-tax contributions, you would be eligible to save up to an additional \$19,000 during that tax year in after-tax contributions. However, every 401k plan document is different and some employers might set their own limitations for overall contribution levels.

Contributing after-tax dollars gives you the same investment options that you have with your pre-tax options. Pre-tax and after-tax contributions all have tax deferral on any earnings. So, what is the advantage? Tax-free money at retirement – you will be able to draw out your own contributions without

paying any additional tax! Perhaps "defer, defer, defer" was sound advice when the U.S. had extremely high tax brackets (1930s – 1990); or before social security benefits had income tax consequences or when we believed we would be in lower tax brackets at retirement. Ask any retiree what their largest expense in retirement is and they will tell you taxes.

Roth 401(k) contributions only became available in 2006. Not all employers have made the Roth component of a 401(k) available and, unfortunately, they are not required to do so. If your employer doesn't have the Roth option, you are perhaps missing the best way to contribute to your 401k plan. Yes, you pay taxes now, just like after-tax contributions. The big difference is that all of your earnings are tax-free – even when you take them out. Look at your 401(k) balance today – wouldn't it be more meaningful if it were a pile of tax-free dollars? There are no income limits for Roth 401(k) contributions and 100% of your employee maximum (\$17,500 and \$24,000) can be allocated to the Roth.

Tax preparers are not big advocates of the Roth (inside or outside of a 401k) which is understandable, their job is to save you money on your taxes. However, do not make major changes to your contribution choices in your 401k without discussing it with your tax preparer first. Just be prepared to have a "why would you want to do that" discussion. For most, that tax-deferral has been built into our income tax return for years and a change from tax-deferral could mean surprises when you file your tax return.

From a retirement planning aspect, having 100% of any one thing is not advisable; just as you should diversify your investments, you should also diversify the type of savings you have. Don't count on being in a lower tax bracket in retirement, it is a myth that has seldom held true for most retirees. If you have done a good job of saving and want to maintain your lifestyle, chances are you will be in the same tax bracket in retirement.

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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WOODBIDGE LIBRARY

Art in the Library October Art Exhibit – The Work of E. Gurney Fiske

The work of E. Gurney Fiske will be displayed in the Meeting Room and hallway during the month of October. Gurney has been a resident of Bethany since 1950 and a professional artist for over 50 years. He works in oils, charcoals, pastels, and other media such as silkscreen, printing, and airbrush. Gurney served as a sign painter and artist for the NAVY SEABEES during WWII. He graduated from the Paier College of Art in the 1960s. His work can be found in many private and corporate collections from New England to the West Coast. His work was chosen for the television show "The Informers" and was on display at the New Britain Museum of American Art.

Adult Events

Purves Lecture with David Handler

Monday, November 3 @ 7pm

Join us for a night of mystery, when local Connecticut author David Handler visits the Woodbridge Town Library for the Friends of the Library Annual Purves Lecture. Learn about David's career, what inspires his writing, and about crafting a mystery. David has written eight novels about the witty and dapper celebrity ghostwriter Stewart Hoag and his faithful, neurotic basset hound, Lulu, including the Edgar and American Mystery Award-winning *The Man Who Would Be F. Scott Fitzgerald*.

He has also written ten novels featuring the mismatched crime-fighting duo of New York film critic Mitch Berger and Connecticut State trooper Desiree Mitry. His first Berger-Mitry novel, *The Cold Blue Blood*, was a Dilys Award finalist and Book Sense Top Ten pick. David launched a new series featuring teen runaway tracker, Benji Golden, with the publication of *Runaway Man* in August 2013, and the newest Berger-Mitry, *The Coal Black Asphalt Tomb*, is now available. Please register online for this event or by phone at 203-389-3433.

Film Screenings

**Still Mine - Thursday,
October 16 @ 7pm**

An elderly couple fights against local authorities in rural New Brunswick to build their final home. Starring James Cromwell and Genevieve Bujold. Rated PG-13. 102 minutes.

**Godzilla - Thursday,
October 23 @ 7pm**

The world's most famous monster is pitted against malevolent creatures who, bolstered by humanity's scientific arrogance, threaten our very existence. Rated PG-13. 123 minutes.

**Life of Crime - Thursday,
October 30th @ 7pm**

Two common criminals get more than they bargained for after kidnapping the wife of a corrupt real-estate developer who shows no interest in

paying the \$1 million dollar ransom for her safe return. Rated R. 98 minutes.

Children's Events

Stellaluna Halloween Event (for grades 1-5)

**Thursday, October 16th @ 6:30
OR Friday, October 17th @ 3:45**

Will Stellaluna return to her bat family or will she have to fly like a bird for the rest of her life? Find out when we read the book and make a very special craft. Please register online.

Calling All Muggles! Magic Workshop

Saturday, October 18 @ 2pm

For aspiring magicians in grades 4-7. Local magicians from The Tom Prete Assembly No. 127 will teach tricks of the trade! The Tom Prete Assembly was formed in 1976 and is a part of the oldest magical society in the world, the Society of American Magicians, whose members included Harry Houdini. Participants are asked

to bring a deck of cards to the workshop, other materials will be supplied. This is an instructional workshop and space is very limited. Please register online at

www.woodbridge.lioninc.org.

Eager Readers Book Group

**Mon. October 20 at 6:30
p.m. for grades K-2**

Come join us for a lively discussion and craft about the book *Farmer Ham*. The crows in his field are very happy. All day long they sit and eat his corn and, no matter how often he shouts and waves his arms, they won't go away. Silly old Farmer Ham! Or is he? Stop by the Children's Desk to check out a copy of the book. Register online at www.woodbridge.lioninc.org.

Teen Events

10s to Teens Slap Art

Wednesday, October 22 @ 6:30pm

Haunting tales and a handful of fun all wrapped up in a tricks & treats evening. Hear spooky stories and make a creepy craft. For ages 10 to teens. Please register online.

SAT Practice Test with KAPLAN

Saturday, October 25th @ 11 am

Representatives from KAPLAN will administer a free, proctored practice test for the SAT exam under test day conditions. All participants will receive a comprehensive analysis of their performance on the test, detailing individual strengths and weaknesses. Gain invaluable experience at this practice session! Space is limited and registration is required. Please register online at www.woodbridge.lioninc.org or call 203-389-3433.



THE HISTORY AND THE LIFE OF CHRISTOPHER COLUMBUS

Christopher Columbus is credited with opening the passageways between Europe and the Americas for colonization. Though his famed voyage in 1492 is widely known, many people know little about the man whose explorations forever changed the course of world history.

Cristoforo Colombo was born on October 31, 1451 in the Republic of Genoa, Italy. His father, Domenico, was a middle-class wool weaver and also dabbled in cheese making. Columbus had three brothers, Bartolomeo, Giovanni, and Giacomo, and a sister, Bianchinetta.

Much of Columbus' life was spent in the world of sea and travel. He apprenticed as a business agent for important Italian families, allegedly making trips to England, Ireland and possibly Iceland and may even have made several Mediterranean and Aegean sea voyages. When he traveled to modern-day Greece, it was the closest Columbus would come to reaching Asia.

Columbus' first voyage into the Atlantic Ocean took place in 1476, not in 1492. His commercial fleet was attacked by French privateers off the coast of Portugal, and his ship was burned. Columbus survived by swimming to Lisbon, eventually settling there and meeting his future wife, Filipa. The couple had a son, Diego, but soon after giving birth, Filipa died and Columbus relocated to Spain. Columbus sired another son, Fernando, during a relationship with Beatriz Enriquez de Arana.

Columbus participated in many different expeditions, including some to Africa to gain knowledge of Atlantic Ocean currents. He believed it would be easier to sail westward to reach India and China and avoid Muslim domination of trade routes in the Middle East. Columbus set out to find financial backing for a discovery voyage to determine what was west of Europe and to find uninterrupted water routes.

The voyager was rejected by the Portuguese king and also in Venice and Genoa. Columbus' initial plan was also rejected by Spain. But in 1492, after Spain ended a war with Muslims, the Spaniards agreed to finance Columbus' expedition, and in August of 1492, he set sail in the Santa Maria, with the Pinta and the Nina as companion ships.

After a five-week voyage across the ocean and a few stops in the Canary Islands for provisions, Columbus and his shipmates spotted land at roughly 2 a.m. on the morning of October 12, 1492. The crew reached land that they named San Salvador (the island now known as the Commonwealth of the Bahamas). Upon his arrival, Columbus encountered indigenous people who were friendly, but he used them to find gold and other valuables. The voyagers soon traveled to Cuba and other islands of the what became known as "The New World," before ultimately returning to Spain.

Columbus made subsequent trips westward, but conditions at the Hispaniola settlement established by the explorer during his second voyage were deteriorating and the Spanish arrested Columbus, stripping him of his titles and authority. He eventually recovered some riches and respect, but Columbus' legacy continues to inspire debate even now. While he may have opened up trade routes and furthered colonization around the world while paving the way for future explorers, he also helped destroy the customs of many native people.

Christopher Columbus died in Spain on May 20, 1506. Though his reputation remains a hot topic of debate, each year Americans celebrate Columbus Day on October 12th to commemorate Columbus' life and accomplishments.

TO YOUR GOOD HEALTH

“AN OUNCE OF PREVENTION”

Trending: Eat More Fruits And Vegetables!

Food, nutrition and health experts recommend that people should increase their intake of fruits and vegetables, especially to replace salty, fatty nutritionally-empty snacks. The Centers for Disease Control (CDC) provides the rationale for this advice based on current research: Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health; and most fruits and vegetables are naturally low in fat and calories and are filling.

It is certainly easier to eat more fruit and vegetables in the summer and fall when fresh produce is abundant. It is definitely harder to do this in the winter months, especially with fruit, when produce is less available and the price may be high. (Exception: The banana which seems to be one of the constants all year round at an affordable price!)

With the advent of freezing, you can still get vegetables year round, that, while not as tasty as their fresh form, are still pretty good substitutes. But fruit does not freeze as well, changing a great deal in texture. You can try to eat what is in season, which may not be your favorite fruits, and you can find jarred or canned fruits. Look for those that are preserved with a light or fruit juice syrup, rather than a heavy, sugary syrup. But watch out for the marketing that promotes “made with fruit” as fruit substitute.

Food manufacturers are always ready to take trending nutrition recommendations straight to the grocery shelves. Hence the advent of fruit products in snack, packaged, dried and drinkable forms. Parents may think they are giving their child a healthy snack because the package label says “made with real fruit”. However, the FDA (Food and Drug Administration) has no specific definition as to how much fruit a product must contain to claim “made with real fruit”. Some fruit snacks may have nutritional value in that they may have added vitamins and some “pieces” of fruit, but they really can’t count as a fruit. And most likely, as with “drinkable” fruit, they are probably high in sugar. You cannot rely on the marketing of the product as their claims scream to you from the shelves. You need to use the nutrition label to compare the sugar content and other

nutritional values. Remember to check the portion size.

What about dried fruits? Are they a sound nutritional choice? They have become increasingly visible in the marketplace, appearing in cereals, snack packages and trail mixes. They are very portable because they don’t require delicate handling or refrigeration. They can be added to salads, yogurts, oatmeal, stuffing, stews and baked goods. As with other fruit snacks, you need to use the nutrition label and portion size to evaluate the product. Portion size may be a very important factor, as the nutrition information on small bags of trail mix may actually be based on a much smaller portion than you think. Some of those bags are actually considered by the manufacturer to be 2-3 servings!

Dried fruits do provide vitamins, minerals and fiber, but they are usually more calorie-dense and higher in sugar and sodium (salt). For example, a cup of fresh apricots has about 74 calories, 14 grams of sugar, 3 grams of fiber and 2 mg of sodium, while a cup of dried apricots has about 313 calories, 69 grams of sugar, 9.5 grams of fiber and 13 mg of sodium. A cup of seedless grapes has about 62 calories, 15 grams of sugar and less than a gram of fiber while a cup of raisins has 434 calories, but significantly more sugar and fiber.

Trending: Eat more fruits and vegetables! This is best accomplished by eating fresh produce that is available during each season. However, if you can’t do this, there are alternatives. You need to be consumer smart and ignore the manufacturer’s claims. Use the tool available on almost every product, the nutrition label, to evaluate food, keeping the serving size in mind. One last caution: Don’t assume a product labeled “organic” is going to be a “healthier” choice when it comes to calories, sugars and sodium. Organic means that the ingredients were grown without pesticides, antibiotics or growth hormones. These are important qualities but organic does not mean it is low in fat, sugar or sodium.

District residents (Bethany, Hamden, North Haven and Woodbridge) can call Quinnipiack Valley Health District, 203 248-4528 or contact us on line, dculligan@qvh.org for more information on this topic. Web surfers may wish to view the USDA’s National Nutrient Data Base. This column was written by V. Deborah Culligan.

Wine Talk

With Ray Spaziani



CHIANTI

Chianti has come a long way since its post WWII popularity as an easy drinking gulping wine that came in a bottle lined with a wicker basket. Chianti is a blend of red and white grapes. The red grapes are sangiovese and canaiolo and the white grapes are Malvasia and Trebbiano. This formula was developed by Baron Bettino Ricasoli. Ricasoli wines date back to the 12th century. This formula was developed in the late 1800s. After the second World War much more Trebbiano was being added to Chianti and this caused the wines to decline in quality. Later as economies recovered from the war time disasters more high quality wines were produced in Tuscany and the quality of Chianti improved as well.

Chianti is made in seven sub zones taking in almost half of Tuscany. The finest of these zones is a small central region known as Chianti Classico. In 1984 it was given a DOCG designation of its own. There is Chianti, Chianti Classico, Chianti Classico Reserva and Chianti Superiore. By law, Chianti Classico can be composed of 75 to 100 % of Sangiovese, up to 10 percent Canaiolo, and up to 15 percent other red grapes including Cabernet Sauvignon and Merlot. Up to 6 percent can be white grapes such as Malvasia and Trebbiano. Although many estates minimize the amount of canaiolo and white grapes that are used.

The Chianti Classicos have a plumb and dried cherry flavor and sometimes a touch of spice. The Chianti Classico Reserva by law must be aged 2 years in wood and three months in the bottle. Most reservas are aged in new small French Oak barrels and the results are spectacular! Several waves of bouquet and aromas and flavors that linger long after you have swallowed.

The story of the Black rooster is one of the great traditions in Italian wine making. The story is over 700 years old and is more than just a symbol. It is a proud designation of everything about Chianti Classico. From the yield to production, the strict government regulations oversee everything that goes into the production of Chianti Classico and has helped establish its fantastic reputation. Branded in 1384, today it is placed on the neck of every bottle that emerges from that region.

But why did the emblem of this wonderful wine become a black rooster? The story goes that Florence and Siena had been feuding over the lands as to which owned the region. Red wines had been produced in this area in great abundance since around the year 1,000. Both city states had long laid claim to the fertile area of wonderful wine production. Finally, they agreed to end the feud with a competition. This was about the year 1200 AD. Horsemen were to leave each city at the crow of a rooster and where they would meet would be the new boundary. The elders of Siena chose a well fed white rooster. The sly Florentines chose a starving black rooster. On the day of the event the white rooster dutifully began crowing at sunup, but the poor starving black rooster had begun crowing hours beforehand giving Florence the advantage and control of the area now known as Chianti Classico. Since 1340 the starving black rooster has been featured on every bottle of Chianti Classico.

So, as fall matures and the leaves turn, it is time for you to try some of the great Chianti wines. Chianti, Chianti Classico, Chianti Classico Reserva, and Chianti Superiore. They match quite well with pasta dishes, steaks, chops and Roasts. So gather the family and cook up some hearty fare. Open up some great Chianti wines and toast the poor black rooster like they do this time of year in Rome, a town founded on seven hills just like Orange, Connecticut.

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College, The Milford Board of Education and Moltose Wine and beer distributors 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.



ENTERTAINMENT

TOP 10 MOVIES

- 1. No Good Deed (PG-13)**
Taraji P. Henson, Idris Elba
- 2. Dolphin Tale 2 (PG)**
Morgan Freeman, Ashley Judd
- 3. Guardians of the Galaxy (PG-13)**
Chris Pratt, Vin Diesel
- 4. Teenage Mutant Ninja Turtles (PG-13)**
Megan Fox, Will Arnett
- 5. Let's Be Cops (R)**
Jake Johnson, Damon Wayans Jr.
- 6. The Drop (R)**
Tom Hardy, Noomi Rapace
- 7. If I Stay (PG-13)**
Chloe Grace Moretz, Mireille Enos
- 8. The November Man (R)**
Pierce Brosnan, Luke Bracey
- 9. The Giver (PG-13)**
Brenton Thwaites, Jeff Bridges
- 10. The Hundred-Foot Journey (PG)**
Helen Mirren, Om Puri

TOP 10 RENTALS

- 1. The Other Woman (PG-13)**
Cameron Diaz
- 2. The Amazing Spider-Man 2 (PG-13)**
Andrew Garfield
- 3. Divergent (PG-13)**
Shailene Woodley
- 4. Draft Day (R)**
Kevin Costner
- 5. Transcendence (PG-13)**
Johnny Depp
- 6. Need for Speed (PG-13)**
Aaron Paul
- 7. Rio 2 (G)**
animated
- 8. Heaven Is for Real (PG)**
Greg Kinnear
- 9. Mom's Night Out (PG)**
Sarah Drew
- 10. Noah (PG-13)**
Russell Crowe

CHART BUSTERS

Top 10 Pop Singles

- 1. Meghan Trainor**
"All About That Bass"
- 2. Taylor Swift**
"Shake It Off"
- 3. Nicki Minaj**
"Anaconda"
- 4. Jessie J, Ariana Grande & Nicki Minaj**
"Bang Bang"
- 5. Iggy Azalea feat. Rita Ora**
"Black Widow"
- 6. Sam Smith**
"Stay With Me"
- 7. MAGIC!**
"Rude"
- 8. Ariana Grande feat. Zedd**
"Break Free"
- 9. Maroon 5**
"Maps"
- 10. Sia**
"Chandelier"



Bob Marley

Top 10 Country Singles

- 1. Jason Aldean**
"Burnin' It Down"
- 2. Florida Georgia Line**
"Dirt"
- 3. Kenny Chesney**
"American Kids"
- 4. Lady Antebellum**
"Bartender"
- 5. Luke Bryan**
"Roller Coaster"
- 6. Dustin Lynch**
"Where It's At (Yep, Yep)"
- 7. Sam Hunt**
"Leave the Night On"
- 8. Cole Swindell**
"Hope You Get Lonely Tonight"
- 9. Dierks Bentley**
"Drunk on a Plane"
- 10. Miranda Lambert duet with Carrie Underwood**
"Platinum"

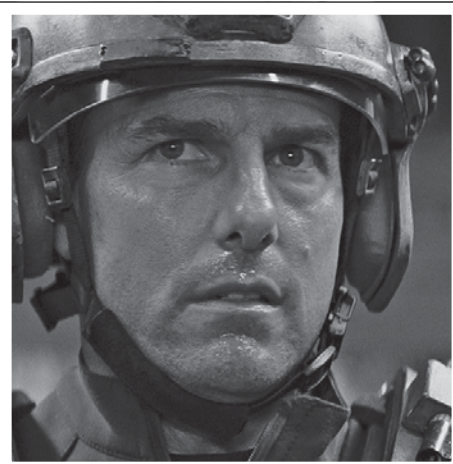
1. What group released "Turn! Turn! Turn!" in 1965?
2. Which girl group released "Then He Kissed Me"?
3. Name the band that released the single "Paranoid."
4. Who had a disco hit with "Ring My Bell"?
5. Name the song that contains this lyric: "You try to be smart, then you take it to heart, 'Cause it hurts when your ego is deflated, You don't realize that it's all compromise, And the problems are so overrated."



1. The Byrds. The song, with lyrics taken from the Book of Ecclesiastes, was penned by Pete Seeger ... or, as he put it, six words of it, plus the music. Seeger always gave 45 percent of royalties to the Israeli Committee Against House Demolitions.
2. The Crystals, in 1963. The Beach Boys followed in 1965 with "Then He Kissed Me."
3. Black Sabbath, in 1970. "Paranoid" was written at the last minute to fill three minutes on their album of the same name.
4. Anita Ward, in 1979.
5. "Don't Sleep in the Subway," by Petula Clark in 1967. English composer Tony Hatch said in an interview that the "subway" wasn't an American transportation system but was instead a British pedestrian underpass.

COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF



Tom Cruise in "Edge of Tomorrow"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Oct. 6, 2014.

PICKS OF THE WEEK

"Edge of Tomorrow" (PG-13) -- Tom Cruise gets ripped apart by space aliens and resurrected over and over again until he gets it right. In this unfortunate futuristic setting, a powerful alien army is spreading over Earth. Cruise plays a military officer who's more of a spokesman than a rifleman -- until he mouths off and gets sent to the front line. He doesn't last long in combat, but whenever he dies, he just wakes up at the beginning of the day. Using his Groundhog Day power, Cruise does a little better each time.

The whole time, I wished I was the one with the video-game controller, and

not watching somebody else play. The upside is that the movie looks like a game worth playing. The core gimmick of the movie is used to good effect, generating a rhythm of intense action.

"A Million Ways to Die in the West" (R) -- This Western parody shows that people didn't need epic gunfights and wild horse chases to die spectacularly in the Wild West, there were plenty of awful ways to die a humiliating and mundane death. Seth McFarlane, the creator of TV's "Family Guy" and the raunchy buddy-comedy "Ted," wrote, directed and stars in this rambling spoof. An A-list cast fills in the township where lowbrow jokes blow around like tumbleweed -- Charlize Theron, Amanda Seyfreid, Neil Patrick Harris and Liam Neeson.

Like much of MacFarlane's work, the humor gives you a clear idea that a smart guy is writing the dumbest and grossest jokes he can get away with. While not every joke is a winner, the movie makes up in volume. However, the rapid-fire raunchy humor can wear on some audiences.

"Obvious Child" (R) -- Donna (Jenny Slate) tells her embarrassingly personal jokes in a tight stand-up club with a little audience. She's honest and awkward and refreshingly funny. However, her jokes about her relationship finally push her boyfriend to dump her, triggering a downward swing for Donna. In a subsequent one-night stand, Donna and her partner are both too drunk to figure out a condom. Later, when Donna realizes she's pregnant, the all too sweet-as-pie guy from her one-night stand starts to court her. This is the first starring role for Slate, who had a short stint on "Saturday Night Live," and she shows an astounding talent for balancing the heavy with the light.

Sudoku answers on page 32

Weekly SUDOKU

by Linda Thistle

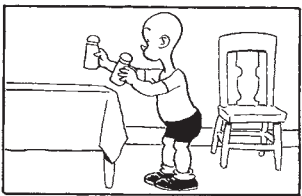
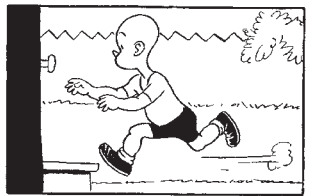
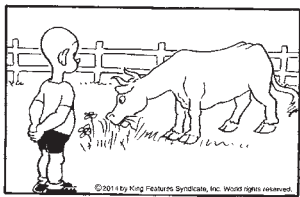
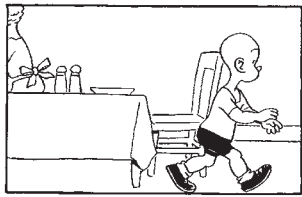
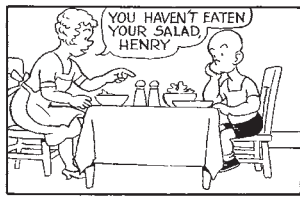
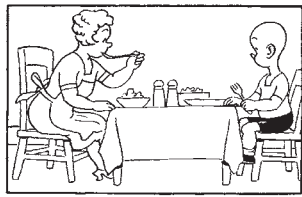
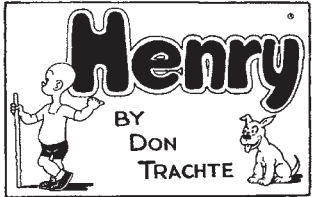
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Allison Williams as Peter Pan

HOLLYWOOD -- When NBC announced it would follow the live production of "The Sound of Music" with a live production of "Peter Pan" on Dec. 4, the network planned to cast a young boy as Peter Pan. Traditionally, live stage productions have starred women, such as Jean Arthur and Mary Martin, on Broadway and Martin's classic TV production. Then, gymnast, Kathy Rigby toured for years, in a successful revival. Females were cast as the boy who refused to grow up because they were light enough to fly on wires. The idea of actually casting a young boy, the right age and height, would have made the production soar.

But for some reason, NBC has cast Allison Williams to play Peter Pan. Allison, the daughter of "NBC Nightly News" anchor Brian Williams, plays Marnie Michaels on "Girls" and has appeared in three episodes of "The Mindy Project," but she's 26 years old and stands 5-foot-6. To support her, they've cast Christopher Walken to play Captain Hook and Broadway star Kelli O'Hara to play Wendy's mother. Christian Borle, who was a regular on "Smash" and was in "The Sound of Music," will play two roles, Smee, Hook's right-hand man, and Wendy's father. Critics thought Carrie Underwood's singing was good but her acting skills weren't able to fill Julie Andrews' shoes. Maybe Allison Williams' unknown status, as an actress and singer, will work in her favor, but she's a pretty lady, how are they going to keep Peter Pan from looking like a pretty boy?

Angry Inch." When Andrew Rannells, who made his mark on Broadway in "The Book of Mormon," the NBC series "The New Normal" and "Girls" leaves the show Oct. 12, Hall will go from serial killer to an East German transgender woman. Wouldn't you love to see a video of him learning to wear the highest spiked-heels on Broadway! He'll start Oct. 16 and go to Jan. 4.

You knew when they made "21 Jump Street" and followed it with "22 Jump Street" they wouldn't stop there. Now there'll be a "23 Jump Street." "21 Jump Street" cost \$42 million to make and grossed \$201.5 million, while "22 Jump Street" cost \$65 million and took in \$320 million. Supposedly, this time Channing Tatum and Jonah Hill are headed for medical school. If this keeps up they may make the 20 sequels they listed on the closing credits of "22 Jump Street." Where will it end... "65 Jump Street: The Senior Home"?

Another strange bit of casting is Michael C. Hall of "Dexter," who is going to play (are you ready?) "Hedwig and the

The Spats

by Jeff Pickering



King Crossword

ACROSS

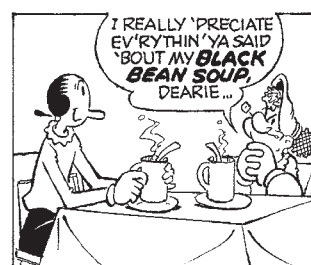
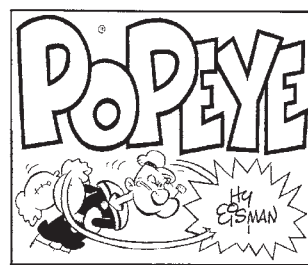
- 1 Trip to Mecca
- 5 Inauguration recitation
- 9 Vacillate
- 12 Birthright barterer
- 13 100 percent
- 14 Have a bug
- 15 Flowerless plant
- 16 Blueprint
- 17 Altar affirmative
- 18 London gallery
- 19 Peculiar
- 20 Leftovers recipe
- 21 IV measures
- 23 Ram's fan?
- 25 Esprit de corps
- 28 Automaker's nightmare
- 32 Accustom
- 33 Recipient
- 34 GI ID
- 36 Set off
- 37 Baseball stat.
- 38 Homer's neighbor
- 39 Source of Samson's strength
- 42 Scepter
- 44 Thin streak of smoke

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- 48 Vacating
- 49 Michigan, e.g.
- 50 Between jobs
- 51 LummoX
- 52 Shrek is one
- 53 Spruced up
- 54 Saute
- 55 Abacus piece
- 56 Spread-sheet fill
- DOWN**
- 1 Weight
- 2 Cruising
- 3 Pub missile
- 4 Mrs. Johnny Cash
- 5 Go against
- 6 "— Lang Syne"
- 7 Merchant
- 8 Coop dweller
- 9 Bide one's time
- 10 Staffer
- 11 Candlelight, e.g.
- 20 Renewed energy
- 22 Transparent
- 24 Shoe style
- 25 Central
- 26 Yoko of music
- 27 Bad hairpiece
- 29 Blackbird
- 30 Allow
- 31 Sheltered side
- 35 Parking space?
- 36 "Absolutely!"
- 39 Horse's foot
- 40 Somewhere out there
- 41 Uncertain
- 43 Gumbo item
- 45 Concept
- 46 Venetian blind part
- 47 Animal-rights org.
- 49 High-arc shot

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King Crossword Answers on Page 32



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BULLETIN BOARD

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

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

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

God On Tap, Wednesdays, 5:30-6:30pm, Wheeler's Restaurant and Taproom, 180 Amity Road, Woodbridge, refreshments with friends & nourishing conversations facilitated

by Elsa Worth, priest at Christ Church, Bethany, www.christchurchbethany.org.

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

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

Woodbridge Rotary Club Meetings, 1st and 3rd Friday of the month, 7:30am breakfast meeting, Country Corner Diner, 756 Amity Toad, Bethany

and the 2nd and 4th Friday of the month, 12:15pm luncheon meeting, Woodbridge Social, 12 Seldon Street, Woodbridge. Anyone interested in learning more about Rotary should contact Anna Dickerson at 203-710-0223 or email annadickerson@yahoo.com.

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

Amity Parent Support Group, meets every other Friday morning, 7:45am, Woodbridge Senior Center Lounge, 4 Meetinghouse Lane, sponsored by Amity High School, Woodbridge Youth Services and the Orange Drug and Alcohol Action Committee, local parents who struggle with children who

are, or may be involved with, substance abuse share experiences and concerns in a confidential setting, For more information, please contact Nancy Pfund at 203-389-3429, or e-mail npfund@woodbridgedct.org.

The International Order of Rainbow for Girls Seeking Members, Masonic based leadership and service group, looking for girls ages 9 - 15, to participate in community service activities, prospective member open house on October 20, 2014, activities begin 7:00pm, Hamden Masonic Lodge, 3732 Whitney Avenue, Hamden, refreshments will be served. For additional information, contact CTIORG.org.

The Arts Council of Greater New Haven Art Show, Thinking through Painting: Exploring the ideas of Peter Geimer and Isabelle Graw, Sumner McKnight Crosby Jr. Gallery, 70 Audubon Street, 2 FL, New Haven, on view through November 7, 2014. For more information, contact Debbie Hesse at (203) 772-2788 or online at newhavenarts.org. Gallery hours are Monday – Friday, 9am to 5m.

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TOWN OF WOODBRIDGE

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, 2014. The mileage and condition will be documented and taken into consideration when pricing the vehicle for the October 1, 2014 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.**

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INSURANCE SERVICES - If you have questions about Medicare Supplements, Medicare Advantage plans, life, disability or health insurance, Tzedakah House Insurance Agency will either have the answer or get you the answer. Free, no obligation consultations. Let our 30+ years of experience work for you. We are located at 8 Lunar Drive in Woodbridge. Call 203-387-2266 to make an appointment.

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HELP WANTED

BELLA NAPOLI PIZZA - Link Cook/ Pizza Maker - As a line cook/pizza cook, your job responsibilities include, but are not limited to: Prepares all food items to order, following standard recipes and procedures within specified time limits. Preps assigned items. Washes and cleans raw food products. Grills raw and prepped foods to order and to requested temperature. Communicates with Team Members and Management throughout the shift regarding status of orders and availability of product. Minimizes waste of product. Labels all food items for food safety and shelf-life standards. Rotates product according to "First In, First Out" to maintain shelf-life Keeps the line area neat, clean and sanitary. Cleans, organizes, and maintains walk-in refrigerator, reach-in refrigerator, cooler drawers, prep, and dry storage area. Stocks/restocks items on line according to specifications. Understands and complies with food safety and temperature standards. Always consider eye appeal as well as taste and temperature. Work as a team-utilize our systems and procedures for maximum efficiency. Must be have previous pizza experience. Must be able to multi task. *General Requirements:* Must read, write, and communicate in English as it relates to the job and to the safety regulations. Must be able to perform all job functions safely. Must meet the company performance standards for the job. Must participate in company training. Must be able to follow instructions. Must be able to work the scheduled / assigned times for the position. Must be able to use, or learn to use, the equipment and tools used to perform the job. Food preparation background / experience preferred. Must be able to stand and walk for extended period of time. Must be able to work day or night, weekends, and holidays.

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King Crossword

Answers

Solution time: 24 mins.

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

Weekly SUDOKU

Answer

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

LOCAL SPORTS

HEALTH AND FITNESS

Sciatica: Fact or Fiction? Find the True Source of your Orthopedic Leg Pain...

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

Sciatica, defined as inflammation to the sciatica nerve, is often as a result of a disc herniation between the last two vertebrae. The disc will push onto the nerve causing inflammation, and depending on extent, can lead to pain and often numbness along the back part of your leg and thigh, sometimes as far as your foot. Nerve pain like this tends to be sharp and can be triggered by certain spine positions. It may also be triggered by coughing, sneezing or laughing hard, as these activities can put pressure on the trunk area and compress the spine temporarily.



Michael Dow
MSPT

In addition to nerve and disc origins, leg pain can also be referred from other structures such as muscle or ligaments. The piriformis is a triangular muscle deep in your hip, underneath the buttock. It is responsible for hip rotation strength and also serves as a pelvic stabilizer. In about 15% of the population,

females more than males, the sciatic nerve will run through the muscle belly of the piriformis. Tightness or weakness of this muscle can compress the sciatic nerve and often mimic the symptoms of a disc herniation.

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

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

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

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

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



Pictured left to right are Claire Yuan, Katie O'Connor, Mandy Robinson, and Molly Dodd.

WAC GIRLS WIN CHAMPIONSHIP

Woodbridge Aquatic Club (WAC) Girl's 10 and under age division relay team took 1st place in the 400 meter freestyle relay at the Connecticut State Long Course Age Group Championships. The team members: Claire Yuan, Katie O'Connor, Mandy Robinson, and Molly Dodd also had an impressive 2nd place finish in the 200 meter freestyle relay. The State Championship swim meet took place this past summer at Cheshire Community Pool and Wesleyan University. WAC was well represented at this year's meet with 21 swimmers qualifying in more than 100 events. Head Coach Dave Reilly and his staff work tirelessly with the team year round at Beecher Road School. WAC began the season this September with practices at Beecher Road School. The team is made up of over 80 swimmers of all levels. All children ages 5 through 18 are invited to try out for the team. For additional information, please check out our website @ www.woodbridgeaquaticclub.org.

AMITY HIGH SCHOOL RUGBY CLUB SEEKS NEW COACH

Next spring will be the sixth season for the club which practices and plays home matches in Orange. Our current coach is moving back home to California.

This is primarily a very part-time volunteer position with expenses covered and the club will work around the coach's schedule. www.ctrugby.org

For more information please contact Ed Walsh at 203-671-7372.

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BARK BYTES...

By Vicki & Richard Horowitz

Calm Halloween Fright

Halloween brings a fun time for most of us. Lots of great costumes with little monsters and ghastly ghouls at every turn, yet, for some of our smaller participants, a few unwelcome thrills and chills. And this is just the kids! For some of our much-loved four-legged family members, Halloween can be a nightmare—from oddly dressed squealing kids and strangers ringing doorbells to unusual commotion in the neighborhood—all packed into one action-filled night. Dog owners may not be able to control external surroundings, but they can care for their dog's safety and well being by observing the following tips from Bark Busters:

Don't leave your dog outside. Even if you have a fenced yard, bring your dog inside where it is safe. If your dog is usually kept outside, bring him in a few times before the big night to get him used to being indoors. Sometimes a sudden change can put more stress on a dog. If your dog cannot come inside, ensure your dog has a safe place to go, like a doghouse. Your dog may be used to strangers, but so many little ghouls and goblins running about may be too much. Remember also that it is a natural instinct for dogs to protect the family from strangers, and on Halloween there will be no shortage of strangers.

Keep your dog restrained. If your dog is timid or scared, or if he tends to love people a little too much, it is best to put him in a separate room away from the front door to limit his excitability, aggression, and chance of running outside and becoming lost. Also, consider having a crate or safe zone (such as a pillow or a bed) that you can direct him to when people come to the door.

Reassure your dog. The best thing you can do for your dog when he is feeling unsettled by Halloween activities is to act as you normally would around your dog. By over-reassuring your dog or giving him an unusual amount of attention, you inadvertently can communicate to him that because you are acting differently, there must be something to worry about.

Have your dog get used to costumes. Your dog may see his family members as strangers once they don their Halloween costumes. Before the kids put them on, allow your dog to scent the costumes. If your costume has a mask, keep the mask off when you are with your dog because dogs can become confused when they can't see our faces.

Check your dog's ID tag. Be sure identification tags are secure on your dog's collar—just in case.

Keep candy away from your dog. Many candies—especially chocolate—are toxic to dogs. The severity of the toxicity depends greatly on factors such as breed, age, size, and how much candy was ingested. Problems may range from a mild upset tummy to vomiting and diarrhea, or even death. If you have any concerns at all, consult with a veterinarian immediately. If you want to keep your dog safe, make certain that sweets, including their wrappers, are kept well away from your dog. A wad of wrappers can block the intestinal tract—a very dangerous condition.

Protect dogs from candles and pumpkins. Excited or agitated dogs can easily knock over a lit candle or pumpkin. Be sure those items are away from your dog's reach or consider a battery-powered candle that does not burn. It is also a good idea to allow your dog to see and scent the decorations before dark, without the candles. Those faces can look scary, especially from a dog's eye view in the dark.

Think twice about dressing your dog in a costume. While some dogs might enjoy being dressed up, many don't. Experiment first to see if your dog likes being in a costume. If so, fine—he'll most likely enjoy himself and the extra attention it brings. However, if he shows any resistance, don't do it. Dogs feel enough stress around Halloween without also having to endure the discomfort and peculiarity of wearing a strange costume.

Be prepared. If you take your dog with you while trick-or-treating, be prepared at all times. Ghosts and witches can appear at any time. Do not let your dog approach the door of a house and stay clear of possible gags or gangs of goblins who will gather at the door. Dogs do not understand that the person jumping out at you will not hurt you; they often think they can only help you by acting aggressively. Neither children nor adults in costumes should approach a dog without the owner's consent. Even the most well-behaved dog can be startled by a ghost popping out and "attacking".

Have fun but think of your dog's safety. Finally, if you want your dog to be included in Halloween festivities, think about his safety much as you would the safety of a small child. Your dog does not understand Halloween, so he needs you to provide the guidance and safety that you always do.

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

Salome's Stars

ARIES (March 21 to April 19) An upcoming trip could create some problems with your schedule unless you tie up as many loose ends as possible before you head out the door. Ask a friend or colleague to help you.

TAURUS (April 20 to May 20) Being eager to start a new project is fine. However, moving ahead without knowing what actually will be expected of you could cause a problem down the line. Ask some questions.

GEMINI (May 21 to June 20) Getting through some recent challenges in good shape might give you a false sense of security. Don't relax your guard. You need to be prepared for what else could happen.

CANCER (June 21 to July 22) Caution is still advised, even though you think you're as prepared as you need to be. Keep in mind that change is in your aspect, and you should expect the unexpected.

LEO (July 23 to August 22) The Lion's gift of persuasion helps you get your points across, even to some of your most negative naysayers. An old friend might seek you out for some advice.

VIRGO (August 23 to September 22) Being sure of your convictions is fine. But leave some room for dissenting opinions. You might learn something that could help you avoid a possible problem later on.

LIBRA (September 23 to October 22) Getting good legal advice on what your rights actually are is the first step toward resolving that pesky problem so that it doesn't re-emerge at a later date. Good luck.

SCORPIO (October 23 to November 21) Longtime relationships work well this week, whether they're personal or professional. It's also a good time to invite new friends and colleagues into your life.

SAGITTARIUS (November 22 to December 21) This is a good week to do the research that will help you uncover those irrefutable facts that can back you up on your new venture when you most need it.

CAPRICORN (December 22 to January 19) Change is an important factor in your aspect this week and could affect something you might have thought was immune to any sort of adjustment or "alteration."

AQUARIUS (January 20 to February 18) Being asked to share someone's deeply personal confidence might be flattering, but accepting could be unwise. Decline gracefully but firmly.

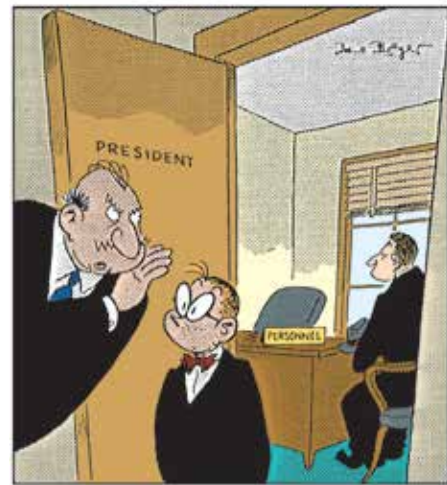
PISCES (February 19 to March 20) As wise as you are, you could still be misled by someone who seems to be sincere but might not be. Take more time to assess the situation before making any commitments.

BORN THIS WEEK: You like to face challenges that others might try to avoid, and by so doing, you set an example of courage for all.

Just Like Cats & Dogs by Dave T. Phipps



MISTER BREGER By Dave Breger



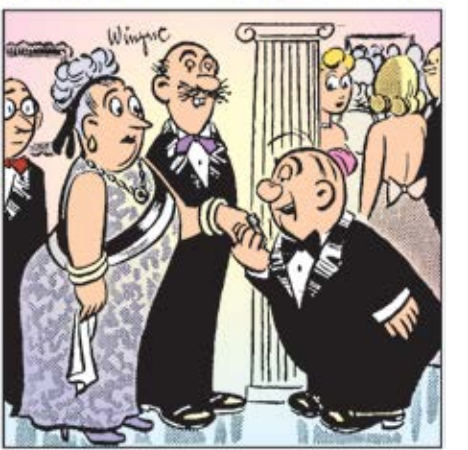
"Offer him \$100,000 a year plus bonus, unlimited expense account and 60-day annual vacation—but don't seem TOO anxious to hire him..."

LAFF - A - DAY



"Our cards cover everything—which vertebra did he dislocate?"

HUBERT - - By Dick Wingert



"I must say I'm delighted—mustn't I?"

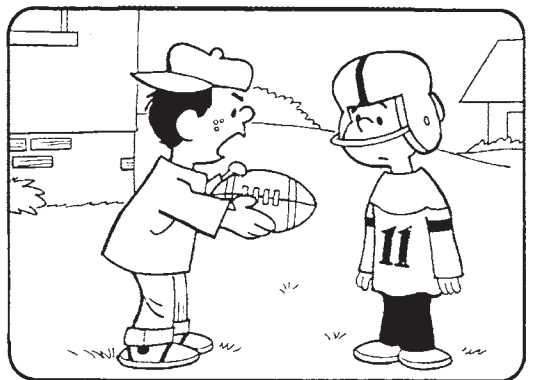
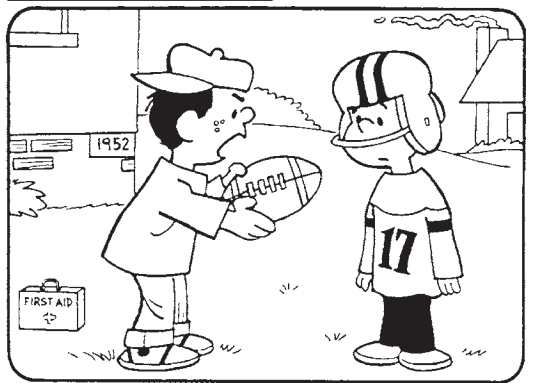
top ten

Winning Scrabble Words

1. QI
2. ZA
3. PHONEY
4. RETINAS
5. XU
6. ZLOTY
7. HOOK
8. GYOZA
9. BINGO
10. AMIGO

Source: merriam-webster.com

HOCUS-FOCUS BY HENRY BOLTINOFF



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.
Differences: 1. Cornerstone is missing; 2. Aid kit is missing; 3. Ball is missing; 4. Stripe is missing; 5. Number is different; 6. Chimney is missing.

SENIOR DOG'S ITCH VEXES ELDERLY OWNER



DEAR PAW'S CORNER: A few months ago, after my dog "Barney" was bitten by the dog next door, his scratching problem, which was always under control, became pretty bad. He constantly scratches at his stomach, which is now red and irritated.

I tried changing his diet to reduce what I think is an allergy. I used to mix egg into his food; now I just cook vegetables, meat and rice for him and mix in brewer's yeast.

When Barney went in for his booster shots recently, I asked if the vet could give him a cortisone shot to stop the itching. They refused because he is so old, and instead offered two prescription pills and an expensive shampoo. Because I'm on a limited income as a retiree, I refused. Can you give me any advice? -- Mila B., via email

DEAR MILA: Allergic scratching can be very frustrating to deal with, and some of the medicines are pricey. I'm not going to second-guess your veterinarian, but give the office a call and ask if there is any way they can come down on the price or if there's a less-costly shampoo and medication available to try.

There are many "natural" remedies on the market as well, but their effectiveness can vary, and you may end up spending as much or more on those as on the vet's prescribed treatment. So you will need to research and compare.

On a personal note, I hope you'll at least get the medication, which is likely being prescribed to treat an infection as well as reduce inflammation.

As a retiree, affordable pet-care services may be available in your area. At the very least, you should call a few different clinics to compare prices for medication, and ask if they offer senior discounts or low-cost services.

The Garden Bug

Moon folklore and fencing

Rail fences cut during the waning moon stay straighter. Wooden shingles lie flatter when cut during the dark of the moon. Fence posts should be set in the dark of the moon to resist rotting and should always be set as the tree grew; to set the root end upward makes for a short-lived fence.

Source: www.almanac.com/content/farming-moon

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